

Learned Anxiety

In psychiatry, we tend to treat anxiety as monolithic – we diagnose people with “anxiety” and we have treatment for “anxiety.” But anxiety isn’t monolithic, in fact, it tends to be unique in every person. In this video, I’ll explain how to understand the origins of your anxiety, and how to start the process of digging into the birth of your anxiety.

Glossary

Anxiety

Adrenaline

Amygdala

Hippocampus

Vedic Psychology

Samskara

Meditation Videos



P21 - Rotating Sound Awareness



P22 – Notice Faculty of Hearing