

Mastering Stress

*For Health-Conscious,
Spiritually-Aware People*

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Secrets of Mastering Stress

for Busy, Health-Conscious, Spiritually-Aware People

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INTRODUCTION

If your life doesn't seem to be "working" the way you want – if you aren't having the success, joy and fulfillment you desire – the main reason is probably not what you think it is. Most likely, your life is not working the way you want because, if you are like most human beings, especially in our western "civilized" society, your mind and body are in a continual state of "fight or flight" -- the stress response that is now recognized as the cause of almost all illness. *(And the hidden cause of almost anything else that you consider to be "wrong" with your life.)*

The purpose of this E-book is to help you **stop** the continual pressure on your body and mind, most of which you are not even aware of – though it is affecting *every area* of your life.

Stress Affects Every Area of Our Life

We are multi-dimensional beings – physical, mental, emotional and spiritual. We live in a multi-dimensional Universe where everything is connected to everything else, and to some degree, everything is affected by everything else. Quantum physicists call it "The Butterfly Effect. One of

the variations on this theme is "*When a butterfly flaps its wings in Japan, there is a tornado in Kansas.*"

Our lives consist of inner and outer "worlds." Our beliefs, thoughts, feelings, emotions, spirituality, intelligence, perceptions, attitudes, spirituality, emotions, opinions, judgments, ideas, values, creativity, and self-talk are all part of our inner "world." Our relationships, family, friends, other relationships, health, our work, business or career, finances, education, activities, behaviors, recreation are all part of our "outer" world. And in this energy Universe, everything is connected, to a greater or lesser degree.

If you take a few moments to THINK, reflect and contemplate on the various things that make up your life, can you honestly say that there is ANY area that is NOT affected by stress, tension, and anxiety? Tension and anxiety are forms of "stress," along with the many thoughts and emotions that make up *mental and emotional stress* – worry, fear, anger, hostility, impatience, frustration, guilt, confusion, etc.

Can you see how any of the above could interfere with your judgments and ability to make intelligent decisions in your business or on the job?

Can you see how they can affect your thinking and your ability to achieve your goals and create the financial rewards you desire?

Can you see how they could create disharmony in your relationships -- whether business, family or friends?

Can you see how they prevent you from feeling joy in your life...one of the requisites *for recovering from and overcoming* the negative effects of stress?

Can you see how they can impede your personal and spiritual growth?

If you can't – you need to think again.

=====

This book is divided into Part 1 and Part 2. Part 1 is information *about* stress, what it does to you, how to recognize it, and *techniques* for mastering stress. Part 2 is about the *underlying sources* many people are not aware of.

To get the most benefit, read Part 1 first and *use* the techniques *immediately*. This way, you'll stop "adding" stress to an already stressed mind and body. Part 2 requires more reflection and thought, but can *transform* your life.

PART 1

1

WHAT "IS" STRESS, ANYHOW?

Before I give you some of the most important information about stress – its primary causes, how to relieve it and how to prevent it -- we need to know more about what stress IS and what it ISN'T.

First of all, *it isn't* avoidable. That's right, stress is a necessary part of life.

So, what IS it? Stress is **anything** that causes your body to shift from a stable, balanced internal state, called homeostasis. Homeostasis is not only the balanced state *itself*, it is **also** the ability of your body to quickly compensate for the shift, by making internal adjustments when anything throws it off balance.

Temperature change will throw your body off balance; suddenly realizing you're late and having to run for the train; almost being side-swiped by an unaware driver; carelessly dripping sauce on your shirt; accidentally touching a hot pan; tripping over a step and almost falling; having

your child's guidance counselor call you for a meeting at school. These are just a few of the "normal" occurrences of life that cause a stress response.

Every day you are likely to experience many different stressors. And ideally, after you experience a stressor -- which creates a state of tension in your body -- you then automatically go into a state of relaxation without even having to think about it. Relaxation is what occurs from the relief you feel when you pull your hand away from the hot pan, when the unaware driver doesn't hit your car, when you stop yourself from falling, when your meeting with the guidance counselor turns out to be nothing much.

Imagine, if you can (and I know you can), that you hear footsteps behind you as you walk down a dark, deserted street. You speed up your pace, and the footsteps also speed up. You quickly turn to see who's behind you. You're convinced a man is following you. Terror clutches your heart as it beats wildly, your throat constricts, your palms are sweaty and you run faster than you ever have, until you lose yourself in a crowded shop. You look behind you, only to see a big smile on the face of the person you thought was following you, as he greets his friend in the same shop.

What's your immediate reaction? Is it a deep breath and sigh of relief? One that sounds like "WHEW?" Of course it is. That deep breath and sigh is your body's *natural response* to letting go of the stress and tension. When you thought someone was following you, you were frightened and your body and mind were in a stressed, tense state. When you knew you were not in danger, a more relaxed state automatically followed.

It is Essential That Stress Is Followed By Relaxation

Stress and tension, properly handled, is a good thing. Without stress there would be no growth. When we exercise, our body becomes stronger and healthier as our muscles alternate between the two opposites of tension and relaxation. Our mind becomes stronger and more alert as we concentrate (a form of tension/stress) and occasionally relax in the midst of our studies and problem-solving.

Candace Pert, Ph.D, author of "Molecules of Emotion," says, "*All assaults on the organism (meaning, all 'stress' upon our cells) that doesn't destroy it, will turn out to be beneficial in the long run.*"

After we experience stress, tension or anxiety – regardless of the reason – we need to experience the opposite, so that our body returns to balance. If you do, there is no danger. It won't make you sick or have other negative consequences in your life. You can even work under a great deal of pressure (must get the report done, must make those plane reservations, must get back to the client, must pick up Johnny from soccer and Mary from dance class, etc.) AS LONG AS you allow your body and mind time to recuperate (sometimes it can be less than a minute).

Some of the ways I'll suggest to let go of stress are surprising simple and pleasant. Also, as you become more aware of the many causes, sources and signs of stress -- including those that are often unrecognized -- and set about to correct them, you will have LESS stress, tension and anxiety to deal with on an on-going basis.

NOTE: For the sake of your health, happiness and spiritual growth, *releasing stress is a #ONE priority.* Why? Because in this energy Universe, we are "magnets." Our energy field (our vibrations) attracts and repels other forms of energy. If our energy field is negative -- *and accumulated stress is negative energy* -- we are in "vibrational harmony" with other forms of negative energy.

