

SESSION 2 – Anchor Relief

Welcome to the second session of The Relief Experience.

So... last week we learned *relief* is possible. Tonight we're learning how to return to it in the midst of feeling stressed. But before we dive into all of that...

You've been living life this past week, and life has been busy... I know you've been breathing because you're here... continuing to breath is our unspoken agreement for our human body to continue living... even though... sometimes we hold our breath... but when was the last time you took a really deep breath today? I hope it was earlier today... No matter when it was... let's experience it together...

I'm sure you remember the process... we take a full deep breath, hold it for just a moment, then fully exhale by simply opening our mouth and dropping the jaw...

Experiential Exercise #1 – Breath-work = Relief

So now... together... let's take a deep full breath...

hold – feeling that fullness...

Then on the exhale... open your mouth, dropping your jaw to let the air out ...

fully exhale, emptying your lungs and releasing the tension.

Did you feel that tension draining from your face?

Let's experience this again together...

Take a full, deep breath in... expanding your lungs and your belly

hold...

then slowly, fully exhale by opening your mouth and dropping your jaw.

Let's do it again...

Full deep breath...

hold...

open your mouth... exhale out...

Let's start this party off right... let's dive deeper into the relief... and set you up for success at controlling the stress triggers in your life.

Together we'll experience the Quiet Your Mind meditation bringing your heart and mind into harmony... together we acknowledge how important it is to follow the guidance of each step to feel the beating as a sensation or hear it as a sound...

So... with active intention – we relax into the breath... and elevate into the awareness of the greater consciousness in relief of stress and anxiety as we slip into that sweet spot of our Safe Space.

Experiential Exercise #2 - Quiet the Mind Meditation

It feels really good, doesn't it? Filling the body with oxygen... feeling the focus of one thing... feeling the elation of gratitude... reconnecting with your body... then marrying your heart and mind together in harmony through the beating of your heart...

It's magical...

This marriage of heart and mind creates the condition your life experience needs to strengthen and expand your awareness.

Filling your body with oxygen...
bringing your heart and mind into harmony...
allows you to think clearly.

It allows you to observe life instead of being overwhelmed by it.

And that awareness opens the door to choice.

DEBRIEF

So... let's give thought to...

- What did you notice this week?
- Did you remember to breathe?
- Were there moments you caught yourself holding your breath?
- Did you notice stress sooner than before?

I sent these questions in an email on Tuesday and

I added them to Relief Central in Session 1.

Give thought to this... if you have questions, please let me know.

Teaching Point #1 - Awareness Comes Before Change

Stress has been a part of your life for so long it's like breathing... it's something that simply happens...

In today's world... feeling the effects of stress is simply a part of the human experience.

Here are a few signals that stress is in control of your body:

- Your jaw clenches
- shoulders are tight
- you're breathing shallowly and holding your breath
- your thoughts race through your mind bouncing off the walls
- under the surface of "everything's ok" you're irritable – or... during high stress, you're in your face irritable
- your body feels rushed or pressured
- you feel agitated or resentful or angry at the things you have no control over

These are: Warning Signals

Not problems.

SIGNALS.

Let's put a "pause" on life for a moment...

We can do that because we slipped into our Safe Space when we began our call – and that Safe Space transfers to listening to the recording or reading the transcript...

Let's put a "pause" on life and observe it. Look back at the past week... can you see... as the observer... periods of time in the past week where you've felt the pressure, the agitation, the resentment, and/or the irritability of life experiences –

... situations you found yourself in –

... conversations you had –

... or perhaps you were simply sitting and thinking... replaying through your thoughts... an uncomfortable experience... and you felt that experience in your body as much as thinking about it in your thoughts?

When you have those identified... those moments from the past week that weren't comfortable... let's look deeper... if you can...

Were you taking deep breaths? Were you having trouble thinking about a higher outcome – trouble with finding a solution? Did you end up feeling exhausted?

Can you feel that experience – can you feel this happening to you?

When this happened in the past week...

perhaps you noticed your body was tensing up –

you were feeling the agitated emotions in your body, and you stopped everything and took a

deep breath –
and consciously chose to shift the emotions and release the stressful chemicals in your body through several deep breaths and you elevated your internal state of being?
And you felt the RELIEF from stress!

If so... you're deepening your energetic awareness. And I CELEBRATE you!!!

However... if you felt these less than loving emotions of agitation, frustration, anxiety – you felt the pressure of overwhelm and stress...,
but you just kept going –
doing your best to get through the day...

If this is what you did... ignored the feelings and just did your best to get through the day...
the stress chemicals were in control of your life.

