

Boost Success in All Areas Of Your Life

*...Your totally unfair success
advantage tool...*

**The “From Stress to Success Model”
Shows You How to Build Resilience
and Energy Forever**

BY

Celine Healy

Gablerose Publishing House

Boost Success in All Areas of Your Life

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Testimonials

‘Before I met Celine my business was suffering terribly. I had lost focus, had no clear direction and wasn’t making profitable business decisions. Profitability and productivity was down. And I was exhausted all of the time. WOW! Was I surprised when I did this work with Celine! I had such amazing results in a really short period of time! My business productivity and profitability vastly improved. I am now clear. I’m focused. I have improved concentration. I am happy. I’m sleeping better and have loads of energy. I am making better business decisions and am now looking at having Celine come into our business and help out all of our employees. If you have a chance, do yourself a favour, and do the program. It’s the best decision I’ve ever made personally and for business!’

Terry G., CEO – medium sized IT Company

‘When I met Celine I was in crisis and at a crossroad. I was constantly tired. I couldn’t concentrate. I was taking longer and longer to complete tasks. I really felt I was losing it big time. I was fearful I would lose my job and my livelihood. I was very sceptical about how this could work for me. I was scared to tell anyone I was stressed out because I felt that if anyone knew I wasn’t coping well then I would be considered a failure. Am I glad I overcame that! I now feel really successful! I feel happy. I am no longer tired. I am focused and

making better decisions. I am back in control. I am making terrific progress and have regained my normal happy mood and disposition. The progress was so noticeable my boss asked me what I was on. The boss now wants to have all of his executive team complete this work. If you want to feel really, truly, successful, be back in control and have more energy, I highly recommend you contact Celine immediately and see how this can be of benefit to you! ‘

Karen T., Executive, Financial Services Industry

‘I was run ragged trying to do everything in my business. I’d become a control freak. I was exhausted, spending too much time on my business and away from my family, and even after all that effort my business had stagnated. I must admit I was sceptical when I first started Celine’s work. Boy was I surprised! I am now smiling all of the time. I’m happy. I’m in control. I have huge amounts of energy. I am sleeping better and my business is booming. I am not spending anywhere near the amount of time I was in the office and I now have a hobby and am back at the gym. I highly recommend this program. Everyone should do this now!’

Susan H., Business Owner – Retail Clothing

‘I was really stressed out. I felt I was losing control over my job. It became harder to be on top of things because I was so exhausted and I began making mistakes. I was burning the candle at both ends and partying hard on the weekends. I couldn’t sleep, had no time for the gym and was eating really crappy food. My mood changed and I was grumpy and short tempered. A client recommended Celine’s work. She said she had amazing results in a very short time. I have tried this and I know it works! I now have lifetime tools to resolve any stress issue. I am “fixed” and I am happy I took the advice. I am back to my old self. Well, actually a better version of me. I have energy to burn.

I'm churning through the work and can now party with the best of them. If you do nothing else this year, call Celine and put yourself in her hands so that she can weave her magic for you. You will be a changed person.'

Jodie P., HR & Recruitment Consultant

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Preface

Welcome to the journey of boosting your success on all levels, in any area of your life.

You are in the right place if you have been struggling for years and have not achieved what you truly desire.

You are in the right place if you are constantly plagued by lack of energy and exhaustion to the point of being teary and depressed.

You are in the right place if you feel you have lost control over your work/life balance and **everything is taking much longer to complete.**

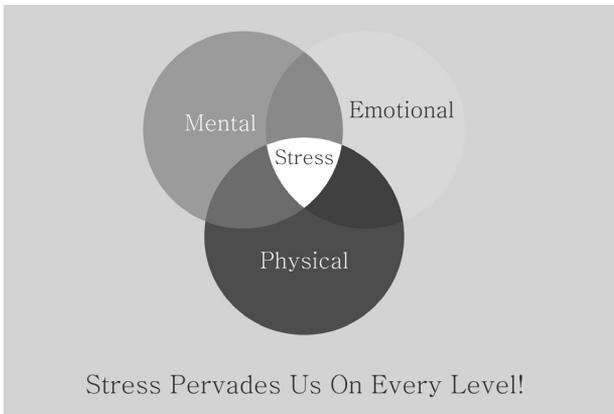
Together, we can change all of that. If you do this work with me, so much is possible for you. You will be able to, once-and-for-all, grab hold of your decision-making ability and control how you respond to stress. You will be able to set and achieve your goals. You will be able to increase your energy at will. And you will be able to finally set yourself on a path that is guaranteed to achieve the success you truly desire.

Hi. My name is Celine Healy and I am considered one of Australia's Premier Stress Resolution Experts. I know all about stress because I have been to burnout and back. I can definitely tell you that burnout

is not a place to achieve success. It is a vegetative, depressed state, a place where you feel lacking in self-worth and self-confidence.

How did I end up in such a state? Quite simply, I was in the wrong career for my personality type. Because it was not a good fit, I tended to see myself as a failure rather than seeing the situation for what it was. My aim for you is that you avoid this at all costs.

Throughout this book you will learn, and come to understand, that **stress is behind all manner of feelings of struggle, strain, tension, or lack of any kind.** When you are under stress, your body/mind will inform you of the fact with physical and emotional symptoms. With fatigue, depression, physical illness or depletion, your body/mind is trying to let you know that there is some underlying unresolved issue that you need to address. Your body/mind will inform you via simple signals such as headache, body pain, or severely depleted energy. These are all signs that there is something you need to deal with. Perhaps you have been ignoring such signals for years. If so, then it is definitely time to take action and do something about it, before these symptoms turn into a disease. **Simply taking a pill to dull the symptom will not resolve the underlying issue.**



This simple model shows the three systems of your body/mind: the mental, the emotional, and the physical. You can see that at the intersection of these circles is STRESS. Stress underlies every issue that you have, whether the symptoms show up mentally, emotionally, or physically. Whether you feel strain, struggle, tension, pain, or a feeling of lack of any kind, how you respond to stress governs every aspect of your life.

Mentally you may feel you are losing clarity. If your perception is off, you are probably not making effective decisions in your personal and your work life. The mental circle represents the conscious aspects of your body/mind: your thoughts and conscious abilities to plan, strategise, communicate, form words and sentences and so on. From the conscious parts of the brain, you can choose to ignore the signs and signals of stress, such as: headaches, back pain, lack of sleep, foggy brain and so on. Your subconscious sends you signals but you may choose to ignore them, which is how disease starts.

You communicate with your logical, conscious brain through the mechanism of emotions. Your **emotional state** represents your feelings. This part of the brain is governed by the subconscious. It houses memories, beliefs and automatic responses. The subconscious is responsible for all of your automatic functions: breathing, blood flow, muscle contraction, digestion, metabolism and elimination, and every other function of the body/mind that goes on without your conscious effort. Your subconscious informs your conscious mind through your feelings when something needs to be done. In effect, the conscious mind can override this information.

The physical body is the storehouse of everything else. It is the densest part of our energy, and it holds all the effects of the mental and emotional states. The physical body can become tense or have restricted movement due to the fact that your body/mind is over-

stressed with conflicting feelings from the emotional side, which are constantly being edited by the mental body. In effect, your physical body acts out your subconscious responses and behaviour, as well as the subconscious functions of the body/mind.

When the physical state is jam packed with stress and tension and conflict, it does not know what action to take. On the one hand, the emotional body is saying, “do *this*,” while on the other hand, the mental body is overriding these feelings as not important. When one part of the brain gets control over the other, there is a disconnect between the mental and the physical body/mind.

Stress starts in the mind.

Survival is encoded into every action we take. When a stressor trigger is activated, our primary response is one of survival. This is encoded into our very DNA and throughout our muscular and bone structure. When we talk about stress on any level, we are talking about an ingrained habit of our body/mind trying to protect us from harm in any way it knows how. For this reason, this stress response mechanism is deeply embedded within our subconscious. It is one of the hardest codes to break or retrain. However, we have discovered ways to do this effectively.

You might feel something first on the emotional or physical level, and then your mind tells you to act out a certain behaviour. The brain processes all of the information it gets both internally and externally, through feelings. Via a process of weighing things up, it decides what to do and sends various signals throughout the body/mind to mobilise into action. Theoretically, the most logical way to eliminate stress would be through the mind, the mental state. However, this can take enormous amounts of willpower and effort. Trying to *will*

something to change is not as powerful as an automatic function, such as those utilised by the subconscious.

My hypothesis:

The quickest way to heal from stress is through the physical: i.e., heal the body first and the rest will follow, with the appropriate effort and strategy. For this reason, in my model of wellness we start with repairing the body/mind at the physical level.

Briefly, the five steps to my model are: REPAIR, RELEASE, RENEW, RECREATE and RECLAIM. The first three deal with the physical with follow-through to the mental and emotional states. The last two steps deal with clarifying your identity, free from the stress that has been affecting your physical state, and then instigating goals that align with the new you.

In my From Stress to Success Model, we tackle stress by repairing, mending, retraining, and instilling new behaviours on all levels: physical, mental and emotional. This model will guide you, one step at a time, out of a state of stress and into a state of success.

It is important to note that your new state of “success” will be different from what you have experienced previously. This is because you will actually get to the real, underlying causes of your stress and eliminate those issues permanently. This is not a Band-Aid approach, merely plugging holes. It is a proactive process that clears out unnecessary gunk and heals you on many levels.

This “success” will feel like you are happy and free. In fact, you will be in FLOW. You’ll be able to attract what you need when you need it because you will have created a new vibration.

Once we reduce or eliminate the stress, our mental, emotional and physical lives can get back in balance and work successfully together. At the same time, we are building our new framework for the life we really want.



My stress resolution model is like building a house from the ground up.

Firstly, you set the process in motion by clearing the land. This preparation stage is essential. Clearing the land is the equivalent of **REPAIRING** your body/mind. We begin by clearing your subconscious of the automatic stress response habits that you have ingrained, in the same way you would clear tree stumps to gain control over your block of land.

You cannot build any house on shaky ground. The old materials must be excavated so that the solid new foundation can stand. **RELEASING** is like excavating all the old gunk and debris to prepare a solid base for your new foundation.

Once the space has been cleared and the ground is prepared, the foundations can be built. In the **RENEW** stage, we move into a new way of being. This is your new foundation. It is you vibrating at a higher level of attractiveness.

Now you are ready to **RECREATE** your life. This is like having an architect design your house according to your new specifications: this is my new path, these are my purposes and these are the values by which I operate.

Once a house is built, it's time to decorate the rooms. Now that you have the new structure for your life, you can **RECLAIM** each aspect of it to suit you. By setting goals that are aligned with your new structure, you will decorate your life the way you want it. In effect, you will build a new framework for your life.

In the second section of this book, I will discuss each of the steps in detail. I will walk you through the model and explain what is needed at each step. It is important to note that you can do some of the steps on your own. However, other steps require the help of a coach or mentor, especially in the **RELEASE** phase. (There are exercises in the Appendices to help keep you on track.)

I will teach you as much as I possibly can in these pages, but I hope your process will continue long after my last word here. At the end of the book, I promise to show you how you can take all of this even further. You can access more information on how to implement these strategies into your daily life when you visit the website.

Imagine a stress-free life, free of disease, pain, struggle, strain, tension or lack of any kind.

Imagine being able to finally set and achieve goals without using constant and increasing amounts of willpower.

Imagine living life being happy, contented, and peaceful, and feeling joy every day, regardless of your external circumstances.

You don't have to imagine it.

These tools, techniques and strategies will definitely get you the results you want!

An exercise to play along with:

Play along with me here for a minute.

Put your hand up if you have a career or have your own business.

Keep your hand up if you have NEVER, EVER had any stress from your career or business?

The majority of people will have put their hands down by now.

Stress is pervasive and most people experience some degree of stress every day of their lives.

It has been proven that we are all made of matter and that matter is energy. As I mentioned earlier, the body, or your physical realm, is the densest part of your energy. Sometimes that energy gets stuck and, as a result, disease is created. Stress can be a habit. You may not even be aware that your body is being weighed down by stress.

Ideally, you should be vibrating at a positive level. Your energy should be attracting the things that you want, not what you *don't* want. The

habit of stress weighs heavily on the body, and in turn drags down all of our energy. In this state, our vibration becomes dull and we stop attracting what we want. In order to heal and get your energy levels to a place whereby you are vibrating at a high level of attractiveness, you will need to mend your physical body. That's why we start with repairing the physical body first. Feeling physically well will enable you to get moving and do all of the other things you might like to do.

Thus my hypothesis:

Stress can be resolved permanently when you REPAIR your physiology first. Start with the body first and the mental and emotional aspects will follow. By integrating the steps of my From Stress to Success Model, you will learn how to respond to stress in the future so that it does not rule your life or hold you back in any way.

By first repairing your physiology and releasing the underlying issues causing your stress, you begin to heal at the core level. From there, you are ready to take on various strategies that will allow you to renew, rejuvenate, recreate and reclaim the life that you **really want to live.**

If you, or your employer, are not doing anything to **reduce stress** in the workplace or in your own life, we will show you ways to do that.

If you are already implementing stress strategies that you feel are working, we will **add to the basket of knowledge** and skills you already have.

In all cases we hope **to improve how you deal with stress** and the resulting symptoms.

Some of you may not think you are stressed. In fact, a lot of people do not recognise the signs and symptoms of stress. So, let's do a self-check right now.

The TMJ Stress Test:



Here is a simple way to assess the degree of stress you might have right now.

This exercise involves activating the TMJ joint – the temporo mandibular joint, which is the place where your bottom jaw is joined to your head.

- Step 1:** To begin the exercise, hold both hands out in front of you like you are going to shoot a gun.
- Step 2:** Then turn both hands up and over so that they are now pointing towards your ears.
- Step 3:** Open your mouth three fingers wide.

Take the middle three fingers of either hand stacked one on top of the other, and place these in your open mouth. (This means that your mouth will be open three fingers wide during the exercise.)

Step 4: Press the fingers of both hands into the cheeks towards the TMJ.

Next, press the three stacked fingers on both hands into your cheeks, keeping your mouth open. (I have the thumb grasping the little finger to keep it secure and away from the other fingers.)

Step 5: Push really hard. Hold for a few seconds.

The majority of people will feel at least some degree of soreness in that spot.

The degree of soreness you feel represents the amount of tension you are holding in your body. Tension is a clear indication of stress.

Because the TMJ is connected to nearly 90% of the muscles in your body, this makes it a very effective indicator of the amount of stress being held in your body, even if you do not think, or feel, that you are stressed. Even if your conscious and emotional minds are not aware of your level of stress, your body never lies.

Many people do not know they are stressed.

People can be living in very stressful environments and think this is normal. Therefore, they may not recognise the signs and symptoms of stress. After all, it is difficult to find something if we are not looking for it. Even more troubling, most people do not understand the numerous effects that stress is having on their bodies, their minds and their overall wellbeing.

When I was in a career that I was not suited to, stress dominated my life. I did not have the innate skills, talents and abilities for the accounting profession. My daily work did not align with my natural talents, and as a result I was constantly experiencing stress. I did not fully understand the source of the stress, so I lived with the symptoms for a very long time. I had no idea that my body and mind were giving me “signs” all the time: such as exhaustion, depression, headaches, body pains, and feelings of lack.

I’ve been to burnout and back. It took me several years to recover from this stressed state.

The lessons I learned during this period in my life were the turning points to my new life path. I am grateful for that, but the truth is that I learned these lessons the hard way. The signals that I ignored for years, and the wide-ranging mental and emotional effects of stress were my teachers. If I had gotten the knowledge and tools earlier, I could have avoided burnout.

This is my goal for you: that you will not lose any more time before addressing your stress. I will show you how to recognise the signs and symptoms of stress earlier, and how to take action before you end up in burnout.

What is this all about?

To be perfectly clear, you are stressed if you:

Are constantly **struggling or straining** to do things or to achieve goals.

You **are in pain**, emotionally, physically or mentally.

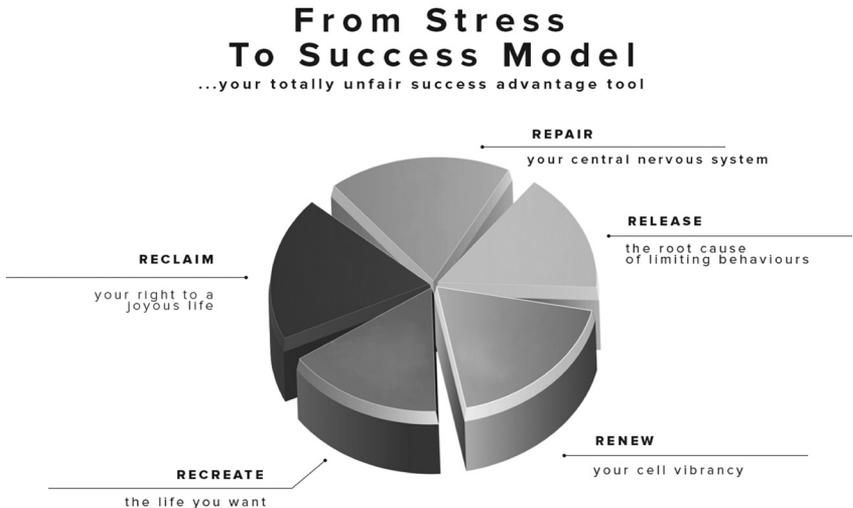
You are **experiencing lack** in any area of your life, e.g. lack of money, lack of relationships, lack of clients, lack of promotion and so on

You **have tension** anywhere in your body/mind.

You are **stuck in a rut** and cannot seem to get out of it

When a stress event occurs, many systems are activated internally. Your body/mind responds by mobilising what is needed, sending signals and chemicals and activating hormones in specific areas. If this continues to go on, it causes a depletion of energy. When your energy is depleted, your base line level of resilience to stress is reduced. You are not able to cope. You are not able to think, or sleep or make proper decisions. Your quality of life reduces on many levels. And this gets worse the more stress events you experience in life.

My whole model of wellness, the From Stress to Success Model, is built around *healing the body/mind first, so that you can take action to set goals and strategise for the future you truly desire.*



As I said earlier, we will first help you prepare your body/mind for healing by **REPAIRING** your autonomic nervous system. Then you will be **RELEASING** the underlying issues causing your stress so you can heal even more of your body/mind. Once these two steps have been completed, we will help you increase your vibration such that it becomes a lifetime habit.

Only then are we finally able to uncover your true identity. This is the real you, who has perhaps been hidden for many years under layers of masks of who you think you should be or a masquerade to the public of some other socially acceptable person. Once that happens, you will be able to set goals that are meaningfully aligned with your values and your true identity. You will be free of the constraints that have been holding you back, such as the possibility of failure, and the pain of not achieving what you desire. Your in-built failure mechanisms will be permanently released. Your ongoing success will be guaranteed.

All of these steps are necessary to get into FLOW.

You want your life to be easy, successful and satisfying. This is about gaining more energy and building your reserves. It is about being more in control. It is about being present and being able to make conscious decisions about how to react or respond, or whether you should even bother to respond in a given situation. It is about training your physiology to turn off the automatic stress response mechanism so that you are back in control. It is about being happy for no reason. It is about finally being a success and ridding yourself permanently of your failure mechanisms. How good is that?

So, how do we start this process?

Let's look at an example. You take your car in for repairs. You get your clothes mended. You get your teeth mended. Why not your body?

Your car might not be running totally efficiently but it is still running. It may be the spark plugs, the timing or the wiring. By adjusting the timing or the wiring or changing the spark plugs, everything becomes synchronised once more. The car can now run effectively again.

It is the same with our bodies. Various body systems can go out of balance at different times, such as when our immune system becomes compromised during winter. Having one system out affects all of the others, and in this way we will not feel well at all. It throws our hormones out of balance and our sleep patterns may also be disturbed. When we bring that immune system back into balance with the proper treatment, our overall physiology starts to improve. Similarly, if we are stressed and we bring various body systems back into balance, we allow for the whole of our body/mind to become well once again.

Let's look at a case study. Remember that the seeds of the stress you are feeling today were planted a long time ago, when you were very young. Because of this you will be mostly unaware of what is triggering your stress responses.

When your body gives you a signal: pain, tension, overwhelm, being stuck, distress, struggle, lack or strain of ANY kind, this is a signal that something is wrong. Something you need to deal with. You have to ask: where and why does pain arise? Is it some magical thing that suddenly appears for NO reason? Of course, not. So, if you want to have a stress-free life, then you simply **MUST** do something about these signals.

Case Study:

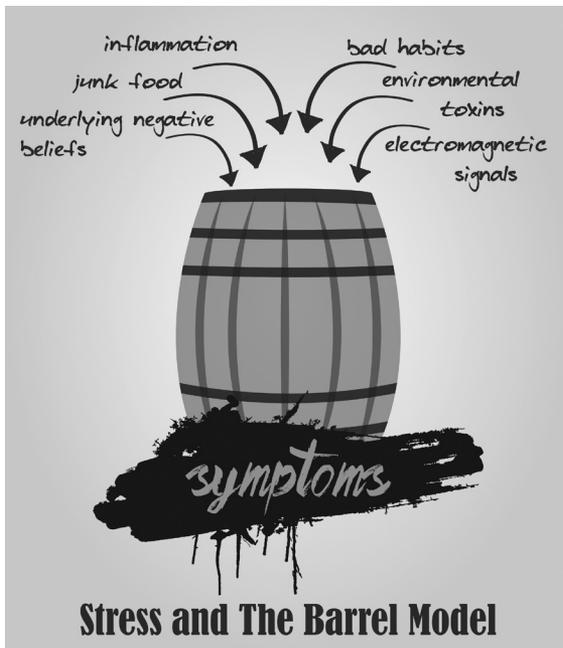
Graham D., 47 years of age, Sutton Forest, NSW, Australia.

☞ *Graham presented with signs of unrest due to the fact that he was going through divorce for the third time. He kept saying that he was unlucky and that he did not deserve this treatment. This affected his work/life balance. He had been to a couple of stress management courses where they had taught conscious level techniques and mindfulness. Graham said that he had practised these techniques for awhile, but they fell by the wayside. Heavy amounts of stress made him feel out of control and foggy, and during these times he was could not remember to do the exercises. Because he was unable to consistently practice these exercises, he started to feel that he was a failure and would never be able to get it together. Thus began a vicious cycle.*

With Graham we undertook both the REPAIR breathing exercises and did the RELEASE of his underlying beliefs. Graham found the breathing exercises very easy as they did not entail anything that he was not already doing. He was already breathing. All he had to remember was to breathe in a certain way. When Graham did the RELEASE work he felt totally in control of his decision-making abilities. He now saw that he was in control of how he felt and that he had choices about who he let into his life.

Graham was amazed at how he felt after his sessions. His hidden, underlying beliefs about himself were resolved and he now felt good about himself. He stopped blaming others or even himself for these types of events. He got back in control. Graham reported that the breathing exercises were easy and the results were quick. So once he had retrained his stress response mechanism, he felt that he gained more time to respond in stressful situations. He found that he had a choice of how to respond, and whether or not he would even choose to respond at all to a stressful event. Graham reported that he was getting back to peak performance once again in a very short space of time.

Note: Say you are a successful executive or have a successful business, then out of the blue you have an attack of self-doubt or lack of self-worth and things start falling apart. You become withdrawn, you fall out of favour, your business starts to lose money. You rationalise that the last thing that happened to you, that one specific “stressful event”, triggered this demise. It feels as though it was the last straw that pushed you over the edge. The point to remember here is that **stress is cumulative** and the “last straw event” is not the issue. In fact, the stress had been building up for years and years, eroding your immune system, destabilising your emotional life and incurring negative neural pathways that are not conducive to a happier existence.



Your body/mind only has so much capacity and space to store all of this accumulated stress. Think of the health of your body/mind as a barrel or a bathtub. The barrel has a finite boundary; it can only

hold so much stuff at once. Stress accumulates over time, from all of the following sources and more: unresolved and unexpressed emotional responses, underlying negative beliefs, bad habits, junk food, environmental toxins, caffeine, sugar, electromagnetic signals from computers phones and television, inflammation, negative thoughts and so on. Your barrel becomes full to overflowing. **The barrel represents your capacity to resist disease.**

As these stresses accumulate, your disease resistance disappears. The overflowing barrel is no longer able to function properly. You will begin to have physical symptoms, in addition to mental and emotional ones. Most people think that when they get the flu, the flu virus itself was the “cause” of their illness. The reality is that the flu virus was merely the final attack on an immune system weakened by stress. Most people are not cognisant of the stress that has been accumulating over their entire lifetimes.

If the symptoms are severe enough, disease is the result. The only way to stop this overflow is to stop the input of stress triggers **AND** remove the underlying sources of stress. You must first stop punishing your body/mind with stressful events. Secondly, **you need to drain the barrel of what it already contains.** This is the key. To change your state from one of stress to one of success, you have to first stop the onslaught of stresses. If you do this, then the symptoms will stop. But this is not the only thing you must do. In order to become really well and healthy, you will also need to get rid of what is already in the barrel.

And that is the point of my model of wellness. You must go back and systematically repair your barrel, releasing all of the unwanted gunk that has accumulated. Otherwise, you are only using a Band-Aid approach to your health. You are maintaining the status quo, not changing for the better. Is that what you want?

You need to be aware of the fact that your stress in later life is the result of unexpressed emotions and underlying negative beliefs from your early years. So, let's look at that in more detail.

You have to ask: when does stress start and why does it start?

When does stress start?

Answer:

Stress starts at a very early age, generally between the ages of zero (in the womb) up until six years of age. This is the prime time when children are downloading the programs they need in order to survive on this planet. Unfortunately, not all of the programs being downloaded are positive. Due to many parents' own limitations and/or other early input from the home environment, children pick up negative programs as well as positive ones.

What does this mean for you as an adult? It means that you will repeat these earlier patterns of negative behaviour. Because the patterns were ingrained into your psyche at a very early age, you will not even be conscious of them UNTIL you choose to become conscious of them and regain control of your actions. This is a crucial part of the From Stress to Success Model, which we will discuss in great detail in later chapters.

Why does stress start?

Answer:

Stress starts because the child is unable to respond to an adult's dialogue and express his/her opinion satisfactorily. Any emotional

charge over the issue will be stored within the psyche, **unless it is discharged**. For example, the parent might say to the child: 'You have muddied your dress. You naughty little girl. You will never amount to anything.'

What happens for the child when hearing these words? Because the young girl is unable to say what she thinks or fully express herself, she has no choice but to store this memory somewhere in her body/mind. She then attaches an interpretation, and a meaning, to this event. For example, the child might say to herself: 'My mother said I was no good when I failed to keep my dress perfectly clean. Therefore I will interpret these types of events forevermore as examples of me not being good enough, or worthy of receiving any good in my life... forever!'

So, in summary:

Your current stress started when you were a child and you continue to react and respond to situations in a similar manner, unless and until you choose to do something about it.

Your brain scans possible memories and attaches events to specific memories. Unless and until those memories can be released or downgraded in some way--i.e. taking the charge out of the memory--you will continue to react in an inappropriate manner. You will continue to react as a child would, when really you need to upgrade your responses to be adult responses. Your stress response mechanism is on automatic. You have no control over this until you become conscious of it and set about taking charge of it. Essentially, we need to repair and upgrade your stress response mechanism, which we will discuss further in a later chapter.

This is at the core of my From Stress to Success model of wellness. We will focus on *retraining your stress response mechanism first*.

All the other body systems can then begin to heal, e.g. the hormone system, the cardiovascular system, the immune system the digestive system and so on.

The stress response mechanism is governed by the autonomic nervous system, which runs our automatic processes such as breathing, blood flow, digestion, etc. Much of the stress response mechanism operates on a subconscious rather than a conscious level; thus part of the process of retraining it is to retrain some aspect of the subconscious.

When this happens, there is a flow-on effect. Not only will we retrain the subconscious, we will also create new neural pathways of new habits, and eliminate other unwanted behaviour patterns. But, again, we do not do this through a purely mental or abstract process. We have a crucial physical focal point: the heart. We will begin here, by discovering what nourishment the heart needs to repair and heal.

The really good thing is that scientific research has proven this over and over again so you can be assured that this will work for you. It is not about having to believe that it will work. It just will!

Research indicates that **all of our emotions literally go through the heart**. The heart is bombarded with emotional signals on a daily basis. Any internal or external information we get that is turned into an emotion is processed through the heart first. The heart then sends a signal to the brain. The brain processes that information, then searches its domain for patterns of behaviour and responses. The brain then sends signals to the rest of the body to let it know how to react.

Because **the heart is the main information-processing unit**, evidence indicates that it emits up to 60 times more electrical and electromagnetic signals than the brain.

So, the way to heal our physiology is to heal the heart and retrain the autonomic nervous system first. We do this through focused breathing.

We heal the heart when we can control our emotions.

We can control our emotions when we can control our stress response mechanism. The way we do that is through various breathing patterns.

The approach in this book and via my wellness model is to repair and heal the physiology first. Then you can release the real issues underlying your stress responses so that they are permanently gone forever. After that there are several strategies to renew your cells and patterns of behaviour, identify your true life path, and set meaningful goals that are achievable. Ultimately, you will be in a position to implement your life strategy, which will keep you on track.

If you do nothing, you will continue on a downward spiral of not achieving the success you desire.

When you do take charge and implement these new strategies, your stress response mechanism will be retrained and you will be back in control. You will know when this happens because you will seem to have more time. Your reaction time to respond to a stressful event will lengthen, which means you will now have a choice as to how, or whether, you will respond or not.

You need to fight today's problems with modern day techniques and strategies. These modern day techniques will help get you the results you desire as quickly as possible.

The three things I want you to understand and remember:

- a) The effects of stress are cumulative. Each event builds on the next and gets added to the barrel of stress that you carry around. This adds to the constant source of energy depletion happening on a daily basis, even if you do not recognise it.
- b) In order to reduce stress, you need to start with repairing the body first.
- c) The quickest way to gain control over your life is via these scientifically proven techniques that engage the body/mind physically, mentally and emotionally. For permanent elimination of the effects of stress, you need to undertake this three-pronged approach. You need to approach the physical, the mental and the emotional aspects in order to achieve significant and meaningful results. You are changing neural pathways, creating new ones, creating new habits, retraining your autonomic nervous system, and instilling a more positive approach to life.

If you do not take action now the effects of stress on your career or your business or personal life could well be devastating.

When you do take action you will be choosing a life of increased energy.

You will gain control of your life once more.

And you will be more resilient in anything you do or want to achieve.

If you can see or feel, after doing the TMJ exercise, that the possibility of stress affecting you is real, and you have decided you want to achieve a

Celine Healy

stress-free, successful life, finally, once and for all, then, do read on, and invest in your well-being.

My hope for you is that this book helps change the way you look at, understand and deal with stress in your life, particularly your work-life balance.

I want you to feel that YOU are back in control, feeling fabulous and energetic.

That you are more resilient and motivated to succeed at anything you desire, without experiencing the ongoing ravages of stress, strain, struggle, feeling stuck, tension, pain or lack.

I want to empower you to create your own “*totally unfair success advantage*” using these various stress resolution techniques.

For those who want to take this information further and learn how to implement these stress resolution strategies and techniques every day, I will show you how to do so at the end of this work.

I can guarantee you will be surprised at your progress within a very short space of time!

To Your Success!

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Introduction:
*Boost Success in Any Area of
Your Life by Building Your Energy
and Resilience!*



If you are tired of being: exhausted, lacking in energy, overwhelmed, lost your passion for your work or do not know if this is the right career choice for you anymore, don't have time, are unhappy, frustrated in your work or work life balance, ***feel you have lost control over your life or work***, lost or are losing confidence in yourself, have no

motivation or get up and go, lost the ability to make better personal decisions, have mental fog, have continuous negative thought patterns or doubts, fears, and guilt, are more judgmental, are becoming more critical of self and others, have anxiety, headaches, any increase in signs of illness or immune depletion, are getting more colds and flu, have depression, have insomnia, weight issues, increased substance abuse or increased self-harm or self-punishing behaviours, have poor concentration, increased forgetfulness, have a feeling of hopelessness, have tension or anger, are quick to react or over-react, set new year's resolutions which have already gone by the wayside, if in fact every year this happens, if you are defensive, or feel stuck, are in pain physically or emotionally, are feeling stressed to the max, struggle to achieve success or feel that you are lacking in any area of your life, **then today is your chance to transform that forever.**

If you are a professional career woman or a business woman who is successful in your area of expertise, but not achieving the success levels you truly desire, and maybe you are not as successful in other areas of your life, you know you are intelligent and you know what needs to be done, and you in fact, have the steps there in front of you, BUT, for some unknown reason you are not able to take action, this means that you are STUCK in a cycle of a failure mechanism. You will *never* achieve what you truly desire in totality, or you will fall short of what you really want, until you can break this cycle and do something differently. Deep down it means that you keep sabotaging yourself at an unconscious level and therefore do not seem to have any control over what is happening. When people lose *control* over a major part of their lives, they then experience a downward spiral of fear, doubt, judgement and loss of self-esteem and confidence.

And if you either LOVE/HATE what you do, and/or HATE what you've become, and do not know how to change, if you do not know where to find someone who will help you out of this never-ending

cycle of perpetual short-term achievement, fail, get back on the horse and try again, or if you are not actually achieving the success you deserve, and you know you have the capabilities, then you're in for a treat!

I'm known as the Stress Resolution Expert. I help professional career women and women in business in their 30's to 50's discover how to exponentially boost success in their career, business, relationships, health, wealth and work-life balance using my From Stress to Success Model. This five step model shows you how to move from stress to resilience in all areas of your life and get massive results in as short a time as possible...without years of therapy.

Everything you need to do to achieve the success you deserve is right here, all contained within this model.

Let's look at some of the evidence of how stress impacts the individual and their business life.

Did you know that:

- 87% of those registered on Seek.com in 2012 were *actively* looking for a new job/career
- If you are between 35-55 and live alone, your sense of wellbeing is much lower than those living with partners or in shared households
- 72% of Australian workers admit that stress affects their physical health
- 64% of those Australian workers admit that stress affects their mental health

- 78% of people who set new year's resolutions fail within a very short period of time and then focus on the downside of not achieving their goals and then self-punish
- 40% of job turnover among US workers is due to stress
- A Gallup Poll of 201 US Corporations revealed that 60% of all managers felt that stress related illness was pervasive among their workers and *decreased productivity* at an estimated cost of 16 days of sick leave per person per year
- A total of 82% of Australian workers report levels of stress from moderate to extreme symptoms of depression, above levels of anxiety or significant levels of distress in their lives, yet 51% of those workers don't seek help for stress
- 50% of Australian workers do not feel that the employer values their contribution, and
- 50% of Australian workers do not feel that their employer cares about them, or their wellbeing

The question you need to be asking is: how can a person be efficient and productive and contribute to the firm's maximum potential if they are stressed to the max?

You might also ask: does the employer have any responsibility to safeguard an employees' wellbeing, considering the fact that workers (as above) do not feel that their employer cares about them or in fact, even values their contribution?

These figures are alarming and get worse each year. Because work occupies such a large chunk of our lives, personal stress issues will

tend to flow into the work place, and then become magnified. Many people are trying to be the responsible employee, whilst secretly struggling to keep it altogether in their personal life.

Stress is widespread but people are not seeking help. Perhaps workers fear being seen as a failure if they are perceived as not being able to cope. Perhaps they fear losing their jobs and the income necessary to maintain their life and their families. A 2015 recent study by the Australian Psychological Association found that the biggest personal stress factor was personal finances. So, logically you can see why employees perhaps do not say they are stressed and need help. They fear losing their incomes!

Imagine if you could:

- Find a way to resolve all of these physical, emotional and mental stressors that would lead to you having total control over your life, once and for all
- Dramatically increase your level of success, happiness, and sense of self and wellbeing in all areas of your life, and
- Discover a proven system that will eliminate your failure mechanisms forever and achieve your ultimate level of success without willpower or years of therapy

You don't have to imagine it!

Success and failure depend on our internal state, how we feel at the time and whether this state is ongoing or not. Obviously for you to succeed you need to be in a positive state rather than in a negative state. Our internal state governs our external environment.

Let's look at how our mind works.

We have separate components of our brain that govern different functions. Our subconscious mind, which has been proven to be thousands of times more vigilant than our conscious minds, runs all of the functions that we do not have to think about. These were mentioned earlier: our breathing, blood flow, heart-beat, digestion, elimination, hormone release, storing our memories, making our cells function and so on. We do not have to think about these things. They help keep us alive.

Now. Within **the subconscious mind** the stress response mechanism is stored. It is an automatic response that takes place when we are in a life-threatening situation. The body shuts down our conscious mind and sends the necessary information and fluids to certain body systems, causing us to either take action and flee, or stay and fight. In the modern world, we do not come across many actual life-threatening situations, so this stress response mechanism tends to become confused about what to do and when. Even if we only “perceive” that something is threatening us--for example, someone has said something bad about us--this automatic stress response mechanism gets activated. When the threat is over, our body gets back into balance. The trouble is this: contained within the subconscious mind are various glands that act like signalling mechanisms. Our memories, our reactions to those memories, and the unexpressed energy attached to those memories are all stored within the subconscious. In fact, they are stored within the amygdala. (Knowing this gland is not important for you. It is by way of explanation only.)

Most of these memories have been stored in that place because they still have emotional charge around the event. Psychologists agree that most of these memories have been incurred within the time period of zero to size years of age. What happens when a parent says something

to a child and the child is unable to express itself sufficiently well? The child tends to store the event and then interprets the event and adds meaning to it. If the child could express itself and say back to the adult: 'I did not mean to spill the milk. Spilling the milk does not make me a bad person. I am still a good person,' then the event would not have any charge attached to it. The event would be resolved if the child were able to express itself and say what they needed to say.

So, when we have a stress trigger later in life, we are in fact reactivating these old memories because they still hold charge around them. The brain searches through its data base for events that look similar to the original one and reacts accordingly. So, what does this mean for you? It means that if and when you do any therapy around stress relief or resolution, you need to have techniques and strategies that invoke the amygdala and that are able to tone it down or shut it off in some way. The amygdala is the centre of our fears--the primary fear being threat of our lives. It is constantly on alert so that we are kept safe. So, in any therapy for stress relief you need to be able to assure the amygdala that it is safe, and that you are safe, and will be taken care of.

Now let's look at the functions of the conscious mind. This part of the mind controls logical functions like planning and strategizing. In a fight or flight situation, this part of the brain tends to shut down so that the more effective subconscious brain can take over. So, in a threatening situation, blood rushes from the left side of the brain--the logical brain, conscious brain--and into the right side. The part of the brain run by the subconscious takes over. The problem is that when we get into a situation that we deem to be really unsafe, we can go into a state of freeze as opposed to flight or fight. We become so overwhelmed that we get locked into what is called a trauma pattern. A trauma pattern indicates that we are in freeze mode, which means we have gone into a state of helplessness. Victims of severe abuse

and severe life threatening situations may even experience PTSD as a result of this frozen state and the attached feelings of helplessness.

In times of severe stress--or even in the course of certain everyday stressful events--the subconscious mind overrides the conscious mind. Because the stress response mechanism is governed by the autonomic nervous system, which is run by the subconscious, we need to deal with the subconscious first if we want to rid ourselves of stress. When this has been healed, then we can look at implementing conscious mind strategies to achieve goals or other tasks.

The strategies and tools that you need to succeed must address the subconscious first and not the conscious, otherwise you will continue to be doomed to a life of failure. When you live in a positive feeling mode you will be more present and able to cope more easily. You will be living consciously. If you continue to live in a negative state, you will be at the mercy of your emotions. When you can control your emotional state, then you will be able to overcome any negative emotion that comes up. Living in this new way will empower you to reach a level of peak performance that is beyond willpower. In fact, it will be beyond all your expectations, hopes and dreams.

Let's look at a case study. Please note that this is an extreme example of someone who had ignored the signs and symptoms of stress throughout her entire lifetime. Hence, she could not relate what had happened in her early childhood with the effects that stress was having on her body today. However, there are many supposedly "extreme cases" out there.

Case Study:

Elizabeth H., 50 years of age, Tabmoor, NSW, Australia.

📁 *Elizabeth presented with not being able to cope in today's world. She felt there was something wrong but could not quite put her finger on it. She was losing weight, was smoking a lot and felt that she had lost her self-esteem. Through the various techniques we use, it was discovered that Elizabeth had been physically and mentally abused by a close relative in childhood. This led to a cycle of putting on weight, then losing weight and putting it back on, and so on. She withdrew and had great difficulties throughout her teens, rebelling and causing distress, not only to herself, but also to her parents.*

At the end of her sessions, Elizabeth finally understood that her early childhood traumas, which had been stored at the cellular level, and of which she was had not been consciously aware, were the underlying issues causing her grief in the present day. In our work, we took the charge out of the underlying negative beliefs that Elizabeth had as a result of her trauma--feelings of fear, doubt, guilt that she was a bad person, not being good enough, not deserving and having no worth. The release had a domino effect. This is because when you release some of the major negative self-beliefs, others fall over at the same time.

After these personal sessions Elizabeth felt amazing. She could not even recall these severely unpleasant memories. She felt alive once again. She had increased energy and felt back in control of her life. Her confidence and self-esteem improved dramatically and she was ready to commence the course she had wanted to do all of her life.

You, too, can get back to peak performance when you release the underlying issues that are causing your stress.

Peak performance is living in flow. It is a state in which everything becomes easy and effortless. When you have to expend vast amounts of energy or willpower in order to achieve something, you are on the wrong path. To get onto the right path for you, we must de-program the stress response mechanism and re-program your neural pathways, as well as emotional and physical pathways, gain control over the stress response mechanism, and retrain your subconscious so that you can create new and positive habits. Once this is done, the happy and positive feeling response is the automatic state of choice.

Several years ago I read a book by Dwayne Hoskins called *The Sedona Method*. It was all the rage at the time, and his work is still very valid. In it, Hoskins describes how all of the emotions that we know about, whether positive or negative, can be summed up as either an emotion of love or an emotion of fear. Negative emotions such as fear, doubt, threat, hate, rage, impatience--or any other that you can think of--could be categorised as coming from a position of fear. Fear is lack of love of any kind. So, if you are struggling to achieve anything, you are coming from a position of lack. You are operating from a position of fear.

Conversely, all of the positive emotions such as joy, excitement, peace, contentment, happiness and so on can be condensed into the one word: love. In essence you are either operating out of fear or out of love. The stress response mechanism automatically sends us into a fear base. If we are truly threatened by a wild beast or a terrorist alert, then this base of fear is appropriate. However, in our daily lives we are not usually threatened as such, and have no really good reason to operate that way.

Our automatic stress response results from fear and activates a failure mechanism. To put it another way, fear creates failure. The stress response mechanism automatically releases cortisol, which

encodes negative emotional response patterns and states. In contrast, the success mechanism is an absence of fear: i.e., love. When the opposite of the stress response is triggered--i.e., a happy state--your body releases oxytocin, which encodes positive emotions and a positive emotional state. When you turn off the automatic stress response, you turn on positive emotions such as love, joy, increased health and stronger immune systems. You have increased energy and resilience, and many, many more positive reactions. When you deal with this first, your baseline level of energy and resilience increases dramatically. You will feel well. You will feel happy. You will feel back in charge of your life, your career or your business. To begin this process, you need to retrain and repair the automatic nervous system, which houses the automatic stress response mechanism.

Every problem, every negative belief, negative emotion, health issue, pain, feeling of lack, strain, frozen feeling, or feeling of stress or struggle **is fear based**. Fear is the opposite of love. If you are stressed out or in fear, you are out of love in relation to that particular issue. If you are fearful, you are stressed! Fear comes from the subconscious, specifically the amygdala. Because it is housed in the subconscious, you need to instigate a subconscious mind technique in order to heal your stress response mechanism.

