

BEYOND MU: PRAYING PEACE IN TIMES OF ANXIETY

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SYMPTOMS OF ANXIETY

- FEELING MORE TIRED THAN USUAL, EVEN WITHOUT DOING ANYTHING
- YOU AREN'T SLEEPING WELL
- YOU STARTLE EASILY
- YOU ARE CHANNELING LOTS OF ENERGY INTO HOBBIES OR ACTIVITIES
- YOU DON'T HAVE MUCH INTEREST IN ANYTHING – LACK OF PURPOSE

- INTENSE LONELINESS
- YOU ARE EXPERIENCING REACTIVATION OR AGITATION OF OTHER MENTAL HEALTH ISSUES
- YOU EXPERIENCE MORE HEADACHES OR PHYSICAL ISSUES
- YOU FEEL ANGRY MORE OFTEN OR HAVE MORE FREQUENT OUTBURSTS
- YOU KEEP FORGETTING THINGS

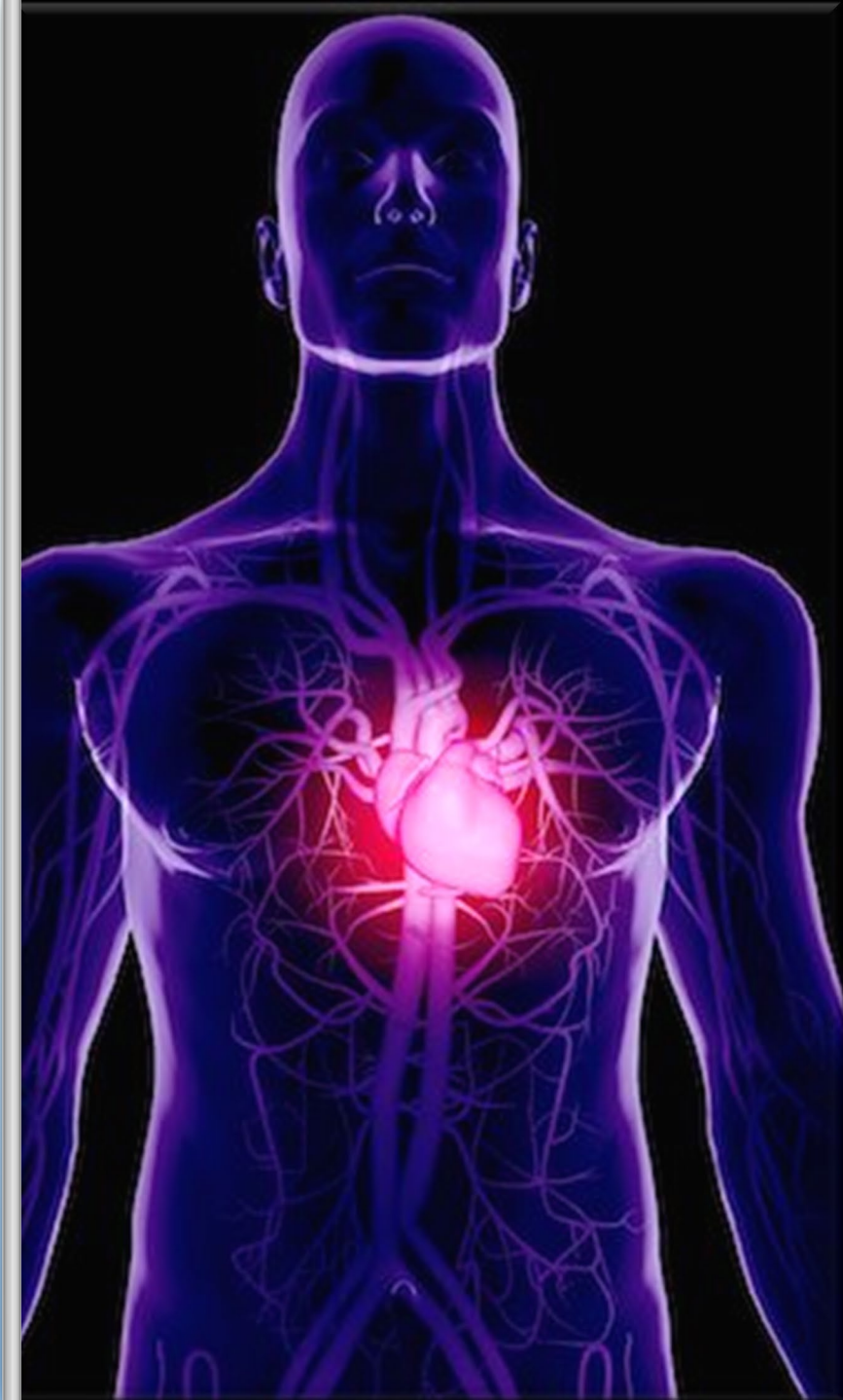
ANXIETY OF MIND



- INTERFERES WITH FRONTAL LOBE FUNCTIONING AND EXECUTIVE THINKING
- PRIMAL LIMBIC SYSTEM ACTIVATION
- CORTISOL/ADRENAL/FLIGHT-FIGHT
- REDUCED O₂ LEADS TO REDUCED ABILITIES TO THINK AND MAINTAIN PERSPECTIVE
- ANXIETY DISORDERS TREATED WITH MEDICATIONS AND COGNITIVE RESTRUCTURING

ANXIETY OF BODY

- PHYSIOLOGICAL HYPERAROUSAL
- DIFFICULT TO REST
- DIFFICULT TO RELAX
- FEELINGS OF AGITATION AND RESTLESSNESS
- AMOTIVATION
- AFFECTIVE RESPONSES EXAGGERATED OR FLAT
- ANXIETY IN BODY INVOLVES RE-REGULATION OF THE NEURO –BIOLOGY THROUGH BREATH, MOVEMENT, STILLNESS, EXPOSURE, COGNITIVE RESTRUCTURING



ANXIETY OF SPIRIT



