

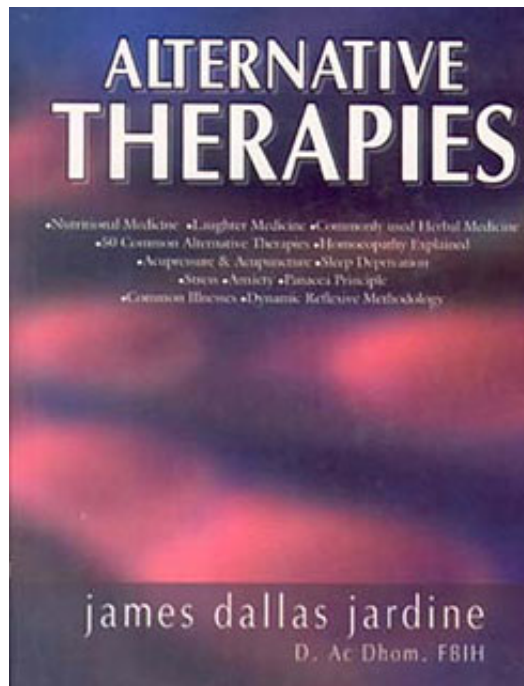
# Jardine Alternative Therapies

Reading excerpt

[Alternative Therapies](#)

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)

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## Chapter Two

# Stress: anathema to health, hope, & happiness

Stress is an individual experience and its resolve requires a definite action plan. Mild anxiety is really a matter of one's interpretation of the stressor. Environmental stimuli come in from all directions to attack the senses. The brain processes incoming information and makes adjustments sending out the appropriate response. To the psychologists of old, this was referred to as the stimulus and response phenomenon. Today, conventional medicine describes stress in many different ways.

Stress is expressed in the body as a behavioral change, an anxiety-related disorder, a blood circulation shift that creates illness, or hypochondriasis. More precisely, an organism is acted upon by force that disrupts its equilibrium. In health care, the term denotes the physical (gravity, injury, mechanical force, pathogen) and psychological forces (crisis, joy, stress, anxiety) that are experienced causing disruption. Biological organisms require a certain amount of stress to maintain their well-being, however. It was Hans Selye who first postulated this by saying that stress is a cause rather than an effect when balance is lost. What he really meant was that stress is an effect but this wasn't clear either. The word "Stressor" was introduced to mean the cause.

The situation and an individual's response to a stressful event determine whether or not a pathological condition will arise or not. During world war II, for example, people became nonfunctional in episodes of heavy combat. Combat stress, as it came to be known, could be so intense and last too long that soldiers were unable to remain functional during and

after the wartime had ended. Some people may encounter the proverbial "Stress test" to evaluate cardiovascular fitness, but walking on a treadmill or pedaling a cycle ergometer isn't nearly the same.

Occasionally, stress is induced by a Cardiologist to measure the function of the heart muscle. To evaluate coronary heart disease, for example, a diagnostic tool called the "Adenosine stress test" is used. This strategy for analyzing the heart is an alternative to other forms of stress testing. Adenosine is injected into the body. One's electrocardiogram (ECG) is precisely measured during and after the drug has been given. One critical component and reason why this test mustn't be practiced at home, is that the dose of the drug is constantly monitored. The appropriate stress management measures like prescribing drugs that reduce tension on the heart muscle are often recommended and with favorable results.

Alternatively, the original stressor is uprooted and dealt with before it creates a disease or undesired symptom. It is possible in many cases that the real physical and perceptible symptom(s) of stress is mere reflections of a deeper and growing problem. If stress remains bungled up, the consequences that appear later can be devastating. Evidence for this is the fact that 80% or more of all doctor visits is stress-related. This means that associated health problems are preventable. Peptic ulcers, physical injuries, and anxiety disorders are preventable.