It is not possible to get people to change if you start with a conscious-based technique first! It is too hard and involves enormous amounts of willpower. It will not work. Worse, it can easily result in a vicious cycle of self-blame if the person perceives themselves as “failing” in their efforts.

So, the basis of all stress is fear. It is programmed into our DNA. If we are threatened, we react in an automatic and particular way. We are trying to protect ourselves and keep safe. Love is the opposite of fear (and by love we mean: happiness, joy, peace and so on). Thus,

in order to overcome fear you need to implement new strategies that come from a position of love. How you live your life is a reflection of how much love or fear you have in your life. If you can replace the fear with some feeling of love, then theoretically all of your stress symptoms would disappear. When you know these things and can understand them, then you can implement different strategies in order to gain a “*totally unfair success advantage*” over everyone else. You need to implement the new knowledge to gain wisdom and be able to choose more wisely.

***This book is about** building resilience and increasing energy, gaining more control, gaining more time, increasing self-confidence and being able to get your work/life back in balance, once and for all!*

It will help you understand how stress is affecting your success and how it guarantees that you will continue to fail if you do not take action to repair and release the underlying causes of stress. It will show you how you can turn off the automatic stress response mechanism, and turn on a good feeling response such that your physiology will change.

Your physiology will change when you instigate various techniques that help you gain control over one aspect of the subconscious mind. This aspect is your breathing. When this happens, you will be repairing your body/mind and will generate the space and time to choose a different way to respond. This means you get back in control over your life, and then you can choose to live how you would like. You will also be more in charge of what exactly it is you really want to achieve. This will happen **without willpower** or **huge amounts of effort**. (There is an exercise in Appendix A specifically for breathing.)

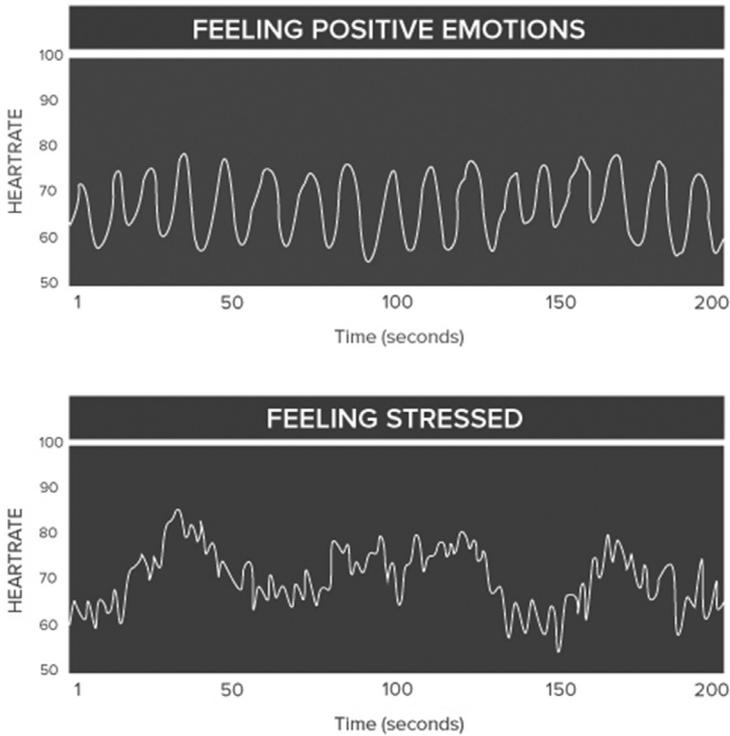
Yes. You will have to do something in order to change your failure habits and implement success habits. However, **the effort required**

is minimal, and the results are highly rewarding. This is *not* an intellectual exercise. It comprises exercises that you need to do on a daily basis in order to retrain your autonomic nervous system. Yes, you actually have to do the work! But the really good part is: **you do not have to believe that it will work**, or hope that it will. It will work! This stuff works!

So, why do we continue to operate from a position of fear, or indeed, activate our automatic stress response mechanism?

We do this because we have locked deep within us, at the cellular level, stored memories and beliefs that still have emotional charges over them. This means that the issue has not been resolved or fully expressed in a satisfactory way. When this is the case, we are functioning from a place of fear.

Scientists have found evidence that we technically have three brains: the head brain, the heart brain and the gut brain. The electrical and electromagnetic charge from the heart is the strongest of the three, and emits up to 60 times more signals than the head brain. Information from the senses and internal electrical transmissions, when transformed into emotions, gets interpreted **by the heart first** and is then transmitted to the head brain. All emotions are processed firstly through the heart. So, in effect, if we want to influence the stress response mechanism in any way, we need to deal with the heart. We need to eliminate the automatic negative emotional responses and implement instead, a positive emotional feeling such as happiness or love, in order to counteract these habits.



HeartMath USA has researched this for many years. They have amassed a body of scientific proof that this works in helping people overcome their automatic stress response mechanism and stop the flood of the ‘fear hormone’ cortisol. When a positive feeling is generated through the heart, then oxytocin is produced instead of cortisol. Oxytocin is the feel-good hormone that is produced, for example, when two people are falling in love or when a mother looks at her newborn child. With oxytocin, you become a happy camper. This is the place that we want to operate from--a happy place, or a position of love instead of fear. Science has only recently discovered that love is the key to happiness and success. And this is what this book is about. When we change our baseline resilience level from fear to love, we will gradually get to a position of FLOW.

People are sick and tired of trying to find the magic bullet, going from one self-help system, product or book or seminar to the next, and still not achieving the level of success they truly desire. Having looked at these courses for years and researched various methodologies, I have realised that all of these courses are based on exerting conscious effort or exerting huge amounts of willpower to achieve an outcome, or to implement either a set of goals or strategies, or to follow a plan or implement this plan.

It takes too much willpower. **If you are coming from a fear-based position, any little bump in the road will throw you off course, instantly.** The subconscious will take over and try to protect you and keep you safe. Because of this, conscious effort will be overpowered by the power of the subconscious mind.

I remember reading a book by a well-known self-helper who had developed a seven-point blueprint to follow to achieve the desired level of success. Whilst developing his blueprint throughout the book, he casually outlined that throughout the years of finding his way, he had been to several therapists, had massages, and indulged in many self-loving programs and products. In fact, he had been to the same therapist for over fifteen years. What does this suggest? I think it's clear that the author's own "seven-point blueprint" was not what had helped *him*. By the time he became clear about his methodology and his blueprint for success, **it was the therapy that was the cure and the reason for his success, not the seven points** of his model!

So, if you are stressed, are struggling in any way, are straining to do something, are stuck in any way, have pain, either physically, mentally or emotionally, or are experiencing lack of any kind, such as lack of love, lack of money or relationships, or have tension anywhere in your body/mind, **you are guaranteed to fail,** because you are coming from a position of fear. If you live your life in fear--in a

state of anger, resentment, doubt, judgment, shame, guilt, criticism, feeling like a victim or any other negative emotion--you will always be struggling to achieve what you want, as long as you are just trying to override your subconscious mind with willpower. Willpower is a conscious mind effort, and the subconscious mind is thousands of times more powerful than the conscious mind. In the end, **the subconscious mind will always win out.**

Why? Because **the stress response mechanism is automatic, designed to protect us when we feel threatened or fearful. It is governed by the subconscious mind.** We feel fearful because we have underlying beliefs that come to the fore when we perceive we are being threatened in any way. These memories, beliefs, negative emotions and negative patterns of behaviour, have been stored in our subconscious because they have not been resolved. When a stressful event occurs, our subconscious reacts much more rapidly than our conscious mind can. We go into an automatic response. If we feel we are safe, then the stress response mechanism will eventually subside back to normal.

However, if we are living a fearful life over a long period of time, these stress responses do not turn off. We will constantly be in a state of negative emotion: anger, rage, fear, overwhelm and so on. Modern day life guarantees that we are on alert, in a constant state of stress, because we are bombarded with signals constantly: noise, environmental toxins, junk food, negative thoughts, unresolved emotional issues, and so on. It is as though we are primed for stress. This negativity keeps us from succeeding. You cannot be operating from a position of success if you are fearful! It is only when we instigate more positive emotions on an ongoing basis that we can change our behaviour patterns for the better.

In her book *Molecules of Emotion*, Candace Pert describes how our hormones actually carry information about what emotions we will

have. The hormones elicited during a stress response are stored within our cells, creating cellular memories. In essence, a stress response triggers the hormone cortisol, which activates negative emotions as a response to perceived threat. When we trigger a happy or love-based feeling, we release a hormone called oxytocin, which activates our positive emotions.

Our emotions rule our lives. To be successful in life, we need to gain control over our emotions. In this way, we learn how to consciously choose positive emotional states more often, triggering the flow-on effects of growth, success, happiness, and living out our true life purpose.

Now that scientists have discovered these physiological realities, the key is to harness that information into a viable program that helps people achieve what they want, and get out of a perpetual negative cycle of emotion. Scientists have discovered that our brains are hardwired for success. We have pleasure receptors attached to our cells which are waiting to receive all of the happy hormones such as: DHEA, oxytocin, serotonin, dopamine and so on. However, somewhere along the way, we have lost the ability to activate these. If you can release oxytocin instead of cortisol (which encodes negative emotions) and override your automatic stress response mechanism, you will be happier without effort. The trick is being able to do this whenever you want. How is this possible? Because the stress response mechanism is triggered automatically by the autonomic nervous system, which is ruled by the subconscious mind, **we must retrain and repair this part of our subconscious mind.**

As I said, the problem with most programs is that they rely on and try to make participants invoke conscious action, or exert willpower to achieve what they want. However, exerting willpower is a very difficult thing to achieve for most people, unless you are an athlete

and have a full time coach supporting you. When you have to invoke enormous effort and willpower you are, in effect, going against nature.

A natural state is one of FLOW. In flow there is no effort. Everything comes easily and effortlessly.

People want hard data that programs work. They want to know that others have tried a program and it worked. They want simple and easy-to-use techniques that they can incorporate into their daily lives to build resilience, increase energy and resolve their stress issues effectively, efficiently and permanently. They want to feel happier within themselves, to be back in control of every aspect of their lives, and be able to move on and set more meaningful, achievable goals. They want to be able to make the contribution that they are here to make in this lifetime, without the cycle of fear. They do not have the time and resources to continually keep trying, discarding, trying something else and so on. They want results now! They want results that are proven!

I am delighted to be able to say that **this stuff works and works well**. I am proud and honoured to bring this information to you, information that will change your life for the better...without the hype!

After 20 years of doing corporate work in the accounting environment, I had to do something differently. I commenced my new life trying to heal the stress burnout that I had pushed myself into. As a professional career woman, or woman in your own business, you may well relate to this story. In this environment, the pressure to perform and compete is enormous, and we tend to take on huge burdens in order to prove to the world that we can do it, that we are as good as, or even better than our male counterparts. This most often leads to a work-life imbalance and a deterioration of our health.

That happened to me. If I can save you from this fate, then I will have done my job.

Because I did not have the tools and techniques that I will unveil to you in my programs, I noticed many other corporate women were in a similar stressed position, but who did not have the luxury of being able to opt out and do something different with their lives. They had mortgages, husbands or children to look after and feed. I was single, and although I had a mortgage and a business to run, I did not have the extra challenge of needing to provide a household income for others who depended on me. Looking at the stats above, however, you can see that if you live in a partnership or in a shared household, you are less likely to be as stressed as others. I did not have this luxury, and perhaps I may not have zoomed on by to burnout, if I had lived in a shared household.

I had to travel a very long road indeed before I was able to resolve the burnout and stress I was in. Because the tools contained within this book were not yet readily known or easily available, it took me several years to heal my body/mind. I had to first look for and find the tools, then experiment with what worked and did not work, and it was a long process. Yes. I was healed eventually, but my new challenge was to find or create tools that could deliver results to *you* in as short a time as possible, thus saving you enormous amounts of wasted time and resources. My goal is to leave the world in a better place than when I came here.

Physically, mentally and emotionally, I was exhausted. I had been operating on will power alone. This further depleted my physical resources, my energy and my resilience. When I speak about “resilience” I am talking about the ability to handle a stressful event when it arises and being able to cope after such an event has occurred. When we are in a resilient state, it means that we have sufficient

resources and energy to overcome any situation that arises without being completely thrown off course. We are able to bounce back. When our resilience is depleted, however, even the most mundane or daily tasks can feel overwhelming. In the state of burnout that I reached, I was unable to bounce back or do any of the things that I could normally do.

Most success coaches or healers suggest that in order to get a different result you need to change your mindset, or incorporate mindfulness techniques to forge a new way forward. These kinds of techniques can be useful at the right time, but they are completely useless if we are in a state of burnout. Almost every type of mindfulness technique requires the application of conscious level strategies, which require willpower in order to implement. How can anyone be expected to apply willpower if they are in a physically depleted, exhausted state with no resilience?

Using willpower as the basis of a strategy for overcoming failure or stress is guaranteed to fail, because it is not sustainable in the long run!

People give up because it is too hard to engage willpower over a long period of time. My model of success does not use willpower as the basis of its strategies. It is not about using the conscious aspects of your mind. It's true that at some stage people have to choose to live a different way, but this does not involve setting goals and doing "mind stuff" to override the subconscious. The mind and mental state must be healed, it is true, but this comes later when you are well enough to do that. I firmly believe that you need to heal the body before you can "change your mind". Energy, resilience and physical health must be restored. After that, we can move onto mindfulness techniques with a much greater chance of success.

So, where does the process of healing the body begin? It is literally as easy as breathing.

Technically, dis-ease, disease and stress start in the mind. You have a thought, or a feeling and then a thought, and this then translates into an emotional reaction. The brain sorts through various learned patterns of behaviour, recognises a pattern of response and says: ‘This event appears to be like this other event that I have stored from my past. Based on that, I will respond the same way that I did then, as it appears to be the most appropriate response, and I have not learned any different.’

Until we learn a different response, the old, default response is the most logical choice. Therefore we must learn a new response. In order to “fix” the body and move forward you technically need to change your mind, and insert more positive input than the thoughts that got you where you are in the first place. This has been proven and it makes perfect sense. However, I have found that this process is simply too hard. It is made much more difficult than it needs to be when it is incorporated at the wrong time. Jumping straight into thought pattern mindfulness changes from a state of extreme stress or burnout yields little relief in the short term.

I found this to be the case personally when I began my recovery process. I would try to apply mindfulness to change my thought patterns but the results did not last. Beyond a certain point, I would, as others have, revert to the old patterns of response and behaviour. Because I kept reverting to previous bad habits in spite of my sincere efforts to apply the techniques, I knew that there was something missing.

If you are stressed to the max and in the midst of a stress attack, do you think it is possible to say to yourself in that moment: ‘Stop!’

I am in panic and therefore I need to insert a happy or positive phrase to get me through this'. Nah! Not possible. People who are stressed have trouble thinking clearly, let alone being able to make a logical, conscious decision about what to do in any meaningful or rational way.

So, to me, a more reasonable and effective approach is to “heal the body” and then the mind will follow. By healing, I am speaking about repairing and restoring the body’s capacity to function. Physiologically, when you “repair” one system, other systems follow. So if we begin by repairing the stress response mechanism and restoring balance to the sympathetic and parasympathetic nervous systems, we will also improve the balance and function of the endocrine system, the immune system, the digestion and elimination system and so on.

Physiologically, if you can “repair” the patterns of response, you will increase the amount of space and time you have to respond to a stressful event. Eventually you will be able to step back and say: ‘I used to do that. Now I have a choice about how I will respond’. It works much better this way!

Body first and then mind!

To find my way out of burnout and back to health, the first thing I needed to do was heal and repair my body.

Case Study:

Self

 *I had abused myself with too much sugar, caffeine, cigarettes, alcohol, junk food, and lack of exercise. As a result, I had lost the motivation, willpower, and get-up-and-go to live a balanced, happy life at home and at work. I was exhausted nearly to the point of chronic fatigue. I*

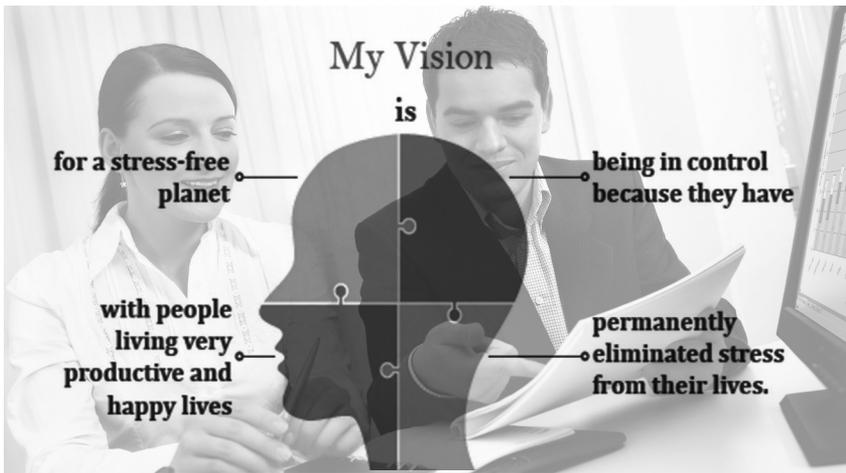
was not able to think clearly and had lost the power to make proper decisions. I was overwhelmed and depressed. I was anxious and I had lost all my self-esteem and had no confidence. My biggest fear was that if I put up my hand and said I was stressed, and therefore not able to cope, people would consider me a failure. Maybe you are feeling this way, too. So, I pushed right on past being stressed out to the max, and landed in burnout. Rather than show people I couldn't cope, I destroyed my health and wellbeing. This meant that I valued what other people thought or might think of me over my own health and safety. How sad it that?

Burnout is like a vegetative state. Not much happens. Normal daily functioning is difficult. Sleep and rest were not even nourishing my body. In fact, quite often I could not get to sleep at all. I went into total collapse. When you are in total collapse, and you cannot see a way forward, you are not able to heal effectively. Normally, when you cut your finger, you do not have to do anything to heal. The body automatically heals itself. After you clean or dress the wound, you personally do nothing. The body heals itself. However, if you continued on a path of self-destruction and ate junk food, took drugs or abused yourself in some way, then your body's in-built healing mechanism would take much longer to heal. Fortunately, though, your body will always try to somehow find its way back to health, one teeny step at a time.

When I was in burnout, I had lost huge amounts of energy and was in a very depleted state. I had lost the ability to be resilient and bounce back. In order to “feel” better sometimes, I continued to self-abuse with alcohol or cigarettes or junk food, and this made the healing process much longer than necessary. At the root of all of this was that I considered myself a failure. In reality, the problem was that I was not suited to a particular type of career.

Once I was able, I set about trying to heal. I tried various healing methodologies and began to actively discover all that I could about stress: what it means, and the impact it can have on us. It appeared at the time that little was known by the general population about the enormous implications of stress. The main body of information seemed to focus on stress “management” rather than the underlying issues that create and build cumulative stress.

The study of stress and its implications is my life passion now. I am dedicated to discovering, developing and implementing effective strategies to resolve stress by building resilience and increasing baseline stores of energy, rather than merely “managing” stress.



I am not interested in “managing stress.” This implies that you want to keep the stress and just massage it in some way. My passion is “resolving stress,” which means getting rid of stress completely and permanently by removing the underlying causes. In this way, you are able to rebuild your stores of energy and increase your resilience to any, or all, of the stressful events you will come across throughout

your life. You see, everything has a cause and effect. Stress is no different. To start the “repair” process, we must remove the cause of the stress. This begins with healing various aspects of your automatic emotional response behaviour.

However, the road to healing is personal and based on the individual. The key to unlocking your success mechanism permanently is to uncover the root cause of YOUR stress and eliminate that before moving on to any other steps.

I recommend that, if possible, you start by doing BOTH of the first two steps of my five-step model: REPAIR and RELEASE. When both steps are completed, you will be well on the way to permanent change. You will have repaired your physiology, retrained your autonomic nervous system and eliminated the underlying gunk that got you into this state of stress in the first place.

If I can point out, in a clear and understandable way, what professional career women and women in business are doing to themselves on a daily basis when they ignore the signs and symptoms of stress, I will have done my job.

If I can help you understand the enormous effect that stress has on depleting your physiology and also your mental, emotional and spiritual capacities, and how it can change your life permanently, then I will have done my job.

If I can offer you a simple, easy and effective remedy to permanently resolve stress, increase energy reserves and rebuild resilience, then I will have done my job.

If these signs and symptoms of stress are not addressed in a timely manner, disease could result.

With my model of wellness, I will give you tools that will set you up for life. I want you to have, in your hands, all the tools you need for ongoing health, wealth and success in any area of your life. That is my mission!

My goal for you is to reduce the time frame to your success, whether it is in your career or business, or in the area of relationships, health, wealth or family.

If you had available to you a way to resolve stress issues permanently, to get back in balance in your work and your life, to feel better about yourself, have more energy, make better personal decisions and sounder career or business choices, and be more resilient after a stressful event, in as short a time as possible so that you can truly go about your mission in life, and achieve even higher levels of satisfaction than ever before...would you grab the chance and make a decision to do something immediately?

I've been fortunate to have the satisfaction of knowing that I hold the keys to rapid success in all areas of my life. But it isn't enough for me to have them only for myself. Part of my mission is to share these keys with you. The purpose of this book is to give *you* the way forward to a stress-free life.

I know you would like to be able to do the work that you were made to do. I know that you would like to have the success you deserve, without forever struggling and pushing yourself, using gallons of willpower. **It does not have to be such a struggle.** I will show you a way to get into permanent flow, so that everything you do feels easier and more rewarding. If you feel, today, that life is not easy, then we are going to change that. After you use the techniques in my program, you will be able to choose a different, more personally effective path for YOU. You will have all the tools you need to adapt from stress to success, permanently.

Life is about flow, not stress, strain, being stuck, struggle, tension, pain or lack. If you are experiencing any of these general signs or symptoms, then you need to address them as soon as possible, so that you can reclaim your right to a happier, healthier life, at work and at home!

The key is to have a system in place that shows you how to maintain success on an ongoing basis, rather than just getting a short-term result. This is that system. With the From Stress to Success Model, you will achieve lasting, long-term results in as short a time as possible.

I have been to burnout and back, because I allowed the fear of what other people thought to outweigh my respect for my own body, mind, health and happiness. I do not want you to experience that. What I want for you is the confidence to stand up at work, or in any other challenging situation, and say: 'NO! That is not what I want! This is what I want. I deserve success on all levels. I am sick and tired of pushing, pushing, pushing for success. I deserve success. I am good enough and this is what I want, and I want it NOW!'

SECTION ONE

Laying the Foundations

CHAPTER

7

Boost Your Success Transformation

I'm so excited to share with you the keys to gaining control over your life and designing the life that you truly desire. I will show you how to achieve success in any or every area of your life in as short a time as possible. Through this process, you are going to experience the biggest shifts in your life to date.

Transformation is about change. Change in character, in nature, in condition or in appearance. The change you will undergo in your body/mind when you undertake this work is extensive and complete. Are you ready to do that?



Release your beliefs. Fulfil your destiny!

Here's what you'll get from this book:

- 1) Why every human deserves success on every level
- 2) Exactly what true success means on every level and in any area of your life
- 3) Exactly what symptoms to look out for so that you can recognise a “failure mechanism” and how these are blocking your overall success
- 4) My model of success and wellness includes simple strategies you can do right away to instantly commence the journey back to wholeness and wellness
- 5) The secret to your “totally unfair success advantage”: to build enduring resilience and increase your baseline energy reserves
- 6) And most importantly, how you can be confident and in control of your work-life balance as you implement the necessary steps to maintain your wellness plan for life, allowing your unique talents to shine forth, boosting your success, and permanently releasing ANY failure mechanisms, without years of therapy

I am going to show you exactly how you can REPAIR your body/mind and RELEASE the stress issues affecting your daily life to give yourself this *“totally unfair success advantage”*, whether you feel you are past it, are too far gone, or are in the early stages of a seemingly, permanent stressed-out way of life.

I want to share with you the reason people are stressed, because not many people are truly aware of this situation. Most people feel that stress is a result of either people or situations “doing” something to

them, causing them to feel angry or out of control, or feel a victim of their circumstances. This false way of thinking is the cause of many a lucrative therapist's income level. People actually miss the point of why they are so stressed out and how it affects their wellbeing, and what actually can be done about it. Resolving stress permanently can be done in no time at all! Making sure the results are permanent takes ongoing vigilance, but it need not take endless years of therapy.

I remember the day when I finally understood that I was the cause of my own stress, and that I could have control over my life again. I just needed to access the particular key that would allow me to resolve the underlying issues causing my personal stress. You see, stress is an individual thing. What triggers your stress reactions may be very different from the things that trigger mine. What we have in common, however, is that we each have **underlying causes** of stress. We just need to identify and resolve these underlying issues, whatever they may be for us as individuals. When I finally found the combination of techniques that could resolve my underlying stress-causing issues, I was truly a happy little camper.

It took years of sifting, sorting, and much trial and error before I was finally satisfied that I had found the techniques which would bring success in as short a time as possible.

In fact, I remember trying some of these therapies and attending sessions for a very long time. I have heard the statistic several times that we each experience, on average, over 70,000 negative events in our lifetime. This is such an overwhelming number. If I had known I would have to individually release 70,000 negative events, I probably would not have started the process of trying to heal myself! I have also noticed that some people can be in therapy for years, and still not be too far advanced from where they started the therapy.

How could you expect to release 70,000 negative events in one lifetime? The thought of this was not conducive to my continuing some of these therapies. I knew there had to be a way to heal from stress in a quicker period of time. Resolving the dilemma of how to release over 70,000 negative issues or events, the related underlying beliefs, and the negative charge related to those stressful events, became part of my quest for permanent stress resolution. If I could solve that, then I would truly be able to help many people with these debilitating stressful states.

I'm excited to share with you now what I finally discovered after years of study, experimentation, and practice. I am going to show you how you can resolve those underlying issues that are at the core of ALL your stress and stress-related symptoms, and I'm going to show you how to resolve them PERMANENTLY. You will then be free to go about achieving the success level you truly desire, and deserve, easily and effortlessly.

This is the new way forward. It takes courage to try a new method. However, these methods achieve much greater success on all levels than anything else I have tried. That is why I am so excited to share this with you. Imagine having control of any stress issue that may arise in your life, permanently and forever!

Today, I am in control of my life. I often feel happy for no particular reason. I feel great joy on a daily basis, knowing that whatever happens is up to me. The way that I deal with new challenges is what matters most, because the new way means life can now be fun and exciting, as well as challenging. What I'm sharing with you in this book is the exact same method that has helped me achieve these results.

I am not saying that using this method will prevent you from ever experiencing stress again. There is good stress and bad stress, and

stressors in life are not completely avoidable. **The key is how you handle stress from now on. Your response to stress is what counts.**

You can permanently change how much and how negatively stress affects you. It does not have to crush you or rule your life. You can live a more effortless, joyful life, without the physical, emotional and mental weight of ongoing stress. NO willpower is involved. You will be able to live from a state of flow. You will feel free and have a new sense of purpose and wellbeing.

For those of you who are in the corporate or business space, those of you who are in government, financial services or professional health, or other services of any kind, where you might think: I don't know if this would apply to me. I want to really encourage you to stay open, and allow for the possibility that it could work for you.

I'm going to show you case studies of how these techniques have worked for many people in all areas of life. The transformation these clients have had is truly amazing! People have regained control. They feel better. They sleep better. They feel happy for no reason. They feel alive and are participating on the planet in a much more involved and conscious way, because that's what it's really all about. It is about becoming more aware, more present, and being in control of our own destiny!

If you have a not-for-profit organisation, or another work place that I haven't mentioned, this will apply to you too if you allow yourself to remain open. Making 'REPAIR of your physiology' and 'RELEASE of your failure mechanisms' a primary tool for your road to health and wellbeing is the key to feeling good about yourself and achieving success in any area of your life. When I talk about "success" I mean being in flow, being in control, being aware, present and conscious, so that you can make decisions that are right for you in every fibre of

your being, and which resonate with, and are aligned with your path, your purpose and your values.

When you REPAIR and RELEASE the stress that is impinging upon your life, you gain energy and resilience. These are not short-term gains. They can be permanent if you do the minimal work involved. The first two steps of the From Stress to Success Model, REPAIR and RELEASE, require the following two actions on your part: breathing and filling out a form. Can you breathe and can you fill out a form? How hard can that be?

Work-life balance is where stress-related issues show up most readily, so this is the area that we will concentrate on first. If you are unhappy in your work or business, it will translate across all other areas of your life. Because you spend more time at work than at any other place, the impact of work in your life is far-reaching.

When I finally resolved my stress issues, I regained my sense of identity. I began to re-connect with who I am at a deep level. I now know and understand what skills, talents and abilities I have. I know what works for me and what does not. I know what I am good at and what I will pass on. I now have the ability to fully express who I am. I am not afraid to say what I think and feel, taking into account any possibility of inadvertently hurting others. I am in control of my life and I now accept that I can do only so much. I can achieve any level of success that I desire. I am happy and fulfilling my true passion. My mission in life is helping others, just like you, to achieve the success level you want. I have increased my stores of energy and resilience. I now have a base-line resilience to stress, and my energy stores are vastly increased. Previously, I was so exhausted and overwhelmed that I was barely able to function. I was not able to make proper decisions, let alone look after my health and wellbeing. Now I am back on control. I am happy for no reason, as you too will be!

My life has changed dramatically. I truly have choice over what I do, where I go, and what I want to achieve. This is freedom! **You cannot buy freedom! You must achieve it! And, you CAN achieve it!**

I am now operating on a more conscious level, rather than on an unconscious level. This means that I am more present in my life, more aware of my emotions and more in control of them. When we are operating on an unconscious level, we are just reacting to events and circumstances without having any choice in our reactions. In this state, our emotions control us rather than the other way around.

I am now in control of my emotions and choose to express them as fully as I desire. I am not attached to outcomes, as desire can set up expectations, and I understand now that it is not useful to have expectations about events which are out of my control. If something happens in an entirely different way from what I had anticipated, then I can choose to react negatively or I can choose a different reaction. I get to choose my reaction; I don't just "react." And that is the beauty of this system.

Stress does not run my life! Neither should it run yours. My repaired, released, renewed, rejuvenated and reinvented self, now chooses to live and love how I want. This is what I want for you. For you to be able to reclaim your life and live authentically, living on purpose, operating at full expression and being able to implement the innate skills, talents and abilities that you were born with! How good is that? On top of it all, this does not have to take months or years of work and constant efforts of will power. All of it can be achieved within a very short space of time!

Once you deal with the underlying issues--the real sources--of your stress, you will have the freedom to do whatever it is that you wish in this lifetime. Eliminating any failure mechanisms that have been

installed on your “hard drive” is the key to permanent success. It will change your life forever, for the better. You will finally be able to do what you love, finally choose the work that is right for you, travel, be in total control, feel happy for no reason, experience contentment, peace, joy, and increased confidence, make better decisions, and have time to pursue other interests. You will actually feel as if you have increased time. You will be living in a state of flow, attracting better relationships, less afraid to take risks, going for better positions and so on, feeling confident and in charge of your choices.

The beauty of these methods is how simple they are. That’s why I’m so excited to share them with you. To give yourself the *totally unfair success advantage*, all you have to do is follow five steps. In the first two steps, REPAIR and RELEASE, you set the process in motion by simply breathing. It could not be simpler. As you move through Steps 3, 4 and 5, you will keep your vibration at a higher level, and get to a place of total clarity. Finally, you can begin to strategise and plan the life you truly deserve. You will be clear in your mind and empowered to make any shifts or changes in order to have the work-life balance you really want.



In order to turbo-charge this success, I recommend doing the first two steps of the model, REPAIR and RELEASE, together. Later on,

when you are ready to design the life you deserve, take the other 3 steps of the *From Stress to Success* model: RENEW, RECREATE, and RECLAIM. (These individual steps are outlined in Section Two of this book.)

The first step is the ability to REPAIR your physiology, increase your energy reserves and increase your resilience. When you have more energy and feel better physically, you will then be better able to move ahead in life. You repair your physiology through focused breathing and through mending your heart. You mend your heart through a conscious choice of feeling positive emotions.

The second step helps you RELEASE those things that are holding you back from success and keeping you in recurring failure mode: the thoughts, words, beliefs, negative emotions, negative behaviours, sabotages, self-punishment, resentment and lack of forgiveness. By doing this work, the failure mechanisms you have in place are permanently released and resolved such that success is guaranteed. You release underlying beliefs, which are the real cause of your stress, via a combination of techniques facilitated by your coach. These techniques can vary depending on the needs of each client.

There are a lot of therapies and self-help strategies out there, and a lot of dollars being spent on them. You have your choice of self-help books and courses, new age therapies, crystals, long-term counselling and applied psychology and other conscious level therapies. Some of these methods can work and some may have longer-term results. But unless you have done the deep work to release failure mechanisms and inspire yourself to greatness--what I call your "Success Booster Machine,"--then, no amount of therapy, courses, seminars, or self-help books will really continue serving you in the long-term. They may deliver short-term results and they might feel good at the time, like having a hot bath or a massage. But I would like you to ask

yourself: is it really making that deep and lasting difference for permanent change in your lifestyle and work-life balance?

Case Study:

Lyndall L., 45, Newcastle, NSW

Lyndall presented with chronic pain in her upper back. She was constantly exhausted and said she felt overwhelmed trying to fit her workload into her daily life. Time seemed to get away from her. Lyndall was unhappy and conflicted. She had a choice between increased position, pay and prestige, and reducing her daily stress by balancing her work and family commitments. She enjoyed her role travelling onsite to visit clients, but knew that she was expected to take on more responsibility in an administrative role, as that was the way for advancement. She felt that if she did not comply with management expectations then she would be overlooked in the future. She felt that perhaps her entire work life would be in jeopardy. The conflict of trying to make a decision was causing her chronic back pain. Emotional issues are very often stored in the back.

The physical symptoms--back pain--indicated the emotional conflict. Lyndall was conflicted about the structure of her life and what change would mean for her and her family.

When we released the emotional charge around this conflict Lyndall was able to see a clearer path forward. She was then able to resolve her stressful situation with the release techniques and maintain her stress relief via the breathing techniques.

Within a few weeks, Lyndall was able to resolve her conflict entirely. She decided that the new administrative role would totally constrain her life and compromise her family life. The increased responsibility involved would have taken her away from her focus on her family.

Lyndall is now happy in her current role and has no regrets about not taking the administrative role. She realised that she really enjoyed doing what she was already doing. Her chronic back pain has been resolved and she is happy once again and back in control.

You may notice here a continuing theme for the majority of people in these case studies.

Stress involves conflict. When you are in stressed state, you are not able to resolve this conflict. This translates into having an emotional charge over the issue and causes havoc to your body and mind. This emotional charge creates physical, mental and emotional responses that affect behaviour. Behaviour creates habits, and once these habits are repeated frequently, a neural pathway is created in the brain. It becomes like a default program that you automatically succumb to when stressed. It becomes a negative pattern.

Physiologically, when a stressful event occurs or a stressor trigger has been activated, blood rushes from the left side of the brain, the logical side, to the right hand side of the brain, the creative, intuitive side. This is an automatic response that takes control away from the person and hands it to the amygdala, which controls the automatic functions of the stress response mechanism. This enables the body/mind to go into survival mode very quickly, without consulting your logic brain to decide whether this is a good idea or not.

Time is of the essence. In a flight/fight response, when the body feels that it is under attack, it needs to react quickly and either fight for survival, or flee the event. It literally feels that such events are life-threatening. Since that is the case, there is no time for weighing up and making decisions. So, in essence, you effectively cannot make logical decisions. Your logical brain becomes foggy. You lose control of this aspect of your brain. Once the emotional charge is RELEASED

from these stressful events, you then feel that you are back in control once again. Being out of control is one of the most fearful states we humans can feel. So, when that fear is released, people gain enormous satisfaction. They feel confident and successful once again when they are back in control.

There is another physiological event that takes place in a stressful situation as well. The body/mind sends signals to many systems to activate and send the necessary chemicals, electromagnetic signals, blood and water to those muscles and body/mind systems, so that the body can flee quickly, if necessary. This means that the body is flooded with various chemicals, the major one being cortisol. Cortisol is like an acid and has the same effect on the body. It burns and corrodes. Hence, water is needed to flood the body and water down this acid when the stress event is over. As you can imagine, the consequence of all of these things happening at once is very hard on the body. The effects of acid flooding your system, and the resulting emotional responses generated, is that you will feel exhausted. Hence over a period of time, your energy will go into depletion mode. If you continue to live a stressful life, then this energy depletion continues and your exhaustion increases over time. That's why one of the main results of these stress-resolving techniques is a rapid increase in energy.

Every human deserves success. Candace Pert states that we are all hard-wired for success, in that we have happy receptors on our cells, which are like guppies. They are just hanging around, waiting for the right happy hormone to lodge in their mouths. This is obviously a very basic description of how this works, but it gives a clear image.

So, if we are hard-wired for success, then why is it so common to experience the lack of it? The problem is that we get stuck in stress, and our stress response mechanism is strong. It is generally on constant alert, due to the enormous number of stress triggers in our

everyday environment: junk food, toxins, air pollution, household chemicals, noise pollution, negative thoughts and so on. So, the poor little happy receptors just keep hanging out, waiting for those happy hormones. It is useful to note that when people take drugs, they are feeding those happy receptors the food they think they need. Unfortunately, this “food” is actually a chemical which has been masked. It only fools the happy receptors into thinking that this is what is needed. It is the rush from the overload of happy chemicals that a drug user gets the high from, not the actual drug.

I do not believe that an induced chemical high from taking drugs is the key to feeling successful. The key to feeling successful in any area of your life is to physically feel well, have huge amounts of energy and be in control of what you do and when you do it. To me that is happiness--or success, which is the same thing! Thus, the secret to your “totally unfair success advantage” is to build enduring resilience by reducing and resolving stress!

In summary: the transformation you achieve, even after the first 60 or 90-minute session, will be beyond your comprehension, especially if you are stressed to the max, feel exhausted, are out of control and cannot sleep.

You will feel lighter, have more energy, and be more confident and happy. You will be back in control and feel that you have more time. And that is a promise!

Would you like to feel these things once more? Would you like to feel more successful? Would you like your life to be in flow? If you answered “yes” to any of these questions, then read on. For those of you who want to take this information further and learn how to implement these stress resolution strategies and techniques, I will show you how you can do this later on at the end of this work.

CHAPTER

2

How stress affects your reality

Stress is the basis of your perceptions because the causes of your stress are all of the underlying and unexpressed emotions and beliefs that impinge upon your reality. Your default reality is either to a positive or a negative outlook or state of being, depending on whether or not you have dealt with these underlying issues.

I am so excited to share with you, my “From Stress to Success Model.” The methodologies used in these levels of this model, have been scientifically researched. This model can help you move towards your desired level of success in any area of your life. This model will move you towards the biggest shifts in your life, if you are ready to take up the challenge, make a decision and take action today.

You’ve decided you want a better future and this model will provide you with a way forward. The basis of the model is overcoming stress physically, mentally, emotionally and spiritually. Because stress, in effect, is a state of mind, but quickly becomes a state of body/mind with the complicating effects involved, theoretically, in order to resolve stress, all you need do is engage the mind and think differently. And. Get lots of sleep.

Now. This is all well and good. However, how likely is it that when a person is undergoing a very stressful event such as witnessing their

house burning down or seeing one of their children hurt in a car crash, that they can suddenly change their minds from a very unhappy and fearful state of mind, to one of being positive and happy? Not very likely! So, what that means is that the focus of this particular stress to success model is, we need to work on the physical level first. When you can heal, repair and retrain various aspects of your physiology, then your mind and your emotions will follow. Witness the huge numbers of people who regain control and regain happiness over their lives when they instigate some lifestyle plan. They lose weight. They gain muscle and they gain improved self-esteem and confidence. Trying to change any stressful situation using a conscious level approach is fraught with difficulties.

As we already learnt, the subconscious mind is so much more powerful than the conscious mind, that in order to make significant changes in your life and, most importantly, to have them stick, you need to be able to retrain some aspect of the subconscious mind first. Yes. We will look at conscious mind techniques later on. However, our primary focus is on what will work and work fast for you.

This chapter will outline what stress is and what damage it can have and how it affects your life now, and will continue to affect it in the future if you do not do anything about it now, in the present.

Further insights you'll get from this book:

- 1) An understanding of what stress is, how it affects your life
- 2) The signs and symptoms of stress that you may not recognise as stress
- 3) The secret to your *"totally unfair success advantage"* and understanding of what a failure mechanism is and how it

affects everything you do or try to do—who and what is running your life

- 4) Examples of underlying limiting beliefs and how and why they can be running your life on an unconscious level and what they are comprised of
- 5) We are hard-wired for happiness at the cellular level
- 6) An understanding of the “From Stress to Success Model,” and how each step has been carefully designed for a truly fulfilling life of success, abundance and happiness on every level
- 7) And most importantly how you can be more confident in everything you do with a carefully designed way for you to move forward, and
- 8) How energy is key to your success and how you can increase your quotient in order to have more resilience.

As you choose to take the action that is needed to commence being as successful as you desire, and allow your unique talents, skills and abilities to boost your success on any level and achieve permanent, long term success, you will be releasing the failure mechanisms that have been running in the background on an unconscious level, mostly, of which, you were totally unaware. You will be replacing these failure mechanisms with new success beliefs and methods of maintaining the success you truly desire, without years of therapy.

What is stress? Is trauma different from stress? How does it affect your reality?

When you have a stress response your body is telling you that you are in danger and that your survival is being threatened. The emotion around this is one of fear. Fear restricts us and puts our body into a forced position of survival. Survival mode tends to shut down and hold our stress deep within our bodies as we prepare for the worst. The actual physical position that we assume is one of contraction whereby the top and the bottom of the spine tend to bend forward in order to protect our face, neck and stomach areas. The muscle involved in that contraction is the psoas muscle. So, when in the act of responding to a stressful event we automatically engage this muscle. By default, the emotion attached to the stressful event can be stored within that muscular area. Also, too, the psoas retains the memory of that event and tenses or tightens. When this muscle tightens it is telling the brain that we are still in danger. So, what this means is that the brain will continue to send signals and activate the adrenals and cortisol on an on-going basis, until we can relax this muscle. Tight muscles are signalling the brain that we are still in stress. So, you can see how powerful a little TMJ exercise is in letting you know that you are stressed.

Similarly, stress is a body/mind response to an actual or perceived threat. It is holistic in that the physical, emotional, mental and spiritual levels are involved. It is individual. You see, it does not have to be a real threat, it can be imagined.

Each person responds to a stressful event differently, based on their make-up and life experiences. It has been found that the basis of ALL stress is a person's underlying negative beliefs, negative emotions and patterns of behaviour. It has now been proven that your beliefs change your biology. (Dr Bruce Lipton). Your genes and your DNA

were originally supposed to be the cause of all of your good and bad points. This is no longer the case. Your genes encode your inherited physical appearance. However, it has been found that you now have total control over 95% of your biology, your behaviour, your health, and how you perceive the world, through the sensory information you receive that is transmitted to the cells. Because the cells contain the stored memories of these unexpressed emotional events, this then influences the interpretation of that information at the cellular level, and hence controls your biology.