2

THE "FIGHT OR FLIGHT RESPONSE" (AND GENERAL ADAPTATION SYNDROME)

You have probably heard of the "fight or flight response." Our bodies have been physiologically prepared to deal with real and perceived threats since pre-historic times. This response prepares our bodies to either fight or flee from danger. It was essential for our ancestors' survival, whose major concern was physical danger and enemies. The "fight or flight response" has remained intact in our brain and nervous system, even though, today, most of us are rarely fleeing from physical danger and enemies.

The "fight or flight response" is the **Alarm** stage of the three-part General Adaptation Syndrome (G.A.S.), introduced in 1936 by Dr. Hans Selye, who is known as the father of stress theory.

Here's what happens during this stage: As soon as you experience a "stressor" – which is interpreted as a danger or threat – the state of homeostasis is disturbed. Your body immediately releases hormones, including adrenalin and cortisol, and other chemicals, so you can quickly handle the

stressor, and return to a balanced state. It's easy to recognize this response: There's a surge of energy that increases muscular strength, and symptoms include rapid breathing, sweaty palms, constricted throat, increased erratic heartbeat and dilated pupils. Thus, your body prepares you to immediately attack or defend yourself from the enemy or quickly run away.

The 2nd stage of G.A.S. is called the **Resistance** stage. This is when the immediate alarm is over, your body is coping with it, and the source of stress is being resolved. Here's when homeostasis begins, restoring balance, and a period of recovery and repair takes place.

According to Dr. Selye, there is a limited supply of adaptive energy to deal with stress, and that amount declines with continuous exposure. Therefore, if the stressful condition persists, and your body remains in the Resistance stage without actual recovery, or if your body must go through the Alarm stage too often because you are constantly being stressed – whether physically, chemically, mentally or emotionally – you will move into the final stage – **Exhaustion**.

At this stage, your body's ability to adapt and resist is lost because its adaptive energy supply is gone. This stage is also known as "overload" or "burnout." Now stress levels and stress hormones go up and **stay** up.

This stage exhausts your adrenal glands and weakens your immune system (the main system of the body that protects you from acute, chronic and life-threatening disease). Since the Exhaustion stage is so hazardous to your health, recognizing stress and learning to consciously go from tension to relaxation and avoid burnout is essential.

Exhaustion (burnout) can even lead to a nervous breakdown. Whether or not it becomes that severe, this stage affects every area of your life. Let's face it – in this state of mind and body, can you really deal effectively with *anything*?

Everything, in addition to your health, suffers – your relationships, your business, job or career, your income, your personal and spiritual growth and even your *ability* to feel enthusiasm and joy in life!

3

STRESS, HEALTH AND DISEASE

In modern times, most of our sources of stress do not require running away or fighting, so unless we recover from the stressors, we are left with toxic materials (the unused hormones and chemicals) in our body, plus negative emotions that we don't know how to release, which causes still more toxicity. If stress is not dealt with so that our body can return to a state of balance (homeostasis) quickly, illness is likely to be the result. The only things we don't know for sure are WHICH illness we will develop and WHEN it will present itself.

The human body is the greatest miracle ever created. Billions of carefully orchestrated functions are constantly taking place in your body, and trillions of cells are involved. You can have a long and fulfilling life...IF you learn how to take care of your body, preferably *before* you become ill.

While most of the research, information and concern about stress focuses on its affect upon health, as I said earlier, ALL areas of your life are affected by stress.

As multi-dimensional energy beings, everything on all levels – physical, mental, emotional and spiritual – affects everything else. As you continue to read about stress -- its causes, how to recognize it, what to do about it, etc. -- keep in mind that what you are reading applies to your entire life. That means your business or career, finances, relationships, family, friends, social activities, etc., besides your health.

I remind you of this because sometimes the fact that one's health suffers isn't enough of an incentive for someone to learn and **do** what is necessary to deal with stress -- but recognizing its impact on other areas of their life may be sufficient motivation for them to take action.

It's "Only" Stress!

Until recently, health professionals told patients who complained of minor aches, pains, mental lapses, stomach distress, carelessness and vague feelings of discomfort that there was nothing wrong -- it was "only stress" or "just stress." This had become a "catch-all" for all kinds of physical, mental, emotional and behavioral disturbances that apparently were not to be taken seriously.

Knowing it was “only stress” was supposed to calm us, and we gave a big sigh of relief because nothing was “really” wrong. Medical opinion has changed and finally caught up with what holistic practitioners have always known -- stress is not something to treat as if it were unimportant and easily handled. Nothing could be further from the truth.

Today health professionals agree that somewhere **between 80-95% of all disease is stress related.* In 1995 the cost of health care in the United States was *\$940 billion.* As startling as this figure is, even more startling is the prediction for this year (2013) – *\$2.8 trillion.* Even worse, most of what we call “health care” is really “disease care.” (**This statistic refers to mental and emotional stress.*)

What Causes Diseases?

People are sicker than ever, and while health professionals agree that most disease is stress-related, they all give us different reasons or causes for our health challenges.

In the next chapter, I’ll tell you how the question “*What is the cause of disease?*” is answered by different health professionals. First, I again remind you that you are a “multi-dimensional” energy being – physical, emotional,

mental and spiritual. These different kinds of energy that make up YOU are meant to function together harmoniously. The energy of your physical body is both structural and biochemical. And flowing through the **structure of your body** – via your brain and nervous system -- is “nerve energy.” You can call this “spiritual energy,” because it is our “life-force,” aka: “Chi,” “Prana,” “Innate Intelligence.”

The **biochemistry of your body** requires certain chemicals, in the form of nutrients, in order to function healthfully.

At the same time as your body is doing it’s best to keep life force flowing, and to distribute essential nutrients from food and supplements throughout your physical body, you’re using your mental and emotional energy -- either to your benefit or to your detriment.

Here’s what makes you sick: *Anything* that interferes with the flow of nerve energy (life force) throughout your body, and *anything* that interferes with essential nutrients reaching the cells of your body. Whatever the *specific* cause (physical, emotional, mental or spiritual) these create stress and lead to disease.

Now let’s see what health professionals have to say.

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WHAT HEALTH PROFESSIONALS SAY...

Ask most **traditional medical doctors** what causes disease, and they are likely to tell you it is caused by "germs" (in infectious conditions). Or they will say "we don't know." or "a genetic predisposition," when it comes to chronic debilitating diseases and the major killers such as heart disease, stroke, cancer, arthritis, diabetes, etc. They may say this, even though they also say that 80-95% of all disease is stress related. One thing you can be sure of -- disease is NOT caused by an "absence of drugs." Drugs are supposed to relieve *symptoms* of a disease. (Unfortunately, they often lead to more disease.)

