

Practical Guide for Stress Reduction

Ron Mann, Ph.D.

Life is filled with stressful events, so if you feel stressed out, you're not alone. Life can be stressful. Sometimes when you become even more successful, greater challenges come with the increased complexity of your life. While it is impossible to avoid stressful situations, you can learn to change your reaction to life's challenges and learn to quickly release the tension and pressure that builds up in the mind, body and emotions. Studies have shown that between 60% to 80% of all visits to physicians are stress related. You can improve your physical health, by learning some preventive skills that will give you peace of mind. While diet and exercise are essential aspects of a healthy balanced lifestyle, they are not enough to prevent disease. Emotional blocks, negative self-images, and mental confusion create conditions for suffering and disease. Studies have investigated mind-body connections and the new emerging field of psychoneuroimmunology focuses on imagery as a way to heal the body. Recent studies have demonstrated how intention directed from the heart can create a resonating field of love that can effect cellular structures. Ancient Yoga techniques of concentration and life force control are being rediscovered by Western society as powerful healing techniques for developing peace of mind, inner joy, and optimum states of health. You have great potentials for increased energy and higher levels of functioning that can be accessed through simple meditative and self-healing techniques. The key to consciousness is the breath. Consciousness is energy and when you learn to control and direct your life force energy, you can quickly release mental, physical and emotional blocks. Stress reduction techniques do work and can quickly return you to a state of peace and tranquility. When stress is ignored, it collects in the body and mind. The result is emotional and mental confusion, and physical disease.

Some say stress begins in your mind. The first preventive measure for stress reduction is right thinking. You can create distress simply by your reactions to life's circumstances. When you have fixed expectations, you may resist what life brings you. Your expectations can make you rigid and judgmental. You can become resentful and filled with negative emotions as you continue to resist life's flow. There is an old spiritual saying that "expectations lead to suffering." The wise live life without attachment to the results. Do your best and give the rest

to the Divine. The direct experience of a greater Being, a Higher Power, a Divine Source, does lead to a fuller understanding and acceptance of life's mystery. A strong spiritual life provides an inner depth of wisdom, peace, love and joy that helps you to accept your role in this human drama. This powerful, yet subtle, spiritual force can help to keep you healthy and to resolve problems that seem impossible to solve on your own. Love creates a healthy, healing environment that unleashes your greatest potential for creative expression. Love is more than a belief, it is the experience of being filled with a wondrous energy, a sacred presence that touches your soul and caresses the very essence of your being. This loving, healing energy dissolves and melts all stress from your mind, body and emotions.

You can gain greater control of your health, find greater peace in your life, and reduce the negative effects of stress by learning simple meditative and self-healing techniques that help you access subtle, yet powerful, healing forces. Commit to your health. Do it today!