

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.**

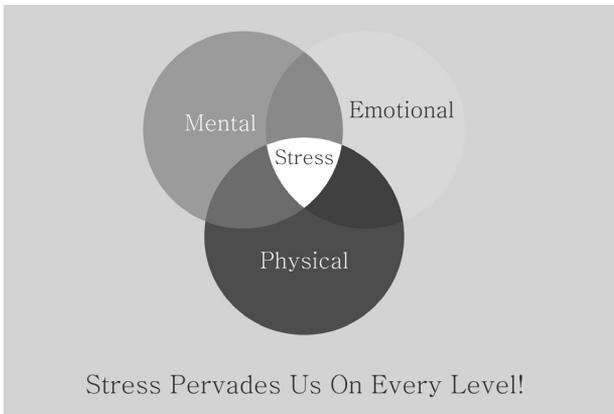
Together, we can change all of that. If you do this work with me, so much is possible for you. You will be able to, once-and-for-all, grab hold of your decision-making ability and control how you respond to stress. You will be able to set and achieve your goals. You will be able to increase your energy 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.

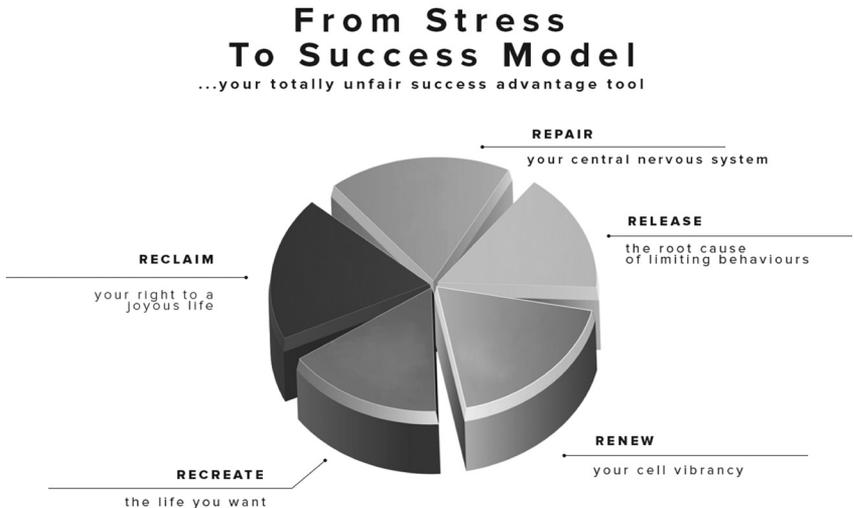
You are **experiencing lack** in any area of your life, e.g. lack of money, lack of relationships, lack of clients, lack of promotion and so on

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:

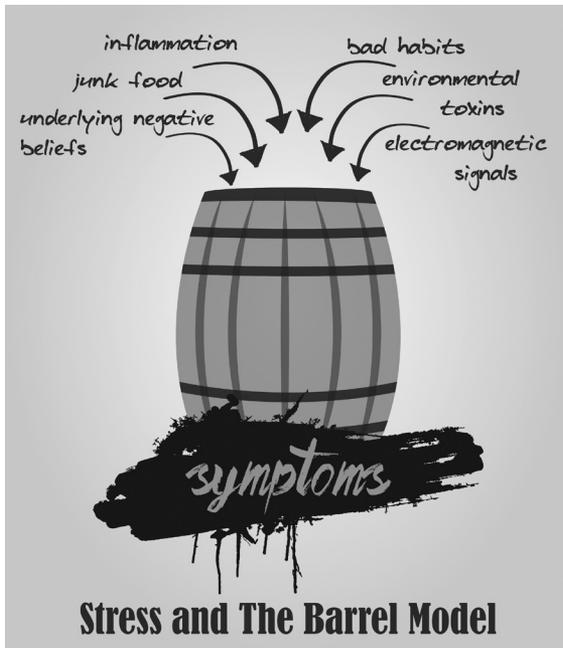
Graham D., 47 years of age, Sutton Forest, NSW, Australia.

☞ *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.)

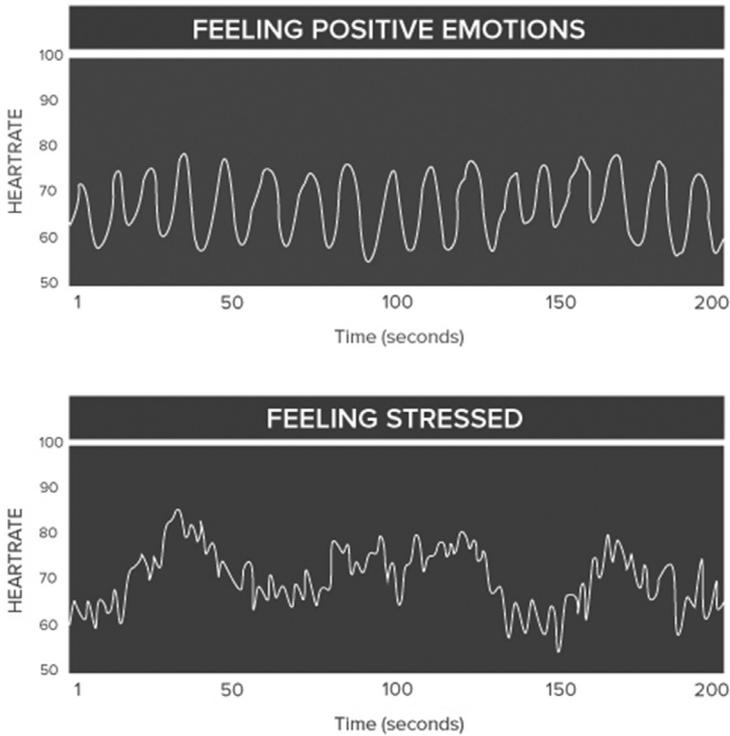
Yes. You will have to do something in order to change your failure habits and implement success habits. However, **the effort required**

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*

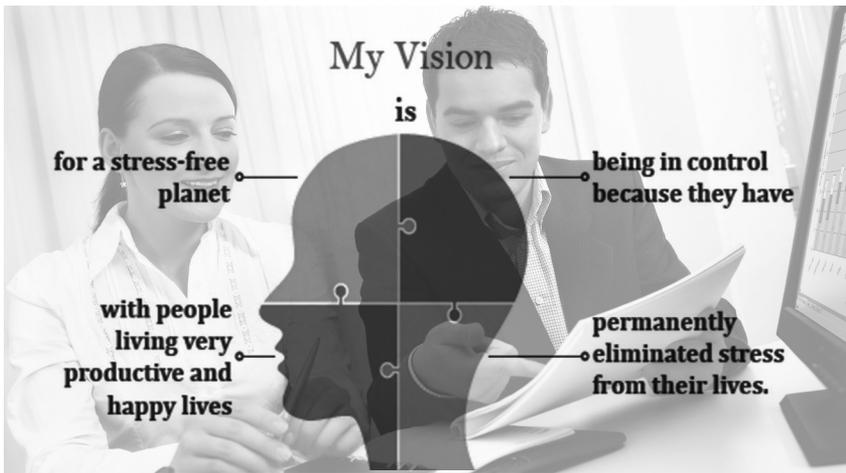
was not able to think clearly and had lost the power to make proper decisions. I was overwhelmed and depressed. I was anxious and I had lost all my self-esteem and had no confidence. My biggest fear was that if I put up my hand and said I was stressed, and therefore not able to cope, people would consider 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 is 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.