

# Stress

The American Institute of Stress notes that 75 to 90 percent of visits to primary care physicians are for stress-related complaints (Rosch 1991). A Harvard study shows that people who live in a state of high anxiety are four and a half times more likely to suffer sudden cardiac death than non-anxious individuals (Dawachi et al. 1994). An international investigation reveals that people who are unable to efficiently manage their stress have a 40 percent higher death rate than their non-stressed counterparts (Eysenck 1998). These statistics are over ten years old, and as stress has mounted in our fast-paced society, are likely to be higher now. *(Excerpt taken from Transforming Stress by Doc Childre and Deborah Rozman PhD).*

Stress is cumulative and has huge costs to your health. Stress is created by our own perceptions and our reaction to those perceptions, as we become clearer our perceptions change and so to does our ability to manage our stress.

Stress is a build up caused by way of think, feel and act over a period of time. This build up eventually affects the body and life of the individual.

Over time the 'emotional charge' relating to the individual's thoughts and the way they process their life, build up and pollute the body. This pollution resides at the cellular level of the body, creating a soot like build-up. This suppressed energy is turbulent and explosive by nature, and is felt like a contraction within the body.

**I once gave a talk to a group of scientists on the build up of stress in the cells of the body and how it reacts and behaves. Towards the end of my talk one of the men announced "do you know you've just described the workings of the atom bomb"...**

**How interesting indeed, seeing as the action I was describing was how human beings get to a state of "burn-out".**

We literally become charged and contracted inside and this suppressed energy becomes incredibly powerful, it speeds up and we experience a kind of 'inner explosion', a bursting out of 'restless charge' that could not be contained any more... *this is burn-out!*

This is what stress held in the body eventually looks like, and it can take many forms... for example; depression, anxiety, aching body parts, restless and busy mind, disturbed sleep, heart problems, health problems in general and break down.

It's such a waste of creative life energy, our own precious life force is turned inward and forges a destructive pathway. We don't realize the damage we're doing. If you have any uncomfortable symptoms in your emotions, mind or body don't ignore them, learn how release them before they become a real problem in your life!

Because people don't understand stress they just keep soldiering on and ignoring what's going on inside them, and this is exactly what I did years ago too, and eventually it will catch up with you and make you take notice. Things don't just happen out of the blue, even if it looks that way, they have been building over time. The fact is that we pinch off pieces of our health over the years and don't take any real, conscious notice of it.

The question is, can we turn this around? Can we release this deep built-up stress that is sitting in the cells of the body and also learn to manage our stress? The answer is a resounding Yes!

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The fastest way I know, is Breathwork. There are added bonus's with this process too... as stress is released from the body, new insight and understanding often surface and we have 'realisations' as to why certain things have happened in our lives.

The other very important point about breathwork is that's refueling your body. Literally, as you release the stress, you are replacing it with pure, fresh life force which rejuvenates and regenerates the cells of your body. This is all achieved by a very simple breathing process! Your breath is one of the greatest innate powers you have.

For ongoing management of stress, learn the 'balancing breath' this type of breathing is simple, gentle and can be used anywhere, any time and in any situation.

***Become stress free, vibrant and alive again... Get breathing!!***

For more information on Breathwork and The Balancing Breath...  
Breathe For Life Breathwork - Private Clinic and Group Breathwork Days  
Visit [www.breatheforlife.com.au](http://www.breatheforlife.com.au)

***...and begin your new path to freedom!***