



PRAYER FOR ANXIETY & OVERWHELM

A Kabbalistic Prayer & Psalm Guide for Calming the Nervous System, Restoring Inner Safety & Regulating Emotional Overload



INTRODUCTION — ANXIETY IN KABBALAH

In Kabbalah, anxiety is not a flaw of character.
It is a **signal from the soul** that safety has been disrupted.

Anxiety arises when the soul feels:

- overstimulated
- unsupported
- threatened by uncertainty
- unable to rest
- disconnected from trust
- overwhelmed by responsibility

Kabbalah teaches that anxiety occurs when **Gevurah (constriction)** overwhelms **Chesed (flow and mercy)**.

When the nervous system is flooded, the soul contracts.

Overwhelm is the soul saying:
“*This is too much to hold alone.*”

This prayer is designed to calm the emotional field, regulate the nervous system, and gently restore the soul’s sense of being held.



SIGNS OF ANXIETY & OVERWHELM

- Racing thoughts
- Tightness in the chest or stomach
- Shallow breathing
- Constant alertness
- Difficulty relaxing
- Emotional flooding
- Feeling pressured by life
- Difficulty prioritizing
- Sensory overload
- Fear of losing control
- Exhaustion mixed with restlessness

Anxiety is not danger itself.
It is **the fear of danger repeating**.



PSALMS FOR CALMING ANXIETY & OVERWHELM

1. Psalm 94:19 — Comfort in Inner Turmoil

Hebrew:

בָּרַב שָׂרְעַפֵּי בְּקִרְבִּי
תַּנְחִימֵנָה יְשָׁה אֲשֵׁר נַפְשִׁי

Transliteration:

B'rov sarapai b'kirbi, tanchumecha yesha'ashu nafshi.

English:

“When anxiety multiplies within me, Your comfort soothes my soul.”

This is the primary psalm for internal emotional overwhelm.

2. Psalm 46:11 — Restoring Stillness

Hebrew:

הָרַפוּ וּדְעוּ כִּי אֲנֹכִי אֱלֹהִים

Transliteration:

Harp'u u'de'u ki Anochi Elohim.

English:

“Be still and know that I am God.”

Used to interrupt panic and restore presence.

3. Psalm 55:23 — Releasing Emotional Burden

Hebrew:

הַשְׁלֵךְ עַל־יְהוָה יְהִרְבֵּךְ

Transliteration:

Hashlech al Adonai yehavcha.

English:

“Cast your burden upon the Divine.”

This psalm helps release the sense of carrying everything alone.

DIVINE NAMES FOR ANXIETY RELIEF & NERVOUS SYSTEM CALM

1. סִיאֵל (Samech–Aleph–Lamed)

Hebrew: סאל

Transliteration: *SaEL*

Healing qualities:

- Calms anxiety
- Stabilizes emotional overload
- Grounds the soul into safety
- Regulates fear response

2. מֵה־שׁ (Mem–Heh–Shin)

Hebrew: מהש

Transliteration: *Mahash*

Healing qualities:

- Purifies emotional turbulence
- Releases panic residue
- Softens inner pressure

3. בֵּי־טֶה (Bet–Tet–Chet)

Hebrew: בטח

Transliteration: *Batach*

Healing qualities:

- Restores trust
- Softens vigilance
- Activates inner safety

✦ ANA B'KOACH FOR ANXIETY & OVERWHELM — LINE 3

Hebrew:

נָא גִבּוֹר דּוֹרְשֵׁי יְחִידָךָ כְּכַבֵּת שְׁמֵרֵם

Transliteration:

Na Gibor, doreshai yichudcha k'vavat shamrem.

English:

“O Mighty One, guard those who seek Your unity like the apple of Your eye.”

This line invokes protection and containment during emotional flooding.

KABBALISTIC COMMENTARY — ANXIETY AS A CALL FOR SAFETY

The Zohar teaches:

“When the soul feels unguarded, fear multiplies.”