If you ask a **chiropractor** what causes disease, he or she will tell you that one or more vertebra in the spine are subluxated (out of position), pressing on nerves and cutting off the "life force" or nerve energy of the body. Subluxations are *stressors*.

Ask an **acupuncturist or Oriental healer** and he or she will tell you that the "Chi" (the energy/life force) in the body is blocked or out of balance.

Ask a **nutritionist or biochemist** what causes disease and they will tell you that improper nutrition is the cause. Or they, along with colonic therapists and health practitioners who are knowledgeable about detoxification, will say it is because the body is overwhelmed with toxicity. (Considering the amount of chemicals we're exposed to, that's not a surprise.) Getting rid of the toxins puts stress on the body.

Ask a **psychotherapist, hypnotherapist, or psychologist (including practitioners of energy psychology)** and they will tell you healing is blocked because of the person's mental and/or emotional state. A **psychiatrist** may give the same answer, and is likely to prescribe drugs. (NOTE: While there are times when drugs are necessary, excessive drug use has become a huge problem and source of stress.)

Mind and body are connected, of course. So if you ask body-workers -- such as **massage therapists, reflexologists, Rebirthers or Rolfers** – the cause of disease, they may tell you that disease is caused by the many negative emotions and other toxins stored in the cells of the body that interfere with the body's energy flow.

If you ask an **energy healer**, such as practitioners of Reiki and other forms of non-physical healing, what causes illness,

or interferes with healing, he or she will probably say that it because the energy and the “chakras” (energy centers in our body through which energy flows) are disturbed.

Fitness experts, exercise trainers or gym instructors

might say that disease sets in when a person is not getting enough exercise or doing enough weight training or running -- depending on his or her particular exercise preference.

An interesting thing about exercise is that it IS a stressor. However, when done properly, exercise provides something very important – the *balance* of tension and relaxation that is necessary for growth. Of great interest is the new research on the brain that proves exercise causes *the growth of NEW brain cells* (this is called “neurogenesis”).

Religious and Spiritual practitioners may not be considered “health professionals,” but what they have to say can be quite valid. Ask certain **religious groups** why there is so much disease and they may tell you it’s because people are not praying and surrendering to God (or the Holy Spirit or Jesus, depending on their religious beliefs).

Ask a **meditator**, and it is because the individual doesn't meditate, or is not nurturing his or her spirituality.

Of all the stressors that disturb our health, peace, success and happiness – *mental and emotional stress is the most prevalent and most damaging*. Happy people are generally healthier, even if their health habits and life-style are not the best. By “happy people,” I don’t mean people who “put on a happy face” – I mean people who don’t allow outer circumstances or negative self-talk to disturb their peace.

Many times mental and emotional stress is *really* caused by what I call “spiritual stress” -- when you don’t feel a connection to a “Higher Power;” when you’ve lost faith or given up hope; when life seems to be a series of random, unfulfilling events. This is a very stressful this state of mind.

In the next chapter, you’ll discover many of the causes and sources of stress. Some you are surely aware of, but probably not all. The most intelligent thing we can do to avoid disease, heal if we’re sick, maintain good health...and have a fulfilling, enjoyable life is to learn how to “master stress,” and take care of ourselves physically, mentally, emotionally and spiritually.

Knowing the *causes* of stress and *recognizing the signs* is essential to having mastery over stress. That’s why I present a great deal of information *before* techniques.

5

CAUSES AND SOURCES OF STRESS

Stress is ever-present, and always will be. Every time our body is required to make an adaptation or adjustment, regardless of the source -- we are experiencing "stress." Below I've listed many stressors, along with the categories they fall into. You will probably think of other stressors, and most of them are likely to also fall into these categories.

Physical: These include, but are not limited to, falls, accidents, poor postures, work positions, lack of adequate rest, dental work, surgery (whether necessary or unnecessary, and whether for health or appearance).

Chemical: Currently we are exposed to approximately 84,000 different chemicals on a continual basis. Many, but not all, are in our food. These include "junk food" and include the addition of the following to what were once "nutritious" foods: pesticides, herbicides, antibiotics, GMOs (genetically modified organisms), hormones, preservatives, excess sugar (especially HFCS - high fructose corn syrup) and sugar substitutes (especially aspartame, known as NutraSweet and Equal); artificial colors and flavorings, and

other chemicals in food; environmental toxins in the air; impure, fluoridated water; smoking and 2nd hand smoke; excess alcohol; medicinal drugs; recreational drugs; mercury in dental fillings... and many more.

Mental: Negative thoughts, beliefs, perceptions and attitudes, plus the negative self-talk these cause.

Emotional: Negative emotions -- anger, fear, frustration, envy, greed, resentment, jealousy, anxiety, depression, panic, etc. Besides emotions that occur "in the moment," we have "trapped and hidden" emotions that are vibrating at the *subconscious level* that we are not even aware of.

Spiritual: These include our "core beliefs" about ourselves and our relationship to God/Universal Intelligence/Spirit. They determine our self-image and faith. If negative, they lead to poor self esteem, lack of self-love, hopelessness, etc.

Other Sources of Stress

Loneliness: This stresses us mentally, emotionally and spiritually. Human beings need to be in contact with others and feel connected to them. The expression "die of loneliness" may seem extreme, but the mental and

emotional pain for some people is so great that they lose all interest in doing the things that are necessary to stay alive.

Loud noises: This includes some so-called "music."

Experiments with plants (yes, plants!) show a response to the healing vibrations of classical music – they grow faster and more abundantly. It is just the opposite with some of today's "modern" music that actually "kills" them.

ELFs and EMRs: The initials stand for **E**xtra-**L**ow **F**requency and **E**lectro-**M**agnetic **R**adiation from cell phones, computers, Internet, TV, high tension wires, radio waves, hair-dryers and other household appliance and equipment, etc. For many people (including me), these vibrations are incompatible with their energy field/vibrations, and they suffer from nervous disorders, headaches, insomnia and other health challenges, without knowing why. (See "Valuable Resources" on my websites for excellent products that *neutralize* these incompatible, often harmful vibrations.)

Lack of Control: In large corporations, it was found that people in high-pressure management jobs had less problems due to stress than people in the lower positions who felt they had no control over a good portion of their lives. Researchers also learned that the one thing that causes

elderly residents of nursing homes the most stress is the feeling that they have little or no control over their lives.

