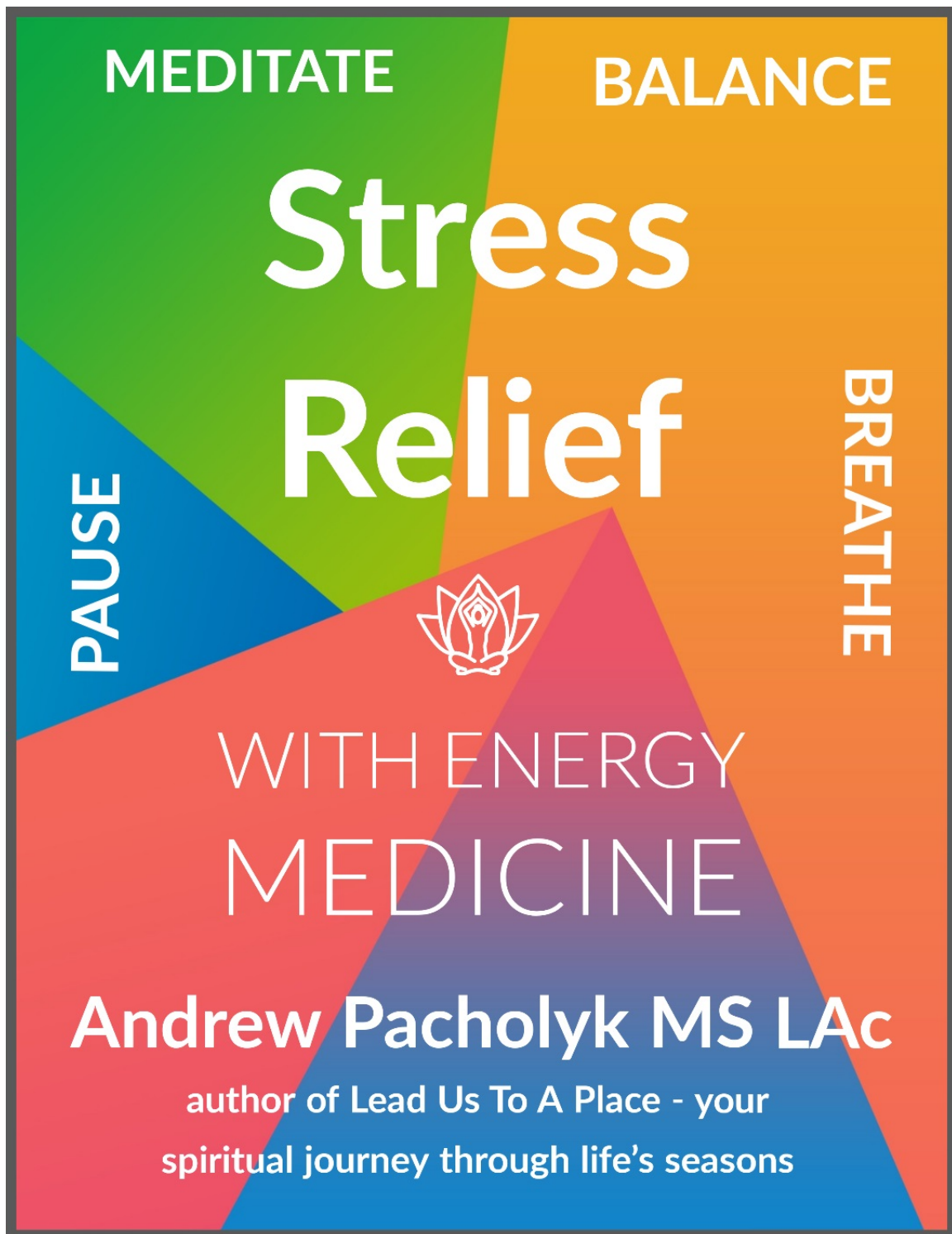




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***The Crystal Light Crystal Therapy Certification Course** This incredible course is our biggest and most popular course on the internet! This is the study of crystals and how to heal with earth's precious gems!

***Crystal Medicine: A Clinical Approach to Healing Mind, Body, Spirit.** This is the most complete and definitive guide to working with, understanding and healing through crystal medicine! This specific, easy-to-understand course teaches you techniques, protocols and unique methods to healing on all three levels - mind, body & spirit.

***The Crystal Divination Workbook** This is Andrew's NEW workbook, which utilizes the power of crystals for divination purposes! Andrew includes in this workbook: crystal grids, pendulum work and techniques, metaphysical properties of crystals, his Crystal Oracle Cards...and much more!

***Chakracology - A Certification Workbook and Manual** This workbook format allows you to look at the energy of the Chakra and how they affect us on a daily basis. The book allows you to work through each center on a mental, spiritual, as well as a physical level and then find ways to re-align, balance and manage your energy in a positive way!

***The "Color Elite" Color Therapy Certification Course** Andrew Pacholyk, MS, L.Ac. has finally published his most complete healing course using the power of color and light therapy. This ultimate guide to chromotherapy teaches you about color and every aspect of it, how it is used in different therapeutic settings and how it has become such a great healing modality, no matter what profession you are in you will learn how to incorporate color into your daily life!

***Transitions: The Transformational Guide and Workbook for Creating Great Health** is Andrew Pacholyk, MS, L.Ac. culmination of years of clinical work. This is a manual you can use, whether you are healthy or ill or somewhere in between and you want to rebalance your mind, body and spirit to become the whole person you can be! This workbook gives you a plan to take care of yourself. It can be used over and over to find balance and keep yourself as healthy as possible. It gives you "tools" to use when and where you need them. It helps to evaluate where you are in your journey and offers ways to get you exactly where you want to be!

***Dynamic Healing Through Guided Imagery** The Peacefulmind.com Guided Imagery Course certifies you in the art of Guided Imagery! This course covers an extensive look at visual and guided imagery techniques, history, usage, and therapeutic work. The power of visualization and guided imagery is one of our most powerful gifts. Learn the secrets of visual and guided imagery work, develop your imagination as a healing tool, use "Mind Medicine" to connect mind and body, free yourself from pain, use imagery for ANY medical condition!

***The Book of Stones - Healing Therapy Course** This brand new course is a complete hands on study of healing with Hot stones, cold stones, and earth's precious gems! This very unique path of study will certify you to work with hotstones but also give you an in depth look at incorporating a variety of treatments with all kinds of stones such as the Chakra stones, cold stones, crystals for facials and additional treatments that can be "added on" to your stone healing methods!

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What is Stress?

When we experience stress, the sympathetic nervous system, which is the body's "fight or flight" response, becomes activated. This is our body's emergency response or preparedness system that springs into action whenever the body feels a threat. This action immediately triggers a hormonal response in the body releasing stress hormones such as adrenaline (also considered epinephrine) and cortisol. These flood the body in response to the threat. It tells us to either stand and attack (or fight) or that we should run (flight) from the danger.

Chronic, long term stress can kill you. It is the underlying factor which can undermine any one suffering from an illness, fear, or just plain insecurity. The mind and body alteration brought on by our own self affliction. Anxiety is a vague, uncomfortable feeling of fear, dread or danger from an unknown source. Stresses in our lives usually have a known cause. A certain amount of stress is normal and helps improve our performance and allows people to avoid dangerous situations.

Stress related symptoms also include a feeling that something undesirable is about to happen, dry mouth, swallowing difficulty, hoarseness, rapid breathing and heart palpitations, twitching or trembling, muscle tension, headaches, backaches, sweating, difficulty in concentrating, dizziness or faintness. Nausea, diarrhea, weight loss, sleeplessness, irritability, fatigue, nightmares, memory problems and sexual impotence, can all be brought on by stress. In fact, stress is often the most prevalent, underlying factor of all disease.

What Is Energy Medicine?

The power of the intangible has taken hold. For centuries, the understanding of "energy as medicine" or as a healing force, has been around and accepted in many cultures. From the doshas and Chakras of Tibetan and Indian cultures to the Meridians and Qi of Chinese and Japanese medical practices.

Energy therapies are becoming much more of an interest to a Western world that has spent so much time dissecting the parts of the whole. Allopathic medicine has made great and lifesaving advances within the past several centuries. Many of which, we should embrace.

Where Western allopathic medicine falls short, is in its disbelief of the intangible whole. The sub-atomic and minute particles that make-up a world we have not begun to understand, could just be the basis of our healing capacity.

Now, Western medicine is doing more research and starting to see actual biochemical reactions, which our brain experiences when we undergo such energy therapies such as touch therapies, meditation, acupuncture, guided imagery and energy work!

Physicists explain how energy supersedes all matter. Matter is energy vibrating at a frequency that resonates with our optic nerve, therefore allowing us to see the energy as solid matter. By harmonizing energies, the law of cause and effect will take care of the matter by itself.

Vibrational Tuning

Vibrational medicine, which validates that everything in the Universe is in a state of vibration and the frequency at which an object or person most naturally vibrates is called **resonance**.

The human ear can detect a minimal range of vibration between 20 to 20,000 cycles per second (cps) or Hertz (Hz). A standard measure of frequency is Hertz, abbreviated Hz. It means "*cycles per second*." Compare this to the vibrations dolphins or even mice can detect, which is up to 100,000 (cps) and you realize how much more of our "Universal Symphony" we are missing out on.

The rate at which something vibrates, determines how dense it is and how we perceive it to be.

Therefore, different things vibrate at different rates or frequencies. These things can be perceived as sound, light or color or solid matter. There is even a "hum" to the Earth. Known as the **Schumann Resonance**. The lowest-frequency (and highest-intensity) mode of the Schumann resonance is at a frequency of approximately 7.8 Hz. This particular frequency just so happens to be associated with the Alpha waves in our brain, which are most associated with our meditative state. "When your alpha is within normal ranges, **we tend to also experience good moods, see the world truthfully, and have a sense of calmness**. You can increase alpha by closing your eyes or deep breathing or decrease alpha by thinking or calculating.

There is an energy field that surrounds all things. This energy field contains all the information that makes up your body, thoughts and emotions. There is an energy field, which also surrounds the earth. Research has shown us that the earth's electromagnetic energy field on the body's subtle energies can produce immediate and positive responses!

The human energy field is a symphony of sound, frequencies and energetic matter. From our auric field and Chakra centers, bones, and organs in the body, all possess a different resonant frequency. When an organ or part of the body is vibrating out of tune or non-harmoniously, it is called "dis ease" or disease. A body is in a healthy state of being when each cell, each organ creates a resonance that is in harmony with the whole being.

Vibrational medicine is based on the idea that all illness or disease is characterized by blockage in the channels on some level, either in nadis, meridians, arteries, veins, or nerves. When there is a blockage, the organ in question stops vibrating at a healthy frequency and thus it results in some kind of illness. So, through sound and light, one can break up, dissolve and release these blockages that initiate in our light or etheric body.

Ultra sound has been used medically for almost two decades as a diagnostic tool by pediatricians while the baby is in the very early stages of fetal development. More recently, ultrasound is being used to cleanse clogged arteries. Ultrasound works on the same principle of light equals sound and tone equals radiance manifesting in form.

The Secrets to Stress Relief

The single most important point you can make about stress is that in most cases it's not what's out there that's the problem, **it's how you react to it**. How you react is determined by how you perceive a particular stress.

This is the key to dealing with stress: Identify causes of stress in your life and removing yourself from it! **Remember:** stress starts with **one negative thought that grows** manifests and multiplies. Stress manifests physically, but the cause is one negative thought that compounds into a belief, which creates a discomfort in our life, which becomes disease.

There are many strategies to coping with stress. What is most important and that should be applied to ANY situation are these:

1. Your constant positive outlook and mind set will keep you sane.
2. Keeping within a regular routine is essential.
3. Staying nourished and hydrated on a regular basis is a must.
4. Keep working through ways to generate solutions from a positive perspective.
5. Remain only around those who lift you up, keep your spirit bright, and stay positive.
6. There is always another way of looking at a situation.
7. Eliminate all triggers that could set you off or cause you to spiral downward.
8. Utilize “tools” to keep you positive and focused (music, exercise, affirmations...)
9. Stay pro-active. Keep moving. Stay motivated.
10. When all else fails, start with long, deep, rejuvenating breaths. The most powerful tool we have within us.

So NOW...

Start compounding **one positive thought** and then another and then another!

The Chinese word for crisis is "weiji". Two characters that separately mean danger and opportunity. Every problem we encounter in life can be viewed that way. It is a chance to show that we can handle it.

Changing the way, you think, can change a life of stress and discomfort to a life of challenge and excitement. Thinking about a success or a past achievement is excellent when you're feeling uncertain and stressed. You are instantly reminded that you've achieved before, and there's no reason you shouldn't achieve this time.

To Share or Not to Share?

That is the question. There is a school of thought, that “sharing your thoughts and feelings about your stressful situation” can be a cathartic release. On one level, this may be true for the person dealing with the stress and good for the “therapist” who is listening.

Why this doesn't work. No matter how much you dribble on about your problems, no one is going to solve them for you. The more you commiserate about your issues, the more negative vibes you create around you. The more negative vibes around you, the more you start believing it. Negativity **feeds** off the drama you perpetuate. The more you beat on about your stressful situations, the deeper the trench you dig for yourself. Who do you think is going to get you out of this?

ONLY YOU!

Stress and Entrainment Theory

There is a rhythm to life! From the beat of our hearts to the beat of the streets, everything around us is set to its own timing. There is a natural tendency in nature towards harmony.

When something is not in sync, has dissonance or discord, we know it and can sense or feel it. This creates disharmony between two people or a person and their environment.

