

REWIRING THE WORRIED MIND

The Unfinished Self • Talk Two of Four

Rev. Blaine • Unity on Maui • Sunday, August 2 • 10:00 AM

THIS WEEK'S TEACHING

Rev. Blaine opened with a story many of us know all too well. He sent a simple, friendly text — and when the reply didn't come right away, his mind began producing what he called a "twelve-part documentary series." Within fifteen minutes, he had mentally lost the friendship, reviewed every conversation, imagined a committee meeting on Zoom, resigned from Unity on Maui, moved to Idaho, and opened a ukulele-repair shop — for which he has no training. The reply, when it finally arrived, read: "Sorry. I was taking a nap." Nothing had actually happened. But his nervous system had watched the entire series.

THE WORRIED MIND IS NOT BROKEN

The worried mind is not broken — it is trained. The brain is trying to protect us. It scans the horizon for trouble, translates uncertainty into danger, and imagines every possible disaster before breakfast. The result is not readiness. It is exhaustion. Worry gives the feeling of doing something, when we are really running on a treadmill inside our own heads.

A WORRIED THOUGHT IS A PATHWAY — NOT A PROPHECY

A pathway is something the mind has practiced. A prophecy is something that must come true. These are not the same things. Just because a thought is loud does not mean it is wise. And just because it has visited you every morning for fifteen years does not mean you have to offer it coffee.

CONCERN VS. WORRY

- **Concern asks:** — "What can I do?" It gathers information, makes the phone call, packs the suitcase.
- **Worry asks:** — "What terrible thing might happen?" It circles, imagines evidence, and walks around wondering if luggage itself can be trusted.

Is this thought helping me prepare — or merely helping me panic?

This is not a judgment. We do not shame ourselves for worrying. Shame never made anyone peaceful. We notice the worry with compassion and say, "Ah — there is that old pathway. My mind is trying to protect me." Then we choose again.

RENEWING THE MIND

Renewing the mind does not mean pretending everything is wonderful or covered in glitter. It means becoming conscious of what we are rehearsing — asking: "Is this thought leading me toward wisdom? Toward useful action? Toward the person I want to be?" The mind can learn new pathways. A new trail is already forming.

I do not have to solve the whole future.

I only have to meet this moment.

THREE PRACTICES FOR THIS WEEK

1. Name the Pathway

When worry appears, say: "This is the pathway of worry" not "This is the truth." Naming the pathway creates space. You are no longer trapped inside the thought; you are observing it. The moment you can notice a thought, you are no longer completely controlled by it.

2. Ask for the Next Step

When the mind asks, "What if everything goes wrong?" respond with: "What is one thing I can do today?" Not twelve things. Not a five-year plan. One loving, useful step. Make the phone call. Ask the question. Schedule the appointment. Sometimes the next spiritual step is not dramatic — sometimes enlightenment looks like going to bed.

3. Rehearse Resilience

Each morning and evening, take sixty seconds and imagine yourself meeting life with calm, courage, wisdom, and grace — not that everything goes perfectly, but that you stay grounded even when the outcome is uncertain. Breathing. Listening. Asking for help. Responding from love.

Whatever comes, the Divine Presence within me will meet it.

We become skilled at what we repeatedly practice. If we can rehearse disaster, we can rehearse resilience. If we can practice fear, we can practice faith.

**You are not trying to become a person who never worries.
You are becoming a person who knows what to do when worry arrives.**

AFFIRMATION

I release fear and renew my mind with truth and love. I trust the wisdom within to reveal my next step. Whatever comes, Divine Presence meets me. My mind is peaceful, flexible, and free.

BLESSING

May you remember that every worried thought is only a pathway, not a prophecy. May you meet fear with compassion, uncertainty with patience, and each new moment with a willingness to begin again. When your mind rushes into tomorrow, may your breath bring you gently home. When you cannot see the whole path, may you trust the next step. The Divine Presence within you is calm, wise, and steady — it knows how to guide you, strengthen you, and carry you through. Go forward this week with a renewed mind, an open heart, and the quiet assurance that whatever comes, you will not meet it alone. You are held. You are guided. You are becoming peaceful, flexible, and free.

And so it is. Amen.