

YOU, & YOUR STRESS

Learn how to control your stress through
15 easy & practical techniques.

 pranabooks

- REMINDER -

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Thank you.

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Stress is considered as any physical or emotional factor that causes bodily or mental unrest.

Physical factors include trauma, infections, toxins, illnesses and injuries of any sort.


Emotional causes are numerous and varied.

The events that provoke stress are often called stressors, which cover a vast range of situations from a simple school exam to tough business projects.

While many people associate “**stress**” with psychological stress, scientists and physicians use this term to denote **any force that impairs the stability and balance of bodily functions.**

Stress is known as the primary cause of heart disease, ulcer, high blood pressure & psychological illnesses. Stress at work further contributes to absenteeism, low performance, decline in problem solving ability, increase in number of accidents and even addiction cases.





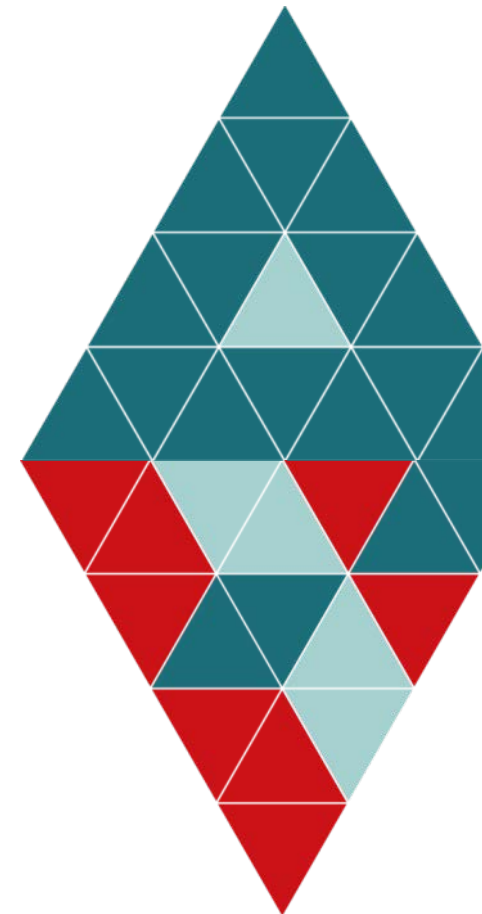
However, not all types of stress are unfavorable. A mild degree of stress can sometimes be beneficial, especially when carrying out a project where it increases focus, strength, speed, stamina and alertness.

It is only when stress becomes overwhelming or poorly managed, that its negative effects appear.

In a stressful situation, the nervous system gets activated. The hypothalamus sends signals to the adrenal glands, which leads to secretion of adrenaline and cortisol hormones into the blood stream.

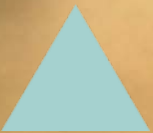
The result will be irregular and faster heartbeat, shallow breathing, higher blood pressure and increased metabolism, which prepare the person to react quickly and more effectively.

However, if such phenomenon gets repeated over and over again, it causes several problems, varying from health and psychological disorders to relationship problems, affecting our general vitality and the overall quality of our life.



Therefore an important goal for those under stress should be the management of life stresses.

It is impossible to completely eliminate stress and it would not be advisable to do so. Instead, one can learn to manage stress so that there will be control over the physical and mental health.



Based on sciences dealing with complementary therapy, stress activates the “Solar Plexus chakra”, which is located at the soft hollow area between the ribs.



Solar Plexus chakra is known as the center for lower emotions, both positive and negative. Activation of the Solar Plexus chakra can increase courage, daringness, perseverance and strength, however its over-activation in the long run, affects the functioning of the gastrointestinal system.

It can also cause various problems such as heart disease, migraine, ulcer, high blood pressure, premature aging and addiction. Psychologically, stress can lead to depression, unhappiness, impatience and emptiness.

It is therefore important to learn how to control stress and use it as a weapon to perform better at times of crisis, rather to give up to it and bare its side effects.

In fact a recent study shows that the belief that stress is harmful, is more harmful than stress itself!



So let's get
started...



1.

PRACTICE DEEP ABDOMINAL BREATHING



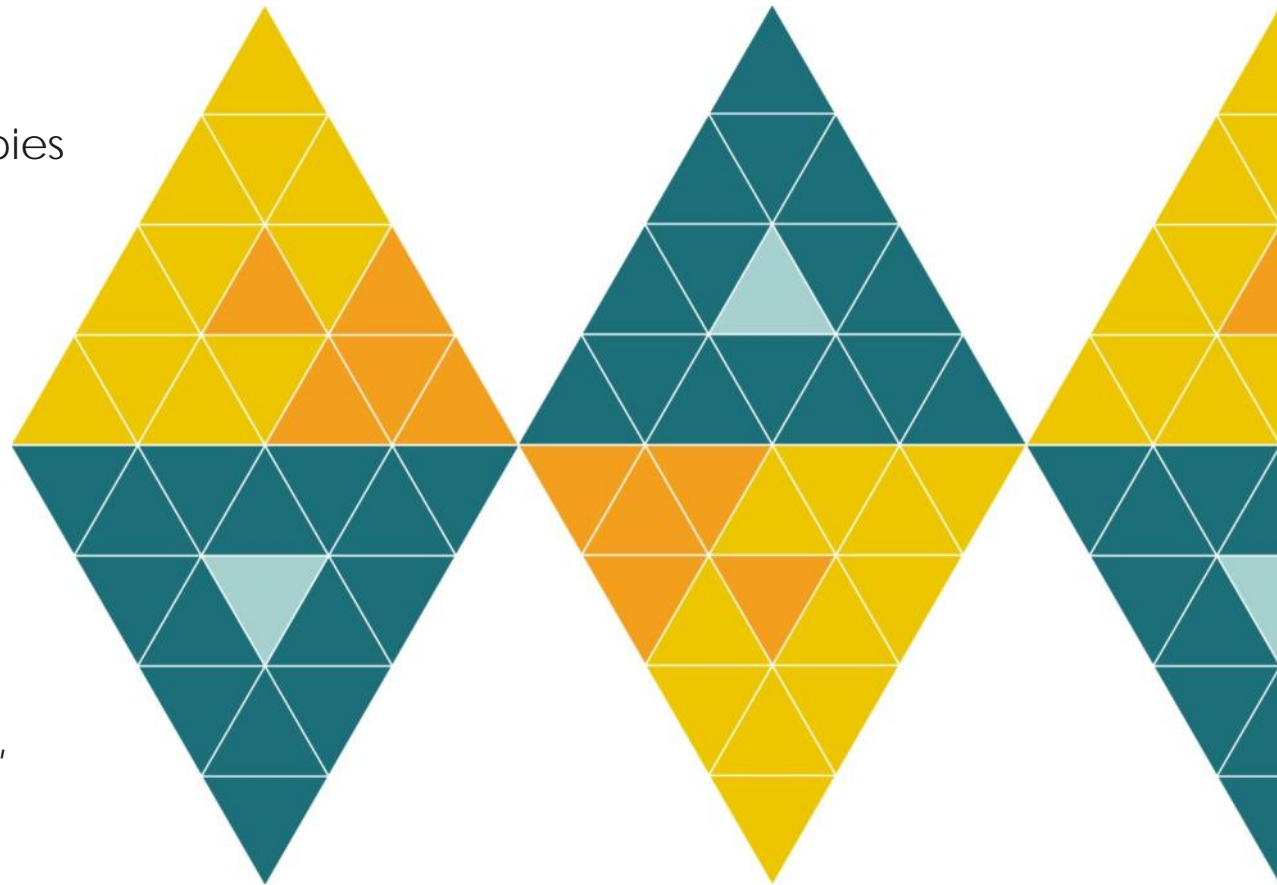
Stress changes the breathing pattern from a relaxed deep mode to tense, shallow and rapid cycles.