When our energies are in sync, this resonance is very apparent. For example, being near someone who is calm, often makes us calm. Being in someone's home that is arranged beautifully, can create a sense of peace. Women who tend to live in close proximity to one another, often become in sync with their menstrual cycles. Couples in a relationship tend to start talking, acting and even looking like each other after time. These are all examples of entrainment.

The principle of entrainment is universal. Appearing in chemistry, pharmacology, biology, medicine, psychology, sociology, astronomy, architecture and more. The classic example shows individual pulsing heart muscle cells. When they are brought close together, they begin pulsing in synchronicity. Another example of the entrainment effect is women who live in the same household often find that their menstrual cycles will coincide.

The entrainment process is quite evident in music. It is possible to have rhythmic entrainment, melodic entrainment and dynamic entrainment. Entrainment music has the potential to (1) **resonate** with the listener's feelings, (2) **transform negativity** into positivity, and (3) promote a state of **liveliness or serenity**. Certain sounds, in specific sequence can help bring the listener from one place to another.

Entrainment is the tendency of two oscillating bodies to lock into phase, so that they vibrate in harmony.

Creating Harmony

Entrainment is an active process. By changing your rhythm and its frequency, this changes your vibration. Here are some great exercises and tips for creating harmony in your life NOW!

1. Deep breathing: Slow rhythmic breathing allows you to decrease your heart rate, respiration and therefore, slowing down brainwaves, altering the overall state of your body.

2. Humming: Humming with your own voice can improve health, greatly reduce stress, release negative emotions, strengthen immune system, increase energy and improve self-confidence. This allows you to tune into our own vibration and create peace.

3. Meditation: Fold your hands in your lap and close your eyes, right where you are. Take a few slow deep breaths. Let go of the tension in your neck and shoulders. Focus on a word or phrase (mantra) or follow the rise and fall of your chest.

4. Musical Rhythms: music is one of the best ways to create harmony in your life. Find music, which suits the mood you wish to create. Slow and relaxing, sensual and romantic, fast and energetic. Music naturally entrains the mood of the soul.

5. Color Therapy: By concentrating on a particular healing color, it is the visualization of that color that will be projected. If we focus on a color, the energy emanates from our body and begins to change the frequency that resonates with that particular color.

6. Energy Cycles: The Cycles in Nature are important when doing any kind of entrainment work. When working with the energy of natural cycles, you are likely to get better results. The cycles of the moon and tides have great power. This influence is not a constant, unchanging thing, however, and an understanding of the basic lunar cycles can help us to understand how these cycles influence our lives.

7. Understand Your Biorhythms: Biorhythms are a method to predict three cycles in your life based on your birthday. These cycles are the physical, emotional and intellectual cycle. Each of these cycles goes through different phases: high, low and critical.

8. Seasonal Healing: is one of the best ways to remind us that it is time to evaluate our health. Our moods and bodies change as the seasons change. Our past cultures have learned how to harmonize their bodies with the world around them.

9. Circadian Rhythm: This is our internal daily biological clock. This clock can be influenced by many different elements, such as light and darkness, time of day and temperature.

10. Exercise: Exercise is what your body instinctively wants to do especially under stress: fight or flight, and it works. It burns off some of the stress chemicals, which tension produces. Therefore, a tired muscle is a relaxed muscle. Regular exercise builds stamina that can help anyone battle stress. But even something as casual as a walk around the block can help you burn off some of the tension that you carrying around.

Positive affirmations

Affirmations are a positive word, expression or term, to guide us and give us reassurance. "I am a strong and confident person." "I will walk with my chin up and be proud today." Saying it out loud, affirms the truth. Saying to a mirror is also a great tool, for it makes us look at ourselves in a re-affirming way. Affirmations are about **"energy following thought"**. Program your thoughts to be affirming, self-respecting, full of love and honor, and your energy will follow this path. Positive affirmations are one of the greatest "confidence tools" we can give ourselves, because first and foremost, it comes down to having good self-esteem.

Positive affirmations are words of reinforcement. You should have a list of affirmations ready that you can start repeating when you feel stressed. They don't have to be complicated. Just saying aloud, "I can handle this" to yourself or "I know exactly what I am doing" will work. *It pulls you away from the animal reflex to stress—the quick breathing, the cold hands—and toward the reasoned response, the intellect—the part of you that really can handle it. It's necessary to think these thoughts consciously because doing so automatically changes the mind-set that's producing the stress. If you're reciting an affirmation, you're not thinking about whatever bothers you. (7)*

Life is built on positivity, one block at a time. The minute you open the window to fear and anxiety, the winds of worry whistle in and start to wreak havoc on your mind.

Affirmations that are positive, encouraging and keep you focusing forward, are the goals of using these "words of wonder."

The premise of a "mantra" was something I learn from my yoga mentor. She would often say, "use your mantra. It is the greatest weapon against self-doubt, insecurity, and fear."

A mantra or positive affirmations are words or one word or sound, repeated to assist with the concentration in meditation. You do not have to be meditating to repeat a mantra. It can be done anywhere and at any time.

~"I have time for everything, today."

~"I am positive, happy and strong."

~"I will get this job today."

~"Just breathe."

Now it's your turn. "I am _____"

"I can _____"

"I promise _____"

"Today I will realize _____"

What is your word for today? " _____"

Managing Your Stress

We can learn to manage stress. Start with these tips:

***Keep** a positive attitude with positive affirmations. Consider something like "**I have time for everything today.**" "**I deserve to be fulfilled.**" "**I honor my happiness.**"

***Accept** that there are events that you cannot control.

***Be assertive** instead of aggressive. "Assert" your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.

***Learn** and practice relaxation techniques.

***Exercise regularly.** Your body can fight stress better when it is fit.

***Eat healthy,** well-balanced meals.

***Get enough** rest and sleep. Your body needs time to recover from stressful events.

***Don't** rely on alcohol or drugs to reduce stress.

***Seek** out positive social support.

***Learn** to manage your time more effectively.

Stress and Our Emotions

There is an emotional aspect to every illness. Often times, it is the emotional thoughts or "excess emotions" that will lead to illness.

Being off balance is often caused by "emotional insecurities" due to stress, anxiety, or social habits. There is often a "hole" in our character, personality or mentality that we tend to "fill-up" with negative thought patterns. We need to look for something else to fill that void. A passion or hobby can bring us "**back to our center.**" Awareness of who we are and strive to be, can help to keep us grounded. For whatever reason we have low self- esteem, a lack of security, or the need to please others instead of taking care of ourselves, we need to take back our power and do for ourselves. The ability to balance our emotional, mental, physical and spiritual self (especially during stressful times) is up to each of us. Here are some suggestions:

Unhealthy Emotions!

- **"stressful conditions, like all imbalances, are supported by unhealthy attitudes"** says Paul Pitchford, author of "Healing with Whole Foods".
- **Make a commitment to fundamental change toward...** emotional clarity, physical vigor, and or spiritual awareness.
- **Commit to a balanced outlook and positivity** ... above all. Eliminate negativity.
- **We associate quick fixes with rewarding ourselves.** Learn to nourish your soul rather than fill your stomach, over consume alcohol, or do drugs. What need are you trying to satisfy?
- **Find healthy rewards.** Reward yourself with a healthy meal, a hot bath, or restful sleep.

The Energy of Emotions

Our emotions feed our mental and physical state. When we are coping with stressful situations, it is important to become aware of your emotions, as they play a very important part in your process.

Everyone experiences emotional challenges now and then. Emotions manifest themselves in many ways and have many causes.

Repressing emotions can often contribute to poor health, a weakened immune system, as well as, physical illness! Dealing with expressing your emotions in a positive way can be a re-enforcing tool towards finding your solution.

Part of self growth and developing self-knowledge involves learning to express the feelings, ideas and thoughts you are having. To describe how you are feeling can sometimes be a challenge.

Journaling can be a great tool. The cathartic process of writing about a situation can be an amazing form of expression. Using the **two column method** is another tool for expressing and explaining your situation, as well as seeing a solution to these situations we encounter.

Here is a look at some of the emotions and feelings related to stress:

Fear

Fear can often be a daily part of our lives. The fight or flight response can occur when an individual is subjected to fear such as a threatening situation or a resistant or hostile event. The response may be one of confrontation or one of avoidance such as running. The response involves all parts of the nervous system, as well as the endocrine system, and can be consciously or unconsciously mediated.

The autonomic part of the fight-or-flight response results in a general increase in sympathetic activity, including heart rate, blood pressure, sweating, muscular strength, and can trigger an adrenaline surge that quickens your pulse, raises blood pressure, kick-starts anxiety and prepares you for “fight or flight.” The fight-or-flight response is adaptive because it enables the individual to resist or move away from a threatening situation. can trigger an adrenaline surge that quickens your pulse, raises blood pressure, kick-starts anxiety and prepares you for “fight or flight.”

There are a lot of different things that can cause panic attacks. About the most well-known one is respiratory alkalosis. This is the CO₂ (carbon dioxide) level in the blood is too low and the pH (measure of acidity-alkalinity) is too high (too alkaline). The person feels like s/he's smothering and needs more oxygen, but the O₂ level is too high. It's the CO₂ level that needs to be brought up.

This is the condition where if the person will hold his/her breath or breathe into a paper bag (and re-breathe CO₂ just exhaled), the CO₂ content of the blood will rise and the pH will get lower (less alkaline), and the breathing problems and the panic will stop. The most common cause of respiratory alkalosis is hyperventilation (breathing too fast and too swallow), and the most common cause of hyperventilation is anxiety. When the CO₂ drops low enough and the pH rises too high, the anxiety turns into a panic attack.

Without a doubt, there are situations in our lives that cause fear. This is something we must "pick apart" in order to find its roots. There may be one or two things that are not allowing your mind to be free. Write them down.

Fear and the Amygdala

Whether you are ecstatic, dejected or frightened, emotions certainly can have a grip on your life. In the world of science, however, emotions did not have such a hold. In the past they took a back seat to more clear-cut scientific topics. But now an increasing amount of evidence is showing that the emotion of fear is decipherable. The identification of a specific brain system that processes fear is spurring a great interest in the field. New discoveries could explain the mystery behind many mental disorders and prompt the development of new treatments.

An almond-shaped area of the brain, the amygdala (uh-mig-dah-la) receives signals of potential danger and begins to set off a series of reactions that will help you protect yourself, according to an increasing number of studies. An additional message sent to the amygdala determines whether there is a threat or not.

Tips for Releasing Your Fears

No matter what type of fear you are experiencing, there are many techniques which will allow us to move forward.

- 1. By slowly taking away the "layers" of what covers this fear or block,** and discovering what is truly at the root of the fear, it enables us to deal with it from a higher point or view and opens up a path in which to rebalance.
- 2. Look at them on paper.** In two columns, write your fear on the left and then the solution to that fear on the right. Be honest with yourself when you write them out. Go with your immediate intuition. Fears have a tendency to dissolve when we are looking them face on.
- 3. Re-balance.** As a holistic individual, you know that our body is continuously in a state of re-balancing itself. This is how we function. This is how we grow. By holding on to a fear, we are not allowing this process (your intuitive state) to flow freely. This block can be the cause of a much bigger problem.
- 4. Letting go.** By giving this fear up to the universe to handle, you are essentially allowing yourself to release this fear, and in turn strip away any kind of meaning or significance it may have upon you. By letting go, this allows us to move to the next level in our lives. The next natural process. Often times, this is a fear in itself. The fear of "what will happen when I DO move to my next stage in life?" **Feeling protected** always comes by letting go of the fear.
- 5. Let your guard down.** Let it go. This is not a fear. This is a great journey. Allow yourself to follow it.
- 6. Being Grounded.** Being grounded is related to our survival instincts, and to our sense of connection to our bodies and the physical plane.
- 7. Being Aware.** Ideally, being aware allows us the understanding of fear, which gives us the comfort to feel protected. Once you know what your fear is, you can take steps to address it. Being aware can keep us healthy, secure, and allow us dynamic presence.
- 8. Be Familiar.** When we are familiar, we are comfortable and we feel connected with our physical body and the space around us.
- 9. Be Open.** Being open, gives us the ability to be conscious and secure in ourselves and determines how we look at life around us. This roots us in survival of both the physical realm and spiritual body.
- 10. Deep Breathing.** Learn to breath deeper. This is very helpful in stressful situations. It allows for the release of carbon dioxide (stess) and room to take in fresh, soothing air (calm).

Worry

Worry can only serve you well if you worry and recognize that a plan of action is needed, in a stressful situation and then you act on it.

Sympathy and nurturing are traits that make up an earth personality, but excessive worry becomes a state of restlessness and agitation, producing mental uneasiness, foreshadowing, anxiety, and painful uncertainty. The "**what if**" syndrome is a constant pattern that is played out in the mind of someone who worries too much. The emotional aspect of earth can carry a deep sense of emptiness. This tends to make worry or over thinking even worse. This downward spiral creates a destructive behavior that makes the earth personality seek out constant reassurance and a sense of neediness. Worry is a destroyer of the soul. Left unchecked, worry lends itself to hysteria.

Every system in your body is affected by worry. It affects the respiratory system and aggravates asthma. Since the lungs are related to the skin, it affects the skin by causing rash, itching or hives. It affects the circulatory system raising blood pressure, increasing blood clotting and your risk of heart attack and stroke. Muscle tension can lend itself to headaches, back and body aches. Of course, the related organ, the spleen and stomach, will increase stomach acid, affect your intestines and can lead to stomach pain, constipation, diarrhea, gas or heartburn. Since much of the immune system is apart of the digestive tract, there is growing evidence that suggests chronic worry can compromise your immune system, making you more vulnerable to bacteria, viruses, and perhaps even cancer.

