



Personal Online Coaching ©

DAY 25 – Performance & Test Anxiety

Key Topics:

- You are free of the past
- Miracles are not in competition
- The miracle responds to every call for help
- The light is here and the way is clear

You are free of the past

When I work with athletes, musicians, golfers, or others in the competitive arena, I find that one of the biggest blocks to their performance, confidence, and success is when they are carrying a burden from the past, or they are worrying about the future. Keep in mind that freedom is always experienced in the present moment. The Holy Spirit will unveil your freedom and help you achieve great success, if you will not decide against Him or limit yourself by choosing to bring mistakes of the past, or your fear of the future along with you.

Here's an Example:

Let's say that you are an accomplished pianist and you have been invited to audition for a full scholarship to a high-end music school. You are excited about the audition, but you are worried because the last time you played in front of an audience, you blanked out and forgot your music. You were embarrassed and the scene continues to play over and over again in your mind. You fear this will happen again and that you will fail miserably.

Whenever you have had a negative or traumatic experience, it is helpful to turn to prayer and ask for help in releasing it and letting it go. It is also wise to use EFT (Emotional Freedom Techniques) to “tap out” and neutralize the negative feelings and emotions from the past. This will help you to move forward without the burdens of your past experiences. If you would like to release a negative emotion or fear, be sure to listen to the Audio on “Relief for Performance & Test Anxiety” in your daily email under the section called “More Tools & Resources”. In this audio, there is a release exercise where you and I can work together on releasing your painful or frustrating experiences from the past. You will also benefit from using your EFT Cards over and over again, until your negative feelings and emotions have been fully neutralized, if possible.

Miracles are not in competition

In Chapter 14.X.3, it says, “Miracles are not in competition, and the number of them that you can do is limitless.” This is important to remember the next time you start to judge yourself, limit your abilities, or become anxious or stressed about those you are competing against. Establish your goal of peace as early as you can for everyone involved. Peace must be total if it is to be achieved at all. For any situation wholly dedicated to the truth, peace is inevitable.

The miracle responds to every call for help

No matter where you are or what you are doing, you always have help. Your Teacher of Peace is just a loving thought away. Call upon Him frequently and rely on His certainty that you have nothing to fear. Remember to include those three important words, “**Decide for me**” if you are not feeling confident on your own.

In Chapter 14.X.6, it says, “The miracle offers exactly the same response to every call for help. It does not judge the call. It merely recognizes what it is, and answers accordingly. It does not consider which call is louder or greater or more important. You may wonder how you who are still bound to judgment can be asked to do that which requires no judgment of your own. The answer is very simple. The power of God, and not of you, engenders miracles. The miracle itself is but the witness that you have the power of God in you. That is the reason why the miracle gives equal blessing to all who share in it, and that is also why everyone shares in it. The power of God is limitless. And being always maximal, it offers everything to every call from anyone. There is no order of difficulty here. A call for help is given help.” ACIM Ch.14.X.6.3-13

The light is here and the way is clear

You are learning a new response to old challenges or worry and fear. It may take some practice to form these new habits, yet they will serve you well and your overall performance will improve.

In Chapter 11, it says, “The way is not hard, but it is very different. Yours is the way of pain, of which God knows nothing. That way is hard indeed, and very lonely. Fear and grief are your guests, and they go with you and abide with you on the way. But the dark journey is not the way of God's Son. Walk in light and do not see the dark companions, for they are not fit companions for the Son of God, who was created of light and in light. The Great Light always surrounds you and shines out from you. How can you see the dark companions in a light such as this? If you see them, it is only because you are denying the light. But deny them instead, for the light is here and the way is clear.” ACIM Ch.11.III.4