

## Beyond Anxiety & Stress

What makes a person feel stressed or anxious?

I know with myself when I feel stressed or anxious I have my mind on something I am concerned about, something I feel like I don't have control over in some way and that sets off an emotional feeling of anxiety and then I feel stressed. When I am in a state of anxiety and stress it effects my sleep, I experience broken, light sleep and restlessness through out the night, waking up tired and depleted. Having the tools to bring myself into balance is a God-send as I know how to rebalance myself before these conditions take hold, and you can learn these tools too.

Years ago I suffered terribly with panic attacks, anxiety and stress, I was good at covering it up, nobody would have known except for the major panic attacks, but even then a lot of the panic attacks weren't as obvious, being a continual lower level panic that was hidden from others but for me it was crippling and had a huge and detrimental effect on my life. Sometimes I would go into panic in the fear of having a panic attack! It stopped me from stepping out and living my life in my earlier years. Living like this has nobs on it!!!

If you keep living with chronic levels of anxiety and stress, it eventually leaves it's mark in the tissues of your body and makes you sick. There are ways to alleviate it, you can release anxiety and stress and live more harmoniously and peacefully. You can also learn to become powerful in rebalancing yourself quickly and efficiently in difficult situations.

From my own personal experience, when I learned some new skills it was like being given the key to freedom. I felt the anxiety and stress melting from my mind and body and I felt profound, internal peace and stillness, I was amazed that such an incredible feeling existed. I had never experienced that level of extreme comfort, safety, stillness and deep inner peace in my life, in fact I am struggling to find the words to describe the feeling because we don't actually have words in our language to describe this experience of extraordinary weightlessness and harmony, It was like being rocked in the arms of God, in the safety of eternity. I felt liberated! It gave knew meaning to the term "*eternal peace*". It was true freedom!

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Since my own healing and recovery I have been teaching and working with others taking them through the same process I went through in finding my own liberation. Thousands upon thousands of people have been through this process, releasing the underlying cause of their suffering and experiencing profound peace. They have also learned the simple and important tools of how to bring themselves into balance on a daily basis just as I learned many years ago. When these tools are practised daily they become a powerful skill that is automatically used to rebalance the mind, emotions and body quickly. This knowledge and experience changed my life so dramatically, that I've practised and worked with it every since.

The severity of chronic anxiety and stress over time is emotionally, mentally and physically crippling and it leads to breakdown on many levels.

### Some Symptoms Of Anxiety

Internal tremor	Shallow breathing
Shaking	Fast breathing
Sweating	A feeling of dread
Confusion	Feeling out of control
Pressure	Overwhelm
Tightness in body	Fear/Terror
Tightness in head	Feeling like you are going to die
Tight breathing	Panic

### Stress Symptoms Verses Anxiety Symptoms

From the list above, if you take out, *feeling like you are going to die, terror and panic attacks*, the symptoms of stress are very similar. Whether you are suffering from stress or anxiety or both, these conditions are insidious and erode the body and mind over time. They cause many problems not only for the person suffering from them, these devastating conditions affect every area of life, health, work, family and friendships. They also have a huge impact on personal confidence and self esteem.

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## Stress V's Anxiety

The processes I stumbled across and learned in the early to mid nineties alleviate both stress and anxiety. They bring order and balance back to the mind, emotions and body and a sense of freedom, relaxation and personal power is experienced.

This new freedom and sense of personal power gives rise to innate, personal potential. The true meaning of our life's journey becomes clearer and self understanding, new insight and a feeling of connection, acceptance and gratitude for life emerges at this time. A sense of happiness and contentment spreads through the mind and body.

Once the dense pollution and contraction of anxiety and stress starts dissolving and freeing the mind and body, automatic internal changes occur. These changes are important as they allow previously hidden and suppressed talents and qualities to surface which can then be accessed and utilized in life. These little treasures run deep, they sit in a state of suspension, just waiting to be set free! An expansion in personal awareness will also become apparent as a new sense of balance, confidence and personal power is achieved.

Ok, what are the processes that released me from anxiety, stress and breakdown? There are two modalities. The first one is ***meditation***, and the second one is ***breathwork*** or ***conscious connected breathing***.

There are two different focuses for breathing, the first one being *Breathwork Therapy* and the second one is *Breath Awareness*. Both meditation and breathwork are profound in their results and they are also extremely complimentary. They work very well together, in that they fast track you to your desired outcome, and by their dynamic process deliver so much more along the way. They are two of life's magical secrets! Boy do they work!

It does take commitment, but it's worth it... I wouldn't like to go back to how I was feeling

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and living years ago... *it was hell*. I have been only too happy to do the work to reap my goal of peace and freedom and in fact, my destination has become my daily journey...

Freedom is possible... if I can do it, you can too and I know exactly what is required to get you there.

In peace, stillness, harmony and of course a large serving of laughter...

Christine Heart Savage

For more information on Breathwork Therapy, Breath Awareness, Meditation, Programs, Courses and Trainings go to...

<http://www.breatheforlife.com.au>