By bringing the breathing pattern back into the natural way, stress can be controlled.

The natural way of breathing is deep abdominal breathing. If you look at babies or pets closely, you will see how their abdomen moves in and out while breathing.

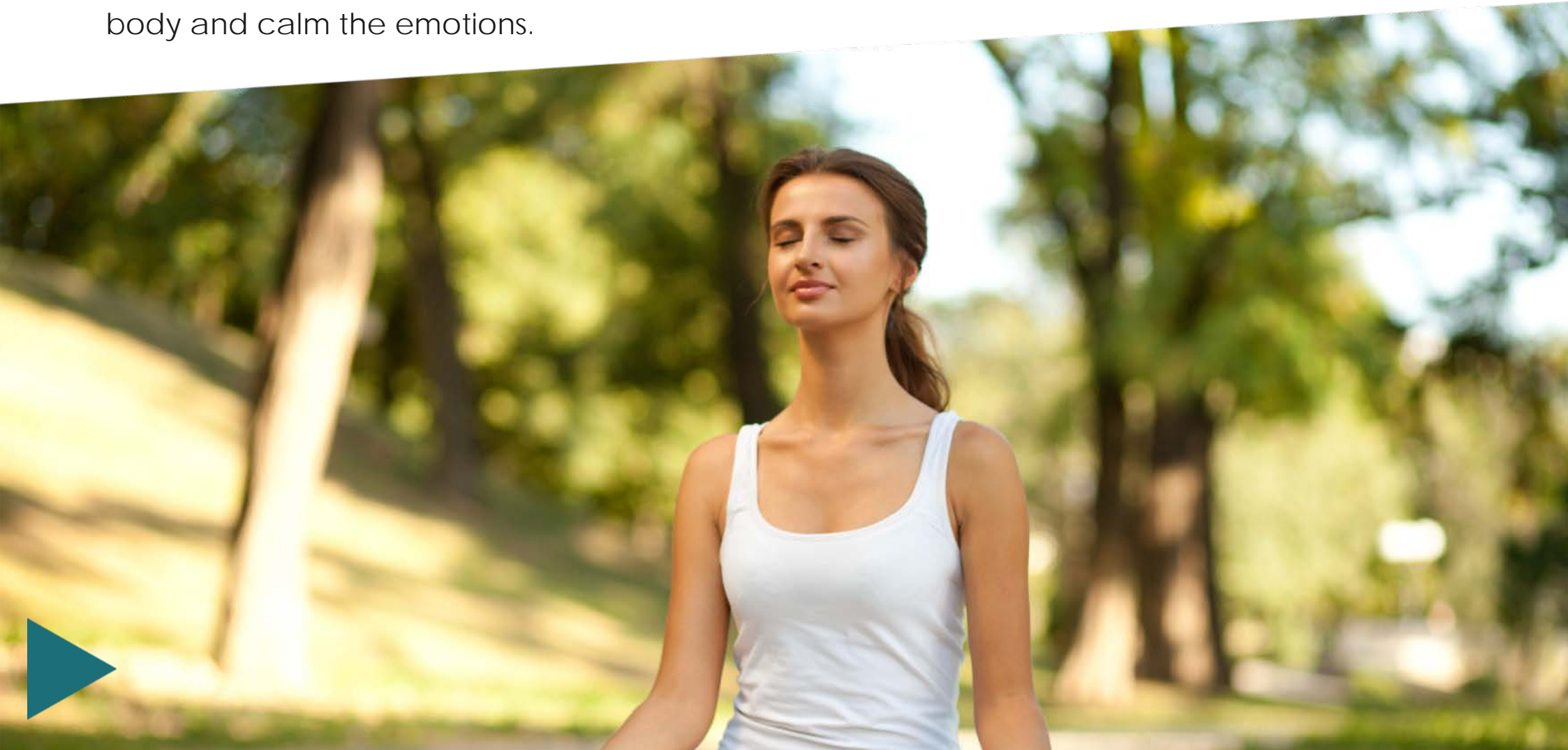
In fact stress changes the breathing pattern to shallow chest breathing, which is not really healthy.

So, at times when you are under stress, by just doing a few sets of abdominal breathing you can gain more calmness, stillness and peace of mind.



▶ When doing abdominal breathing, concentrating on the tip of the nose can further help you calm your mind.


According to Grand Master Choa Kok Sui in his book **“Miracles through Pranic Healing,”** deep abdominal breathing will enable the body to absorb tremendous amount of life energy, also known as Prana or Chi, which will energize the whole body and calm the emotions.



2.