Stress is commonly known as the "Silent Killer" because it dwells within the person and lives often unnoticed for years until a serious malady appears unexpectedly. Warning signs are masked by a hectic lifestyle and revered as "Normal" feelings. Often, we will hear people utter words like "My allergies" or "I've gott another headache." These statements are regarded as O.K.! Any state that creates an imbalance isn't normal or O.K, obviously. I recall an elderly friend who would complain about his achy joints, frequently. He would say he couldn't lift a muscle because his fingers were too sore. He felt that this chronic pain was quite acceptable and that it was better to put up with the agony than to do something about it.

In many cases, people prefer to put up with a symptom because they don't want to be a "Bother." Tackling the core issue or stress that is at the heart of the headache or achy joint does take a tiny bit of courage, admittedly. Modern medicine addresses the concept

that finding the cause repairs the effect. In other words, it is better to remove the stressor in a preventive way rather than suffer needlessly down the road with a more serious heart ache.

Many of us create our disease by allowing life's daily stressors to govern personal freedom from illness. Each of us has equal ability to manufacture a cold as we do in preventing one. (The common cold is nothing more than an invitation sent out to an infectious R, organism and a weakened immune system caused by stress.) By maintaining a strict level of control over the emotions, eating healthy foods, exercising regularly, and seeking the adventurous fun life offers, disease prevention is easier than you think.

When life hands us a stressful situation it is our choice to react or take action. Getting into action changes the direction of our response to the challenging event. Some of the most successful people on the planet are so because they've figured out that redirecting their response to a challenge disposes of a reactive and potentially dangerous result. Income tax season, for example, is made enjoyable when one chooses to file but the real enjoyment comes from playing a chess game with the Federal government by finding ways to legally deduct expenses. The challenge is turned from stressful to fun-filled because the person has chosen to make the best of the situation.

It really is about interpretation of a situation that makes it either stressful or enjoyable. Suppose your doctor finds that you have high cholesterol and must cut down on fatty foods. Instead of laboring over what you may perceive as a loss of the foods you enjoy, turn it around by researching the foods that reduce cholesterol and bask in culinary activities such as a cooking class. (For those who view cooking as a burdensome chore, begin to look at it as a chess game where you are an artist creating a remarkable ability to excel at this skill for the sake of feeding others. Develop a new belief about the things that cause stress in your life and enjoy the healthful benefits that will follow.

A well-known phenomenon of maximizing pleasure and minimizing pain is devoutly I wished by most people. Some things in life are unavoidable like the sudden death of a loved one or tax season but by understanding and applying the action-reaction concept, maximal pleasure is permitted. This is not to say that pain in this life is to be minimized I as not hurting us, but rather the action taken to handle it is what makes the difference I in turning the stressful event around in our favor.

For example, suppose you are walking along the street and a large fellow shoves you out of the street to the ground where your clothes become soiled. Understandably, you will be startled and want to react to the situation. Pausing for a moment, you may find that the person has just saved your butt from being run down by a speeding steam roller. If you had allowed anger and the reactive possibilities released by the "Fight or Flight" hormones, the stressful encounter would have led to embarrassment instead of gratitude.

Of course, don't worry about if you are good at acting over reacting. It takes a lifetime to perfect this skill. Dr. Sigmund Freud, himself, carried angst directed at his father because he had witnessed a traumatic event. He watched his father do nothing in response to being bullied by a person who knocked his hat off. (Boys want their father to be Supermen but if they see weakness, the boy's security goes out the window usually.)

We can rant, rave, and get the blood boiling or we can reflect on each incident and bask in intelligent analysis. The adrenal glands are inconvenient at times, but they respond less profoundly when the mind is in control. The reason for being in the world is to learn how to control the mind so that it can give the needed lessons to be learned. Freedom is enjoyed when we view the good and bad events in life as teachings where we're merely acting out a role. Shakespeare attempted to point this out in the comedy "As You Like It" by stating all the world's a stage and men and women are the players having their entrances and exits. View every event, person, and circumstance (boring or fun) as something designed to teach you about how to better befriend your mind and the world will become your oyster.