Anxiety persists when:

- the body remains in survival mode
- the soul believes it must manage everything
- trust has been interrupted by past instability
- boundaries have been exceeded

Healing anxiety is not about “thinking differently.”
It is about **restoring safety at the level of the body and soul.**

When safety returns:

- breath deepens
- thoughts slow
- emotions regulate
- clarity returns
- energy stabilizes

Calm is not forced.
It is **remembered.**

USAGE IN SESSION — ANXIETY & OVERWHELM HEALING PRACTICE

1. Ask the client to place one hand on the chest and one on the belly.
2. Guide slow, deep breathing for at least 1–2 minutes.
3. Recite **Psalm 94:19** slowly, pausing between phrases.
4. Speak the Divine Name **סאל (SaEL)** three times to stabilize the nervous system.
5. Recite **Psalm 46:11** to restore stillness.
6. Use **Ana B’Koach Line 3** to invoke protection.
7. Invite the affirmation:
“I am safe. I am held. I can rest.”
8. Close with grounding and silence.

ADDITIONAL CONTENT

PRAYER FOR ANXIETY & OVERWHELM

A Kabbalistic Guide for Calming the Nervous System & Restoring Inner Safety

UNDERSTANDING ANXIETY THROUGH KABBALAH

In Kabbalah, anxiety is not seen as weakness or failure.

It is a contraction of the soul when it feels unprotected.

Anxiety arises when the inner system senses instability — whether physical, emotional, relational, or spiritual. The body prepares for danger, even when danger is not present. Breath shortens. Muscles tighten. Thoughts accelerate. The system moves into vigilance.

Kabbalah teaches that this occurs when **Gevurah (constriction and severity)** overwhelms **Chesed (flow, mercy, and expansion)**.

Gevurah is necessary. It gives us boundaries, discernment, and protection. But when unbalanced, it becomes pressure, hyper-control, and emotional tension.

When Chesed is restored — compassion, softness, and trust — the contraction begins to release.

Anxiety is often the soul whispering:

“I do not feel safe.”

THE NERVOUS SYSTEM & SPIRITUAL IMBALANCE

From a spiritual perspective, anxiety can reflect imbalance across the lower sefirot:

- **Netzach** pushing toward over-effort and striving
- **Hod** collapsing into overwhelm and self-doubt
- **Yesod** losing emotional grounding
- **Malchut** feeling unsafe in the body

When these centers are dysregulated, the person may experience:

- racing thoughts
- difficulty resting
- emotional flooding
- irritability
- fear of losing control
- exhaustion with tension

Anxiety is not the enemy.

It is the body attempting protection.

The goal is not to suppress anxiety —
but to restore balance so the system no longer needs to shout.

HOW THIS PRAYER SUPPORTS REGULATION

The Psalms act as vibrational stabilizers.

Sacred Hebrew carries rhythm and structure, which supports nervous system settling. The repetition of Divine Names introduces containment and grounding. Ana B'Koach invokes spiritual protection and gentle holding.

Together, these elements:

- slow the breath
- reduce internal pressure
- soften hypervigilance
- reintroduce trust
- reconnect the soul to support

Regulation is not forced.

It is remembered.

INTEGRATION PRACTICE

After reciting the prayer, invite:

- One hand on the heart
- One hand on the abdomen
- Slow inhale for 4
- Longer exhale for 6

Repeat silently:

“I am safe in this moment.”

“I do not need to carry everything alone.”

“My body can soften.”

Even 3–5 minutes of this practice can begin shifting the internal state.

? FAQ — ANXIETY & SPIRITUAL REGULATION

Is anxiety a lack of faith?

No. Anxiety is a physiological and emotional response. It does not reflect spiritual failure. Even deeply spiritual individuals experience nervous system dysregulation.

Can prayer alone heal anxiety?

Prayer supports calming and regulation, but anxiety may also require practical support, therapy, medical care, or lifestyle adjustments. Spiritual work complements — it does not replace — professional care.

Why does anxiety return even after calming down?

Because the nervous system remembers past overload. Regulation is often gradual. Each time you practice calming safely, you retrain the system.

What if I feel nothing during the prayer?

That is normal. Regulation can be subtle. Continue gently. Safety builds through repetition, not intensity.

How often should this prayer be used?

Daily during periods of stress, or anytime the body feels overwhelmed. Consistency is more important than duration.

Is anxiety always trauma-related?

Not always. It may stem from stress, over-responsibility, lack of rest, hormonal shifts, life transitions, or accumulated pressure. Trauma can be a contributor, but it is not the only cause.