- SOUL SICKNESS — ANXIETY IS THE ENEMY OF THE GOOD SPIRIT
- CONFUSION, AGITATION, RESTLESS, LOST
- HOPELESS
- OBSESSIVE THINKING OF PAST OR FUTURE
- A SENSE OF BEING “UNANCHORED”, “UNMOORED”, AND “UNGROUNDING”
- DISCERNMENT OF SPIRITS AS SEPARATE FROM PSYCHOLOGICAL/PHYSIOLOGICAL SYMPTOMS
- SPIRIT OF DARKNESS PIGGY BACKS ON OUR HUMAN VULNERABILITIES- MAKES IT HARD TO DISCERN AS A “SPIRITUAL PROBLEM”, THUS CAN CONTINUE WITHOUT RELIEF
- ANXIETY OF SPIRIT CURED VIA ASTUTE DISCERNMENT OF SPIRITS, PRAYER, SPIRITUAL DIRECTION/INTERVENTION

JULIAN OF NORWICH: THE REVELATIONS OF DIVINE LOVE

- BORN IN 1342 IN NORWICH, ENGLAND
- SURVIVED TWO PLAGUES IN HER LIFETIME
- IN 1373, WHILE QUITE ILL, SHE RECEIVED VISIONS OF CHRIST'S SUFFERING AND OF THE VIRGIN MARY
- AFTER SURVIVING HER ILLNESS, SHE PUBLISHED HER WRITINGS ON WHAT SHE WAS SHOWN IN THE VISIONS- THE SHOWINGS, OR THE REVELATIONS
- HER WRITINGS REMAIN SOME OF THE MOST THEOLOGICALLY RICH AND PERCEPTIVE SPIRITUAL TEXTS- DEEPLY ENGAGED WITH PLACE OF SIN IN WORLD AND HUMAN EXPERIENCE
- SHE WAS NEVER BEATIFIED BUT IS SEEN AS BLESSED. SHE LIVED HER LIFE AS AN ANCHORITE- IN A SMALL ROOM ATTACHED TO THE CHURCH WITH 2 WINDOWS. THROUGH ONE WINDOW SHE RECEIVED COMMUNION AND THROUGH ANOTHER, SHE COULD VISIT WITH PEOPLE WHO CAME FOR PRAYER AND SPIRITUAL COUNSEL
- DIED AROUND 1416