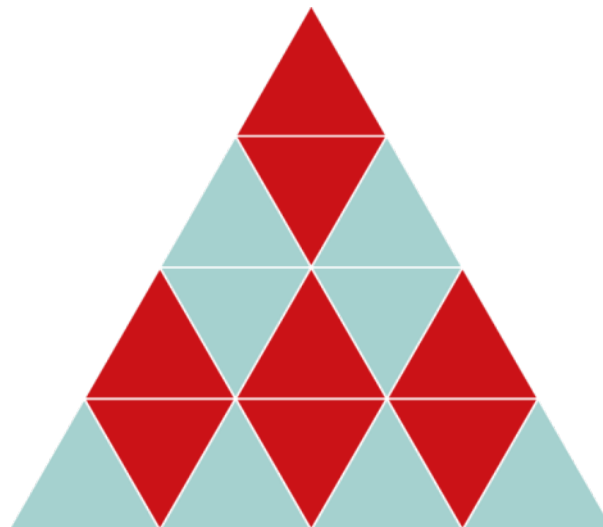
***START
QUESTIONING YOURSELF***





Stress is basically an emotional impulse and it stimulates the emotional body; therefore one of the fastest ways to control stress, is to bring the consciousness higher, to the mental body.

The mental body is the medium of thinking, and it is located on a higher level than the emotional body; therefore getting the mental body to work can control any emotional disturbances. This can happen through thinking.





So, start questioning yourself!

Ask questions such as:

- Why am I under stress?
- Is it necessary to be stressful or am I over reacting?
- What is the intensity of my problem?
- What are the ways to control the situation?
- Who can help me overcome this problem?

While asking each question from yourself, think carefully for the answers.

Before you even notice, your stress is reduced to a great degree.

3.

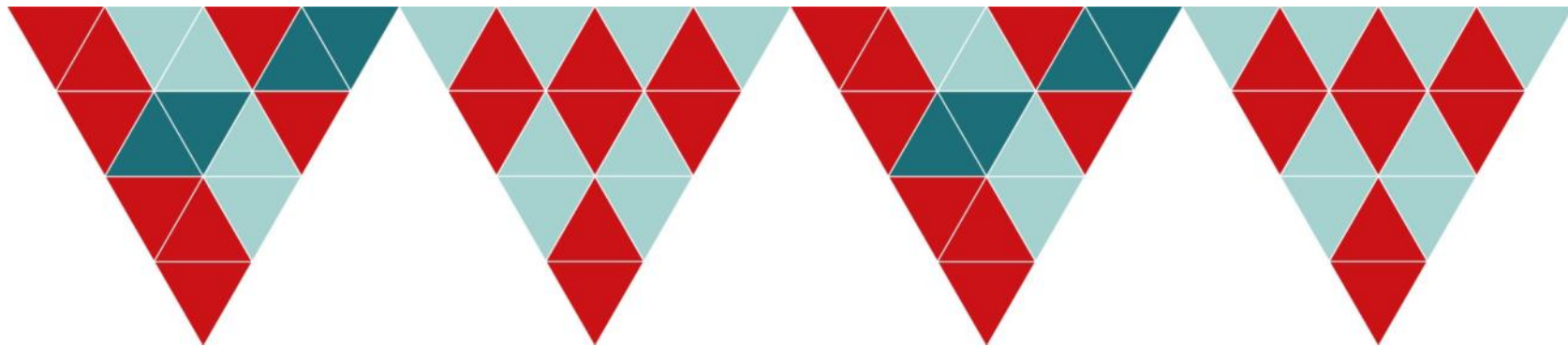
***REMEMBER A HAPPY EVENT
OR SHARE SOME LOVE***





Stress is lodged in the Solar Plexus chakra.

Solar Plexus chakra is the center for both positive and negative lower emotions.



The Heart chakra on the other hand is the center for higher emotions such as mercy and compassion.

In fact Solar Plexus chakra and Heart chakra are the second pair of complementary opposites, as explained in the book **"The**

Spiritual Essence of Man" by Grand Master Choa Kok Sui.

This means that Solar Plexus chakra can be regulated through activation of the Heart chakra. Therefore, to reduce stress, the Solar Plexus chakra must be inhibited and this can happen by activating the Heart.

Heart chakra can be activated by remembering a happy event.

Spend a few minutes, close your eyes and remember a few events in the past that have made you happy. Smile!

If visualization is a difficult task for you, share some love with people around you. Give an unexpected hug to someone, complement someone, play with your pets, call a friend or even read a funny story. These activities will sufficiently activate your Heart chakra and as a result reduce stress.



4.

MEDITATE



Meditation is referred to any practice that helps to bring the mental activities into voluntary control and attain a subjective experience.

The experience can vary from achieving a sense of peace, calmness and happiness to experiencing higher levels of consciousness and gaining psychic abilities.



One of the basic benefits of meditation is therefore peace and happiness. Meditation also raises the human consciousness into higher vibrations, where stress is no more perceptible.



▶ **Meditation on Twin Hearts in this case, is one of the fastest & easiest methods of stress-relief.**

The practice of Meditation on Twin Hearts activates the Heart and Crown chakras.

When the Crown chakra gets activated tremendous amount of divine energy enters the body that acts as a purifier, cleaning the clouds of negative thoughts and emotions from your aura. As a result you will experience a sense of peace and calmness.

Praying is also a type of meditation. By simply praying, you allow a lot of divine energy to enter your system from the Crown chakra, which helps control your unregulated thoughts and emotions.

5.

GET ORGANIZED





Often people get stressed because they think they have a lot of work to do and not enough time, which makes them feel overwhelmed.

Sometimes poor time management can also lead to poor implementation of resources and low performance. 

By listing down all the tasks and responsibilities and prioritizing them, you can finish more, in shorter time. In fact being organized can help you break down responsibilities into manageable tasks.

Writing down the tasks can further help you remember and accomplish them more effectively.

If there are some tasks in which you can get help from others, just ask. You do not need to do everything on your own. Remember, it is ok to ask for help.



