

Tension in the Mind

In this video, we'll explore a few states of mind, and how the state of mind we're in can contribute to our anxiety. Bizarrely, some of the ways in which we try to fight anxiety can add energy to the mind, making the anxiety worse. Even in cases when we win the battle against anxiety on a given day, our anxiety can come back the next day. In this video, we'll explore the importance of a tranquil mind in disarming anxiety, and an approach to getting there.

References and further reading

- [Sallatha Sutta: The Dart \(Principle of the Two Arrows from Buddhism\)](#)