Unfortunately, many people fall into the trap of feeling victimized when adversity crosses their path. In most cases, this leads them into deep-seated inner turmoil and subsequent disease. The antics of feeling victimization commonly cause a feeling of shame or guilt for any reaction taken. Embarrassing yourself is really a lost opportunity, just like a physical challenge is a wakeup call to alter the lifestyle. Of all human confrontation types, the loss of a loved one or a body function is the most difficult to withstand.

The most understandable response is a form of reaction and it is customarily known as grief. The grieving process is acceptable provided that the person not remain in this deleterious condition for too long. Damage to the mind, body, and spirit is costly if the emotions aren't controlled to the point where recovery is still possible. Heartache over

what is perceived to be lost is best remedied by replacing the item or physical state remaining. Unfortunately, time is the only known antidote for the loss of a significant person but changing the perception of where they may be going after leaving this training ground, will liberate the emotions significantly. We're all made up of energy and when the body dies we take on a new form because energy can't be destroyed.

Grief takes on many forms. Chronic grief is unresolved denial where the person clings to hardship for self-destructive reasons. This may be subconscious and hidden from the person's mind for an undisclosed purpose to teach an important lesson, too. The harmful aspect of it is that it will become dysfunctional in time and lead to harsher consequences, later in life. Unsuccessful intellectual understanding is replaced by a lack of emotional control. One example of this state is the case where a mother loses her baby to an accident and develops breast cancer. Stress creates a serious conflict because her love for the child remains after the infant has gone from her care. The same emotional outcome is seen when a spouse of 50 years passes on and the mate dies soon after. That's stress!

Conflict is designed to instruct each one of us on how to better gain control over the thought processes and direct them in for higher awareness of "Meaning for Being" here. However, sometimes we must endure anticipatory grieving—a form of duress that is based on a potential loss. Awaiting a finality such as a physical examination or report card from school, creates calamity among loved ones and school kids. Children aren't immune to the rigors of stress, either.

Reaction applies to anguish, bereavement, and any other burdens taken on in this life. A grief reaction involves emotional responses that are capable of creating various physical symptoms, desirable or not. An empty feeling in the chest accompanied by fatigue may indicate extreme anxiety or a cardiovascular anomaly. Mind-body (psychosomatic) symptoms like these may produce insomnia, hyperventilation, anorexia, or a host of other undesired sensations unless control over the mind is acquired.

#### Phases of Grieving:

When a serious illness arises due to stress, for example. Prevention is based on controlling anxiety in one's life. We can accomplish this nutritionally and by adjusting the lifestyle, but it's inevitable that some grief event will occur. No one is immune to loss. It is our reason for being here on this training ground, but mainly to learn about the true Self found within. Even Jesus wept when he experienced a loss. Do you remember Lazarus? Not even

God can handle death very well or loss of belief in one's infinite inner potential. Because of this fact, some generalities can be made.

There are 4 Stages of grieving as follows:

Stage 1. Shock or denial where one exclaims "Why me!?"

Stage 2. Anger that may turn to rage and denial.

Stage 3. Bargaining by making promises to change attitude, lifestyle, etc.

Stage 4. Acceptance or giving up on anger, denial, bargaining, & frustration.

Before you throw in the towel, use grieving to your best advantage. Transform anger, bargaining, and frustration into useful action. Action is the key element that creates health, hope, and happiness. Take time to really believe in yourself so that the mind will begin to achieve the desired goal. (Chapter 8 offers an action plan that requires dedication to not falling into the trap of grief, quitting, despairing, or negative emotion that defeats an intention.)

Stress Prevention:

Minimizing stress is accomplished through just one thing! Adopting a belief that what the mind once dreamed is still havable. Losing a dream is death inside because humans need to face challenges each day in order to learn and grow in their inner awareness so that what comes out is the marking of a true champion. (Heroes aren't born, they're made!)