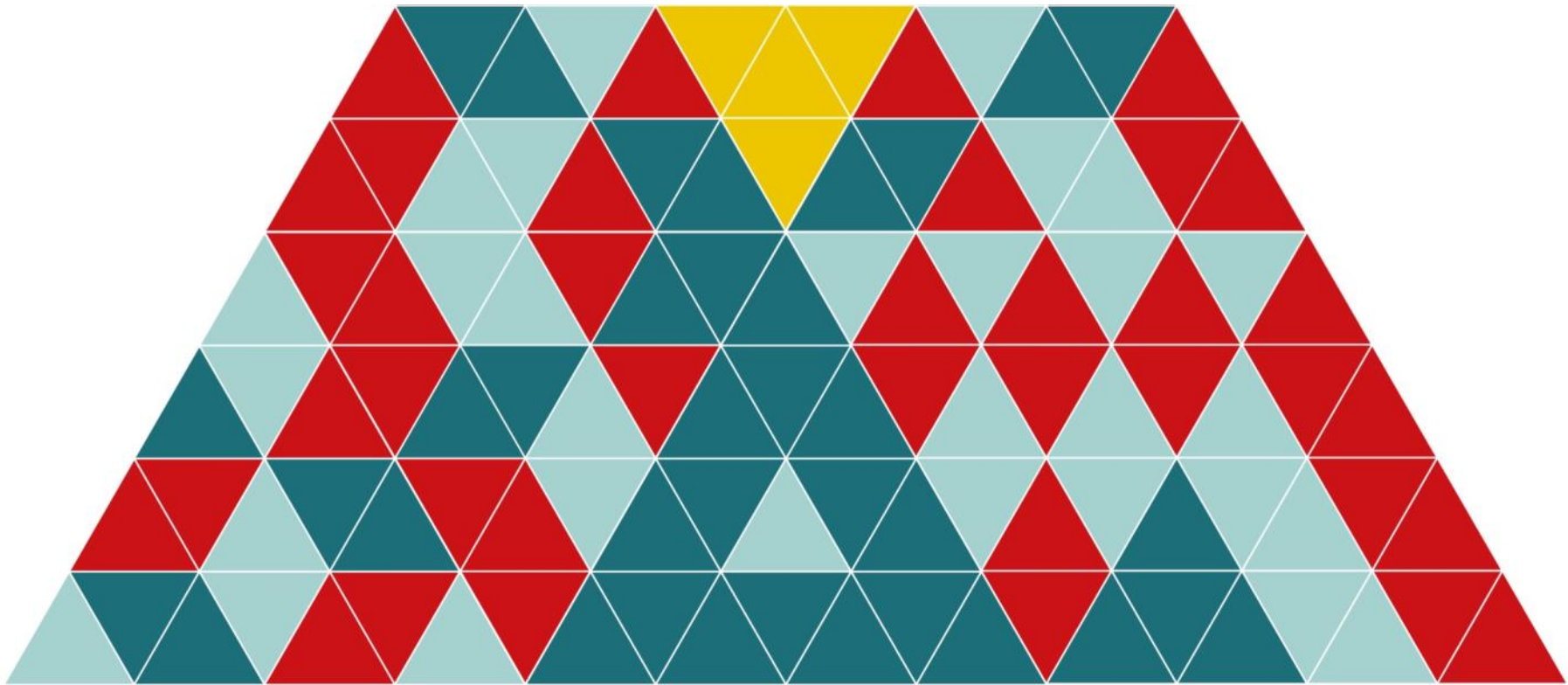
6.

TAKE SALT-WATER SHOWER



Don't let the stress energy accumulate!

Stress energy can be accumulated if not treated immediately, which in the long run leads to several physical and psychological ailments such as heart disease, high blood pressure and even low vitality.



Taking salt-water shower on a regular basis is one of the simple ways to cleanse the stress energy from the system.

Water has the ability to absorb energy, while salt disintegrates it. Salt-water shower therefore cleanses the entire energy body and gradually strengthens the body and its defense system. Although this treatment looks simple, it is quite effective.



“After cleansing your body with soap and water, rub the entire body gently with fine salt. Then wash it off after about one or two minutes.”

- Master Choa Kok Sui



7.

AVOID STRESSFUL PEOPLE & STRESSFUL ENVIRONMENTS



The energy of the people with whom we interact with, and the places we spend time in, can affect us to a certain degree.

Sometimes being in a stressful environment itself can make you feel tense. Therefore it is advisable to avoid being with pessimistic people and in stressful environments as your energy field can get contaminated.





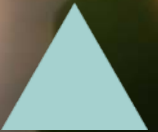
If certain activities add more on to your stress such as listening to evening news, watching horror movies or listening to gossip, try to minimize your participation in such activities.

However if the situation is unavoidable, simply crossing your arms in front of your chest can protect you from the negative influences of the surrounding environment to a great extent.

Crossing the arms in front of the chest, acts as a shield. This protects your aura from the influences of the environment.

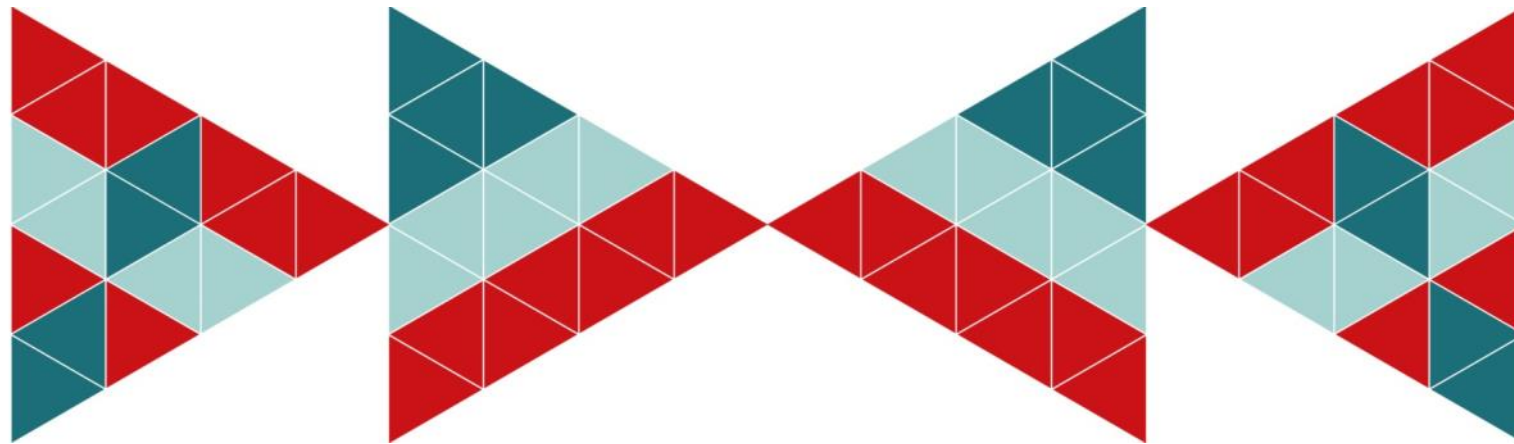
8.

*LEARN TO
FORGIVE*



▶ Do not expect too much from yourself & others.

Accept the fact that we are all human beings and we all make mistakes; mistakes are part of evolution, and no one is perfect. So let go of anger and resentment toward other people and more importantly towards yourself. Guilt adds pain to stress.



