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Authentic Living
Wednesday at 1 PM Pacific
November 14th 2018:Encore: For the Anxious Heart

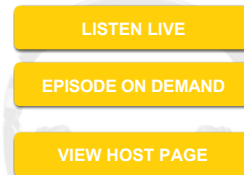
The anxious heart is the worried heart. It is often overwhelmed with a sense that life is too big to be managed, that one is alone without any help to deal with those unmanageable issues of life. Often even though the rational mind would tell us that there is nothing to worry about, we continue to worry. There are various techniques that are useful to help anxious people. But today we are going to be talking about how spirituality can help the anxious heart. Regardless of religion, spirituality offers succor and soothing to the anxious heart. So, if you suffer with an anxious heart, this

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