Stop the Worry

- 1. Worry is a viscous cycle** that you create. Stop the mental chatter. Think about something else.
- 2. Get active in something else:** Do volunteer work, clean the house, and interact with a charity, church or community group.
- 3. Work with those less fortunate:** This often shows you how lucky and grateful you should really be.
- 4. Issues of control:** need to be let go of. "I trust that everything will work itself out the way it should be". This should be your mantra. Trust can be a powerful and giving action. "Everything will be okay"!
- 5. Talk Therapy:** whether it is with your best friend, a therapist or a perfect stranger, sometimes expressing your concerns is all you need to get it out and on the table.
- 6. Do something you enjoy:** preferably with a friend. Someone who can show you reality. A friend can ground you and show you the fun you are lacking and the worry, which consumes you.
- 7. Exercise:** is one of the best ways to push through stress, anxiety and will make you sweat, burn calories and improve feelings of depression.

8. Calm your mind: by doing some deep breathing, yoga or meditation. Close your eyes and put your mind into a tranquil, peaceful setting that allows you to wander and invite a sense of serenity.

9. Know the difference between a situation over which you have control and one over which you have no control. This will make all the difference in how you handle something.

10. Let go: If you have done all that you can do to rectify your situation, it is time to leave it in greater hands. The Universe truly takes care of your needs. You simply have to **ALLOW** this to happen.

Create A Worry-Free Journal

The Worry-Free Journal is a book or record you create to chart progress, make steps to follow, or create a journey to building security. It can be used for writing down experiences you have, words that give you power, and help you to work toward your protection. This journal is a good place to record your information so that you can go back and look at it later.

Protection is about alleviating fear and worry. Upon waking, pick up your journal and write down any dreams (or nightmares) that may appear to be related to your lack of security and protection. Worry can only serve you well if you worry and recognize that a plan of action is needed, in a stressful situation and then you act on it. But, when worry becomes overwhelming, this is considered fear. No matter what type of fear you are experiencing, there are many techniques to move forward. Let's elaborate:

Create a two-column layout.

Write out the particular worry on the left.

Answer that particular worry in the right-hand column by giving solutions or positive outcomes as a solution.

Underneath these two columns, elaborate on how you will put this worry aside.

Give three ways to focus on the positive.

De-construct this worry by writing out the way you will overcome it and how little power it has over you.

How are you taking back your control? Name 3 ways.

Now write out a positive affirmation.

Name 3 things you will do to reverse this worry and turn it into a through process that will help you, not knock you down.

Anger

Anger is the feeling we experience when events in our world are not going according to our plans. Anger is one of the most common and destructive delusions affecting our minds. Because it is based on an exaggeration, anger is an expression of our belief system and how we defend it. It's as if we have an inner idea of how things, events and people should be for us. When we get angry and either feel frustrated or try to change them, we tend to give away our power! Many of us remain a victim to our tempers all of our lives. In essence, anger is the feeling we get when we want to control the world around us.

In Traditional Chinese Medicine, anger is most prevalent in the Spring. It is considered the emotion of Spring. Although we can and do experience anger at any time or season, it is Spring when we are most easily angered. This is believed to be due to the changes of light and dark and the balance between them.

It is very important to identify the actual cause of whatever unhappiness we feel. If we are forever blaming our difficulties on others, this is a sure sign that there are still many problems and faults within our own mind. If we were truly peaceful inside and had our mind under control, difficult people or circumstances would not be able to disturb this peace, and so we would feel no compulsion to blame anyone or regard them as our enemy. To someone who has subdued his or her mind and eradicated the last trace of anger, all beings are friends.

Techniques for Managing Anger

1. The first step towards managing anger, is to identify which attitudes and convictions that many predispose us to being excessively angry in the first place! Once these beliefs have been identified, it is important to take steps to understand and correct them, if need be.
2. The second step is to realize that anger is a natural human emotion and it is not the emotion of anger that tends to be a problem. The problem is the mismanagement of our anger. Mismanaged anger and rage are the major cause of conflicts in our lives. This mismanagement often has roots from our childhood that prevents us from expressing our anger as appropriately as we should. These factors include fear, denial, ignorance and impatience. These factors can derail the appropriate management of our anger towards others. Learning to understand and change these factors in ourselves, will allow us to express our suppressed anger in a more appropriate way.
3. The third step is learning the appropriate ways of expressing our "honest and legitimate" anger at others so that we can begin to cope more effectively with anger provoking situations as they come up in our lives. When we are anxious or depressed, we are often experiencing the consequences of our suppressed anger. The problem is that we have suppressed our anger so deeply that we succeeded in concealing it from our own selves! All we are left with is the residual evidence of it, our anxiety or our depression. When we are depressed, very often we are also angry at ourselves without realizing it. Learning to appropriately manage our anger at ourselves is the antidote to much of alcoholism, drugs and sexual abuse.

4. The fourth step in the Anger Management process is to approach anger by taking responsibility for our own reactions and behavior. We can do this by addressing our anger with the following coping techniques:

1. Listen to other people, first: listen carefully to what is being said. Do not have a preconceived opinion before you hear what is being said. Remember, everyone is entitled to their own opinion.

2. Think carefully about what you want to say: before you say it. slow down. What is the underlying factor in your anger? Fear, denial, impatience?

3. Be clear about what you are going to express.: Your objective is not to belittle, berate, be sarcastic or attack someone, because their opinion is different than yours.

4. If their statement is pushing your anger button: know why! Try to understand the root of your own anger. Look at why they have formed such an opinion.

5. Express yourself by saying: “I feel angry with (you, them, this situation) because...” Stay calm in the face of your own and the other person’s anger. The worse thing to do if someone is angry toward you is to shout back at them! Be patient and ask questions to get to the heart of problem. Try being carefully assertive, rather than aggressive.

6. Make lifestyle changes. Making small changes in your life can allow you to reap great rewards.

7. Get regular exercise: This can help to prevent the accumulation of tension and will give you regular time away from everyday stress.

8. Learn relaxation exercises such as yoga and meditation. These forms of exercise will help to release tension in a controlled, healthy way.

9. Change your environment. Find alternatives for situations which add stress to your life. Schedule time to relax and unwind.

10. Learn to express your feelings: either by talking to a friend or by venting feelings in other ways, perhaps creatively through painting, journaling or taking on a new hobby.



Guilt

This is absolutely one of the worst emotional responses we can deal with. Without a doubt, this emotion will never serve any one, ever! **Guilt** is a cognitive or an emotional experience that occurs when a person realizes or believes - whether justified or not - that he or she has violated a moral standard, and is responsible for that violation. It is closely related to the concept of remorse.

Sigmund Freud described this as the result of a struggle between the ego and the superego parental imprinting. Freud, an atheist, rejected the role of God as punisher in times of illness or rewarder in time of wellness. While removing one source of guilt from patients, he described another. This was the unconscious force within the individual that may contribute to illness and also to the kind of so-called accident that, until then had been attributed to God's will or simply bad luck. Today, as a result of Freud's views, even the victim of someone else's accident or bad luck may be offered criticism rather than comfort. The theory is that the victim may be at fault for having attracted the other person's hostility

Guilt is the greatest destroyer of emotional energy. It leaves you feeling paralyzed in the present by something that has already passed. Reflecting on past behavior and learning from it is instructive. Unending remorse about past mistakes serves no useful purpose. In fact, excessive guilt is one of the biggest destroyers of self-esteem, individuality, creativity and personal development. Self-flagellation about a previous wrong only increases the chance that you will make the same mistake again. Intense recrimination over wrongdoing may make you feel absolved of guilt. This sense of absolution almost gives you permission to do the same thing all over again — illogical but true.

How To Banish The Guilt

1. Review the action or event over which you feel guilt.
2. Was the action appropriate or acceptable under the circumstances?
3. If so, let go of the situation and refuse to think about it further. Go for a walk, call a friend or become absorbed in something enjoyable. Do anything but rethink the situation.
4. If your action was inappropriate, is there something you can do to correct it or to make amends? Now take this step and realize you have done all you can to rectify the situation.
5. What have you learned from this experience that will be helpful in the future?
6. Remember that the past cannot be changed, no matter how you feel about it.
7. Excessive guilt will neither alter the past nor make you a better person.
8. By implementing the above steps, however, you will learn from your mistakes and not be obsessed with them.

1. *Wikipedia*
2. *Psych Central*, by Maude Purcell

How Our Energy Affects Our Outcome

Let's start with the energy of self-destruction. **Some of the signs and symptoms** frequently associated with self- destructive behavior are listed below. Not all of these will necessarily be evident in a particular case. Put a check next to the boxes, you feel, you can associate with:

☐ Substance abuse (includes the abusive act of alcohol and drugs such as cocaine and amphetamines.)

☐ Food abuse

☐ Self-absorption

☐ A need for self-abasement

☐ Asceticism

☐ Masochism

☐ Accident proneness

☐ Seeking unnecessary surgery

☐ Refusal to comply with a physician's instructions

☐ Denial of reality

Self-Destructiveness - Learning to Cope

You may find value in the practical coping strategies below.

1. The time is NOW to reinforce the life forces.

Make a list in writing of reasons why life is worth living. Include your blessings and your talents. Name the things that bring you pleasure in life. Start the list, carry it with you and add to it as ideas occur to you. You may start out by thinking that there is little or nothing you can list, but you may find, to your surprise, that the list will grow fairly long.

Reason 1:

Blessing:

Reason 2:

Blessing

Additional reasons:

3. **Recognize the ambivalent nature of your behavior.** It is not true that you simply want to hasten your death, which you do not believe that life itself is worth living. If this were so, you would find a way to simply kill yourself quickly and effectively. The fact that you engage in indirect self-destructive behavior shows in itself that you are of **two minds**. Within this very fact resides hope. You are not a complete enemy of yourself. Somewhere within your personality you are also a friend to yourself. Learn to work with, not against this friend.

Explore these two minds. List the positive aspects of mind:

What are the negative aspects of the “other” mind?

4. **Intensify your reality orientation.** The very fact that you are recognizing within yourself some of the symptoms of self-destructive behavior suggests that your denial of reality is far from complete. Build on this, Say to yourself, "I am going to face the long-term consequences of my behavior." Express now, on paper, the answer to this question:

"What will become of me if I persist in my present pattern?"

Tell yourself, "I am a creature of flesh and bone like all human beings. I need love, not abuse - certainly not abuse at my own hands." The love, I need to give myself starts now.

List 5 ways how you are going to start loving yourself NOW:

- a.
- b.
- c.
- d.
- e.

5. **Find ways to de-center.** De-centering is a technique that reduces high levels of self-absorption. This is particularly true in the case of persons who suffer from the 'too much, too soon' phenomenon. They often display narcissism. In decentering, one takes active steps to engage oneself in helping others. There are many ways to do this. Volunteer work in hospitals or the tutoring of children with learning disabilities provides two examples.

I am going to de-center by:

6. **Reevaluate your guilt feelings.** It is possible that your guilt feelings are excessive, that your self-hate is an overreaction. This is frequently the case in persons who have had a very traditional upbringing and who have, in Freudian terms, a punitive superego, i.e., the moral agent of the personality.

Ask yourself, "Am I in fact as guilty as I feel, or am I the victim of an overly moralistic attitude that I acquired in childhood from authoritarian parents?"
Why?

Your own answer to this question may come as something of a surprise, and possibly will relieve you of some of your burden of guilt.

7. **Search for the meaning in life.** Perhaps you are in a state of despair and demoralization because you see no real point or purpose in living. Start searching for meaning by reading and reflection. The search itself will help restore a degree of sense and purpose to existence.

8. Look for long-term gratifications. Instead of short-term gratifications that can be found in alcohol, other drugs, food, and masochistic behavior. Lift your eyes to a more distant horizon. Look down the road of your life. First, imagine as vividly as you can your future if you continue on the present course. Then imagine your future and its gratifications if you give up dubious 'pleasures' associated with self-destructive behavior. Return frequently to the images associated with delay of gratification.

Ask yourself, "Who am I really punishing?"

It is possible that your self-destructive behavior is a way of punishing someone else. If you answer the suggested question honestly, you are likely to discover that you are punishing yourself much more than you are punishing the other person. If the cost of your maladaptive behavior is clearly seen as outweighing its benefits, you might find that you are able to give it up.

Say to yourself, "I want to stop being a victim of myself."

8. Declare your autonomy in positive ways. Refusing to follow a physician's instructions when you have a chronic illness is a way of declaring your autonomy. But it is a negative way. It is the mode of the toddler.

The child frequently saying, "No", characterizes the 'terrible twos'. Refusal to obey instructions is a way of saying, crudely, "I am my own person." Reject childish ways.

Remind yourself that you are not two years old, but an adult. Find ways to be your own person by building, by doing creative things, by acting in constructive ways.

1. Special thanks to Special thanks to the Medicor Labs Corp.

The Energy of Forgiveness

"Forgiveness is the healing of wounds caused by another." It is our choice to learn to let go of a past wrong and it is our choice to no longer allow ourselves to be hurt by it. Remove your ego from the equation. Now look at the situation. Does it appear differently? As it was so eloquently stated by *Henry Ward Beecher*, when someone says "I can forgive, but I cannot forget," it is only another way of saying, "I will not forgive." Understanding how to forgive is a well learned lesson, which will only make you stronger. So why should we forgive?

"We must develop and maintain the capacity to forgive. He who is devoid of the power to forgive is devoid of the power to love. There is some good in the worst of us and some evil in the best of us. When we discover this, we are less prone to hate our enemies." ~ Martin Luther King, Jr.