Only 5% of all disease is actually inherited in that you have a specific gene or defect that creates this disease. So what this means now is that your health is in your control. It means that your cells and how they perform is influenced by internal and external information being processed in your own body/mind. It is not your mother or your grandfather, or your sister. It is you, altering the course of your destiny, with every bit of information interpreted within. Your BELIEFS and how you perceive certain events that happen to you are what causes your cells to adjust how healthy they are. You have total control over your body/mind.

Now. True. Your belief programs have been downloaded by watching your parents or primary care-givers, and because you did not have control consciously over how you responded to these events or that you could effectively express your feelings during those early years, you have not had the ability to change those programs ever since that time. However, in general, we have not altered our programming, because mostly we were not aware of how effective these early programs were in controlling our lives. Knowing this now means that you can do something about this.

These negative programs have created negative beliefs within. These negative beliefs stem from the fact that we were, at an early age, not

able to fully express how we felt about what was happening to us when an adult said something negative to us. Because of this we have held our unexpressed feelings within our body/mind, festering and creating havoc throughout our lives.

At an early age our stress response mechanism took over and reacted automatically for us. When we felt we were threatened and our safety was impinged, our autonomic nervous system took over for us and went into either flight or fight mode. We either stood our ground and fought back or we took flight and stored the stressful issue in our memory banks, along with the unexpressed emotion, which eventually becomes like an electric charge. So, what this means is that when an event that looks or sounds like one of these unexpressed emotional events reoccurs, we continue to respond exactly the way we did initially. In effect, our adult responses can be similar to our childhood responses. That is what is driving our communications today, unless and until we deal with the underlying beliefs. Most people do not know this. They continue to blame their parents or others for their distress.

Now. The other event that could happen when a stressful event occurs is that the stress response mechanism could stall in what is known as a “freeze” position. What this means is that the body/mind has become so overwhelmed that action is not able to take place. The child/adult essentially freezes and cannot make a decision about what to do. This can result when the person has had so many stressful negative events that have occurred in their lives that they default to a state of “helplessness”. When a person feels “helpless” they feel they cannot make a decision as they have learned that these types of events lead to trouble, or them not being able to make a difference to the outcome, no matter what action they take. They have learned to respond in a passive way.

When a person experiences trauma, it has been assumed that they are experiencing something deeper than stress. Trauma signifies that its effects have a deeper and more significant and more lasting effect on the body/mind than stress. Psychologists agree that trauma results in a “freeze” state of mind. It also results in a state of helplessness. Helplessness, to my way of thinking, is when a child is unable to express itself when it is aged 0 – 6. It does not have the conscious capacity to respond effectively and be able to express how it feels. Because of this the child would necessarily feel “helpless”. So, to my mind, the effects of stress on children between the ages of 0-6 years, is all trauma, irrespective of accepted definitions.

Case Study:

Melissa T., Richmond, NSW

📁 *Melissa presented with a severe throat gagging sensation whenever she ate food. For years she found she had to eat soft food because she was unable to digest this food and it would come back up in a reflux motion. After questioning it was found that when she was a baby her mother told her that the cord had lodged around her throat and it was a difficult birth.*

Melissa had the same experience when her first child was born and she felt so guilty and felt that she was a bad mother. The cord had effectively cut off Melissa’s ability to communicate with her mother, and with her own child. Her child had a similar issue.

Once these issues were acknowledged and found to be the basis of her throat issues with swallowing food, and when we released the charge around these issues, Melissa was able to gradually improve her relationship with solid food. She was also able to relate better with her mother and her daughter.

We also used focused breathing to retrain her autonomous nervous system in order to relax Melissa's throat muscles and to get a handle on her stress around feeling that she was going to choke every time she ate solid food. The initial negative beliefs around communication issues were resolved relatively easily and quickly. The reflex muscle memory took a few weeks for Melissa to feel safe enough to let go of her fear around choking and gagging.

Stress is trauma and trauma is stress!

The state of trauma results from a state of “freeze” of the autonomic nervous system, and the stress response mechanism. The overwhelm that occurs is the result of chemicals and electrical signals flooding the person's body/mind. The body/mind cannot decide what to do so it does nothing. It freezes. Events of this nature are evident in cases of extreme stress such as PTSD. It is due to the state of overwhelm! So, when a person is experiencing e.g. PTSD, this is the end result of years of experiencing states of overwhelm and helplessness. **PTSD does not result from the immediate event occurring at the time. It is an accumulation of stressful occurrences over time that have built up a response of helplessness.** It becomes the final straw, like the barrel effect. The key to helping people overcome states of helplessness or PTSD is to release beliefs prior to the actual final stressful event that tips them over the edge.

So, how stress affects your life is an accumulation of how you have responded and how you have interpreted the events over time. It is also the result of the amount of negative emotional charge you have been able to release over time. How you have been able to gain control and effectively express how you feel during that time. Because we are humans all of us will experience stress of some kind on an on-going basis. The degree of difficulty revolves around our ability to take charge and stand up for ourselves and be confident in

being able to express what and how we feel. When we can do that effectively, our stress levels, the accumulation of the negative charge held within our body/minds, and the negative beliefs that we hold onto, will diminish significantly and we will start to regain control and feel better physically, mentally and emotionally. And that is what we want. We want to feel that we have control over our lives and how we live. Being at the mercy of our emotions is a real bitch!

We can heal our lives when we rid ourselves of the negative beliefs which underlie our stress and which are the cause of our stress.

So, the key to achieving what you want in life is to be able to rid yourself, your body/mind of unnecessary thoughts, beliefs, extraneous items that affect your physical body, which affects every aspect of your body/mind, then install new positive patterns, beliefs, thoughts, clean food, exercise, breathing and so on, such that your body/mind has optimum opportunity of healing itself on all levels.

It is now accepted that the body and the mind cannot be separated and what affects one system will affect the other. Research has shown clearly that we can now identify three separate brains: the head brain area, the heart and now the gut. This is based on certain criteria of what elements a brain needs to have in order to be categorised as such. We know about the head brain. The heart brain has recently been categorised as the primary brain in that all emotions go through this brain before they are sent to the head brain to assess what to do. In effect, it controls our emotional life. The gut brain is the intuitive brain and when making decisions it has been found that we need to take this into account in order to balance out the rational and logical from the emotional and the intuitive. One of the coaching methodologies I use is mBIT which means- multiple brain integration. When a decision needs to be made it is necessary to ask

the three brains what they feel and how they need to be catered for in any decision-making scenario.

Looking at my model of stress and wellbeing, the “From Stress to Success Model”, and how it affects your total body/mind, we see that there is an overlap between the mental, emotional and physical states. The central nervous system which commences in the normal brain area and extends down the spinal column is interlocked with the physical and the emotional body as well. Whatever happens to the nervous systems affects all other centres of the body/mind.

The *Mental* part of your body/mind is considered to be the conscious part, in that it is the section of the brain that deals with planning and control. We certainly need to be conscious or present when we are doing these types of tasks. The Mental aspect is where we make conscious thoughts about what we can or cannot do.

When the brain is in fog due to stress, you lose clarity. When you lose clarity you also lose proper perception. Sometimes we get so caught up and because we do not “see” what is happening at the cellular level, we do not fully understand what our bodies are doing, and how it processes stress or stressful events in our lives. When we have a small niggle or a pain or a symptom, we tend to ignore it. We may ignore these small things because we are too busy or we do not have time to address them. This can lead to all kinds of repercussion in the long run. The brain may take in and process the information generated by the emotional body, and either take no action, or choose to do some action. The head brain needs to be stress-free in order to function most effectively.

The *Emotional* part of the body/mind we now know operates everywhere in our bodies at the cellular level. When an event happens, information goes to our cells and the cells transmit electromagnetic signals as well as activating hormones, which bring information and

nourishment to various body systems. These hormones then trigger emotions. We then recognise that we feel some feeling. Sometimes the emotions or feelings arise spontaneously and then our body/mind swings into the appropriate action. Because these feelings/emotions are at the cellular level they are unconscious. Attached to these emotions are beliefs and memories or pictures of past negative events that have been stored at the cellular level. This means that they are automatic. In fact, we tend to have very little control over when or how emotions arise. The answer could be because negative beliefs are spontaneously emitting feelings when an event occurs, or a particular person is near, or is thought of.

In concert, the emotions communicate to the brain certain information and the brain reacts accordingly. Also too, the emotional part conveys to the body certain signals and the body either goes into tension and stress, or ignores this information.

The *Physical* part of the body/mind

Centuries ago ancient healers told of energy centres that have a profound effect on a person's life. These energy centres are called chakras. Candace Pert, renowned scientist has claimed that there is evidence that each chakra could well be considered to be separate centres for emitting thought or information via neuropeptides. Three of these centres: the brain, the heart and the gut have already been proven to be considered as separate brains. Logically, then, each chakra or energy centre could be considered a separate brain as information is conveyed to and from these centres, to tell the body/mind how it is feeling and whether it needs anything in order to continue in stasis.

When the body reacts to the emotions it can go into tension and stress and restrict movement, or, it can ignore the information and take a

different course of action. When there is a considerable amount of stress affecting the body then there can be a disconnect between the brain and the body. This is one way to shut down.

The organ that runs through all of these energy centres is the ***Autonomic Nervous System***. It sends messages throughout the body/mind and conveys information to the control centres in the normal brain such as: the hypothalamus, thalamus, the amygdala, the pineal gland and so on. These body systems regulate the flow of hormones throughout the body as needed.

Our stress system is governed by two separate systems: the sympathetic and the parasympathetic. In a “real” stress situation, which is characterised by an actual threat such as being attacked by a wild animal, or these days, the threat of a terrorist attack, the sympathetic system mobilises and sends messages to redirect water, blood and oxygen to the parts of the body that needs them the most, and releases hormones such as cortisol, which flood the body to help with these activities. Primarily the legs to run, the lungs to breathe and the head to react. When the threat has passed the parasympathetic system helps calm the body down and gets everything back to normal.

Now this normal functioning of these stress systems would be considered acceptable in times of real threat. However, what is now happening is that modern living has put our species in danger, because we do not have many “real” threats to saving our life. The threats we have are those that are “perceived” as threats by our unconscious. The unconscious cannot distinguish between a “real” and an actual threat, consequently, because most of our threats are perceived, our stress system gets way out of whack, and in fact, our sympathetic nervous system is quite often locked on open and does not shut down sufficiently. This means that our bodies are consistently being flooded with hormones such as cortisol which can cause damage, as

they are useful only for very specific functions. When our bodies are constantly being flooded with cortisol, which is like an acid, this acid creates inflammation. Inflammation is one of the primary causes of disease, in effect, **we are creating disease when our stress response mechanism does not operate effectively and efficiently.**

Each person's ability to cope with stress is individual and what affects me will not necessarily affect you. The other way people get stressed is by holding onto unconscious negative beliefs that have been "learned" at a very early age, between 0 – 6 years of age. We learn these things from our parents, our primary care givers or those most close to us whilst growing up. These beliefs then help us create patterns of behaviour in order to survive.

For example, if our parent said to us that we were a naughty girl because we had spilt milk on our new dress. They might have continued the discussion by saying that we will never amount to anything when we grow up. The child then interprets this as perhaps: 'I am not good enough.' Because the child is unable to express itself fully at these young ages, these unexpressed negative emotions become stored in various parts of the body/mind. If these stressful events occur on a regular basis, then these events get stored together – like with like. This means that the child is now creating a negative pattern of response, a negative belief e.g. 'When I do this, or that person says that, then it is proof that I am not good enough'. **Holding these negative beliefs creates a build-up of negative energy or blocked energy. This blocked energy can cause inflammation, disease and be the basis of illness.**

The point here is that the child is unable to express her dismay or what she feels about these words spoken by the parent and therefore they get stored as unexpressed emotions such as: anger, frustration, hatred, resentment, sadness, guilt and so on. If the child has these

unexpressed emotions stored in the cellular memory, then occasionally you might think that they will come up when something triggers that feeling.

For example, when our boss says something like: 'I need to speak to you about your performance,' you might instantly think the worst and perceive that you are not good enough in that particular job. So, what has been happening throughout your life is that you have been gathering evidence to support that proposition: that you are not good enough, and sure enough, when you look for it, you will attract something into your life to support that belief.

Eminent biologist, Dr Bruce Lipton, has stated that he believes that up to 95% of all disease is stress related. His research indicates that stress is held in the body in negative energy patterns. He also goes on to say that it is the underlying negative beliefs that have been stored in the body/mind that create this initial stress pattern and that real world or perceived events then just trigger that energy pattern into play.

Candace Pert, in her research has found that humans are hard-wired for pleasure and bliss, but that very few people are experiencing this, even though the conscious mind, the pre frontal cortex, the place where planning and control happens, has an enormous number of opiate receptor molecules or happy molecule stationed there. In fact, the unconscious part of the brain, the limbic system area does not have as many opiate receptor molecules. If we are hard-wired for pleasure why are we in such pain all of the time, either being stuck, in stress, in struggle, tension, pain or in lack?

Candace Pert has indicated that the memories we have, the pictures that we have of our early lives and the associated energy reside in the actual receptor molecules of the cells. This means that when

information comes to our cells that we need to do something, the memory residing in the receptor molecules will be triggered, and we will emit emotions accordingly, our body functions and our mind will activate into gear. Because our memories are stored at such a deep level of our being, then of course we can see how we could be running behaviour patterns of which we are unaware, because the functioning of the cell is at an unconscious level.

When we have an “actual” or “perceived” stress the signal goes down to the cells and the cells shut down. This means no waste is being removed from the cells and no nutrients are being ingested. This clogs our system, and if this stress is not shut down, then our cells will be in a permanent state of stagnation. This means that the body has an opportunity to create disease in an on-going basis unless we do something about our stress. It has been found that cells are either in a state of growth or stagnation, death.

So, just to clarify. An event or person triggers our stress response. The information is passed down to the cells. The receptors trigger the negative beliefs and sends out our emotional response. The cells then either shut down or they open again and continue in growth.

The big problem here is that because people are not aware of what is happening on this cellular level, and cannot see that their cells could be shut down, they tend not to worry about stress, or notice the build-up over time, until it is too late, and they continue to burn out, or go further down the track to disease and illness.

Have you noticed in the news that disease is on the increase, diseases such as: cancer, dementia, prostate cancer, Alzheimer’s, diabetes, arthritis, heart problems, tension, anxiety, depression and numerous others. These are all stress-based diseases. My concern for you is that if you are feeling anxious at work, overwhelmed, have lack of focus,

feel depressed, fatigued and so on that these are the early stages of stress-related disease and that if they are not addressed then the negative outcome is fairly certain.

So, that is how stress affects your body/mind and your reality, the same as trauma does. You can now see why it is imperative that you begin to heal your physiology first in any model of wellness, before you instigate more complicated strategies.

CHAPTER

3

Overcoming failure mechanisms

Failure mechanism are the combination of events that affect the cell that lead to stagnation or death of a cell. It includes all of the negative beliefs, patterns of behaviour and stored memories that have an unexpressed emotion attached that has not been able to be released over time. This stagnation and death of cells causes inflammation which is the basis of disease. The primary ingredient of these failure mechanisms are the core negative beliefs that keep running your life. Mostly of which you are unaware.

I am going to show you exactly what you need to release when I talk about these failure mechanisms. In this way you will gain a “*totally unfair success advantage*” over your colleagues, whether you are just starting your career or business or are well into it. You see, most people do not know these failure mechanisms are running their lives, and most people have not dealt with them successfully. When you deal with these failure mechanisms successfully you will gain that “*totally unfair success advantage*” over your colleagues because you will then have a new mechanism for keeping yourself on top of things, even when major stressful events occur in the future. You will not be thrown off track. You will have more resilience.

We saw how stress affects our body/mind and is the number one cause of all disease. However, beneath that stress lies the true cause

of your stress. It has been found and scientifically proven that underlying negative beliefs, which include: negative thoughts, emotions, behaviour patterns, attitudes and on-going habits, are the “real” cause of our stress. These negative belief patterns are stored at a deep level within our body/minds. Because of this, sometimes it might be hard to recognise exactly what these habit and behaviours are that are limiting our success.

The actual fact of “storing” these underlying beliefs is not the main point. The main point is that you need to look at this from a two-pronged approach: firstly, that the information “stored” at the cellular level **influences other information** flowing into your cells. It is the impact that the “stored” information or memory is having on everything that you do and all of the new information that is flowing to those cells. The new information is either rejected or accepted based on the content of that original stored information/memory. And, secondly, this “stored” information is only “stored” because the emotion attached to that stored memory has not been fully expressed. Hence this “stored” negative energy can impact us at a very deep level laying down the foundations for creating a default negative approach to life, as well as inflammation, which creates disease.

The thing I want to share with you is the reason people have not been able to be as successful as they truly desire, what that mechanism is and how you can overcome this. And, the reason is, you have been operating from unconscious negative beliefs, negative emotions, patterns of destructive behaviour, a position of a lack of love or operating from a base of fear, operating from a position of unforgiveness, and not being grateful and appreciative for what you have and what you might receive in the future.

You have put yourself down.

You have punished yourself for being other than who you are.

You have come from a level of unacceptance of yourself.

You have no defined identity.

You do not know your innate skills, talents and abilities and what your true life path is. You do not know your purpose in life, or your values may not be clearly defined. You have come from a position of lack of love, or operated out of a fear-based mentality.

You may have created illness and disease of both body and mind.

You do not know how to find out what it is that you really want to achieve and how to achieve what you want.

If any or all of these things are running your life, how can you be truly successful on any level?

If you come from a position of feeling stuck, stressed out on any level, strain, pain at the physical, emotional or mental, struggle to achieve what you want, or have a feeling or a reality of, lack of anything in your life, then it is not possible to achieve the success levels you truly desire, because one or more of these limiting thoughts, feelings, beliefs or actions are inhibiting your success, and are in fact, guaranteeing your failure. You will experience perhaps some success in some areas, and this may be short-term. But you will be struggling to maintain that success when some event or person interrupts the flow for you.

Then there is generally a cycle of failure and despair. And then there is the struggle to get back up on top once again. Everything is short-term and the amount of willpower and motivation needed to attain and maintain any level of success, can be exhausting. You then drain

your energy levels and hence your resilience your ability to bounce back, is severely reduced.

Do you want to continue in this manner?

Do you want this pattern of failure to stop?

Do you want to succeed and maintain that success?

If you answered “YES” then please read on.

I remember the day I was so broken and exhausted, I could not focus, and ended up not being able to speak coherently. I was at a retreat, and we were all sitting around the table having lunch, when a man asked me what I did for a living. I was so out of it that he replied instead: ‘Whatever it is that you’re doing, it can’t possibly be worth it!’

I was in burnout and was unable to function. This man, an angel in disguise, gave me permission to stop destroying my life continuing in a stressful work situation, when I was unable to give myself permission to stop doing what I was doing. I was so wrapped up trying to do the right thing by the employer at the time, that I ignored all of the stress signs and signals, and tried to press on, at the same time, destroying my health.

What I found that weekend was the courage to make the decision, that I needed to make a change. I realised the “something” that was running my life was like an addiction and that no matter what I did consciously, I was unable to deal with this myself. I needed to get help. This is exactly what I am going to tell you about today, the same thing I’ve learnt.

In fact, I remember afterwards meeting some healers and therapists who were able to help me start the process of recovery. That is what

I want for you too, before it's too late, and you either create disease, or zip on by to burnout. I want you to be able to stop, take stock and evaluate if you are living how you would like to live, being in control, feeling happy and being in flow.

I'm excited to share this with you, to show you how you can deal with the underlying issues which govern your life unconsciously, easily and effectively, with minimal effort, and which affect everything you do. However, in order to make the changes that are needed to be truly successful and in charge of your life once more, **you will need to firstly, retrain your physiology**, so that these new habits are ingrained and that you then have the time and space to be able to react to a stressor trigger in a new and very different way. You will be able to “respond” rather than “react.” Now that's control!

These underlying unconscious patterns of behaviour and beliefs are the basis of all stress and resulting disease, and need to be resolved before you can be truly successful on all levels. Using the model and the techniques contained therein, this will make it easier for you to resolve stress permanently in your life. The same thing I am about to share with you contributed to my overall success, and it is a new way of being and a new way of restructuring my life with routine, and ritual, and easy steps.

Stress can be like an addiction and in fact many people express how they are adrenalin junkies. They love the immediate high of stress when their bodies are flooded with chemicals. They thrive on this “alert state”, which can keep them up for days whilst they complete projects and tasks. When the tasks have been completed then they crash right down and need to recuperate in some way.

The problem with being in this constant state of “alertness” is that it is very hard to maintain for long periods of time, especially since the

body is wearing out as well. So, what this means is that for people to continue in this “alert state” they need more and more adrenal inducing events to maintain that state of high, or they might need to ingest “stuff” to keep them on a high. This leads to an addictive state and also can lead people to want to try drugs.

Drugs give the user an unnatural high. The state appears to be euphoric, and devoid of stress, struggle or lack of any kind. People feel more confident and feel that they can do anything. It is only when they come down do they realise that not only are they still stressed, they now have a new problem, a possible drug addiction.

Wikipedia defines addiction as: ‘An addiction is characterised as a state of compulsive engagement in rewarding stimuli, despite any adverse consequences of continuing to engage in this behaviour, whether it is taking an actual substance or repeating a pattern of behaviour.’

The medical profession considers it to be a disease in itself, or aiding biological processes leading to such behaviours. There are two properties that characterise all **addictive stimuli**: (1) that **they are reinforcing**, more likely to be repeated, and in, and of themselves, and (2) that **they are rewarding** in some way. The perfect pleasure and pain scenario. We prefer pleasure, a kind of reward, to pain, any day. Because we get a high when we experience reward, we then seek to reinforce that reward process in some way. The other way people operate is to try to move away from pain in order to gain reward. Any goals or behaviours that are based on moving “away from” pain notions, generally require too much willpower to sustain over long periods of time.

The medical profession states that addiction is a disorder of the brain which results from high levels of exposure to a behaviour or

a substance. In a work situation you may be in an environment characterised by many deadlines, late nights and lots of swot type arrangements, whereby products or processes need to be completed within short periods of time. This type of behaviour can lead to a rush of adrenaline and some people have been known to thrive on this type scenario. So, in effect, the high generated could become addictive. The problem with trying to sustain these types of states is that through the stress response mechanism, the autonomic nervous system becomes exhausted and when you come down, you feel exhausted and can lack focus and motivation to continue.

Similarly, when some people have negative beliefs that constantly throw them into chaos, they then have something to complain about, or reinforce being a victim. They seek out attention. They seem to be hooked on this state. This type of holding on is called a “secondary gain”. This means that if the person gave up the problem or the behaviour, they would then have nothing left to complain about or they would not get the attention that they are already receiving.

In essence since the underlying beliefs are running at an unconscious level the pattern of behaviour emitted, i.e. repetitive self-sabotage or self-punishment, can be likened to an addictive substance or addictive pattern as it is beyond the control of the end user.

When you have a pattern of repetitive self-sabotage behaviour, even though you know that what you are doing is counter-productive to what you truly want, and you are unable to control, or change this behaviour, it could be said that you are exhibiting addictive behaviour. Eventually the self-sabotage becomes its own reward, and you are in fact, reinforcing that you are a failure, and cannot do anything successfully. **Many people are trapped in this belief system of addictive behaviour. It is short-term reward for long-term pain.**

If you are experiencing symptoms such as: repetitive feelings of anger, rage or resentment then you too could be trapped in the addictive behaviour of self-sabotage. What happens when this occurs and you try to change the outcome, the harder you try to succeed, by investing in new self-help programs, books and courses, the more likely you are to continue to fail, because you are coming from a position a lack of power.

Lack of power means that you are trying to use willpower to be, do or have something different. Because you are coming from a position of lack, you will always be playing catch-up. You may have short-term success. However, long-term success will continue to elude you, because the failure mechanism will kick into gear.

As I said, you may have some success, but when something goes wrong, some person says something to upset you to the core, or an event, seemingly out of your control happens, your whole psyche will scream “fail” and that is what will happen. I know because that is how I was running my life, i.e. unconsciously running my life. I did not have any control because I was not fully aware that negative beliefs, even if they appear to be small or insignificant to others, could be running your life, and will keep tripping you up.

For example, my major negative belief that I had, was that I was not good enough. I got this belief from my mother, who, over the years, instilled this into me regularly. It means my life as a “good enough” person was not validated. I was not fully accepted for who I was, and hence felt that I needed to change something about myself in order to be accepted by myself and others. So, what that does is, instead of having that feeling of internal validation by self and having the confidence and self-esteem to know that I was acceptable, I constantly sought external opinion that I was “good enough”. What this means is, that if someone criticised me for anything, then I

would fall apart and become judgemental, self-critical and zoom into self-punishment. It was a constant battle. So every time I had picked myself up and achieved some modicum of success, if an external party criticised me then it was curtains.

The failure programming is held at a deep level in the unconscious, at the cellular level. Failure appears to be running rampant for many people, and the only way they can become truly successful, is by dealing with the underlying negative beliefs running that failure mechanism, and getting rid of these underlying negative beliefs.

In truth, you never actually get rid of the underlying beliefs. What happens is that the negative charge energy surrounding those beliefs gets neutralised, so that you can change the information embedded at the cellular level, and then change to a new belief, and then start to vibrate at a more optimal level. When the trapped energy is released or defused is when change can occur.

Unfortunately, you were biologically programmed to fail at a young age due to the fact that, as a young impressionable mind, when you came into contact with your primary care givers, who mostly did not know anything about this aspect of imprinting negative beliefs onto children, you had no option but to encode failure into your body/mind, because at that early age you were downloading all of the programs necessary for survival from those around you. Unfortunately, if their programs were faulty, then you inherited those faulty default programs and beliefs as well.

If you are experiencing any kind of: “stuckness,” stress, strain, struggle or lack in your life then you are still stuck in failure mode.

If you have physical aches and pains or disease, you are stuck in failure mode.

If you have mental fog, have difficulty in concentrating or making decisions easily then you are stuck in failure mode.

These states are examples of low vibration. They are the antithesis of success. Success is flow, where everything is easy and effortless.

When this happens it seems like everything is eluding you. Some days you are stuck in frustration and anger. Some days you feel more successful. If this is the case, then you are still *struggling* with achieving success. You are not likely to ever achieve what you truly desire until you deal with those underlying negative beliefs, which will then help you to turn off the failure mechanisms forever. You need constant vigilance to keep your vibration high.

Do you remember ever going to a supermarket and you mother yelling at you to put the sweets back? She might have said: 'No. You can't have them. You've been a bad boy and bad boys do not get to eat lollies and candy bars.' From this early age *you were taught limits* and that you could not achieve what you wanted. You could only become "acceptable" in your parents' eyes under some kind of condition, i.e. if you became a "good boy" or a "better person". You learnt to have negative thoughts about yourself. You learnt about setting limits on what you could get. Quite often you learnt not to go for what you wanted. In effect, quite often you were so used to not getting what you wanted you ended up not really knowing exactly what that elusive thing was at all. Witness when someone is asked to state their goals about what they want, many people immediately go to the "I don't want this" list as a way of explaining what they want. How sad is that!

Case study:

Rhani S., Drummoyne, NSW

 *Rhani presented with issues relating to not being able to focus clearly on her work. She also had lack of trust issues with her boyfriend which was affecting her relationship significantly to the point of them close to breaking up.*

During discussion it was discovered that she was near to her father but had communication problems with her mother. Her mother was very well-educated and was a dominant figure in her family whereas Rhani was more softly spoken and felt that she was over-shadowed by her mother. Her mother, being a dominant figure tended to tell Rhani how to live her life, which she resented enormously. Rhani's beliefs around these issues were that she was not good enough. She tended to put on weight to protect herself from this dominating force.

During the release sessions it was discovered that Rhani resented her mother enormously and unless and until she was able to release that resentment, her communication issues would continue and this would continue to affect her relationship with her boyfriend. When this belief and others relating to that major issue were released, Rhani felt she was able to have a better relationship with her mother and her boyfriend. Her resentment had released and she was able to feel that she was worthy and good enough just the way she was.

For those people who want to take this information further and learn how to implement these stress resolution strategies and techniques, I will show you how you can do this later on at the end of this work.

Out of the hundreds and thousands of negative thoughts and beliefs you may have had, some theorists have categorised these into three headings: Control, Security and Love.

You either felt out of control or you were in control.

You either felt safe and secure or you felt you could not trust anyone.

You either felt loved or were loving or you were rejected or abandoned.

When trying to understand what types of beliefs you have you can easily slot them under one of these three categories. In the end these can be broken down to two categories: love versus fear. Are you coming from a basis of love or a basis of fear?

If you feel you are out of control you will be living in fear. If you are happy with who you are you will be operating out of love. And so on.

Fear means you are living from a negative base. A negative base means operating from negative beliefs. Negative beliefs are the basis of all stress.

So, if you are operating from a basis of fear, you will be stressed.

Fear is based on some kind of conflict between what you want and what you think you can't have or some combination of these ideas. When you are trying to move "towards" a goal, that is a positive movement, in that you have chosen a new way forward. If you have a goal that is merely moving "away from" something, generally what you don't want, then this will set up a conflict between the conscious and the subconscious minds. You will always be pulled back to the path of least resistance, where it is safe. And that is because all of the negative beliefs around that issue are pulling you backwards. That is the inbuilt failure mechanism. That is what is needed to be dealt with in order to move forward permanently. You need to be able to identify the negative beliefs that are holding you back.

Examples of the most common negative beliefs that we hear regularly include:

I am not good enough – (that one is mine!) – lack of love

I don't deserve love – lack of love/lack of security

I am unforgivable – lack of love/lack of trust/lack of control

People are out to get me – lack of security/lack of control

Life is unfair - lack of control/lack of trust

I must prove myself – lack of love/security and control

I must control everything – lack of control/lack of trust/lack of love

I am damaged goods – lack of love

I am worthless – lack of love

You can see how these beliefs can easily be categorised under the three headings: control, security or love.

Generally, every limiting belief will fall into one of those three categories: control, security or love, and the ones most prevalent in the general population, appear to be similar to those listed above. The hard part is sitting down and being honest with yourself and working out which one/s is/are most appropriate, as no real work can be commenced until, and unless, you complete this first step, like pre-homework. You need to be able to identify your major negative patterns and beliefs.

The important point to remember here is that people have thousands if not hundreds of thousands of negative beliefs. They experience them every day and in fact, can be creating more daily. What we are dealing with here, are the significant, underlying core negative beliefs that have been “learned” at an early age. When we can release these then great progress can be made to move forward. You will find that when you release one or two of those major core beliefs, that this will create a domino effect, and lots more will collapse at the same time. Of course, the other 99,990 negative beliefs, may not be so hard-wired within the subconscious, and we will deal with them in other processes. After we repair our physiology, we will then release these major underlying negative beliefs and this will cause the avalanche of things moving towards a more positive existence. Further work will need to be done on an on-going basis, when the need arises, which will be covered in Step 3, of the model – “From Stress to Success”, RENEW.

The important point to remember here is that no amount of positive affirmation, visualisation by itself or instigating the law of attraction, will cancel out this pattern of negative belief programming. All the self-help programmes, blueprints, strategies, tactics and actions will not, and won't help you get rid of these underlying beliefs. Even if you read every book on success and attraction and vibration, on biographies of successful people, and you are trying to “fix” your problems, it will not help, no matter what. We know the why. It is because of the unconscious memories that are trapped inside your cells. Any system of stress relief or wellness program needs to deal with the release of these beliefs at some stage, in order to be able to genuinely, help the client.

The point here is that if memories are trapped at the cellular level, and in fact, the cells can record events without going through or referring to the head brain, it means that our conscious brain is not where we need to go to help solve this dilemma. This means that, to

the extent that you have recorded at the cellular level, few or many negative beliefs, the number of these memories stored, will determine the extent of the failure mechanisms operating at a biological level. So, if you keep pushing for success, ignoring these negative beliefs, limits and barriers you have recorded at the cellular level, a couple of things might happen:

- a) You either run in circles your whole life not being able to achieve much. You'll keep running up against the same thing again and again, or you'll fail at the same thing again and again. You might even admit defeat and simply give up and say that you are not good enough once again. Or,
- b) you might chase "knee-jerk" reaction dreams. You know when you go to a network marketing ra ra meeting and they talk about making lots of money. You might want to take that up because you also want to make a lot of money. Or, you might want to please someone, so you "do the career" they want and not what you really want. You may go into many areas trying to find that elusive one thing that will bring you happiness.

You might go to a seminar and in all the hype you see that you could make a fortune on the internet doing options or trading shares, even though this is not a passion for you. In fact, you do not even know what your passion is anymore. I know about these things as I have done them all, and wasted lots of money and years, doing course after course, and was not even close to getting to the real issue behind the non-success.

The real problem with all of this is that quite frankly you do not know what you want to do, as you have limits, barriers and beliefs that constantly hold you back unconsciously. And then it gets worse, and you become more desperate.

Have you ever been to one of those seminars where the presenter tells the audience that only 10% of you will rush to the back and choose to buy this particular program and therefore become successful, whilst the rest of you choose to do nothing, and stay unsuccessful or a failure?

I have experienced this on many occasions and have felt a failure because I did not buy a product or service that I was not remotely interested in. And so you reinforce the failure mechanism.

To reiterate, Dr Bruce Lipton, Stanford biologist has studied negative beliefs and has proven that over 90% of what affects our thoughts, feelings and behaviours is our unconscious memories stored at the cellular level in our bodies. No wonder you cannot achieve the success you truly want! You have to remove the failure mechanisms first!

As we noted earlier, in my model of stress and wellness, the “From Stress to Success Model”, the first steps include:

- 1) **Repairing your physiology first** through focused breathing, which retrains the autonomic nervous system. This then helps you gain control over your stress response mechanism, which allows you to step back and notice that you now have control over how you choose to respond to a stressful event or trigger. At the same time, we are healing our hearts by choosing and instilling more positive emotions to express. This all leads to creating new neural pathways in the brain and hence new patterns of behaviour or new habits. In effect, we are retraining a small aspect of your subconscious body/mind. In this way other changes that you care to make will be easier for your subconscious mind to accept, and

- 2) Then, **releasing the major core underlying negative beliefs** that you have been carrying throughout your life, so that you rid yourself of the automatic failure response mechanisms, that have been your default program, and move to one of a more positive choice of action.

Because both of these steps are necessary and step 2 is imperative, I suggest that these two steps need to be completed together, or at a similar time, if you are able to do so.

You will be well on the way to a more stress-free life when you are able to do those two steps.

So, the key to gaining your *“totally unfair success advantage”* over your colleagues is to deal with the underlying causes of your stress or turn off those failure mechanisms once and for all. And how you do that is to be able to neutralise the energy charge at the cellular level, release the underlying negative beliefs and patterns of behaviour, so that eventually you can instil new beliefs and patterns of behaviour, ones that you have consciously chosen instead.

CHAPTER

4

Stress Signals – understanding pain, strain, struggle, tension or lack

This chapter is important because it will help you gain an understanding of what your body/mind is trying to tell you when you have a pain or have any kind of tension anywhere in your body/mind. In this way, hopefully, you will seek help to resolve these niggles before they become exacerbated and grow into diseases that perhaps are not reversible.

Back in the early 1980's to mid-1980's, author Louise Hay, enlightened us with her inspiring book on how we could heal our lives. After Louise was diagnosed with cancer and suffering terrible abuse throughout her early years, by trial and error, and essentially observation, she devised a system of healing the body by focusing on the individual area or body system that was either in pain, had blocked energy or was in disease. Hay looked at each body part or body/mind system and asked questions about what the function of each system was. For example: what does the liver do, what is the function of the digestive system, what is the function of the immune system and so on. From these observations Hay was able to devise a recognition system whereby she could direct her healing energy to those specific parts of the body/mind that most needed healing. This

system also helped her clients become more reflective and hence take more responsibility for their own health and well-being.

Some examples from Hay's book: "*You Can Heal Your Life*" include: what is the function of glands? Glands are holding stations and are for self-starting. From there Louise created affirmations that would counter-balance any imbalance in the glands by instigating specific affirmations related to that body part that would help heal that particular issue e.g. for the glands: I am the creative power in my world.

Another example might include: what is the function of blood? Blood is about circulation and spreading joy and blood helps with information flow around the body. So, an affirmation that was created to heal any blood problems might be: 'joyous new ideas are circulating freely within me.'

Another example is: what is the function of the bone structure or bones? Bones represent the structure of self and self within the universe. So, an affirmation to heal bones or structure might be: 'I am well-structured and balanced.' (For an in-depth insight into these body systems and related healing affirmations see Louise Hay's book *You Can Heal Your Life*).

In the late 1990's towards the year 2000, Dr Mona Lisa Schulz, MD, PhD, author of "*Awakening Intuition*" had been experiencing enormous physical and emotional difficulties. Dr Schultz used Louise Hay's work to heal herself of her debilitating illnesses. She then found that she had an intuitive gift and has since become a medical intuitive who uses her own body/mind system to identify illness and diseases in others in her practice, to ascertain her client's illnesses more accurately. Dr Schulz is then able to help people work on the underlying issues accordingly. Dr Schultz also now trains people to become intuitive, to look inside and see what needs to be healed.

Dr Schulz has based her work on eastern philosophy and incorporates ancient Chinese wisdom and the energy bodies of the chakras. It is based on the idea of the right hand side of the body being more masculine and the left hand side of the body being more feminine, the yang and the yin of life. The masculine being more focussed externally, or on outward things, and the female focused more internally, on more inward things.

Let's look at how Dr Schulz utilises the chakra system to help her in her diagnoses.

The first chakra, the root chakra, the foundation of our emotional and physical lives, relates to family of origin issues. Schultz states that: 'what we learn from our family of origin is reflected in our adult lives and the way we regard the world in general.' Do we feel safe or do we mistrust people? Are you independent or dependent? Do you feel helpless or do you have an ability to cope? So, what happens when we create a disease situation is that we will have certain emotions underlying the disease, and those emotions will relate most likely to a particular area or body/mind system. In this example if you have a conflict between your power and your vulnerability, (masculine versus feminine side) in this instance, your trust/mistrust and dependence/independence, and where and how you relate in the world, then the first emotional chakra area will be the place to start looking for the origin of disease. To me, the foundation is about structure and the structure of your life. If you have bone or blood health issues, this relates to the foundation or structure of your life.

According to Schultz, **the third emotional centre or chakra area deals with feelings of adequacy**, responsibility and irresponsibility, defensiveness and aggressiveness and competitiveness and limitations. This is the area around the solar plexus, or the gut or digestive area. This means if someone presents with issues relating to organs or

body/mind systems within that energy area, then the place to look for a way to heal those underlying issues is in the third chakra area. The types of issues are: indigestion, bowel problems, acid problems, elimination issues and so on.

If you are having issues around focus and clarity, rigidity or flexibility, being conservative versus being a risk-taker, then **the energy centre of the sixth chakra** comes into play as this is the area of the third eye, between the eyebrows. The underlying issues around potential disease revolves around complaints to do with e.g. headaches, vision, mental fog, Alzheimer's and so on.

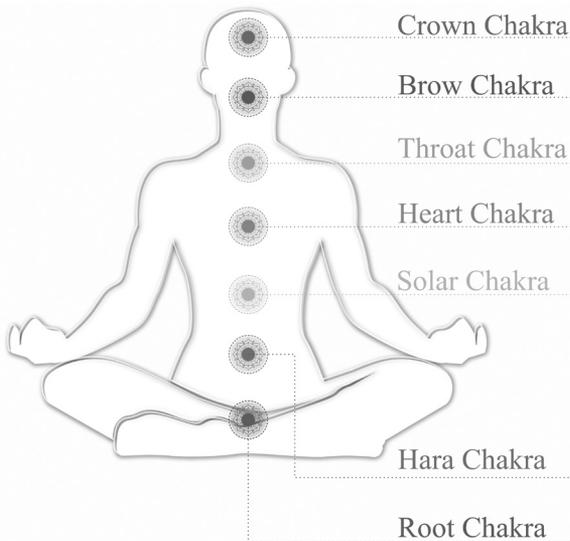
So, both Hay and Schulz had found a way to narrow down our search for the underlying issues behind various diseases and which cut down time to diagnose and hence treat such complaints. In both cases they were looking at energy blocks from emotional issues which underlie disease. Both of these models provide a way for people to self-heal. However, the key to healing the body/mind system is to find the underlying issues, whether they are: emotional issues per say, negative feelings, blocked energy or underlying negative beliefs, and then deal with them in some way. Preferably by releasing the charge around the emotions attached to those issues.

In order to gain a better understanding of what diseases and what emotions and feelings are related and which congregate in various parts of the body/mind, it is necessary that you have a little understanding of the various energy centres in the body/mind. So, we will attempt to expand your understanding here.

The chakra energy system

The energy centres or chakra body systems cover 7 areas throughout the body and each represent areas of power and vulnerability, and also helps us identify any stored negative emotions and negative beliefs. From modern day research whereby Dr Bruce Lipton states that practically all disease is the result of stress and that stress evolves from these stored negative emotions/feelings and negative beliefs, energy healers throughout the world can now be confident that what they are doing has benefit in that there is now scientific evidence to support energy healing methodologies. Energy healing is the new catch cry for healing the body/ mind. So, if you are able to experience any of these methodologies it will help you to feel better and be better able to take back control and self-regulate and self-monitor how well you feel every day.

Let's look at an overview of the chakra system in order to help highlight what areas you may need to look at in order to be able to apply appropriate methodology to healing yourself.



- 1) ***The first chakra area/energy centre – the base /root.*** This chakra deals with family of origin issues, your structure, your bones your blood, your muscles and tissues. So, if you have an issue with circulation or (insert diagram) the blood in general you will need to look for underlying family of origin issues/beliefs about yourself. Also too, if you have bone or structural issues it starts in this energy centre.
- 2) ***The second chakra area/energy centre – the sexual organs area,*** deals your drives and relationships. For example: what is your relationship to yourself, to others, to money? Are you inhibited or uninhibited? So, if you have any issues such as: lower back pain, relationship issues in general or sexual problems then this is the area to look at when trying to heal yourself.
- 3) ***The third energy centre/chakra area – the solar plexus,*** deals with how you are coping in the outside world, are you competent or do you feel inadequate? If you have symptoms, signs or pains in the digestive area, this then means the underlying issues that you need to be looking out for revolve around adequacy issues – am I good enough?
- 4) ***The fourth chakra area/energy centre – the heart centre,*** and any disease related to that area: heart disease, loss, grief, resentment, love and passion, anger and rage, will block energy in that area, and in order to heal, you will need to deal with the underlying negative feelings and beliefs associated with that particular chakra area.
- 5) ***The fifth energy centre/chakra area – the throat*** deals with communication, expression pushing forward versus waiting, being wilful or compliant. So when you have pain, symptom

or disease in that area, the most likely underlying cause is one of these types of negative feelings and related negative beliefs.

- 6) ***The sixth chakra area/energy centre – the brow or third eye*** – deals with perception, focus and clarity, wisdom and knowledge. If you find yourself lacking in any of these areas the negative self-talk that you might have, would most likely revolve around these types of thoughts and feelings and beliefs. For example, you may always perceive that you are hardly done by and therefore, take on a victim role. You may find yourself being totally rigid in your beliefs and will not compromise. When this happens on an on-going basis you can create diseases around this chakra area.

- 7) ***The seventh energy centre/chakra area - the crown at the top of your head*** governs all other chakra areas. In fact, if you are out of balance in any of the other chakra areas you will find it difficult to be able to define a clear sense of purpose and conviction about what your place is in the world and what you should be doing to achieve that life purpose. When people have no sense of purpose they can become depressed, lethargic or apathetic. They lose the will to live and achieve a meaningful existence.