Reaction, deeper acknowledgment, conquering dysfunctional grieving, and rising above adversity creates the hero inside beautifully. The reason for human suffering is to make heroes of us all and to start the journey toward our rightful home—some call this place "Heaven." A person may ask "How does suffering with debilitating allergies (physical stressor) make me a hero!?"

Deep down in the human psyche, the allergy sufferer has let the emotions (lack of control over the mind) run amuck by generating anger and hatred at the world in which they live. Allergies are suppressed anger and rage at the world that has shown pain and suffering by causing infection, in many cases. The reality is that the person has selected stress—scientifically proven to diminish the body's defense systems—as a way of reacting to the world instead of embracing each moment as a new teaching designed to bring them home

faster. In short, resisting life causes the body to weaken its immune resistance to infection. (Acquired allergy sufferers will have to think about this for a few moments and courageously admit that they do tend to emotionally repel the world around them.) Like any other disease described in chapter 5, get into action and do something about the minor nuisance (do not build the health issue into anything other than a lesson designed to teach you something about yourself).

A physical injury, such as a brainstem trauma brought on by denial of oxygen, is really a wakeup call to learn how to adapt in the world alternatively. Being in a wheelchair, on crutches, or on a stretcher is tough but the human character benefits tremendously. (Slipping on spilt milk—creaking the spinal cord—and crying about it won't help fix the problem.) Even physiological changes associated with PMS or aging, provokes the grieving process to proceed on a destructive path unless the mind is under control.

Is there a way to win control over the mind and ease stress—lets face it, life is designed to challenge us? It is possible to be at total calm with thoughts, the world, and the emotions without becoming a guru or living on a mountain peak. One aphorism that was powerful during the early industrial revolution was "Control the cash pot and you control the world." It is a more modern maxim as "Control your thoughts and you become the cash pot—a wealth of human understanding." Permit yourself to realize that the mind is a genie in a bottle. What one chooses to think about creates a pathway of nerves that "Fire" in a particular sequence in the brain and leads to a more favorable action. This takes practice but there are effective ways to control thoughts. The most useful one is similar to a baby wielding his father's gun. Handing the child a colorful rattle will distract his attention from the dangerous action of playing with the weapon. For adults allowing stress to remain in the mind is equally dangerous. Chapter 8 and "Functional Solutions to Marriage of the Medicines" describes a pleasant action plan (appealing rattle) to change the direction of the stressor (woundedness, physical injury, disease) toward reaching a goal of improved health.

Not everyone will agree with using another method for reaching a desired goal such as the action plan described in chapter 8 because other factors put up barriers to success. Denial, grief, anger, rage, or other negative emotional impasses disrupt the ability to think reasonably. Sometimes it is a matter of courage to face the self with confidence. Whatever the defense mechanism involved and perhaps hidden from one's awareness, there are skills that are used for daily stress management.



