

Getting_Rid_Of_The_Stress_1994.txt

Msg # 6848
Date: 07 May 94 09:26:00
From: Bob Johnstone
To: William Wan
Subj: BUDDHISM

>WP> Give it a try. It's very calming and my children now chant.
>WP> Since 3 of them are ADD it's great that they can focus on
>WP> something positive. ___
>
> Actually, I think anything that will direct your attention away from
> the thing that is stressing you to something else will work.
> Although, something like chanting is more productive, I like taking
> a short sometimes long naps. I used to watch the news, but now,
> it's out of the question.

Actually your are correct..... [grin] It has been proven. Many who smoke do so just for that reason, but then they believe consciously that smoking makes them feel better. It just distracted them from thinking about uncomfortable thoughts instead of focusing on taking out a cigarette, lighting it, taking that first puff, etc all. It is a good excuse for a break, one that many employers will allow. Where if an employee just closed their eyes for the same time and meditated on pleasant memories as I discribe in the series of messages on RELAX TO THE MAXIMUM, they would think that employee was "goofing off."

Some of my clients have explained to employers what they were doing, showing them the printouts, and they were GLAD to have the employ do it, especially after they were told it increases productivity in spite of the time used to practice. Many have even encouraged other employees to stop and take a 3 minute break once an hour and recall pleasant memories. At one

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company where they do this, they find that the employees produces as much as 10-15% MORE per day than they did before taking "relaxation breaks" once an hour.

It gets rid of the stress hourly, which has been slowing down production.

Some users who do peace work (one sews "Ribbons" at home) say they make more money because they get paid \$1 per ribbon, and they can sew more ribbons per day, than they can when they dont stop once an hour and spend 3 minutes recalling pleasant memories.

Parents who have taught this to their children, say their children have stopped fighting among themselves as much as they were, some said it reduced family arguements between themselves and their spouse by over 80% within three weeks when both were practicing.

Chanting breaks negative cycles, but it is not as restorative as recalling real pleasant memories. Changing is not a "specific" suggestion to the brain to create the same feelings which are created when recalling these memories. BUT, it does help, anything which breaks the _stress_ cycle which tends to be Self Inforcing will improve the quality of life.

One pleasant memory, with all its images can contain TENS OF THOUSANDS of positive suggestions. In the past processes such as self hypnosis or auto suggestion, which focused upon repeating phrases like "every day in every way, I am getting better and better....." did work, but like chanting, as they did not contain as much information as visual imagery, FEELINGS, things we could smell or touch, etc, they did not have any where near the impact. If a person wants to FEEL CONFIDENT, just recalling a time you FELT CONFIDENT, riding a bicycle after riding for years or driving a car, and other areas in which you do things well, create confidence in any new situation where you are learning.

--- FLAME v1.0

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* Origin: For PTSD or Emotions & Physical HELP 714-525-1706 (1:10/25)

PATH: 10/25 103/501 121 3615/50 138/103 1 352/3 410

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