Over expectation also generates stress. Accept yourself, people and situations as they are, but try to improve them. **Forgiveness also heals the soul!** Learn to forgive and free yourself from negative energies.

One of the simple methods of forgiveness is to use affirmations.

Affirm:

"I forgive myself. I let go of the pain and embrace my strengths as well as weaknesses."

"I forgive (mention the name of the person who has hurt you). I understand that we are all humans and we all make mistakes. I forgive (name) and release all the emotional hurt. I am a being of love. I love every person and every being. I am free of resentment and I am happy. "



9.

*LEARN TO
LET GO*


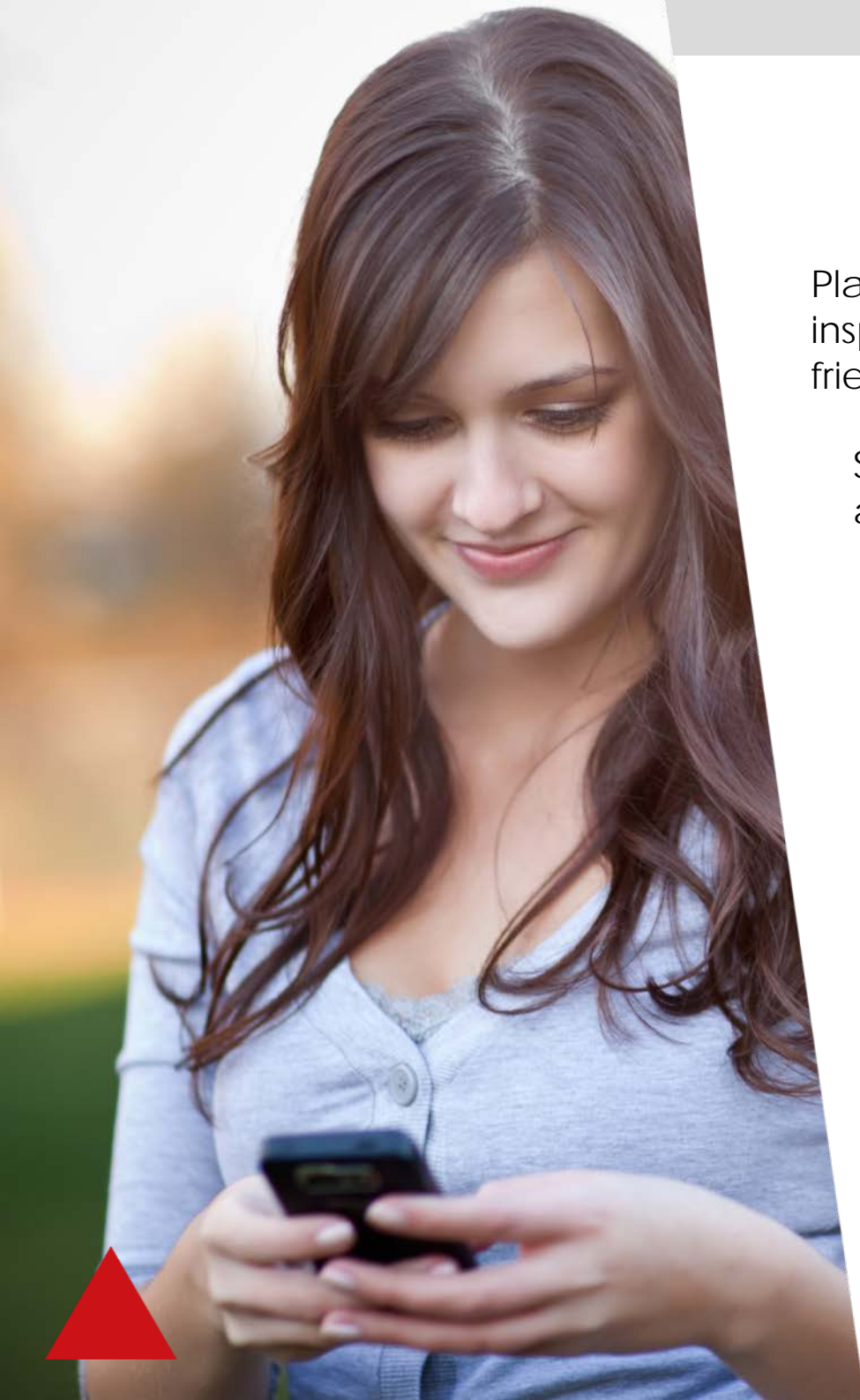




When people are under stress, their mind keeps thinking about possible problems that may occur, the situation and the people involved; & the more they think, the more stressful they become.

Therefore, when you find yourself under stress, it is recommended to just shut your mind down for a short while and withdraw from the situation!

You need to give yourself a break and engage your mind with other, possibly positive, activities.



Playing a simple game on your phone, watching a short inspirational movie or sending a positive message to a friend can be a great help.

Such activities can divert your mind from overthinking about the problem, and give it a moment to rest.

In fact watching a positive movie or sending a warm message to a friend can further open up your Heart and fill you with the energies of love and sweetness.



