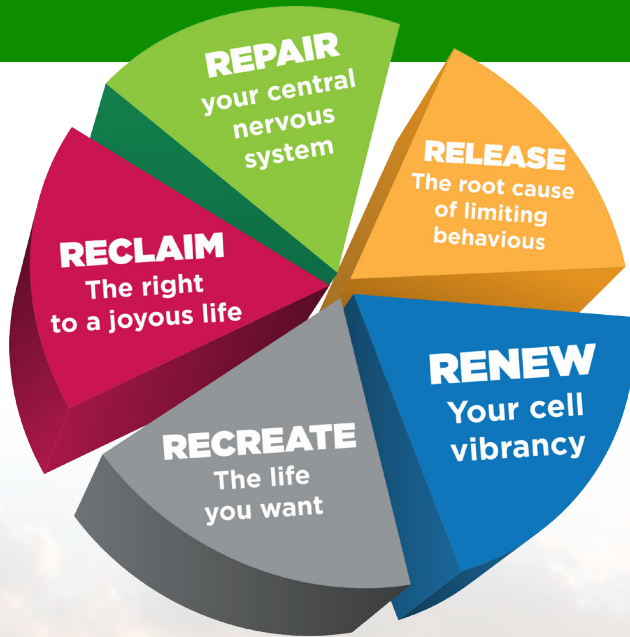


RELEASING Your Underlying Beliefs

Workbook



Step 2 of the
“From Stress to Success Model”

Powered by
Stress Resolution Techniques ©

Celine Healy





Introduction

If you are stressed out in any way, have no energy, keep repeating patterns of behaviour that are no longer useful or productive, if you are not achieving the success you truly desire, if you find yourself going round, and round in circles, having some success, then fail, gain more success, then go deeper into failure, and still not found the solution, then this RELEASE segment of the “From Stress to Success Model” is for you.

Literally this RELEASE segment will:

- help you turn off the failure mechanism permanently
- erase underlying beliefs and negative patterns of behaviour
- eliminate what has been holding you back
- break through to new levels of uninhibited success
- stop and prevent repeated failures
- increase your overall IQ and happiness quotient
- release all of these patterns easily, effortlessly and permanently
- achieve goals and stay focused
- find out you true goals which will then align with your new inner peace
- destroying the blocks once and for all
- stop any bitterness, rage, anger or resentment or hatred that constantly drain your energy and which keep you in a negative state of vibration
- how to fill your life with love, joy and peace daily
- remove unnecessary, unproductive and damaging stress from your life for good
- and much, much more!

This topic is not about strategy, goal-setting, taking action or taking other conscious actions and instigating enormous amounts of will power in order to get back to the happy and successful you that has been buried deep down inside. It's not about forcing yourself or exhausting yourself, trying harder and harder to achieve results. No. This is about eliminating those failure mechanisms through a process you will complete with your coach, without even trying. How good is that?

The point is, that as long as you have locked within your system, the self-sabotaging patterns of behaviour and negative beliefs, your subconscious mind will always find the easiest and most ingenious way to maintain the status quo.



It will keep dragging you back to the position of least resistance, and generally, that is one of failure and self-sabotage.

So, until you find, destroy and remove all traces of your failure mechanisms, all the success programming you might have been doing and positive affirmations and goal-setting you have completed, will be stuck behind a raging river, waiting to be released.

When that raging river has been released you will be free to pursue your goals, free to create and design your life, free to decide, who and what you want to be, how you want to live, a new, more successful version of you, on every level.

So, what you will be getting in this section is an easy way for you to move forward. Once you identify the major stressful events in your life and recognise these limiting patterns, with the help of your coach, then articulate where you want to be, and how you would prefer to feel, this will give you and your subconscious, a map of where you are heading. In this way your SC will then accept what you want more easily.

In the first session, you will begin to start cracking open the layers that have blocked you from success and you will start to feel happier, apparently for no reason.

In session two, you will break open the hidden underlying negative beliefs and patterns of behaviour and remove permanently what has been weighing you down for so many years.

In session three, you will tidy up any remaining issues that have been buried deep down at the cellular level and remove them permanently. You will be well on the way to being able to set meaningful goals, and achieving them more easily. The wheels will be turning faster and faster towards your success.

After that you will be completely transformed!

You will look different. You will feel different.

You won't recognise yourself because you will have changed your underlying programming.

You will be empowered!

You will be free!

You will be driven to achieve the success you truly desire without any of the self-limiting beliefs or negative patterns that have been holding you back.



This topic on RELEASE of your limiting beliefs and behaviours, will be dealt with from the following perspectives:

- a. Why this topic is important?
- b. What it is?
- c. An overview of the "From Stress to Success Model"
- d. How do we do the RELEASE procedure?
- e. What else - questions often asked about this topic?

a. Why the topic of RELEASE of your limiting underlying beliefs and behaviours is important?

There are many people around the globe who have been on a quest to set and achieve their goals. Why? Because some aspect of goal-setting appeared to elude them. The purveyors of these courses told the participants, the students, that their problem was either that they were not really clear about what they wanted to achieve, or the goals were not stated in a "SMART" fashion. Hence blaming the participants!



Consequently, many more course evolved that specifically dealt with goal-setting. ("SMART" = specific, measurable, actionable, realistic and timely goals.)

Now, I agree that courses need to have outcome attached, either for the course facilitator, or the participant. The participant needs to feel that they have achieved something by attending the course. Otherwise how could the facilitator know if the objectives had been achieved? The problem for the participant, appears to be, that once time had elapsed, post-course, generally three or four weeks later, the resolve had diminished and they were left pretty much in the same position as they were, prior to attending the course. No goals set! No goals anywhere near being achieved!

There was a period of time around mid- two thousand, when there was great hype from the alternate literature, which especially came to light around the time of the release of "The Secret." This "secret" certainly remained so for many



people, because it indicated that all you had to do was increase your vibration, think positive thoughts and the results you wanted will race towards you at great speed. This would happen because your attractiveness had increased. So you could imagine great numbers of people lined up outside their favourite Tiffany's store drooling over the diamond bracelet that they desired, and who, whilst there, were sending positive thoughts through the window, so that their wish would be granted. The unfortunate thing was that "The Secret", and many other publications managed to dupe their readers because they had left out the key ingredients to that "secret". Our goal is to help you understand what that "secret" to success is all about.

Prior to that people had been attending courses, seminars and webinars to find "the" magic pill or cure that would finally give them the answers as to what has been stopping them from achieving their goals. The beauty about these courses is that there are so many of them, that eventually you are bound to find something that will work for you! However, is that the way you want to go anymore? Wasting time and money testing various theories without ever truly coming to an end result?