Dr David Hawkins, “*Power versus Force*,” in his ground-breaking book, shared with the world how he had come across a way to measure the total amount of both positive and negative energy, both in the world (as a collection of individuals) and within individuals themselves.

He devised, using the modality of kinesiology, a system of comparison based on the total amount of energy available to the world or an individual. If you were operating at 1000 units of positive vibration

then you were in fact, totally enlightened. Hawkins found that the total world is operating at a vibration of less-than 500, in fact at approximately 200. What this means is that there are more negative people in the world operating at: fear, doubt, judgment, shame, guilt, blame, criticism and so on than there are people operating at say: love, joy, happiness, peace and contentment. Because of that, this pulls the overall world happiness quotient down under the average line. In order to push, pull or move yourself to a happier state something drastic would have to happen. The only way we now know how to do this, i.e. move to a happier life quotient, is to remove/change the vibration, the negative energy, the negative beliefs that run your life at an unconscious level. Working on your negative beliefs or blocked energy will help release that opportunity to create disease, otherwise you will stay at the same energy level throughout your life.

So, are you doomed to failure and continuing to repeat patterns of behaviour? Yes. If you do not do something about it, and release and repair the underlying causes of your stress.

Alex Loyd, *“The Healing Codes,”* has taken this aspect one step further and appears to have combined the various wisdoms of the world and knowledge about energy healing. He has defined a more comprehensive body/mind system for analysing and recognising symptoms of disease, and relating it back to specific negative feelings/emotions and negative beliefs. He states, also based on the research of various scientists such as Dr Bruce Lipton, that negative beliefs and the relating blocked energy, is that which underlies ALL stress, and the way to get rid of disease is to deal with the underlying negative beliefs that are stored at the cellular level. In that way you can turn off the failure mechanisms for good and then install new good vibrations and patterns of thought, feeling and behaviour.

In order to be able to easily identify your underlying issues and the related body systems when you feel a pain, are stuck, are stressed, have strain, struggle or are experiencing lack in area of your life, please see the table below, which is a summary of several areas of exposition by various healers. Hopefully this will serve as a useful guide to helping you put it all together, and be easily able to identify your underlying issues, before they get out of hand.

This table outlines some of the major body systems affected in specific chakra areas when certain beliefs are held, what the underlying negative belief may be, and what to look out for when addressing the stress in your life. It also represents what you might be lacking in terms of a positive virtue or value, e.g. you may be lacking in love, you may be lacking in humility, you may be lacking in self-control. If you are lacking in these virtues or values, then in order to go about getting them into your life, you may engage in harmful behaviour to compensate or over-compensate for these lacks. For example, you may over-eat as a way of compensating for lack of love. You may take on addictions if you feel a lack of goodness or kindness to yourself and others.

The point here is that once you are able to identify one or more negative beliefs, then you will be more able to go through the process necessary in order to clear these and achieve the success you desire.

The other thing to consider here is that people may operate, not only from one or more negative beliefs, but that they may also be operating from one or more underlying specific negative emotions. There are dozens of negative emotions and we saw originally that they can be compacted under three headings: control, security and love. In order to more easily recognise what specific negative emotion you may operate from, these negative emotions can be loosely grouped under seven headings: shame, apathy, grief, fear, anger, lust (cravings and desire) and pride based negative emotions.

Body System					Disease / Illnesses
Negative Belief	Negative emotions	Affected	Body Parts	Other symptoms likely	Main Types of symptoms
I am unlovable (lack of love)	unforgiveness / resentment Insignificance / jealousy	endocrine	hypothalamus / adrenals/pituitary / thyroid / gonads Pancreas	low energy / hormonal low sex drive sugar cravings	diabetes / thyroid / headaches/PMS / insomnia / insulin dependent weight issues / vision / low sperm
I am worthless (lack of joy)	sadness / depression feeling inferior / flawed	skin	skin / oil lubricants hair	burning / itching swelling/ greying / cysts	eczema / acne / overwhelm / rashes hair and nails / apathy / baldness
Something bad will happen (lack of peace)	anxiety / worry	gastrointestinal	stomach / gall bladder intestines / liver / mouth	acid indigestion / diarrhoea constipation / heartburn	colic / bloating / Crohn's disease reflux / vomiting / dental issues
Patience doesn't make things happen (lack of patience)	impatience / anger frustration / insecurity desire for love substitutes	immune	T and B cells / cytokines phagocytes	frequent illness / colds infection / auto. immune system	AIDS / blood clots / cold sores bronchitis / MS / Parkinson's / STD Lou Gehrig's / shingles

Body System					Disease / Illnesses
Negative Belief	Negative emotions	Affected	Body Parts	Other symptoms likely	Main Types of symptoms
People will take Advantage of me (lack of kindness)	rejection / hurt / fear	central nervous system	brain / spinal cord peripheral nerves	head pain / numbness viral infection / memory	Alzheimer's / dementia / Parkinson's headache / hearing / ear / vision nose / tinnitus
I am not good enough (lack of goodness)	fear and shame	respiratory	lungs / pulmonary Sinuses	breathing problems mucous / inflammation	emphysema / sinus / asthma coughing
People are out to get me (lack of trust)	trust / faith / distrust / judgmental	reproductive & urinary tract	uterus / vagina / penis prostrate / kidneys / urethra	infertility / poor sex drive irregular periods / itching bladder / breasts	miscarriage / bedwetting / prostrate kidney stones / URTI / leaky bladder menstrual cramps
People must think well of me for me to be OK (lack of humility)	guilt / shame / envy / wrongful pride	circulatory	heart / aorta / veins arteries / lymph	heart failure / hypertension aneurysm / blood clots	oedema / irregular heart beat DVT / various veins / plaque
It's not fair (lack of self control)	laziness / entitlement	muscular / skeletal Helplessness	bones / cartilage / muscles connective tissue and tendons	fractures / tumours / aching joints / inflammation / pain	arthritis / carpal tunnel / hernia RSI / sciatica / osteoporosis / bunions

For example, **shame-based negative emotions** and hence the resulting beliefs, are based on the notion that you feel that you have done something improper or dishonourable, or someone has done something to you to cause this shameful feeling. This shame-based negative emotion causes you to act in a certain way, e.g. you wouldn't feel that you are in control and you would feel that your life is a mess. You would wonder why someone would want to be with you when you are such a loser.

If you are operating from a **fear-based negative emotion**, hence you would act in a certain way and have specific negative beliefs around that feeling e.g. I am afraid I will be rejected. I am afraid I will never have any peace. I am afraid I will be humbled, and so on.

If you are operating out of a **grief-based negative emotion** and therefore have specific negative beliefs from that perspective, then the types of beliefs you may have, include: love leads to loss. You will feel abandoned. People who should have been kind to me weren't. I know I have operated from this perspective because I really felt no connection with my family of origin and in fact felt abandoned. Hence, I was always coming from the perspective of loss.

The table is by no means all-encompassing. It provides a guideline for the most common types of beliefs, negative emotions and body parts and related diseases attached to these body parts and body systems. When you combine this with the general chakra knowledge, if for example, you have constant problems with your throat area, this means that you are unable to express yourself fully, and also may have an underlying belief that you are not good enough. I know I had for several years many respiratory issues and was constantly getting the flu more often.

When you know your body and understand what it is trying to tell you about the issues you need to deal with, then you will be able to make progress.

(For very detailed tables of diseases and relevant affirmations, which indicate the opposite of what your underlying negative belief is please read any of Louise Hay's wonderful books.)

Case Study:

Louise L., 35, Eden, NSW

☞ *Louise presented with an inability to make a decision about her marriage. She had been experiencing difficulties with her partner who had fallen into a habit of drinking excessively. During this time the partner was abusive to herself and the children. This affected the quality of her family life. Of course, the partner would say that he was sorry and promise not to do it again. However, Louise was fed up with that and a prospect of a life-time of broken promises and an unfulfilling life. The area of her body/mind that was greatly affected was her solar plexus area, the seat of direction and power. Because she was putting up with this abuse regularly, her digestive system was in chaos as she was unable to take action and make a decision to either leave or to continue in this destructive relationship. The conflict of what to do or not to do was creating this havoc in her system. Because she had the children to consider she found that it was not easy to make.*

When we did some release work Louise found that she became really clear about her self-worth and what she wanted in a relationship. She was finally able to make a clear decision after a couple of months and not feel regret or go back on what she had decided. Louise regained her power.

So, that is what this chapter is all about. You gaining back control and power of how you feel, think and want to be. It is about you being able to recognise signs and symptoms of what the physical symptom is trying to tell you and then be able to do something about it.

When you do the REPAIR work you will be identifying when you feel stressed. You will then be able to define it in terms of a specific emotion. During your breathing work you will become more aware of when situations arise and be able to take action to do something about it. You will be able to consciously choose a new state of being. You will become more present, be more in control and gain a sense of having more time.

When you do the RELEASE work you will be identifying patterns of behavioural response and then releasing the negative charge around those underlying issues.

Both of these steps help you become more present and be more aware and hence get back in control of your life.

When you start to listen to and actually hear the messages your body/mind is trying to tell you, and then you make a decision to take the action necessary to alleviate the stress, strain, pain, tension or lack, you will be moving towards taking responsibility for your health and wellbeing. And that's what this is all about – you taking control and being consciously aware of what you are doing!

SECTION TWO

**Your Success Booster
Machine – How to
Resolve Stress Using
the “From Stress to
Success Model”**

This second section of the book “*Boost Success in All Areas of Your Life*” is about outlining what each step of the model entails and what you need to do to achieve success in that area.

Below is my Success Booster Machine – my “From Stress to Success Model”. Each step of this success and wellness system is carefully designed to implement strategies and techniques that will guarantee you achieve success in any area, providing you actually decide to take action, and, do the steps necessary for that success.

Before we go into discussing the specific model I just want to make it really clear about the background to this model and what it is really all about and why it is so important to have this initial understanding.

Moving from a position of stress right through to success involves changing how you do things and becoming really clear about who you are and what you want. In order to do this, you will need to clear your slate and clean up the basis of your life and set about focusing and gaining such clarity that the results you want will automatically flow into your life. It’s about doing these steps in order to get into FLOW. This is about resolving stress permanently, one step at a time. In order that this may be able to occur we will need to address the whole person from every angle: the physical, the mental and the emotional levels.

I liken constructing your new life to building a new house.



The first step is to get the block of land and clear all of the trees, rocks and debris, in order to prepare the block for the next stage. Without this step there will be confusion and loss of time and order. Clearing the land is likened to repairing your body/mind in that we help clear your subconscious of some automatic stress response habits that you have ingrained like tree stumps and gain some control over your block of land. We liken this to the first step of my model – REPAIR.

In the second step, because all of the gunk lies under the spot where you want to build your new house, your new life, you need to dig down and excavate all of this gunk in order to build your new foundations. This step is step two of my model – RELEASE.

So, in step three, since we have cleared and excavated what needs to be rid of, your body/mind will be ready, as will your new house for you to construct your new foundations. When you've repaired the block and released the gunk your body/mind will be operating at a higher vibration. This means that you will more easily be able to construct your new foundations for the rest of your life. This is step three of my model – RENEW.

In step four, we now want to architecturally design the overall look and feel of your house and how many rooms there are, like a floor plan, that suits the block and how you want to live. It's like your new structure to life. These are your new foundations. And this is your new house. This is step four of my model – RECREATE.

In the final step of constructing your new life, building your new house, you now want to be very specific about how each individual room will look, what furniture they have what the overall individual design, look and feel will be. It's like defining your goals very specifically and this is step five of my model – RECLAIM. This is where you reap the benefits of your hard labour and enjoy what you have set in motion and you can expect to achieve what you desire at that final level.

Overview of the “From Stress to Success Model”

This model was developed from the trials and tribulations from two distinct experiences of my life.

The first experience was 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. I 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. However, that still does not guarantee success, as it is a conscious mind technique.

The second experience was that sustained success eluded me, and I managed to zoom past stress and landed in burnout. This took a long time to recover from, and the lessons I learned during that time period set me on a path to find a way to help others achieve success and maintain that success long-term.

From my second experience, doing a course, setting goals and going for 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, your purpose 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 keep coming back to haunt you now, it means you have not dealt with them, in an effective manner.

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 unless, and until, you deal with these underlying issues!

So, what this model is about, the “From Stress to Success Model”, is about getting into FLOW, taking the five steps over the next year or so, and dealing with what needs to be resolved once and for all.

These steps change your outlook, physically, mentally, emotionally and spiritually. You will truly be getting to a state of coherence of all of the body/mind systems.

Once your body/mind 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. It is only then you will be able to set meaningful goals that you will be able to achieve, because you have cleared your body/mind energetically, and also set a new baseline vibration level.

You will know your innate skills, talents and abilities.

You will know your path and your purpose and your values.

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

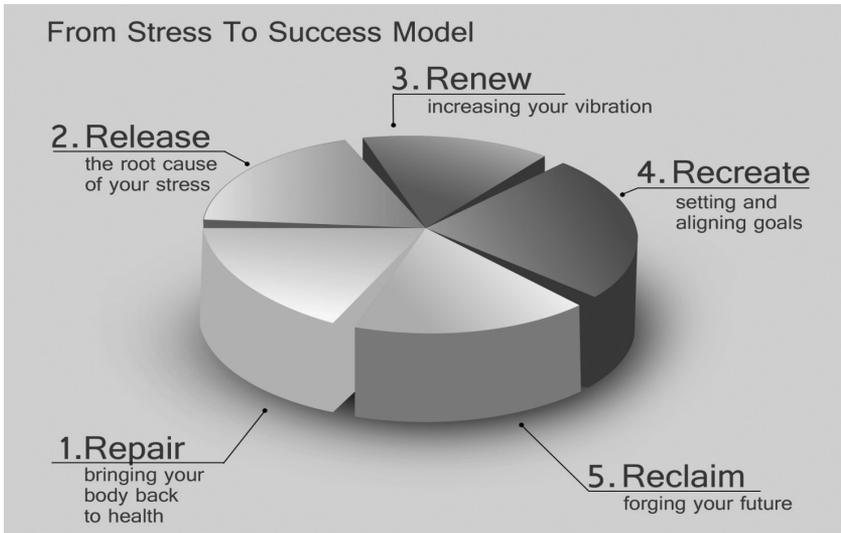
You will get to a position of FLOW.

And that is the point of these five steps. Getting to FLOW so that everything comes to you easily and effortlessly.

An outline of the 5 steps of The “From Stress to Success Model”

Just a note here, at every level you will be required to take action of some kind, in order to cement the success that you have gained. It's about facilitating change and helping you self-monitor and self-regulate how you want to feel, and what you want to achieve. You, the client, need to take responsibility for the final outcome, because

no matter how good the repair and release work is, if you do not take the necessary steps to maintain the results achieved in the sessions, you could default back to the path of least resistance, which is your path of familiar negative habits.



Here are the five steps outlined briefly:

- 1) **REPAIR** – where we help you retrain your autonomic nervous system, we help you heal your heart and REPAIR your physiology. When this happens you will respond to stressful events differently. This segment in particular, relies on self-monitoring and self-regulation of how you want to feel on an on-going basis. You get to choose, because the automatic stress response mechanism will be turned down or off.
- 2) **RELEASE** – where we help you release the major underlying issues affecting your failure/success mechanisms, once and for all. These processes will be facilitator-assisted and will not

require great effort on your part. However, you will need to follow the facilitator's instructions of what you need to do each week. The release work will turbo-charge your results.

- 3) **RENEW** – where we help you activate your cellular activity such that you will increase vitality, and help change your body/mind to a permanent positive vibration. This step is about helping you keep vigilant using a combination of different techniques. You will need to take some action daily, or on a very regular basis.
- 4) **RECREATE** – where we help you understand who you are at a very deep level, and come to know your innate skills, talents and abilities. We help you to know your path, your purpose, and your values so that you gain clarity and focused direction. Having completed all of the energy clearing work in the first three steps, this step will help solidify what you need to be doing and what path you need to take in order to be in flow. You will have a clear sense of knowing.
- 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. That's what we will look at in the next chapter.

CHAPTER

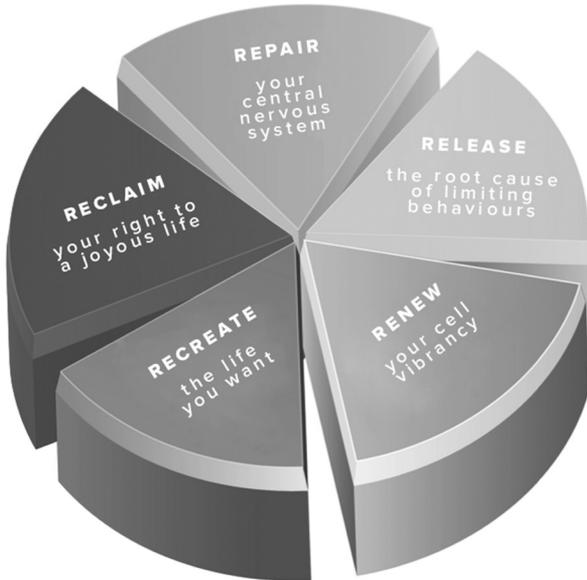
5

“From Stress to Success Model” – REPAIR Segment

The First Step is *REPAIR*

From Stress To Success Model

...your totally unfair success advantage tool



Welcome to the first step of the “From Stress to Success Model”
– REPAIR.

By now, if you have listened to any of the videos online or read any of the material on this topic, you will be aware that we are firstly and fore mostly concerned about the physical level, clearing your block of land, preparing it and getting ready to be able to mend on this level so that you can obtain a balance between your work and your personal life. The way to do this is take hold of what you can change and practice what needs to be done regularly, and consistently, so that you are in total control of how stressed you feel.

Our aim for you is to be able to help you self-regulate how you respond to future stressful events or situations that trigger a stress response. These events are no longer wanted or useful, and generally they are keeping you locked into negative patterns of behaviour such as: constantly experiencing negative emotions, sabotaging your success, or self-punishing yourself with addictive substances or actions, harmful behaviours, thoughts or other non-effective actions.

Our survival response is locked into our subconscious and everything we do is geared towards protecting ourselves from harm. This is locked into our autonomic nervous system which connects the brain to various body systems via the spinal cord. The subconscious controls our breathing, our heart rate and the flight/fight response mechanism of our response to stress. One of the ways that this automatic reaction is controlled is via muscular activation of the psoas which is directly linked to the diaphragm. This is found at the start of the psoas muscles within the third chakra area, the solar plexus. When you are stressed the psoas muscle is tight and pulls down on the diaphragm muscle, thus restricting your breathing. So, in this REPAIR section, because we will be primarily dealing with breathing, doing so, we will be affecting the psoas as well, in order

to be able to release this tension and allow our bodies to gain control over some of this automatic stress response.

(We will learn more about the psoas in chapter 7).

“The psoas major connects the upper body to the lower body, linking breath to movement, feelings, energy and healing.”

—Jo Ann Staugaard-Jones

Yes. You can resolve your stress permanently when you follow these guidelines and techniques, do your practice, become more aware, and notice the subtle changes you are making each week. You will then be back in control once more. You will have more energy and you will gain more time.

Stress of any kind, whether it is by way of: struggle, strain, being stuck, lack, pain or tension of any kind, is debilitating. It causes your physiology to change and to create neural pathways in the brain such that stress then becomes a habit. The second most significant aspect of the impact of stress on the body is that it depletes your energy. And you already know when your energy is low, you cannot function effectively on any level, and are more prone to abusing your mind/body with addictive substances or actions during this low period, in order to stimulate the senses and buck yourself up. You literally are trying to give yourself more energy.

So, our first job with REPAIR, the end result of your work, will be that you will have increased your energy, and, it will be noticeable!

Theoretically sleep is the number one action you could take to repair your body/mind. But how hard is that when your mind is constantly

racing with thoughts of yesterday and the day before, and what you have to do tomorrow?

After REPAIR, you will definitely sleep better, and generally within the first week.

So this section is about helping you to de-stress from stressful events, large or small. Because your energy will be increased you will be better able to take back control over your life. You will appear to have more time, in that once your body/mind is healed and repaired, you will find that you will be able to stand back when a stressful event occurs, and say: 'I used to respond like this. How do I now want to respond? Or. Will I bother responding at all?

From the techniques you will learn, you will find that you are able to regulate your energy throughout the day and can do the exercises anywhere, or anytime, without anyone knowing you are doing them. How good is that?

The next aspect of REPAIR is that you will be resetting your baseline resilience level to stress. If it is pretty low and you find yourself reacting quickly to anyone who annoys you, then you will notice that these exercises will lift your baseline level of resilience, so that you will be able to cope more easily. You will be slower to react because what was once a stressor trigger is no longer relevant.

When you are stressed you are not fully present. You are concentrating on the issue or the feeling or the action you "should" have taken, not done or said. Not being present takes you away from what is important in life. You cannot be truly happy or successful if you are not present, fully experiencing what is going on around you consciously. So, part of this program is to help you become more

aware of your circumstances and how you can take charge, if and when required, and hence be more present.

It has been stated in the literature that when we are born we have a battery of energy available to us to use as we see fit throughout our lives. The trouble is that people are using up their energy stores rapidly through stress, and mostly are not even aware of this fact. So, by your eighties you can be pretty worn out.

However, this need not be so if you manage your battery correctly.

Why is it that there are people in their 100's who are very active and living wonderful lives, yet others who are barely dragging themselves around?

Answer: It is because they have found a way to manage their energy. Mostly, this is because they have chosen a productive and happy life rather than a stressful life. They do things to make sure their energy is topped up regularly. And that is what we will be doing here.

The methods used in this section – REPAIR, have all been scientifically proven. However, just reading about them will not get you the results. You need to practice them. When you do this, what you are doing **is retraining your autonomic nervous system**, which houses the stress response mechanism. You will be learning new ways of behaviour which will change your physiology, and this changes how you respond to stressful situations in the future.

This means that you will no longer be controlled by stress.

You will no longer be controlled by subconscious actions which are no longer useful. When you retrain your ANS you are taking charge

of your subconscious, and you will be telling it that you now want to react and behave differently.

You will feel different.

You will look different.

You will act differently.

You will be more aware.

You will be more present.

And when this happens you are back in charge of your life! And that is what you want!

Not all of your life has been doom and gloom. There have been periods of time when you have experienced happy, positive emotions and felt you were in flow and in charge. And there have been times when some stressful event has triggered a major downfall, and you have felt that you cannot cope any longer.

The key here is that you will be able to get back on track easily when a major stressful event occurs, when you do the techniques.

We need to retrain your ANS (autonomic nervous system) and this in turn helps you REPAIR your physiology. When this happens you will be able to handle most stressful situations easily.

Imagine being able to maintain your composure, clarity and focus when needed!

Imagine increasing your energy levels to such an extent that you feel ready to get back into your hobbies.

Imagine being able to turn on or turn off the stress response mechanism.

You don't have to imagine it!

It will happen gradually, suddenly or somewhere in between.

But it will happen!

For those of you who want to take this information further there will be an opportunity to learn how to do that at the end of this book. (Or you can visit the website <https://www.stresstosuccess.com.au> and watch the webinar)

When completing the REPAIR segment of the model, there is a Guide, which you will need to download. It is specifically related to the breathing techniques. It has an overview of energy and emotional depletion. It will help you become more insightful and aware. You will be able to self-regulate how you feel, when you feel, and if you feel at all.

This is also about energy management, increased performance, and improved health and longevity, with an improved baseline resilience, i.e. the level of your ability to cope with stressful events. I liken that to getting your body ready for the most important journey you will take on the road to success. It's like building your house. You get the block of land and you need to clear it of trees, rocks and debris so that you have a clean slate for the next step.

What is REPAIR?

Repair can be likened to where we get the physical body ready so that the work can commence. If you have a wound, you go about getting it ready for repair. You might clean the wound and dress it. However,

the body/mind goes into action and does the actual healing itself. With REPAIR, we prepare the body for healing, by taking control of our breathing so that the other functions: the mental and emotional can also repair simultaneously. When this happens the body/mind heals itself. It just needs a start or a helping hand. The same as when you want to lose weight you give yourself a helping hand by cutting down on food and increasing exercise until your metabolism repairs itself and your digestion is operating more efficiently. (We will talk about this more in the RENEW segment.)

Now. Let's look at behind the scenes and the combinations of the segments of the brain which regulate both automatic and non-automatic functions, in order to be able to understand which brain function has been activated.

The subconscious, the house of the automatic functions which include: breathing, digestion sleep, nerve regeneration, blood flow, heartbeat, cell renewal, elimination, the immune system, the cardiovascular system, hormone production and so on. You do not have to instruct any part of your subconscious brain to do these things. They are automatic.

The conscious functions which include: reasoning, planning, sifting and sorting and pattern recognition, are functions that require thought, logic and attention. You need to instruct yourself to take these actions.

Because the subconscious part of the brain/mind covers such a vast area of functions, and each function is deeply imbedded into that part of the brain, in order to change it, or to retrain some aspect of it, enormous amounts of effort are required.

In order to make lasting change of any kind, you need to make it stick at the subconscious mind level!

It has been found that you can change or retrain your subconscious through the mechanism of breathing.

Because breathing is like an untamed beast, you can actually alter the patterns of breathing you have become accustomed to, and practice new ways of doing this. When you can do this, you are in fact, altering one tiny aspect of your subconscious.

The breathing system governs so much of what we do and how we process information. You take in oxygen and it circulates and nourishes. You take in information which activates neural pathways. When you can get your breathing under control you do gain more control over several other automatic functions of the subconscious mind as well.

The interesting thing about systems theory is that when, and if you change, improve, alter in some way, one automatic system, other body systems around that altered system, will also start to adjust, to accommodate this new pattern of behaviour.

So what this means is that WHEN you grab hold of and alter your way of breathing to one that is more conducive to living a stress-free life, the systems that are most affected by stressful events such as: the immune system, the cardiovascular system, your heart rate and your heartbeat, the endocrine system – the release of various hormones during a stressful period of time, your digestion and elimination and your sleep patterns, will all gradually start to adjust to this new way of doing things and this can set up a domino effect of healing.

The other interesting thing here is that when you gradually improve your body/mind and your subconscious sees and feels that you are not being threatened in any way, it will allow you to continue and will gradually accept this as a new way of being. It will feel safe and hence accommodates these new patterns more easily.

The fact that you can alter the behaviour of the subconscious is almost a “roof top” shouting moment!

Because the subconscious has been protecting you from all kinds of harm your whole life, sometimes it has been confused and has, in fact, been keeping you from some of the things you most want. Why this has happened is because of the various beliefs and negative patterns of behaviours that you have stored within the cellular memory. Your subconscious bases its’ “form of protection” on these negative beliefs. These negative beliefs are generally in direct opposition to what you really want, so there is a conflict happening.

So, what this means is that, later on, when you want to change other patterns of behaviour, other than the ones we will be dealing with here in the REPAIR section with these breathing techniques, you will be able to do this other work when you do the RELEASE section. Because your subconscious will have altered some of the neural pathways around stress and how you react to it, when you do the RELEASE work, your subconscious mind will accept the changes more easily.

The other interesting factor is that when you gain control over this small aspect of your subconscious behaviour, you will become more present, more conscious. You will begin operating from the perspective of greater awareness. This will inevitably lead you to gaining more control over many aspects of your life which you thought were lost forever.

So, **when we retrain the ANS**, (the autonomic nervous system), which houses the stress response mechanism, **we start to REPAIR our patterns of uncontrollable behaviour**. We will no longer be buffered around like a leaf in a whirly wind. We will be able to choose how we respond, and when, and if, we respond. So, you've got to be winning then! The tool that we use to do that is via various patterns of breathing. (See in Appendix A for an easy starter breathing exercise to do to help you gain more control over your daily stress.)

So, in summary:

REPAIR is when we can isolate one subconscious function, in this case our breathing, and retrain ourselves how to do this differently, more efficiently and more productively.

We then slow down the stress response mechanism.

We alter the neural pathways of the autonomic nervous system.

We soothe and repair our emotional states.

We then respond differently.

We stop the energy leaks, the depletion that comes with always focusing on negative emotions.

We gain more vitality and we sleep better.

We also improve a host of other things such as: having greater clarity, having greater focus and concentration, feeling back in control, feeling happy for no reason, experiencing better work relationships and family communication, and many, many more wonderful experiences.

The second aspect of REPAIR is that we need to heal out heart.

To heal our physiology at the basest level, the physical, we also need to repair our emotional states.

The heart has been proven to be the primary brain centre in that all senses and any kind of information needed to in order to function, all get processed through the heart first. We need to make sure that what our heart is accepting and experiencing is what makes us happy and healthy. Not negative and stressed.

Our emotions are bombarding our heart throughout the day, and the heart is emitting up to 60 times more electrical and electromagnetic signals than the head brain. The heart sends the information to the head brain. The head brain processes these signals, trying to find a similar pattern, so that it can then send signals throughout the body to mobilise accordingly. That is the primary function of the head brain, seeking out patterns. Whereas the heart brain is trying to work out how we “feel” about events. The body/mind prefers to feel happy and positive. Whereas, the heart organ is the main processing unit for all kinds of feelings.

So, in this case, REPAIR also covers the heart. The heart responds better to positive emotions such as: feelings of gratitude, appreciation, love, kindness and compassion. If the heart only receives negative emotions, eventually it will be damaged beyond repair. Witness the enormous increase of heart-related diseases and strokes!

You can't take a pill to mend a heart. You need to nurture and nourish it with love and gratitude.

So, the way to REPAIR the heart is by consciously adding positive emotions or by having happy feelings induced when you breathe. Breathing repairs the physical. Feeling happy emotions repairs the heart.

So, now you have new patterns of breathing altering the subconscious methodology. Then we add positive feelings at the same time as we breathe in a new way. And, voila! You are now REPAIRING the heart organ. When you do this you will change your mood and your behaviour as well.

You will also notice that your feelings of fearfulness will decrease.

You will no longer feel inflamed in that organ.

You will become more aware and more in control of your everyday situations in relation to how you felt about certain events you once thought were stressful.

So, with these easy exercises you gain control over: your emotions, your autonomic nervous system, your heart and your overall physiology.

You retrain your breathing and you REPAIR your ANS.

You repair your heart and gain control over your life!

When you gain control over your emotions and your mental state you gain back control over your life. How good is that?

As a by-product you are also altering and creating new neural pathways.

The interesting thing about your heart and the impact it is having, not only on yourself, but also on those around you, is that the signals that are emitting from the heart, can have a direct effect on people very close to you, also people in far off lands. Science has proven the power of prayer, and this is what this is. When you emit happy

positive emotions and signals from your heart, you can influence an enormous number of people. Similarly, if you are emitting negative emotions and feelings, this also can have a similar effect on those around you.

Have you ever gone into a room and experienced the bad energy? People say: ‘You can cut it with a knife!’ You generally do not want to hang around people or situations that have this “bad” energy.

The third aspect of REPAIR is to get your whole body/mind back into coherence.

You might notice when you are ill you are unable to focus on your work or complete tasks efficiently or effectively. You might also notice that if you are feeling stressed, e.g. angry, you may not be able to appreciate yourself or others easily and you may, in fact, go into self-punishing behaviours.

If you are unwell, you will not be mentally capable of doing your work, or changing your feelings to be happy and positive. When you do this, i.e. when just one aspect of your life is out of balance, it can throw the others out as well.

So, the point here is that when you get hold of your physiology and breathe differently and mend your heart, you will also have gained control over your emotional wellbeing. Once this has been achieved you will more easily be able to get back in balance on all levels, physically, emotionally, mentally and spiritually; i.e. be in coherence.

So, what we are looking at here in the REPAIR section is to:

increase your energy, heal your heart, change or reset your baseline resilience levels to stress so that you can cope better, and hence gain more control over your life and get back into coherence or balance more easily. We do this through breathing and feelings.

Let's look at this in more depth.

Stress drains your energy. Most people are not aware that they are stressed because they are not experiencing major symptoms. The unfortunate thing is that stress is pervasive and is cumulative. It is debilitating. It causes disease. It makes you unhappy. It keeps you unwell. It stops you from achieving your dreams. It stifles your creativity. It breaks down your reserves physically, mentally, emotionally and spiritually. It keeps you in chaos. It keeps you locked into patterns of unwanted negative behaviour. It keeps you at failure level. It keeps you from being truly successful and living a life of peace and ease. Stress keeps **draining your energy levels on a daily basis**, even if you try to do some catch-up sleep.

So, really, to me, the logical place to start when trying to resolve stress is, we need to deal with the physical level first.

It has been proven that when the stress response mechanism is triggered, that over 1400 chemical and electrical reactions occur throughout the body. If you are in constant stress you will not be able to “turn off” this stress response mechanism. You will be locked into a place that feels like this: one foot on the brake and the other foot on the accelerator. This particular state engenders constant flow of cortisol throughout the body. Cortisol has an acid-like

effect on organs, tissues, and muscles. It erodes your flesh. It creates inflammation, which is one of the major bases of ALL disease.

The key is, not only repairing your physiology, but also getting your body/mind back in balance, and, at the same time, addressing, by way of corollary, your mental, emotional and spiritual bodies. What actually happens is that when you get your physiology back in balance, and you heal your heart, and instil feeling positive emotions on a daily basis using the various techniques which are all based on initially changing your breathing patterns, you will find that you will feel more emotionally well. You will feel mentally clearer and feel more in control. You will start to feel more spiritually in control and have a sense of clarity about your values and your place of acceptance and self-worth.

So, in REPAIR, we will also concentrate on your emotional well-being

As people get older and they have not learned to express their deep emotions fully, and if they have not eliminated any of these underlying beliefs or negative emotions, they will more easily be triggered into a response such as: frustration, anger, resentment, anxiety or slip right into depression. The underlying cause of these outbursts is that people have not been able to express themselves in a safe way at an early age. Most people feel that others will reject them, and in fact have experienced this when they have expressed their emotions fully and loudly. So, they keep them to themselves, bottling up these feelings. When this happens you are creating havoc internally and will eventually create disease.

The other reason why people have not, or have been afraid of expressing their feelings, is because of their upbringing. They may have been brought up in a strict religious family. The new consensus of the new era is “political correctness”. Instead of expressing what

you really feel or think, the new societal rule is to swallow this or suck it up and not say your opinion. “Forgive your enemies,” without taking out the negative charge around those feelings in case it offends some minority, is simply a pathway to disease.

Eventually this will not work as the aggrieved person has not been able to say what they really think. This means that all of this “forgiving”, without having gone through the expression of the pain, the expression of the emotion and having let it out, will end up in more disease, particularly heart related diseases. Simply put, non-expression is a good way to a diseased heart.

You cannot truly “forgive” until you are able to express the WHOLE of your pain to the other person or the perpetrator in some way. This could be through a letter and burning it, or through some kind of release therapy. The other thing to know here is that the initial hurt felt by the person, generally at a very early age, has not been expressed or resolved. If it had been resolved, then, at an early age, the pent up anger or frustration etc. would not be so potent today, in the present. What this means is that generally we are reacting to events in the present, based on how we felt when we were 6 years of age, or younger. We are not aware of this. **We react from a position of lack of power, the lack of power a 6-year-old has.** Because of this, we cannot truly know, nor understand, what it is we are doing, or what it is we need, from a situation, or another person. Our communication skills are sadly lacking because of the hurt that each of us carry around from our early years.

So, what we need to do, is to be able to go back to the initial hurt, the event that caused this negative pattern or belief, express our feelings to the perpetrator and say what we really want to say, from an empowered position. In this way we will then heal the wounds of the little child. We then need to love and comfort the child at that

age, and then absolve them from the hurts, then absorb them back into our adult self. (This will be done in the RELEASE section.)

For now, in the REPAIR section, we are dealing with healing our physiology, healing our heart, retraining our subconscious via altering our breathing patterns, and releasing stress from our cells, altering our patterns, releasing cumulative stress, becoming more peaceful, calmer, and more in control of how we react to stressful events and stress triggers.

Another interesting aspect of stress and why people do not recognise the signs and symptoms is that a lot of people, particularly women, often say: 'I don't get angry. I don't yell and scream. I am calm and forgive'. This may be fine if they have done the work to release any underlying issues. If they haven't, they are setting themselves up for future health issues, particularly heart problems. And, we have noticed the increase in heart disease in women.

However, the women who say they don't get angry may instead, be feeling, and not expressing, other types of emotions such as: impatience, sadness, minor frustration, annoyance, overwhelm, neglect, feeling like a victim and so on. These emotions are subtle. Because of this many people do not recognise that these very same emotions are draining and depleting their energy stores, just as much as the loud person who is quick to anger. You need to be able to find a way to release feelings.

Case Study:

Enid V., 45, Mittagong, NSW

📁 *Enid presented with a combination of issues. Her husband had died recently and she was not sleeping well and had stomach issues. During the early period after her husband's death, Enid experienced*

a sharp rise in her heart rate. Her doctor prescribed a heart rate lowering medication. This caused her to feel out of control, scattered and her sleep became erratic. She did not feel well at all.

Early on during the six-week period, when testing Enid's heart rate variability, it was noticed that it was fairly flat. There was not a lot of variability at all. I asked her about her heart rate because it was around 60 beats per minute, which is substantially lower than it should have been considering her state of health. It should have been around 78 or so, considering the amount of stress and grief she experienced. Because her heart rate was t such a low rate this meant that she was not able to experience life fully and had no vibrancy. In effect the medication that was artificially keeping her heart rate low was also inhibiting her ability to fully feel her emotions. This kept her in a state of mild depression or a very dull state. She was not able to experience happiness or joy to any great degree.

During the six-week period Enid was able to do the breathing exercises and instigate a positive emotion and practised the breathing exercises daily. Her initial goal was to feel better. This was achieved and she was also sleeping better and experienced periods of calm and peace during the day. She was happy that she now had control over how she felt and had the techniques that allowed her to be able to choose how she felt and when. She was able to self-monitor and self-regulate.

The interesting point here about this case study is, if or when you experience a major stress event such as death of a loved one, and this causes your blood pressure or your heart rate to increase, if you take a drug to suppress those symptoms, you have to ask yourself: 'at what stage do I stop taking that pill that is suppressing my heart rate and my unexpressed emotions?' Because, if you continue to take the pill and do nothing about your grief, you may well be on the path to creating other physical effects from the drug.

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 slip back down to failure?

These self-sabotaging actions are being run by the subconscious.

That is what we are trying to do here with this model, one step at a time, gain back some control over one aspect of our subconscious mind and then other body/mind systems will follow and want to heal as well.

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, be 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 are very simple! However, this is not an intellectual exercise. It is a practical “doing” section where you need to do these things every day, several times a day, until you notice the changes and can alter your stressed out state easily and 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.

When to use the techniques

The breathing techniques in the Guide, for those who will undertake the personal sessions, can be utilised in certain periods of time e.g. when you know you have to ring someone and you know the result will be stressful. So, you prepare in advance. If you have been in a meeting that has been heated and issues have not yet been resolved, and you come out of that meeting or even during that meeting, you can implement some of these strategies at the time, hence saving you from draining your energy and feeling emotionally hurt afterwards. Or you can use these techniques after the event and get back into balance as soon as you can.

The beauty about the techniques in the REPAIR section is that they are portable. You can do them anywhere and at any time. No one need know that you are getting yourself back in balance. Isn't that a hoot?

In summary:

This REPAIR section is about healing your body/mind by retraining your ANS, healing your heart, becoming more aware and more present and more conscious, being able to alter your breathing patterns which will alter your physiology, and hence alter one aspect of your subconscious. This will change your stress response patterns to be more positive.

You will be more in control.

You will feel better, have more energy, increase your resilience to stress by improving your baseline resilience, sleep better and react better to stressful events.

This could happen within the first week!

It is important to keep track of your progress, notice the subtle changes that are occurring, because they will happen, notice any insights you have about how you feel, about how you are responding to stress, and about whether you are in fact bothering to react to a previously thought, stressful event.

Once you have cleared your block of land and prepared it for your new house, your new way of life, by REPAIRING your physiology first, the next step, RELEASE, will be so much easier!

CHAPTER

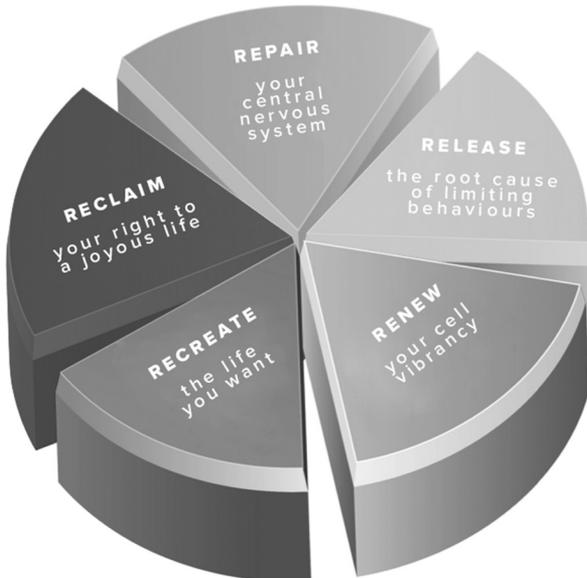
6

“From Stress to Success Model” – RELEASE segment

The second step is **RELEASE**

From Stress To Success Model

...your totally unfair success advantage tool



This RELEASE segment is about excavating the gunk from the area of your block of land you have already cleared, so that you can start to build your new way of life. The gunk is made of negative beliefs. These negative beliefs are the cause of STRESS! Hence they need to be excavated in order to live a more fulfilling life.

This has now been proven scientifically. It has been shown that the information contained within the beliefs affects physiology. When there is significant emotional charge or negative energy attached to that information, then with repetition of habits, this negative energy can cause harm to the cells and the DNA.

Until and unless you remove this negative charge stored within this emotional information lodged at the cellular level, you will not be able to be truly successful on any level, as you will continue to repeat the habits and patterns of behaviour, which hold you back.

Why this information has been stored is because you have not been able to fully express how you felt about an event that happened, that caused you to store it till a later time. If we did say what we wanted to say and yelled and screamed and expressed our emotions at the time of the event, we would not have these negative energies stored. Unfortunately, these events continue to cause havoc for us in our later adult years. These expressions are stored, because as little children, we did not have the conscious capacity to rationalise our arguments and tell the adult (generally the parent) how we felt about what they were saying to us.

The unfortunate thing is that if these unexpressed emotions remain within our body/mind throughout our adult life, at some stage they will come back to haunt us. This happens when we experience a stressful event which our brain has decided is similar to the one that has been stored. The brain digs up a particular event and the emotion attached and triggers an habitual response.

The important point here is that, because we have not been able to fully express ourselves as children, we can come unstuck as adults, until we are able to release that negative charge, and/or express that unresolved emotion.

Because the body/mind has been bombarded with all kinds of negative thoughts, emotions and behaviours over a life time, and because all of these things have impinged upon us, causing different degrees of levels of stress, struggle, strain, pain, being stuck, tension, or a feeling of lack in our lives, these negative events have left imprints in our body/mind in the form of negative energy, which generally blocks, or hinders, a process within our bodies. The damage can be substantial in that we can create disease and illness, or it can be less substantial, in that we create anxieties or enhanced feelings of negativity.

Depending on our life experiences and our response to these underlying stressors, we have either taken no action, or have undertaken some kind of behaviour in order to alleviate the pain and suffering we have experienced. We try to adapt around the event because we try to find a way to survive within our environment.

The true underlying cause of our stress on any level, is that some negative belief is running our thoughts, words deeds and behaviour.