This isn't a failure on your part... this is an opportunity!

Here together... in this safe space... you have the opportunity to observe this insight into your daily stress circumstance.

This shows you so much more clearly than I ever could explain to you that you've lived in the survival mode state of BE-ing long enough...

that it has become your normal way of living –

Which means you're existing at an intense level of anxiety and stress on a daily basis – and you probably don't even know it.

It's become normal, so it flies under your radar of awareness.

Sometimes it becomes so normal that you think everything is fine, until you get triggered by something inconsequential and your reaction far outweighs what happened.

... like getting a paper cut but you react as if you've cut an artery and are bleeding out.

When you're anxious and unsettled, feeling pushed in some way – you're experiencing unresolved stress that's forced your body into a chemical cocktail that IS survival mode.

...feeling a continual – behind the scenes – feeling of constantly being in danger.

You're breathing shallowly and probably holding your breath, so you can't think, much less focus very well and you feel stuck – almost like you're watching life instead of living it.

Your main goal may have become to **just get through the day** – and unfortunately this may have become your unspoken goal every day.

... it's not a comfortable feeling... but it's familiar... It's what you're used to.

Then the harsh truth makes itself known – you can't think greater than you feel – and you feel awful – unsettled, anxious, adrift - - happiness is but a shadow and to a degree you feel as if you're living your life on autopilot because you have no control.

But we're changing ALL of this...

One deep breath at a time and that physical ACT of breathing deeply changes everything... it brings...

Relief.

Experiential Exercise #3 - Body Check-In

So... we've looked at the stressors of life in the past week... we've felt them in our body...

Let's take another really deep breath... breathing down to your toes...

Hold it for a moment.

Then drop your jaw by simply opening your mouth to exhale...

Let's do it again...

Deep BREATH...

Hold...

Open mouth to exhale...

Did you feel tension release from your face?
your jaw?

Let's do it again...

Deep BREATH...

Hold...

Open mouth to exhale...

Did you feel that tension release from your neck?
your shoulders?
your chest?
your stomach?

Oh my gosh!! ... Where are you holding tension right now?

But... when we began our call... we experienced the release of tension together....

But then... we talked about the stressors of the week...

We thought about them...

We replayed the week and your body responded.

Without conscious thought...

your body began to breathe more shallowly...

your shoulders became more tense...

your jaw tightened...

No velociraptor in sight.

No new stressful experience – nothing stressful is happening right now.

Stress doesn't always come from what's happening.

Sometimes it comes from what's replaying in our head...

Your body responded as though a stressful situation was happening all over again.

But now that we've experienced this together...

the next time your body tenses like it's being chased by a velociraptor ... and it will because your body and mind have been programmed to respond to emotional thoughts as well as situations by breathing shallowly and tensing up...

The next time your body feels this way... you'll be more AWARE and you know what to do.

But there's a little more to those feelings that wrap your body in a tension straight jacket...

And that's not feeling safe...

Teaching Point #2 - Am I Safe?

When this happens... ask...

In this moment... Is my body safe?

Yes.

My body is safe.

Nothing is chasing me.

Nothing is attacking me.

I am safe.

This question alone... is life changing: "Is my body safe?"

Because most stress responses are happening when:

Your body *IS* safe....

but the chemicals released in your body, tell your mind you're in a state of Emergency.

If you're not safe, take the action to make your body safe.

If you ARE physically safe, create a clear line of demarcation – setting a strong boundary.

And that boundary is:

* accepting that there is no threat to your body - your body is NOT in danger

* and breathe into your safe space... where you take your power back.

Allow yourself to feel that separation – that shift within you from feeling unsafe in a state of emergency, to feeling safe knowing you're not in danger.

Look around your room right now...

- notice the walls
- the door
- the furniture
- the fur baby if there's one right there...
- breathe... deeply...

Is there an actual predator here?

There's no velociraptor hidden in the shadows... your "to do" list isn't really running around loose with a knife... and no envelope has hands in it that will grab you by the throat and choke the life out of you.

No... now... intellectually we all know that. Obviously, velociraptors are extinct – no matter how much Majyk likes to think that's what he looks like when he's on high alert.

Your "to do" list can't run around with a knife hunting you down and envelopes don't have hands – all of that is "Twilight Zone" material.

However... in the real world of our lives... the predator is your boss, coworker, spouse, in-laws – your job...

The predator could be that overwhelming TO DO list.

When the predator is something like this --- the harsh truth is this: you're coming into contact with the dangerous energy of an imagined predator on a daily basis – and before... there was no reprieve.