Disorder: Among other things, this includes clutter, lack of order/organization, paper overload, “storing” junk that you don’t get rid of. Anything that is visually disturbing is also disturbing to your nervous system, and therefore, stressful.

Time-Pressure: There really IS such a thing as having too little time allotted to do too much. People with this problem live in a continual state of stress, because as soon as a project is handled and they think they can slow down, “something” happens that creates time-pressure again.

Personal Habits: Your own habits and behaviors that frustrate you lower your self-esteem and keep you in a self-critical state of mind, both of which are mentally and emotionally stressful. These habits and behaviors include, and are not limited to, misplacing things, forgetfulness, carelessness, not setting priorities, frequently being late, making promises you don’t keep to yourself or others. (Add to this list the many things that bother you about yourself.)

Though all of these stressors fall into the five main categories, I felt they required more specific explanations.

6

OFTEN OVERLOOKED SOURCES OF STRESS

Structural Stress

When bones, muscles or ligaments are damaged, out of position or misaligned, there is stress to the "structure" of your body. This is obviously physical stress, but it can affect far more than your structure. Though frequently caused by falls, accidents and habitual or work-related postures, this is not the only cause of structural stress. Muscular tension, *often the result of mental and emotional stress*, is a frequent reason why bones go out of alignment (become subluxated). That's because muscles hold bones in their proper position. Muscular tension stresses your muscular system.

When spinal bones are out of position, it can lead to serious problems. The bones press on nerves and cause interference to the nervous system, a severe stressor. Your nervous system carries the nerve energy or "life-force" (instructions that keep you alive) to every system, organ and cell in your body. When these instructions are interfered with, it can cause far-reaching damaging affects anywhere in your body.

If you've ever had any falls or accidents, or if your vocation or avocation is dancer, athlete, body worker, dentist, long distance driver, etc., you're experiencing structural stress whether you're aware of it or not. What's the best way to take care of structural stress? Visit a chiropractor!

Iatrogenic Disease

This is a combination of physical and chemical stress. Iatrogenic disease is *drug and medically caused disease*, the #3 cause of death in the United States, behind heart disease and cancer. According to research data, *186,000 people die annually* from drug side-effects, medically-caused errors and hospital infections. Ralph Nader almost doubles that figure to *300,000*. Whatever the correct figure is, it's far too many people. Part of the problem is resistant "superbugs" due to over-use of antibiotics -- not only from excessive human use, but also because of antibiotics in our food.

According to the National Center for Health Statistics (NCHS), the rate of anti-depressant drug use in the United States among teens and adults (people ages 12 and older) increased by almost 400% between 1988–1994 and 2005–2008, making these drugs the 3rd most prescribed medications. These drugs are known to have very serious

side effects, including suicide. While some people may have a brain chemistry disorder that requires medication, the huge increase in anti-depressant (and anti-anxiety) medication indicates that many people are unable or unwilling to cope with the challenges of "life."

When you know *what* stresses you, *reduce* your stressors and take "*stress breaks*" (you'll come to this chapter soon), you are likely to avoid iatrogenic disease.

Relationships

Relationships - whether family, friends or business - are often very challenging. We can, of course, choose our friends, but not our family or our business associates (unless we leave the company, or are the boss and can fire people). When people we care about or must associate with "press our buttons" too often and cause us unpleasant reactions, that's a stressful relationship. Relationship stress fits into one or both of the main categories -- mental or emotional.

Relationship stress has to do with our mental and emotional investment in certain people, and our attitudes, perceptions, judgments, requirements and expectations of them. This may be a surprise to you, but one of the "purposes" of

relationships in the grand design of human life on earth, is to both support AND challenge us. No relationship will give us the continued pleasure and peace we seek, because everything (and every person) in life has both benefits and drawbacks, positives and negatives. It's up to us to improve our communication skills if necessary, and to learn how to handle the mental or emotional reactions we have to the challenges that come up in relationships.

Traumatic Events

Everyone suffers from traumatic events. In certain jobs or professions this can be on-going (military, police/detective, firemen, etc.). It is only recently that PTSD (post-traumatic stress disorder) has been recognized. It is beyond the scope of this E-book to cover life-threatening traumas -- rape, kidnapping, hurricane survivor, etc. Rather, I want to tell you about the more common traumas of every day life.

In 1967 psychiatrists Thomas H. Holmes and Richard Rahe began studying patients and evaluating the stress in their lives. As a result of their research, which included over 10,000 people, they developed a "stress test" called "The Holmes and Rahe Scale" (or "The Holmes Scale"). They assigned different numerical values to different types of

stress. By adding up the score an individual has a guide to determine if he/she is likely to get sick from stress. The event with the highest score, by far, was death of a spouse. Following that was divorce, marital separation, jail term and death of a close family member. It's understandable that these would have a high score, but what might be surprising is that marriage and marital reconciliation, presumably happy events, were close behind, along with pregnancy and having an addition to the family.

The majority of the stressors on the list were about **change** with no specification as to whether the change was generally considered desirable or undesirable. The list includes change in financial status, residence, work hours and work responsibilities, schools, church activities, recreational habits, sleeping habits, personal habits and others of a similar nature. Outstanding personal achievement, vacation and Christmas season are also on the list. See the scores here: <http://www.thekentcenter.org/stressscale.htm>

Though the scores are reliable indicators, DON'T use them with the *expectation* of "becoming" sick. Instead, *recognize* that a high score means you need to take extra good care of yourself. Any major (and often minor) change -- whether we perceive it as good or bad -- can cause a "stress response."

Disabilities and Handicaps

Whether the disability or handicap is physical, mental or genetic (such as a genetic weakness or disability) or acquired (perhaps due to an accident or illness), your body is continually making adjustments and adaptations to deal with the limitations resulting from the disability or handicap. The fact is, *everyone* has a limitation or weakness of some kind. Though our body was created with the ability to *adapt*, a negative "victim" attitude makes adaptation for the body difficult. Some people, who adapt mentally and emotionally to "what is," create an extraordinary life *in spite of*, or perhaps, *because of*, their disability. For example...

Helen Keller: Deaf, mute and blind since infancy, and the first deaf-blind person to graduate from college, she became a celebrated author, activist, lecturer and role-model.

Music icons: Ray Charles, blind from childhood, and Stevie Wonder, blind from infancy, have given us some of our best contemporary, rock and roll and rhythm and blues music.

Temple Grandin: Diagnosed with autism at age 2, she has a bachelor's degree in psychology, a master's degree and doctorate in animal science, and works unceasingly for animal rights. An inspiring TV movie was made about her.