These underlying beliefs have generally been cemented into our psyche between the ages of 0-6 years of age. For example, if we have experienced an early childhood event and perceived it as negative, we then make a judgment or have a particular perception about ourselves, that is not really true. For example, we might think we are not good enough, or think, 'I will never amount to any good' and so on. We can create this negative belief and maintain it throughout our

lives, not being aware of what effect it has been having on our body/mind. These negative beliefs from this age still run our lives today and we respond exactly how we did way back then. However, we are generally not aware of this pattern of behaviour. The key now is to deal with those underlying issues.

For example, you may have torn your dress and your mother yells at you that you are a naughty girl and that you will never amount to anything. If such an event happens several times over the years, this belief will be ingrained into your unconscious. Throughout life you will attract certain circumstances and events that will be proof of that belief that you are not good enough. For example, your boss may say to you: 'I did not like that proposal. Can you please do that again?' Your immediate reaction might be defensive and you will immediately think that you are not good enough, even though he did not say that, and had in fact, merely asked you to do it again.

If there are several of these events throughout your life, you will continue to reinforce that you are not good enough. No matter what you try to do to convince yourself otherwise, this underlying belief will continue to run your life. NO amount of willpower will be sufficient to overcome this ingrained pattern which has been recorded in your cells as negative energy. In effect it is recorded at the cellular level, effectively, in your DNA. Because of this, these negative patterns are hard to get rid of permanently.

So, in order to move forward in any meaningful way, you will need to address and release the major negative beliefs and resulting energy blocks which are frequencies of vibrating energy. The frequencies attract similar frequencies, like with like. If you are vibrating at a positive energy level that's what you will attract. If you are vibrating at a negative level, then that is what you will attract. If you can release some of the major negative beliefs and resulting negative energy, this

can cause a domino effect and other negative beliefs and patterns may also release.

If you continue to experience failure of any kind in your life, then one of these beliefs or underlying energy patterns is running your life.

How do you release these?

There are many methodologies that are available which involve releasing this negative energy. In my model of stress and wellbeing we will be using different methodologies at each step of the model.

These are the first steps to take in order to commence the permanent release of things or events that have been holding you back from achieving what you truly desire:

Work out what areas of your body/mind are stressed, elicit your negative beliefs and then undergo energy work to release these patterns permanently.

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, because they are negative. If they were positive you would not have any stress issues.

You can never be truly successful unless, and until, you address these underlying negative beliefs and patterns of behaviour.

The RELEASE segment deals with all of the major 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 negative beliefs about ourselves and others, 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, 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** you want to achieve in any area of your life.

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

So, how do you do that?

Let me explain by way of example.

Say, you have had a stake, a stick, 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. You are trying to survive as best you can.

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. 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.

And, 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 you will never be stress-free and you will continue to repeat various patterns of behaviour. You simply cannot heal.

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. If you are able it is recommended that you do both the REPAIR and the RELEASE sections together, or one after the other.

The order of what you do can be:

- 1) Do the REPAIR section first and then the RELEASE section second.

Or

- 2) Do the RELEASE section first to turbo charge feeling better instantly, and then do the REPAIR section,

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

How does a person recognise when RELEASE work is needed?

You need to look at patterns of repetitive behaviour, thoughts, words, actions etc. What do you keep repeating? For example, do you continue to repeat the same response pattern when someone tries to put you down? Do you go into defensive mode or do you become angry, or do you sulk and withdraw? The patterns will give you the starting place of what to work on.

As I mentioned earlier, for those of you who would like to learn more about this aspect of the model and would like to take it further, when we do the work on the RELEASE section, we get you to go over your life and outline what the major stressful events were. If you have not done any specific release work of any kind, there will generally still be some charge around that event, especially if you were not able to speak your mind on the matter.

Because release work is key to turbo-charging your life, if you do not release your underlying negative beliefs, you will continue to repeat unwanted patterns of behaviour, and you may wonder why you are unable to get ahead in any meaningful way.

The major point to understand here is that we will not be trying to release the charge around ALL of your negative beliefs. That might well be impossible. There may be hundreds of thousands of them. What we will be doing is releasing the charge around the major events in your life, and this may well have a domino effect. By releasing a major event many others similar in content may also be released. This is generally what happens for most people. Release a major negative belief and others fall over as well.

*If you feel that you are not achieving the success you truly desire and have been repeating negative patterns ad infinitum, and you are **ready to be successful**, then do go to the end of the book where you will see how you can obtain further information about what is on offer.*

You will know if you need to RELEASE any issues, 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 your true goals which will then align with your new inner peace
- destroy 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 willpower 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, 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, the 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.

Outline of sessions:

In the first session, we will help 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, we will help 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, we will help 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.

The three sessions are about taking out the charge around your major limiting beliefs. The methodologies used include, but are not limited to: EFT, intuitive guidance, chakra healing, kinergetics, kinesiology, forensic healing, guided imagery, hypnosis, counselling techniques, relaxation techniques and Psyche-K. It all depends on the client and what is needed at the time to help them get to the best place to be able to release anything that is hindering their success.

So, in summary, the three sessions you will complete with the aid of your coach facilitator, will firstly take out the charge on the major stressful events that have been impinging on your life, and give you a new perspective e.g. how you want to be in relationships, your general health and, wellbeing, success, abundance and so on. You choose. The coach facilitates movement towards the end result.

Remember. You will need to take some kind of action that you, together with your coach, will decide is most appropriate in order to maintain that new-found state of happiness and peace.

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.

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

Case Study:

Patricia M., 44, Sydney, NSW

➤ *Patricia presented for the RELEASE segment after having done years of all kinds of therapies in order to overcome what was holding her back. She agreed that there had been improvement for a time but that there was no long-lasting success. Patricia was sick and tired of succeeding, failing, have a little more success, and failing again. This cycle had been going on for most of her adult life and she felt exhausted.*

Initially, Patricia completed the REPAIR segment and had great success in that she was sleeping better, had improved her mood, felt back in control and had increased her baseline resilience to stress in that she found that she was able to stand back and decide if she wanted to respond to stress at all. So that was a big improvement. Patricia was now ready to do the release work.

She filled in the necessary sections of the workbook that asked her to go over her life and work out what her most stressful events were that she remembered. From there Patricia was asked to list her to do list of feelings: how would you like to feel now? This entailed outlining her current position of say, forgetfulness, to I now have a super-charged memory!

One of her biggest issues was that her mother had rejected her at birth in that she thought that Patricia was not an attractive baby. This rejection had been affecting Patricia her whole life in some way in that she found it difficult to sustain relationships. She did not realise that an issue way back in time like that, could still be affecting her today.

After the first three sessions Patricia felt on top of the world. She now felt truly in charge and ready to move ahead. In order to do that effectively, she undertook the final two sessions, which involved going over how she wanted to feel and making sure that this new state was not in conflict with her old state and that nothing was holding her back from that new state. We then helped her choose new beliefs and helped install those new beliefs, free from any “away from” conflict at the subconscious mind level.

You would not recognise Patricia today as she has boundless energy, is back in control of her life, is setting relevant goals and is achieving them, she is sleeping better and most of all she feels better. She now feels successful!

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 courses evolved that specifically dealt with goal-setting. (“SMART” = specific, measurable, actionable, realistic and timely goals.)

Now, I agree that courses need to have outcomes attached, either for the course facilitator, or the participant. The participant needs to feel that they have achieved something by attending the course, and the facilitator needs to 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 has diminished, and they are 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 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, and be able to do something about it.

Prior to that, people had been attending courses, seminars and webinars in order to find "the" magic pill or cure that would finally give them the answers to what has been stopping them from achieving their goals. The beauty about these courses is that there are so many of them, 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, 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.

I just wanted to point out the difference between my five steps and someone else's seven steps. In reality, all of my steps involve some kind of healing or therapy, some clarification and taking action. None of the steps are about motivation or willpower or inspiring people to act. They are all designed to help you get to the best you possible, by healing what needs to be healed, and releasing what needs to be excavated, so that your vibration is lifted to a new level so that you can maintain that level and then get into FLOW. When you get into flow you will be able to attract the things that your truly desire.

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 an 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 know 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. We need 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, nor are we consciously aware, that we carry 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 some 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 willpower 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. The other issue, which we will discuss in the RECREATE section, is that when a disease has manifested and taken hold at the physical level, other techniques that deal specifically with the physical level, i.e. the food you eat and the exercise you need to do, will need to be implemented. My model of wellness is comprehensive and deals with the physical, the emotional the mental and the spiritual levels of wellness.

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.

To reiterate, 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, 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 willpower 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 of 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 willpower, and most of us would give up before too long.

The primary function of the SC mind in our early growth was to download programs to overcome 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 as we saw in the REPAIR segment.

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 mechanism 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 because 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.

RELEASE deals with ALL of the major 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 segment 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 be 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 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. You can't be truly happy if you keep repeating patterns of failures, or keep defaulting to thinking negative thoughts.

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. (We learnt in an earlier chapter what these types of beliefs were.)

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.

A major point here is that when a person has an unresolved negative belief, this then closes off the normal functions of the cells. In effect they go into stagnation or death mode. When a person has eliminated the charge around those negative beliefs, the cells can go back to operating at growth and expansion levels. One way is failure for cells and for life itself. The other way is for growth of cells which opens up the possibility for success on every level

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, 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 we are stressed, as this state appears to be so normal and accepted.

The beauty about this RELEASE 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?

To reiterate, 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.

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.

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.

So, what we are doing here is honing 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 lifetime I have attended 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 trying 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 willpower 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: relaxation, hypnosis, and guided imagery, taking out the charge on new beliefs, the “towards and away” conflict, and installing new beliefs that you consciously choose. 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.

In Summary:

The three things 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 five personal coaching sessions, which combine: some relaxation, hypnosis, and guided imagery, and installing new beliefs, and other modalities as required, 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.

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 RELEASE work is the program for you.

The next segment deals with how to keep your vibration high once you have repaired, retrained and healed some aspect of your subconscious mind, and released the underlying gunk. You have

cleared the block of land and prepared it for the excavation and done that work. The next step is to lay the new foundation based on that newly prepared base.

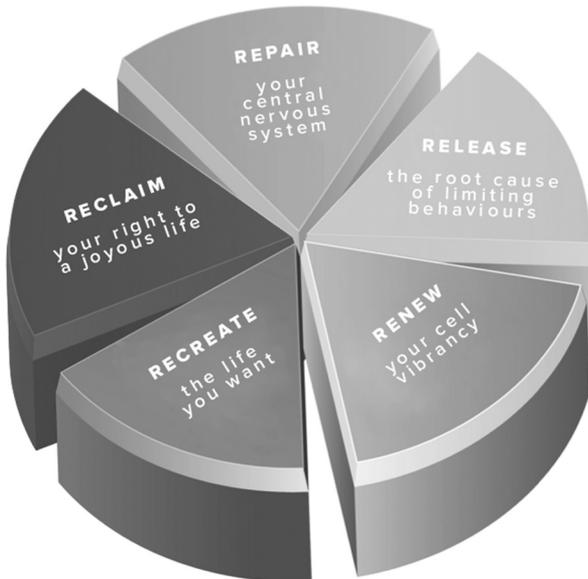
CHAPTER

7

“From Stress to Success Model”
RENEW Segment

The third step is: *RENEW*

From Stress
To Success Model
...your totally unfair success advantage tool



RENEW is about keeping your vibration high so that your physical, mental and emotional body/mind does not revert back to a previous state of bad habits. Because the body is the densest aspect of your energy it is necessary to install other daily habits that keep you vibrating at a higher level so that you are permanently healed from stress and it is resolved forever from your system. Working on the physical level has a synergistic effect in that other systems will also be healed.

“Concerning matter, we have been all wrong. What we have called matter is energy, where vibration has been so lowered as to be perceptible to the senses. There is no matter.”

—Albert Einstein

It is energy we are talking about here. Keeping our energy vibration high so that those things that affect our physical body, in particular, can be cleared and kept clean. When you are physically unwell it affects every other level of your being.

There are a lot of models of wellness out there that propose: just get clear on what you want, set goals, repeat daily and then you will achieve what you want. How many of you have tried that for years and years and still are no further advanced? The point is that when people are trapped in a cycle of stress and repetitive negative behaviour, and even though they know consciously what to do, they still cannot achieve what they want because of the underlying unconscious patterns running their lives. If they do achieve something it generally is with enormous willpower which is exhausting. They are constantly struggling against this power that tries to hold them back and pull them back into what they know, the very place they are trying to escape from.

So, the point of the exercise is that only those people who have enormously strong willpower, motivation and stickability, will

achieve their goals, using these other models of wellness. You read earlier that 78% of people who set new year's resolutions fall by the wayside pretty quickly. So, in many cases people do not bother to do this ritual anymore, as they know it is a waste of time. Why? Because these knee-jerk resolutions are "away from" goals, which we discuss in more detail in chapter nine.

From step 1 REPAIR, where we helped you increase your energy, improve your sleep, got back in control and increased your baseline resilience to stress. In Step 2, RELEASE, we will have cleared out the most pertinent of your underlying negative beliefs, and helped you install new beliefs. This gives you the opportunity to have a clean slate and redesign your life. Step 3, RENEW, is where you do extra healing to train your autonomous nervous system into new ways by activating positive energy flows, taking care of your body/mind, moving and breathing, meditating and commencing energy clearing and visualisation exercises, and doing deeper stress resolution, deep within the pertinent muscles within the body where stress has been found to be held.

Once that has been done, then you will be champing at the bit to be able to move ahead because you will be free of these inhibiting patterns and thoughts, and will have new ways of being and doing. This is where you will now be really clear about what you want and do not want and you will now feel in control to be able to go about regenerating your new life. This will not be a hit and miss exercise. It will be carefully designed around who you are.

RENEW is the third step of the model, "From Stress to Success Model", a model of stress resolution and wellbeing, helping individuals move from stress to success, being in FLOW. Primarily it is about resolving stress permanently rather than just managing it. The first two steps of the model are about retraining, repairing, releasing and installing new beliefs. This step is about getting to a higher benchmark of

wellness so that you can function more effectively, and more quickly get to that state of FLOW. It's all about healing.

What can happen if you are not vigilant, is that your subconscious mind can try to rebel and bring you back towards your initial starting place. Thankfully, because you will have released the charge around your major underlying negative beliefs, you will never get back to that original starting place. So, what we want to do in the RENEW step is to cement those changes in all the cells of your body, your muscles, every part of your body/mind, and also install more positive neural pathways and achieve a more positive emotional state. As I said, you will never go back to where you started from, however, if negativity has been your state of attractiveness for a very long time, the subconscious mind may try, by devious methods, to pull you back via other forgotten negative bad habits and thoughts and attitudes. It will endeavour to block your path by bringing up other negative issues.

So, with that in mind, this is what this step, RENEW, is all about. We will be helping you instigate new methodologies into your daily life that not only create new positive neural pathway, we also aim to vigorously pursue this from an emotional, mental and physical approach, such that you will have permanent changes. In effect, what we will be doing in this step is changing your vibration via a multi-layered approach. In this way we will give you an opportunity to vibrate at a much higher level of attractiveness. And we need to do that in order to be able to complete the final two steps of the model: RECREATE and RECLAIM. And. I say that because having come this far, you will want to get to that place of deep understanding of who you are, your true identity, and then be able to set and achieve goals, knowing they will race towards you at great speed.

What this means is that when you are in FLOW and vibrating at a higher level, you will start to attract more positive things into your

life. You will feel happier and more positive every day. You will just think of things you desire and voila, they will appear!

So, how we approach those changes is through the body primarily. Why this is so, is because, as the body/mind is composed of energy the physical body is the most dense. Because it is the densest the body is the last level to heal. You can then heal your mind. And, you can then heal your emotions and your spirit because at those levels the conglomeration of energy is less dense. This approach goes against many other theorists of wellness who say that you need to heal the mind first. However, as I have said previously, this is too hard because of the enormous amount of willpower needed to stay on track. And, quite frankly, my aim is to make it as easy as possible for you to get ahead and stay ahead.

So, the question that needs to be asked is: how do we do that in this step, RENEW?

The way we approach that is by looking at how, where and why we store stress in our body/mind. We now know that we store stress at the deep cellular level. We also store stress at a deep muscular level, as well as those levels we have dealt with in the first two steps, REPAIR and RELEASE. Our body is also affected by what we put into our bodies and by what we don't.

Our bodies are affected by:

- the sounds we hear every day.
- all kinds of chemicals and environmental toxins that we breathe in every day or put on our bodies, e.g. shampoo, make-up, hair spray, the water we shower in, the water we drink, and so on.

- our thoughts, our words and our deeds as well as beliefs, the community in which we live, our work environment and our local society groups.
- rules and regulations and by political correctness and by what we think we “should” do.
- how we feel and other people’s thoughts and opinions.
- our perceptions and interpretations.
- our core negative beliefs which are mainly stored in the solar plexus area. This is the seat of what drives our behaviours. In effect, our motivators.
- the food we eat and the movement or lack of movement that we do.
- And many more things.

So, when you sum it up you can see we are affected by everything that we sense through: the eyes, the ears, our taste buds, what we can smell, feel through our skin and what we touch, as well as what we think and feel. So, in order to make sure we get into the habit of maintaining the success we have already achieved, we will be taking even more charge of our sensory input in order to increase our vibration. YOU have direct control over what you put into your mouth, whether you do any exercise, whether you choose more positive thoughts and so on. This segment is about you taking full responsibility for what you do from now on, obviously with some guidance about what could be essential. All the methodologies are about short cutting your time to total stress resolution, wellness and success, getting into FLOW in every area of your life. They are all based on increasing and maintaining a high level of positive vibration.

The areas we will look at in this RENEW segment include:

Sound – consciously changing the sound wave input such that your brain wave states change from a busy state to a state of peace and creativity, and increased learning.

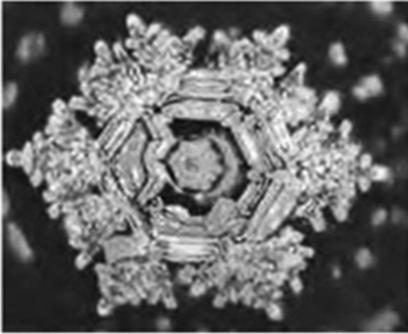
Feelings – getting to the root cause of what drives your behaviour and instilling deep levels of confidence and self-esteem, so that nothing will be able to stop you again and keep you on track, easily and effortlessly.

Mind – helping you create new neural pathways to success and abundance in all areas of your life, easily and effortlessly.

Food, exercise and water – setting you on the path to a forever eating and exercise regime, one that suits the basis of your life and your overall structure at the chakra level.

Sound:

As we discovered in earlier chapters that your biology is influenced by the information stored at the cellular level and it can also be changed, on an on-going basis, through information input through the sensory receptors. We are affected by sounds. The wavelength of sounds can influence how we think and feel and thus affect our physical bodies as well. For example, I am sure you may have seen the amazing photographs of the effects of negativity on water droplets and the corresponding change in shape of the structure of those water droplets when exposed to a positive emotion such as love.



Words of love and encouragement are symmetrical and pure like snowflakes



Words of hate, anger and criticism are discolored and malformed

It shows how human emotions can affect objects or fluids. This is an astounding discovery and when extrapolated to the human genome indicates the enormous effect negative or positive emotions are having on our wellbeing.

The same can be said of how our bodies are affected by different types of music. Loud, banging metal or rap music, has the effect of making a person agitated aggressive or off-balance.

So, what is actually happening here? It's about brain waves and what state these sounds or thoughts are having on our stressed body/mind. Let's look at that now.

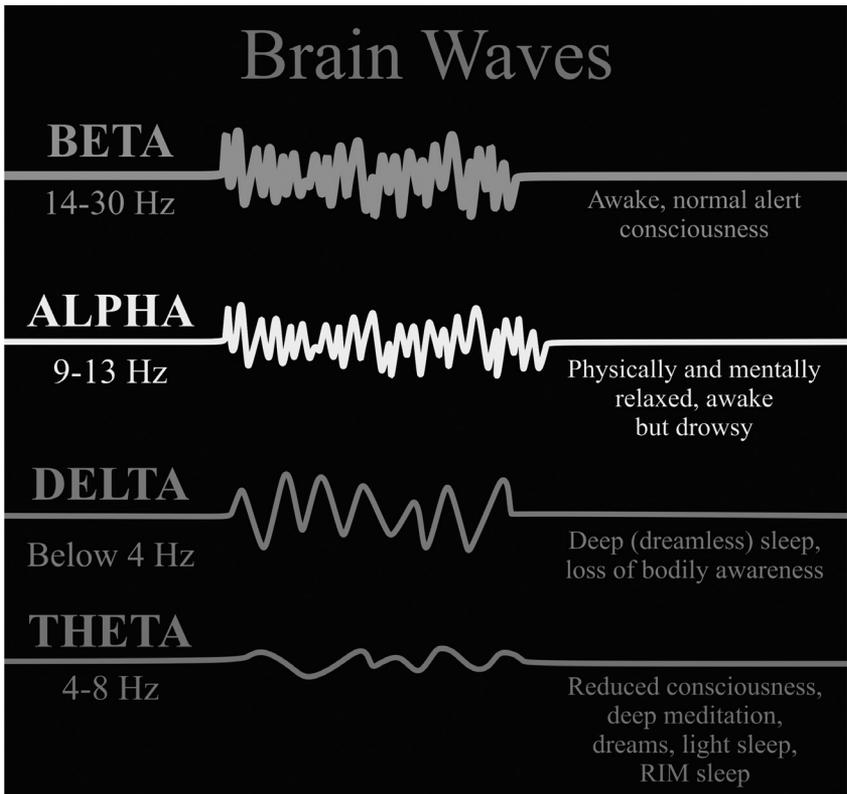
Brain Wave States

The vibrations from all kinds of sounds have a profound effect on our brain wave activity. With modern technology we are able to change our vibration and tune our conscious mind to different states.

We know that there are four primary brain wave states. These are: Beta, Alpha, Theta and Delta. Each of us operates at our own

individual brain wave state activity and we can cycle through each of these states during the whole day and night.

The basis of the RENEW segment is that we will be manipulating your own brain wave frequencies to achieve a desired outcome, which is, raising your overall vibration to a higher level than that which you started with. Depending on what you are doing during the day your brain will modulate through these four frequencies to match what activity you are engaged in at the time.



So, let's look at what state you can expect to feel during each separate frequency.

The Beta Brain Wave state is typified by states of:

- Alertness
- Concentration, and
- Cognition increase

The Beta Brain Wave frequency range is between 13 – 40 Hertz.

This state is said to be associated with peak performance and concentration. You are in a high state of alertness and focus. It is what drives you every day, our normal pattern of brain wave activity. It has been said that at the higher end of the range, at 40 Hertz, it may be the key to the act of increased cognition. You are at full attention and are primed to do your work.

The Alpha Brain Wave state is typified by:

- Relaxation
- Visualisation, and
- Creativity

The Alpha Brain Wave frequency range is between 7 – 12 Hertz.

This is a slower and more gentle state. You will feel a sense of peace and wellbeing and your awareness expands. In this state you have more access to creativity and problem solving. It is a state of deep relaxation, not meditation.

The Theta Brain Wave state is typified by:

- Meditation
- Intuition, and
- Memory

The Theta Brain Wave frequency range is between 4 – 7 Hertz.

This state helps you to go deeper into relaxation. Theta state brings forward heightened receptivity, inspiration and access to long-forgotten memories.

You have a sense of floating. Because it is expansive you may find your mind expanding.

Theta state rests on the threshold of your subconscious mind. This state can play a huge part in behaviour modification and the treatment of addictions. As we have seen in earlier chapters, in many cases stress can be seen as an addiction, so going into this state would be a most useful way to help overcome stress.

This Theta state is ideal for super learning, self-hypnosis and re-programming your mind. In this state we have access to information beyond our normal conscious awareness. It is often called the gateway to learning and memory. You can awaken intuition and other extrasensory perception skills in this state.

The Delta Brain Wave state is typified by:

- Detached awareness

- Healing, and
- Sleep

The Delta Brain Wave frequency range is between 0 – 4 Hertz.

It is the slowest of the frequencies.

It induces deep sleep and has been said to trigger the release of Human Growth Hormone which is beneficial for healing and regeneration. That is why deep restorative sleep is so essential to the healing process. It is because of the release of healing hormones.

It has also been said that the Delta Brain Wave signal is the frequency of the subconscious mind, where you then can change your subconscious programs and enhance your intuition. However, getting to Theta will be sufficient to reprogram for what you desire.

So, part of what we are doing in this “From Stress to Success Model” is, yes, increasing your vibration such that your cells are vibrating at a more positive level, and we are also trying to get you to slow down your brain wave states, so that you can heal. You will be healing whilst you are awake and you will be healing because you will be able to get more restful and restorative sleep. You will be healing because you will be getting to Theta on a regular basis, and that is the place of FLOW.

The other part of sound technology we will be utilising is the methodology of SuperLearning. We learnt how with different brain waves different aspects of the conscious and subconscious mind can be accessed. SuperLearning can speed up any results you want to achieve by specifically accessing brain wave frequency technology at the Alpha and Theta levels.

You can use SuperLearning to increase your personal learning by accessing the right hemisphere of your brain which incorporates creativity and emotional learning and which, when engaged, can be many more times efficient than the left hemisphere, the logical and analytical brain. This style of learning, SuperLearning, or sometimes called Accelerated Learning helps your brain utilise a more natural imaginative, creative and passive approach to learning. If you use Beta Brain Wave activity to learn things, this state involves a lot of thinking, effort, analysis and mechanical memorising. And we want to make it easy for ourselves don't we? We don't want to continue doing everything the hard way again.

So, in order to get to the brain wave state necessary to utilise SuperLearning techniques, we use music. Specifically, the type of music used is classical music, as it has the ability to not only expand the memorisation capacity of the brain through stimulation of the creative elements of the mind, but classical music also vastly enhances the ability of the brain to understand and make sense of information. It also seems to increase the enjoyment of learning.

Because we are bombarded by all manner of sounds every day, one of the ways we can increase our vibration and overcome these sessions of negative input, and increase our happiness levels, is through listening to specific music, or sounds that have been deliberately written with a specific beat or Hertz level that takes our normal beat, the one we generally are listening to on a daily basis, from a more stressful level, the beta level, to one of love, or the Alpha level or Theta level. You move out of fear and into love at this level.

Our goal is to be able to, at the end of a three-month period of working on your vibration, that you will be easily able to get to a Theta state, such that achieving anything you desire will be rapid. Your vibration will permanently remain high.

In Theta mind people can accomplish amazing feats. Greats artists and athletes can go into this state quite easily in order to create their masterpieces or achieve those world winning times and feats. So, this is the end goal, where we are heading, to FLOW, which is the Theta brain wave state.

So, during the day, on the way to work, after work or before bed, use this type of music as background music or sounds. These sound bites can lift you to a higher vibration level and eventually help keep you there with enough practice. Not only is this soothing. It opens up greater access to your creativity and intuition. You may find that you want to do more creative things. Now creativity does not mean simply painting a picture. It could mean finding a new way of doing things. For me, creativity is being able to see a bigger picture and work out the overview and then come back and be able to work out the individual steps I need to take to complete the vision.

The type of classical music we will be using here is baroque music, which will be played in the background as you work, on the way to work or before bed.

You have to ask - why baroque music?

It is because of the beat. Baroque music pulses at between 50 to 80 beats per minute. It helps “stabilise mental, physical and emotional rhythms.” Chris Boyd Brewer goes on to state that you “attain a state of deep concentration and focus in which large amounts of content information can be processed and learned”.

You see, music affects your brain waves. It helps you relax and can help you move out of stressed states that impede your creativity. It has been said that slower baroque music such as Bach, Handel or Vivaldi can create mentally stimulating environments.

We learnt in an earlier chapter that children between 0-6 years of age are downloading all of the programs necessary for survival. How they are able to do this so effectively is that they are predominantly in the Theta brain wave state. This frequency allows the brain to absorb and retain massive amounts of information that gets stored in long-term memory.

As an adult you too can learn to store massive amounts of information when you utilise this Theta brain wave state. It has been discovered that in this heightened state of receptivity, the clarity and speed with which you can concentrate, study, integrate and store information is greatly enhanced. When you can do this it is said that you are in Theta state.

So, part of this exercise describing sound, brain waves and SuperLearning is to help you realise that you can move from a busy, stressed kind of state of mind, to a more relaxed, peaceful and even heightened state of creativity when you use a tool such as music. It will help you change behaviours. And that is good news!

So, all of what we have been doing in this segment, RENEW, and the previous two segments, REPAIR and RELEASE, is helping you move out of a Beta brain wave state and move more into Alpha and eventually into Theta brain wave states, because when we arrive at Theta, this is where we can make deep and lasting changes and hence reduce our stress, reprogram our neural pathways for more positive outcomes, and at the same time increase our learning capabilities.

Like sound waves, the brain has its' own set of vibrations it uses to communicate with itself and the rest of the body. So, utilising sound wave technology, brain wave states and the science behind SuperLearning, the types of things you will be able to accomplish once you have mastered getting into Theta include:

- You will become more confident
- You will start to remember things effortlessly
- You will realise your mental potential is unlimited
- You will be able to integrate massive amounts of information more quickly
- You will absorb information effortlessly
- You will feel more intelligent
- You will be able to concentrate more easily
- You will find you have an excellent memory
- Your mind will feel more organised
- You will be relaxed, alert and have increased awareness
- You will be more focused, centred and clear
- You will be able to activate your mental potential.

And many more...

Imagine how your personal life, your business or your career would improve if you could learn faster and retain much more as well as the added bonus of being stress free?

It has been discovered that at really high frequencies, as opposed to brain waves, where getting to a slower rate is the goal, sound waves

have the ability to heal your DNA. It has also been found that the frequency of 528Hertz can affect the structure of water molecules, and that these water molecules need to be broken down into smaller units or clusters in order to be able to penetrate the cell membrane. Water is essential for life and for flushing out toxins and chemicals and to lubricate our bodies and our mind. If the structure of the water molecules cannot penetrate the cell membrane, then this means that the cells will not be able to flush out toxins. This will create a state of disease because the cells cannot eliminate this waste. Because water is essential to cellular life then it can be said that the frequency of 528 Hertz helps remove impurities from the cells, thus allowing your body to become and remain healthy and balanced.

So, what this means is that if your body/mind is being bombarded with all kinds of noise on a daily basis, and you are not vibrating at a very high level, then the opportunity for the structure of the water that feeds the cells to be broken down into smaller penetrable units and help keep your cells lubricated, allows for the foundation of disease. These cells can be damaged and you can get sick. In effect, sound, environmental noise, an environmental form of toxin, is causing your water to be impenetrable to the cell membranes. So, this is why this topic is so important from many angles. Sound can be lifesaving or life impairing.

For example, let's say you are dehydrated, or have lots of dry skin. This will mean that you are not getting enough clustered water into your cells and hence they will retain toxic waste and in some cases can shut down altogether. If you have this condition you need to be investigating how sound is affecting you. Do you constantly have negative thoughts? Is your body/mind bombarded with electromagnetic waves from too much TV or computer work? Are you listening to erratic music? And so on.

Interesting isn't it? The corollary to this is, yes, you can take in more water. However, if your skin remains dry and flaky then it means that the water is not getting to the cells and flushing them out. It is not simply about taking in more water. It is about getting your vibration to a level that it can heal on all levels so that the water molecule structure can be broken down such that it can penetrate the cellular membrane.

So, yes, we can heal with music or sound waves at a particular frequency. With baroque style music the specific beat gets us into a Theta brain wave state. In that state we will be retraining our minds to a more peaceful state. In this way we will be able to have a deeper, more replenishing sleep. When we do that we activate the Human Growth Hormone which helps us repair our DNA. Similarly, when we listen to frequencies of 528Hertz, which has been called the frequency of love this allows the structure of water molecules to be broken down and be able to penetrate the walls of the cells so that the cells can then flush out remaining waste. In this sense this frequency is helping heal our DNA as well.

There is much information and research on these higher frequencies such as 528 Hertz and other high frequencies. It has been said that 528Hertz was used by priests and healers to manifest miracles. However, we will not go further into those areas as they are not specifically pertinent to this topic. Suffice it to say that if you would like to know more then go to the resource page for more details.

This love frequency, 528 Hertz, is also said to be the bioenergy of health and longevity. It is the harmonic that lifts your heart to be in harmony with a higher power. It helps you to get into FLOW, and that is where we are heading the whole time with each step of the "From Stress to Success Model." Resolve the stress permanently and move into FLOW!

Looking back at brain waves, we don't ever produce only one brain wave type. Our brain activity is a mix of all frequencies at the same time. When we are stressed this activates our brain into a distressed state, and if we are constantly in that state we will not be able to shift to match the demands of our lives. We get stuck in a pattern. If we get stuck in a high Beta frequency we will have speeded up the ability to concentrate, focus or think clearly. If we get stuck in a low frequency, we will be so relaxed that we will also have difficulty in maintaining those alert states. The key is to be in resilience which is a stable state where we are able to bounce back from negative events. We need our brains to be flexible because we need to be able to access a variety of brain wave states.

Before we move on from the topic of higher frequencies, just to show you the power of these frequencies on very negative situations, it has also been documented that 528Hertz frequency has been used to clean water from grease and oil spills. This has been able to be accomplished in four hours, and sometimes up to twenty-four hour periods, for larger expanses of water. So, you can see the enormous impact that these higher frequencies could have if we used them daily in our lives. We could use them for good, changing the negativity surrounding large groups of people to a more positive state.

In this segment of RENEW, where we aim to increase your vibration and keep that high permanently through various methodologies, one of which is sound, we will also be specifically addressing our emotional and mental states as well as it is not possible to ignore these aspects selectively. Sound waves affect us on many levels and these two levels are also our target when we do this work with sound. Let's look at feelings next.

Feelings:

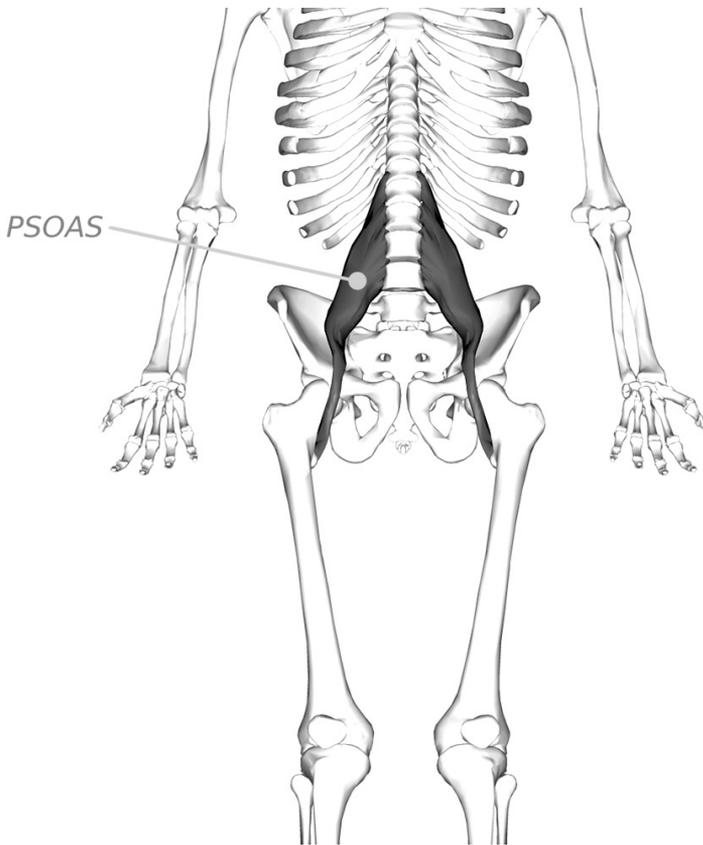
As we saw in chapter four, you could work out where and why stress was affecting your body/mind by listening to the signs and signals that your body is trying to communicate to you. As part of you taking full responsibility for your health, it is imperative that you commence taking more conscious awareness of what your body is trying to tell you.

Part of this new research we now know about is that stress can be stored deep within our bodies. Much study has been done on this aspect and how and what physical position a person's body goes into when confronted by a stressor trigger. As we saw in the preface the TMJ can give you an indication of how much stress you are holding within your body. We now know specifically which muscles groups to work on to alleviate this stress from our body. Stress held within our deep internal muscles affects how we feel.

Witness the incidence of lower back pain amongst the general population, and more than most, in office workers. It is at epidemic proportions. It has been found that the major muscle that is affected most during a stressful situation is the psoas muscle. This muscle connects the torso to the legs. It is the only muscle to cross over between the body and the limbs, and because of that is it the place to investigate specifically with issues of lower back pain.

When a stressful event occurs people generally go into a trauma stance. What this means is that the person will crouch or bend forward. It may be subtle of course. What they are doing is bending forward in order to protect the head, the neck and the face. The shoulders also hunch forward and the spine bends forward at both ends, the top and the bottom. In that very action the effects of the stress can be stored instantly within the psoas muscle. There has

been much research done in this area and there are various exercises that we will do to release the effects of stress from this muscle in this RENEW segment. The psoas muscle can be a place of storage of emotional response. You may have released stress on other levels but it is imperative that you look at releasing vestiges of stress deep within your body at the muscular level.



The major point to know here is that if your psoas muscle is in contraction all of the time because you have not been able to release and resolve stress, then this muscle will keep your stress response

mechanism open. You will be in a constant state of low grade underlying stress, mostly of which you are unaware. (We will discuss the psoas in more detail in the exercise section.)

The point of bringing up the effect of the psoas muscles here in the feelings section is to highlight where in the body that the psoas muscle starts and ends. You see it encompasses the first three chakra areas: **the base or root chakra** which relates to the structure of your life, your blood, bones, muscles and tissues, and incorporates issues such as trust, independence, belonging, helplessness, fearfulness and resourcefulness and adaptability to cope and so on.

The next chakra that the psoas crosses is the sexual organs and relationship area, and this includes issues such as whether you are passive, inhibited a go-getter, have neediness, boundaries in relationship, assertiveness, protection issues and whether or not a person is cooperative or is against everything in general.

The third chakra area that the psoas crosses is the solar plexus area, and this includes your main core beliefs about what drives and motivates you in the outside world, do you feel inferior or competent, do you go in addictive behaviours, do you feel threatened or intimidated in any way, do you feel trapped, do you feel you are winning or losing and conceding. This area is in the gut area which is the main driver of what, how and why we metabolise, digest and eliminate food and thoughts and feelings. If your digestion is off it also means that you are not digesting life easily. You could be caught in the middle and not able to make a decision. The symptoms you might have here are: stomach issues, acidity, gastrointestinal tract issues, bowel problems and any immune issue.

The solar plexus area for many people, is the seat of most of their problems, emotional, mental and physical. If the gut is out of

balance you feel unwell. It is the centre that holds many of our deep core negative beliefs about ourselves, so when we look at this area later, and when you instigate your new life eating plan, you will also need to look at doing some clearing up work to get to the major issue underlying that discomfort and release it. However, this may or may not be necessary as these issues may well have been resolved in the RELEASE segment. Also, too, when you are eating right for your blood type sometimes these emotional issues resolve themselves, especially if you are listening the high frequency music or Theta tapes. Sometimes emotional issues can be released by addressing the physical body, and sometimes it needs to be the reverse. Emotional issues need to be addressed.

So we will be using technology in this section that revolve around increasing self-esteem and self-confidence and working on health. In this case less is more. If we try to crowd our busy lives with too many tasks to do at once we will not be able to keep it up and we will fall by the wayside, and we cannot afford to do that now since we have come such a long way towards being stress-free.

My hypothesis around the solar plexus area is that the majority of your negative core beliefs reside here in this area and are affecting your gut area more than you think. If you have discomfort or disease in the gastrointestinal tract area and immune system, then there are deep seated unresolved underlying negative beliefs that need to be addressed or released. Initially you can do this in RELEASE type work. Alternatively, you can address the physical directly, examining what you put into your body and closely observing the effects various foods are having on your gastrointestinal tract. This will be a much easier road when you can match what you eat based on your specific blood type. More on that soon.

So, from an holistic point of view, since we have done the REPAIR and RELEASE work on the major stressful issues and underlying negative beliefs affecting our lives, when we introduce sound, what we eat, what we are feelings and thinking, we add more elements to be able to raise our vibration to a place where we can heal on more levels. Some of these further issues could still be lodged within the gut area. You will know this if you are experiencing any discomfort in this area such as: indigestion, irritable bowel syndrome, abdominal pain and many more. Underlying these dis-eases will be further emotional issues. So, they will need to be dealt with in this RENEW segment, using technology around sound, eating the correct food and doing the appropriate exercise and listening to technology that can re-pattern your brain wave activity. Let's look at the mind or mental aspects of your body/mind.

Mind:

If we have been programming our minds for many years with negative thoughts and attitudes we will have very strong neural pathways that can lead us back to that preferred position. For that very reason, in RENEW, we input new sounds, eat more appropriately, exercise according to our blood type, and do exercises to release the deep muscles that hold the stress. During this phase we will also help you input new neural pathways to self-esteem, confidence, health and abundance, which was mentioned above.

The tools that we use here are paraliminal tapes that have been scientifically researched to help change the way you think to become more positive, and hence be the new default choice for your new patterns of thinking. What "paraliminal" means is that each recording has two voices which speak to you in each ear, saying different things. For example, when you speak to the conscious mind you will be listening through the right ear. The conscious mind needs

different messages than the subconscious mind. When you speak to the subconscious mind you will be listening through the left ear, which affects the right side of the body. Listening through the right ear you will be able to affect the conscious mind. The good part of these tapes is that you do not have to do anything. You simply listen. These are not subliminal in any way. It is just a new way of providing information to your two brains at once in order to be able to achieve a better result.

Another exercise, we will do once as a set-up, is something that will expand your aura and fill you with self-confidence, knowing that when you need to activate that confident aura, you can do so with a little effort. This will help increase your vibration and get you into a state of confident readiness for any event that you need.

So, in summary, we will be looking at: sounds, changing emotional and mental states via self-confidence, self-esteem, health and abundance, listening to specific music to increase your vibration, releasing stress at the deeper muscular level, installing eating and exercising life plans according to your blood type, and then putting all of that into a daily ritual, so that your new preferred states are your new focus. The key is to make it simple and easy to follow and take on board. If you have come this far in the program wouldn't you want to be as healthy as you can be?

Food and exercise:

Through bad habits we may not be eating as healthily as we could. Because through the intake of lots of chemicals to make our food taste better we have lost the ability to enjoy the taste of natural food. We tend to add lots of sauces and dressings to enhance the flavour. So, in this segment we will work on a life plan of eating. This eating plan will cover the prospect of you being affected by candida, intolerances

to various foods, hormone imbalances, and the overall effect your blood type is having on your style of eating, what you choose and why you are choosing that type of food.

There has been a lot of research based around that, and it might be useful for you to get to know and understand just how what you eat is so pertinent to how you feel at the physical level. As I said, when you heal and repair the physical level, you will feel so much better than you have in years. So, that is why this is so important.

We know that stress is affecting us on many levels. If you are stuck in a fight/flight mode, which means that your stress response mechanism is not shutting down effectively, you are, at a subtle level, locked into a constant adrenal/cortisol release. This means that your body will always be in a state of low level stress and your energy will be depleted. You will be exhausted and you will have no control over your life. So, we need to do something about that and we do that in the first step, REPAIR, where we specifically deal with increasing your energy levels.

The corollary of examining what you eat is that as part of this we will be looking at the type of exercise that is more appropriate for your blood type. Hours at the gym may well be working against you.

Stress affects us on so many levels, in order to feel really well, better than you have ever felt in your life previously, it is imperative that you approach stress resolution from an holistic angle. And that is why, in my model of “From Stress to Success Model” we approach stress resolution in stages, taking care to involve the physical, mental and emotional levels to ensure resolution on every level.