The need to understand the power and place of forgiveness is important in the healing process. It is urgent that we examine the steps that lead to justice and strengthen society. We need to understand how forgiveness improves the human condition. How do we choose to forgive? What are the effects of holding grudges and seeking revenge? We can find a way to balance our need for security with the potential for granting forgiveness. Forgiveness offers the possibility of two types of peace: *peace of mind* -- the potential healing of old emotional wounds, and *peace with others* -- the possibility of new, more gratifying relationships in the future.

"The weak can never forgive. Forgiveness is the attribute of the strong." ~ Mahatma Gandhi

In his article, *"Forgiveness, What Its For?"*, adapted from **Larry James's** books, he writes"

"Forgiveness works! It is often difficult, AND it works!

"We often think of forgiveness as something that someone who has done us wrong must ask of US. There is always another way of looking at something. My thoughts on forgiveness suggest that you focus on offering forgiveness TO the person who has wronged you. To not forgive them is like taking the poison (continuing to suffer for what they did or didn't do to you) and expecting THEM to die."

"Forgiveness is a gift you give to yourself. It is not something you do FOR someone else. It is not complicated. It is simple. Simply identify the situation to be forgiven and ask yourself: "Am I willing to waste my energy further on this matter?" If the answer is "No," then that's it. All is forgiven."

"Forgiveness is an act of the imagination. It dares you to imagine a better future, one that is based on the blessed possibility that your hurt will not be the final word on the matter. It challenges you to give up your destructive thoughts about the situation and to believe in the possibility of a better future. It builds confidence that you can survive the pain and grow from it."

"Telling someone is a bonus. It is not necessary for forgiveness to begin the process that heals the hurt. Forgiveness has little or nothing to do with another person because forgiveness is an internal matter."

“Choice is always present in forgiveness. You do not have to forgive AND there are consequences. Refusing to forgive by holding on to the anger, resentment, and a sense of betrayal can make your own life miserable. A vindictive mind-set creates bitterness and lets the betrayer claim one more victim.”

"If we really want to love, we must learn how to forgive." ~ Mother Theresa

A Checklist for Forgiveness

- √ Forgiveness is for YOUR peace of mind.
- √ Forgiveness helps to heal our emotional wound.
- √ We are not perfect.
- √ By holding on to this, we continue to be the victim of this circumstance.
- √ Those who are weak, can never forgive.
- √ When you forgive, you change your future.
- √ Forgiveness offers you another chance for a new start.
- √ If perfection was possible, there would be no need for love or forgiveness.
- √ The final acceptance in your life, is forgiveness.
- √ Why are you losing sleep over transgressions, that another may not even know they committed?
- √ Forgiveness is making peace with yourself, as much as it is releasing the offense against you.

Create A Forgiveness Workbook

This Forgiveness Worksheet or Life Workbook, is a great way to bring the power of your thoughts, good energy, and a generous way to express your true feelings on paper.

This journal can be used for writing down situations and how you have experienced them.

These journals are good places to record your positive outlook, your goals for achieving a path to your truths, and your daily affirmation.

It can allow you to look at that information later for understanding inspiration and guidance.

Tips for Understanding Forgiveness

1. Upon waking, write down the name of the person you are forgiving. Write down what it is you are forgiving them for.
2. It is a good idea to write words such as I am, I can, I will.
3. Write down your perception of the misunderstanding.
4. Jot down significant words/phrases, that signify your mindfulness, today. "My partner", "my great career", "my respect for myself".
5. List what negative feelings you are still holding on to. Explain in your journal.

6. Now learn about the power of letting go of these feelings. Write down each day, something new that you find forgiveness in doing, seeing, saying, hearing...
7. Understand, it is now time to let go, which you do by _____... (write them down). Look at it periodically. What impact does it have on your thoughts?
8. Do you see failure as a stumbling block or a stepping stone to forgiveness? Find three things in forgiving that make it a stepping stone to the next level. List them now.
9. Be sure and write the time and day on the top of the page.
10. Make this journal your own. Buy or make a book that you are eager to go to each day. Use stickers, color, doodles that all express your journey to forgiving yourself and others.
11. Our ability to forgive is in direct proportion to our ability to receive forgiveness.
12. When we are able to forgive all parts of ourselves, this allows us to be that much more perfect and whole. This in turn helps us to forgive others for any past mistakes.
13. Remember: mistakes come from good people who, from time to time, made some bad choices.
14. Judgments, resentments, and grudges are destructive emotions. When left unchecked, unresolved, or not under control, they can wash away the foundation of any relationship.
15. A wake-up call is in order. Talk it out. Resolve issues, disputes, and misunderstanding by expressing your feelings in a calm, well thought out, civil conversation. Preferably in person.
16. When we hurt ourselves, we hurt each other. Learn to forgive yourself by releasing your guilt. Learn to forgive others by letting go of your ego.
17. Remind yourself that we live in each other's hearts and when we look at ourselves, we see each other. When we love each other, we love ourselves more.
18. Learn to understand the relief you gain from forgiveness.
19. Step up to the plate and speak your peace.
20. Forgiving is the ultimate in acceptance of yourself and others. It reveals a path to our true selves.

Questions to think about:

Who am I going to forgive today?

Why am I going to forgive them today?

I am going to benefit greatly from doing this. Why?

Does it matter what the issue was about?

I am forgiving this person for who's sake?

The Energy of Love

There is no greater love than the love we can give ourselves. We can never love ourselves enough!

Self-love is probably the most important love we can do for ourselves AND others. It is very important that we love ourselves, first. When this truly occurs, the **Universe allows** all things to fall in to place very nicely!

Self examination is the only way to know.

1. **To live feeling fully alive is our own choice and responsibility.** There are many examples of people living their passions from many different walks of life. These choices **re-affirm the love and respect for ourselves.**
2. **Self-Love is NOT Selfishness.** Selfishness is always voluntary, showing regard to our own interests and gratification, which is sought after and indulged at the expense, and sometimes, to the injury, of others.
3. **Having the courage and determination** to feel good is our personal business.
4. **Deciding to feel good,** to whatever degree we can manage, is the most important decision that we can make.
5. **Spending even a few moments each day** doing something that simply delights us, increases our feeling of well-being and makes it easier to do even more of our soul's passion and allows us to find the confidence to love and respect ourselves that much more.
6. **The renewal and invigoration received from doing the activities we find absolute passion in,** is so vital to the quality and performance in all aspects of the rest of our lives, that without this "**fire**" for our creative **soul's desire**, all else positive in our lives begins to diminish and become depressed.
7. **When something is so wonderfully important to our overall well-being,** it is essential that we pursue it!

8. **Self-love can often be found by doing something that brings out the passion in our lives.** Doing exactly what it is that makes us happy. When we follow the path that we long to follow, we can always find this love in ourselves.
9. **It is this passion, which gives us reason in our lives.** It allows us to "see" the reasoning behind why we are here in the first place.

10. Bring your love and light to others by truly loving and respecting yourself, first.

"Energy Follows Thought"

Energy follows thought. Where your thoughts are directed, there is where your energy will go and manifest.

"With each beat of our heart and every breath that we take, we get a new opportunity to make a choice as to where we want to direct the energy of our lives. Every new moment offers a possibility to open a crack in the door that brings forth the power of the universe. The ever-present "now" is always offering new opportunities to improve our lives. As we verbalize and visualize during our prayer meditation sessions, the now is always turning the present into the past. Scientists have recently determined that the human brain takes an average of three seconds to process and transfer information from reality to memory, to change the present to the past. Each new moment gives us another chance to reevaluate in the light of the present, giving us an opportunity to make new choices and decisions as to what we want to do with our lives.

I will love myself today because:

I deserve this today and everyday because:

I make my own destiny, starting with the food I choose to nourish myself with. Why am I choosing to do this now?

I will love myself daily. This is what I will affirm to myself daily:

1. "The Partners Within -- Using Prayer And Meditation For Personal Growth" by Robert C. Felix. Please visit www.partnerswithin.com

The Energy of Self Esteem

Self-esteem is a confidence in yourself and your capabilities. Self-esteem is important because it allows you to enjoy a happier, more joy-filled life. Most importantly, self-esteem helps you feel connected with the "true spirit" within yourself. This enables you to take responsibility for your own happiness. You **MUST** make positive thinking a habit, and this allows you to build self-esteem!

Now answer these questions. Rate each answer on a scale of 1-3 one, if you feel this way sometimes, but infrequently; two, if you usually feel this way; or three, if you always feel this way

- 1...I appreciate all the things I can do.
- 2...I understand the importance of being my own best friend.
- 3...I appreciate my own uniqueness.
- 4...I pay attention to my feelings.
- 5...I am comfortable expressing my feelings to others.
- 6...I am sensitive and concerned for the feelings of others.
- 7...I let go of unhappy thoughts.
- 8...I understand that mistakes are only "misses."
- 9...I take responsibility for my actions.
- 10...I allow myself to be different from others.

If you have a perfect score of 30, you are in great shape!

20-30 means you probably like yourself most of the time.

20-10 means you need to start lifting some "positive mental weights," and if you scored below 10, you need 10 self affirmations to let you know you are alright and you are ready for improvement.

Whether you already think positively or need to start practicing some positive mental habits, you can have great fun exploring the issues of self-esteem.

Self-esteem and The Learning Process

Self-esteem is closely linked to the learning process. Learning something successfully makes you feel good about yourself and creates positive attitudes. A life-student with self-esteem is an active rather than passive learner and is eager to try new things without fear of failure.

A life-student afraid to risk failure inevitably stops learning. You won't develop self-esteem overnight because it's a building process, but each small step to improved confidence will ultimately impact all your future choices.

Learn to praise yourself at each step you take towards a goal and encourage your persistence to keep trying! You know that you have self-esteem when your "can do" attitude reflects an understanding that a mistake is just a "miss," and that's how you learn!

The "Honor Myself" Check List

by Andrew Pacholyk, MS, L.Ac.

Our Goal this week will be to promote self-worth and promote body awareness. Identity work to raise consciousness. Build self- confidence. Improve our ego, self-esteem, and emotional balance and strengthen our positive personality traits. We will allow ourselves to see all the beauty our eyes touch.

Self-esteem issues are different in different people. Although you may feel great about yourself in one area of your life, you may be extremely down on yourself in another. Welcome to the world. We can all seek to improve ourselves. It is time you became committed to truly loving and appreciating yourself and who you are.

1. Walk with your head up - do not look down. Keep your eyes even with the horizon. Tell everyone who you are with your eyes.

Affirmation: I keep my head up high. I choose to be a very loving, humble, secure me.

2. Stay positive, patient and keep your temper in check - Breathe. Think of positive thoughts and seek the sunny side of every situation. Avoid getting extremely angry and flying off the handle.

Affirmation: I am calm, cool, collected. Nothing, absolutely nothing bothers me.

3. Stop taking things personally - guess what, it is not all about you. Everyone is not against you and they are not ganging up on you either.

Affirmation: It is not about me. I rise above all that is in my way. I soar free and independent of that, which is around me.

4. Stop playing it safe - It is time to be a risk taker. The worse thing that could happen is that you fall on your face. So what. And your point is? If you do not go out on a limb sometimes, you will continually be ruled by your fear.

Affirmation: I honor all that I am. I deserve the best. I am the best.

5. No more hiding - Your lack of belief in yourself may want to keep you hidden away behind closed doors and from reality. Get out there. Meet and greet. You never know who you will meet. Make it a challenge. You just might meet your next employer, love of your life or bridge partner.

Affirmation: I am powerful and brave. I know we are all in the same situations. We share the same consciousness. I will be the better person and take my place in the world.

6. Change your vocabulary - NOW. Words and phrases like: "I can't", "It figures", "Just my luck", "I'm only human", "I should have", "Life sucks" or "It's impossible"... should never cross your lips...again.

Affirmation: I can, I'm so lucky, I'm so fortunate, I will, I'm deserving, It's possible, I love my life.

7. Limit the apologizing and drop the guilty - Enough already. You have nothing to be guilty of. Nothing. Continuous apologizing not only is annoying to hear, it shows that you are not grounded and can not find your comfort in your own skin.

Affirmation: I am guilt free. I have nothing to be guilty about. No more excuses or apologies.

8. Make direct eye contact - make it every time with someone... and keep it. Looking down or looking away only shows how insecure you are. You have nothing to be insecure about and everything to be sure of.

Affirmation: There is nothing more beautiful, than a confident person.

9. Accept a compliment - with praise and graciousness. They are not often given out. Take them with pride and honor. Be happy that someone has found there own security enough to give one to you. Show them how secure you are, by thanking them.

Affirmation: I appreciate a compliment. I deserve a compliment. I am grateful.

10. Less taking and more giving - shows you are confident that what you have to give is worth something. The more we take, the more we think we deserve, the more we feed into our poor sense of self.

Affirmation: I am happy to give my time, my love and my charity to all who need it.

NOTES:

Stress Relief and Herbal Remedies

Chamomile German (*Matricaria recutita*), Roman (*Chamaemelum nobile*)

Chamomile's medicinal properties range from skin inflammations to lightening hair to treating digestive problems. As a mild sedative, anti-inflammatory, and antibacterial, it improves digestion by relaxing the muscles throughout the gastrointestinal system and it can induce an overall sense of calm and well-being.

Valerian (*Valeriana officinalis*) Improves circulation and acts as a sedative. Good for relieving anxiety, fatigue, high blood pressure, insomnia, nervousness and stress. Helps ease the pain of irritable bowel syndrome, muscle and menstrual cramps, and pain, spasms and ulcers.