**Da .y Stress Management techniques available:**

- A. Visualization or imagining where you'd love to be at any moment offers escape from stressful situations. If the issue is financial, imagining that you've won a lottery is possible when the mind focuses obsessively, like a laser beam, consistently.
- B. Relaxation is powerful stuff for reaching an intended goal, too. Sit comfortably, remove distractions (light classical music & incense is permitted), close the eyes (both of them—no peaking), and imagine yourself "Doing the Do, getting the take, or winning the gold." Belief is faith and you are the champion that wins is the focus in your mind at all times.
- C. Progressive muscle relaxation (PMR) is best done while flat out on the floor. Make the same calming setting as described in B above and notice the tension in the neck, head, shoulders, etc. (Muscle and mind tension are only excess energy that desires an exit point.) Squeeze the face muscles by ballooning the cheeks, crunching the nose and eyes tightly, and raising the eyebrows high. Hold for a few seconds and release. Repeat this process for the hands and arms by making a tight fist, hold for a few seconds, and release it by spreading the fingers as widely as you can. Notice the tingling sensation as energy penetrates blood vessels, muscle, skin, and the nerves of the hand. Continue to work down the body to the feet in this manner. Practice this action at least once each day or week and enjoy your time during and between this healthful activity. (Don't forget to really squeeze the buttocks together for a more shapely physique, too!)
- D. Exercise is fantastic and fun, but get a personal trainer. They'll motivate you and transfer, unknowingly, their energy. Action involves getting into action! The key secret to this, form of stress relief strategy is fun. You'll stick to it if the activity is enjoyable.
- E. Relaxation is more awareness than activity. Noticing the tightness in muscles, the presence of a headache, or holding too much excitement inside are the signs to stop and do nothing (an unusual form of action). Watch the fish swim or imagine walking on a Florida beach. You could have a real Mardi Gras in your head, to escape tense situations, also. Leave the world behind for a few moments each day, perhaps while working at the computer terminal. Do you see why it is essential to fill the mind with good thoughts, now?

- F. Biofeedback training is excellent for actually giving you positive reinforcement about your stress management strategy. Here are a few ways:
- measure the skin temperature—it drops when we're stressed out!
  - blood pressure monitoring—it drops when we begin to relax!
  - brain wave activity—theta-waves are the waves of clarity, man!
  - pulse meter—tells you what head-throbbing is all about!
  - heart beat monitoring (ECG) —gets you into a relaxed groove!
  - muscle tension monitor (EMG) —tells you to ease off on the coffee!
- G. Breathing is always a good policy for aerobes like us. Oxygen bars feed the brain what it wants—oxygen! Be careful not to breathe in a structured pattern. There is a danger of chakra (energy exits points in the body) disruption.
- H. Counseling in a group setting is a good idea for sharing the things that make us feel stressed. Share experiences, be courageous, and have fun.
- I. Acupuncture is another way to curb tension and open up blood circulation.
- J. Pet therapy is fine for everyone who loves living creatures. Observe how these friends handle life, even in the face of trauma. They seem to make every day a "Play-day."
- K. Cooking the foods you love and developing culinary skills are very good for relaxing. One of our first and most powerful forms of receiving love is accomplished through food. Cook and clean to relax away the tensions of the day—men must get involved, too, if only for self-reliance. Learn about food and make it a new hobby. I assure you that a way to a woman's heart is breakfast in bed!
- L. Hang yourself! No, not like a rock star trying to impress his groupies, but to pull apart each vertebral disc, bone, and stretch out the erector spinae muscles. Most tension and irregular bowel function are attributable to tightness along the spine. Talk to your chiropractor for added techniques. For now, suspend the body by the arms like a monkey in a tree, but use a horizontal bar. This is the easiest way to get free traction therapy. There's no need to use all the body weight at once, but gradually work toward total suspension with the arms.
- 
- M. Yoga is not just for people who like to wear tights, spandex, and other lingerie. It teaches one to relax the mind, body, and spirit.
- N. Oxygen therapy is one escape from the night club scene and you'll meet other people who also want to enjoy relaxation, stimulating conversation, and food (oxygen) for their brain.

- O. Dance therapy is relaxing afterward because one learns better coordination of muscle use, walk more elegantly, and develops inner and outer balance. This may sound slightly biased, but "Get Kinetic!"
- P. Use your imagination by doing what you love to do to relax the mind, body, and spirit. Any activity other than work is sufficient, provided that it works in a way that creates calm before, during, and after the action.

It isn't general knowledge yet, but there are "Things" inside the body that produce physical stress. Later, these "Bugs" cause mental and emotional turpitude. Those sedentary people who don't consistently get into action are unwittingly allowing bacteria in the lymphatic system and tissues to feed on their energy. When stress ravages the body, mind, and emotions, the result is reduced immune defense. Moving allows the muscles to massage this debris within the body fluids toward the "Exit doors" (kidneys, skin, lungs, bowel). Kinetics or movement permits disease and stress prevention most effectively, if the activity is enjoyable.

