

**Question:** I've been doing more conscious work using your worksheets and the commitment in the past 2 weeks, mainly on my own around stuff that comes up with my partner, and I've been having all sorts of physical symptoms, each one usually lasting a day or so every day for the past week. I've landed on intense anxiety which has been around now for a couple of days, and feels very familiar from my childhood. I think I usually carry around a low-grade anxiety, but this is full-blown and I feel like I'm losing perspective on the healing process. Every little thing around me is triggering more anxiety - I could be doing 100 worksheets a day, even as I see that the events themselves are completely unrelated to my feelings, a part of me still tries desperately to connect them together. I also feel like it's never going to leave.

Does this sound like a healing crisis? Any suggestions? Keep breathing?

**Reply:** Sounds right on track. The minute you made the commitment to do the Intensive, you cranked up the energy to another level. Each worksheet will tend to open a part of the mind (body) and begin the release process - old symptoms, old feelings and confusion are your friends as you heal! How intense does the process get? You might check out the book of Job - he asks God for a reprieve from his process - and you can tell how intense it was by the length of the intermission he asks for - time to swallow his saliva!

We hold you in light - you are dumping the content (perhaps a thousand generations) of your "Carbon Based Memory System," and are doing well. And, this too shall pass! A worksheet on "it never leaving" (Subject- anxiety) would be perfect. Your bloodline, if it has been without tools, probably contains generations of hopelessness - just another reality to be forgiven!