7

RECOGNIZING THE SIGNS OF STRESS

Chances are THIS is the chapter you have been waiting for. However, in my experience in working with clients and presenting seminars and workshops, unless people have the *previous information*, there is little they will do with the information that follows.

Don't ask me why – it just happens to be true, not only in mastering stress, but in dealing with any aspect of life. Telling people WHAT to do before they have enough knowledge “about” the subject or area of life they are dealing with doesn't necessarily motivate people to DO anything differently.

Hmmm - actually, I CAN tell you why. It has to do with the PROGRAMMING in their subconscious mind and brain cell circuitry and connections. In Part 2, there are some facts about the mind, but this subject, including Reprogramming techniques, is covered in detail in my book, “Vibrational Harmony – the *Real* Secret of Success, Health and Happiness” (www.vibrationalharmony.net) and is further explored in “Loving the Game of Life – Discovering Who You

Are and Why You are Here” (www.lovingthegameoflife.com), along with some fascinating research about the brain.

Signs of Stress

Recognizing stress and handling it *as it occurs* is vital to preventing damage to your body and maintaining health. The first and most important thing to do is be **AWARE** of when you are being stressed, and then **release** the negative energy resulting from the stressor. (The next chapter gives you effective **"quick stress breaks"** and additional techniques for mastering stress.)

Below are some of the most recognizable *signs of stress*. They occur whether or not you're aware that you are experiencing stress.

- Knot in the stomach
- Shallow, rapid, erratic breathing
- Quick heartbeat
- Trembling
- Tightening of the chest
- Foot or finger tapping
- Hair twirling
- Sweaty, clammy palms

- Clenched jaw
- Tight shoulders
- Neck pain
- Excessive gum chewing
- Fatigue
- Headache
- Insomnia
- Cold chills
- Depressed for no reason
- Crying for no reason

- Need for more cigarettes or alcohol, if you use these substances. (“More” means in addition to your usual habit.)

- Grabbing something to eat, most likely sweets or other carbohydrates -- even though you are not hungry.

While some of the above may be symptoms of illnesses that require medical attention (holistic or traditional), the fact is, most of the illnesses are likely to have been *originally caused* by an accumulation of stressors that were never released. That’s a major reason why releasing stress is so important to your health and well-being. Learn to recognize the signs and signals of stress, and release your stressors **BEFORE** you get sick.

8

STRESS MASTERY TECHNIQUES

The first thing to do when you recognize signs of stress is to STOP and take a “quick stress break,” as described in this chapter. By doing this, you release the negative energy in your body that stress creates when it is not released.

You also stop the progression of the “flight or flight response” and allow your body to *restore itself* to the balanced state of homeostasis. In addition, you *won't reinforce* your habitual, negative response to stressors that are a huge drain on your energy resources, your nervous system and your adrenal glands.

Most importantly, by releasing the stressors as they come up “in the moment,” you **stop adding** negative energy to the negative energy you *already* have. The *accumulation* of negative energy (from negative beliefs, thoughts, feelings, emotions, perceptions, memories, etc.) that we don't release is the main reason for illness and unhappiness. Not only that, it *interferes with spiritual growth* because these “low” negative vibrations are not in vibrational harmony with the “high” positive vibrations of Spirit.

Quick Stress Breaks

All of the following "quick stress breaks" can be done in as little as 30 seconds to one or a few minutes (depending on how much time you have or are willing to take). Do at least 3 repetitions of breathing exercises. Do different "stress breaks" periodically during the day. Consider stopping and doing one every 90 minutes or so, whether you feel stressed or not (especially if you sit at a computer for hours on end).

***Whew** – Do a long, strong exhalation from your mouth with the sound of "whew" - as if recovering from a fright.

***Rhythmic Breathing** - Inhale and exhale through your nose to whatever count is comfortable, without holding your breath. As you breathe in, think "peace."

***Abdominal Breathing** - Breathe in through your nose, and out through your mouth. Put your hand on your abdomen and feel it fill with air as you breathe in and feel it "flatten" as you breathe out.

***"4-7-8" breath** - Inhale through your nose for 4 counts, hold for 7, and exhale through your mouth for 8 counts. Place your tongue on your upper palate as you breathe out.

***Let out a long, deep sigh.**

***"Thymus Thump"** - tap your thymus gland (just below thyroid) 3 times. This stimulates your immune system. Use whenever you're irritated. NOTE: tap in a "waltz" rhythm, emphasizing ONE, two, three. Repeat for 30-60 seconds.

***Stretch like a cat** - Really "feel" that long, luxurious stretch, from the top of your head to the tips of your toes.

***"Palming"**- Gently close your eyes and place your palms so they completely cover your eyes, without touching them. Have fingers lightly touch each other. Relaxing your eyes relaxes your entire body.

***Laugh** - Open up a funny book, think of a funny joke (keep funny books in the house for that purpose). Laughter stimulates the thymus gland, which is the "seat" of your immune system. Laughter is so beneficial that a therapist said, *"Sometimes a sense of humor is more important than a sense of purpose."*

***"Cross Crawl"** - Walk in place, and as you lift your left foot, gently "slap" your left knee with your right hand. Then reverse, so that as you lift your right foot, you "slap" your right knee with your left hand. Repeat 6 - 10 times.

***Aum (or Om)** - Intoning this Universal sound will calm and "center" you. Find a pitch that you are comfortable

with. Hold the "Ahh" sound with your mouth open and slowly close your mouth while saying "mmm." Keep it closed, still saying "mmm" until your breath runs out. Repeat a few times. (This sound is often intoned prior to meditation, so don't be surprised if you sense "spiritual energy.")

Longer Stress Breaks

***Music** - Relax with "new age" or soothing classical music.

***Cat-Nap** - Take one for 10-15 minutes (very beneficial)

***Get a massage** - Or give yourself one. It is not a luxury.

***Yoga postures** – Even 15 minutes does so much good

***Tai Chi** - Do slow, flowing Tai Chi or Chi Gong movements. (There are videos on-line.)

***Aromatherapy Bath** - Aromatherapy oils are available in health food stores and online. You want *pure* essential oils.

***Rest and Recreation** – These are necessary for balance. The body recuperates while sleeping and resting. Recreation helps balance the mind and spirit. They are necessities.

***Do "The Relaxation Response"** (a simple meditation) for 10 Minutes. Sit comfortably with spine straight. Breathe

rhythmically. Close your eyes. Quiet your mind. If thoughts flow through your mind, that's okay – just don't follow them.