If you are stressed there is a good chance your eating habits have deteriorated. This means that your physical body has taken a

hammering. Because the effects of stress can be on-going due to the fact that you have not yet been able to turn off the stress response mechanism, effectively, this means that your body is suffering enormously. When this happens your hormones becomes imbalanced, you could have created food intolerances to many foods and substances, you could have created candida and you may have put on extra weight and found it very difficult to release, no matter what you do, diet-wise.

Before we tackle food and its' effect on your body I want to share **my hypothesis around these issues. And that is:** the gut is the basis of physical wellbeing. You will create food intolerances, not only because you are stressed, but also because you are not eating according to your blood type. These intolerances will further disrupt your physical body, specifically the gut area, and you can then create candida. If these issues are not resolved, you will be well on the way to creating major disease of the gut, the bowel and the immune systems.

Let's look at food intolerances first.

What is food intolerance? What are food allergies? Are they the same? Does one cause the other?

Wikipedia defines **food intolerance** as a difficulty in digesting certain foods. Whereas **a food allergy** is when the body's immune system reacts unusually to specific foods. Common food allergies include milk and eggs.

It appears to be a question of severity of symptoms as well as more complicated chemical reactions. If you cannot digest foods logically that would mean that you have an immune response. You do not have the requisite enzymes or other relevant bodies to convert that food into useable elements within the body. Whereas with an

allergy it appears that these people have an immediate and severe reaction to particular foods.

As I stated above, my hypothesis is that if you followed the blood type eating plan relevant for your blood type, you would automatically exclude foods that are not suitable for your particular gut flora to digest and hence you would not get food intolerances.

Because the most common types of intolerances are: wheat, gluten and dairy products, to me it seems logical that certain blood types cannot tolerate these types of foods. However, we will discuss blood types shortly. A very useful study would be to add the category of blood type to any survey on food intolerances to assess whether my hypothesis holds.

It appears that intolerance is a detrimental reaction to a food or compound in a food, which is most often a delayed reaction that produces symptoms in one or more body organs and systems.

Whereas with allergies, food triggers the release of “mast cell mediators” such as histamines when the food allergen binds to performed antibodies. There is an immediate reaction with allergies.

The symptoms of food intolerances include: symptoms affecting the skin, respiratory tract and gastrointestinal tract issues. It could be rashes, hives, dermatitis and eczema. There could be nasal congestion, sinusitis, asthma and an unproductive cough. You could have mouth ulcers, abdominal cramps, nausea, gas, diarrhea, constipation, or irritable bowel syndrome. A trigger to these could be via a viral infection.

Food intolerances are aggregated into categories: enzymatic, pharmacological and undefined such as food additives.

How food intolerances are generally diagnosed is via: hydrogen breath testing for lactose intolerance, fructose malabsorption, elimination diets and testing for immune responses to specific foods. For our purposes an elimination diet, using the blood type eating plan, which is a life-time plan, would be the easiest way to test yourself. In this way you would become more aware of how different foods were affecting you physically.

There are various testing time periods in order to assess whether a person can claim that they are intolerant to a specific food or not. However, if you would like more information please see the resources page for books and research.

The symptoms for allergies include: hay fever, food allergies, dermatitis, asthma, red eyes, itchy rash, runny nose, shortness of breath or swelling. You could be affected by pollen, metals, food or insect stings. Suffice it to say that we will not be going into any great length over this topic other than to highlight that the symptoms of both food intolerance and allergies appear to be similar, and that it is not necessary for this segment to go into great detail about this ailment.

The question to ask is why you have food intolerances or allergies? Can you avoid them or reverse them?

I came across a survey: The Foodintol Survey 2012 – a snapshot of food intolerance in the community, prevalence, symptoms, testing and results conducted via an Australian company. I have provided a link in the resources page to this survey as the results are most interesting. The study comprised 999 respondents from several countries around the world.

The key findings include:

Symptoms suffered No. of respondents After substituting problem foods

Symptoms suffered	No. of respondents	After substituting problem foods
Stomach bloating	85%	79% reported bloating better
Irritable bowel, diarrhea	83%	70% reported this was better
Headaches	50%	41% reported it was improved
Gradual weight gain	44%	38% had weight loss
Arthritic or stiff joints	52%	36% reported more mobility

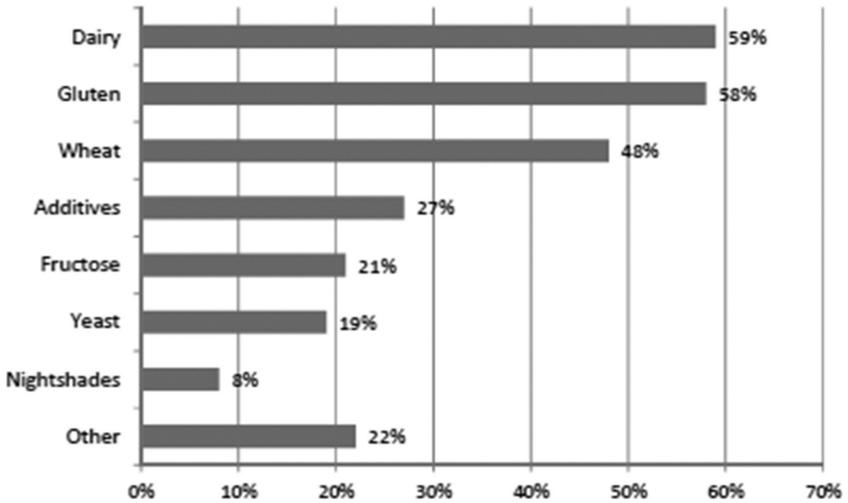
Source - *The Foodintol Survey 2012*

So, when 85% of respondents took the survey they indicated that they had stomach bloating as an issue. After they took out the food that was causing the disturbance 79% of those participants reported improvement in their symptoms of bloating.

The results appear to be quite extraordinary in that once a food was identified and eliminated the majority of the respondents noticed improved benefits.

The interesting thing to take note of the was the types of foods that caused intolerances. These included: dairy, gluten, wheat, additives, fructose, yeast, nightshades and an unidentified category.

NB: Dairy and gluten were by far the biggest factors of intolerance.



We could go on but I think the point has been made that many people suffer needlessly due to lack of knowledge of what is affecting their gut and what to do about it, especially if medical tests do not reveal specific problem areas.

Now. Let's look at the various blood types and the types of foods that each group needs to eat and what they need to avoid.

Blood types:

There are basically four blood types, however, latest research indicates that there are now subcategories. For an in-depth look at this research please see the resources page for the relevant link. (We will not go into the subcategories specifically other than to say that subgroups can diverge across other main categories for types of foods to add or avoid.)

The four types are: O, A, B and AB.

O's are the most common blood type and approximately 52% of the population fall into this category. O's thrive on physical activity, but sometimes their blood flow can be sluggish and they will rapidly grow lethargic. It is imperative that this blood type gets sufficient vigorous exercise in order to maximise their potential.

O's have a great need for animal protein. If you are an O and try to follow a vegetarian type diet you will always be hungry and have low blood sugar. Because of this you may try to load up on carbohydrates, and this causes hypoglycaemia. And people will generally try to load up with caffeine, alcohol and energy drinks to overcompensate for this low blood sugar. This is not a good idea.

O's should avoid milk, cheese and eggs as they produce an excessive amount of mucous. So, if you want to drastically improve your respiratory problems, avoid all eggs and dairy. They should also **avoid wheat** as it causes an imbalance of hydrochloric acid, which contains gluten.

Because of O's need for protein if they do not engage in exercise the excess protein will turn toxic and they will struggle with rapid weight gain and battle bulges, with a growing lassitude until they can resume a fitness regime.

As well, **O's need to avoid:** wheat, gluten, dairy, eggs and most sugary fruit, and certain types of vegetables. You see, these types of food are already food intolerances to O's and can therefore move beyond discomfort and you can create candida (as well as other GI diseases).

A's are the next most common blood type and occupy 37% of the population. Their diet is composed mostly of vegetarian food. They are less active than O's and therefore do not need as much protein.

A's lack sufficient hydrochloric acid in the stomach. They are unable to breakdown and assimilate foods and supplements.

A's form mucous -related conditions and frequently experience colds, sinus, allergies and other respiratory problems. Any exercise should be fairly mild such as walking or yoga.

A's need to avoid: ALL dairy, cheese, milk as it is poison to their system. They should also avoid wheat.

Type B's falls between the O and the A and occupy approximately 9% of the population. Their diet comprises the combination of both protein and vegetarian. They can tolerate moderate amounts of dairy, however, if they eat excessive amounts of milk, cheese or butter they will suffer from mucous- related issues and have the same health issues as both O's and A's.

B's can tolerate coffee, but without milk as it makes it far too acidic. They need to watch out for skin ailments and respiratory problems as well if they consume too much dairy. They also need to **avoid wheat products.**

So, the type of exercise B's require include brisk walking or swimming rather than aerobics or vigorous exercise or yoga.

The final category is the rarest type the AB's and they occupy approximately 2% of the population. They have the same requirements as the combination of both the A's and the B's. They mostly should eat a vegetarian style of diet with modest amounts of protein.

They need to avoid dairy foods and are similarly affected by mucous-related issues which would be greatly reduced if they avoided dairy in total. They also cannot tolerate wheat products.

So, in summary the types of foods to avoid in ALL blood types include: DAIRY and WHEAT, (which contains gluten) and GLUTEN specifically.

From the survey mentioned above the biggest intolerances were to: dairy, gluten, wheat, additives, fructose, yeast, nightshades and other products not specifically identified.

So, that is a clue. **No one should be eating dairy or wheat or gluten.** Yet we persist because we have been told that we need to eat from the food groups that contain grains and dairy. Sometimes the smell of baking bread can be too much and it is easy to succumb. Unfortunately, wheat and gluten and dairy bring on respiratory ailments and gastrointestinal problems.

The corollary to this is that these food intolerances can turn into candida, a much worse variety of dis-ease than an intolerance. So, we will discuss this next.

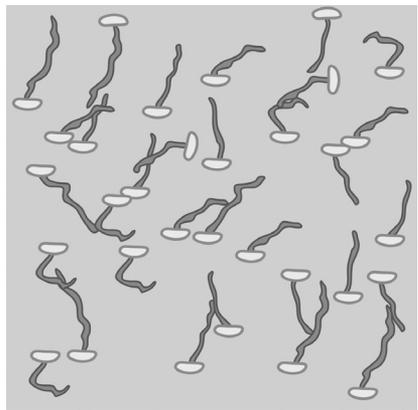
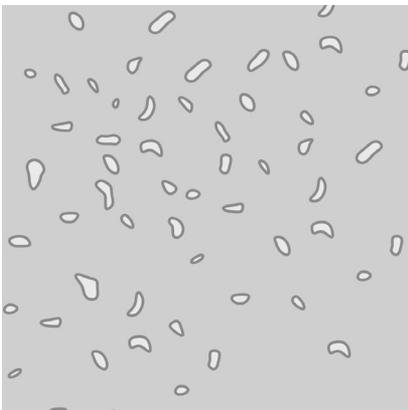
So, for you, the reader, you really need to know what your blood type is so that you can nourish your body accordingly and you now know that you need to eliminate dairy, gluten and wheat.

The other piece of new information concerns whether you are a **secretor or a non-secretor**. A secretor is a person who secretes their blood type antigens into body fluids. What this means in simple terms is that a secretor has the tendency to promote a “stable friendly bacterial ecosystem.”

This means that they are able to tolerate a larger range of food and can fight infections more readily. However, with a non-secretor they are prone to infections and candida because they do not have these antigens to fight off invaders, so they have to be very careful about what they eat. (See Dr d'Adamo's work re this. It is new information that you need to be aware of and there is a saliva test which you can take in order to assess your ability for this.)

Candida:

If you have not been eating according to your blood type you will automatically have food intolerances. If you continue to ignore the effect food intolerance is having on your body, these intolerances will create candida. So many of the population suffer from diabetes, cancer, heart problems and obesity that you cannot expect to continue doing what you are doing to your physical body and not expect to get a disease. All of these diseases are stress-related. All of these diseases are also food-related. So, as part of the process of getting to wellness overall, and to total FLOW, it is imperative that you address food and exercise as a major concern now.



There are two types of candida. One which is a yeast form and the other which has a fungal form. These result from an imbalance in the stomach acid levels and/or the PH levels in your intestines. Candida is a very tricky bug. It converts to a different form and multiplies in a different place depending on the balance of your flora within the GI Tract. It can go from the small globules, the yeast form, to grow into what they call hyphae or branches when it gets out of hand and wants to take over. What this means is that you can think you are having a balanced diet and your PH levels are in the alkaline range, eating lots of fruit and lots of juices and thinking you are healthy. However, the candida bug can transform in the alkaline range from the yeast form to the hyphae form because it thrives on sugar. There is so much sugar in fruit and juices, because the fruits or vegetables break down into sugar when they are in juice form. So, it forms a hotbed for breeding for these hyphae. The yeast form of the candida isn't as dangerous as the string or hyphae type candida which can grab hold of the intestinal wall and spread right through the gastrointestinal tract and immune system.

Now. The other icky thing is that these string like forms, the hyphae, can break through your gut lining and allow food particles to get directly into the blood stream. This is like having foreign bodies floating around in your blood and your immune system. Your body does not recognise these particles and hence can create more havoc and more discomfort and disease. The strings can form branches everywhere from your anus and rectum right through to your throat. Simply inputting probiotics to flood your system to get more good bacteria into your system will not work in the long term because these strings can be very virulent. You actually need to kill off these strings with anti-fungal medicines or potions, as well as changing our eating plan and also taking probiotics. (Please see the resources pages for link to other books or relevant information.)

The main problem with candida is that the cells emit waste products and toxic gases called neurotoxin acetaldehyde. These cause symptoms across the rest of the body. The types of symptoms include: brain fog, fatigue, weight gain, digestive problems and many more. So, if you have a weight management issue, this would be one of the first areas to look at, as well as food intolerances from not eating according to your blood type.

You actually have to kill off this overgrowth of strings and “cure” yourself of candida. Otherwise it can spread and cause even more serious diseases. The way to “cure” candida is by preventing the yeast variety of candida from multiplying and transforming into their fungal form. How you do that is by cutting out:

- Sugar
- Fruit totally until cured then add back low sugar fruits
- Caffeinated drinks
- Alcoholic beverages
- Starchy vegetables
- Some meats – mainly processed
- Some nuts
- Most farmed fish
- Chemicals in your drinking water
- And taking out your mercury fillings

So, **you have to ask yourself, how did I get to this position** where not only am I stressed out, emotionally and mentally, but my body is a shambles and I am dragging myself around because I have no energy?

Answer:

You were stressed and you took on non-foods as a way of coping.

The stress increased your blood sugar levels and weakened your immune system at the same time.

This led to prolonged changes in your body chemistry.

These stressors lead to an increase in cortisol flooding your body.

And cortisol leads to an increase in blood sugar.

When your blood sugar keeps elevated your pancreas keep outputting increased insulin to cope with the increase in sugar. The pancreas can fail in prolonged imbalance.

You can then create diabetes, which is high blood sugar-related disease.

Just to make sure you understand how important this topic is and what types of symptoms you are looking at, if you do have a few of these then it would be best to investigate.

Symptoms include:

- Brain fog
- Poor memory

- Lack of focus
- Digestive issues
- Poor coordination
- Depression
- Panic attacks
- Low libido
- Fatigue
- Insomnia
- Respiratory issues
- Allergies
- Immune problems
- And pain of any kind

Unfortunately, these symptoms can also be related to other diseases. Therefore, as part of a preventative approach to wellness you will need to consult a professional here to be tested effectively. I would recommend you consult someone who has been through it and has resolved candida for good.

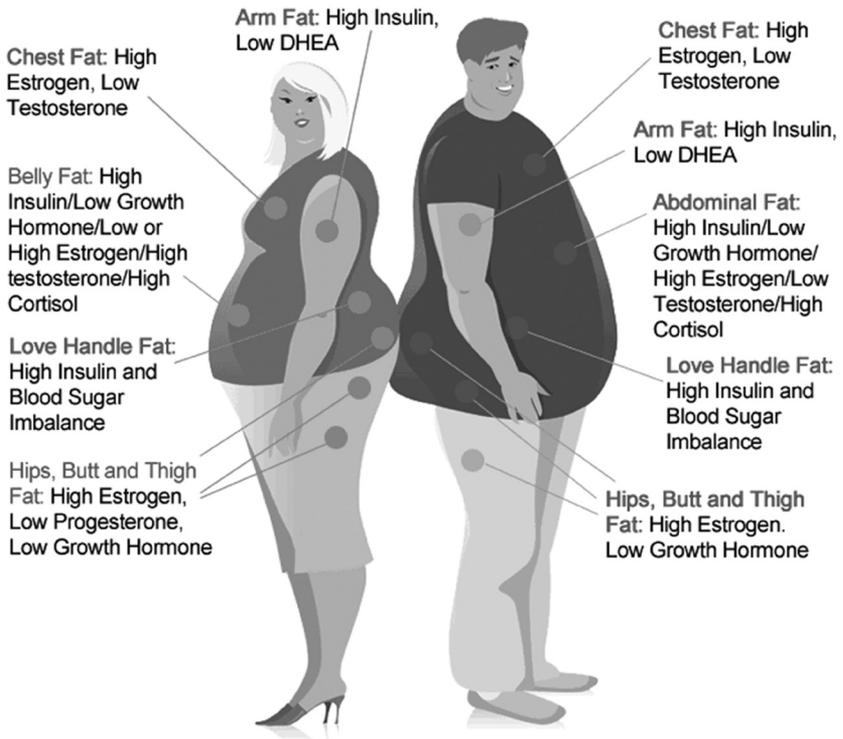
So, how you “cure” yourself of the debilitating overgrowth of candida is via an anti-candida diet. This is a low sugar diet. It can reverse Candida overgrowth or reduce chances of it happening in the future.

(Please see the resources page for a link to a really good book on this subject.)

We have covered only an overview of the Blood Type Diet. This is not a diet per say. It is a lifetime eating plan for total wellness. Because I am an O blood type I can eat protein and vegetables and not much fruit at all. This is unfortunate because I love fruit. However, the fruit has so much sugar, and because O's have a tendency to produce more acid, this fruit will quickly break down into sugar and then spike my blood sugar and then my GI Tract will have the basis for creating candida in its' two forms: yeast and hyphae, or strings. So, part of the process for me "curing" candida from my system was to follow the diet (in the resources page), increase probiotic levels and take anti-fungal medicine to kill off this candida. Along with this was a very strict eating plan. However, the results are worth the effort. This could take three months to cure.

Hormones:

Let's look at the effects of food intolerances and candida on your hormone system. Yes. Your hormones get out of balance when you are stressed. And you are not eating properly, exercising, getting the right vitamins and minerals, getting proper sleep or not keeping a balance between your social and work life. The chemicals and electromagnetic charges that are occurring during these stress-inducing events are too numerous to discuss. Suffice it to say that you will feel the effects of hormone imbalance as they can be similar to those listed in the candida section. However, the most notable effects of hormone imbalance are visible externally when you store abnormal fat deposits in specific areas of your body. Places where you may not have had fat before.



Looking at these diagrams you can see that if undesirable fat accumulates on the waist for males, one of the most common causes is an imbalance in estrogen and testosterone.

For females, unfortunately, hormone imbalances are more prevalent, and in the Foodintol Survey listed above, it was shown that women are more prone to food intolerances and candida. The fat accumulates in places which you may not have had previously. These places indicate the type of hormone imbalance. (See the diagram)

We know from studies world-wide and from observation that the Western world is in epidemic obesity. This obesity can be traced back to the rise of fast food outlets and manufactured foods that

contain increased levels of sugar and saturated fats. Our bodies are not designed to cope with this constant onslaught of chemicals and sugar input and we react accordingly by becoming obese or diseased.

So, as part of increasing your overall vibration, you might consider changing to a lower sugar diet anyway.

Exercise:

Needless -to-say at some stage you will need to do some exercise. However, it may not be as bad as you think. The different blood types need different types of exercise in order to bolster their immune systems. An O needs vigorous exercise. An A will need gentler types such as tai chi or yoga. B' can do a combination of both A and O, or do brisk walking instead of vigorous exercise. AB's fall between A and B and therefore can moderate even brisk walking to moderate walking and yoga, a combination.

The other element in this section is that in order to release any remaining stored emotional issues at the deep muscular level, specifically the psoas muscle, we need to do very specific exercises to release any residue stress lodged in this area. (Please see the resources pages for links to these books).

When you do these very specific exercises you will feel better, sleep better, and move more freely. The aches and pains that you have been developing will disappear and you will feel like a new person. The only guarantees are that you need to do the work to get the results.

The Psoas



As mentioned in an earlier chapter on stress what happens physiologically when a stressful event occurs is that the psoas is one of the major muscles affected by your response to stress.

We respond to a stressful event or trigger physiologically as if our very survival is being threatened. What we do, sometimes subtly, is we crouch or bend the body forward in order to protect our face, neck and abdomen. The muscle that activates that automatic response is the psoas muscle. So what that means is that the action of crouching entails bending the top and the bottom of the spine forward in that protective stance. The psoas muscle then tightens. So, what this means is that in the very act of responding to a threat to our survival, together with the emotion of fear generated, this physiological and emotional stress becomes stored in that tight muscle. A tight muscle then signals the brain that we are still in survival mode and are being threatened. This signals the brain that we are still stressed and hence the stress response mechanism will remain open and our body will be affected by adrenaline and cortisol on an on-going basis. Until we

can release the emotion and release the memory we will not be able to release the stress. We can do both of these things when we release the psoas muscle.

So, the important point here is that tight muscles, particularly the psoas, tells our brain that we are still in danger. Also too, any kind of pain in the lower or middle back or hip area will cause shortness of breath. If the hips or the psoas are tight then this could detract from being able to lie correctly or even be able to sleep.

The other aspect is that the danger position that is triggered as a response to stress, the foetal position, is a place we can get locked into. Being locked into a particular physical position such as this not only signals the brain that we are still in stress and danger because our survival is being threatened, it also means one of our most widely used bodily positions, the act of sitting, can also signal the brain that our bodies are stressed. So that is really bad news for everyone who sits at a desk all day. Sitting, because it is like the foetal position, tells the brain that our muscles are shortened and tight and therefore we are under threat.

What happens when you sit for long periods of time is that various tendons and muscles become shortened. When they are shortened this pulls the psoas forward, compressing these tendons in the hip joints. This makes our hips unstable and our body structure, our spine moves out of its' correct position. When these are unstable it also affects our legs and feet. They move or rotate because of the unstable hips. This then not only leads to lower and middle back problems and pain, but also to knee and feet pain. Then there is a decrease in circulation and blood flow to these areas. This structural imbalance is caused by the lack of flexibility in the psoas and other muscles and tendons. So what people do to overcome this structural imbalance is that sometimes they over-develop the quads and the

upper thigh muscles. They think that this is a way to lessen the pain in these areas.

So, the act of sitting for long periods of time encourages and maintains a state of stress in our psoas.

The other aspect of what happens is relation to the psoas is that when a stressful event occurs, notice how we gasp for breath instantly and we often go into a period of shortness of breath after the event. If you are experiencing stress on a daily basis this means that you will eventually get into the habit of breathing that way. Because the psoas has shortened the diaphragm it then shortens the breath. Because the psoas crosses the third chakra area and in this area is the diaphragm which is connected to the psoas, it is the psoas that is actually contracting and restricting the movement of the diaphragm and this affects your breathing.

To combat stress, the psoas needs to be in optimal condition. If your muscles are already tight then these muscles are the first to be affected by stress and the last to let go after the stressful event. It becomes and habitual response, a pattern.

We need to move but in certain ways for the psoas to be released. The body loves to move and you will look and feel healthier when you add more movement to your life. If you have tension anywhere in your body this is a sign that you also have a corresponding emotional issue attached to that tension. Tight hips tell the brain that you are in danger and need to stay in the survival mode. It says that you are in danger and therefore you need to crouch over into the foetal position in order to protect yourself. Sitting reminds the brain of this foetal position. This constant forward movement not only compresses the muscles and tendons it also squashes the gut area and you can find that you will have digestion problems as well as other gut issues

because of this restricted movement of the hip flexors and the psoas due to this constant sitting position. This tight psoas can be very draining and can exhaust us as it affects our breathing and therefore we are not getting sufficient oxygen into our bodies to help fuel it.

So, locked into this contracted psoas and our hip area is the emotion of fear. When you release the hips you will eliminate any unnecessary fear. It is a vicious circle, fear puts us in a forced position of survival and survival shuts down and holds stress within that area, as we prepare for the worst. How we approach fear and the body's reaction to it can be reduced and significantly improved through the release and repair of the psoas. In step 1, REPAIR, we firstly repair the autonomic nervous system and retrain one aspect of our subconscious mind through the act of better breathing. By association we will be helping the psoas as well. However, we will still need to do specific exercises to make sure that all of the release work has been done. So, you can see how important this muscle is to your overall wellbeing. (See the Resources page for a link to these exercises.)

Water:

Just to explain how imperative water is to our survival. When a stressor trigger is activated various electrical and chemical reactions occur in the body. Most of the activity occurs in the brain whereby it is working out how to respond and then sends signals throughout the nervous system super highway. This is exactly like an electricity station which needs water to continue to pump the water into the station in order that the electricity is generated. It is the same for the brain. Water is constantly needed to keep the brain functioning effectively, particularly in a stressful event. If a person does not have sufficient water available outside the cells, the automatic systems draw water out of the cells so that the brain can continue to be lubricated. Now what this does is result in water shortages in various

parts of the body. If the person does not drink sufficient water and these stressful types of situations continue to occur this will result in pain in specific areas of the body. If the pain is not addressed with sufficient water to lubricate this area, this body area could then generate into inflammation and hence go more into a disease state.

You see, quite often our bodies are crying out for water instead of food, however, we do not easily recognise these thirst signals. So, if you have a pain anywhere in your body and you take a tablet to make the pain go away, in effect you are simply masking the pain when the pain is trying to tell you some message. You will then have not only the pain but also a new problem. It could be dehydration caused by repetition of stressful events. If this continues you will head towards disease.

Stress causes dehydration and dehydration causes stress to your body. So, one of the first remedies you probably need to look at is: are you drinking enough water to satisfy the brains' needs for water in order to function effectively? Most probably the answer is: No. I would urge you to buy a copy of: Dr Batmanghelidj's book: *The Body's Many Cries for Water*, as it explains in detail the effects of dehydration on your body.

So, in summary, we've come to the end of these sections: sound, feelings, mind, food, food intolerance, candida, hormones and exercise, and how we use water, and have only scratched the surface of these topics in this chapter. However, because this book is about going from stress to success and hence into FLOW on every level, we literally cannot devote a separate book on each step. It is important for you to be aware of what is available and what we will be doing within each level. And, as I said, each step needs to be taken separately, one at a time in order to get the results. The five steps could take a year to get through, however, this is about life long change not instant

gratification. Yes. You can feel instant stress relief and feel better within one session. However, my aim is to make those changes stick and become permanent, and that is why each step of my model: “From Stress to Success” has been designed this way. The way to serve you best!

The really great aspect of this RENEW section is that you will be increasing your vibration at a deep and lasting level.

You can see how ALL of these steps need to be taken one at a time and in order so that change is manifested permanently. You are retraining your body/mind to accept a different chosen reality, not some negative pattern that you have been running forever and which you did not consciously choose to have.

These are all of the necessary steps to achieve exactly what you want and be really clear about what you truly desire so that only those things are attracted into your life.

Your chakras may be blocked, your energy patterns may still contain some residual negativity, you may have symptoms of disease or actual illness. You may still have interrupted patterns of sleep and negative thoughts running around in your head. You may have habitual patterns of eating behaviours that need to be addressed. You may have become slothful and have neglected your body/mind in some way so it is important to give that body/mind the opportunity to heal effectively and create new frequencies and good positive vibrations to replace those negative ones.

Because of this we will need to retrain our body/mind with a sequence of vibration enhancing methods and technologies to implant this new way of being. So, in this step we will be doing various things, which we have briefly outlined above, that have all been scientifically researched to be effective.

To reiterate, in the RENEW segment, one of the elements we will look at, is the food we eat, take stock, eliminate various things and see how it affects us and re-introduce items one at a time in order to assess what is more suitable for us.

The next element is to instigate various movements of energy releasing exercise into our daily routine so that we become supple and in tune with our body/mind. These revolve around relaxing the psoas muscle.

The next element is to look at how we are breathing, which we will continue from step one, REPAIR, and instigate different types of breathing patterns which can change our mood instantaneously, alter our heart rate and generally improve our wellbeing and be able to take control of any stressor triggers that may come our way whilst on the road to total recovery.

The next element is to do some form of daily ritual that incorporates what you can do first thing in the morning and what you can do throughout the day and then finally what you need to do before bed. We will be listening to different types of music and sounds in order to re-program our emotional and mental states to transform from stress or negativity to success and positivity. Because we will be listening to various music and tapes for specific outcomes, this type of listening becomes a type of meditation.

Meditation has been proven to increase blood flow to our brains thus revitalising us and improving our cognitive function and abilities. It also puts us in a state of bliss and in this state we are releasing oxytocin and hence increasing our happiness quotient. This meditation is by way of the tapes on sounds and the tapes on self-esteem and abundance that you can put onto your iPod. Other music, which has been used in various SuperLearning programs will be one of the ways you can listen to effective music throughout the day.

One final element in this step of RENEW is to start the process of a feeling visualisation, whereby we increase the vibration of the cells to a higher level by envisioning what we really would like to have in our lives, add the feeling of the success of actually having achieved that already and physically and actually feel your cells vibrating and tingling. This process can be done at the same time as meditation (listening to various sounds) and does not take up a lot of time but has the added advantage of adding new positive pictures of what we want so that we can concentrate on moving forward and not reliving our old negative pictures which contain our negative beliefs.

The good thing about this step, RENEW, is that the whole process, or new daily habits, can be achieved in about 20 – 30 minutes per day. If it only takes that short amount of time to retrain our nervous system, then that is a huge bonus. The hardest part is altering what we put into our mouths, however, with the right assistance, this can be an exciting new journey.

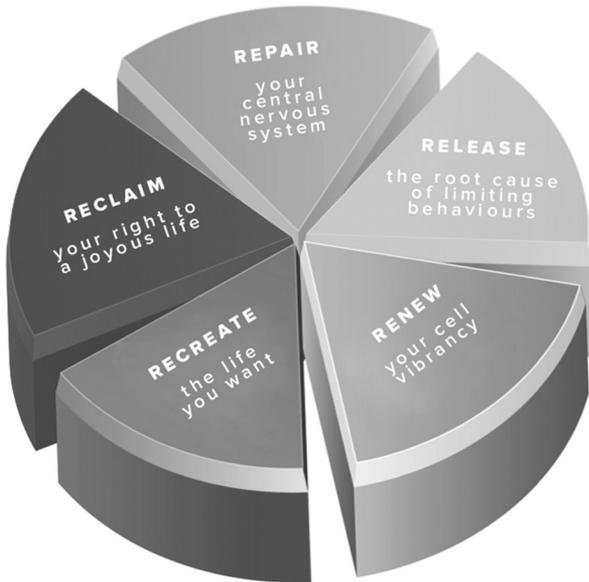
Next, let's look at how you can uncover your true identity, your path, your purpose and your values.

CHAPTER



“From Stress to Success Model” RECREATE Segment

**From Stress
To Success Model**
...your totally unfair success advantage tool



This step is about architecturally designing your house, the framework of the life you deserve. It is about creation and design, clarifying your

structure. It's about creating the right path, the right direction. It is about clarifying your life path, your values and your purpose. It is about being on the path that is right for you. It's about being in flow. So, it's about recreating your identity.

How you do this is by peeling back the layers of pre-conceived ideas about who you are and what you are doing. It is about taking off the masks of who you think you are and accepting at a deep level what your true identity is.

This RECREATE segment encompasses two of the steps from my book "*IDENTITY: The Key to Fast Track Your Career Success.*" Having completed the three steps of the "From Stress to Success Model", REPAIR, RELEASE and RENEW, and within those steps you have cleared, replenished and nourished your body/mind, getting the base ready for the rest you possible, you will now be ready to do some final sifting and sorting of your life, and unravelling what you are currently doing as opposed to what perhaps you need to be doing to be in flow. Your goal in this section is to be able to clearly know who you are, what you stand for, where you are heading, what path is right for you, defining your life path, your life purpose and clarifying your values.

Because you have cleared away the gunk and repaired your autonomic nervous system and have gained some control over your stress response mechanism and built a higher vibration, you will now be ready to complete this step as you will have overcome the *push/pull* tension you may have been experiencing around trying to achieve goals. In my model of stress to wellbeing, we do not specifically focus on goal setting, until the last step, RECLAIM. This is done purposefully because we want to eliminate the failure mechanisms that have been holding you back in the past. When you are feeling well and happy then you will be able to set goals that are aligned with who you are at a deep level and which will also be aligned with your

values. If you try to set goals earlier in the process you will not have retrained your body/mind sufficiently in order to be able to easily achieve these goals.

Just a recap on the definition of *failure mechanisms*. When our default programming is negative, in that we are generally operating from underlying negative beliefs, what this means is that this negative information is being stored at the cellular level, and which affects our physiology in a negative manner. When the cells are bombarded with negativity they tend to shut down or stagnate. This closes off the life-force and has potential to send us into diseased states. A worse-case scenario is death. The cells die off.

If you change the default programs to be operating from positive beliefs, then the information conveyed to the cells is life-enhancing, or one of growth and development. So, either your cells are receiving one of two messages: growth and development or stagnation and death.

So, when we say we want to turn off the *failure mechanisms*, we want to rid ourselves of negative information stored at the cellular level so that our cells are happy and vibrant. We really want to *turn on* the *success mechanisms*, and choose growth and development as our default program, choosing to flood our cells with positive information that is life enhancing. We want to live a more positive life where we are making conscious choices about how we might do that.

So, what we are doing in the first three steps of the “From Stress to Success Model”: REPAIR, RELEASE and RENEW, is to prepare your body/mind to change from an automatic default program of cellular failure to cellular success. Once we have done that you will be ready to start more conscious processes such as clarifying your identity, your life path, your purposes and your values, because you will be more present. My whole model of wellness is based on these

notions, the end result is that you will be more conscious and present and hence have more choice and control over what you do. When the gunk has been cleared, you will be more easily able to work on your identity. It will then be easier to get into flow.

Looking over my life, there have certainly been times when I experienced the sweet thrill of success. On the other hand, it is just as easy to recall times when it seemed that no matter what I was doing, I was doomed to fail. Examining my unexamined life, certain things stand out now like giant, blinking signposts. Funny! How it's hard to see some things the first time around. Maybe we hide them from ourselves. Maybe sometimes we're so desperate to uncover the meaning of our existence we can't see the message that's right in front of us.

When we spend a lot of time doing our work, our career or our business, we want to be able to say that we did our best and that we really enjoyed doing this work and that we were able to make a contribution using our skills, talents and abilities. When we are on the right path and know our purpose and our values we are able to fully express some aspect of our values on a daily basis. When this happens we will be in FLOW.

Have you ever noticed that flow doesn't show up when you have no real direction in your life? If you're abusing yourself through substances or risky behaviours, if you hate your work, if you feel disconnected from yourself and those around you—it's a vicious cycle. We can actually get so used to *lack* of flow that we think that's just the way life is. But it isn't. It doesn't have to be. You just haven't learned how to turn off the failure mechanisms.

What if you could find the flow you're missing? What if you had a clear path before you showing you exactly how to realise your dreams and contribute meaningfully to the world? What if you knew how to

find the love of your life? These may sound like big promises. I assure you they are not.

The truth is surprisingly simple. I know this from my own experiences. You can think of this book as your guide as to what action you need to take. With this guide, you can live a richer, fuller life when you undertake the work. A life filled with the flow you deserve.

I'm going to talk about something called a Life Path—this is what you are going to find as you read this chapter. I have capitalised this expression because, yes, there is just one that is yours. It belongs to you. It's waiting for you. You don't have to invent your Life Path—you only have to uncover it. Later in the chapter, I'll tell you about some tools for uncovering the Life Path that is yours and, through it, your life purposes.

You'll know you've uncovered your Life Path when you feel a sense of flow. You will feel happier because you will have found your home, your true direction. That's something I'm going to be talking about a lot throughout this chapter. It's the feeling of being connected to your true self and acting *from that place*. When you do, life really does flow. It moves along smoothly. It *feels* right. Almost effortless!

The reason that life will begin to feel effortless is that you will clarify your natural talents. This is another fundamental truth: Those little things you do naturally, the talents that come so easily to you that you don't think of them as “real” skills—those are your resources. When you figure out and acknowledge what those are your life will begin to change *immediately*. You will have the sense that you are being seen for the first time, that you are finally being accepted and understood for *who you are*. You will also begin to reconnect with your passions. You will feel joy and love for yourself and others for no reason. You will feel validated.

Once you clarify your identity and start using your natural talents, the talents you were born with, life will begin to flow. You will begin to attract abundance in all areas of your life. This is *just what happens* when you are aligned with your inner self. It simply is.

The first aspect of recreating your identity is to identify your Life Path. This Life Path is the bare bones of your framework, and from it will emerge your life purposes. As you go through the process of clarifying who you are, finding your identity and identifying your natural talents, and reconnecting with your passions, you'll be able to see these life purposes easily. They will be in line with your natural talents and with who you really are. You will feel validated and understood. The passions within will begin to stir.

What's the use of recreating your identity if you leave it messy all the time? Taking care of yourself and staying on track requires a bit of daily practice. In light of this, there are several daily techniques that you can use to keep you on track, keep your vibration at a suitable level of attractiveness, and be able to achieve your goals more easily. Part of the journey to self-discovery is via self-examination.

“It is as important to figure out what you're not going to do as it is to know what you are going to do.”

—Michael Dell

In each of the five steps of the “From Stress to Success Model”, we encourage you to adopt daily habits, practices or rituals, that will help cement in place your new higher vibration. What we are doing is by healing the physical and the emotional levels, we are, at the same time, creating new neural pathways that become new positive habits and experiences. In essence, the mental aspect, the conscious control level, is the last to heal because it takes the longest time and

the greatest amount of willpower. It takes the longest because, in a round-about way, the physical aspects are the densest parts of our being. Clearing any physical symptoms and disease just takes time. With this model our objective is to reduce willpower to a minimum and increase automatic flow to a maximum by increasing your positive overall cellular vibration.

First, you need to discover your Life Path. Then, *from* your Life Path, you will discover your human life purpose, or purposes—as you may have several. Your human life purposes stem naturally from your Life Path. I will discuss those—along with your *natural talents base* — in more detail soon.

What's important to understand is this: discovering your Life Path will give you a clearer *direction* to your natural talents base and, hence, your life purposes. When you are operating from this place, your life flows more easily. You will feel a strong sense of connection with your true self. Hence, uncovering your Life Path will allow you to find your way back to your true self, your spirit. Once you are in communication again with your inner self, from here you can choose a life purpose— or purposes—that *will be based on your natural talents* and thus, generate the most abundance. You will feel validated. This step helps you gain your human identity, and when you are in flow, you will *know* you have re-connected to your inner essence, your spirit.

“True wealth” emerges as a result of identifying your Life Path. By “true wealth” I mean happiness, joy, fulfilment, contentment, inner peace and so on. These states are priceless and are the essence of not only your inner riches but also your outer manifestations. From here, you will begin to act from *within your natural talents* — the talents you were born with. When you are acting from this place, you maximise both your ability to give back meaningfully to the planet as well as to reap your own inner and outer rewards.

How do you know when you are on the right Life Path?

You will have a clear sense of direction. You will feel *validated*, as all of those little talents and skills—the ones you didn't think you could really transfer into wealth—will be drawn out. What will you end up with? A very useable basketful of sellable skills! You will no longer be embarrassed to claim your natural talents, or to tell others about them. You will finally feel recognised for *who you really are*.

Throughout life we learn lots of skills, usual ones to do with daily living, health, safety, security and the like. When you start a career, you do specific jobs. You learn the specific skills required for that job. Sometimes those skills become so ingrained that we *lose our identity* to them. For example, if I have worked as an accountant, a teacher or an engineer, when someone asks me what I do, I might say: "I am a teacher...I am an accountant...I am an engineer." We tend to explain who we are by what we do, rather than saying "I am a human being and I perform accounting work." We define ourselves by our work, rather than *who we are*.

The problem with this approach is precisely this: *we lose our identity to our learned skills*. At the same time, we become totally confused about *who we really are*. We become removed from our *real* talents and *natural* skills. Often, we're not sure whether we even *like* doing what we do.

How do you know you are on the wrong Life Path?

It will show up in a variety of ways, which all amount to a *lack of flow* in your life. These ways include: high levels of stress, low energy levels, and over-use of addictive substances such as coffee, sugar or alcohol. You begin to need all sorts of therapies to overcome physical

or emotional pain. You long for the weekend, because you don't really enjoy what you're doing during the week. You begin to look older than your years. Your sleep patterns become erratic. In a word, you *lose joy* in your life.

Unfortunately, most of these behaviours are typical for the vast majority of working people. I mentioned in an earlier chapter that 87% of employed people were looking for a new job at the beginning of 2012. This is another sign that *all is not well*. People often get into a pattern of changing jobs, thinking that the next one will be better. Quite often, changing jobs doesn't really improve matters because what's happening *inside* comes right along with you. Taking a holiday is only a temporary fix. More often, what we really need to do is stop and take stock of *what* we are doing and *why*. Yet, people rarely feel that this is an option because the monetary aspect is frightening—we're afraid of losing income.

How often have you heard that you should “do what you love”? In reality, all too often we *don't know what that is*. Figuring out your Life Path will clarify this question. Another thing someone might say is, “Well, I love sitting watching television.” So the question becomes, “How do I make a living out of sitting around watching television?” How can I pay the bills by doing this? The underlying point is this: If you are doing *meaningful, relevant* work emerging from your true Life Path, you will have no need to use television as an escape. Now, watching television could be a form of relaxation—but it would not be your only form of enjoyment. The true enjoyment—indeed, the *joy*—of life comes from making a contribution to the world by doing what *you were meant to do*.

If people are employed in a job, career or have a business that they do not like, one of the stumbling blocks for most people is: “How can I make any money doing what I love?” Often, we may have dug

ourselves into a financial hole with a large mortgage, credit card debts or other loans. This creates a financial noose around our necks. We feel trapped, unable to make a life change because we depend upon a certain income. So, the biggest trap we get stuck in is the financial trap. But what is really underneath that? The real trap is *fear*. Fear of the unknown. Fear of failure. Fear of embarking on something new. Because our automatic default programs in conflict and stressful situations is to one of fear, we need to turn down that fear and/or eliminate the charge over that fear as soon as possible, otherwise we will continue in our negative patterns of behaviour and responses.

Now, what if some of the things you loved doing *and* do well were also *recognisable skills* that you could develop into something meaningful? What if you could earn a living from them? As I said, the financial trap keeps the vast majority of us from recognising our true natural talents; this, in turn, keeps us from our true Life Path. This is the biggest barrier standing in the way of finding your *true identity*.

Doing work that is not fulfilling to your true nature is soul destroying. It accelerates the loss of joy in your life. Your purpose becomes simply to *get by*, to merely survive, or to pay the bills. Your *spirit is dulled*, thus making it harder to connect with your human life purpose—what *you are meant to do*. This makes it impossible to re-connect with your spiritual life purpose, to connect back with your inner essence.