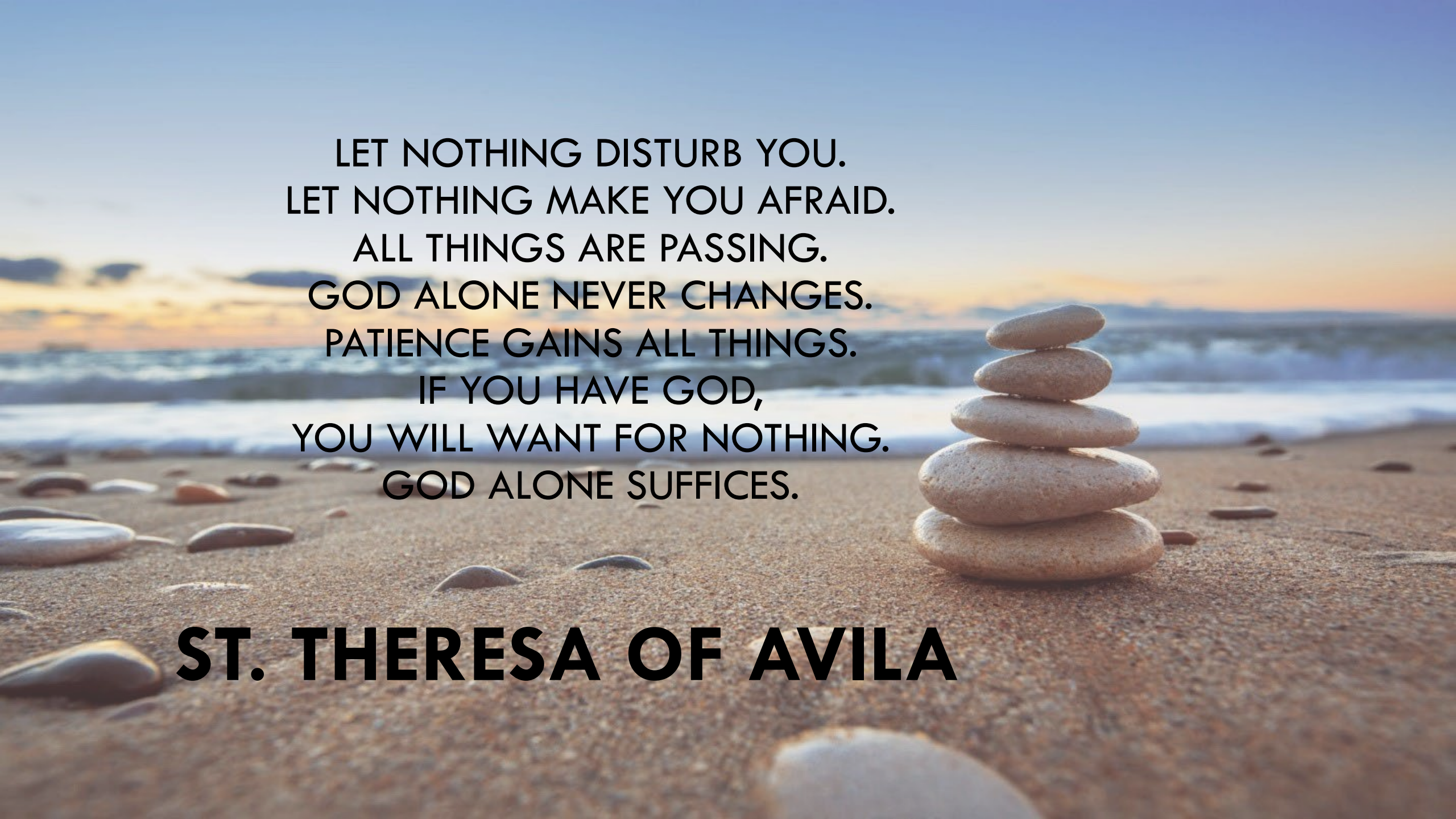
MOTHER OR DAME JULIAN:

ALL SHALL BE WELL, ALL SHALL BE WELL, ALL MANNER OF THINGS
SHALL BE WELL

FOR WHEN THE SOUL IS IN TURMOIL, TROUBLED, AND ALONE IN ITS
DISTRESS, THEN IT IS TIME TO PRAY, TO MAKE ITSELF COMPLIANT AND
SUBMISSIVE TO GOD. BUT NO KIND OF PRAYER MAKES GOD
COMPLIANT TO THE SOUL, BECAUSE GOD'S LOVE IS ALWAYS THE
SAME.