“Be” in Nature – Nature automatically balances your body and mind. Walk in the woods, or on a beach when it's not crowded. If you live or work where you can “view nature” out of a window, stop what you're doing every hour or so and just “look.” If not, have photographs of nature scenes and look at them, or “visualize” nature scenes in your mind. Research proves that the brain sends the *same “signals”* (and releases the *same* neurochemicals and hormones) and creates the *same* neurological connections, whether you're “in” nature, viewing nature, looking at photos or creating mental images of nature. It's a simple way to release stress!

A Few Additional Recommendations

When under prolonged stress (caring for a sick person, recuperating from your own illness or surgery, birth of a child, death of a loved one, divorce, serious family or business/job problems, very heavy work-load, etc.), give yourself extra care, and get extra rest. These are times to nurture yourself, be diligent about nutrition, and take frequent stress breaks. Also, be aware of your *posture*. Slumping is not only unsightly; it causes structural stress and weakens you energetically.

PART 2

9

THE MAIN CAUSE OF STRESS FOR SPIRITUALLY-AWARE PEOPLE

The chapters in Part 2 are not about tools and techniques for “mastering stress,” as important as these are. They are about a new “perspective,” an entirely *different* way of looking at your life. Without this knowledge and perspective, it is extremely difficult to significantly reduce a major, though usually “hidden,” cause of most stress.

The main cause of stress, especially for spiritually-aware people, could be...

NOT KNOWING CERTAIN TRUTHS...

Lack of essential knowledge is a major source of the 80-95% of the mental and emotional stress that brings people to doctor’s offices.

Knowledge alone is not power. It is “taking action” on the knowledge that empowers us. However, we cannot “take action” on something *unless* we have enough knowledge.

What we know and believe determines our life. When you have knowledge of, and *believe*, the four truths below, it will reduce your stress, improve your health, and increase your success and happiness. Even more importantly, this knowledge enhances your spiritual growth, expands your Consciousness and leads to greater wisdom and understanding. You will be inspired and motivated to think, feel and act differently!

So what are these “four truths?” They are the answers to the four questions below.

- **Who** am I... *really*?
- **What** are the natural laws that govern my life?
- **How** does the human mind function?
- **Why**, when I do all the “right” things, don’t I get the “right” results?

Note: If you know the answers, the question is, “Do you *believe* the truths enough to live your life based on your knowledge?”

WHO AM I... REALLY?

Years ago, Pierre Teilhard de Chardin, a Jesuit priest, philosopher and geologist said, "*You are a spiritual being having a human experience.*" This has become a popular quote in personal and spiritual growth circles. However, many people do not realize the significance of this statement.

The statement is true, of course. However, I prefer to describe humans as "*multi-dimensional*" beings – physical, emotional, mental and spiritual. The *physical, emotional and mental* are part of our "humanity" and our human experience.

The *spiritual* is the essence of who-we-really-are at our core: **Infinite Divine Spiritual Beings**. According to the Bible, we are "*created in the image and likeness of the Creator.*" This is why we have the ability to "create."

When you have the knowledge of who-you-really-are, you are **awakening** to the truth. When you *experience* yourself AS the Spiritual Being you really are, you're **awake**. This is also called *enlightenment* or *Self-Realization*.

Not knowing who-you-really-are, you identify yourself as a victim of life, a limited human being. "Knowing" the truth, even though you are not yet "awake," you grow in self-esteem and self-confidence and become more empowered.

Many of us have heard and read that we are really Spiritual Divine Beings -- perhaps many times, in many ways. I know I did, but *believing* and *understanding* the significance of this truth, is something else. If enough people really believed it, life on earth would be very, very different.

Dr. Deepak Chopra, speaker and author of more than 60 books on mind-body healing and spirituality, says,

"Each of us is here to discover our true Self -- that essentially we are spiritual beings who have taken manifestation in physical form."

Paramahansa Yogananda, founder of Self-Realization Fellowship, author of "Autobiography of a Yogi," tells us, *"Self-realization is the knowing – in body, mind, and soul – that we are one with the omnipresence of God."*

I wrote "Loving the Game of Life" in order to share enough information from enough verifiable, respected sources – from philosophy, psychology, spiritual teachings,

metaphysics, biology, physics and quantum physics – so that readers would *believe* the truth of who-they-are.

Writing the book was a “mission” for me, because I have no doubt that if more people *knew* this truth, there be so much more peace, compassion, love, and faith in the world – and much less anger, greed and fear. After all, if you *believe* you’re really an Infinite Spiritual Being -- an expression of the all-knowing, all-powerful Creator – what would you have to fear?

There are many testimonials from readers in the book and on www.lovingthegameoflife.com. One of them is below.

"Thank you Beverly Nadler, for giving us such an inspired work! "Loving The Game Of Life" brings together the truths of philosophy, psychology, metaphysics, quantum physics and more...and makes it all understandable and useable in your life. This book lives up to its title, and gives us the key to unlock the memory of who-we-really-are!" S.H., CA

In my speaking engagements and seminars, regardless of my specific subject, I always make it to point to say something to the audience about who-they-really-are. This plants a “seed” of the truth in their mind.

11

WHAT ARE THE NATURAL LAWS THAT GOVERN MY LIFE?

If you are spiritually-aware, you are also aware that there are “natural laws” that govern your life and everything that exists. It’s difficult to know what these laws are because so many personal and spiritual growth teachers and books create their own set of laws.

The *real* laws that govern your life are the *laws of energy and physics*. When I teach this subject, I call them “The Universal and Mental Laws,” because they apply to everything in our Universe, as well as to the way we use our mind.

Everything in this Universe expresses as energy, and the first law of energy is that it is always being transmitted and transmuted. (Transmuted means it is always “changing” from one form to another.) Energy is in a continual state of vibration, and everything that happens in life has both a cause and effect, whether we are aware of the cause or not. We also know that there are cycles to life – night follows day; one season follows another; the tide goes in and the

tide goes out, etc. We are also aware that there are "good" (positive) things -- like love, joy, health, peace, prosperity and ethical people, and there are "bad" (negative) things -- like worry, anger, disease, war, poverty and criminals.

Thus, we can immediately see how some of these Universal Laws -- *Vibration, Cause and Effect, Rhythm, Relativity and Polarity* -- operate, and interact with each other. The more we know, the better able we are to deliberately create and attract what we want. The fact is, *only* the people, things, conditions, situations and events that we are in "vibrational harmony" with, at some level, can come into our lives. *It's all about our energy field and vibrations.*

Since stress *always* lowers our vibrations and often puts us in harmony with negatives, such as illness and accidents, the ability to "master stress" is a very effective way to be in more "vibrational harmony" with what we want.