Rosehips (*Rosa canina*) If you leave the flower on your rosebush, the petals will fall off after it finishes blooming, and a small red fruit will form -- that is the rosehip. Rosehips form on any sort of rose shrub, even a hybrid tea or floribunda, but the hips most commonly used in foods and beverages are harvested from wild roses. Fresh rosehips are a source of vitamin C, which is how they got the reputation for being healthful.

Catnip leaf (*Nepeta cataria*) Catnip has always been used by people, for whom it is a mild, safe sedative. Catnip tea was a regular beverage in England before the introduction of tea from China. It is a traditional cold remedy. It also is traditionally used for upset stomach and children's ailments, such as diarrhea, hysteria and nightmare. The essential oil in catnip contains a monoterpene similar to the valepotriates found in valerian, an even more widely renowned sedative. Animal studies (except those involving cats) have found it to increase sleep. The monoterpenes also help with coughs.

Hops flower (*Humulus lupulus*) Hops are high in the bitter principles humulone and lupulone. These are thought to be responsible for the appetite-stimulating properties of hops. Hops also contain about 1–3% volatile oils. Hops have been shown to have mild sedative properties. Hops have tonic, nervine, diuretic and anodyne properties. Their volatile oil produces sedative and soporific effects, and the Lupamaric acid or bitter principle is stomachic and tonic. For this reason Hops improve the appetite and promote sleep.

Skullcap (*Scutellaria laterifolia*) Skullcap relaxes states of nervous tension whilst at the same time renewing and revivifying the central nervous system. It has a specific use in the treatment of seizure and hysterical states as well as epilepsy. May be used in all exhausted or depressed conditions. Can be used with complete safety in the easing of pre-menstrual tension.

Passion flower (*Passiflora incarnata*) Passionflower is a mild tranquilizer made from a climbing native flower of the southeastern United States that also produces an edible fruit called the maypop. These are calming without being sedating and are a useful complement to programs of stress reduction, much safer than pharmaceutical tranquilizers. Take one drop full of the tincture in a little warm water or two capsules of extract up to four times a day as needed. If you leave the flower on your rosebush, the petals will fall off after it finishes blooming, and a small red fruit will form -- that is the rosehip. Fresh rosehips are a source of vitamin C, which is how they got the reputation for being healthful.

Stress and Homeopathy

This medical system uses **infinitesimal doses of natural substances** to stimulate a person's immune system and body's natural defenses. Homeopathic remedies are named for the plant or animal ingredients they are made from. Homeopathy not only offers relief from temporary disorders but, can provide long term healing of a person due to its individual and "holistic" approach. **This often leads to a complete recovery** from the dis-ease, as well as, providing an improved understanding of the patient's situation. This type of healing makes it easier and possible to avoid recurrence or relapses in the future and **homeopathy stimulates the body's natural defense system** by reestablishing normal immune system and cell functioning.

Stress:

Ignatia Amara if symptoms are nervous conditions, irritability, sleeping disorders, apprehension and fever .

Coffea Cruda if symptoms of insomnia are caused due to stress and mental activity.

Phosphoricum Acidum if symptoms of nervous tiredness, headaches, exhaustion from mental work.

Argentum nitricum This remedy can be helpful when anxiety develops before a big event: an exam, an important interview, a public appearance or social engagement. Dizziness and diarrhea may also be experienced. People who need this remedy are often enthusiastic and suggestible, with a tendency toward peculiar thoughts and impulses. They often crave sweets and salt (which usually make their symptoms worse).

Arsenicum album People who are deeply anxious about their health, and extremely concerned with order and security, often benefit from this remedy. Obsessive about small details and very neat, they may feel a desperate need to be in control of everything. Panic attacks often occur around midnight or the very early hours of the morning. The person may feel exhausted yet still be restless—fidgeting, pacing, and anxiously moving from place to place. These people may also have digestive problems or asthma attacks accompanied by anxiety.

NOTES:

Exercise to Reduce Stress

Exercise is what your body instinctively wants to do under stress: fight or flight, and it works. It burns off some of the stress chemicals tension produces. Therefore, a tired muscle is a relaxed muscle.

Regular exercise builds stamina that can help anyone battle stress. But even something as casual as a walk around the block can help you burn off some of the tension that you carrying around. Stretching is a great tension reducer. Stretch your chest for better breathing. The tense musculature of a person under stress can make breathing difficult and impaired breathing can aggravate the anxiety you already feel. To relax your breathing, roll your shoulders up and back, then relax. The first time, inhale deeply as they go back, exhale as they relax. Repeat four or five more times, then inhale deeply again. Repeat the entire sequence four times.

People under pressure have a tendency to clench their teeth. Dropping the jaw and rolling it helps make those muscles relax, and if you relax the muscles, you reduce the sensation of tension.

Of course, knowing that something's good for you doesn't make it any easier to actually do it. Most people in the general population don't engage in any regular physical activity or quit shortly after starting an exercise program. Depression and anxiety can make it even more difficult to get active. By its nature, depression means that you don't enjoy activities, that you're often fatigued or sedentary, that you just don't feel like it, that you lack motivation, or that you don't stick to treatment regimens very well.

You may have a hard-enough time doing the dishes, showering or going to work. How can you possibly consider adding exercise to the mix?

Overcoming that inertia can be difficult. Another challenge is maintaining, or adhering to, an activity program. Setting realistic goals, doing some problem solving, and recognizing that exercise won't always be fun or easy can help.

Talk to your doctor. Although not all mental health professionals have adopted exercise as a part of their treatment regimen, talk to your doctor or therapist for guidance and support. Jointly assess your issues and concerns about an exercise program and how it fits into your overall treatment strategy.

Identify what you enjoy. Figure out what type of exercise or activities you're more likely and less likely to do, as well as where, when and how often. For instance, would you rather garden in the evenings, jog in the pre-dawn hours, go for a brief walk in the woods or play basketball with your children after school?

Set reasonable goals. Your mission doesn't have to be to walk for an hour five days a week. Even a 10-minute walk can help lift your mood, get you into a more positive environment and refocus your thoughts, even temporarily, away from negative or self-critical thinking patterns. Custom-tailor your plan to your own needs and abilities.

Break it down. It might be good to have an overall exercise strategy. But focusing on the perfect plan or an ideal rather than what's realistic for you can sabotage your efforts. Don't start with the ideal and work backward. Start with the realistic and work forward.

Break your program down into smaller parts. If you can't fathom walking for 45 minutes, what is possible? Fifteen minutes? Five minutes? Start there, and build on that foundation.

For many people, just getting shoes on and getting out the door is the majority of the effort. That's the hardest part. Once we're moving, though, it's often easier to keep moving. So put your energy into the front end — into just getting started.

Have short-term coping strategies. You may have a structured exercise program that calls for activity several times a week at the local gym. But plan for active ways to cope immediately and quickly with unexpected negative moods, depression, anxiety or other issues. For instance, even if it's your day off from exercise, taking a 10-minute walk may quickly help lift your mood if you're sad or anxious or find yourself focusing on negative thoughts. Try to respond to a negative mood with physical activity.

Don't think of exercise as a burden. If exercise is just another "should" in your life that you don't think you're living up to, you'll associate it with failure. Rather, look at your exercise schedule the same way you look at your therapy sessions or antidepressant medication — as one of the tools to help your treatment. Reframe the way you think about physical activity. Don't think of it as just another thing that you should be doing, but can't because of all of the demands in your life. Instead, think of it as something positive that you can do now to help you meet your goals, including feeling better physically and emotionally.

Address your barriers. Identify your individual barriers to launching a program. If you're self-conscious, for instance, you might not want to exercise in public. If anxiety or depression makes you feel like you're carrying a heavy weight around, the idea of moving on purpose, doing something active, can seem absurd. The barriers may feel overwhelming. But when you have depression, it's easy to overestimate difficulty. Instead, develop a strategy to overcome or get around those barriers. If you don't want to go to a crowded gym, perhaps you can go to a quiet park or use a home treadmill or bike. If you're put off by the thought of spending 30 minutes jogging, aim for five minutes of walking instead of just doing nothing. If five minutes seems daunting, try two minutes.

Prepare for setbacks and obstacles. Exercise isn't always easy or fun. And it's tempting to blame yourself for that. People with depression are especially likely to feel shame over perceived failures. Don't fall into that trap. Give yourself credit for every step in the right direction, no matter how small. Chances are, you're going to come to a time when it gets really hard. If you say that you're a failure, that you blew it, that you have to start all over, you're more likely to quit altogether. Recognize that change is hard and setbacks are part of the change process. By learning how to cope with setbacks, you'll learn skills that will help you stay active over the long term.



Acupuncture for Stress

Traditional Chinese Medicine (TCM) is the oldest, continually practiced, and professionally administered health care system in the world. It is a documented medical system spanning over 2,500 years based on comprehensive philosophies, rational theories, clinically tested and empirically verified by over 100 generations of highly educated practitioners. Chinese Medicine is a total system of internal medicine which is comprised of a diagnostic procedure based on signs, symptoms and treatment styles including acupuncture, herbal medicine, exercise, diet and meditation. It's foundation is based on the principles of balance; the interdependent relationship of Yin and Yang. Through this balance, health is achieved and maintained.

According to Traditional Chinese Medicine, an imbalance of energy or Qi in a particular meridian or organ system can cause physical, mental, and emotional symptoms. When emotions are held on to over long periods of time, or when they result from a particularly stressful or traumatic event, they can become causes of illness. Emotions also can result from an imbalanced flow of Qi or blood. Therefore, emotions can be the cause or the symptom of a disorder.

A TCM practitioner aims to restore balance to the body. When the body's energy is flowing properly to all tissues of the body, a person is better able to deal with stress and its effects. The TCM practitioner will diagnose the effects of stress on the different body systems.

Acupuncture is an effective therapy for the treatment of stress/anxiety disorders.

Acupuncture redirects your chi into a more balanced flow. It provides support to the underlying energetic spheres affected by your anxiety, helping to resolve the cause or effects of your stress. Acupuncture releases tension in the muscles. This allows increased flow of blood, lymph, and nerve impulses to affected areas, decreasing the stress experienced by you. Acupuncture also is effective in relieving the physical symptoms associated with stress-related and anxiety disorders, such as:

- *Diarrhea
- *Headaches
- *Heart palpitations
- *Insomnia
- *Nausea
- *Neck and shoulder tension...

The specific course of treatment depends on the **nature and severity of your symptoms**. Acupuncture treatment for stress and anxiety, for example, may last approximately ten to twelve weekly sessions. The Ancient Art of Acupuncture is the needling of specific points along "**meridians**" or **channels** that run throughout our body. Acupuncture can be traced back as far as the Stone Age in China.

Acupuncture remained relatively unheard of in the United States until 1974 when **James Reston, a reporter for the New York Times** accompanied President Nixon on a trip to China where they witnessed an appendectomy and several demonstrations of serious surgeries being performed with acupuncture as the only anesthetic using **Acupuncture Anesthesia**. Western science has never been able to reconcile how Acupuncture works. They can prove "**that**" it works, but not "**how**" it works.

The **body functions** as an entity through 12 channels called "Meridians", that distribute Qi. "Meridians" or channels are pathways of energy flow. Very often **pain, numbness, soreness, sensations of heat or cold**, and other sensations along the course of a meridian will be an important clue to problems in that particular system. **Each meridian connects to an organ**. It is through these meridians that organs receive nourishment and stay in balance (function properly). There are also **8 extra vessels** that store energy and help regulate the flow of Qi in the meridians. In addition there are gates through which the inner Qi communicates with the environment, to help regulate the body.

It is a **natural law** that energy flows in wavy lines like the breeze, mountain ranges and streams. In people, Qi flows in the meridians. This undulating flow is beneficial and natural and is relative to how **Qi of people** interacts with **Qi of nature**.

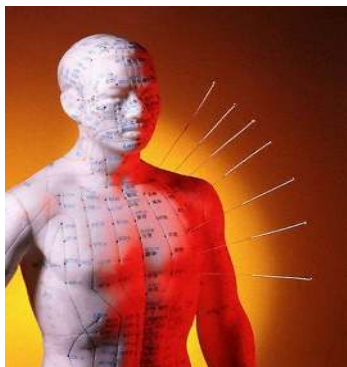
"Several processes have been proposed to explain acupuncture's effects, primarily those on pain. Acupuncture points are believed to **stimulate the central nervous system (the brain and spinal cord)** to release chemicals into the muscles, spinal cord, and brain. **These chemicals either change the experience of pain or release other chemicals**, such as hormones, that influence the body's self-regulating systems. The biochemical changes may stimulate the body's natural healing abilities and promote physical and emotional well-being."

There are three main mechanisms:

Conduction of electromagnetic signals: Western scientists have found evidence that acupuncture points are strategic conductors of electromagnetic signals. Stimulating points along these pathways through acupuncture enables electromagnetic signals to be relayed at a greater rate than under normal conditions. These signals may start the flow of pain-killing biochemicals, such as endorphins, and of immune system cells to specific sites in the body that are injured or vulnerable to disease.

Activation of opioid systems: Research has found that several types of opioids may be released into the central nervous system during acupuncture treatment, thereby reducing pain.

Changes in brain chemistry, sensation, and involuntary body functions: Studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones in a good way. Acupuncture also has been documented to affect the parts of the central nervous system related to sensation and involuntary body functions, such as immune reactions and processes whereby a person's blood pressure, blood flow, and body temperature are regulated.



Stress and Touch Therapies

There are many different approaches to massage and applications of it. **"Massage Therapy"** is a holistic procedure that affects all systems of the body; digestive, elimination, respiratory, circulatory, lymphatic, endocrine and nervous systems. Many of today's health problems arise from stress. Because stress upsets the delicate integral balance of all your body's functions, regaining this balance requires a holistic approach.