ST. THERESA OF AVILA

- BORN IN AVILA, SPAIN IN 1515, AND DIED OF TB IN SALAMANCA IN 1582
- KNOWN BEST FOR HER WORK IN THE REFORMATION- FOCUS ON BRINGING BACK DISCIPLINE AND A SENSE OF ASCETISM IN THE CATHOLIC CHURCH BY FOUNDING THE DISCALCED CARMELITE SISTERS. LATER WAS JOINED BY MYSTIC JOHN OF THE CROSS, WHO FOUNDED THE MEN'S ORDER.
- PROCLAIMED FIRST WOMAN DOCTOR OF THE CHURCH BASED ON HER THEOLOGICAL AND SPIRITUAL WRITING AND INSIGHTS IN THE CLASSICS, *THE INTERIOR CASTLE* AND *THE WAY OF PERFECTION*.
- INTIMACY IN RELATIONSHIP WITH GOD GOES DEEPER AS WE UNDERSTAND OUR OWN SELVES, OUR PLACES OF RESISTANCE AND OPENNESS MORE DEEPLY AND MEET GOD IN THOSE PLACES

A stack of seven smooth, light-colored stones is balanced on a sandy beach. The background shows a sunset over the ocean with waves breaking on the shore. The sky is a mix of blue and orange.

LET NOTHING DISTURB YOU.
LET NOTHING MAKE YOU AFRAID.
ALL THINGS ARE PASSING.
GOD ALONE NEVER CHANGES.
PATIENCE GAINS ALL THINGS.
IF YOU HAVE GOD,
YOU WILL WANT FOR NOTHING.
GOD ALONE SUFFICES.

ST. THERESA OF AVILA



ST. IGNATIUS LOYOLA

PRINCIPLE AND FOUNDATION

HUMAN BEINGS ARE CREATED TO PRAISE, REVERENCE, AND SERVE GOD OUR LORD, AND BY MEANS OF DOING THIS TO SAVE THEIR SOULS.

THE OTHER THINGS ON THE FACE OF THE EARTH ARE CREATED FOR HUMAN BEINGS, TO HELP THEM IN THE PURSUIT OF THE END FOR WHICH THEY ARE CREATED.

FROM THIS IT FOLLOWS THAT WE OUGHT TO USE THESE THINGS TO THE EXTENT THAT THEY HELP US TOWARD OUR END, AND FREE OURSELVES FROM THEM TO THE EXTENT THAT THEY HINDER US FROM IT.

TO ATTAIN THIS IT IS NECESSARY TO MAKE OURSELVES INDIFFERENT TO ALL CREATED THINGS, IN REGARD TO EVERYTHING WHICH IS LEFT TO OUR FREE WILL AND IS NOT FORBIDDEN. CONSEQUENTLY, ON OUR OWN PART WE OUGHT NOT TO SEEK HEALTH RATHER THAN SICKNESS, WEALTH RATHER THAN POVERTY, HONOR RATHER THAN DISHONOR, A LONG LIFE RATHER THAN A SHORT ONE, AND SO ON IN ALL OTHER MATTERS.

RATHER, WE OUGHT TO DESIRE AND CHOOSE ONLY THAT WHICH IS MORE CONDUCTIVE TO THE END FOR WHICH WE ARE CREATED.