I remember, years ago, reading a well-known motivational/alternate author's work. He espoused that his seven step model was the way to go. Meanwhile throughout the book he mentioned, off-hand, that he had been attending therapy for the past twenty years. Some of the therapies involved: massage, hypnotherapy, counselling and other odds and sods. The point of this story is that it was NOT the 7 Step Model that was going to achieve the reader's success! It was that **they really needed to DO some kind of therapy**, and then launch into the seven steps! Unfortunately, this still goes on to some extent and the buyer needs to beware.

The new healing modalities are all based on energy transformation of some kind. Interestingly, since the time of "the Secret", there have been several scientists who converted to this new way of approaching healing/life. And vice versa. Many spiritual people have turned to science to explain this "new phenomena". The "new phenomena" states, that we are all made from the same "stuff," and this "stuff" is energy. We are all connected at our core and everyone is a reflection of each other, our "Source."

Ancient Chinese and Indian spirituality and religion had been espousing that for centuries. However, they did not have the wherewithal to test and measure these phenomena and be able to explain it in scientific principles. So, inevitably, scientists, and the population at large, tended to dismiss such claims, and in general only those who were "spiritually enlightened" were accepted as being on the right path to awareness and enlightenment, and hence welcomed into these communities. For our intents and purposes in informing you of this "shift in the healing paradigm", the overall objective is to give you some background of where this RELEASE segment of the "From to Success Model" fits in. It is not all woo, woo and smoke and mirrors. The methodology behind this approach to RELEASE is both from and energy, and a scientific perspective.



When you have well-known scientists and others converting to more energy or healing modalities, or a spiritual or enlightened way of life such as: Dr David Hawkins, Dr Bruce Lipton, Barbara Brennan, Gregg Bragg, Deepak Chopra and many others, you know there must be something of interest in looking at problem-solving from this different perspective. That perhaps there is something in this new way of thinking and being, and perhaps we had better examine these new learnings.

It is accepted in this literature that we have all evolved from the same source and that because of the study of Quantum Physics, we are all masses of energy. Since this is the case, then theoretically, when one person does something, it will inevitably affect many more people than just themselves, like a ripple effect.

In gene research and theory, it was stated that you are the product of your parents and their ancestors and that unfortunately you could do nothing about that. Genes determined your life patterns and hence your destiny.

Recent research has indicated that this is now not so. Because of the influence of energy theory/Quantum Physics, it has been found that your cells are influenced by the environmental signals which are picked up at the membrane level of each cell. The energy surrounding the cell captures vital information.

Each cell has hundreds of thousands of receptors, each with a specific job, to collect information relevant to that particular cell, and hence interpret that information and send it to the cell so that the cell can react accordingly. It has been found that cells are really a collection of energy and that energy is the mode of transport of the information across the cell membrane to the inside cell.

What this means is that environmental signals affect the functioning of each cell and hence your biology. It has also been found that part of that environmental signal or information is being transmitted by our thoughts.

Our thoughts are affecting the functioning of our cells. This means that because energy cannot be destroyed, everything that you have thought, perceived or felt, has been encoded in your cells at a memory level.

Our memories are stored as energy in pictures, within our cells, within our cell membranes, and via cell receptors. One of the pioneers of this type of research, Dr Bruce Lipton has stated:

‘Your beliefs affect your cells’.



This means that if we want to have a different life we need to change our beliefs or eliminate them in some way. The key is: how do we do that?



This is the key to true life success and what this RELEASE segment is all about. Our thoughts have been creating our reality. Our reality has been based on past limiting beliefs stored within the cellular memory. These thoughts are expressions of energy. In order to be able to move forward we need to implement a strategy that deals with altering/changing this energy, in order to be able to express a new way of being, because the trapped energy is making us behave in particular ways.

Other researchers have found that we keep repeating patterns of unwanted behaviour due to the fact that these beliefs or patterns have been embedded at a very early age via our primary care-givers. The child, who was unable to fully express itself at that time, took on a lot of the beliefs and patterns of their parents. Now, today, in the present, we still do not know, or are we consciously aware, that we have these limiting beliefs and patterns of behaviour. Unfortunately, most people are not consciously aware that their lives are being run by these beliefs and patterns.

We have been programmed at birth and up to six years of age, to accept the beliefs of others as our own. Because we have laid down these foundations, and these form the basis of how we react and respond to situations in our present lives, we no longer “remember” what was said or who did what to us from that early time period. As a child we had worked out a way to respond to these



events and generally we continue to respond in today's world to most situations or events, in the same or similar manner. Most of the ways we have "learned" to respond since our earlier days, are now inappropriate for adult communication today.

So, if my childhood reactions are responding to your childhood beliefs and perceptions, how is it that we manage to communicate at all? You may well ask?

Dr Bruce Lipton found that genes and DNA do not control our biology. He says they are controlled by signals from outside the cell. These signals include energetic messages which emanate from our thoughts.

So, **'thoughts are energetic messages.'** He goes onto say that we can transform our lives when we transform our conscious and our subconscious minds. How do we do that?

Because the subconscious mind controls approximately 95% of all of our automatic functions when we gain control over that aspect of our minds we can transform our lives. We also need to gain control over our conscious minds as well.

When we do this we regain sovereignty over our lives. We gain control over our emotions, as our emotions regulate our genetic expression. We also gain control over our health and our lifestyle. The mind is more powerful than drugs and it is amazing what can be accomplished when we gain back control. What this means is that **you can change the character of your life by changing your beliefs,** because our beliefs control our bodies and our minds, and therefore our lives.

Because our subconscious runs our automatic programs, and is at least one million times more powerful than our conscious minds, what has been lodged in the SC Mind is gospel. **If we want to implement changes in our lives we need to be able to change what is running in those automatic programs,** because if a conscious goal is not in alignment with the belief held within the SC mind, then no amount of will power will be able to overcome it in the long term. You may have short term wins. However, any long term progress will be thwarted.

Cells are able to create memories. If cells are in a healthy environment they thrive. Just as negative beliefs, thoughts and feelings affect us negatively, so positive thoughts, beliefs and feelings affect us in good ways. If we nourish and nurture ourselves properly with: exercise, good nutrition, a positive outlook, live in happiness, gratitude, have self-love and are making our contribution, the daily stresses that affect us constantly will not have as much impact. Primarily we need to change how we are thinking, which will change our deep-seated beliefs.