Choosing a Life Path gives you instant direction and a narrower road to focus on. This may not sound like much fun, but believe me it is *big fun*! Once you have identified your Life Path, you will have a clear sense of who you *really* are—what things you can do easily and naturally, and what things you cannot. The beauty of this is that you'll be able to see which tasks others should be doing for you instead, i.e. delegate what is inefficient for you to do to someone else. Your true nature and natural skill set will *match* the Path you are on and

everything will become easier for you. You will begin to feel that you *finally* understand who you are. You will regain your joie de vivre. You will feel like a huge weight has been lifted from your shoulders. Your work will feel easy *and* be fun to do. No effort is required. Your attractiveness, your cellular vibration, will increase and people will want to join with you. Your life will feel like it is in flow.

The key here is precisely the idea of *flow*. If something *feels hard* to do—this means you should not be doing it. That feeling of “this is hard” comes when you are acting *outside of your natural skill set*, and at this point you should get someone else to do it. Similarly, from a spiritual point of view, if you are feeling anxious or are not attracting what you want, it means you are temporarily *out of sync* with the universe. You need to clear yourself, change your perceptions, or simply wait until the disruption passes.

Do you have to wait and just accidentally stumble upon your Life Path?

Is there a quick way to discover your true identity and hence your true Life Path and life purpose?

Yes! There is. That’s the point of this chapter. Sometimes in life, we may be lucky enough to just stumble onto the right path. The right path will show you that your purpose is very clear. It will feel *right*, fun and joyful because your natural talents will come to the fore. Resources will appear when you need them *without a lot of struggle* on your part. The beauty about what happens when you are in flow is that the universe will bring you many opportunities if you do not recognize them in the short-term.

So, in any system of helping you come to some clear point of understanding yourself at a deep level. You need to be observant and

to be able to recognize your attributes and talents. There are many personality and psychological tests out there and I am sure you all have done at least one.

The two that we will use are; The Wealth Dynamics Profiling System and the Kolbe A Index. The first one will be used to help identify your Life Path and the other to help you clarify your natural skills, talents and abilities within that path.

The first one, the **Wealth Dynamics Profiling System**, developed by Roger Hamilton, is based on the ancient Chinese philosophy of the I Ching. This system outlines how you can obtain and maintain wealth — *both inner and outer wealth* —if you choose to follow your true Life Path. Your Life Path indicates natural talents and skill sets that *you were born with*. Once you have chosen to follow your correct Life Path, your life purpose will *emerge* as it will be related to your Life Path. When you are in your correct Life Path, you will feel that your life is in flow. You will *attract* all of the resources, people, money and ideas that you need.

The second psychological profiling system, **Kolbe A Index**, will be used to help clarify your specific talents and skills within the life path that we have already identified. This hones down to what you will do in various situations. We will discuss this briefly soon.

Roger Hamilton's system divides the various life paths and means of creating wealth into eight profiles. For each profile, Roger provides real-life examples to help you identify the tactics that each of these successful people has used to carve out their niche and create wealth. Essentially, these high-profile individuals *discovered* the talents that they were born with and *capitalised* on these talents to carve out a successful career. According to Roger, they followed the path of 'least resistance,'—they did what they loved and what they were good at.

It may not have been immediate, but they stuck to their chosen field and worked through various positions until they found their exact niche, the path that created the greatest wealth.

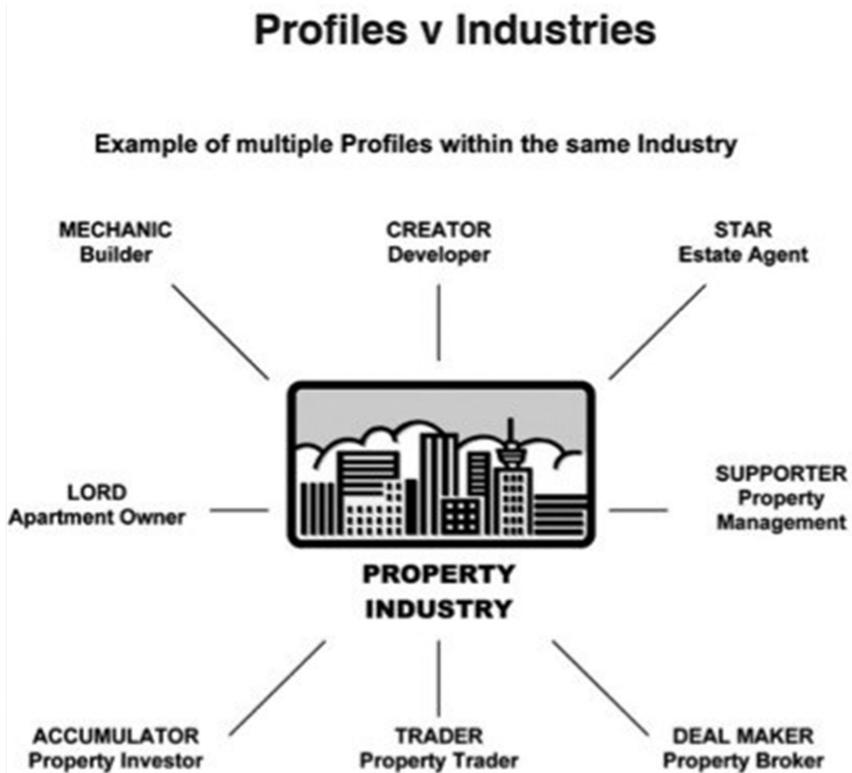
According to Roger Hamilton, this is a *wealth profiling system*. It enables you to identify *your* path of least resistance. It gives you a “wealth creation profile” that suits your personal strengths. Each of the eight profiles includes its own unique strategy for creating wealth.

This system allows you to identify your best Life Path—the one that will allow you to make a meaningful life from the talents that you *naturally* possess. With this system as part of the framework of uncovering your identity, you’ll have a solid basis for choosing life purposes that will increase your wealth and your ability to contribute to the world.

The particular point of this profiling system is that if you are operating outside of your normal path, or path that is right for you, everything will be much harder than need be. You will experience restlessness, lack of success and stress on an on-going basis. So, in order to try to “fit” into your job, career or business role, you may be manipulating your natural state and skill set. This adaptive behaviour can lead to, addictive behaviour. Personally, I tried to drown my spirit with alcohol because I could not see my way out. Because I was in the financial trap that I talked about earlier, I could not see my way out of this dilemma of being in the wrong job for a long time and not being happy.

So, you might ask, “**How can I find my Life Path when I do not want to be in business?** I just want to have a career or a job in the industry that I am already in.” According to Roger Hamilton, your Wealth Profile *does not* dictate your industry, but it can guide you to

your most appropriate role within that industry. Let's take the property industry, for example:



As you can see from this, within a particular industry you may have one clear role to play—one that suits your natural talents. Your life does leave clues. The times in my life when things were the *easiest* were: when I was lecturing or tutoring, when I set up networks, when I gave inspiring speeches at functions, when I motivated individuals or helped them to find their life purpose, when I directed a movie and when I inspired the best people in Australia to work on my movie for free. These are all *natural* Star Profile attributes, who are the front people.

If 80% or more of your time is spent doing work that does not utilise your natural talents, you will be more prone to stressful situations. Through research and observation, I also discovered that the majority of people are operating *outside* of their natural skill set—which is why so many of us are stressed out! Another thing I've observed is that, due to the lack of structure, purpose and direction in many people's lives, they are not living confident and meaningful lives. So many of us are just “hanging in there.” Believe me, I remember what that felt like.

For most people, it is a difficult moment when they find out what their true profile is. When, like myself, you are used to thinking of yourself in terms of your “learned skills,” the profile can create a great deal of uncertainty. This is because those “learned skills” can hide your *true* nature, your true talents. This can make it very difficult to recognise what your true talents are, especially if you haven't been using them for a long time. There may be a long period of self-discovery ahead.

Now, you can take the shortcut by *no longer doing what you are not good at* and switching to doing what you are good at. Yes, it takes time and it takes courage to choose your right Life Path. However, the *lifelong rewards* are there for the taking. Once you understand yourself better, you will ultimately find your Life Path much *easier* than what you have been doing previously. It may take a leap of faith. There may be a period of transition. But, believe me, it is worth it.

How do I know? Because I have been lucky enough to see this and to change my life for the better. At first, it was a shock to see that my profile was so far removed from what I had been doing in my work my whole life. The greatest contribution I can make is by leading from the front and inspiring others. This is what I'm good at. My moment of wealth creation comes from defining and re-defining my

identity and then delivering that. I need to be the brand of my own business or the brand representing someone else's business; I need to constantly use my natural skills of improvisation and adaptation, refining my brand to suit the situation. It's a bit like Madonna, creating a new look every few years. If I do not do this, then I fail to capitalise on my strengths and I can disappear into the crowd.

You see, **each profile has a moment of wealth creation.** If you fail to capitalise on it then you're not maximising your position within your Life Path.

Personally, the Wealth Dynamics profiling system gave me a *direction*, but I still needed to clarify what my actual talents were. I needed to know more about myself and how I operate in the world, so that I could fine-tune my steps towards wealth creation. Together, these two profiling systems gave me the knowledge that I needed to understand myself. With this flood of self-knowledge, I was able to finally choose the right Human Life Path for me and get back into flow. It really is all about finding *your* true identity.

You see, someone else's strategies will most likely conflict with yours. They will work for them. You need to find *your own* life path. Your life path will match your personality best. Your life path will work for you because of *who you are*, your particular identity, and not because of *what you do*. Knowing your own individual identity within that life path will put you in flow.

The Wealth Dynamics system *defines* this flow for you, outlines what strategies *you* need to take, and defines a specific critical path to wealth creation, for you. As I said earlier, it is about matching who you are first, and then finding out what you should be doing. Most people are operating from the 'wrong' path. I know from personal experience, as I did that for many years. I had my greatest moments

of success when I was, by *accident*, on the right Life Path. I lost great amounts of money and wealth attributes when I was in the *wrong* profile—I was playing the wrong game.

The important thing to take from all of this? *If you are operating outside your profile you will not create lasting success or wealth.* If you operate *within* your profile, you *will* reconnect with your inner self. You will vibrate a particular energy. You will start to attract the people, resources, and money that you need. You will be in *resonance*. Being in resonance is a clear sign that you are on the right Path. It happens when you are aligned with your Life Path; it happens easily and effortlessly. To shortcut your way to the right Life Path, the Wealth Dynamics Profiling System is an excellent place to start!

I will now look at a proven method toward helping you discover your *natural base talents*. This is the ideal extension of discovering your Life Path. With it, we'll work on the second aspect of **building your identity framework**—discovering and claiming your natural, God-given talents and using them to achieve your life purposes.

When you are operating from your natural talents base your life flows more easily. Your *Life Path gives you a clear direction to your natural talents base* and you will actually feel as though you have made a connection with your true self. It is a way back to finding true self, your spirit. Once you have identified your Life Path you can then choose a life purpose/s that will maximise your ability to generate abundance because you will be using your natural talents. You will feel validated. This step helps you gain your human identity, and when you are in flow, you will “know” you have reconnected to your inner essence, your spirit.

This aspect of my journey arose when, having identified my Life Path, I was unclear about how I should go about adapting to that

life path. I had been off track for some time and I felt an imperative to shortcut my road to success. This is one of my natural modes of operation, one that I instinctively use in order to create meaning in my life. Now, I want to share my *shortcut* with you to get you more quickly on the road to success!

In this chapter we look at the Kolbe A™ Index to fine-tune what your natural talents are, to celebrate these talents and learn how to use these to your *best* advantage! Having read the background and history of the Kolbe A Index myself, I feel it is my duty to simplify this information for you. If you are someone who enjoys all the finer details, this information is easily accessible via any Google search. For now, let's look briefly at what the Kolbe A Index measures.

Research indicates that there are three aspects of the mind: the knowing, the feeling, and the willing. In her system, Kathy Kolbe defines these as *thinking*, *feeling*, and *doing*. In the past, research has tended to focus on the parts that were more easily measurable—the thinking and the feeling. Kathy Kolbe, faced with enormous adversity in her life, knew instinctively that in order to overcome these difficulties, she needed to call upon her deep-rooted instincts. She needed to concentrate on the *doing* aspects of her nature.

Kolbe discovered the notion of “conation,” which had been long-overlooked due to the difficulty in measuring it. She describes conation as “the faculty of the brain that drives you to take purposeful action according to your instincts. Conative abilities are the natural, inherent, and unchanging talents that, when acted on, lead to success and well-being as you use your creative energy to solve problems.”

To me, conative abilities are the ways in which you *instinctively react to situations*. In that moment of reaction, you use your natural, God-given talents to move towards the best solution that *you* can

see. When you do this, you operate from a position of creativity, a position of *power* and boundless energy. This is a wonderful tool to clarify who you really are and how you operate within your Life Path. Having discovered and chosen your Life Path, you have *gained* direction. Now, you can now gain *focus* within that direction by implementing your *natural abilities* rather than just your learned skills, as I mentioned earlier. The truth is, learned skills can *mask* who you really are, hindering your progress toward self-discovery and mastery over your life.

The Kolbe A Index measures *your natural way of doing*, the way you act instinctively. It identifies your natural strengths. Using Wealth Dynamics, I was slotted into a general category: The Star Profile—which helped me to identify my Life Path. With the Kolbe A Index, I am able to *refine* who I am within that general category. In order to have the greatest possible definition in your life to build a solid framework, it's imperative that you try both systems. *Using the Kolbe A Index will help you to clearly define and refine your life purposes within your Life Path.* The Kolbe A Index results are so individualised that only 5% of the population is likely to have one just like yours. Wow! Only 5%! That makes me/you very special—very unique! Discovering and fine-tuning *who you are* in this specific, individualised way gives you a powerful resource to define your life purpose.

One of the remarkable results of taking the Kolbe A Index was the feeling that *someone knew who I was*. I felt recognised. It was a *validation* of who I was. What an incredible feeling! The Index described me to myself. It gave me permission to live and act precisely *from the place that feels most natural to me*. Not only that, it showed me several modes of operation that I feel comfortable within, and how I can best use them to achieve the maximum results!

So, here's how Wealth Dynamics and the Kolbe A Index work together: Wealth Dynamics allows you to figure out the big picture—your Life Path, the one *you are meant to be on*. Once you have established that, you need to understand your *natural, unique* talents so that you can start using them. Only by using your natural, instinctive, God-given talents can you create true wealth in your life and maximise your value. This is where the Kolbe A Index comes in; it will *show you* your natural talents. For example, how *I* personally operate best from within my instinctive abilities is by simplifying. That is what I am doing now, for you. By using the Kolbe A Index, you *will shortcut* your way to *immeasurable* success—true wealth, both inner and outer.

When you see your Kolbe A Index results, you will have a powerful sense of being recognised. To give you an idea of how uncanny this can be, I'll share with you my first experience with Kathy Kolbe. I attended her lecture when she came to Australia and she called attention to my Index results for demonstration purposes. Now, at that time I didn't understand the results of my profile. When I looked at my results, I saw the profile of a failure with no definable skills to offer the world! You see, my Quick Start score was 10—while in all the other categories the number was much lower. It didn't strike me as the most useful category to be in. However, Kathy's demonstration called the Glop Shop exercise revealed some interesting results.

First, she instructed me and the other two demonstration participants to step outside so that we couldn't hear what she was saying to the audience. Unbeknownst to us, she was predicting to the audience, based on our profiles, how *each of us would react* when given a specific task. When we came back in, Kathy instructed us to come up with an educational toy that would also be entertaining and instructional. She gave us three minutes to complete the task.

Well. What was I to do? I tried to discuss options with the other participants but they were so busy “doing” the task that they did not want to discuss what we would do. I see now that they were operating to a time limit rather than a beneficial outcome level. There were many distractions throughout the process, like the audience screaming to me that I was running out of time. All the while, my brain was working overtime to come up with a solution. I scanned the available objects on the table and I chose the brightest object that had the most potential for the outcome that I could perceive in that moment.

The outcome? I achieved the goal of the task in the shortest time possible because the demonstration created the circumstances in which *I operate best*. I operate to a deadline. I do not “do” things. I *think* about them and *create intuitively* what the best solution will be. It was such a hoot doing that demonstration! I went from thinking that my Kolbe A Index was the profile of a failure to seeing that it really indicated my *useable, natural talents!*

Kolbe Action Modes are behaviours driven by your *instinct* –
not your personality or IQ

Fact Finder: is how you gather and share information.	Follow Thru: is how you arrange and design	Quick Start: is how you deal with risks and uncertainty.	Implementor: is how you handle space and tangibles.
Your way of doing it is to Simplify.	Your way of doing it is to Adapt.	Your way of doing it is to improvise.	Your way of doing it is to imagine.

Every ring on a Kolbe Continuum represents an equally positive trait

You can see what my predilections are. You can see that my instincts are to: simplify, adapt, improvise and imagine my way through problems. It seems to work for me!

So, here's an overview of my Kolbe A Index results: I am *best* with future-oriented challenges and dealing with the essential facts. I don't get bogged down with detailed information. I say, "yes" before even knowing the end of the question, then I turn it into a productive venture. The best way I gather and share information is to simplify it. I adapt situations and events to suit myself. I improvise my way out of things *and* into things. I implement practical things and feel easy and joyful. The point is this: learned skills can often *mask* natural strengths. Was I able to learn the skills required for a profession in accounting? Sure, I was. But that work did not feel easy and joyful for me because I was not using—or even really aware of—my natural strengths. Instead, I had to utilise *learned* skills every day. When this is the state of your life, you are often made to feel like a failure if you can't conform or if you can't follow the rules of a specific job. On the other hand, when you are using your natural, instinctive abilities and talents, you feel *validated*. Your work feels joyful rather than stressful. Now, obviously the objective is to figure out how, in this life, you can leverage your innate skills to your best advantage.

The good news is that the Kolbe A Index celebrates *every skill* and the individual way that each of us operates. So, you see, there *is* a place for everyone and everyone can be in the right place! We just need to realise this, by understanding our natural talents. So, how can I put my talents to best use

We each have a combination of conative talents that we were born with. We each have equal time and conative energy. Personally, I need to make few commitments and target top priorities. I'm most productive when I am operating with high potential challenges. I

work best when considering under-developed and unconfirmed opportunities. I have a vision for the possibilities. I'm one of those people who, when everybody is looking at ABC, I'm asking "what about D?"

In order to succeed in a particular environment, we each need a place where our *natural abilities* are nurtured. This means that for true success to emerge, you need to find a place where you are free to be yourself. Personally, I need a place, a career or job that provides me with the opportunities to:

- Deal with change with the freedom to experiment and take significant risks
- Challenge myself with deadlines and tough-to-reach goals
- Thrive on interruptions that create diversity and brainstorming opportunities

So, to put all of this in terms of **step four of the "From Stress to Success Model"**, **how to RECREATE your life, these two profiling systems will give you a clearer way forward.** Using the Wealth Dynamics Profiling System and the Kolbe A Index, I have been **discovering a framework** for my life — one that produces success and abundance, easily and effortlessly.

In my model of stress and wellbeing, in Step 1, REPAIR, we rebuilt our autonomic nervous system and retrained and repaired our physiology, gained control back over the stress response mechanism, increased energy and rebuilt our baseline resilience level to be able to cope with stress more easily. In step 2 – RELEASE, where we helped you clear out the major underlying negative beliefs and negative behaviours that have held you back from achieving what you truly

desire. In step three – RENEW, we helped you build your vibration to a higher level and maintain that level on an on-going basis. So, in this step, step four – RECREATE we look at how to find your true life path, life purpose and clarify your values. This is the framework for your architecturally designed house, your new life.

Using the Kolbe A Index, you will be able to gain a much better understanding of your natural talents and how you can *use them in service to your Life Path*. You will be able to fine-tune your strengths within your Profile, and then be able to know what you *should* and *should not* be doing to create your wealth. Creating your wealth does not necessarily mean money. It can mean abundance on all levels.

What does all of this add up to?

You will come to understand your true identity, and I hope that I have demonstrated to you how to find yours. By clearly understanding yourself, you can make better choices, *right now*, and shortcut your way to understanding *your* Life Path and life purposes. I promise you, this process is completely liberating! It frees you up to devote yourself to developing your strengths, rather than trying to strengthen your weaknesses.

When you work on your *strengths* rather than your weaknesses, life becomes easier and more joyful! Automatically, you will begin to attract what you need. You will be working from a place of passion, and others will want to be around you—and to pick up the tasks that don't come easily to you.

Learn from your life experiences! I implore you to find out where you best fit and what your natural talents are. Once you have done so, you *will* find your flow and create both inner and outer wealth.

RECREATE will help you identify your Life Path, discover *your* unique natural talents—start *living the life that you deserve, now!*

Having achieved FLOW and having recreated your new life from the ground up, based on solid new foundations, the final step is to work out how you want each room of your newly designed house to look. The final step, RECLAIM, step five of the “From Stress to Success Model” is where you become very specific about what you want to achieve and how you want your life to look. It’s like designing each room of your life.

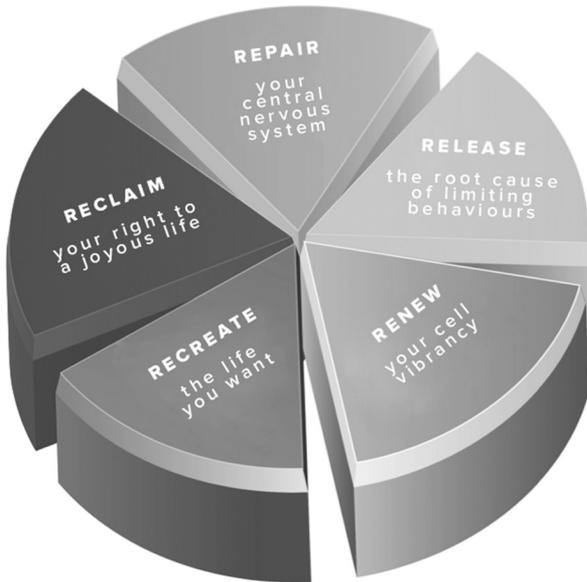
CHAPTER

9

“From Stress to Success Model” RECLAIM Segment

From Stress To Success Model

...your totally unfair success advantage tool



RECLAIM is about the end result of all of your repairing, clearing, releasing, introducing new habits, re-calibrating your vibration,

doing your daily rituals to keep yourself in your newfound positive patterns, and finally getting to that state of truly understanding, knowing and accepting who you are at a deep level of identity, so that you can then consciously choose what you want to achieve and how you want your life to look. It is like designing each individual room of your house to be exactly how you would like them to be. You do that by setting goals that are aligned with the newfound you.

This segment is where we look at how to set meaningful goals, goals that are aligned with your values, purpose and your path. Experience has taught me that if you try to outline, clarify and set goals when you have not done the underlying clearing, cleansing and nourishing work in the steps: REPAIR, RELEASE and RENEW, you will be forever exerting excessive amounts of willpower in order to achieve or maintain these goals. The fourth step, RECREATE, whereby you will have clarified your path, your values and your purpose, then allows you to be really certain of who you are, what you stand for, what your innate skills, talents and abilities are and only because of this, will you be ready to set meaningful goals, goals that are aligned with what you truly desire. If you have any conflicts, any “push/pull” towards or away from what you desire, then you will never be able to successfully achieve those goals, because you will always be pulled back to the path of least resistance. And this is the habit you are already used to.

In the end, when you are in flow and vibrating at that level of attractiveness necessary to achieve what you really want in life without hindrance, then, and only then, will you be able to set achievable goals. In fact, goals will seem like an intention. You will think of something and it will race towards you at great speed. There will be no mountains to overcome. There will be no obstacles. There will be no hesitation. You will be clear and certain of your path and what you want.

Being clear is the main ingredient to having intentions instead of actual goals, having what you want, when you want it. It is your birthright. Your body/mind is designed for happiness and pleasure and you deserve abundance on all levels. The problem has been that you were stuck in negativity. You were stuck with underlying negative beliefs. Your physiology was hampered because your stress response mechanism was stuck on open and you had no control over how you responded to stress. Your vibration was not up to par. You were thinking negative thoughts every day. You abused your body/mind intentionally and unintentionally. You did not know who you were at a deep level. You did not really know what you wanted. Having completed all of the other steps you are now ready to set goals to your hearts content. However, how could you be clear when you had all this gunk that was hanging around bothering you for years, stirring up the failure mechanisms and turning off the success mechanisms? Because the gunk was held at the cellular level it is as though you were compelled to fail, no matter how much willpower you exerted to achieve anything.

You are now ready to set goals because you have a clear direction, a clear purpose and a clear path and new knowledge about yourself, about your innate skills, talents and abilities. This can be fun because of the speed with which things will now happen, as if by magic!

Part of building your new framework for the rest of your life is to be able to identify how you want your life to look and be, based on your path, your purpose and your values. Building a framework is about getting to know yourself and putting your individual stamp on each area of your life. Because you will be using your natural talents, your own true gifts, you will have the maximum ability to generate abundance in your life. You will be doing what you are good at and what you love. Goals need to be aligned with the real you. In that way you will not have any internal conflicts which negate what you

really want because those push/pull forces will have been eliminated in the previous segments.

Every successful life needs goals. They are signposts towards which you travel. Having found your true Life Path and hence life purpose/s, which match your natural talents and your passions, and having clarified your unique talents within that framework, you will now be able to clarify and set meaningful goals. You are more likely to achieve these goals, as they will now be relevant to your true Life Path and Life Purpose/s, will work around your passions and with what you are naturally good at. Your true identity. You will be doing what you love and loving what you do, so any goals will align with your new framework.

Remember, at each step of this model, you will be encouraged to continue with your daily rituals and habits to keep your vibration high. These daily habits continue from Step 1, REPAIR, your breathing exercises, and from Step 3, RENEW, where we have a multi-sensory approach to keeping your vibration high.

What's the use of building the perfect life if you leave it messy all the time? Taking care of yourself and staying on track requires a bit of daily practise. In light of this, there are several daily techniques that you can use to achieve your goals more easily. These will help you stay connected to spirit and help you clear away limiting information and beliefs. This is one area that may change or increase over time. You might add other techniques as you become more successful and confident, or adapt them as you see fit to better keep you on track.

*“What you get by achieving your goals is not as important
as what you become by achieving your Goals.”*

—Zig Zigler

The practice of defining goals dominates the vast body of self-help literature. So much of the work in this genre is consumed with the question of how to make your goals measurable and achievable. It would appear that those who have achieved great success in life have done so by setting goals. Often, those same successful people speak about periods when they did not set goals well, and they counted themselves as failures.

Clearly, **the evidence appears to weigh in favour of setting goals.** That's what this chapter is about. Once you've established the basis of your new foundation for your life and constructed a framework by identifying your Life Path, defining your purpose, clarifying who you are and identifying your natural base talents within that path, it's time to go about consciously constructing the life you want, your framework, your structure—and that means setting goals.

The literature tells us that your chances of success are better if you put your goals in writing, and make them specific and manageable. If the goals are large, you should break them down into bite-size pieces. You see, it doesn't help you to set goals that appear out of your reach. If you can't quite see your way clearly to achieving them, you're just setting yourself up for failure and disappointment with yourself. Now, this doesn't mean you can't have a "big picture" in mind. If you're like me, you probably do! But by breaking your goals into smaller bites, you give yourself the chance to feel little successes along the way. *Success breeds success*—so you need to give yourself the chance to feel it!

Let's take an example of someone who hasn't set any goals previously, but they want to dramatically increase their yearly income. Say they are earning an average yearly income of \$50,000. Then they discover the idea of goal-setting and want to kick it into overdrive—for example, by saying, "By the end of this year, I will be earning

\$1,000,000.” Now, in essence it is very possible to do that. However, in order to be able to do that you must have *enormous* discipline and focus already as one of your natural gifts. You must be doing daily tasks and techniques in order to radically change many aspects of your life and your environment. You will need to have excavated the gunk out of our life and increased your vibration enormously and clarified who you are on a deep level

You see, achieving goals is more about mind-set than anything else. In order to achieve really big goals, you must change your life. Now, the kind of change I mean is not about pretending to be someone else or doing things that feel unnatural to you. In fact, it’s just the opposite. It’s about reconnecting with your true identity, your own life essence—and in that way *you can change whatever is not working in your life now.*

How do you do this?

You will have done the hard yards in REPAIR, RELEASE, RENEW and RECREATE, and then you start by setting small goals. Little by little, you start to change who you are—by becoming who you *really* are. Every time you achieve one of your small goals, you will feel what success is like. You will stop being so hard on yourself and getting caught up in negative thought patterns of self-doubt, guilt or shame. You can then move to bigger goals, recognising the feeling of success and getting in touch again with your natural state of joy and self-love. Then, you can go for the really big goals. Personally, I’m a big believer in the daily to-do list. Each time you finish one item on that manageable little list, you get to check it off and feel a sense of success. However, I also have a “secret” list and that is my big vision for how I can contribute best to the planet. That “secret” list, my vision, helps steer me through life and achieve the little goals along the way. It gives me direction based on my purpose.

Remember: no *goal is too small*. It's all about where you are now. One of the reasons I like to make daily lists is that it helps to keep me disciplined, which is one of my hardest life lessons. Maybe it is for you too. Maybe, like me, your mind jumps around all day from one bright shiny object to another, and you have trouble staying focused. Well, if you keep your goals manageable, you will be steadily building up a habit of success. In this way, you will naturally become more disciplined.

The other challenging thing I know personally is that your hard drive may be wired for failure. What I mean by this is: if you haven't had the experience of achieving goals at all, then your body has not been programmed for success. This is hard-core, deep-rooted, DNA level failure I'm talking about. This happens when you have totally lost the plot about what and how to achieve success. Every action that you take leads back to one of failure. Many successful people have attested to long periods of failure of just this kind—until something in them says: “No more!” Now, if you feel that right now your hard drive is wired for failure, I want you to know — *you can always* change that programming. And, we have seen how you can do this and turn off the failure mechanisms in previous chapters.

If you have had some modicum of success in your life, you will be able to do that again. If you haven't, it may be a slightly harder road. Instead, you will need to imagine what success feels like as a kick start approach. Remember, your *natural state is one of joy*. Success and love *want* to find you. But you will need to clear yourself daily of any negativity. This will help you reconnect with your true inner essence, a sure-fire way to success on any level! Another sure-fire way is to do the first four steps of the “From Stress to Success Model.” However, whichever way you choose, you will definitely need to have some discipline in your life.

Several years ago I attended one of those multi-level marketing seminars and the high-powered speaker was up there on stage, energised as all hell, sprouting success, motivation, inspiration and achievement. On one occasion the speaker told a story about how everyone arrives here as a success. You are all already a success because one successful sperm, out of sixty thousand or so, swam its way to one egg and *voilà!* Here you are! It sounded ridiculous at the time. However, he was trying to convince everyone, that they had a basis of success already built in from conception and he was trying to get everyone motivated to achieve their goals of financial freedom, having luxury holidays, flashy cars, grand houses and money to burn. Motivation is not the answer. Inspiration is! And you can be inspired when you clear away the gunk in your life and raise your vibration. That's why multi-level marketing was not the vehicle for me. You see, those were not my goals. I was not motivated by the speech. I needed something more. I would always start out at those seminars feeling hopeful and enthusiastic—but would end up feeling I didn't quite relate.

What I understand now is that it was too systematised for me; it didn't match my profile type. I needed to create *my own vehicle*; only then could I become totally involved in achieving my dream. They weren't my goals. They were not aligned with my life path, my purpose and my values. Of course abundance is one of those values. However, the vehicle for achieving abundance for me was different

Kathy Kolbe, acclaimed theorist and entrepreneur, has a definition of success that appeals to me. She says: "My definition of success is the freedom to be yourself." How huge is that? If you were free to be yourself, imagine what you could achieve? You would be doing what you love. You would love what you do. Well, that is exactly my goal for you in this book. If you are happy and loving what you do, the money and attachments you need will *come to you*. You will attract

all the right people and resources to help you along in your journey. Wow! Wouldn't that be a great goal to achieve? You *can* actually do this if you follow the 5 steps of my "From Stress to Success Model"—and gain some traction in your life again. It's not just about succeeding—it's about having fun along the way, too. It's about rediscovering your natural state of happiness. It's actually about love! Love of yourself and others. How can I be the best I can be and fulfil my birthright of success on all levels?

Now, goal setting is sometimes pooh-poohed, especially by people who are so-called "spiritually inclined." They often say things like: "If it's meant to happen, it will." Or "the universe will provide." There is some level of truth to these claims—but it is not enough to simply believe them. I know, because after I had the successful experience of making a movie, I moved toward this type of spiritualism. Basically, by doing this, I "forgot" to set goals. This did not lead to more success for me because there was no discipline and I had too much gunk that I needed to excavate, even though I was not aware of that at the time.

Let me just say, I don't know very many so-called spiritual people who are wealthy. In my opinion, many of them are missing the point and have not connected with all aspects of their lives. You can be wealthy *and* be spiritual. I think sometimes people confuse spirituality with not being materialistic. You can be both. You can be neither. *And* you can be wealthy in *any* aspect of your life. When I use the term "wealthy," I am talking about both material and inner—spiritual—wealth. Some people would like both. True *spiritual wealth* is deep connection with your inner essence, your Higher Self. It also comes from real connection with others.

True outer wealth *stems from* true spiritual wealth. It happens when you have a connection with the Life Path that is right for you. It happens when you have clear life purposes and you're clear about

your identity. In this way, you can live a rich and meaningful life on both the inner and outer levels. You can contribute to the world and help others achieve success as well. That's why this Step of the model, RECLAIM, will have you living the life you deserve: designing each room of your new house, exactly as you would like, by setting goals. In my view, there is no point in setting goals that are not related to moving towards your life purposes.

Random goal setting unrelated to your path, your purpose and your inner self are unlikely to be successful.

For those of you who would like to take this information further and learn how you can access these steps of the model, at the end of this book there will be a place you can go to access this information.

Now, if some of your purposes along the way are to earn more money so that you can stay on your path, then that, to me, is a legitimate goal. It is interconnected to your true life path.

As I mentioned earlier, there was a period in my life when I subscribed to the New Age notions of spirituality. I read about intentions and affirmations—for a while, these were all the rage. Another thing this literature suggested was that by setting goals, you would be limiting yourself and your choices—not keeping options open. Perhaps you've heard the story about the chap who wished for an old horse to help him with his farm work. He prayed for it constantly. So, those in heaven looked down and said: "Well, he asked for that old horse and that's what he'll get. However, we were going to give him two really young horses instead." Too bad for him, right? This is meant to suggest that you limit your choices by having goals that are too specific. My point is this, though: You need to have a bit of discipline to change your life and to recognise success when you come across it

on your journey. However, when you add goal setting it *can* change your life dramatically. Achieving one goal at a time paves the way for more success because your vibration will be operating at a higher level.

Now, looking back over that successful period in my life when I achieved one goal after another in making a movie, I can easily see the key elements that went into my success. One of these? *I had a very clear goal and I wrote it down.* Now, I did not have a specific time or date of achievement, I only knew that it would be in that particular year. I know that this goes against the grain of the hard-core goal-setting fraternity. However, I had secret tools in place that guaranteed my success. The first one was my strong connection with my Higher Self. The second was that I was in the right Life Path; admittedly, by accident—sometimes it works that way. What do I mean by the right Life Path? Life Path is a general direction for your life work based on your natural talents base. It is ingrained. Something that you are born with! Your natural talents do not change. I also had *strong purposes that matched my individual attributes.* Also, I was practicing daily techniques to stay in touch with my natural state of joy, and which kept my vibration high, and I behaved with love towards others and myself all the time. I advocate *writing down your particular goal, in a clear and definite way that explains what you want to achieve, remembering that these goals need to be aligned with your values, your purpose and your path.* These are all important elements. However, these goals need to be stated in terms that you have already achieved the goal, and you are rejoicing because of that. You also need to attach feelings to goals. More on that later.

When I was making my movie, I only set one goal: to complete the film by the end of that year, easily and effortlessly. I did not see the need at that time to write daily, weekly or monthly goals. I'll tell you why. My Path was *so clear*—I was coming from a place of *knowing* that I would achieve the end result. This “knowingness” stemmed

from my unbreakable bond with my inner essence. How I achieved this inner essence, my identity, was through: REPAIR, RELEASE, RENEW and RECREATE.

To make a movie my Path was this: do a short film course, write the script, get the team, get the actors, find the locations, set a shoot date, find the editing suite, find the sound and put it together. I did keep a to-do list to simplify my days, but I did not actually have to write down my goals after the initial goal. The reason I was so clear? I was hooked into my inner essence and was operating at a high vibration the whole time. In essence, this was my theta place. I asked for things and they just came to me—pretty much instantly and without a lot of effort. I was in flow. Being in theta is the state of mind, which we learned about in RENEW, where you are in touch with your inner essence, which, in turn, will summon all of the available resources from all of the available avenues in this universe and beyond, to help you achieve your goal. My daily to-do lists acted as my mini goals along the way.

In this step we use the theta mind and how to use it effectively, easily and effortlessly to achieve your goals. I also want to make the point that during the making of my film, I was so focused on this one goal that nothing else got in the way. I didn't have any financial, relationship, social, health or other goals competing for my attention at the time. Every ounce of my being was directed towards that one goal of making my movie. I ate it, I dreamt it, I slept with it. It really was *not possible to fail*. Consequently, when the film ended I was in a state of grief as I had nothing else lined up to take the place of that goal. Yes, it was big fun at the time to achieve that goal! However, a word of caution: if you don't balance other goals in your life so that you always have a direction of focus, the letdown after achieving one big goal can be enormous!

In his book, *Double Your Income by Doing What You Love*, Raymond Aaron describes the following very useful goal-setting practice: Raymond suggests that you write out your goals as though you have *already achieved them*. You do this on a yearly basis. This means that at the end of the year, you write down what you want to achieve as of December 31 of the following year. So it's as though you are looking back at how successful you have already been.

This is exactly what I did when making my movie: I wrote the goal at the end of the previous year as though I had *already* achieved it. I focused on how easily and effortlessly everything came to me. I focused on how it would look and who would come on board. I focused on the feelings of success. My strategies for getting people on board for free—that is, getting a cast and crew who were just doing it for the love of it not for money—manifested immediately. However, I cannot overstate the amount of energy devoted to this one goal. It was life consuming. It can be like that if you love what you are doing and doing what you love. I didn't know that I loved making movies. What I loved doing was creating something out of nothing. That was the success to me. I am highly creative, intuitive and have a powerful ability to inspire people. These are my natural base talents, and maintaining my connection with my inner essence made sure I kept using them. These were the very elements that led me to achieving my goal easily and effortlessly. I was in flow. The movie making was a coincidence. It could have been another project that utilised my innate skills. It just happened to be about movie making at that time. But now that I know what my innate skills are, I can utilise them to easily achieve other goals in my life. It can be this way for you, too!

Now, in order to structure your goals, you might consider doing a range of goals over the spectrum of your life. That is, think about your goals in different categories of life: financial, social, relationship,

career/business, spiritual, personal, mental, emotional, health, physical and contribution. It's important at this stage to take into account everything you've figured out so far—your Life Path, life purposes and your values, and what your natural talents are. Having more structure in your life gives you greater focus and clarity for your goal, which now needs to be clearly specified. It also means the likelihood of achieving your goals increases exponentially.

Another aspect of prime importance is to discover *what has held you back in the past*. Failure habits can continue to pop up if you don't identify them, and they will surely interrupt your success. Be vigilant! You see, when you succeed, you may not have the skills in place to cope with this newfound success—just as I didn't after the success of making my movie. *Often we are just as afraid of success as we are afraid of failure*. To combat fear of success, you need to ask yourself: Who will I be? Who will I have become when I start seeing success in my life? What will I need to do to maintain my success? You will have done these things in step four of the “From Stress to Success Model”, RECREATE.

A useful strategy is to organise your major goals into three monthly time schedules, 3-monthly, 6-monthly, 9-monthly and yearly. For example, three major goals for each period of four months (about a dozen major goals spread throughout the year). The reason for doing this is so that you can identify little goals on a daily or weekly basis that directly relate to the bigger goal. This way, you can experience small, manageable successes. These could be as simple as learning a new task, taking up a sport, or even clearing out a cupboard. Nothing is too small. Never forget: *success breeds success!* The more (in number) small goals you achieve along the way, the more confidence you will have as you head towards the bigger ones.

The goals you set will now be relevant to your Life Path and your life purposes. They will be built around the new foundation of your life and will help you to reconnect with your inner essence. These techniques are what I used daily to achieve my goal of making a movie. And yes, I use them now. And yes, they work! And no—they do not take up a lot of time! (Please see the Appendix for examples of techniques for clearing and goal setting)

A word here about time; the rush to achieve things in as short a time as possible is endemic in our society. But what if you have been languishing in a directionless territory, without any goal setting or achievement all of your life? What's your rush? Now, you get to embark on the wonderful journey of setting goals and changing your life bit by bit—in a deep and meaningful way. No real change happens overnight. *Enjoy the journey.* There may be surprising twists and turns along the way that take you in an even better direction than you could have imagined. So yes, set your goals and look forward to achieving them and—above all—have fun!

“If you desire a different future, you must now have different thoughts and beliefs.”

—**Raymond Aaron**

The overriding point here is that sometimes goals change. You might start out with a particular goal in mind and then find that you really don't want that anymore. Sometimes you receive or attract other things that you hadn't even expected. Be open to signs and signals and unexpected successes. In the end the whole point of this goal-setting exercise is about who you become at the end of the process, not necessarily what you achieve.

Earlier I mentioned a concept called the “theta mind.” During the period of success when I was working on my movie—and regularly using the techniques I had learned—I was operating from the theta mind the entire time. This meant that things came easily and effortlessly. The objective of daily clearing—or cleansing of the aura and the chakras—is to allow connection with your inner essence. Once this happens, you have *direct access* to all manner of resources to help you achieve the rich and meaningful life that you deserve.

Because I was in theta throughout the process of making my movie, all I had to do was set my goal and write it down. It was then a *foregone conclusion* that I would achieve it. I know that may sound incredible! But that is exactly what happened. Staying in theta *maintained* my connection with my inner essence; it kept me in a place of *knowingness*—the absolute certainty that I would succeed.

Part of my quest to help people has been to find techniques and strategies that are simple and easy to do and that which will achieve results in a reasonably quick period of time. All of the steps of my “From Stress to Success Model” help you to move into that space of getting to a higher vibration. Higher vibration is that space where we enter a different head space. We negate the normal active conscious brain activity and override this process and reach a place of slower brain waves. When you are in these states you speed up the process of getting to that place where you can attract more of what you want. The trick is to be able to get to that place easily and effortlessly when you want to set goals. Because we are all in a hurry to achieve things when we want something, we want it now! Now, I understand this. I really do. And that is why I asked the universe to send me a technique that would *speed up* the process of getting into the theta mind to help you achieve your goals more quickly.

Guess what? The universe did exactly that. I came across this wonderful technique by Asara Lovejoy called *The One Command*. It is a highly effective shortcut to goal setting and achievement. You may even see results *instantly*.

Coming from my natural talents base, as described by the Kolbe A Index earlier, I naturally decided to *simplify* Lovejoy's technique for my readers—so that you can use this technique quickly and effectively. The integrity of the process remains intact. I have simply added *clearer visuals* to aid your imagination, as well as the use of colours. These additions will clarify for you exactly what is happening at each stage of the process.

I have also included more detail about how to *refine your goals* for better outcomes. The other addition I have made to the information I came across in Lovejoy's book is a description of *how it feels to be in theta mind*.