Why is infection in the body in the first place, you may wonder? The answer is that air breathed, foods eaten, inherited from both parents, stressors like sleep debt and injurious events, and a host of other factors weakens the body defense systems. For instance, staphylococcus and streptococcus bacterial strains are numerous and we acquire them from a wide variety of sources. Chicken pox is a virus (Varicella) that can become herpes zoster later in life because it remains in the dorsal root ganglia of the central nervous system. (It is already in us within the first 2 years of life and is picked up from other children, in most cases.) In the adult, stress stimulates this virus's reappearance and appears as shingles.

Do you see why something as common as chicken pox and shingles are a wakeup call to stress management? Children endure stress the same or worse than the adult and varicella as one example.

The first signs of stress are depression, anxiety, fear, insomnia, malnutrition, and weight gain, and chronic fatigue. An illness that won't leave the body and general weakness point to a serious form of physical stress too. Memory loss and general debility are two more unfortunate indicators that something is wrong. Clumsiness and fatigue point to stress because you may be carrying too much sleep debt, also. Many other factors make stressors that impinge on health.

### 35 Common Stressors:

1. **Emotional events** that reach beyond one's control and can cause disease.
2. **Suppression** of defense cells makes a person more open to disease.
3. **Physical vulnerabilities** are released by Stressors more easily & likely.
4. **Reacting** over taking action creates greater inner stress.
5. **Disrupted hormone function** is induced by stress.
6. **Poor thoughts control** adds to stress.
7. **Poor diet** weakens the body, mind, and emotional state.
8. **Free radicals** damage the cells of the body and nervous system.
9. **Existing illness** taxes the body and mind.
10. **Antibiotic overuse** destroys the bowel flora that makes the B vitamins.
11. **Malnutrition** occurs when one doesn't eat enough live food (vegetables).
12. **Excess pressure** in one's life and job.
13. **Rest and relaxation** are missing from one's lifestyle.
14. **Insomnia** is a mind that is not at rest.
15. **Loneliness** is a plague today because of fear within society.
16. **Usefulness** is a need by most people.
7. **Inadequate self-reliance** means that many fail to stand on their own.
18. **Poor self-sustaining** ability where one can't nourish themselves.
19. **Emptiness** feeling because one hasn't accomplished anything significant.
20. **Addiction** to a substance changes the brain's neurochemistry.
21. **Relationships** that fail to become fruitful.
22. **Love** is required by everyone and stress appears when absent.
23. **Ignorance** or not knowing how to relieve stress when it is present.
24. **Poor character** traits lead to stress inside.
25. **Laughter inability** leads to stress-related problems.
26. **Seriousness** in excess is a dangerous stressor.
27. **Joy** missing from life and results in unhappiness.
28. **Hatred** at the self and others leads to deep-seated angst.
29. **Clinging** to something with expectation or the past holds one back.
30. **Inability** to generate interests that feed the spice of life.

31. **Outlets** for the expression of penned up emotion is lacking.
32. **Worrying** about tomorrow.
33. **Fight or Flight** response appearing too often.
34. **Judging, condemning; & complaining** too often erases inner calm.
35. **Fear** is the biggest stress producer coming as negative emotions, discontentment, and prejudice.

So you can see how good it looks on paper to spark awareness, but awareness isn't enough if one isn't willing to take appropriate action to curb stress. There exists at least 15 states of Being that must be in check in order to minimize physical, mental, emotional, and spiritual stress. If one state is below standard or out of balance, we can still get by without too much problem. Each of us has weakness. A big part of really knowing the self is to uncover the one or more states that could be improved and getting into action at fixing it.