We know that stress is the basis of up to 95% of all diseases. We now know that underlying those stress issues, are our underlying beliefs and behaviours which



have been lodged within our cells at a SC level. If you try to take a pill to overcome the disease or stop the symptoms, this will not solve the problem because at the root of all disease are these limiting beliefs and patterns of behaviour!

Our beliefs are based on our perceptions at the time of occurrence. That these perceptions cause disease, is now accepted. The only way to stop any disease, e.g. cardiac or cancer is to change our perceptions which underlie those beliefs.

At the beginning we mentioned that ancient wisdoms all based their healing on energy movement. These energy fields are influential in controlling our physiology and our health. It has also been proven that every structure or mass within the universe, including humans, radiates energy in their own signature. We are all vibrating at our own personal level of vibration. So, any healing modality has to address the energy level within the body. That's what this RELEASE segment does. It addresses the underlying energy trapped within the cells and helps shift it, and helps the client to re-express how they would like that energy to be remembered, rather than how it is, at present, remembered within those subconscious stored memories.

Thoughts are energy. They are the mind's energy and can directly influence how the physical brain controls the body's physiology. **In order to make great changes you need to make great changes in your stored thought patterns.**

Bruce Lipton states: 'harnessing the power of your mind can be more effective than drugs you have been programmed to believe you need...'

In studying modalities of healing that involve energy transfer, movement or release, it is of vital importance to understand what various aspects of our mind are doing.

The **conscious mind** is said to be the true creative mind in that it represents your identity, your inner essence and your spirit. It can see into the future, review the past or disconnect from the present moment as it solves problems in our heads. It is creative in that it is the place where we hold desires, wishes and aspirations. It actually creates thoughts.

Whereas, the **subconscious mind** is primarily a repository of "stimulus-response tapes" derived from instinct and learned experiences. It is habitual. It will play the same behavioural responses to life's signals over and over again. For example, if our partner has a habit of drinking milk from the container in the fridge, and we were taught that this was a very bad thing to do, then we will get upset at our partner for continuing to do this, irrespective of how important or unimportant the issue is, in the scheme of life.

If you heard repeatedly as a child that you were worthless and not good enough, those messages are programmed in the SC mind and will undermine your best efforts to change your life, no matter how much will power you inject into the effort.



The point of discussing the difference between the conscious and the subconscious is that mostly, **we are unaware that the SC mind is making our everyday decisions.** Our lives are essentially the result a printout of our SC programs, behaviours that were fundamentally acquired from others before we were six years old. The actions of the SC mind are reflective in nature and are not governed by reason or thinking. As humans, the conscious can override the SC mind's pre-programmed behaviours. However, it would take an enormous amount of will power, and most of us would give up before too long.

The primary function of the SC mind in our early growth was to download perceptions regarding things in the environment that were threatening to life or limb. So, with this protective nature of our SC mind, mostly the SC mind thinks it is helping us keep from harm. Unfortunately, these initial programs generally were limiting beliefs to keep us safe. Our responses to environmental stimuli are indeed, controlled by perceptions, but not all of our learned perceptions are accurate. Sometimes we downloaded inaccurate beliefs from others.

The sole purpose of the SC was to keep us safe.

We do have the capacity to consciously evaluate our responses to environmental stimuli and change old responses any time we desire. However, we firstly have to deal with the SC mind. The SC has been proven to be very difficult to change. However, we now have methodology to deal with this.

Our stress responses were designed for intermittent use such as escaping from the occasional tiger. The chronic nature of modern stress 24/7 taxes our stress response mechanisms daily. The SC mind is a database of stored programs whose function is strictly concerned with reading environmental signals and engaging in hardwired behavioural programs. The programs are functionally equivalent to hardwired stimulus-response behaviours, just like animal responses. These responses are automatic. We are not choosing our responses. It's as though the responses choose themselves. Notice when you keep repeating inappropriate patterns of behaviour and do not seem to be able to control or change these patterns.

When a stimulus is perceived it will automatically engage the behavioural response that **was learned when the experience was first experienced.** Many people today are not fully conscious. They run on auto-pilot. They are not fully aware of what they do and how, when or why they do certain things or behaviours. That is why their SC mind runs the show and they wonder why they keep repeating unwanted patterns of behaviour. **The key to success in this RELEASE segment is that we deal with these SC responses.**

Contrary to popular belief, **you can change your life, but only when you change your beliefs.** Most people chase success so that they feel it will make them

happy. However, we now know that it's the opposite. Happiness brings success! We need to find ways to be happy first, then the success you desire will follow, as if my magic!



So, **our goal now is to focus on reprogramming our SC mind rather than just shifting our conscious mind's beliefs.** To fully thrive we must not only eliminate the stressors but also actively seek joyful, loving, fulfilling lives that stimulate the growth process. So, after these beliefs have been eliminated, we must consciously choose more productive ways of being.

Negative beliefs are the cause of stress!

RELEASE is about letting go of these beliefs so that you can be truly successful in life.

Dr Bruce Lipton, eminent biologist, stated that:

'the underlying causes of us not achieving what we want, or repeating negative patterns of behaviour that are no longer helpful, is because of the negative beliefs that are stored at the cellular level in the body.'

Over 90% of what affects our thoughts, feelings and actions are unconscious memories stored in our bodies'. This means that from these negative beliefs your body is encoded to fail rather than succeed.

You can never be truly successful unless, and until, you address these underlying negative beliefs and patterns of behaviour. And this is what RELEASE is all about!



b. What is RELEASE all about?

The RELEASE Section deals with all of the traumas in your life.



These traumas could be small issues such as feeling insecure, right through to large traumas such as PTSD. Each person is affected by stress differently. A stressful event and the interpretation you place on that event can be very traumatic. These traumas have generally affected us since childhood. We make decisions about how to survive in our environment based on those beliefs.

Some of these decisions lead to inappropriate behaviours and patterns of response because they are based on a false premise. Some of our beliefs are inaccurate and cause us to behave in ways that may not be beneficial in later life. You keep repeating patterns of behaviour. If you are stressed in any way, you are operating from these beliefs.

The key to a successful adult life is to be able to RELEASE permanently those things that are holding us back. RELEASE of these obstacles **turbo charges the results** that you want to achieve in any area of your life.

The RELEASE section of my Model addresses these unconscious beliefs and patterns so that they are permanently eliminated from your life.

From the discussion above you can see that you need to be able to have some understanding of how the conscious and subconscious minds work. From the above we know that our negative beliefs and behaviours have been programmed at a very early age when we took on the opinions, beliefs and perceptions of others. **Some of these beliefs were wrong, and most were not useful for growth**



and health. Because these patterns of behaviour have been imbedded in the SC mind right down to the cellular level, we find now, in our present lives, that a lot of these patterns are no longer wanted because they are limiting our choices and experiences. **These response patterns have been learned.** The only way we can change them is to actively engage in work that goes to the root cause of the beliefs and eliminates them, changes or alters them in some way, or instils new behaviours or response patterns.

