

## Importance

Anxiety, Worry and Fear: Is defined in Transurfing as “Excess Potential”

These mental emotional states come into being when we give undue importance to various aspects of our lives like, for example, family relations, work, health etc...

When we engage and give undue “Importance” to these aspects that can and do assail us humans at times, we bring into action the natural law of equilibrium which to perform it's task, activates what we call in Transurfing “Excess Potential”.

There are no ready made recipes to deal with the above mentioned mental emotional aspects. Every human experiences these in a very individual way. As you know “pendulums” use those states to extract energy from the human system, any resistance or fight against worry or fear makes you lose energy.

The main cause of many, if not all, illness is this constant energy robbing. The “information media pendulum” is full of fear inducing stories that cause anxiety and worry in the collective therefore keeping the masses at a low frequency level, most suitable for the creation of energy extraction and the circle is closed.

Now, what Transurfing is able to explain to us is that, when we wake up to and become an observer of the reality surrounding us, with this knowledge we are able to reduce importance and therefore reduce fear, worry and anxiety.

A good tip to reduce importance the cause of excess potential, is action. Physical action leads to reduction of the mental activity. Get busy de-cluttering your immediate environment, decorate your apartment, go in the garden and do some digging.

Another good Transurfing tool is the slide, have a ready made slide of a joyous moment in your life, visually transport yourself there! Soon the pendulum's negative magnetic cloud will drift past and you have not fed it with the emotional states of, fear, worry etc...if you persist in this attitude of being aware and observing reality, the pendulum will stop paying you a visit, your energy levels will rise and you will soon be surfing instead on the energy giving waves of Love, Joy and Abundance.

Love Joy and Abundance is your birth right. Claim it!