The law that causes the most stress is "The Law of Polarity." Though we have often heard and read, "*Everything is always in perfect Divine order,*" those words can be difficult to reconcile with the pain, suffering, trauma and tragedies we may be living with and that we observe all around us. We may wonder how a loving God can "allow" these things to

occur. "The Law of Polarity," also called "the law of opposites" or the "law of duality," is the Universal Law that can make sense out of what seems senseless. Both theology and science agree that it IS a law.

Quotes About "The Law of Polarity"

The Biblical statement from Isaiah (45:7) tells us this is part of the Creator's plan. *"I form the light, and create darkness: I make peace, and create evil: I, the Lord, do all these things."* (He also said, *"And it is ALL good!"*)

Here's what Pythagoras, ancient Greek philosopher and mathematician, said: *"If there be light, then there is darkness; if cold, heat; if height, depth; if solid, fluid; if hard, soft; if rough, smooth; if calm, tempest; if prosperity, adversity; if life, death."*

In his book, "Rays of the Dawn," Dr. Thurman Fleet, enlightened creator of Concept-Therapy philosophy, gives us this thought to ponder: *"Crises come into human affairs as a necessary part of cosmic evolution."*

Dr. John Demartini, philosopher and developer of the "Demartini Method" says, *"As long as you are in your physical body, you are destined to have this duality."*

Author, Neale Donald Walsch, known for his "Conversations With God" book series, says it this way: *"God is in the sadness and the laughter, in the bitter and the sweet."*

What's my point? The **opposites** – female/male; yin/yang; positive/negative; love/hate; faith/fear; big/little; up/down; front/back; peace/war; pleasure/pain; health/disease; benefits/drawbacks; relaxation/tension, etc. – will ALWAYS exist. We have to learn to live harmoniously with "what is." To have a fulfilling human experience, we need to know the rules of "the game of life." (Would you play baseball, tennis or Monopoly, without knowing the rules of those games?)

"There are laws of the Universe and if you practice them they will respond to you." Dr. Michael Beckwith, American New Thought minister and author

The rules of "the game of life" are the Universal and Mental Laws, based on the laws of energy and physics. They are covered in detail in *"Vibrational Harmony – the Real Secret of Success, Health and Happiness"* and *"Loving the Game of Life – Discovering Who You Are and Why You Are Here."*

Click these links to find out more...

www.vibrationalharmony.net www.lovingthegameoflife.com

12

HOW DOES THE HUMAN MIND FUNCTION?

At our core and essence we are powerful Spiritual Beings, created in the image and likeness of the Creator. To successfully navigate life in our "human experience," we have been blessed with a brain. Our mind expresses through the physical organ of our brain. We "create" and attract the people, events, things, and circumstances that become our life, according to the way we use our mind.

To use our mind to *deliberately* create what we want, we need to have some understanding of "how" our mind and brain operate. There are almost endless teachings that tell us we can change our life if we "*change the way we think.*" This advice sometimes works, but not most of the time. If it did, the millions of people who spend billions of dollars on self-help and personal and spiritual growth material would have what they want – *more* success and *less* stress.

Our mind has three "parts" -- conscious, subconscious and Superconscious – and it's important to know the role of each part. The conscious is the "decision maker," and supposedly has free will. I say "supposedly" because most of our

decisions are not made consciously; they are *automatic reactions* based on our subconscious programs. The Superconscious is our connection to our "the Infinite."

Our subconscious functions like a *programmed computer*. Subconscious programs (aka: conditioning, beliefs, etc.) are what create and attract the experiences, people, things, events, etc. that become "our life." If we are not happy with our life, we need to *change* (reprogram) our subconscious. Working on my own mind and with hundreds of clients, I can tell you that most programs are not easily changed.

However, there are reprogramming techniques that work, even with resistant programs. Knowing "how" the human mind – conscious, subconscious and Superconscious -- functions, what programming IS, and "how" to reprogram your subconscious computer mind is *vital* for creating what you want. This is all clearly explained in "Vibrational Harmony," along with effective reprogramming techniques.

Here's what one reader says, "*Finally, a gem of a book that presents a concise and clear step by step approach to guide you to reprogram your subconscious mind and overcome negativity, anxiety, stress, and other barriers to success.*"

Dr. N.A., New York

Subliminal Programs are an excellent tool to assist you in reprogramming. Subliminal messages are heard only by the subconscious mind. I highly recommend subliminal CDs by Midwest Research of Michigan. There are over 130 different audio programs. In 1993-94, besides doing my own "mental work," I continuously played "Psychoneuroimmunology," #64, to help me heal from cancer. It was a tape at that time, and it fed my subconscious mind subliminal messages to positively affect my immune system. Read about these CDs at: http://www.beverlynadler.com/order_scwl.html

One reason why subconscious programs can be so stubborn and resist change is that we are not only dealing with the *mental* energy of thoughts and feelings, we are dealing with *physical* brain-cell circuitry and neurological connections. Our programs, though products of our mind, can get "stuck" in our physiology, and unless we *release* ("delete") them, it's very challenging to "install" new programs.

"*You can't put old wine in new bottles,*" has nothing to do with wine or bottles. It means you can't put new **positive** programs and beliefs into a mind full of old **negative** ones.

Because reprogramming can be so challenging, we often need help. As a Reprogramming Coach, I offer you a FREE

consultation that includes a mini-coaching session. Contact me at beverly@beverlynadler.com.

Below is one of many coaching testimonials. You'll see the work we did together totally transformed this woman's life.

"I am so very grateful to you for your wonderfully caring approach to coaching and teaching. When I came to you for help, I was unhappy with my life and suffering from mild depression, migraine headaches, low self-esteem, and poor physical health. Through your patience, skill and love, you helped me release the many layers of trapped and hidden negative emotions that made my life nearly unendurable. There has been a shift in my thinking after releasing so many negative emotions, and I have been able to see myself and the events in my life from a different perspective. I now know that I have the ability to choose my reaction to anything that happens."

"I can choose to be happy and choose to think positive thoughts. Thank you for teaching me the processes and techniques that have helped me to overcome years of negative thinking. I am a much happier person now and I want to live life rather than just endure it. With much appreciation, love and gratitude," L.N., AL.