It is also important to note that if you are not achieving a particular goal, you need to *redefine the goal* rather than repeating it. It may not be defined in a manner that is suitable for your needs. It also helps if you *focus* on the goal. When you *restate* the goal in a different form, this can help to release the *underlying beliefs* that may be sabotaging your success. While these extra processes may add slightly to the time it takes to do *The One Command*, the benefits far outweigh the disadvantages.

Ultimately, the objective is to practise getting into theta mind as often as possible. This way, when you think of something you want—it comes *instantly*, whether you command it through the process or not. I know from experience, it really can get to the point where all you have to do is *think* of something with focus and clarity—and it appears. If you practice going into the theta mind daily, you

will come to this place very quickly. We learned how to do that in REPAIR and RENEW.

Just the other day, I was thinking about a particular goal that had not been reached yet. After giving it a bit of focus, I forgot about the goal completely and went about my day. Almost immediately, I got a phone call offering me *exactly* what I had stated in my initial command. You never know exactly when this kind of thing will happen, when what you want will appear. You don't have to know. You just need to *know that it will appear* in some form if you are persistent.

What is unusual about "The One Command," is that you only have to make a command once to be effective. It is true that you may not see the physical manifestation immediately - and some do in moments - but this is not an affirmation. It is rather an immediate rearrangement of your brain, biology and DNA. Lovejoy says that yes indeed you must make more commands. Here is what you need to know - every time you choose a positive path your negative limited thoughts will rise to meet you. After all they have been around a long time and don't understand yet, that there is a new way - a better way to live. As the next negative thought rises to the surface to oppose your success, that is your next command. Ask what you want instead and form your command from that desire. Lovejoy goes on to say this is, "Meeting yourself in the moment" to continue clearing your limiting ideas and beliefs. This is especially true if your cells are heavily programmed in failure and self-sabotage. Be patient with yourself. Keep meeting yourself with the next negative occurrence to go forward toward your goal. And realize that you are getting into the practice of living the life you deserve! It is a practice to accept success.

The One Command system is based on the idea that if you can access your theta mind, you will have access to *untold resources and abundance*. These are the kinds of resources not readily available to

us in our waking state or our beta state. In our beta state of mind, we constantly hook into things from the past and project things into the future. The beta state of mind is essentially a fearful state, as we are consumed with our past failures and our dread of failing again. How painful! And how unproductive!

The normal daily beta brainwave pattern that we use is very busy and results in the busy, cluttered thoughts that we continually have. Here's the important thing: The beta brainwave is our access to the past and the future. But it is only in the *present* that we can *enjoy the moment*; only by *being present* can we truly experience joy.

The problem is, of course, most of us *struggle* to get to the present! It is not easy. But only in the present can we experience the theta mind—the quiet, peaceful state in which we access our *rightful* abundance. Interestingly, these theta brainwaves are the ones we use when we are sleeping. In sleep we can access our limitless state, unhindered by negative thoughts, and we can draw abundance to us easily and effortlessly. So the objective is to get to the state that we experience when we are asleep, but to do so consciously, when we are awake.

Asara Lovejoy states: “In theta you connect to your natural, creative intelligence, and disengage from the fearful, limited worldview of what is possible. You develop a natural sense of security and trust in the world. ***The thoughts you have while in theta are more powerful than your ordinary thoughts, and they bring about changes in your life quickly and easily.***”

I am not going to go into the theoretical foundations of theta mind and all of the scientific background here, but needless to say, this body of work has been scientifically tested. Dr. Bruce Lipton's *The Biology of Belief* is an excellent book on the subject. Lipton's work provides valuable support for the idea that feelings of failure can be

lodged within your DNA at the cellular level, as well as the existence of other dimensions and realities known to scientists, but of which the general population is unaware.

(Please refer to the Appendix B for an overview of *The One Command* technique.)

However, my job in this chapter was to give you a brief look at a technique which you may find useful in order to achieve any goals you desire. Remember to continue writing your goals for specific time periods such as 3 months, 6 months, a year, etc. The achievement of big life goals requires taking *one step at a time*, as each of your steps builds upon the last.

As I said earlier for those of you who are interested in taking this information further there will be a link at the end of this book.

This chapter gives you an overview of a new methodology for setting and achieving goals. Setting goals is the easy part. Achieving them comes from doing the work associated with Steps 1 to 4 of the “From Stress to Success Model”, REPAIR, RELEASE, RENEW and RECREATE.

You see, when you have cleared and prepared your block of land, excavated out the gunk below the surface, laid your new foundations and architecturally designed the house you would like, it then becomes clear that you will be able to take the final step and be able to carefully design each room of your new house exactly as you’d like them to be. However, this time, you will know you will be able to achieve these goals because you will have turned off the failure mechanisms and ignited the success mechanisms. This is all due to the fact that you have taken the time to do the work in these separate segments: REPAIR, RELEASE, RENEW and RECREATE.

SECTION THREE

**Summary, Close
and Way Forward**

CHAPTER

10

Summary, Close and Way Forward

Summary:

In this book, “Boost Success in All Areas of Your Life” we have set out to find ways to help you transform from a state of stress to one of success. The benefits you gain are enormous. However, our primary aim was to help you to increase your energy, gain more time and gain back control over your work/life balance. We’ve outlined how stress impacts every area of your life: your health, your mental states, your work/life balance, your relationships, your overall prosperity and so on.

In **the first three chapters**, we learnt what stress is and how it can impact on your reality. Stress makes you do things that you wouldn’t normally do. You abuse yourself and self-punish, ingesting all kinds of harmful and addictive substances. You take on negative feelings that reduce your self-esteem and confidence. You hold negative beliefs well beyond their use-by dates. These keep you from success.

So, having discovered the cause of stress, which are your underlying negative beliefs, my goal was to help you overcome these major blocks and instigate a step-by-step procedure that would help people understand their barriers to success and be able to instigate practical steps to actually be able to heal and repair some aspect of the subconscious

mind. In this way when the physiology is repaired then the autonomic nervous system can be retrained. When this happens you gain back control over how you respond to stress. And that is exciting because the biggest negative effect of stress is that people feel they have lost control.

With that in mind, the “From Stress to Success Model” was developed which is a step-by-step approach to healing the body/mind on all levels, one at a time. The main hypothesis was that because the body is the densest aspect of your energy, it is necessary to heal the body first. When you heal the body first the other aspects, the emotional and the mental will automatically follow and also be healed. In many other systems of wellness people try to approach success by focusing on the mind first. I have found this approach to be too difficult to sustain because it entails too much willpower.

So, this model of wellness aims specifically to inform and educate you of the effects of stress and how your reality is impinged on a daily basis by your perceptions, your experiences and those emotional charges that you still have not let go of.

These hidden issues are the cause of your stress, those underlying negative beliefs, mostly of which you are unaware, which are running your life, even though they have happened many years earlier. Collectively these issues have been defined as failure mechanisms in that the negative charge around those unexpressed and therefore unreleased issues, keep informing your cells that you are unhappy about something. This “unhappy” or negative state affects the cells and keeps them from thriving. They go into stagnation mode which can create disease, and eventual premature death. By releasing these issues and the negative charge around them you have the opportunity to change the information being communicated to your cells, from negative to positive, and hence allow the cells to heal and emit positive vibes instead. These cells then go from stagnation and death

to growth and development. This means that you will have turned on your success mechanisms instead. Without doing the work necessary your life will always remain a struggle.

In chapter four the objective was to inform and educate you about the signs and signals of stress so that you had more control over your life and hence will be able to take more responsibility for your health. It is important to be able to recognise when you are in stress so that you can take action to change that state.

You are in stress if:

- you are **struggling to achieve** what you want.
- you are **straining to get** things done in a timely manner.
- 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 in pain**, physically, mentally, emotionally or spiritually.
- you **feel tension** in any part of your body.
- you **feel lack of any kind**, lack of approval, lack of money, lack of love etc., then you are stressed out.

So, learning a bit about the body/mind system, the chakras and so on will help you hone in on the disease of stress and where it is affecting you and be able to address more specifically what areas you need to deal with first.

The whole purpose of my wellness model the “From Stress to Success Model” was to help you transform from being stressed out to being

back in control, having more energy and gaining more time to get done what needs to be done in less time. Of course you will gain many more benefits from these five steps including: better sleep, being more focused, making better decisions, increasing your overall health and wellbeing, feeling happier and more joyful, and the list goes on. Yes. These techniques work and work well. However, you still have to input some time and energy to complete what needs to be done.

In Section Two of this book “Boost Success in All Areas of Your Life”, **covering chapters five to nine**, we set about uncovering each step of this model and what that meant for your physical wellbeing. We looked at how my model could be likened to building a new house, constructing your new life. Each step painstakingly addressing what needs to be done, in that order, so that you can resolve stress permanently, once and for all and you can achieve the results you truly desire.

We then delineated The “From Stress to Success Model” explaining each step of progression.

For these reasons we started with **REPAIR**, where we took steps to retrain one aspect of the subconscious mind, the autonomic nervous system, which houses the stress response mechanism. We discussed how we could retrain this through repairing our body and our heart through a combination of focused breathing exercises and attaching positive emotions at the same time.

In Step 2, **RELEASE**, we went in-depth into the effects your underlying negative beliefs are having on your body/mind, and how, if you do not release this underlying gunk you will continue to attract failure into your life. In order for you to turbo charge your results in this segment, the most effective way would be by way of coach

facilitation. It is simply easier if you have a coach facilitate these processes with you. Releasing the major issues affecting your life will have a domino effect in that other issues will also fall away.

So, with these two Steps, REPAIR and RELEASE, you will be well on the way to achieving the success you deserve.

Having taken those initial steps to clean up your life, which helps raise your personal vibration to a more positive state and also raises your awareness, in Step 3, **RENEW**, our objective was to help you maintain that new vibration. We looked at various sensory input methodologies and looked at doing other things to enhance this vibration. Specifically, in this segment and continuing on with the theme that it is necessary to heal your physiology first, you really will need to look at what you eat, how you are exercising, what you are thinking regularly, and what you are feeling. This step helps you keep your vibration high, which will eventually allow you to attract anything you want at great speed. (This step is crucial to getting into FLOW.)

There are lots of different actions to take in step three. However, when you take an holistic approach and take on-board the steps in the RENEW segment, you will find your automatic default vibration level will have changed enormously such that things, feelings and choosing more healthful ways, will become your new default programming.

In chapter eight, **RECREATE**, having come this far you will then be ready to uncover and celebrate your true identity, acknowledging, accepting and feeling a sense of validation of your individual skills, talents and abilities. You will then understand the life path you need to travel to access your greatest wealth and abundance. When your path becomes clear so do your purposes and your values. You will then

be coming from a place of acceptance and self-love. Identity gives you strength and courage to travel through your newly discovered life with confidence.

So, having repaired your physiology, released the gunk, the failure mechanisms that have been holding you back, your underlying negative beliefs, increased your vibration and moved it to a higher level, clarified your identity, who you are at a deep level, discovering your path, your purpose and your and clarifying your values then, and only then, will you be ready and able to **RECLAIM** the life you really want. You will be able to set meaningful goals, goals which are aligned with your path, your purpose and your values. You will know you will be able to achieve them easily, because your attractiveness level will have increased enormously. In fact, what you desire will race towards you at great speed. Only after you have done the work will you be able to set and achieve goals easily and effortlessly.

So, the processes and steps involved are all designed to help you stop from being stressed to being successful. The end result of all of this action is to experience success from a new and permanent perspective. And that is feeling what it is like to be in **FLOW**.

Way forward:

You've learnt that in order to boost your success something needs to be done. Some change needs to happen. Some decision needs to be made and some observation needs to take place. You cannot instigate change merely by reading about how to do it. You need to take action and do the work.

If you are happy continuing what you are doing, then this path is not for you. If you have experienced success and then repeated failures, then this path may be the one that you choose. If you don't think

that you will be able to change or that this will not work for you then that is exactly what will happen. If you do not put any effort into making change then this will not be a successful path for you to take. The beauty about the methods employed here is that you do not have to believe that these will work. You only have to have a deep desire to want to change and when you commence the process you need to make a commitment to go the full course. You can do this in stages or commit to the whole shebang. You have to ask yourself how successful you want to be? Remember, when we talk about “success” we are talking about getting into FLOW, where your personal vibration remains high so that your level of attractiveness increases. In this state what you desire will race towards you at great speed.

You’ve learnt about your failure mechanisms and what is holding you back. You’ve learnt that there are underlying negative beliefs that have been instilled at an unconscious level and which run your life even though you may not consciously be aware of exactly what these are. In many cases you may have succeeded in achieving a modicum of success. In most cases many of you will have experienced constant cycles of failure. Because these failure mechanisms are ingrained at the cellular level, your whole body/mind is compelling you to fail. Is that where you want to stay?

What happens when you have these repetitive negative beliefs and negative emotions running through your head on a daily basis is that you may engage in harmful behaviours. Harmful behaviours are a way of self-punishment which is a way for you to reinforce the negative belief that you hold. For example, when I had a negative belief that I was not good enough, I had to engage in behaviour that suppressed this belief so that other people would not be aware of this belief and hence think less of me. What this does, i.e. when you are constantly holding down these negative beliefs or negative emotions is that you create enormous tiredness/fatigue even chronic fatigue within

the body/mind and hence in order to gain more energy you start taking substances that give you more get-up-and-go. It might start out surreptitiously as having more coffee, stronger coffee, then sugar in your coffee, then having something sweet with your coffee. When you get home you might need a drink to calm you down or relax. You then might have cigarettes. Some people then engage in recreational drugs (which I never did), some people take prescription drugs and feel that is OK as it has been medically proscribed. Some people might try to take their minds off things or slow down with computer games or gambling or watching excessive television. And so it goes on.

Then you will find that you are not able to sleep very well as your system is hyped up or drugged down. Then you start waking up tired. You then start missing your gym classes or regular hobby classes. Your thoughts keep going round and round your head. It is now impossible to relax. You try having a massage or a spa. This has a relaxing effect but the effect is only very short term. Your concentration starts to go haywire and you find that you are taking longer and longer to complete tasks. You now have to spend more time at work because you are becoming inefficient. This then exacerbates the problem and you add further problems and further mental, emotional and physical decline because the initial problem had not been addressed effectively.

The main problem is that you were not able to clearly identify exactly what the “real” issue was. You may have thought you just needed a holiday. You may have felt that you are no longer passionate about your job. You may feel that if you change jobs then all of your problems will be resolved. The trouble has been that you have never really taken the time to dig down to find out the root cause of your stress, your unrest.

Have you experienced this cycle? I have and I know that taking action other than addressing the underlying issues will be a waste of time

and effort and you will continue this destructive cycle in your new job or after your holiday. However, commencing the path to success and wellbeing can be as simple as new ways of focused breathing. You can experience a state of being stress-free in minutes. However, the goal of this model, the “From Stress to Success Model”, is to be able to maintain that state on an on-going basis.

The types of harmful actions you might take in order to nullify your pain or stress is: self-protection, self-gratification, actions to please the senses such as eating drinking smoking and so on. You make take on unhealthy actions to get things done such as taking on too much and burning yourself out. You may take on actions to gain the approval of others or you may become selfish. You may start to complain a lot and criticise others and try to pull them down. You may try to manipulate others to get them to do what you need to be doing. You may just give up as everything is too hard! This is all self-protective and defensive and comes from a place of habit, of survival. You are trying to survive a hostile environment.

Most of the beliefs that you hold are held from some aspect of negativity. For example, your actions or beliefs could be shame-based. They could be apathy-based. They could be grief-based. Most of my beliefs and harmful actions were grief-based as I had no sense of belonging to a family nor, a sense of validation. Yours could be fear-based. They could be anger-based. They could be pride, or lust/craving/desire based. Part of the healing process is to be able to recognise the primary position you are coming from so that you will more easily recognise the source of your negative beliefs and what they are based on.

The big douzey of them all is unforgiveness or resentment. If you are holding ANY resentment in your body/mind about anyone or anything and are not willing to let this go then you will not be able to heal sufficiently well in order to achieve the levels of success that

you desire. Unforgiveness is not about having to love or even like the person who has done you wrong. It is about you freeing yourself from their energy and allowing your vibration to change to a more positive frequency.

For example, say someone has done something really wrong to you such as physically abusing you at an early age, the tendency is to say something like this: "I will never ever forget what they did." Or. "I will never forgive them for what they did to me/someone else. I will remember this forever." Holding this type of resentment only harms yourself.

This may sound all well and good in the immediate short term. However, what that means is that this thought and hence this negative energy will stay with you forever blocking your healing. Forgiveness is about taking the charge out of the offence and letting go of the energy of the perpetrator so that you can heal. You do not have to care what happens to them. It is a process for you so that you can move ahead even though you do not think it is fair that they got away with it, or did not get sufficient time or punishment for their actions.

Imagine if you could finally be free of the cycle of success/failure/more failure/pushing yourself really hard to get back on track and then finally struggling to maintain any success that you have achieved, when something or someone disrupts your success and you are easily thrown off track.

Imagine if you could be really clear about what you want to achieve and set yourself on the path to success knowing that you will be able to maintain that success indefinitely.

Imagine being passionate about life and about your chosen field and be enjoying levels of success in all of the areas you want: relationships, career, finance, wealth, abundance, health and wellbeing.

You don't have to imagine it. This book and the models of achieving success on any level shares a way for you to do this permanently, once and for all, and be able to maintain these levels of success indefinitely as a result of these techniques. In fact, the model has been broken down such that you can take individual steps. And, when you are ready and totally committed to be the success you truly desire, then you can take the next step and so on.

In bringing this comprehensive overview to you I have tried to set out an easy model of what is impinging on your success at an unconscious level and that it is imperative that you deal with this first before true and lasting long term success can be generated. There are various ways to do that and in my programs you will find options to achieve this, whether by way of individual personal healing sessions, group healing sessions, combined coaching and healing sessions, online webinars, face-to-face seminars, day and half day seminars, weekend retreats, or 3 ½ day make-overs and on-going coaching support, perhaps you will find a delivery mode suitable for your style of learning.

The most necessary first step is to search your heart to see if this is right for you. If you do not feel that this is of benefit, then you will not put in the necessary energy to enable yourself to heal effectively and for the long term. If you want short term relief and short term success, then take a massage or have a relaxing bath. Once you decide that you want to heal the failure mechanism permanently and instil new success vibrations, then by all means having a massage will aid your healing because you will be approaching success from a new model of wellbeing. This model is about permanent changes for the better.

The next most necessary step is to commit to doing whatever it takes, in either small steps or by taking on the whole program and chart

the changes you have made and can see, feel or hear others say about you. They WILL be noticeable to yourself and others. YOU will look different. You will feel different. You will approach life in a new more balanced way and be able to make better decisions and be in control of your life and the outcomes you truly desire.

What I want for you is to make a decision to take the next step with me so you can create your own prosperous life and be truly successful on all levels and be able to maintain that success permanently.

Close:

If you take no action you will continue down the path of cycles of failure, success, more failure and so on. You will not achieve the greatness you deserve.

When you do take action you will be captivated by the swirl of positive events that will happen in your life. You will get to a point of being stress-free, which, in and of itself, would be fantastic. However, you will achieve much more than this. You will have gained increased energy, have more time to do the things you want and most of all, you will be back in control of your work/life balance, because you will have achieved FLOW.

My recommendation to you, if you have decided you want to take this further and take action now, then please visit the website: www.stresstosuccess.com.au, listen to the webinar, and see what options are available. I am really excited for you because I love it when people finally choose success and make a commitment to take action.

It is time for you to assume the throne and reclaim the life you deserve, the potential that was yours when you arrived on this planet unhindered by any influence of your primary caregivers.

Thank you for stepping into your own greatness. I am so excited about being able to help you achieve true success, getting into FLOW, in as short a time as possible. It is an honour to be able to share this knowledge and these techniques with you and I am honoured to be able to have this work support you on your journey to success, so that you can get there in such a huge way.

Wishing you all the best.

To Your Success!

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PS. For more information on how you can use this information to your benefit please visit the website and listen to the webinar where you will find a very special offer just for you. This offer is not available from the general products pages. It is only for persons who listen to the webinar and take action to get their life back on track fast and move towards a stress-free life!

About the Author

Celine Healy is known by her clients as “The Stress Resolution Expert” due to her success in helping career women and women in business toward STRESS RESOLUTION.

Celine doesn't believe in STRESS MANAGEMENT and feels that many programs are hard to tell apart in a “sea of sameness”. Instead her STRESS RESOLUTION starts with a holistic approach, looking at your life from a total body / mind perspective. After all, STRESS affects everyone in different ways - physically, mentally, emotionally and spiritually.

With a background in executive level business and a life-long study of healing, Celine understands the stress that can be present in a business woman's life. You can now take advantage of her proven approaches and strategies to resolve the issues stress may be causing in YOUR life.

Celine has both Bachelor and Master's degrees in Accounting and Communications plus Post Graduate qualifications in Education and Counselling. As part of her work Celine has studied multiple brain integration techniques, kinesiology, forensic healing, hypnosis, Psyche K and HeartMath research. She worked as an accountant in the corporate world, then in partnership with others, then as a sole

Celine Healy

practitioner as a Certified Practising Accountant. Having lived the corporate life Celine is in a unique position to help business women toward stress resolution.

Celine has been invited to the CPA's Public Practice Committee and The National Insurance Commission. She was also a finalist in the Telstra Women in Business Awards and the Sydney Business Review Weekly Awards.

Celine is also looking to build a NOT FOR PROFIT NETWORK that will take the FROM STRESS TO SUCCESS program into the community. This would allow hired trainers to reach out to groups that normally would not have access to STRESS RESOLUTION programs. This will begin in Sydney and is her way of giving back to the community. If you'd like to find out more – or would like to be involved - contact Celine by email at info@stresstosuccess.com.au.

APPENDIX



Daily Techniques

NB: For a more comprehensive list of exercises please see one of my previous books: “*IDENTITY: The Key to Fast Track Your Career Success.*”

In this appendix we will look at various techniques to keep yourself clear and help keep your vibration high.

Number 1: Easy Belly Breathing

Number 2: White Light Cleansing (the basis of all of the following techniques)

Number 3: Daily Intention

It is both easy and pleasurable to incorporate these practical tools into your day. Over time, they will become a part of your daily routine that you look forward to, because they are designed to be relaxing, cleansing and joyful. Too often, people put off being happy until sometime in the future. For example, you might say to yourself, ‘I’ll be happy when I retire; I’ll be happy as soon as I earn more money. I’ll be happy when the kids get through school,’ or the like. Using these daily tools can provide a wonderful moment of simple happiness *now. Today.*

These daily techniques and practices give you the tools you need to keep yourself clear of negative thinking and self-doubt. They help keep you connected with your inner self—the core of *goodness* that we each possess, which is the true source of success.

1. Easy Belly Breathing

Use this technique if you find yourself very stressed and cannot focus your mind to do anything else.

Please one hand on your lower abdomen below the navel. This is so you can focus on these muscles. You will need to see and feel your belly rising and falling with each breath. As you breathe in, this area should rise. As you breathe out, you should see and feel your hand on your belly move towards your spine.

Breathe in for 5 seconds and out for 5 seconds. Do this for between two and three minutes. This is an isolation exercise. Most people breathe shallowly and move their shoulders up and down and also their chest and rib cage. You are not getting sufficient oxygen into your lungs when you do this.

It is imperative that you breathe from the lower belly. In this way you will be able to relax the stress response mechanism, get more air, re-focus and be able to change your state.

Do not underestimate the power of this simple exercise. It works!

2. White Light Cleansing

Use this technique daily, when you wake up just to set your day on track, and do before any of the other techniques that we will use later on.

Step A: Cutting the ties that bind - Sitting upright with your feet on the ground (you could sit in bed), close your eyes and take an imaginary pair of large scissors and cut all around you. What you are doing is cutting the ties that bind you to the past and present. You are also cutting off attachment to negativity in all areas of your life. Feel the feelings as you do this process.

Step B: Washing through with white light - With your eyes closed, make a shower of sparkling pure white crystal light enter through the top of your head. Make it swirl round like a twister or a hurricane so it spins round in your head. You spin this white light right down through your body and right down through each leg. You are cleaning the gunk out of your body and your aura. You then catch the gunk coming out the bottom of your feet with a large balloon or bag and tie it off. Make it drift off into the universe. You then burst the balloon or bag so that the gunk dissolves back into the universe. **You repeat the whole of this step two more times**, washing through with the light and catching the gunk.

The White Light Cleansing technique is very simple but hugely powerful. This is the process we will use at the start of all other techniques.

The White Light Cleansing technique is something that you can use every day to you set yourself on track. The habit of cleansing yourself every day of negativity is just so huge if you can imagine what it does for you in the long run. This is what I recommend you do every day to keep you on track and to set yourself up for future success. It just takes you moments and it enhances your feelings of wellbeing and gratitude and fine-tunes your senses. Adding an intention helps you focus on getting what you want.

3. Daily Intention

Step A: Do White Light Cleansing First

Step B: Then place a large imaginary bubble around yourself so that you are in the centre of it and set your intentions of the day. Your intention might be that you will feel happy and prosperous all day. Just pick one that seems appropriate and if you are going for an interview you might have the intention that the interview will go extremely well for you.

Step C: In the bubble, sprinkle gold dust all over yourself and state: “Everything I touch turns to gold.” Now breathe in the gold dust into your body so that your cells and your DNA tingle with abundance. Feel the feelings.

Step D: Next sprinkle a beautiful sky blue colour all over you and breathe it in. As you do so say to yourself: “My communications today, with myself and others, will be easily understood and will be rich and meaningful.” Feel the feelings.

Step E: Enclose the outside of your bubble in a band of beautiful cotton candy pink. As you do so say to yourself: “For everyone I meet today, or come into contact with, I will feel love, harmony, peace and balance.” Feel the feelings.

Step F: To seal off your intention and keep you in that bubble of positivity and love all day take three individual gold hoops, one at a time, and make them spin around the bubble like a hula hoop that is dying. Feel the feelings of love and protection from harm. In this way you will lock in your intention, you will keep yourself from harm’s way, keep out any negativity from entering your aura and this will protect you during the day.

APPENDIX



RECLAIM – goal setting technique – *The One Command*

I will now outline a detailed process of getting into theta mind with the One Command technique. After that I will then put it into summary form for ease of use.

The basic idea is to clear yourself first, become grounded and have access to the nurturing support of mother Earth, align with the command and your goal. Then, zoom up to the edges of the universe, and pop up through the clouds to that theta state.

Feel what it's like to be in theta, say your command, expand your thoughts and feelings, feel great gratitude, come back to earth, then accept the goal as received and that it will happen! Voila! Sounds easy, BUT it takes practice to flow smoothly, and if your goal is not appearing, then you need not say it more frequently, you need to restate it in another form or do some goals around limiting or conflicting beliefs first.

Along the way we will be using colours to heighten the experience and expanded feelings to lock in that success of achieving and receiving your desires. I have added colour and heightened senses of experiencing your feelings.

The One Command Steps in detail:

1. In a sitting position (which could be in bed), close your eyes and take your giant imaginary pair of scissors and cut all ties to the past and future.

2. Wash through with white light using light spinning/circling through your body like a tornado to clear out the residue of negative thoughts. Wash through three times and collect the gunk in your bag or balloon at your feet. Tie off the bag/balloon and release it out to the universe so that all the negativity disintegrates.

3. Then sink your legs up to your mid-calf into the soft brown nurturing warmth of the earth. As you are doing this, say to yourself something like this: “I am tapping into all of the love, nurturing, support and abundance the Earth offers me. I can feel the diamonds, rubies, sapphires, gold and silver and pearls underneath my feet. I can feel abundance, or all the money I ever need is raining all over me.”

In this step we are trying to get you to feel that there is abundance available to you and all the love and nurture and support that you would ever need. So when your feet are in the earth and feeling that warmth breathe in and feel the abundance seeping through your body. Feel that everything that you ever need or ever want is available to you.

As you breathe in with your feet firmly planted in the earth bring the feeling of the warmth of the earth up through your legs to the top of the legs and use the colour brown. The colour brown indicates strong support from the earth and that you feel deeply and firmly attached to the earth and all the support that you need. You will feel grounded.

Breathe in the colour pink from the top of your legs right up your body to the top of your head. The colour pink indicates unconditional

love and nurturing and support from the earth. While still in this step have the colour pink fill your heart and expand and burst out from your heart spreading right over all of the earth and its inhabitants. The colour goes right round the earth, encircling it and all of its inhabitants. It then comes right back through your back. As you are doing this feel the love and abundance for all persons and things on the earth wishing them all of the abundance you wish for yourself.

So the first three steps are helping you become **grounded** in getting you in the right frame of mind to ask the universe for your goal.

4. In this step you **repeat your command or state your goal** at the beta level with your eyes open, if you need to read it and to clarify, what it is. You are affirming that this is what you want clearly and precisely.

5. The next step is to **roll your eyes back in your head** looking behind the top of your eyebrows and trying to look up to the middle of the top of your head, and keeping your head looking straight ahead. This may be a little uncomfortable as it is not your usual position for your eyes. However, after a little practice it should become easier. The process of rolling your eyes back in your head looking to the top of your eyebrows or out of the top of your head is to get you into the theta state.

Once you are in theta state and ready, the next part is to blast off into the outer reaches of the universe at lightning speed. Going to the edges of the universe gets us to theta, or the state of blissful awareness, that seems to be some place far away from your normal state of mind. The imagery is one of taking a journey to a wonderful place whereby we can ask for help.

How I blast off is, mentally I crouch down and I'm looking out through the top of my head and following this imaginary line, my flight path and then I push off rapidly to give me that boost that I need like a rocket going into outer space. Halfway through my journey I give myself another turbo blast to kick myself along the flight path and then the third time my turbo blast pops me up through the clouds and I land on a floating bed of clouds.

6. Landing on a bed of clouds gives you an imaginary, visual and a feeling of what theta might be like. Theta is a place where you feel like you are floating effortlessly, everything is easy and there are no limits. It is a place of total peace, bliss and abundance. It is a place free of stress and tension and negativity.

My suggestion would be to take some time here in this lovely space to feel what theta is like and to experience the joy and the bliss. It is a place of total freedom. There are no restrictions or limitations. So enjoy that space before you get ready to say your command or your goal. Remember that your eyes are still looking up towards the top of your head/or the top of your eyebrows so that you can maintain the theta state. Feel the freedom. This is the place of abundance. This is the place of your natural birthright, a place of total connection to your higher self, a place where all the abundance you might ever want awaits, for the asking.

7. Having experienced the bliss of theta you are now ready to **state your goal/command**, that your goal arrive from the Universe. In the book: *The One Command*, Asara Lovejoy states a formula for her command, which is as follows:

*“I don’t know how
I have
(write out your goal in a very simple format)
I only know that I do now, and
I am fulfilled.”*

Remember to keep your eyes rolled back, trying to look at the top of your head or the top of your eyebrows the whole time to maintain the theta state, and keep your head looking straight ahead.

Once I have said my goal, my command, I say to myself: “just let go”, and I can feel all the tension and stress release from my body, my shoulders, the stress and any tension release and go right down through my legs and out to the bottom of my feet. Then I have my balloon or my bag ready to catch the gunk once again. I repeat my goal, state the command, and do the release process three times. Then I tie off the balloon or the bag and let it float off into the universe and disintegrate.

8. This step entails you feeling like **you have received your goal** or the information you need to receive it and at the same time you are changing your cells and your DNA to take account of these new changes in your life.

So place yourself in a giant bubble. The colour green floods in as the new information you need, right through the top of your head. Breathe in and out. Then sprinkle gold dust within your balloon and feel gold dust tingling throughout your body. Your cells and your DNA vibrate with success and abundance. It is as though you’re changing your DNA immediately. While this is happening, you are feeling the love, feeling the gratitude that all of these things are happening for you now, rapidly, instantly. To help yourself along you can be saying: “Yes”. Thank you. Thank you. Thank you”. You get excited at the prospect of success. Feel the feelings of success.

Within this step your bubble is filled with green colour. Make the green colour go into your heart and expand your heart even further. It is as though your bubble expands much larger than before. At this stage you feel as if you have achieved the goal that you have just stated. You now imagine what it would be like to achieve a much larger goal, something unexpected, an expanded version of your initial goal. This is the notion of expansion.

You are expanding from one idea to a much larger idea that you might achieve once you achieve your initial goal. You might expand into a notion of making a contribution to the planet or leaving a legacy for others to follow. The idea is to feel an idea much larger than your original goal in that state and when you do, your smaller goal will seem easier to achieve.

The objective whilst you are in theta is to imagine/feel or sense things happening to you. Feel feelings of success, great joy, gratitude and of expansion. Using colour therapy can help you achieve that more easily.

9. Once you feel you are ready to **come back down to earth**, simply roll your eyes back to the normal position and quietly slip back to earth. Once you are back on earth, take a giant imaginary rubber suction hose or vacuum cleaner and suck out from your body, all of the residue negativity surrounding any thoughts you may have of not achieving your goal.

Suck out the negativity out of your head and out of your back and out of your lower back and out the bottom of your feet. Then make that vacuum cleaner or rubber suction hose disappear into the universe and disintegrate.

Then place yourself in a giant bubble and see the green colour pouring in through the top of your head all the information and resources that you need to achieve this goal here on earth. Then feel the sprinkles of gold dust. All through your body, in your head, in your arms, in your body and your legs and feel your cells and your DNA changing. Mentally, get up, and dance and say: “Yes. Thank you. Thank you. Thank you. Yes. I have achieved my goal. I have achieved my goal.” So feel really excited that this is going to happen and that it has happened already. So that is the process.

In summary, there are three stages:

- 1) Preparation at ground level.
- 2) Travel through space and pop through the clouds to theta and issue your instruction, feel the changes and feel the gratitude.
- 3) Pop back to earth and accept consciously that you have achieved that goal.

At each level we are using colours, words and feelings to really experience the process. The more that you can get your senses involved at all stages the greater experience you will have. I have found it useful just to practice going into theta mind several times a day without having any specific command or goal in mind. It is just to experience that peace and serenity, that bliss. How I do that is by simply rolling my eyes back to try to look out of the top of my head. I then feel that I am floating on clouds. I practice feeling the feelings of freedom, bliss and abundance. It is a habit that speeds up the achievement of my goals.

You might ask: what happens if I'm not achieving my goals and my commands aren't happening?

Remember earlier I said that people are equally afraid of failure and success, and because of this you may have limiting beliefs holding you back. In this situation, I would suggest you do the following and write an unedited version of what your life was like and your environment that you grew up with so you can see some of the patterns emerging in your life that you keep repeating.

I will give you an example:

My version of my early environment: when I was growing up I felt no support, nurture or love. There was no encouragement, direction, or strong role models in my life and I constantly felt that I did not belong, felt isolated and totally separate from, and independent from others. I did not trust others easily and felt that I could not rely on anyone and tended to do things by myself.

Okay, so from that you can see some basic beliefs that may have come back to haunt me throughout my life. Just choose one at a time to work on. So, the new command and goal that I needed to work on might be:

*“I don't know how
I feel totally loved and supported in every situation
I only know I am now, and
I am fulfilled.”*

Another example could be:

*“I don’t know how
I am totally focused and maintaining direction in my life
I only know I am now, and
I am fulfilled.”*

Or another example might be:

*“I don’t know how
I release all resistance to receiving abundance in my life
I only know that I do now, and
I am fulfilled.”*

Grammatically some of these statements are incorrect. I believe that is to bypass the conscious mind to get to the subconscious mind. If you give the conscious mind a task it gets busy doing that and leaves the real process to the part of the mind that you really want to reach.

So, if you are not achieving your goals keep looking at your environmental examples to clear up limiting beliefs or keep tweaking your goal until it comes true. This may take some time. However, the benefits are truly worth it.

Sometimes the results can be instant, sometimes results are sent as thoughts which outline the steps you need to take or the right people will show up to deliver some aspect of your goal. Be open to receiving and life will bring its magic.

So just to outline a summary of the process (as per The One Command book):

- 1) The first step is to ground yourself - (white light cleanse/brown legs/pink body, feel the feelings)
- 2) Align yourself to your goal - say your goal to yourself before zooming off into space - (pink circle around the earth)
- 3) get to theta - the clouds - (feel the abundance and limitlessness)
- 4) do your commands/your goals three times- let go (tie off the gunk into your balloon or bag)
- 5) expand the feeling- (green colour, sprinkle gold, feel the feelings)
- 6) receive with gratitude in theta- say: thank you, thank you, thank you and come back to earth and receive with gratitude in beta- (green colour, sprinkle gold, feel the feelings)

Using the simplified One Command technique, you can invite greater opportunities for joy and peace into your life. You will find over time that your perspective will change on a fundamental level; you will feel lighter and more joyful. Even if that were all you achieved in this lifetime, you would be better off than 85% of the rest of the planet!

If, instead, you carry around feelings of resentment, bitterness or anger, then you truly *can't attract* the abundance that you deserve. I can say this with authority because it has happened to me. And yes, success is a process—an *ongoing process*. It requires a bit of maintenance, even as it opens up exciting new possibilities each day! So, I encourage you to incorporate these daily techniques into your life—and be open to the abundance and the beauty they *will* bring to you.

APPENDIX



My Journey

I'd like to share just a little more about my personal story. I do this so that you are aware of my journey and why I am doing what I do. It comes from the struggle, the stress, the strain, the lack and the pain. It comes from my desire to understand who I am and what I need to be doing to make my contribution on this planet before I check out. I believe that everyone wants and biologically needs to leave an impression of themselves for future generations. Some people do this by leaving offspring who carry on their legacy. Others need to do it by informing and educating future generations of lessons learnt, by leaving something of value so that those who come after them may be able to short-cut their own learning.

I missed the boat with children, so I needed another way to leave my legacy.

Having come from a family that did not have any specific goals except surviving weekly from pay day to pay day, it took some time for me to delineate my path. That life path came from adversity, which seems to be the way for most people. Because my wounds were not as visible as someone who had a disability or who had overcome a major life-threatening physical or mental challenge, I struggled for some time to accept that I had an important message to leave behind.

My biggest challenge was to overcome the inherited beliefs from my family of origin. My second biggest challenge was to identify who I was, what my innate talents and skills were, and to be able to love and accept myself on a deep level.

I think at some stage everyone has issues around self-love, self-acceptance, feeling deserving or feeling good enough to achieve or be accepted for who they are.

With these challenges in mind, it took some time for me to find the right career path. In my day, we tended to accept any job that came along because you earned money and you were employed, and hence employable. The unfortunate thing for me was that I needed external validation for who I was, so I took the path of an “acceptable, responsible career.” I needed to feel respected and validated, so I ended up in the accounting profession for many years.

There were parts of it I was good at and other parts that left me bereft and overwhelmed. You see, I am not very technical. Anything to do with learning in-depth computer programs or skills sent me into overwhelm. Finally, all the years spent in the wrong career took their toll on me, and I zoomed on by to burnout. My particular personality type and innate talents were directly opposed to that type of environment. I am a front person, a person who needs to be motivating and inspiring others to move ahead, not sitting at a desk trying to follow rules and regulations.

The crunch came when I tried to fill up my leisure time with various hobbies such as opera singing, musicals (singing and dancing), reading alternative books and studying alternative therapies. My brain kicked over and I went into severe right brain-itis. When that happened, I was unable to focus on accounting work and I became

virtually unemployable, even though I appeared to be a functioning accountant. So, I left that career and tried to re-build elsewhere.

One of my first forays into something creative was to create a short film. Now if you want to do something involved then this is the way to go. It was the most fun and most difficult thing I had ever done, from writing the script, producing the film, finding the crew and getting everything free or very cheap, and directing the actors, I was overdosing on creativity! Anything after that was going to be second best!

I then went into sales. I knew I needed to change careers and be in a more sales-oriented profession, but making this transition was a huge challenge. When you are earning a great deal of money as a private accountant in your own practice, it is a financial let-down to start all over again in a profession where you don't have experience. I was used to earning good money, however, my health was more important. I needed to re-orient my focus. I found someone to re-write my CV devoid of any reference to accounting. It was a "values" based CV. I got a job selling gym memberships. And so the new journey began.

During the period of time when I was trying to find my way, I studied and became qualified in many different therapies, including a Post Graduate Course in Counselling Skills. I was trying to find my niche. The trouble was that I was operating from an "away" position. I was trying to move "away" from accounting and not "towards" something. The underlying reason for this, although I was not aware of it for some time, was that I was still stressed to the max. I was just operating from a Band-Aid approach, trying to plug the leaks rather than work out what the real problems and solutions were.

You see, the real problems, which lie at the heart of all unrest, are issues of unresolved negative beliefs. They are unresolved because the

energy relating to them has not been discharged or because we were not able to express ourselves satisfactorily at the time. The negative beliefs are “learned” from our family of origin at a time when we are powerless to express ourselves fully, generally between the ages of zero to six. How can a five-year-old tell a parent: ‘Look, you silly woman. Just because I spilled the milk does not make me forever useless or not good enough.’

The child is coming from a position of powerlessness, and in that state they are unable to discharge the energy associated with that emotion. Therefore, they store these unresolved issues deep within their psyche. We now know that these issues are recorded and stored at the cellular level.

We now know that everyone carries some degree of lack: of self-love, self-acceptance, not being good enough or not feeling deserving, or some expression of these terms. People carry these forward into everyday life and unknowingly sabotage their own success. The absolute key for achieving success in any area of your life is to be able to resolve those hidden negative beliefs and to express what you really feel from a position of power.

The journey through these stages has led me to my life path. I hope to impart what I have learned so that other people won't have to go through so many obstacles, and lose excessive amounts of time before they achieve their heart's desires.

So, in summary, Celine has been an accountant, had her own accounting practice, has tutored and lectured in accounting for many years, created a movie, then she became a stress counsellor, went into sales and then healing and coaching work. Part of Celine's nature is to constantly research and source new methods of being able to heal

people more quickly, easily and effortlessly. I love learning new stuff and like to put different ideas together.

Celine has found that people have an expectation of wanting to rid themselves of stress, struggle or lack, and gain results instantly like an internet service, even though they may have had the underlying issues for twenty, thirty or even forty years. They want an instant solution because they have grown up in the “instant gratification” age, where patience is sometimes an elusive quality.

However, in saying that, and because of that, it has inspired Celine to source out the most effective methods of repairing the body/mind, releasing stress and moving to a permanent state of happiness more quickly. Each step of the “From Stress to Success Model” is necessary in order to cement forever the results that each person desires. Yes. You can gain instant relief from one session of step 1, REPAIR, or Step 2, RELEASE. However, the further three steps: RENEW, RECREATE and RECLAIM allow your physical body/mind to ingrain new neural pathways of a higher vibration such that when you come to clarify your identity you will “just know” who you are and what you need to be doing. When you can do that you are then ready to set meaningful goals, goals that are in alignment with your true identity and which will stick, and these desires will zoom towards you at great speed because you are finally clear about what you really want.

Stress resolution is Celine’s aim, not just managing stress. Rebuilding energy reserves and improving the baseline foundation of resilience is also the aim.

If you have been struggling to achieve success for many years, what is the cost of continuing on that path? If clarity and true success could be achieved within a year, how would that make you feel? If you took

Celine Healy

the coming year to finally unravel your issues, gain more energy, gain control over every aspect of your life, gain time and an improved sense of self-worth and increased confidence, would that not be a journey worth taking?

Celine lives in Bowral, NSW, Australia with her two cats, Truffles and Louis, from whom she learnt to receive abundant unconditional love on a daily basis.

Celine wishes you a successful journey towards your true desires. If any of this resonates with you and you would like to become really clear mentally, emotionally, physically and spiritually, then please visit our website for more information or to join a program.

To your success!

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Deborah Manners, Food Intolerance Institute 2012 Survey www.foodintol.com.au
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