Massage Therapy and **Lymphatic Drainage Massage** not only treat those parts of you which are a problem, but also affect the whole of your metabolism through normalizing your circulatory, muscular and nervous systems and their interdependent functioning.

Massage for stress is effective by detoxing the whole system and can be done with soothing massage oils or relaxing body lotions in order for the practitioner's hands to "glide" over the body with smooth, relaxing strokes. Chakra balancing, reiki energy treatments, aura cleansing and so forth, are all ways of working with touch and energy therapy. Regardless of the technique you choose, all these types of therapy have wonderful results, especially if you are open to them and do them on a regular basis.

Below you will find some great techniques you can do right now. They are from a source called Everyday Bliss for Busy Woman.

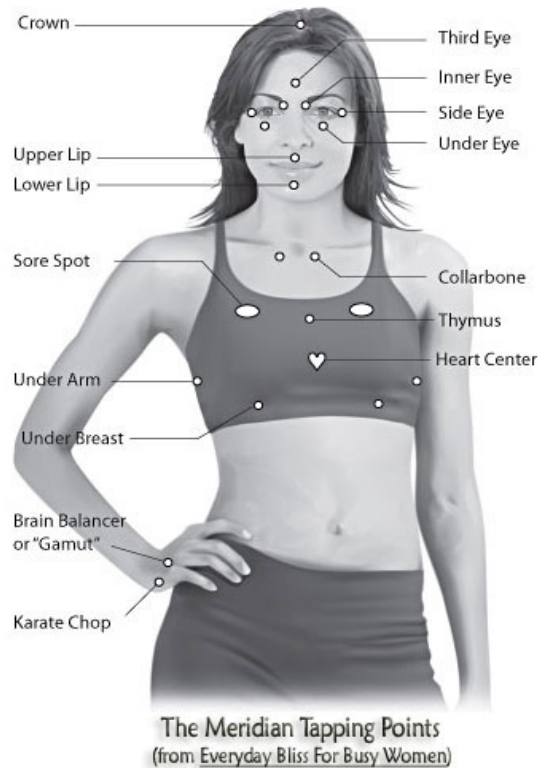
These techniques are a combination of massage and acupressure points utilized in healing.

Quick Stress Relief Energy Boosting Exercises (Sick? Down in the mouth? You need these!)

NO-DRUG, NO-BRAINER Ways to End Stress & REGAIN YOUR NATURAL ENERGY BALANCE

These exercises are completely safe and easy for you to practice every day, whenever stress threatens, and are based in solid acupuncture and kinesiology research. They work by "hooking up" the energy running up and down your body, from side to side of your body and by taking the stress out at important acupressure and neuro-lymphatic junction points that process stress hormones.

These points are commonly used in acupuncture, though you need not know anything about acupuncture or acupressure to practice the exercises beautifully and effectively. You'll be pressing and holding, tapping gently or warming the points with your fingers. Gently does it! Enjoy...



Exercise #1: The “Brain Balancer

There are many vibrational healing points all over the body. Some of these pressure points or acupoints as they are called, have special locations that release the stress in number of different other points, all in one go. The Brain Balancer or what we call the “Gamut Point” on the back of the hand is one of those. It’s called the “Gamut” point because it’s a hotline to balancing stress in many different places on the body, notably the brain.



- 1) Find the Gamut point on your hand. It’s between the little finger and ring finger bones on the back of either hand. Begin tapping gently on this point with the index finger of your other hand. Since these points exist on both hands, it doesn’t matter which you use. Think of the stressful situation and keep tapping for 30 seconds.
- 2) Next, tap on top of the head at the Crown point. This is where all of the acupuncture energy channels, known as meridians, meet up and it’s right where a puppet might have a string attached to the top of its head, on the Crown. Tap here for 30 seconds.
- 3) Return to the Gamut Point and tap 30 seconds. Take a huge breath in and release all your stress and tension with it. Repeat this sequence as much as you want. Feel the glow of pure, clean relaxation spreading over you...

Exercise #2: Cross Crawling

This exercise hooks up snarled and frazzled energies in your body, giving you a lot more energy to use in general, and “roto rootering” stuck energy out of the places it’s stuck in.

Cross Crawling comes from the vibrational medicine branch known as Kinesiology, pioneered by chiropractor Dr. John Goodheart. This specific exercise is from a system known as “BrainGym” and “Educational Kinesiology” and is used in schools with children throughout the United States.

It’s great for pre-test jitters, when you have “brain fog” from working too long or too late and general calming and soothing.

- 1) Stand with feet shoulder width apart. Lift one knee and swing it in to cross the center of your body. At the same time, lift the opposite arm and touch the knee briefly.
- 2) Repeat with other knee and arm. Do ten of these to “uncross” the energy in your body and hook up your right side and left side so they work together for you.

When you speed this up it can become a kind of jumping jack. Think sprinters doing warm-ups on the track: knees high, arms crossing the midline to touch or point to the other side of your body near the opposite knee, brisk and determined. Feel the sides of your brain coming into alignment with each other. Focus on the delicious feeling of being Centered.

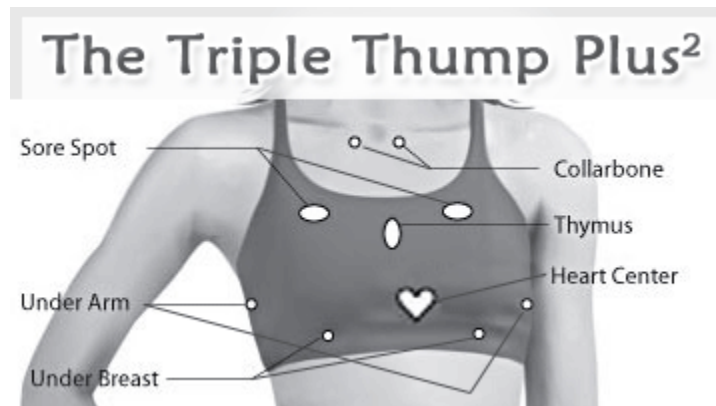
“But my arms/legs hurt or I’m unable to stand...”

Other variants of the Cross Crawl include sitting or lying down and crossing the legs at the ankles and crossing the arms at the wrists, clasping hands. When it feels right to do so, uncross arms and legs and re-cross in the opposite direction. Do at least four crossing/uncrossing/recrossing movements or if unable to move well, lie with legs and hands crossed for at least three minutes.

Exercise #3: The Triple Thump Plus²

Thumping on three traditional places on the chest, plus massaging an additional two I’ve discovered instantly changes the vibratory energy signature of stress (which is a frequency, like a radio station you can tune into) and flushes your lymphatic fluid which drains stress away from the body. Do the Triple Thump Plus² whenever you feel stressed during your day – it’s a great one to energize your wakeup period with too! Be sure to drink lots of water when you do these exercises, to help flush stress hormones out of the body.





1) Find the spots on the model above that say “Collarbone”. These are a little below and underneath your actual clavicle (collarbone) at the “L” where it attaches to your sternum, or breastbone. Put two fingers in this area on both sides of your body and gently thump ten times or massage these spots. They may be sore, and if so, need a good working out as this is where stress hormones byproducts can accumulate!

2) Next go to the “Thymus Point” which is on the center of the breastbone, about two to three inches down from the v-notch at your collarbone. Thump ten times or massage here, using a few fingers.

3) The next points are underneath the breast tissue, beneath the crease under the breast and on top of the rib just below that crease. Since these points are tiny, use the entire side of your hand to gently thump here ten times, or use the soft pads of your fingers to massage the area if it’s sore.

4) The above three points are denoted in Applied and Educational Kinesiology as the traditional set. I add a further two. Proceed on to the Underarm points and give them good thumps with a loosely closed fist. If you’re a woman with a large chest as I am, you may want to take these one at a time, reaching around or using the fist on the same side of the body, bent up under your arm rather like a chicken wing. If you’ve ever done the Funky Chicken, you know what I mean. 😊 Tap these underarm points and massage them extra well, as lymph byproduct tends to back up here. Keeping the lymph and energy flowing through this area helps your immunity.

5) Last, come up to both “Sore Spots”, which are the major neurolymphatic junction in the upper body. Massage these areas tenderly, with the loosely closed fists of both hands for 10 – 15 seconds. Don’t know where they are? Poke around on your upper chest until you go “Ow!”. That’s it.

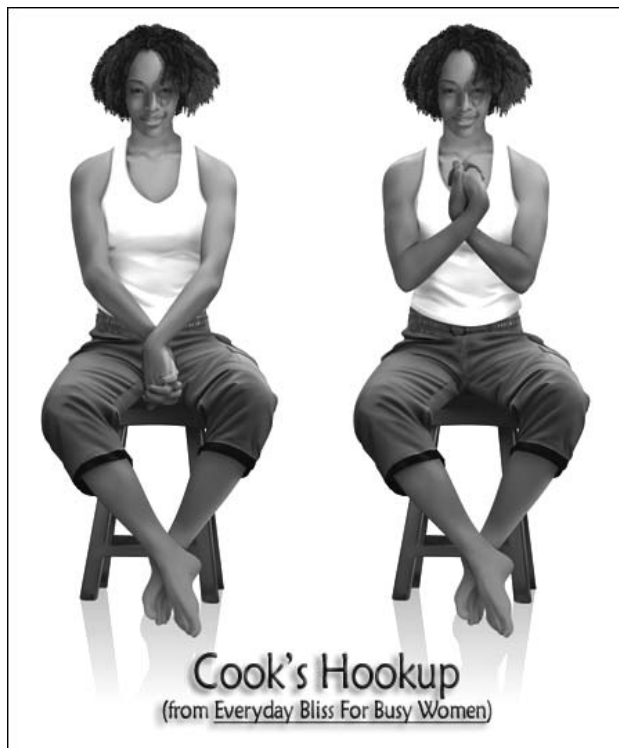
Go easy – this area may be very, very sore if you are unused to lymphatic massage. Soreness means you’re working old toxins out of the tissues. Be sure to drink plenty of water to flush these away every day, and especially if you’re working on top of acupoints.

Of interest to women: Doctors often recommend lymphatic massage for women with breast disorders to keep fluids and toxins from building up. The Triple Thump Plus is a user-friendly form of self-massage on the lymph tissue that will help keep breasts healthy! And it is believed by some, myself included, that it may also help to prevent breast cancer. All that for just a few minutes a day – how much simpler could it be?

Exercise #4: Cook's Hookup

This is great when you're just plain frazzled, exhausted and thinking fuzzy. It will hook up the vibrational energy in your body so it is running smoothly again and infuse you with a sense of calm and relaxation.

- 1) Sit with one ankle crossed over the other ankle.
- 2) Cross one wrist over your other wrist.
- 3) With your two arms crossed in front, turn your hands over so palms face each other. Clasp your hands together like you're shaking your own hand.
- 4) Bend your elbows so that your clasped hands turn under and in, towards your body, like a pretzel. Rest clasped hands against your heart.
- 5) Simply breathe gently in and out for approximately 2 minutes.
- 6) Then place feet flat on floor and uncross arms. Place your hands together, with only fingertips touching opposite fingertips, thumbs pointing towards your heart, hands in a "steepled" position. Breathe gently for approximately 30 seconds, and release.



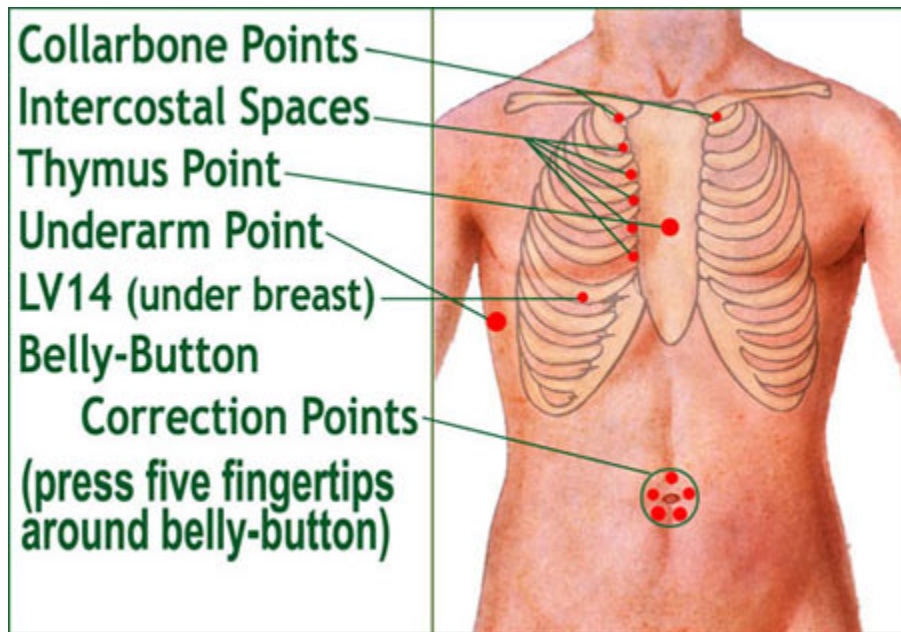
Exercise #5: The "Energizer"

The busy Mom's favorite, this comes from the wonderful folks at **BrainGym**, who teach kids (and parents) how to be their best. This is a great "pick me up" if all the preceding exercises have you so relaxed that you want to take a nap, but still have much of your day ahead yet. Beats caffeine, which itself may give you a short-term lift, but adds to the stress and toxic chemicals in your body contributing to an even larger "let down" later on. Do "The Energizer" instead!