But that's not the case now...

Today... you've experienced the relief from all that stress and tension.

You've experienced it.

Today... you know how to take the deep breaths and release them in such a way that you release tension from your body – just through the exhale of your breath!

You know how to regulate your heartbeat and the bouncy thoughts of your mind – you know how to bring your heart and mind into harmony in conjunction with your breath...

And you feel the relief of the tension of stress...

And you feel peaceful...

Teaching Point #3 - The Pause

Life experiences...

Uncomfortable thoughts...

They are the trigger.

Feeling the difference between peaceful relief and stressed-out tension --- therein lies your key to your AWARENESS....

And through that AWARENESS...

That recognition triggers the pause...

The Pause... is YOU taking a deep breath, fully exhaling by dropping your jaw to let the air out and bringing your heart and mind into harmony...

I want to be certain, that I'm clear on this...

Something happens and you get triggered.

But now your intention to BE AWARE is activated... so instead of falling into a tailspin of anxiety... your mind and body are learning a new way to respond!

You Respond instead of React --- you Pause.....

You're aware of the trigger and instead of running from the velociraptor, your body knows to assess... is there a velociraptor chasing me?

No... it's safe for me to PAUSE

* Take a Deep Breath and

* Shift into Heart-Mind Harmony

And in that Pause... you have the choice of what happens in the next moment...

Do you revert back to the old programming of continuing on the path of stressed-out survival mode pressure? Because you can do that... with just a thought.

OR

Do you continue to breathe into your Safe Space where you

- * feel peaceful...

- * you can think...

- * you can make decisions...

- * you can respond instead of react

- * you FEEL Safe...

Your awareness of your internal vibration has given you this opportunity to change the trajectory of your emotions...

but it's up to you to make the conscious choice to BREATHE, shift into heart/body harmony and sustain it.

Let's take this peaceful state to a new level with a guided meditation to Connect with Your Heart Space...

Experiential Exercise #4 – Connect with Your Heart Space Meditation

Feeling blissful? I kept catching myself... when I would exhale... releasing more tension from my face... I could just feel it...

Connecting with the Heart Space moves you beyond the preconceived barriers of the 3D world.

And it's not a made-up place... it's real...

This is so important to understand this because you're not faking it till you make it and you're not lying to yourself...

We live in a world of duality – where the good, the bad and the ugly show up.
We all have uncomfortable life experiences that we've buried in our subconscious...

And even though the pain of that experience is buried...
It resurfaces when we're triggered – and that trigger can be just a thought when we're tired.

The thinking of the collective has moved beyond, slap some mud on it and keep going...
That's how we get into this mess of being so stressed and living in survival mode...

Feelings, thoughts, words... they all hold energy and when we understand that we have the power to consciously choose to feel an elevated emotion in the face of stress, in the face of anxiety and adversity... life changes...
It improves.

You have the power within you to overcome the intangible, yet tangible energy of stress and experience relief. Now you know how to use it.

So, what more can we integrate tonight?

Integration Practice

Your **Relief Reset** is simple...

Whenever stress appears:

1. Deep breath
2. Drop jaw
3. Ask: Am I safe?
4. Fully embody heart focus that brings your heart and mind into harmony.

You've become aware of stress creeping into your day,
you've taken the action step
you consciously choose to experience a higher outcome...
And you do.

Relief from the pressure of stress is possible for you – it's not an elusive ... maybe some day... dream.

It's now... in this moment.
You have the power.
Now you know how to use it.

Practice writes a new neural pathway of belief.
Practice creates a muscle memory response.
Practice opens the way for you to live the life of peace your heart longs for.

This week...
Continue your commitment – 5 minutes Just-For-You 3 times per day... as best you can
Morning – before getting out of bed

Mid-day to recharge you at an elevated state of being
Evening – before sleeping to ensure the best sleep ever...

And add to that commitment... “I check-in with my body’s state of being throughout the day... asking... **“Am I Safe?”** Then breathing deeply, releasing tension by dropping my jaw to exhale.”

Life changing.

One last thing before we complete...

When you get tired... it’s easy for the tension of stress to creep in and take over. So, when you feel that tension... notice... are you tired?

Employ your Relief Reset:

1. Deep breath
2. Drop jaw
3. Ask: Am I safe?
4. Fully embody heart focus that brings your heart and mind into harmony.

Taking those deep breaths... breathe life into your body.

Until our next session... Set your intention to be AWARE of your internal state of being. If questions come up, or you need support, reach out. I added a form on the Relief Central web page to make it easy for you.

And that completes tonight’s session.