

Cognitive Anxiety

In this video, we start to explore the patterns of anxiety in our mind. I'll explain how anxiety manifests in the mind, where it originates from, and how we usually try to deal with it. We'll also cover the key features of anxiety:

1. Anxiety is our natural ability to foresee future consequences, so that we can make adjustments to protect ourselves
2. Anxiety is also ego-centric, or relates to our sense of identity or insecurities that we hold
3. Anxiety flourishes due to our inability to face the uncertainty of the future.

Glossary

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Samskara

Ahamkara