

Stress bomb

Ever feel so stressed you are ready to explode? Like a time bomb, tick, tock, tick tock. Close to detonation; one more set back and you'll go nuclear?

Well, you might want to learn to relax.

Did you know that you are more likely to be assaulted if you are stressed?!

That got your attention didn't it? It's true, there was a study done during the mid-nineties in America where they took a group of prison inmates, who had committed various crimes, the most notable being rape, murder and mugging. The exercise was to find out 'who' would be targeted as prey, and if they had common traits? We assume that attack of this nature is entirely random. From this study it seems that there is a pattern relating to who becomes the 'mark' i.e. the target.

A thirty second video was taken of around a hundred and fifty separate individuals going about their daily business, just normal people from various walks of life, as they proceeded down the street.

The assailants were shown the tape and given a spread sheet, they were asked to tick the box correlating to the people they would choose to assault. They all picked the same people! So, who were these people? They were people who looked stressed, unbalanced, on edge.

"To be "on edge," you are literally not centred - not being in your spiritual centre." - Carrie Latet.

Stress and anxiety can be identified in your physical movements; the way you hold yourself. When you relax your body shape changes, from tight and hunched to bold and strong, wider, fuller.

This is very primal, we can relate back to the lioness, hunting her prey, scanning a herd of wildebeest, looking for the sick, vulnerable ones - the characteristics

remain the same for humans. At a glance a hunter can detect the weakest.

So, what is stress and how do we avoid it?

With the manic lives we all seem to lead in the modern world, there is always another deadline coming.

"I try to take one day at a time, but sometimes several days attack me at once" Jennifer Yane.

Sound familiar? Our nervous system has two main states, the sympathetic and the parasympathetic. The sympathetic is 'emergency mode', increased heart rate and blood pressure, diverting blood from the skin and the gut, to the skeletal muscles, and reducing intestinal movement. These are all wonderful things if we are in a threatened state for example if we are being chased by a sabre toothed tiger and are literally running for our lives. Our bodies are less occupied with digestion and more interested in getting our legs

working to escape. The parasympathetic nervous system is the opposite of the sympathetic; it is our rested state, a 'vegetative mode'. It decreases the heart rate and blood pressure, promotes blood circulation to all areas of our bodies, and gets our digestive system working. We should spend the majority of our lives in parasympathetic activity. However with the threat of constant deadlines chasing; many of us do not. This affects the chemicals in our bodies, releasing an excess of adrenaline which keeps us on alert safe from impending danger but prevents us from relaxing. We feel like that tiger is on our heels, always anxious, always jumpy.

Okay, so we now understand stress on a body, and chemical level, what can we do to prevent it?

I know I sound like I am stating the obvious here but planning is one of the keys. Arrive early and go for a coffee before a meeting. As holiday season is upon is I will relate to a vacation. If you are taking a plane/bus/train, get to the airport/station in plenty of time. We have all been stressed staring at our watches willing time to stop, with cold sweat dripping down our faces. It is horrible and if we had just left thirty minutes before we would not have had to endure that self-inflicted torment. Plan things ahead of time, have a list of what needs doing. Start to pack four days before you leave, piling up the clothes, cosmetics, medicines and electricals. When you think "ah I need to pack 'X'" put it in your pile straight away or write it down on your to do list. I can't tell you how much easier, not to mention cheaper it is when you arrive early and haven't forgotten half of the things you need.



Being present is also great for stress reduction, focusing on the task at hand. Stop concentrating on what has happened or what may happen. Think only about the now, whilst working (striving) for the future. Many people misunderstand being present and think that it is a hedonistic state living 'for' the now, without consequence, it is not about that. It is living 'in' the now. Doing the best you can, working hard planning for the future without being in a constant day dream or fear of impending bills. Surrendering to the cards that have been laid but striving for excellence. Not waiting for the world to come to you but working, trying and flowing with life.

"Do not dwell in the past; do not dream of the future, concentrate the mind on the present moment." **Buddha**

Another problem with stress is that it can bring on underlying illnesses. If you have a weak digestive system or are prone to skin problems for example, a stressful time can allow these otherwise quiet ailments to manifest.

So how do we deal with stress when we already have it?

I see and treat stress in a unique way, different from other healers. I thus coined the phrase 'Stress Bomb'.

The first time a stressful event occurs, it forms an energy pellet or a memory which calcifies. This is stored in our energetic field and subconscious. The pellet has properties similar to a magnet, pulling in dark energy, increasing its charge and power with every subsequent trauma. The dark energy has a gooey consistency,



with the outer layer setting hard. When another stressful event happens it creates a snowball effect with layer upon layer of viscous then calcified energy, a 'Stress Bomb'.

So, what to do if we are set to blow?

If you are feeling totally overwhelmed, and are ready to go nuclear, you could always call on me for help.

I have developed a unique treatment program to deal with stress. I can channel to pierce through the bands of viscous and calcified energy layer by layer, to diffuse the 'Stress Bomb'. This in turn eliminates the danger of exploding, flipping out or feeling overwhelmed. I can literally suck the stress out; so instead of getting upset over minor events you are strong and calm, to the point where it takes a lot to get you riled. There is a vast improvement over 3-5 sessions, returning you to a tranquil harmonious state, better able to cope with whatever life may throw at you. If other ailments have manifested due to the stress as they often do, I can also help relieve them, with my wealth of healing knowledge and tools.

When I was younger, I used to play a lot of tennis. I always found smacking a ball a great way to relive stress -physical exercise using strength and power. Yoga is great for many people; I am more into the Chinese way, Tai Chi, Qi Gong, even Karate fit better with me. Below is an exercise I learnt from my dear friend Richard Farmer who teaches Tai Chi movement for wellbeing www.tmwtraining.com. (Videos are available on the site).

Standing with your feet firmly flat on the ground, find a point of poise and balance so your weight is perfectly centred.

Keeping both hands flat, working in unison the whole way through the exercise, turn your palms upwards, level with your waist. Lift your hands slowly to chest height, turning them towards you. After reaching the top of the arc continue rotating your hands towards the ground and let them sink down your body, in a circular motion.

As you feel your hands sinking, let all of your stress absorb into the ground breathing out as you go.

When you reach the bottom of the sphere, turn your palms up to begin again, adopt the feeling of 'here I am, as I am'.

Hands go up and in –breathe in.

Breathe out as your hands go down.

Visualise a boat settling in water as you breathe out.

This exercise helps you to return to centre, as you gesture and co-ordinate the breath as one.

So, in conclusion, if you are feeling stressed out take a breath, plan, try to be present, have some healing, some quiet time, do some exercise. If it is really bad, that doesn't work, or you just feel like it why not come to me for a session? It might just save your life.

Antonia is a celebrity healer who has studied Vortex Healing, Vibrational Medicine, psychology, NLP and hypnotherapy. Her website is: www.antoniaharman.com.