This topic, **RELEASE, is not an intellectual exercise. It is a physical exercise.** You need to do the work. Most people are not aware that work is needed in order to change for the better. Most people are not aware that they are not able to achieve the goals that they set because they are going against some SC mind program that is keeping them locked into failure. They will continue to do more courses to find the holy grail of goal-setting. It is not about finding out how to set goals! It is about **RELEASING the underlying negative beliefs, perceptions and behaviour patterns which keep you locked into repetition of lack.**

So, what that means is that people who are “success-driven” are subconsciously locked into failure. They are addicted to repeating patterns of failure, just like an addict! They will never be truly successful because of these unconscious patterns that they keep repeating. They will never be truly successful because they are not happy. If they can come from a place of happiness first, then they will be on the road to the success they desire.

Wikipedia defines addiction as: ‘a state characterised by compulsive engagement in rewarding stimuli despite adverse consequences’.

The ‘rewarding stimuli’ could be the positive goals that you keep chasing, the end result, being success of some kind. The ‘adverse consequences’ could be the fact that you keep failing to achieve those goals, no matter how many times you state and restate them in a “SMART” fashion.

So, unfortunately, it appears that you are biologically programmed to fail from a very young age. And. The only way to unravel this mess is to eliminate the underlying beliefs and behaviours that are holding you back.

What are the kinds of beliefs that hold us back?

Dr Alex Lloyd has done considerable research in this area and in his Healing Codes Model he indicates that out of all of the negative beliefs that the world population could have or experience, these negative beliefs fall into nine categories. The nine categories relate to the number of values that Dr Lloyd says are crucial for a person to not only survive but thrive. **The beliefs cause stress in our bodies.** This can lead to illness and disease as we already know.

The list of values that Dr Lloyd espouses in his model of wellness include: love, joy, peace, patience, kindness, goodness, trust, humility and self-control. He goes on to say that if people do not experience these values or virtues in their



everyday lives then they will experience stress in some form in their lives. Correspondingly, if there is a conflict between these values and what you believe, then this will also cause stress.

The categories of destructive beliefs espoused by Dr Lloyd include:

1. I am unlovable. I am insignificant. I am flawed.
2. I am hopeless. I am worthless. Life is hopeless.
3. Something bad will happen. The future will be like the past. I'm not OK.
4. Something must change right now for me to be OK.
5. People will take advantage of me. People are too sensitive.
6. I am bad. I am not good enough. I am unforgivable.
7. People are out to get me. I must be in control. It's not fair.
8. People must think well of me for me to be OK.
9. I can't do it. I am not capable. Others should do it for me. It's not fair.

It seems quite miraculous that ALL of the thoughts and beliefs we have about ourselves could be summed up in such few sentences. However, when you think about it, we do keep repeating things over and over, without questioning why or how to stop this madness.

So, what the above means is this: if you don't experience love in your life you will think you are unlovable. If you do not experience joy in your life, you will start to think that life is hopeless. And so on.

The point about this segment of the "From Stress to Success Model" is that RELEASE is about eliminating the underlying beliefs and behaviours that you have and which keep running your life, mostly without you even knowing this. So, part of the exercise for later in this workbook is that you will be asked to examine your life and articulate what patterns or habits you keep repeating that you find are no longer useful, and therefore are those that you want to eliminate permanently.

Based on Dr Bruce Lipton's research **we now know that wrong beliefs are not only limiting, but they also cause most of the problems we have in our everyday lives.** These beliefs can be very destructive and can cause disease at their most extreme. We also now know that memories are trapped at the cellular level and we also know that thoughts affect cells and therefore our biology. These thoughts generate feelings and harmful actions which can cause us pain, or incur pain in others, around us, unwittingly.

The SC mind laid down specific patterns of beliefs and behaviours, and we know that these actions were specifically designed to keep us safe from threats. Living in the present, we may find that these past beliefs may no longer be



useful, especially in today's world. Quite often, we tend to misinterpret our current circumstances as threatening, even though they are not. You see, the stress response mechanism was designed to operate in real-world threatening situations. When the tiger had disappeared our autonomic nervous system would go back to normal. However, with stress affecting us 24/7, we are no longer able to shut down this mechanism and hence our body/minds are being bombarded with chemical and electrical signals and we are unable to turn off from stress.

We know that stress has been found to be the cause of 95% of all health problems. When we are not stressed our cells are happy and open and doing their job. They are in growth mode. When we are stressed we go into protection mode, which means the cells effectively shut down and do not function as they should. When this stress is constant it is affecting our nervous system as well as our cells. Combining all of this together we get a picture of eventually going into illness, disease and death.

So the objective of this RELEASE segment, is to be able to eliminate these underlying beliefs and behaviours so that the cells can go back into growth and our nervous system can shut down and we can get back into balance. This is so hard to do, especially when we are not even aware of our underlying issues, and in some cases, we are not even aware that we are stressed, as this state appears to be so normal and accepted.

The beauty about this step of my model of wellness the "From Stress to Success Model" is that there are no weekly exercises for you to do that you need to practice religiously. Your homework will be: writing out how you feel and what you are observing and noticing so that you become more aware of what changes have actually taken place. This is a good exercise in itself as it keeps you focused on the change. The only other thing you will be asked to do is to listen to the tapes of the recorded sessions several times per week, for a few weeks and then all is done and dusted. How good is that?

Having perused the literature, I have come across a list of negative belief statements that you might relate to instead of the ones listed above. So, what we are doing is going back to the beliefs that have been stored at the cellular level and healing that memory of its' charge. Memories are generally stored as pictures in the mind. So, **what we are doing is going back and changing the picture to a different outcome, one that is more conducive to a happy life instead of a stressful one.** At the same time, we are taking out the charge of that memory. This is an important step. What we are doing is changing the past so that we will have a better future. The only way to do that is to go back and change the picture we have stored at the cellular level and to reduce the charge that we had placed on that event, so that it will no longer be triggered in our current, present day life.



Ok. Here is the list of beliefs that you may relate to more easily:

1. I'm not good enough.
2. I don't deserve success/love.
3. I am unforgivable.
4. People are out to get me.
5. Life is unfair.
6. I must prove myself.
7. I must control everything.
8. I'm damaged goods.
9. I'm worthless.

