

# **Anxiety**

By George M. Prince

Understanding of the Quantum World began in about 1920 when a young Russian scientist named Alexander Friedman proposed that the universe is dynamic rather than static, as had been believed since Newton's Laws had been accepted as gospel.

Not much attention was paid Friedman until in the 1940's the Big Bang theory was proposed. Big Bang was proven in 1965 with something called Cosmic Microwave Background.

The theory that everything is composed of particles and waves was pretty much accepted by 1930.

The point is that this body of knowledge is very recent. What makes it an important story for us is that it introduced some startling concepts that are relevant to our thinking:

Particle/wave theory: All matter was found to exist in two simultaneous states-as both a material particle and as something new and previously unseen; something called a wave.

Everything in our universe has aspects that are somehow both solid and invisible - at the same time.

A wave in physics is a description of the probable futures of a material particle.

So a particle/wave is both being and becoming at the same time.

Because the waves of an atom can join with the waves of another atom, new possibilities can come into being. This is like you reaching out to another person. A whole new realm of possibilities emerge. The wave of our potential is primarily in our beliefs, attitudes, and assumptions. Our invisible thoughts, actually our invisible waves, provide one of the most forceful ways for us to connect with or disconnect from another person.

Heisenberg, the scientist who introduced the 'uncertainty principal' and was awarded the Nobel prize in 1922, described the wave state: "It meant a tendency for something. It was a quantitative version of the old concept of potential in Aristotelian philosophy. It introduced something standing in the middle between the idea of an event and an actual event, a strange kind of physical reality just between possibility and reality."

The future carried in the wave is as real, concrete, and as important as the object itself. It is real because the future carried in the wave is going to happen. This wave of information is known as 'Future Pull'.

Each of us exists in two simultaneous states: being and becoming. Self-fulfilling prophecies, belief or non-belief in future possibilities dynamically influences results. The most powerful forces driving change come from the future. Our reality is defined by how we choose to connect and relate with everything and everybody around us. Newness comes from connections out of chaos.

## **The World of the Brain**

In the 1940's and 50's, Harry Stack Sullivan was developing his ideas about psychotherapy and the influence of anxiety on behavior. You have all probably heard or read my ideas on the importance of anxiety. Most of those ideas began with Sullivan.

You can spot a genius as the person who sees the reality of things before there is any reasonable proof. Later research proves him right!

Shortly after Quantum physics became known, Sullivan said "People behave in interpersonal fields. The patterns of their performance reveal the field forces...these people are to an extraordinary extent the result of their past experience with interpersonal fields."

One of the most powerful influences on behavior is anxiety. Sullivan explains that an infant of about 6 months first experiences anxiety when the mothering one leaves the infant alone too long. The infant experiences fear of abandonment leading to death. It does not think that, but nature has designed us to know. Fear of abandonment, or fear of becoming meaningless becomes a powerful influence throughout our lives.

In the 1990's Joseph LeDoux and his colleagues began to unravel the specific ways the brain deals with fear and anxiety. Incoming information from the senses is routed through the amygdale, which scans for two things: threat and possibilities of nurture-danger and love.

When the signal says danger, the system goes into emergency. It by-passes the neocortex and goes into a fight or flight mode.

When anything threatens, anxiety is triggered and an electrical and neural cascade in the brain produces defensive action.

As occasions for anxiety are repeated, the triggered response becomes "hard-wired" in the brain. The trigger fires, the defensive behavior happens.

As the person develops, the mind devises a method for reducing the pain of anxiety. It is called foresight function. Its job is to perceive a threat –before the trigger is pulled. It substitutes a behavior to assuage the pain of anxiety. The behaviors vary in intensity depending on the threat.

The threat occurs, foresight takes over and triggers a behavior to replace anxiety. These behaviors are semi-automatic. I be unaware that I am reacting to threat when I interrupt a person, or dispute his statement.

These automatic reactions may range from active road-rage to being easily distracted. What they have in common is that they interrupt and block actions that would use more of my thinking and learning potential.

Below is a diagram of the way these threats may affect thinking and acting.

Anxiety Driven				Consciousness Driven		
Aggressive	Antagonistic	Passive Aggressive	Neutral	Positive/Courageous		
Disobedient	Adversarial	Distracted	Undermines	Attentive	Receptive	Supports confusions/ uncertainty
Quarrelsome	Opposes	Listless	Neglectful	Supportive	Responsive	Temporarily suspends disbelief
Combative	Controlling	Bored	Mistake-prone	Listens	Hospitable	Builds
Dominating	Contrary	Unresponsive	Misunderstands	Approves	Non-restrictive	Deals as equal
Hostile	Squabbly	Ignores	Careless	Credits	Open-minded	
Angry	Competitive	Oblivious	Disinterested	Connects	Optimistic	
Litigious	Cynical	Unconscious	Pessimistic	Jumps to favorable conclusions	Shares risks	
Contemptuous		Doesn't get it			Listens approximately	
Critical					Protects vulnerable beginnings	
Non-Recruitable		Recruitable		Recruiter		

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