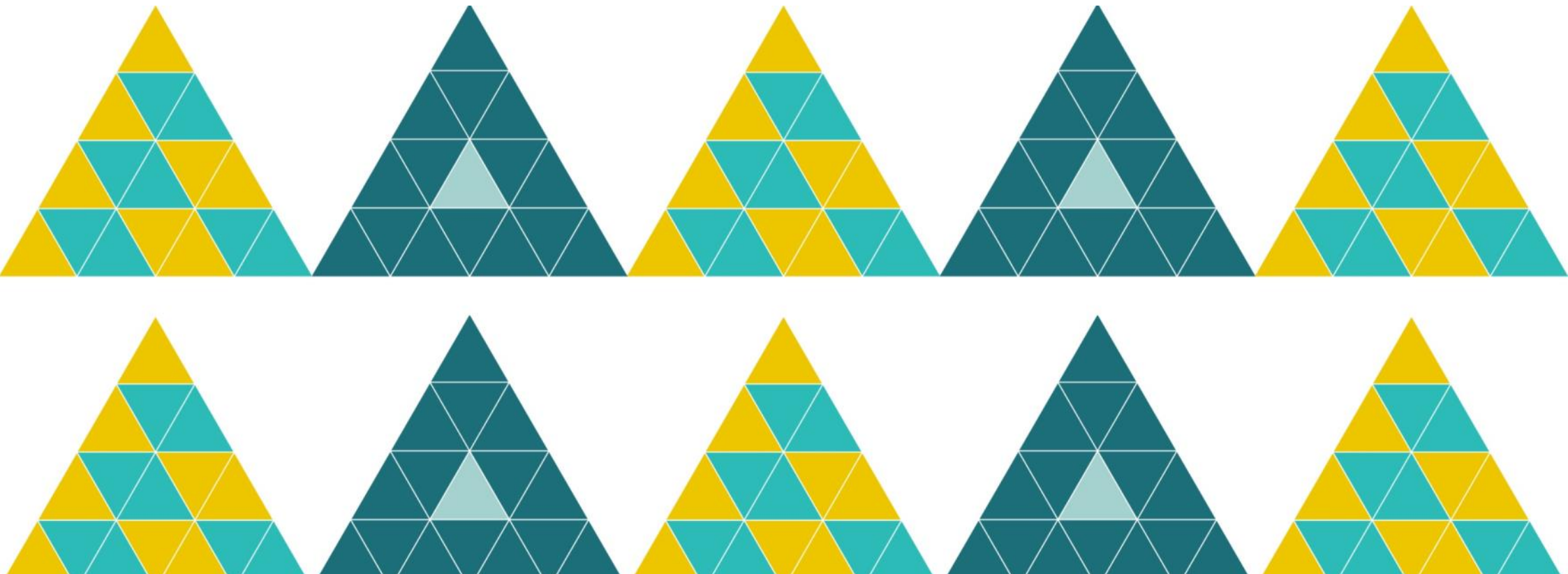
10.

EXERCISE



▶ Physical exercise, especially Hatha Yoga, plays an important role in reducing stress by relaxing the tense muscles and releasing endorphins, adrenaline and chemicals that give you a sense of well-being.

So make time for at least 20 minutes of physical exercise on a daily basis.



Furthermore, Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

Once you start getting healthier and more in shape, you may also feel better about your appearance and

yourself, which boosts your confidence and improves your self-esteem.

This will further increase your productivity and help you finish more work in shorter time that can help reduce stress.



11.
**GET ENOUGH
SLEEP**

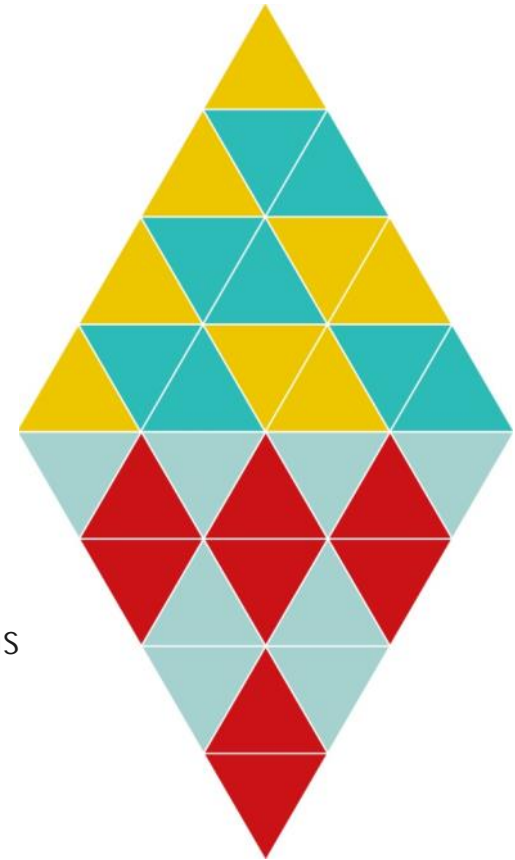


Sleep is a simple way to energize and refresh the mind. Enough sleep helps fuel your mind as well as your body. Based on the researches of US National Institute of Health most adults sleep less than 7 hours per night. However people above 18 years of age need 7.5 to 9 hours of sleep. Though most people think, one hour less doesn't make any difference, the studies show various health issues can be originated from lack of sleep.

Sleep deprivation has a wide range of negative effects that go way beyond daytime drowsiness. Lack of sleep affects your judgment, coordination, and reaction times. In fact, sleep deprivation can affect you just as much as being drunk.

The effects include:

- Fatigue, lethargy, and lack of motivation
- Moodiness and irritability
- Reduced creativity and problem-solving skills
- Inability to cope with stress
- Reduced immunity; frequent colds and infections
- Concentration and memory problems
- Weight gain
- Impaired motor skills and increased risk of accidents
- Difficulty making decisions
- Increased risk of diabetes, heart disease, and other health problems



Furthermore, the time you sleep at night is also crucial in your health and alertness.

You may think that once you go to bed, you soon fall into a deep sleep that lasts for most of the night, progressing back into light sleep in the morning when it's time to wake up. In reality, the sleep cycle is a lot more complicated.

During the night, your sleep follows a predictable pattern, moving back and forth between deep restorative sleep (deep sleep) and more alert stages and dreaming (REM sleep).

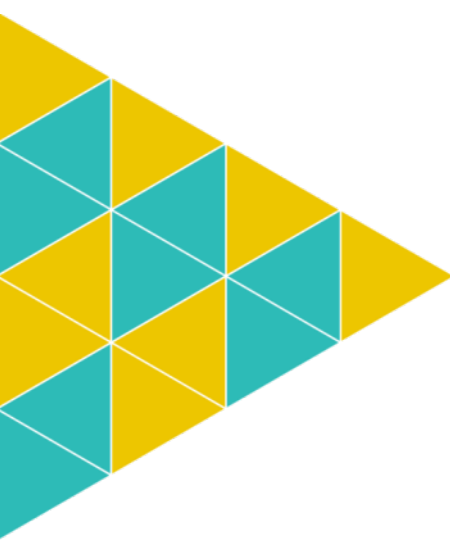
Together, the stages of REM and non-REM sleep form a complete sleep cycle. Each cycle typically lasts about 90 minutes and repeats four to six times over the course of a night. The most damaging effects of sleep deprivation are from inadequate deep sleep. Deep sleep is a time when the body repairs itself and builds up energy for the day ahead. It plays a major role in maintaining your health, stimulating growth and development, repairing muscles and tissues, and boosting your immune system.



Factors that lead to inadequate deep sleep include, being woken during the night, sleeping very late, working night shifts or swinging shifts and smoking or drinking during evening hours.

The best time for sleep is believed to be between 8 pm to 12 am. In order to choose the best time it is necessary for you to follow your body clock and stick to your rhythm.

When the mind is tired, your performance will decrease to a substantial degree, which further adds on to your stress. So get enough sleep.