The interpretations that I picked up during my lifetime revolved around number 1, 6 and 9 above. Perhaps parents do not mean to say hurtful things to their children, especially if they knew the impact of that belief about themselves on a child's life. However, babies are sensitive beings, even in the womb, careful nurturing and nourishment needs to be implemented at the first sign of life.



c. An overview of the "From Stress to Success Model"



This model was developed due to the frustration with numerous courses, seminars and webinars attended which dealt with overcoming issues, achieving success or wanting to achieve goals of any kind. It was found that after a very short time away from the course or even after the regulation 21 days to change a habit, the results would not hold. The conclusion as to why they would not hold eventually became obvious. Most of these courses were not dealing with the underlying issues that keep people trapped in self-sabotage. Most of these courses involved a process such as: become clear about your goal, set the goal, work out your strategies to achieve these and make a plan and take action.

It all sounds very simple! And it is. However, what happens when you make a goal that is not congruent with your innate skills, talents and abilities, is not in alignment with your path, or your values, or is not free from the self-sabotaging patterns of behaviour ingrained into your psyche, is external to your control and is made from a base of fear? Result? Your failure is guaranteed!

Of primary importance for you in achieving any goal you desire, is that you have dealt with, and eliminated permanently, any underlying negative beliefs, patterns of behaviour, negative emotions, resentment, self-sabotaging actions or self-punishing or harmful behaviours, or anything that you keep repeating which is not serving you in the here and now. Because, the majority of these negative issues have occurred in the past, and which keep coming back to haunt you now, it means you have not dealt with them successfully.

What that means is that you have to eliminate them in some way and be vigilant, so that you instigate helpful behaviours and patterns that you can carry into your new, improved future.



It is not possible to achieve lasting success until, and unless, you deal with these underlying issues!



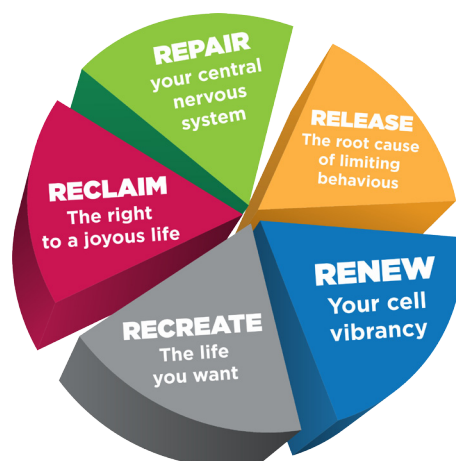
So, what this model is about, the “From Stress to Success Model”, is taking the 5 steps over the next year or so, and dealing with what needs to be resolved once and for all, by actually changing your outlook, physically, mentally, emotionally and spiritually.

Once your body is healed you need to keep your vibration and vitality high. Once you have clarified who you are at a deep level, and know who you are, your true identity, you will, and only then, be able to be very clear about what you want to achieve, because you will know yourself better than you have ever done previously.

You will know your innate skills, talents and abilities.

You will know your path and your purpose.

You will then be in total flow and will be able to manifest things that you truly desire, easily and effortlessly.



The “From Stress to Success Model”

An outline of these 5 steps is:

- 1. REPAIR** - where we retrain your autonomic nervous system, we heal your heart and we REPAIR your physiology.
- 2. RELEASE** - where we help you release the major underlying issues affecting your failure/success mechanisms, once and for all.
- 3. RENEW** - where we activate your cellular activity such that you will increase vitality, and help change your body/mind to a permanent positive vibration.
- 4. RECREATE** - where we help you understand who you are at a very deep level, your innate skills, talents and abilities, help you to know your path and your purpose, and
- 5. RECLAIM** - where we help you reclaim your birthright which is success on any level. Only at this final level will you be truly clear about who you are and what you really want. You will then be able to set goals easily and effortlessly, and the results will race towards you at great speed.

You will be in FLOW.

So, that is where we are heading, one step at a time. To total FLOW.

Repair is the first step and because of all of the stress we experience on a daily basis: the noise, the thoughts, the patterns of behaviour, the environmental toxins, the negative energy we pick up from others, the food we eat and all of the toxins we breathe or consume, everyone will need to REPAIR their physiology at some time, in order to be truly healthy and happy.

The effects of stress are cumulative, storing, one issue at a time, one noise at a time, or one sign of impatience at a time, until you suddenly notice that your energy is drained and you cannot get restful or restorative sleep. So, it is important here that you be honest in your appraisal of what you are feeling and what you do, when these subtle feelings are occurring.

Do you secretly put yourself down? Do you go to the pantry and fill yourself with sugary things? Do you reach for the cigarettes or the alcohol in order to stuff those feelings back down? Or. Do you take other actions that self-punish or self-harm?



Interesting isn't it?

How we are closet addicts, away from prying eyes, hurting only ourselves, when others have done the hurt to us. We self-punish. Not able to express our emotions fully for fear of being rejected in some way. Not feeling safe or secure to be able to express how we feel. We react from the position of a hurt 6-year-old instead of the empowered adult. That is what we need to change!

Can you see what is actually happening here?

Why you have stress in your life?

Why you keep doing what you do?

Why you do not seem to be able to "fix" it?

Why these patterns keep you from being the person you are underneath?

Why you are not as successful as you want to be?

Why you keep sabotaging yourself and slipping back down to failure?

These self-sabotaging actions are being run by the subconscious, the brain centre that deals with automatic stimulus-response mechanisms.

That is what we are trying to do here with this model, one step at a time.

We want you to be:

more present, more aware, be able to identify patterns that you keep repeating, be honest with yourself that you do need help and will make a commitment to finally, once and for all, do something about getting your life totally back in balance, be energised, in control, have more time and freedom, feel happy and content, be able to alter your baseline resilience and take charge of your life forever.

Yes. You can do that and more when you follow the exercises and do the practice. The exercises in this workbook are very simple! However, this is not an intellectual exercise. It is a practical "doing" section where you need to do these things and then notice the changes along the way, and observe that you no longer go into a stressed-out state, easily or effortlessly.

The point of being more aware is to observe and notice which emotions you experience more frequently, and then to understand why you are feeling these particular emotions. If you know which emotions you are experiencing regularly and on a daily basis, this then provides you with the fuel to be able to change what you do consciously.



d. How do you go about **RELEASING** underlying issues?

So, how do you do that?

Let me explain by way of example.

Say, you have had a stake lodged in your chest for a very long time. This distraction causes you to change your physiology, your thoughts and your behaviour in order to work around this obstacle.

The stake will have caused a hole as it forces its way into your body. Your muscles, tissues and bones have adjusted in order to make room for this stake. You may have created soreness and infection around the stake. It has been affecting your various body systems for years. You change how you live because of this intrusion.

