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2013 August Newsletter

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Plop, Plop, Fizz, Fizz.... Oh, What a Relief it Is!

**It's True!
Life & Relationships
Are Fixable!**



So, did you decide that you are more irritable these days, have a diminished sense of humor, that you worry a lot, use an excessive amount of stimulants or more food than normal? Do you forget little things often or find yourself in a mental gridlock? Do you have recurring headaches or GI distress, facial, jaw, shoulder, back or chest pain? Do you feel more nervous tension in your body, feel run down and fatigued more than usual or do you catch every passing "bug?" If you find yourself answering "Yes" to several of these, you are stressed to some degree!



One thing that is very important to understand is that it's not the external things that really stress you, but your perception of them - your emotional reaction to them. While the externals may cause opportunities to "feel" stress, they are not the real cause. It's the negative emotions - the anxiety, frustration, the feeling of being overwhelmed by what's happening or by "time pressure" that causes our distress. The lack of ability to address these makes them all the more impactful and dangerous.

New research, from HeartMath Laboratories in California, shows that

you can stop the momentum of stress and create more inner peace, whatever your circumstances. The key lies not in the mind alone; but amazingly, it's found in the heart. Exciting new research has found that there is a way to relieve stress that both comforts you - and most importantly - transforms stress into positive feelings and creative energy. The physical heart can be used as a transformer to re-pattern your stress circuitry. This research shows that the heart sends powerful signals to the brain that, when harnessed help you transform your stress responses far more quickly that was thought possible.

The heart actually sends its commands to the brain and the rest of the body in 4 different ways. These messages from the heart reflect the emotions you are feeling and have a direct impact on how your brain functions. When you experience stress, the heart's messages become erratic, causing the brain to become less active, restricting your ability to think clearly while fueling the stress response. If you feel positive emotions like appreciation or care, your heart pulses in a more coherent rhythmic pattern. Perhaps that why it's helpful and healthy to think daily of things for which you are grateful. The heart's patterns then open the brain up, allowing you to receive new, creative solutions. Activating positive emotions will allow you to see life as less stressful, and be able to think up creative solutions.

Upcoming Events

Aug 21

- Travel to Ohio

August 22

- Speaking to Prisoners

August 23-26

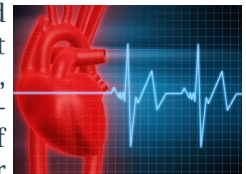
- Speaking to Chaplains

August 27

- Travel Back Home

Try this now:

Place your hand on your chest over your heart, and find a sincere feeling of appreciation for someone or something in your life. Choose something with no negative emotional history to color your appreciation. Feel this appreciation for the next 20 seconds.



This brief time of appreciation has probably changed your heart rhythms, sending stress-reducing signals to your brain. This is called listening to heart intelligence - the flow of new awareness and intuition that you feel once the mind and emotions are brought into alignment with the heart.

You can use your heart intelligence to build the emotional

power needed to transform stress in 3 ways:

1. Boosting emotional energy
2. Stopping emotional drains
3. Clearing old emotional accounts, like resentments and judgments of people. This builds the emotional resiliency needed to transfer feelings like appreciation, genuine care, compassion, kindness, forgiveness and love.

Boosting Emotional Energy - Short term methods for stress reduction, such as getting a massage, eating healthy foods or taking vitamins and minerals are great for short periods, but won't relieve stress for long.,

Emotional energy comes from having more positive feelings flowing through your system. This can bring you more peace and fulfillment and provide the foundation for transforming stress.

You can easily boost your emotional power by making an effort to find things to appreciate during the day, caring for others, showing a little kindness and having more compassion for yourself.

Stopping Emotional Drains (Leaks) - What are the things in your life that trigger feelings of irritation and frustration, worry or letdown? They usually start with an "irk" or "ugh" or a dart of insecurity or envy. We all have them - it's only human. It's what you do with them that matters! If you let them build instead of dealing with them, you end up frustrated or angry, and that drains huge amounts of emotional energy, leaving you more vulnerable to stress. Notice things that you do when triggered - sighs, swear words, negative humor and expressions whispered under your breath. Listen to your internal emotional sound effects, because they influence your thoughts, choices and stress level.

When you find your emotional energy draining, focus on the area of your heart and find an appreciation or caring thought for someone or for yourself. This will plug your energy drain.

Clear out old emotional accounts - these are stored up feelings or beliefs about past events or people that cause you to react to current situations with more stress than you otherwise would. This requires the recovery and forgiveness process - not just the words but the needed writing and speaking of your resentments and past injustices received. Most of these have become habitual ways of thinking or feeling, and habits can be overcome! Consider [*The Journey*](#) or [*Binding the Wounds*](#). If there isn't a group in your area, go ahead and facilitate one! Find a few friends who you know are enduring stress, and work together to relieve it. To be sure, it's worth the time and effort!

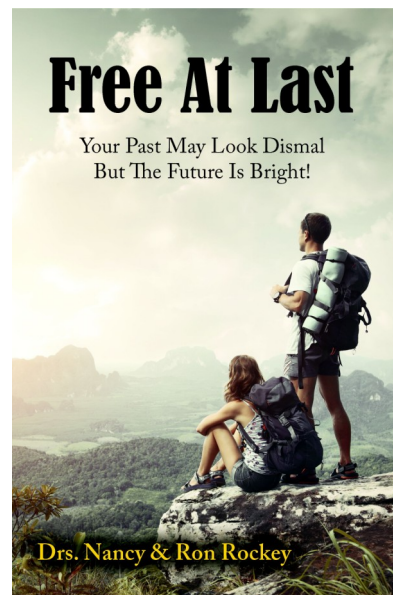
The key to transforming stress lies in developing a new level of emotional management. We aren't telling you to manage your anger, but to empty it! Big difference! The recovery process dumps the negative emotions from old painful memories, and that is how behaviors are transformed!

Psalm 46:10 tells us to "Be still and know that I am God."

I Peter 5:7 counsels us to "Cast all your anxiety on Him, because He cares for you."



So . . . enjoy a massage and a long soak in warm bath water, use some of those relaxing oils, and remember, that those are temporary fixes. You want the permanent fix, so rely on the One who's in charge, follow the three steps outlined and rest your way toward wonderful relief.



Free at Last was originally started for Prison Chaplains and Prisoners, but as we progressed in the research and writing of it, we determined that everyone could benefit from the scientific evidence. The proof that early wounds impact the physical body (health) as well as emotions and behaviors of those who suffered them, is amazing! The beautiful new science expounded upon is such a compliment both to the Word of God and inspirational and informative writings.

The more we researched and studied, the more we realized that everyone, to a greater or lesser degree is imprisoned - if only in the mind. We were "blown away" to learn that one of the main causes of Parkinson's Disease is early rejection or neglect. So many illnesses, including heart disease, strokes, cancer, diabetes and others that show up in later life, come from difficult experiences early on.

You will be amazed at what you read, and consider this to be a book that you can freely share with others.

Go to [PRODUCTS](#) and you will find it listed. Plan on about 2 weeks after ordering to receive it.