By regulating your sleep, your mind gets sharper and your emotions get calmer, as a result your productivity increases.

When you are productive and successful in accomplishing your tasks and responsibilities, your stress will reduce automatically.



12.

*WATCH OUT
YOUR DIET*

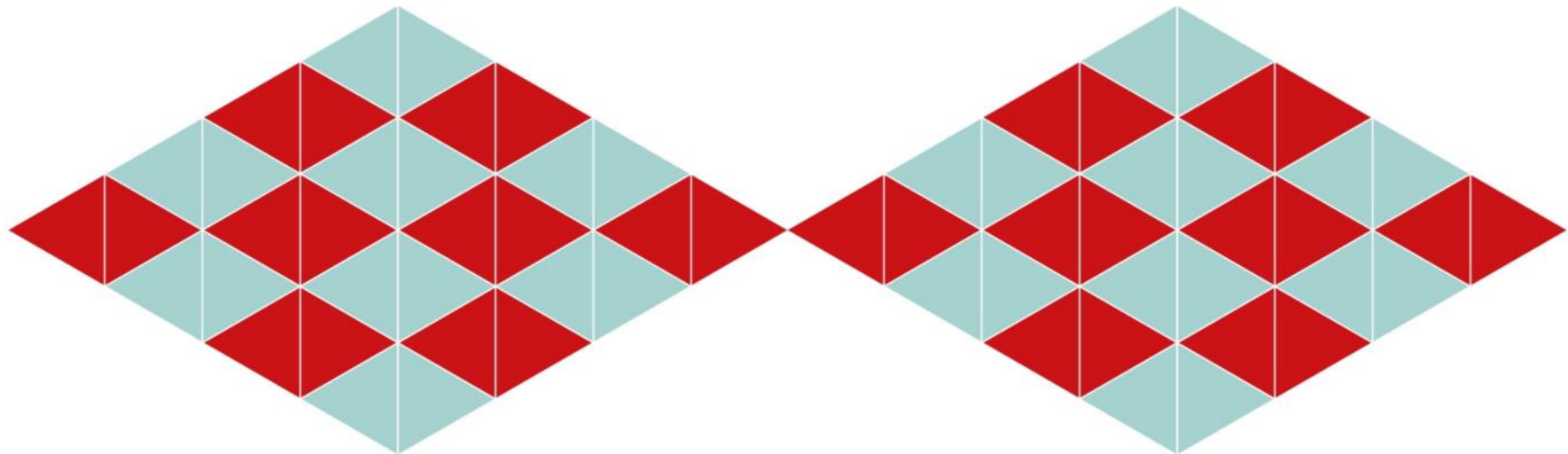


▶ **If your body is healthy and well nourished, your ability to cope with stress will increase. So it is highly important to watch out your diet.**

Start your day with a healthy breakfast. It will keep your energy up throughout the day.

Avoid excessive intake of caffeine and sugar.

Drink enough water. If your body is dehydrated, it will lead to headaches, which adds to stress.





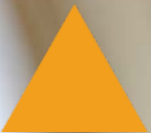
Add lots of fresh green and orange fruits and vegetables to your diet.

In complementary sciences, green fruits and vegetables are known for their cleansing abilities. Therefore they can help purify your energy body and regulate the Solar Plexus chakra.

As much as possible, avoid alcohol, cigarettes and drugs. Although they may seem the first options to provide temporary relief from stress, in the long run they only make the situation worst by further contaminating the aura, the Solar Plexus chakra as well as the liver, lungs and internal organs.

13.

LEARN TO SAY NO



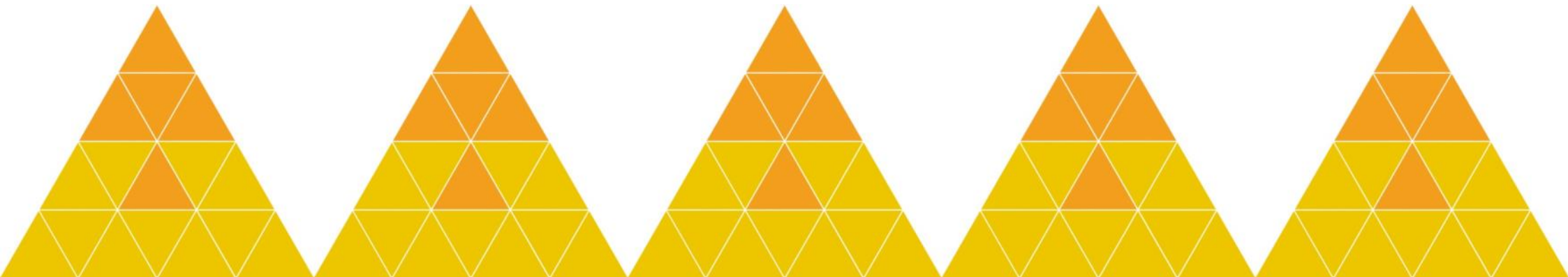


Pay attention to your limits!

You cannot do everything that you are asked to.
You always have a choice to say No.

In your family life, as well as your professional life, refuse to accept tasks and responsibilities beyond your capabilities. Taking responsibilities more than what you can handle normally causes stress.

If you think you cannot handle a task or responsibility, don't simply promise. Learn to say No!



14.