The stake has been running how you “do” life for years.



So, if you take out the stake what is left?

A hole that needs to be filled with new information.
Muscles, tissues, bones and organs that need to heal.
Soreness or infection that needs to heal.
You will have eliminated the CAUSE of your problems – your underlying negative beliefs

Taking out the stake is like bursting the boil.
You cannot heal unless, and until, you release the gunk.
When all of the gunk comes out, you are left with the remains of the wound, which also needs to be healed or repaired.

If you do not RELEASE the gunk, the stake, you will never be stress-free and you will continue to repeat various patterns of behaviour.

So, what we are doing here is zoning in and destroying the negative cellular memories to take out the charge over those memories. The process of how to do



that is similar for each person. However, what each person does to each memory to destroy it forever, remains personal and individual.

My early childhood interpretations and hence perceptions or beliefs, led to a life of perpetual struggle to find what I lacked, or to overcome my inadequacies. During my lifetimes I have attend so many motivational, success, goal-setting type courses, life purpose and life path and other spiritual courses that, not only was I left confused, bruised and wounded, sometimes I was left in a much worse state than I was before attending the course.

So, really, what this RELEASE segment is all about is finally gaining some successes and some wins and being able to move forward knowing that your primary underlying issues have been dealt with permanently, and that after that, you will be doing what you can to keep your vibration high to move to the next level of wellness.

Wellness is a maintenance course throughout life. You can make significant strides towards overall wellness when you make a decision that this is the year that you will take charge and do whatever it takes to achieve that level of control over your life once more.

So, if you are still nowhere close to where you would like to be, despite tying dozens of success-training and motivational courses, then this work is for you! As I said at the beginning, this is not an intellectual exercise. This model of wellness is about you actually physically DOING what needs to be done, one step at a time.

Examples of stress:

If you are **struggling to achieve** what you want, you are stressed out.

If you are **straining to get** things done in a timely manner, you are stressed out.

If you **feel stuck** in any way and are not able to move ahead even though you have applied enormous amounts of will power, you are stressed out.

If you **are in pain**, physically, mentally, emotionally or spiritually, you are stressed out.

If you **feel tension** in any part of your body, you are stressed out.

If you **feel lack of any kind**, lack of approval, lack of money, lack of love etc., you are stressed out.

So, if you want to continue down those paths, and maintain these states, then this work is not for you.

As I mentioned earlier, no amount of positive affirmations on a conscious level, can change your subconscious mind of its thoughts and habits, if that conscious desire, is in conflict with what your subconscious believes to be true.

Witness those people who stand in front of a mirror and say: 'You are slim and beautiful', when they know they are fat and look less than beautiful! It just won't



work for you!

So, what this means is that your body/mind is working against you and what you desire on some level, because you have imprinted another belief, which in this case could have been: "I am not good enough." So, no matter how much you TRY, you will not have enough will power to overcome these deeply ingrained issues. It's as though you are running in circles. You may achieve some modicum of success, but at the first hiccup or wrong word spoken that gets you at your core, you will come tumbling down to failure once more.

The other thing that you might need to avoid is those schemes that espouse a 'get rich quick' idea, e.g. a multi-level marketing opportunity, a share trading scheme or some property development scheme, these knee-jerk responses that you simply must do that course are simply that, knee-jerk reactions. If the pursuit is not in accordance with your highest values, your life path and your life purpose, and you have not eliminated the major underlying issues affecting your behaviour today, you will eventually zoom on by to failure. Each course that is not in alignment with your highest good, will speed you towards failure more quickly, until such time as you eventually give up.

Are you done with that yet?

How many more times do you have to repeat that one?

Make a decision that you will stop that nonsense now and take charge of your life and do the work. And it will take work, until you are at the place of true happiness. A place that no amount of stress can shake you off your path! And that's the place you want to be!

The concept of finding, revising and/or eliminating your underlying issues has been proven many times over. There are many modalities that can do this for you. However, I have found one of the quickest ways to do this is via a combination of: hypnosis, relaxation and guided imagery, whereby the client identifies some major issues to deal with, then goes in and either eliminates that image or alters the outcome in some way so that the result of that conflict is now a happy memory instead of a debilitating, negative one that keeps pulling you back into the past. At the same time the emotional charge over that issue is also being diminished.

You cannot be truly successful on any level unless and until you RELEASE the underlying negative beliefs and behaviours that keep running your life at the subconscious level.

You are only truly successful when you are present and aware living a life on



purpose, not just by default. So, towards the back of this workbook you will find some sheets to record your recurring habits and patterns. You will also be asked where you want to be. You will then be asked to go through your life and make a list of the significant events that have occurred and which you still feel has a charge attached to them. After sessions you will be asked to record your observations and feelings so that you can see what has changed/not changed, so that these items can be addressed at a later time, if necessary. And that's as hard as it gets!

In my forthcoming book: "Boosting Your Success In Any Area of Your Life" there is a section on chakras and symptoms, and what each level means for your health and wellbeing. For example, if you suffer from lower back pain, this particular chakra area indicates that it is about relationship. It could mean that you have a bad relationship with money, with others or with yourself. If you have headaches, this particular area indicates that it is about life purpose or life path, so it could mean that you are confused or unhappy that you are not clear about the direction you are heading. And so on.



e. **What else? What questions do people ask about this topic?**



If you do nothing you will continue in a pattern of success, failure, success and more failure, never truly achieving what you desire.

The RELEASE of the stake, your underlying beliefs, will turbo charge the path to success in your life. The wound that is left will also need to be REPAIRED.

For these reasons you will need, at some stage, to do the REPAIR section of the model in order to fully heal the body, mind, emotions and spirit.

The order of what you do can be:

1. Do the RELEASE section first to turbo charge feeling better instantly, and then do the REPAIR section?
Or
2. Do the REPAIR section first, and then the RELEASE section second?

Either way I suggest that you will need to do both sections at some stage in order to totally heal.



In Summary:

The three things that I want you to remember are:

1. You will never be truly successful until you release your core underlying negative beliefs,
2. These underlying beliefs can cause illness and disease because they are “stuck” in your cellular memory, and
3. Releasing these failure mechanisms – the negative beliefs, once and for all will guarantee you a more successful life!

If you do not take action now your negative patterns of behaviour will continue to keep you down.

When you do take action:

You will be choosing a life full of success.

You will be back in control of your life and

You will be more resilient, have greater energy, and be able to make better decisions.

I guarantee you will feel different after these sessions!