13

WHY, WHEN I DO ALL THE “RIGHT” THINGS, DON’T I GET THE “RIGHT” RESULTS?

The “right” results means the results you *intend and expect*. Is there anything more frustrating and discouraging than to engage in a project, whether personal or for business, where you *know* you’ve done all the right things, and everything unravels or falls apart, through no fault of your own?

For example -- you know that you’re clear on what you want, you’ve done your homework and research, you’ve meditated and prayed about it, you image, affirm, and feel it, you’ve carefully made your plans, contacted the right people, invested time, money and energy and carefully taken the appropriate action steps – and yet, it doesn’t materialize. Yes, it is very frustrating, and many people beat themselves up, and keep stressing themselves, asking why, why, WHY?

Here’s why...

It’s called the “**The Uncertainty Principle of Quantum Theory,**” the discovery of German physicist, Werner

Heisenberg. He proved that at the subatomic quantum level of energy, it is *impossible* to know both the position and the momentum of a particle at the same time. The more precisely one is known, the less precise is the measurement of the other.

So who cares, and what does this “mean” to us? We care because *ALL creation takes place at the quantum level* and then manifests in the material (physical) world. Since uncertainty exists at the quantum level, it means that *we can never know all the factors influencing our creation.*

In other words, NOTHING can be known with absolute accuracy; we can never be certain about how anything will show up. We can never know everything there is to know about anything. We can only know “probabilities” and “possibilities” -- but *not* absolute outcomes. When you know the “Uncertainty Principle” is a FACT about how things operate in the physical world, you do the best you can, and then you “let go.”

Yes, you pray, meditate, plan, image, affirm, take action – and at the same time it is important to be aware that in spite of all the experts who tell you that if you just “change your thoughts” you’ll get what you want – sometimes, for

reasons you may never know -- you don't. (*And sometimes, something else happens that turns out better than what you had in mind!*)

The Uncertainty Principle and other quantum physics theories and discoveries that affect every area of life are explained in clear language in "Loving the Game of Life."

The following, written by Ted Ciuba, Ph.D., author of "The NEW Think and Go Rich" and Founder of World Internet Summit, is excerpted from the book's Foreword:

"Speaking of the vast multi-dimensional Universe quantum physics unveils is inherently complex. Yet, because she is so thoroughly grounded in the work in the field, when she makes a point, first, she is able to explain it clearly, and, second, she gives references from a wide variety of disciplines and times to facilitate further study. For those reasons alone you will find this a helpful book."

"But also, you will enjoy the concept as she presents it as the "game of life." Neophyte or adept, you'll find her treatment of quantum themes enlightening. Her treatment of "collapsing the wave" is especially relevant to today's audience of individuals seeking happiness."

Our life is the result of “vibrational harmony.” We attract and create our experiences – the people, things, conditions, events, etc.— with our energy (our vibrations.) If you don’t like your life, you’ll have to “change” your vibrations. In spite of the “uncertainty” of life, the more in harmony you are with Universal and Mental Laws, the more likely you are to achieve your goals, and also enjoy greater personal and spiritual growth. **However, there’s a challenge...**

Below the level of our conscious awareness, negative subconscious programs are vibrating. These are negative beliefs, thoughts, perceptions and traumatic memories -- plus *trapped and hidden emotions* that hold these programs in place. The negative vibrations *repel* what you want, and attract what you don’t want. Therefore, the MOST important thing you can do to achieve your goals is RELEASE the negative energy. That’s why I offer a FREE consultation and mini-reprogramming session. (*I might not be alive today if I did not use releasing techniques when I had cancer.*)

Meanwhile, if some things don’t turn out as you planned in this world of “uncertainty,” avoid self-blame and don’t feel like a failure. After all, if you blame yourself and feel like a failure, the only thing you do is create more STRESS! But if you “keep the faith”... who knows what may show up!

YOU'VE GOT TO HAVE FAITH

Beverly Nadler ©2000

You've got to have faith to get what you want
It's the magical power of belief
But doubt, like fear, gets in the way
It's an illusive thief.

Doubt steals your dreams
So they can't come true
But if you have strong belief
That faith will sustain you.

When you know God created it all
And operates the Universe by Law
And you understand the power of your mind
The perfection of life fills you with awe.

Of course, it's easy to have faith
When life showers you with blessings,
Not so easy when you're in the midst
Of struggle and painful lessons

Yet every philosophy about life's sacred journey
Says there will be difficulties and grief
And they also say joyous times await you --
Just hold on to your faith and belief.

ABOUT BEVERLY

Beverly Nadler, CH, CMT is a dynamic and inspiring speaker, trainer, consultant, Reprogramming Coach and award-winning author. She brings new perspectives and insights to her teachings on holistic health and healing, stress mastery, personal development and spiritual growth.

Her unique and practical teaching correlates and integrates the wisdom of metaphysics and philosophy with the scientific breakthroughs of modern psychology, physics and quantum physics. The turning point in her life came in 1993-94, when she used everything she knew to heal from cancer. In the process of healing her body she healed her life, and is committed to helping others enhance their life on all levels— physical, mental, emotional and spiritual.

A popular media guest who has appeared on numerous radio and TV shows, including “Good Morning, New York,” Beverly is the Health Guru on “Joyce Barrie & Friends” World-Wide radio show every week. www.joycebarrieandfriends.com

Of all the ways of sharing her knowledge, talking to groups is Beverly’s favorite. She speaks nationally and in Canada, and is frequently hosted by individuals and companies to present customized seminars and workshops in their area. (Contact her for information at beverly@beverlynadler.com)

An Open Letter to My Readers...

Thank you for reading this book. It has been a pleasure to “talk” to you. I hope you found the book, and the techniques and insights for “mastering stress,” valuable.

My vision is a world in which everyone has the knowledge, skills and understanding to be in “vibrational harmony” with natural laws and with what they want. While that’s not likely to happen in this world of polarity, it can happen for *you*.

My mission and purpose is to provide information, services, products, tools and techniques to assist people in their human experience and spiritual journey. Please check the websites to read about and order my books that I referenced:
www.vibrationalharmony.net and www.lovingthegameoflife.com.

I also invite you to explore www.beverlynadler.com and www.breakthroughhealth.net. There’s a wealth of information on the sites. Let me know if I can further assist you with Coaching, Seminars, Workshops, or any of the products and services I recommend in my NEW “Valuable Resources” section.

I hope we “meet” again. Meanwhile, thank you in advance for your interest in my work, and for referring me to others.

With Love and Appreciation,

Beverly (beverly@beverlynadler.com)