- 1) Sit in a chair at a table. Put your forearms on the table and rest your forehead on top of your hands. Breathe out all the air in your lungs.
- 2) Breathe in again and feel the air come rushing up your midline from the tips of your toes to the top of your head. Your head will lift up as you breathe easily, gently and your neck will stretch out delightfully. Your lower body and your shoulders stay relaxed.
- 3) As you exhale, tuck your chin and roll your body back down to rest your forehead on your arms. Repeat until you want to stop.

Exercise #6: The “Belly Button Correction”

When you're having difficulty getting the techniques to work for you, or you feel confused, frightened or upset, try this simple energetic correction before applying energy therapies of your choice (ETHOS Method, ZPoint, EFT, BSFF etc.) to the problem again.



If your energy is reversed or “switched” in its polarity (where we would say “your batteries are in backwards”) and this is a chronic problem (you’ll know when this happens because things you try tend not to work as well!), you should do the Belly Button Correction every day, several times a day, to retrain your body’s energy system.

Use this correction to manage your energy and keep a good hold on the positive!

1. Place your index finger longwise across your upper lip and your thumb longwise across the ball of your chin. Press in around the diameter of your belly button with all of the fingertips of one hand. Rub your upper lip and chin briskly with the sides of your index finger and thumb 10 seconds. Switch hands, rub with other hand.
2. Place your index fingertip and thumb on both collarbone points and rub vigorously 10 seconds keeping hand pressing in on belly button. Switch hands, rub with other hand.
3. Place your whole hand around behind you, just above your coxxyx, or tailbone, and rub vigorously 10 seconds keeping your other hand pressing in on belly button. Switch hands, rub your tailbone with the opposite hand while the hand that first rubbed the tailbone presses in around the belly button.
4. Take a big deep breath and release. Repeat as necessary, if your energy is badly reversed or in a tough mental/emotional situation, repeat at least 3 times a day.

You Need to Let Go!

- **Emotional Blocks-** To focus the mind is regarded as a profound way to clear and heal oneself.
- **Holding the tensions of stress takes ENERGY.** Deep breathing relaxes your entire body from head to foot and frees up all that energy.
- **Learn to LET GO!** Relinquish the control. The Universe watches your back!
- **A Clear View** Mind quieting can often get us to a state of altered consciousness.
- **Alter consciousness...with one positive thought after another.** Awaken the mind's potential for deeper self-awareness, creativity and spiritual development.

Meditation

Meditation is a time-honored art of finding stillness. Meditation helps us live a healthier, less stressful life. The physical and psychological benefits are wonderful. Meditation calms the sympathetic nervous system and lowers stress hormones, such as cortisol. "Peace is a practice". The more you continue a meditation practice, the greater the benefits offered you. Prayer falls under this category. For what is prayer, but the asking, confirming, and receiving of wishes we meditate upon.

Meditation Basics

This is ALL you will ever need. This is for the person who has NEVER meditated before AND it is for the expert meditator. WHY? Because all meditation starts with the root of intention.

"No matter what the tree, they all grow from one seed, which takes root and branches out"

Therefore, know this:

Meditation is like the lotus tree or flower. Rich with many, many layers, leaves, or petals. It blossoms to be a vibrant plant or flower, but at its core, it is the same, basic principle, ~ the seed you plant.

1. The Seed: Your intention: the reason you do this
2. Air to grow: Your breath: in order to reach the roots
3. Food to grow: Your thoughts: how you choose to nourish the seed
4. Water to grow: Your ability to flow and let go: how you magnetize your purpose to bring it back

Now, **forget everything** you know about meditation.

~ Sit in a comfortable position. Whatever that position is. No right or wrong. The idea is to be at ease, yet aware. It is important to sense the space around you with an image of the top of your head pulling upwards, while you're sitting bones feel grounded and pulling you downward. ~Close your eyes.

The Seed

~State your intention or purpose for meditating TODAY. You can say it out loud, if that connects you to your reason.

Today, in this moment, I am meditating for: _____
(hint: keep it simple, yet focused) For example, instead of meditating for world peace, meditate on something that may be an easier challenge to start with. Meditate on peace in your corner of the world or in your immediate location) such as peace in your household, or peace in your mind. (We will get to world peace later.)

Air to Grow

With your eyes remained closed, breathe.

Now, you are going to breathe with intention. You are going to take breaths with purpose. Each breath is now offered to your intention (or the reason you are meditating today.)

Breath is considered the “air, which circulates.” Breath reaches all the way down to the root of the seed (in order to sprout the intention) as breath reaches all the way out to the branches, as intention (the seed) grows.

You have this amazing ability to do this. As you focus on the inhale...draw your breath down to the root of your lungs (seed-intention). As you focus on the exhale...expel the breath out to the branches of your fingers and toes.

Breathe in a manner that comes naturally to you. Do not overthink this. There are many forms and techniques for breathing. but, for the purpose of this meditation, it is important not to become overly critical of details. This should form as a natural, easy process of taking in and letting out. Taking in and letting out.

Food to Grow

Your thoughts are how you CHOOSE to nourish the seed

Like your body, you can choose to eat food that is good for your body and soul or you can choose food, which clogs your heart, congests your lungs and makes you ill.

Your thoughts are no different. Your thoughts can empower your mind and soul or they can destroy your self-esteem, disempower your actions, and create doubt, pain, or panic.

Bring to mind 3 thoughts to EMPOWER your intention

1. _____
2. _____
3. _____

Because we are human, doubt, insecurity, and uncontrolled thoughts will seep into your mind. Rather than fighting them, let them in, but do not let them dwell there. This is where the free-will

of meditation takes over. (Remember, there will always be a struggle between the EGO self and the TRUE self) Your free-will allows you to make a choice between good (true self) or bad (ego self).

Whenever I am teaching this technique, this is what I hear next, “*well, it’s easier said, than done.*” My reply is, “this is why you are already resisting.” With a statement like this, you are already showing (not only to me but to the Universe) that you have already (shown your weakest side, resisted, given up,) let doubt take over.

Bring BACK to mind 3 thoughts to EMPOWER your intention

1. _____
2. _____
3. _____

Nourish with the good food of thought and blessings. With each inhale, feed your intention some good thought. With each exhale, release or expel anything, which does not belong there.

Water to grow

Your ability to ***let flow and let go*** is how you magnetize your purpose and actually watch, as the Universe brings it back to you, 10 times stronger. Water moves intention (thoughts) to flow. This is the flow you need to release and let go. Your wish will boomerang back to you, with magnetic attraction, but only if you are willing to truly release it.

At the end of your meditation, it is the last important step to release or let go your intention. It is the “giving away”, which shows the Universe that you are not holding on, wanting or trying to control the outcome. It reveals that you are able to show STRENGTH in your conviction, TRUST in another force, with a BLESSING to go forward.

Letting go is probably one of the hardest things in life for us to do. Yet, if you really let go of something (an intention, material things, a loved one), you will find that their purpose serves the greater good (yourself, others, and the true reason.)

Holding on shows how tight our grip is around something (someone). Letting go shows us our ability to share, honor, appreciate what we have/had.

This shows you harmony with something larger than yourself. You will be better able to serve others if you have a healthy mind to support it. If you receive greater knowledge, you are better able to understand the reasoning behind the action.

NOW, open your eyes.

Counseling and Psychotherapy

Stress disorders are responsive to counseling and to a wide variety of psychotherapies. **Just talking things out**, sorting things out in your mind, can help out stress levels. During the past several decades, there has been an increasing enthusiasm for focused, time-limited therapies that address ways of coping with anxiety symptoms directly, rather than exploring unconscious conflict or other personal vulnerabilities.

Cognitive therapy has been found to be quite effective in the treatment of many issues such as anxiety disorders, depression, and even severe stress. Whether the stress is contributing to mood disorders or is just creating unpleasant feelings that are interfering with a happy lifestyle, cognitive therapy, or a mix of cognitive and behavioral therapy, can be a very effective mode of treatment.

What Is the Idea Behind Cognitive Therapy?

Cognitive therapy for stress rests on the premise that it's not simply the events in our lives that cause us stress; it's the way we think about them. For example, two people may be caught in traffic.

While one person could view this situation as an opportunity to listen to music or get lost in thought and become (or remain) relaxed, another person may focus on the wasted time or the feeling of being trapped, and become distressed. There are hundreds of examples of how our thoughts and our negative self-talk color our experiences and can lead to a triggered stress response or a calm demeanor.

Virtually all of the thought patterns that negatively impact our experiences can be categorized into one of 10 common cognitive distortions. Therapists using a cognitive approach work with clients to recognize and alter these habitually negative thought patterns. You can also work on some of them at home.

Does Cognitive Therapy Work for Stress Relief?

Many people have found a cognitive approach to be wonderfully helpful, and much quicker than most therapeutic approaches. According to the Beck Institute for Cognitive Therapy and Research, a leading institution for cognitive therapy, clients can see results within 3 to 4 weeks in many cases -- much faster than the years-on-the-couch rate of psychoanalytic therapy, which is what many people still think of when they think of "going to a shrink."

Support for the effectiveness of this approach comes from research on optimistic and pessimistic explanatory styles as well as the positive results that come from cognitive therapy for stress, or a mix between cognitive and behavioral therapy. Cognitive therapy has also been combined with the practice of mindfulness, creating mindfulness based cognitive therapy (MBCT), which has shown promising effects as well.

How Can I Use Cognitive Therapy for My Stress?

If you're interested in seeing a professional to help deal with stress, you may be able to find a good referral from your primary care doctor, from friends, or even online. When interviewing potential therapists, ask about their experience with this approach, or go to someone who specializes in cognitive therapeutic interventions.

If you're not interested in seeing a therapist at this point, but would like to use some cognitive techniques to reduce your stress levels, this resource has more information on ways to change your habitual thought patterns in the interest of stress relief.

Top Cognitive Therapy Tips

Using a technique called "cognitive restructuring" can help you modify your negative thought patterns, which in turn can help you change your behavior. The next time you start feeling anxious, nervous, or distressed, ask yourself this question: What is going through my mind or what emotions am I dealing with that might be causing me to feel this way? Notice if particular thoughts or memories act as a trigger, leading to physical symptoms. Make a list, if you need to see it "spelled out" in front of you. Doing this will help you to understand how your emotions and thoughts are connected and what triggers you.

1. Balance your thoughts
2. Be patient with yourself
3. Be kind to yourself
4. Do what you love
5. Be mindful
6. Keep your bright future in mind
7. Remain inherently optimistic
8. Change your perspective

Tips for Better Living

Organize. Disorganization creates stress. Taking the "dis" out of disorganization can produce a sense of control in knowing what will happen, that in turn reduces stress.

Create environments that reduce stress. Create a calming, clutter free home environment that will help reduce stress and create a sense of well-being.

Use stress as a teacher. As a crisis occurs, stop and think of how to use it to make things better. Make lemonade out of the lemons in life.

Leave time for the unexpected. Look for the natural coping ability to deal with the unexpected. Coping requires time. Time is needed to perceive a crisis and to rally our internal and external resources.

Choose friends carefully. Your choice of friends can be the key to stress reduction. Friends should be people who help us to increase our strengths and create innovative solutions to stressful situations. They support us and reaffirm that we are not alone.

Stop and look at yourself. Take time to recognize signs of stress like anger, over extension in outside activities, work and sleep habits. As you become aware of these signs, you are beginning to identify how to make stress work. You are being proactive not reactive to situations.

Accept what cannot be changed. We can accept what we cannot change by changing what we can. Make choices that are realistic, not out of reach.

Don't say yes to everything. Recognize what your strengths are and focus on taking the time to do a project built on them. Taking on too many projects results in loss of control and creates stress.

Make decisions. Indecision increases stress. Good leaders make decisions and act on them. If a bad decision is made, reevaluate.

Maintain a sense of humor. Laughing at oneself can release potential stress from the inside. And laughing creates less wrinkles than worrying.

MAKE YOUR LIST RIGHT NOW

- 1.
- 2.
- 3.
- 4.
- 5.

Stress/Depression and the Holidays

by Andrew Pacholyk, MS, L.Ac.

Although the holidays are supposed to be a time full of joy, good cheer and optimistic hopes for a new year, many people experience seasonal "blues." What's important to know is that there are steps you can take to help beat the blues this holiday season.

The "holiday blues" can be caused by many factors: increased stress and fatigue, unrealistic expectations, over-commercialization and the inability to be with one's family. The increased demands of shopping, parties, family reunions and house guests also contribute to these feelings of tension. Even people who do not become depressed can develop other stress reactions during the holidays, such as headaches, excessive drinking, overeating and difficulty sleeping.

Although many people become depressed during the holiday season, even more respond to the excessive stress and anxiety once the holidays have passed. This post-holiday letdown can be the result of emotional disappointments experienced during the preceding months, as well as the physical reactions caused by excess fatigue and stress.

There are several ways to identify potential sources of holiday depression that can help you head off the blues:

- *Keep expectations for the holiday season manageable by not trying to make the holiday "the best ever."
- *Set realistic goals for yourself.
- *Pace yourself.
- *Organize your time. Make a list and prioritize the most important activities.
- *Be realistic about what you can and cannot do.
- *Remember that the holiday season does not automatically banish reasons for feeling sad or lonely. There is room for these feelings to be present, even if you choose not to express them.
- *Let go of the past. Don't be disappointed if your holidays are not like they used to be. Life brings changes. Each holiday season is different and can be enjoyed in its own way. Don't set yourself up for sadness by thinking everything has to be just like the "good old days." Look toward the future.
- *Do something for someone else. It is an old remedy, but it can help. Try volunteering some time to help others.
- *Enjoy holiday activities that are free, such as driving around to look at holiday decorations. Go window shopping without buying anything.
- *Don't drink too much. Excessive drinking will only make you more depressed.
- *Don't be afraid to try something new. Celebrate the holidays in a way you have not done before.
- *Spend time with people who are supportive and who care about you.
- *Reach out to make new friends if you are alone during special times.
- *Contact someone with whom you have lost touch.
- *Find time for yourself. Don't spend all of your time providing activities for your family and friends.

