

Colleen is a contemplative, a Licensed HeartMath Coach & a Certified Life Empowerment Coach

Honoring your greatness as the work of God

mtcoach@comcast.net

COPYWRITE 2009

Colleen Steele

317-865-8179 studio

317-625-1046 cell

Coaches Corner



Edition 2 Call today for your free consultation



www.spirit-lifecoaching.com

STRESS RELIEF IS A BREATH AWAY —

Breath is a signal to the body. When taking short, shallow breaths, the body goes into stress physiology.

When taking slower, deeper, relaxed breaths, the body is signaled to well-being physiology.

BELLY BREATHING The instructions for this are given for the sitting position

- Inhale through the nose and initially cleanse the lungs with one long exhalation, released in short puffs through pursed lips [imagine keeping a feather afloat]. Hereafter, the out breath is done through the nose.
- Rest the hand on the lower abdomen, feeling it rise on inhalation and fall on exhalation.
- Inhale to a count of three, hold breath for three, exhale for three, hold for three. Begin again; 3min. x 2/day at least.

Stress—Circumstantial and Psychological

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Psalm 139:14

STRESS has become the byword of the day. One might wonder, is it the scapegoat of the century, or is it something *real*?

Circumstantial / Psychological

The body needs a certain amount of stress to survive. To stand, sit, move about and breathe, to perform its myriad functions, is all a “stress” to the body. It is so obviously designed for all of that in a balanced way. Researchers tell us that it is designed to renew itself forever.

By now, we are all very familiar with the story of fight-or-flight. In brief, when we sense danger, a whole chemical soup gets released into the blood stream and our “mover” muscles [from the buttocks and hips down to the feet] are given extra blood and the body is flooded with huge doses of 1400 chemicals and hormones so that

we can stand secure and fight or move swiftly in flight. “Back in the day,” so to speak, when man saw a threatening situation, he was chemically and neurologically charged to face it or flee from it. That is known as circumstantial stress. Even in that day, I can only imagine, there was psychological stress. That is, if the wind rustled the bushes, one could *believe* there was something big in there and the same hormones and chemicals would flush into the bloodstream and those chemicals and hormones are circulating for 6.5 hours. One incident of circumstantial stress, or psychological stress, and those chemicals and hormones are circulating for 6.5 hours. I mentioned earlier that the body is fearfully and wonderfully made, very balanced.

When circumstances surrounding us are in harmony and we feel a sense of well-being about our lives, the body releases 1400 [same number, by “design”] chemicals and hormones that equal relaxa-

tion, well-being, calmness, and in-the-flow sensations; these, too, circulate for 6.5 hours. In the same way, if we are thinking happy thoughts about something we enjoyed thereby putting us in good psychological health, the body releases those same hormones and chemicals to circulate 6.5 hours.

Circumstantial and psychological stress hormone and chemical physiology asks the body to DO something. In days of yore, our ancestors were farmers, hunters, gatherers and *doing* was not a problem. Furthermore, if they were threatened, they could actually fight or run away. Stress energy was discharged. In today’s society, it is considered inappropriate to fight and running away from our stressors is counterproductive.

Remember, a stressor, circumstantial or psychological, calls for ACTION.

Wisdom is not the same as intelligence. Wisdom is the direct perception of essence; one must be psychologically ready to acquire wisdom.

“For wisdom is more precious than rubies, and nothing you desire can compare with her.”
Proverbs 8:11

Stress—Circumstantial and Psychological, continued

If we do not DO something physical, the chemicals and hormones are left to circulate. Over time, they break down organs and create disease in the body. We generally don't notice this happening, *except* to the extent that we feel fatigued and, worse, exhausted; our blood pressure rises; we have aches and pains that we commonly attribute to aging; we accept as normal a decreased desire to function in the world. *A very vital part of the stress syndrome physiology, is that it affects our cognitive abilities.* Fight-or-flight takes oxygen-carrying blood away from the brain and puts it in the "mover" muscles; it also takes that oxygen-carrying blood away from the gut. Research by Dr. Bruce Lipton at Stanford University has disclosed that the all the cells in the body actually shut down.

I wonder about the increased use of proton pump inhibitors for heartburn (which is involved in digestion); I wonder about the increased incidence of "restless leg" syndrome [all that energy to run or fight going nowhere]; and, finally, I wonder about increased use of anti-depressants and "feel-good" medications. **Remember, stress comes from "out there," which is circumstantial; stress also comes from "thinking about."**

WELL-BEING

Circumstantial and /or psychological well-being allows us to BE.

We can BE present to what is happening with a feeling of inner security. The feel-good hormones and chemicals feed and nurture our capacity to think more clearly perceive more options. These bio-chemical substances make the heart happy and literally *open* the cells to perform all of their proper functions, which include healing. Dr. Lipton says that a cell that is open is **impervious to disease.**

Remember, well-being allows you to BE open to clearer thinking, more options and possibilities, increased health, and higher functioning.

PERCEPTION

While I have spent a good deal of time giving an overview of *circumstantial* and *psychological*/stress or well-being, both distill down to perception. Perception creates our reality; it is our "stories about" life.

As an example: You and I are standing on a street corner talking and enjoying each other's company when a very large dog comes bounding our way. I am frightened of dogs because of an incident that I had as a

small child; you love dogs because your past experiences have been wonderful regarding dogs. My perception is that this dog is going to attack and my body releases the 1400 stress hormones. Your perception is, however, how wonderful that you've attracted this beautiful animal into your life at this moment, and your body releases the 1400 feel-good chemicals and hormones. **Circumstance/What IS: a large dog coming into our space. Perception – thoughts and beliefs about = the body's physiological reaction.**

A 10-minute exercise: Stop for a moment and remember a situation where your beliefs and past experiences influenced your body's feelings. Pick a "bad" incident; pick a "good" incident. (In that order, please!) Give yourself about 5 minutes for each memory.

NOTE: How does your body feel when you *think about* the bad incident? How does your body feel when you *think about* the good incident?

When thinking about something, the body's physiology actually replays the chemical/hormonal reaction it initially had. Having no eyes other than the ones in your head, the body is not able to tell the difference between a *thought* and an actual incident.

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things." Philipians 4:8

New Thought Minister, Emmet Fox (1886-1951), authored and published a booklet about a method he called Golden Key. Here are his words: "All you have to do is this: Stop thinking about the difficulty, whatever it is, and think about God instead. This is the complete rule, and if only you will do this, the trouble, whatever it is, will disappear." Dr. Fox admits it is simple, but not easy. I encourage you to Golden Key your 'thinking about.' How skillful can you become? [www.http://emmetfox.net](http://emmetfox.net)

There is more to life than making it go faster. Mahatma Gandhi



We want it NOW. We want a pill or some "magic bullet" to offer an instant cure. We have fast food; faster Internet service; more highway lanes. We discount the present because we are interested in being somewhere other than where we are, or being with someone other than who we are with, or rehashing something that happened in the past. We actually shun peace because of our addiction to the thrill of the 1400 chemicals and hormones of the

stress physiology. Addiction comes from the Latin word "addictus," which literally means *devoted to*. Every thought becomes a healthful devotion for good as you practice Philipians 4:8 and the Golden Key. Good health to you!