



How to Completely Eliminate Stress In Your Life

Introduction

Stress. It's the number one killer of adults over forty in America. It causes more lost work days than all other reasons combined. It's the source of a wide variety of mental and emotional illnesses.

Products and practitioners abound, all with the aim of alleviating the damage stress does before it becomes irreparable. As it turns out, a series of techniques that are being practiced by increasing numbers of people around the world may provide the best answer for permanently dissolving the effects of stress.

These techniques are based on the simple, yet fundamental principles of praise, gratitude and love. People who regularly use these techniques report experiencing a level of rest that is about twice as deep as the deepest sleep, even after using the techniques as little as twenty minutes.

Practitioners say as the body is allowed to reach this deep level of rest, its natural healing tendencies are activated and long-existent stresses in the nervous system begin to disappear. Using these techniques routinely leads to improved health, increased efficiency, more joy and expanded levels of consciousness.

Called the Ishayas Teachings, these techniques also make it possible for an individual to naturally "ascend" or rise above self-defeating beliefs, judgements and limitations. As one's focus shifts from habitual and chaotic stress patterns to experiences of peace and harmony, the mind is freed to increasingly enter into levels of stillness and coherence. This reawakens creativity and enlivens one's ability to handle life's challenges.

So how do we live a stress-free life?



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Life seems to be filled with stress. But what one person finds stressful, another person might enjoy. A threat can be any situation you experience, even subconsciously or falsely, as a danger. It is important to understand your body reacts to what you perceive is stressful.

Following a threat, your body triggers an enormous series of stress hormones which, among other things, stores the event in your long-term memory, suppresses your short-term memory, your ability to concentrate and be rational. While this allows you to react quickly -- either to fight or to flee -- in emergency situations, this also hinders your ability to handle complex social or intellectual tasks and behaviors.

Your heart rate and blood pressure increase immediately in response to stressful situations. Parts of your immune system cut back. Digestive activity shuts down. Over the long term, prolonged stress can disrupt your digestive system, irritating the large intestine and causing diarrhea, constipation, cramping, and bloating.

Some studies have clearly associated job dissatisfaction and depression to back problems. Other studies have shown that subjects under chronic stress have low white blood cell counts and are vulnerable to colds.

How To Rebuild The Body's Resources

It is essential to have a good night's sleep in order to rebuild the body's resources and gain perspective on problems that are causing trouble. The tensions of unresolved stress, however, frequently cause insomnia, generally keeping the stressed person awake or causing awakening in the middle of the night or early morning.

Your body's stress response is somewhat like an airplane readying for take-off; virtually all systems are modified to meet the perceived danger. A condition called the "relaxation response" must occur for the levels of stress hormones to return to normal. However, this response may be inhibited in someone experiencing chronic stress, a situation common in America.

A Key to Reduce the Effects of Stress

The relaxation response undoes what stress has been doing to you. The relaxation response brings about decreased muscle tension, lowered heart rate and blood pressure, a deeper breathing pattern, calming of the abdomen, and a peaceful, pleasant mood, promoting sleep. The problem we face in managing stress is that the stress reaction is more easily elicited than the relaxation response.

A stress reaction happens automatically while the relaxation response must be purposefully sought and brought under control. To control our stress, we must engage in an intentional practice of creating the relaxation response, such as any form of effortless Meditation.

Why Use the Ishayas Teachings as a Method of Meditation?

The Ishayas Teaching is not a belief system. It's not a new set of rules to govern your life. It is a series of "mechanical" techniques to ascend, which simply means to rise beyond the limiting beliefs and behavior patterns that are blocking you from realizing your full potential. We know that meditation will create a relaxation response. What makes one meditation different from another?

Like other meditations, the Ishayas techniques help you to move within, to the center of your own being. Here you connect to your Higher Self, the Source of all Love. Within 5 minutes of effortless meditation, your body elicits the relaxation response. This time of deep relaxation is highly beneficial, but what about the accumulation of stress during the remainder of the day?

The Ishayas techniques not only helps you achieve the relaxation response, but helps you maintain it with your eyes open. At the same time, it helps you to be more aware of your Higher Self throughout the day. With the Ishayas' Ascension techniques, all of life becomes a "meditation". The Ishayas' techniques are so dramatically effective because they operate in complete harmony with the natural tendencies of your mind and body.

Worrying or thinking destructive thoughts are your right. But, because they color your experience of life, you may not like how they outpicture. So, how do we create something more desirable?

We simply replace them with thoughts that produce a different result. Some thoughts cause the mind to expand. These thoughts, in turn, cause the body to function more effectively. Choosing to think a series of expansion-producing thoughts is easy, simple and natural. We call it "Ascension!"

Ascension means to rise beyond. When you ascend, you rise beyond your former thoughts or beliefs that cause pain or limitation of experience.

You, as the thinkers of your thoughts, have this choice: The choice to stay limited and in pain, or the choice to ascend and rise beyond these limited beliefs, and experience more fullness, more expansiveness and more joy.

It's a simple choice!

Article written by Atma Devi and Sutra Ishaya



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Awakening Path
2500 Broadway, Suite B, #250
Grand Junction, CO 81503
info@awakeningpath.com