*LISTEN TO SOFT &
CALMING MUSIC*

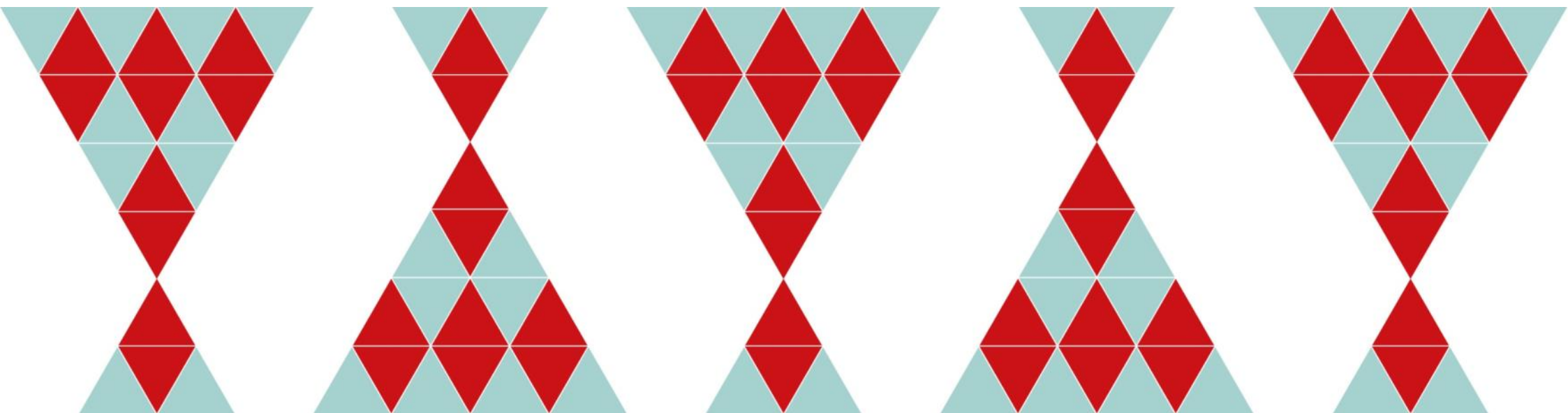


Music affects the emotions. Soft and soothing music has a calming effect on the emotional body.

► Emotional body is the medium of emotions in our system.

Just how a sudden loud noise can cause irritation or a high level of alertness, a slow soothing music slows down the heart rate and creates calming effects. Therefore this type of music can be used to induce a relaxed feeling and help free the mind from stress.

Many music therapists today use soothing music to improve a great number of health related problems. They recommend making music a part of life.



15.

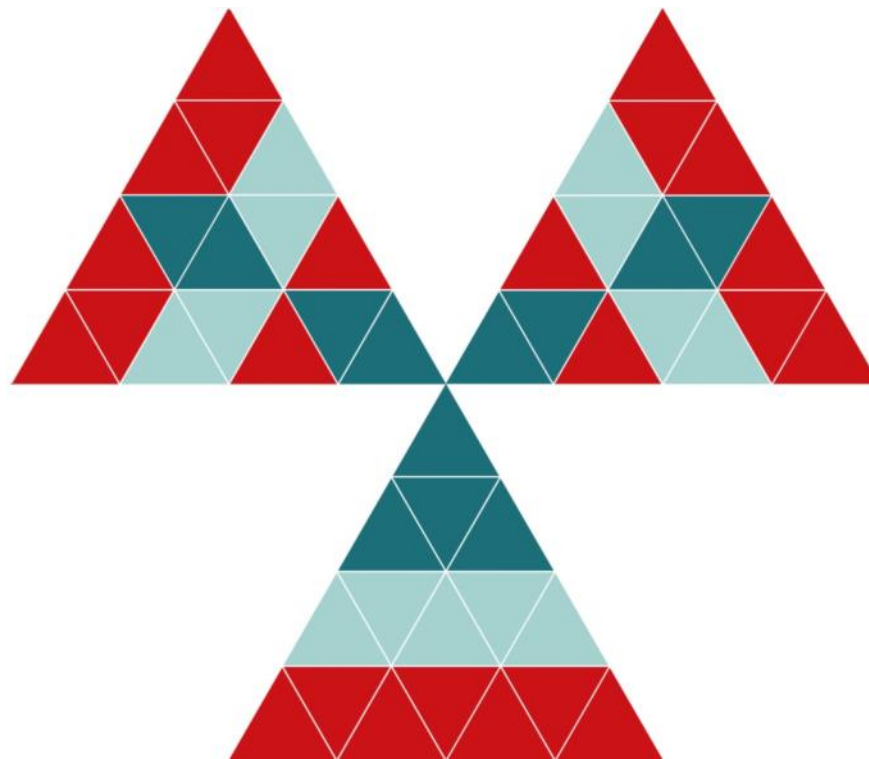
APPLY SELF-HEALING TECHNIQUES



► Stress is a type of energy.

Therefore it can be transferred from a person to another person and can also be cleansed from the system.

In cases of stress, the Solar Plexus chakra becomes erratic and filled with tension or stress energy. The Crown and Ajna chakras also get partially affected.

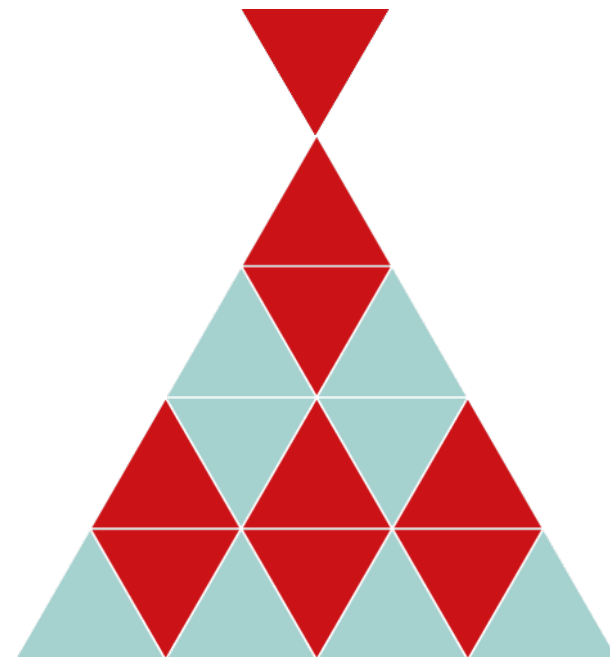


Self-healing techniques such as Pranic Healing, can help cleanse the stress energy from the Solar Plexus chakra.

Pranic healing is an ancient science and art of healing which utilizes prana, chi or life force to improve the health of the body. It involves the manipulation of life force and etheric matter in the patient's energy body. It is a no-touch, no-drug energy based healing developed by Grand Master Choa Kok Sui after extensive research and validation which encourages the patients to heal themselves.

Pranic Healing techniques cleanse, energize and rebalance the energy field to restore harmony and balance physically, emotionally and mentally. These techniques can also be used to correct imbalances in vortices of energy that control all human

activities such as relationships, finance, work and home environments to allow them to function at their optimum level. This in turn improves the way life force circulates and nourishes the physical body, bringing about an accelerated rate of healing.



Cleansing and activating the Heart chakra further reduces stress and increases the feeling of peace, calmness and happiness.

Once the stress energy is removed and replaced with fresh energy, the health and general well-being will be improved substantially.

Spending around 10 to 15 minutes of self-healing will reduce stress tremendously and create a sense of peace.



SO TO SUMMARIZE...

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You, & Your Stress – Learn how to control your stress through 15 easy & practical techniques.

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