



## Let's Talk About Stress

### Introduction to The Living Stress Free™ Stress Model

When our inner world, which is made up of our thoughts, desires, emotions and moods is out of balance, we perceive things very differently than when our inner world is in balance. For example, let's look at one part of life - work. Out of balance, we see work and rest as two opposing forces, we see them as standing against each other. We have "so much work to do" and rest seems like something that should be done only *after* our work is completed. Rest is in the way of getting our work done!

Stress is creating the impression that work and rest are contradictions. When we're stressed, we see the world existing as endless opposing possibilities and assume that competition and force will cause one possibility to overcome another. Once we're regularly experiencing and internalizing the stress free state, as we do after learning the Living Stress Free™ Wellness Program, we see work and rest as two parts of the same continuum. Work is simply the active part of the continuum while rest is the passive part. The continuum cannot exist without both parts, and when balanced they support, assist, strengthen and energize one another. Out of balance, they appear as irreconcilable opposites creating great tension. This tension acts like a wave leaving unhealthy lifestyle choices, habits, addictions, relationship patterns, emotional imbalances and an inability to thrive at our peak level in its wake.



The Living Stress Free™ Stress Model is simple to understand and is observable in everyone's life. Living Stress Free™ is not theoretical, it is experiential. This is what makes it practical and why it leads to results.



According to Living Stress Free™, stress is best described as an inner force. Whether one sees its cause as coming from outside ourselves from threatening situations, or inside, from our interpretations of those situations, is immaterial. Living Stress Free describes stress as an inner force that affects varying degrees of our inner world, including our thoughts, desires, emotions and moods, all the way to our sense of *self* or who we believe and feel ourselves to be. This inner force manifests as Short Term Stress and Long Term Stress.



Short Term Stress affects our inner world in superficial ways. It temporarily ripples through our thoughts, desires, emotions and moods. It's as if our rowboat is rocking from a wave of a passing boat. All we have to do is hang on, be patient, and refrain from reacting to the wave and it'll pass. Short Term Stress is never a threat to our inner integrity or sense of *self*.



Long Term Stress is vastly different from Short Term Stress in several ways. First, Long Term Stress affects our sense of *self* much more profoundly than Short Term Stress, influencing our personality and lifelong lifestyle. Second, Long Term Stress is self-perpetuating and becomes a force of its own, reenergized by attempts to avoid, overcome, stop or change it. In its very makeup, Long Term Stress has a self-protective component that is immune to intervention, using the energy of intervention to energize and strengthen its force and momentum. In Living Stress Free™ we refer to this self-protective component of stress when we say, *Energy towards resolution reinforces conflict.*



This is why many people, despite their sincere efforts to change their lives for the better, wind up feeling like they're moving in a vicious circle that only deepens their despair, regardless of what they try to improve their lives. No matter what we try in our attempts to improve our lives, the nature of stress itself, the internal force, doesn't change. That nature must be understood and observed within ourselves. This is the only way to unwind it and diffuse its self-perpetuating root, the proverbial 'eye of the storm.'

Let's try to understand Long Term Stress a little better, using our earlier example of work. If we are in a profoundly stressful situation involving our work (either traumatic or constant) our stress will cause us to see our circumstances as existing between two opposing forces - work or rest. The tension caused by seeing our lives in these extreme terms will be great. If it reaches an equal or greater measure than our inner integrity can withstand, it will become unbearable. At the point when tension is maximum, our inner defense sources rally to protect our inner integrity. Since the two opposing forces can no longer be tolerated, our inner energy collapses, creating a vortex state that eases the tension in its inward spiraling momentum. The conflict in our perception still exists but our new whirlpool of inner energy distracts us. It's like being blind sighted by a snow storm. Everything is where it's always been but we can no longer see it. To make matters worse, every time we start to be aware of the root source of our now self-perpetuating stress, our whirlpool increases its force. It has become self-perpetuating.



Our new collapsed inner vortex state exists beyond our awareness since its only purpose is to secure our inner integrity from the intolerable tension we were experiencing while perceiving ourselves between a rock and a hard place. We know we're experiencing Long Term Stress when we don't understand why we have certain thoughts, desires, emotions, moods and behaviors or we can't choose to pursue the life we want in any of these areas. We feel out of control and literally don't understand ourselves. This doesn't necessarily happen in dramatic ways. It could easily occur in the forms of simple habits such as smoking, eating too much, and many other "bad habits." *The intensity of our impulsivity or compulsivity equals the tension between opposing forces created by our stressed perception at the moment of collapsing.*



There is no possible way to change this system within itself. You cannot change the direction, velocity, or momentum of a self-perpetuating force from either within or without. The only way to diffuse the tension between two irreconcilable opposing forces is to introduce a third possibility that includes both, at the same time transcending them. This is impossible using any static intervention, which is why so many therapeutic interventions fail at stress reduction and prevention. The only possible workable intervention is a *living process*.





A Living Process is a dynamic process. It is naturally responsive, flexible, alive, and therefore immune to the extreme polarization that is the cause of Long Term Stress. A Living Process produces two seemingly opposite effects in us: a core experience of inner silence, which consequently transposes into a flexible, adaptive responsiveness to an ever-changing world. The Living Stress Free™ Wellness Program is a Living Process. It diffuses the original tension that causes Long Term Stress and automatically dissolves the root of our uncontrolled thoughts, desires, emotions, moods and behaviors.



As we practice The Living Stress Free™ Wellness Program and our stress unwinds, we automatically experience our life as multidimensional. The rigidity that caused our Long Term Stress patterns is no longer possible. We experience and understand our lives in new ways bringing us new possibilities.

The Living Stress Free™ Wellness Program was designed to effortlessly take the wind out of the sails of Short Term and Long Term Stress, dissolving them through a dynamic program that spontaneously brings us greater inner integrity and new flexibility. The Living Stress Free™ Wellness Program is a new model, new method with a new outcome. Welcome to Living Stress Free™.