Once the RELEASE procedure has been undertaken, which is the three personal coaching sessions, which combine: some hypnosis, relaxation and guided imagery, as I mentioned earlier, you will be asked to write your observations as they happen, to record your successes, as well as listening to the tapes several times per week for a few weeks, until the new behaviour has been imbedded. You can feel instantly better within 90 minutes! However, for lasting change, follow along with the requirements of this workbook to gain maximum benefit.



Common questions:

1. *If we only deal with a few major issues in a session will those other remaining issues, also be able to be released, even though they were not addressed specifically?*

Answer: Yes. What happens is that when you are asked to articulate the events in your life that you remember as most prominent, and which still have a charge on them, you will find that several of them have a common theme and this means that you are repeating an emotion over and over. Because of this we can deal with those related issues at the same time, by dealing with the major issue first.

2. *What if I don't believe that it will work for me?*

Answer: What we ask the clients to do at the beginning is to make a commitment that they want to get better and live a different life from what they have been experiencing so far. Once that commitment has been made both your conscious and subconscious minds, will rally together to bring you the results you desire. We ask you to allow for the possibility that it will work for you and leave it up to your body/mind to make that happen for you.

3. *When you are doing the hypnosis part of the procedure, will you be asking my subconscious to do silly things like they have on those television shows?*

Answer: No. Those shows are purely for show and because there is a \$250,000 reward for being the silliest, it is these contestants' interests to act as silly as they can. The other part of this, is that your subconscious will not let you do anything that goes against what it believes to be in your best interests. You will only do what you want to do and no more!

4. *Will I be able to achieve my goals after I have released these hidden underlying negative beliefs and issues that have been holding me back?*

Answer: Yes. Because your subconscious mind will have relinquished those perceptions that have been holding you back, what you desire on a conscious level will now be in accord with how you feel on a subconscious level. Hence, when you are truly aligned after this process, you will find that you will be able to achieve things that you desire more easily and more effortlessly.



5. Is there anything else I need to be doing after I do the RELEASE work?

Answer: Most definitely. If you have not completed the REPAIR section of this model of wellness: “From Stress to Success”, you would be well advised to do this as it will enable you to REPAIR your physiology, help you increase your energy, help you sleep better, help you increase your base line resilience to stress of any kind and it will help you gain more control over your life, because you will be more present, and hence more aware. You can only be truly successful when you are fully present!

Remember the story at the beginning about the stake. The stake represents your underlying beliefs. You may have had the stake lodged in your chest for a lifetime and you have altered your physiology, your biology, and your mental, and emotional life, to make allowances for this stake. You have altered your patterns of behaviour, and you have changed your responses to cope with this stake.

6. When you release the stake what will be left?

Answer: There will be a giant hole that needs filling up with nourishment and nurturing. There will probably be soreness and infection around the hole that need to be attended to. You may need physiotherapy of some kind in order to get the muscles, tissues and organs to get back into place and operate more effectively, according to this new way of life. So, really, what that means is that you need to REPAIR your physiology in some way. And that is what we do in the first segment of this model, we REPAIR your physiology so that you can adapt to a new way of being, a stress-free way of being.



In summary:

This RELEASE segment of my mode of wellness “From Stress to Success” is very practical. It involves you “doing” instead of intellectualising about things.

This is about you taking charge of your life at the subconscious mind level and making the changes necessary so that you can move forward. If you do not do this part of the work, you will never be truly successful for any length of time. Your failure mechanisms will kick in, just as they have throughout your life, repeating patterns that are mostly unwanted in the present.

These are simple steps to complete. **The actual amount of work that is required by yourself during this segment is minimal.** The key, for you, is to make a commitment that you want to change and get well and live life differently. If you cannot do that, then this program is not for you!

However, if you want to get ahead, in as easy a fashion as possible, then this is the program for you.

I wish you every success on this journey. You do have three months’ email access, so do make use of that, and let me know how you are going and what your observations and successes are.

Best regards

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Workbook Section:

The steps for this workbook include:

- a. Make your written commitment to do the following work religiously.
- b. Identify CURRENT stress patterns (behaviour or responses)** that you are noticing. Record these under categories as per the sheets. Identify a “feeling” associated with these responses and write the word in the right hand margin and circle in red.
- c. Identify the MAJOR stress events/stories throughout your life**, from the time you were born. Identify a “feeling” associated with each event and write that word in the right hand margin and circle in red.
- d. Complete the FROM/TO section**, taking the negative feelings from b and c above, and inserting these, and then record positive feelings of how you would like to feel instead. These could also be situations or goals, of how you would like to be, or “feel” in each category.
- e. Take your stories from c above and put them in chronological order** as per this section.
- f. Record your observations/insights/learnings you felt **after each session**. This will help you become more aware.
- g. After 6-8 weeks **record a SUMMARY/Overview Sheet** of the results you have experienced since the 3 x session.
- h. After 6-8 weeks, **go back to the FROM/TO Section, and compare** your “feeling” results/outcomes with your Summary Sheet in g above.
- i. You have 3 months’ email package so please do use this if you need to seek clarification or ask questions of any kind.
- j. Email your results so that we can share your successes at the end of your program. Celebrate!
- k. Best wishes on your journey. Please now see these steps outlined above, in the following pages.



Workbook Section:

a. Make Your Commitment to do the following work.

The objective of this workbook is to help you focus on what it is that is bothering you and that you keep repeating that you no longer want to do. It is about finally coming to grips with these underlying issues, and taking the time to reveal to yourself, and become more aware, of your patterns of behaviour, and underlying beliefs. Your commitment allows you to make a promise to yourself that you will engage fully in this procedure.

My Commitment

I,, on this day.....

am making a commitment to myself that I want to get well and be happy on all levels. I want to resolve stress in my life permanently. I commit to doing the writing exercises in the following pages, so that I become more aware of what my patterns and beliefs are, so that when they are resolved I will be able to recognise that this is so. I commit to taking charge of my life and doing the things that need to be done. I commit to being in control of my life once more. I appreciate who I am and how far I have come. I commit to taking care of myself. I accept and appreciate myself exactly as I am. I am committing to these exercises and my future health because I deserve it, and I am worth it.

Signed:

It is important in this booklet to keep track of your progress

because in this way you will be able to record how you are feeling and what you are noticing and doing along the way, so that when you look back, you will be able to see the progress you have made.



b. This section of the Workbook is about you identifying current patterns of behaviour, and hence underlying beliefs, in several categories. If there is a category that is not mentioned, please write what you need to under the “Other” category.

You will also be identifying a “feeling” associated with these responses and write the word in the right hand margin and circle in red.