### **15 States of Being Used to Minimize Stress:**

- I. **Physical** self must be fit, poised, and ready to get into action. As we age, the body does lose some of its sharpness because of the food and lifestyle led, but it still possesses an incredible capacity to heal, repair, and rejuvenate itself if given the materials. The right stuff must come from the foods eaten, attitudes carried, indulgences practiced, and several other factors that make or break a body.
- II. **Mental** self empowers the will to succeed at whatever is desired and creates an ability to follow through on goal attainment. One common complaint among the poor, those lacking money or other assets, is that they aren't smart enough. Another fallacy is education. Excuses arise like not having gone very far in school, but once in a while a garbage collector or machinist becomes a cardiovascular surgeon. Why is that? The only reason for making an excuse is to excuse the self from expanding beyond the comfort zone of familiarity. The light bulb wouldn't have been invented if Edison didn't learn something about electricity first and take a scientific approach to engineering a closed system and gas laws to generate light energy. Courage is the main ingredient and a curiosity to see how far one can go makes heroes every day. A very key point to remember is that what one feeds into the mind and consistently thinks about creates the outcome. This follows the law of action-reaction—for every action there is an equal and opposite reaction, according to Sir Isaac Newton. The mind creates the orders carried out by the brain—similar to the

genie in the bottle (mind) and doctor Frankenstein's Igor that represents the brain taking orders from the mind.

- III. **Emotional** self is a hurdle for many people because they've not learned the unwritten universal law of taking action over reaction. Sir Isaac Newton first claimed that gravity exists because of action-reaction (what goes "up, must come down). Mastering action over reaction allows one to fly with the eagles because the emotions and the Fight or Flight response (reaction) is out of the way and clear thought is made possible.
- IV. **Social** self is essential for getting along with other people because if it were not for others, what would each of us know? We help each other, especially in times of total carnage. It has been said that people are at their best when conditions are at their worst. How do you fit in? Each of us must be willing to take a proactive role in building up ourselves first and then assume a hero's role by leading others with expertise. A common problem in the West today exists, however. Fear of not having money has created a society that serves selfish needs. It is rampant like divorce, greed, and other negative modes of operation that have made a society difficult for the youth to grow up in. Mixed messages are paramount and violence showers the media feeding the minds of these young people with counter-productive information. Kids need guidance and will follow what they see in order to "Fit in" the best they can. Young minds are under a constant barrage of violence, sexual immorality, insecurity, political turpitude, dishonesty, and lack of family values—divorce is rampant because of selfish needs not being met. It is well known that we become what we see, hear, touch, taste, and think about consistently. The danger is that the West paints an disdainful picture too consistently.
- V. **Intellectual** self is the ability to think, understand, and reason out problems. The nice thing about intellect is that it is developed and a person at any age can improve their intellectual capacity.
- VI. **Financial** self is far more significant than money. Cash is expendable and is a tool to use for obtaining the necessities of life. There are other assets that are of great importance, too. Time, knowledge, and prioritizing lead to a good fiscal outlook but fear of not having money overwhelms many people to the point where they miss the valuable pay-out. Controlling one's assets is important to keeping them. Investing, expanding knowledge, and focusing attention on the issues at hand lend greater profits down the road.