St. Ignatius at the
Cave of Manresa



THE SUSCIPE PRAYER

ST. IGNATIUS OF LOYOLA

TAKE LORD, AND RECEIVE ALL MY LIBERTY,
MY MEMORY, UNDERSTANDING, MY ENTIRE WILL,
ALL THAT I HAVE AND POSSESS.
THOU HAST GIVEN ALL TO ME. TO THEE, OH LORD,
I RETURN IT. ALL IS THINE, DISPOSE OF IT WHOLLY
ACCORDING TO THY WILL. GIVE ME THY LOVE AND THY GRACE
FOR THIS IS SUFFICIENT FOR ME.

Prayer in a Time of Anxiety

It seems that I return to you most easily when I need comfort, O God.

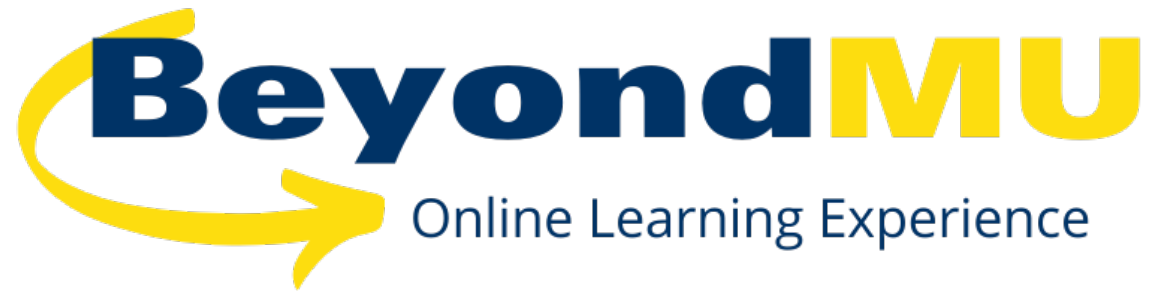
Hello... here I am again, knowing that you are waiting for me with love and warming light.

In the shadow of your wings, I find respite and relief that feed my innermost self and renew my soul. Day and night, you are my refuge.

These uncertain days of news conferences and quarantines tempt me to assume the worst for my loved ones, myself and my community. "Pandemic" is a frightening word, and I can easily feel confused or helpless to respond. Now I am relying on you to lead and guide me, to put my anxiety in its place. Help me see it as a human response that keeps me conscious of the seriousness of this moment, but do not let it overwhelm my spirit. Buoyed by your love, I choose each day to let peace reign in me. Breathing deeply of your calm, I repeat, again and again, "You are here."

Good and gracious Companion, my family and friends need tranquility and assurance. Help me to offer them your tenderness. Those in my community who are suffering need care. Help me to be generous and to keep contact with the forgotten. Our world calls for cooperation among national leaders, scientists, health care providers, and all who are instrumental in overcoming this crisis. May my prayers and support be with them all.

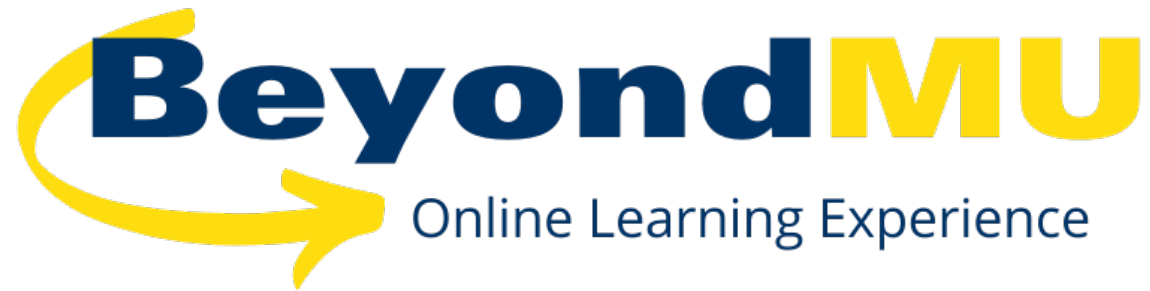
I have come back to you, and I will return, knowing that your open arms will never fail. God of hope, may your love blanket the earth, as you teach us to live more generously today than yesterday. May my anxiety be transformed into love.



Beyond Graduation. **Beyond** Campus. **Beyond** Boundaries.

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conversation, contact:

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