Complete this section in as much detail as possible in the various categories. If you need extra pages, then when you write them out staple them to this section so that you have them altogether.

Identifying CURRENT patterns of response or behaviours that I am noticing.

Health: e.g. I am noticing that every year I seem to pick up more infections and flu-like symptoms.

failing immune system

Success: e.g. I am noticing I never truly achieve the success I desire.



Not achieving

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Relationships (self and others): e.g. I seem to get angry with my partner more often.

Increasing anger



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Identifying major events continued:



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Identifying major events continued:



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Identifying major events continued:



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Identifying major events continued:



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d. This next section of the Workbook, FROM/TO section, involves you taking those negative feelings identified in b and c above and circled in red, and placing these in the “FROM” Column. From there you will then identify, and write in the “TO” Column, more positive or nurturing “feelings”, how you would like to be or feel, instead of the negative feelings you identified after each story.

You are, in essence, making statements of what you want to move “away from” and what you would prefer to “move towards.”

It will be a “from feeling this” to “how do I want to feel” box to help you identify how you really want to feel. This exercise will help you articulate those negative feelings which you have been carrying around with you all of the time. You see, these negative feelings keep you from achieving what you desire. You will be eliminating these negative feelings in your sessions. Choosing to live with more positive feelings will help you become more aware.

So, **go back and pick up the feelings that you circled in red in the margin** when you recalled CURRENT patterns and your LIFE STORIES and **enter these in the left hand column of the following FROM/TO box.**

Under the FROM column - you will be listing all of the things or feelings in your life you want to “move away” from or not feel anymore.

Under the TO column- you will be listing what you want to achieve or how you want to feel, or “move towards”. This column could also have how you want your life to be. This is about choosing how you want to be and feel.

Here are some examples to show you how you can create your own list:

FROM	TO
Feeling rage at my mother	Feeling loving, accepting and kindness
Self-punishing when someone puts me down	Feeling in control, self-loving
Feeling angry at my boss	Feeling acceptance and gratitude
Feeling stressed out and anxious	Feeling at peace and inner ease
Having low self-esteem	Feeling confident and joyful

Now complete your own FROM/TO box picking up the negative feelings that you circled in red in the margins, as you completed your CURRENT and LIFE STORIES sections.



FROM	TO



FROM	TO



FROM	TO



e. This next section of the Workbook is where you take what you have written in part c above,(and b if applicable) the MAJOR stressful events/stories, in your life, with the ages attached, and write these out (and add more, if you have forgotten to list them down) in CHRONOLOGICAL ORDER, commencing with the earliest to the latest or most recent stressful event/story.

Doing that this way will help your coach cover your events more easily and help them identify any patterns of behaviour.

Each story or event can be summarised down a little, just identifying how old you were at the time, what the event was and who was there. **It is important to try to identify who was there at the time** because quite often people hold unintended rage against a person, when it really needs to be directed to those who were present or involved at the time.

When we RELEASE any major event or trauma in our lives, it is important when we do this work, to “see” the pain being perpetrated as an observer, and not “re-experience the old feelings”. We then come back from an empowered position to deal with the perpetrator. (For PTSD the situation is slightly different). Your coach will help you deal with this type of event.

AGE	EVENT	Who was there?
Post birth	Mother remarked how ugly I was	Mother/doctors
4	Kept in school whilst others were allowed to go to the concert	Teachers
10	Hurt in car accident	Dad/Mum
12	Bullied at school	School children
18	Bad relationship	Andrew
21	Failed subject at Uni	Self/lecturer
35	Partner left me for my friend	James/Karen

Ok. So now go back to your MAJOR of stressful events and summarise these into a short story/statement, enter the age that the event happened. Outline the event. And record who was there at the time. **Put these in chronological order.** Your coach will use these sheets for your sessions. Try to keep your events to no more than 20 major events, if possible.



AGE	EVENT	Who was there?



AGE	EVENT	Who was there?



AGE	EVENT	Who was there?



AGE	EVENT	Who was there?



f. This section is for you to record your observation/insights/learnings and what your present state is - how you are feeling at present, after each session.

This is important to identify these things that you notice/observe, the changes that are occurring each week. Write these down as you go. It is important to be able to identify the degree of stress in your life and then, when you complete the sessions, you will know how far you have come. When you identify any: strain, struggle, pain, lack or tension in your life, you are in fact, identifying various aspects of stress, although you might not recognise or articulate these as such.

For example, you might be feeling tired all of the time and cannot sleep. This means that negative emotions and negative patterns are draining your energy every day, even though you do not recognise that.

If you are in pain, your body/mind is suffering. Pain is stressful on your body. If you are experiencing lack of any kind, e.g. lack of love, kindness, relationships etc. you are stressed. If you are struggling to achieve what you want, you are stressed.

So, be honest and search through what you are doing or repeating every day or regularly so that you can become more aware of what you are actually doing, so that you can change these habits. Notice the positive new changes you are now doing, and record these for future reference.

Many people who go through these programs, and who have had issues for 20, 30 or 40 years, when the issue has been resolved, they quite often do not even know or notice that this is no longer an issue any more. Because of this, part of this program is to educate you to become more aware, so that you have more control over what you are doing. Then you can use this information, to either continue to do these actions, or make a different decision, and stop repeating that pattern of behaviour.

So, during the week/s after EACH SESSION, record these observations/insights and new learnings and behaviours and feelings.



During the week/s after SESSION 1, I noticed/observed/felt:

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During the week/s after SESSION 2, I noticed/observed/felt:



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During the week/s after SESSION 3, I noticed/observed/felt:

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Congratulations! You have now completed this Workbook. Hopefully, you will have achieved the changes that you desired. Recording your observations/insights/learnings and how you feel as you proceed through the sessions, will help you become more aware of what you are doing/not doing. It will help you gain perspective, as you notice the positive changes you have made along the way. If you have not achieved what you wanted to change, then please email us so that the situation can be addressed.

You have a 3 months' email package so please do use that, if, you need to seek clarification or you need to ask questions. If you have any successes, then please do tell us as well, so that we can share your celebration with you.

We wish you ever success on your journey towards health and happiness.

We know you will be pleasantly surprised with your results! Notice the changes, and celebrate the results!

Do keep in touch. If you are looking at continuing your journey and gaining the most benefit, now that you have eliminated the major underlying beliefs and patterns of behaviour that were no longer wanted, you might look at doing the REPAIR work so that you can improve your overall physiology. REPAIR is Step 1 of the "From Stress to Success Model". Quite often people choose to do Step 2 before Step 1. Either way the benefits to you will be amazing!

Best wishes

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