Nutritional Advise for Stress

Water is essential in any healing process. Distilled water is the best. 6-8 eight ounces glasses per day.

Stress is also compounded by poor nutrition. Diets high in sugar that contain too many sweets, refined foods, tobacco, alcohol and caffeine are all bad for your system. Stress depletes your body of Vitamins C,D,E , Calcium, Iron, Magnesium, Molybdenum, Potassium, Sulfur and Zinc.

During our busy schedules, it's easy to forget about a balanced diet by skipping meals or eating anything while on the run. Yet when your body doesn't get the balance of nutrients it needs, you may end up trying to do more with less energy.

Eat plenty of fresh vegetables, complexed carbs, whole grain, as well as, fruits, nuts, seeds and protein.

Set aside time to eat meals at a pace that allows you to taste and savor them. The 15 or 20 minutes it takes to put aside work and other distractions will more than compensated by a noticeable energy boost.

Enjoy quite time or peaceful music while you eat alone, or share some friendly company as you relax at mealtime.

Take a Multi-vitamin.

Stress can also increase a yearning for extra snacks and high-fat comfort foods. Snacks can be an important part of good eating, so don't force yourself to starve if you're hungry. But snacking when you're not really hungry doesn't give you more energy. Sweet snacks can give you a short-term energy boost, but then can also leave you feeling worse later when your blood sugar drops.

When people are worn out from the stress of trying to do too much, they often turn to sugar, caffeine, or sweets to increase energy levels and help them function. Sweets and caffeine-containing products may be enjoyed occasionally if you like, but avoid using them throughout the day, or you may experience huge dips and surges in your energy levels. **Avoid** alcohol, excess caffeine, drug stimulants, processed foods, excess sugar and cigarettes.

A 15-minute catnap, walk around the block or stretching session will more likely give you renewed energy. Review you priorities and set aside enough time to get adequate sleep for the most dramatic effect on you energy levels. If you suspect your diet has a lot to do with your stress, see a nutritionist for help.

Add protein and carbohydrates to your diet: Incorporate protein into your diet. Protein helps to keep sugar levels stable. You can find protein in nuts, yogurt, beans, fish, chicken, tofu and lentils.

Seek out foods that are high in Omega-3 (a fish oil): This fish oil has been shown in many studies, to reduce your bad cholesterol levels and reduce plaque buildup in your blood. By reducing your bad cholesterol, you are helping your body to fight off stress and

relieve anxiety, tension and even prevent heart disease! Fish that are high in Omega-3 are excellent ways to help your blood stream.

Folic Acid: Folic Acid (required for energy production) is considered brain food. The brain needs it to work properly. It helps to prevent anxiety and fatigue. Folic acid works best when combined with vitamin C, vitamin B6 and vitamin B12. Much research has indicated that a deficiency of folic acid may include depression, insomnia, anorexia, forgetfulness, hyperirritability, apathy, fatigue and anxiety. You can find Folic Acid in the following foods: Whole grain breads -Fortified cereals -Dried peas- Dried beans - Leafy vegetables- Fruit. Most multivitamin complexes contain folic acid.

GABA: GABA (Gamma Aminobutyric Acid) is an amino acid help reduce anxiety, allows rational decision making, promotes restful sleep and enhances workout recovery. It has also been shown to have similar effects as the benzodiazepine drugs. You will also feel more relaxed and notice that you are sleeping better. The recommended dose for GABA is 700-750 mg - 3 times daily - talk to a medical professional about using GABA.

Inositol: has been shown in studies to have a positive effect in the calming of the symptoms of panic attacks and obsessive-compulsive disorder. Taking up to 4 grams daily - 3 times-a-day has shown to be beneficial.

Magnesium: The supplement magnesium has been found to aid in the management of anxiety symptoms. Taking 200-300 mg of magnesium 2 to 3 times daily has been shown to help.

Selenium: Selenium, an important antioxidant, is a trace mineral found in soil and food. It protects neurotransmitters. Deficiency in selenium has shown to have a negative impact on mood. It also helps to reduce bad cholesterol and keep the heart healthy. You can get much of your selenium from dietary sources such as: Alfalfa, fennel seed, ginseng, butter, garlic, liver, Brazil nuts, shellfish and other fishes. You can find it in sunflower seeds, yarrow, wheat germ and Brewer's yeast.

Vitamin B1: Vitamin B1 is also known as "thiamine." In many studies, B1 has shown to have positive effects on the nervous system and mental well being. Vitamin B1 is found in peas, soybeans, fortified breads, cereals, pasta, fish, pork, whole grains and dried beans. Prolonged intake of large amounts of alcohol depletes your body's supply of vitamin B1. <P.**Vitamin B3:** (in the form niacinamide) has been tested in lab animals and seems to work in animals in the way that benzodiazepines such as Valium® have. *

Vitamin B6: Lack of Vitamin B6 has been known to cause anxiety and depression. The formation of certain brain chemicals from amino acids requires this vitamin. It affects the nervous system. The recommended Dietary Allowances for adults (25+ years) is 2.0 for men and 1.6 for women. The best sources of vitamin B6 are meats (particularly organ meats such as liver), whole grains and wheat germ.

Vitamin B12: Vitamin B12 is needed for energy, brain function and a healthy nervous system. It helps to combat depression, stabilize PMS and helps to protect against anemia and it may help fight cancer. The best food sources of Vitamin B12 are liver, kidney, oily fish, beef, pork lamb, cheese, eggs and milk.

Zinc: and essential mineral, has been found to have positive effects on the nervous system as well as helping to produce a calming effect. Most multivitamins contain zinc. Food sources for zinc are Oysters, meat, poultry, nuts, beans and dairy products.

Avoid Caffeine: Caffeine is something many people in America and Europe are used to bringing in their daily lives. Though many studies have shown that this addictive stimulant can help produce symptoms of anxiety, insomnia and the like. Caffeine is found in coffee, tea, chocolate, many sodas and even certain medications. Always ask your doctor about a medication before using it. Also, ask the doctor if there is an alternative medication if your medicine contains caffeine.

Reduce Processed and Refined Foods:

Processed food can rob your food of nutrients and vitamins that your body needs to fight off stress and promote good health. Try to buy whole foods, unprocessed foods and try and stay away from "instant" foods, preservatives, artificial flavors, saturated fat and MSG.

Reduce Sugar Intake:

Too much sugar can rob our body of essential nutrients. Yet don't be so fast as to replace the sugar with Stevia the natural sweetener from the Stevia plant. Artificial sweetener can also cause anxiety as well as other health concerns.

Reduce Alcohol Intake:

In small amounts, alcohol can be good for your heart but too much alcohol is not a good thing for your body and too large of an intake increases your body's need for extra vitamins. The body has a harder time using oxygen. As a result, you can become more sensitive to stress - which in turn can cause anxiety reactions. It can also cause depression.

NOTES:

Making It Happen



Stress, as you can now see, has a large emotional component that affects our energies in so many ways. What is the crucial **take home lesson here** is how we allow it to affect us. When we are conscious of our, not so good, as well as truly bad habits, we can understand where these habits come from.

We are not always going to make the right choices or the best decisions in our process of regulating our stress levels, but as we have seen here, it is cumulative effect that makes the difference in the end.

It is the better choices we make over time that matter, not the choices in each moment. It is important to see how our self-love and forgiveness opens the door to a better outlook and a better outcome. It is also relevant to pay attention to those feelings, emotions and behaviors that are a detriment to our life balancing journey.

As you have now read, so much of the energy gone into trying to regulate our stressors in life, has nothing to do with what comes at us but everything to do with the “mental energy” surrounding the process and how we choose to handle it.

Learning to regulate everything in my life was my greatest lesson. Regulating my food, my behavior how I handle my emotions and how they must not play into HOW I regulate my daily life choices.

It is through this book and my clinical practice in New York City, that I have had the privilege, the practice and the experience to meet and work with so many hundreds of people. All reaching for a similar goal, only in the way they know how. Learning the lessons, we each have to learn and having the support to do so.

I hope this book gives you much love and support and that you use it as a workbook. We know every day is different with different challenges. Use this book to bring you through each day. Use it to your advantage. Chart information, emotions, feeling or simply words that come up during the day and need attention... Good or bad. I have always found charting, journaling and reading to be my window to my soulful thoughts. I hope you have the same experiences.

In happiness,

Andrew Pacholyk, MS, L.Ac
Peacefulmind.com
Therapies for healing
Mind, body, spirit

THE FOUNDATION OF HEALING

Andrew Pacholyk MS L.Ac, leads us through an exciting and inspirational look at the "seasons of our lives" and their important aspects.

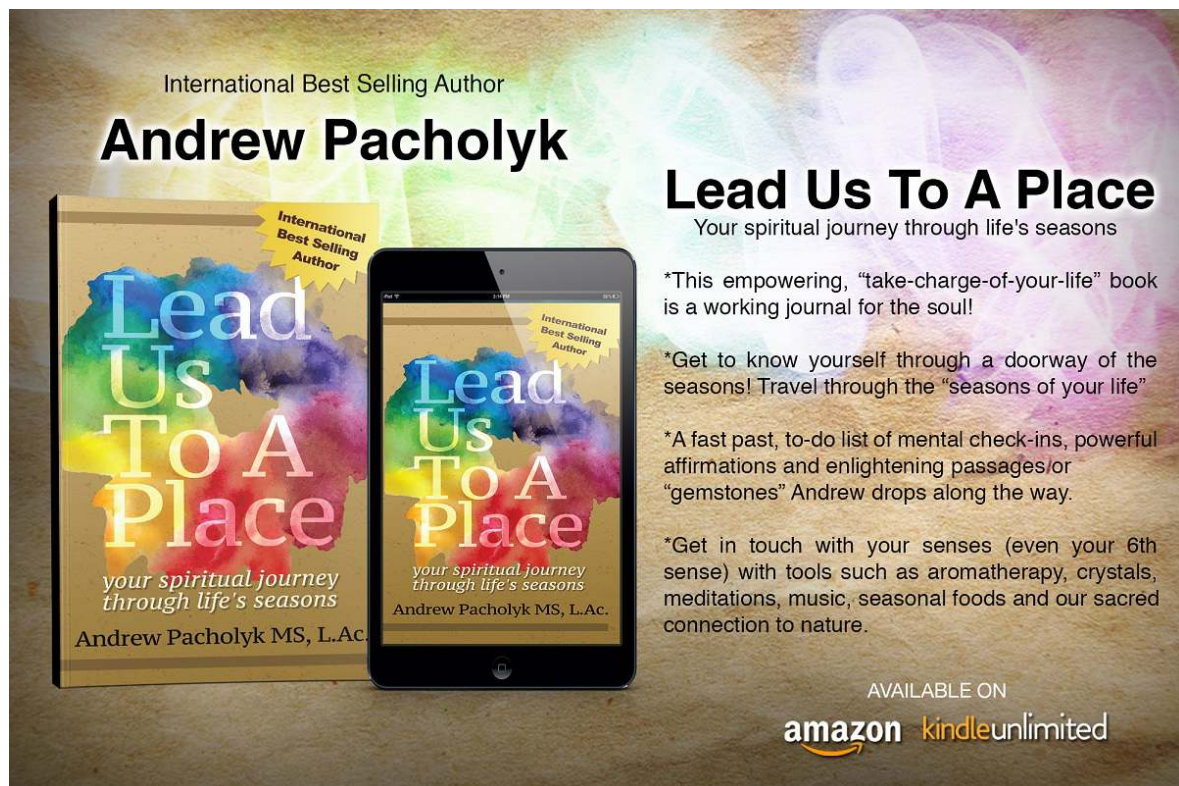
Throughout this book, you will find Andrew making references to the rhythms of time from different cultures. He often connects the passage or transitions through the seasons by relating them to music, color, stones, aroma and much more. He considers the references from other countries and their cultural, spiritual and historical traditions to be amazing teaching tools of self-discovery. Andrew has dropped some "gemstones" along the way for us to follow. These are little "pearls" he has created to help himself to understand a subject a little better. Andrew hopes you find them useful. He relates life marker to our senses, as well as our physical and metaphysical processes for the purpose of looking a little deeper into "who WE are" and how we can access more of our own innate wisdom.

THE POWER OF MIND/BODY

In this book, Andrew makes many references to energy. The energy around us and the energy within us. He believes we are all vibrating, energetic beings that are constantly regulating – constantly fluctuating. This never stops, even after death. He also believes we still "resonate" energy after death, in the form of spirit.

THE MYSTERY OF SPIRIT

This book does not preach religious dogma nor a one-sided view of faith. Rather, this book is a "window" to all faiths, religions and ancient beliefs that lead us to the same place... spirituality. It is up to you to decide what you feel, speaks to you and gives you a chance to formulate your own belief system.



International Best Selling Author

Andrew Pacholyk

Lead Us To A Place

Your spiritual journey through life's seasons

**This empowering, "take-charge-of-your-life" book is a working journal for the soul!*

**Get to know yourself through a doorway of the seasons! Travel through the "seasons of your life"*

**A fast past, to-do list of mental check-ins, powerful affirmations and enlightening passages/or "gemstones" Andrew drops along the way.*

**Get in touch with your senses (even your 6th sense) with tools such as aromatherapy, crystals, meditations, music, seasonal foods and our sacred connection to nature.*

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