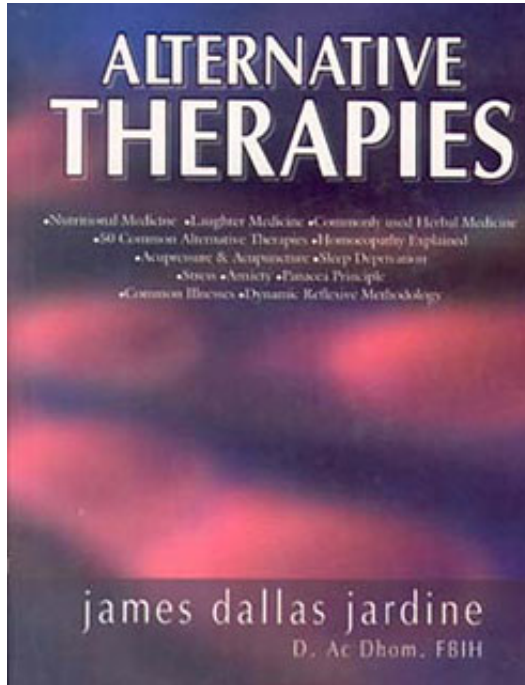
- VII. **Adventurous** self is extremely necessary for inner awareness. Keeping the self curious about what's coming next adds to the spice of life. Challenging the self isn't advised if life is put on the line by bungy jumping into a pit of hungry alligators. There is a lot to see and learn in the world, but the real experience comes courageously once one ventures inside themselves and figures out their true infinite potential.
- VIII. **Spiritual** self is that part of us that lies on another dimension, but is an infinitely small part of God. Becoming acquainted with our spirit and the Master Spirit changes one forever. Seekers learn to detach from the ego—worldly sensations that temporarily gratify us. Another view on this state is that the spirit is inclined to explain life's meaning. This isn't an easy adventure, but proves worthwhile and each of us will face this search at some point in our existence.
- IX. **Artistic** self is really the way in which we find an outlet to express our unique individuality. Gifts and talents are ingrained and need to be expressed somehow. In many ways, expression of the self removes stress and may show meaning for being here.
- X. **Characteristic** self is those traits that make each of us unique. Gentility and patience are attributes desired by most people, but hurts erase this potential in so many people. True nature is often replaced by fear. Compassion and temperament are devoutly wished as features, but these too are attainable to a willing soul.
- XI. **Personal** self means the mask worn to hide weaknesses that are embarrassing and negate loving features within a person. Personality is developed for the purpose of defense or outward expression. Defense mechanisms are buried in the personality because they are needed to hide real fears. We all have fears and that's why we have unique personalities (mask worn to hide guilt, shame, & fear). The Ego loves a good hiding place behind a mask because it fears being discovered, and in many cases, frantically. To understand people, observe what they do (behavior theory, psychiatry, psychology subjects) and not what they say (to hide fear, thoughts, indecision, pain, weakness). This topic requires volumes of explanation and not for this small section.
- XII. **Sexual** self is not just "the act" but how one feels, responds, and cares for their body. Respecting who you are and where you're going in this life is the highest level of sexuality. Sexual energy doesn't have to involve groping, but expression of the inner

self without hesitation. Releasing faars passionately on a canvas is sexual in many respects, but passion is often mistaken for the animalistic act. Sexual energy is a form of spiritual power trying to get out.

- XIII. **Moral** self is one's interpretation of rules laid down by society and how we judge them as right or wrong. These personal rulings make each one of us a judge, jury, and executioner. Being moral involves adaptation to those acumen one disagrees with and a healthy state of mind, usually.
- XIV. **Ethical** self reflects how one carries out moral judgments made. It is more than philosophy and possesses a weight that builds societies and has an even greater potential to destroy civilizations—a contradiction to be recognized intelligently. One's code of behavior determines how they will act within a select society, predictably.
- XV. **Belief** in the self is a powerful state of being because it determines the direction you will take in the face of adversity. Fear not! Faith is beliefs. Have confidence in yourself to overcome life's trials and tribulations as they arise. Confidence, acceptance, and assurance are synonymous and apply with equal force. Ask yourself honestly what beliefs are working to help you and question those that are not. The nice thing about life is that everything is in a state of dynamic flux (ever-changing motion. It's Kinetic!

In conclusion, the best way to minimize stress and maximize success is to "get into motion—get Kinetic! There is no external source that is going to protect you from the rigors of stress, disease, and fear except the motion you take today to prevent wearing yourself down to the nub. Keeping fit, staying young comes through having fun in every thing that you do. Make an attempt to look inside yourself, too, because that's where the real parry is.





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