

Key To Stress Free Living

A unique Psycho Spiritual Workshop

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Key to stress free living

Stress : Resultant effect of all negative emotions like anxiety , anger , grief , worry , greed & guilt arising out of perceived adverse life situations .

Types of Problems causing stress :

Health problems -first major cause of unhappiness

BP – diabetes – ulcers - cholestrol - migrane - sinus –heart –kidney ...other ailments

Personal problem :

Related to children , marriage , spouse , housing , finance ,own education , children education

Family problem :

Members's Illness , conflict in family ,

Professional problems

Career , growth , package , work pressure , deadline , performance

Other social problems : Loneliness

Usual Steps followed by all to get rid of unhappiness

Meet friends

Visit Religious places

Go for Movies

Read books

Listen to music

Watch TV

Join some club

Throw some party

Go to picnic

Go on holidays

Attend some party

Take sleeping pills

Take alcohol

Take drugs

Have some affair

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These all are activities we indulge in for getting rid of unhappiness , trying for some happiness which may never be attained , in all probability by trying out these activities , one may actually become more stressed out

These are short lived ; They require resources in terms of time and money
Dependent on external factors or processes
One gets tired (bored) of such activities

Yes , for some time one may come out of your old problem which has been stuck to you
One may forget for some time that one is unhappy / you are under stress

These are no means for relieving continuous stress
Still people spend lot of time , money & energy trying out all these methods

If one really wants to reduce stress or unhappy feeling for longer time and without spending resources some other efforts or methods are required

Root cause of stress - THOUGHTS

Two types of thoughts are possible
Thoughts of past can cause feeling of guilt , grief , sorrow ,anger
Thoughts of future can cause anxiety , worry ,fear

Thoughts create stress , unhappiness in the form of anxiety
Thoughts make you work with lesser mental energy
Thoughts make one less conscious
Thoughts make you less aware

Spirituality :

Spirituality is linked to thoughts ;Lesser the thoughts ,more spiritual you are
Highest point of spirituality is thoughtlessness which is called enlightenment or self realization

Stress reduction techniques basically deals with reducing thoughts

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Thoughts represent electrical activity , electric potential , electromagnetic field .

Four kind of brain waves exist

EEG Brainwave Sample	Brainwave Frequency	State of Consciousness
	BETA 14 - 40 cps	Fully Awake and Alert Generally associated with left-brain thinking activity - conscious mind
	ALPHA 8 - 13 cps	Relaxed, Daydreaming Generally associated with right-brain thinking activity - subconscious mind - a key state for "relaxation"
	THETA 4 - 7 cps	Deeply Relaxed, Dreaming Generally associated with right-brain thinking activity - deeper subconscious / superconscious Access to insights, bursts of creative ideas - a key state for "reality creation" through vivid imagery
	DELTA 0.5 – 3.5cps	Dreamless Generally associated with no thinking - unconscious / superconscious Access to non-physical states of existence - a key state for "regeneration" and "rejuvenation"

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Common Basic Solutions

Reducing Thoughts :

Sleep well : You attain a state with minimum thoughts /activities corresponding to delta / theta waves

Lie less

Focus on lamp /breath : Any focusing technique will help you reduce thoughts

Best is to focus on flame of a lamp

Breath in rhythm – inhale (X)–pause(X) –exhale(2X)

Focusing

- Look at the lamp
- Try to focus only on flame
- Carry on this act for just one minute

Focusing + Breathing

two minutes activity

- Relax your body
- Focus on breath (draw air in and out steadily)
- Focus on rhythm of breath
- Inhale (1234)
- Pause(1234)
- Exhale(12345678)
- Keep following your breathing cycle

Imagination : Thoughts and Imagination can't go exist , More involved in any form of imagination (not scary) ;thoughts reduce

Involving in other routine activities leading to narrowing down your focus :

Jogging , Swimming , walking ,pooja , visit Temples/religious places, chanting

Laughing ,pranayam ,mudra

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Release of Negative Emotion

Any form of Suppression leads to distorted state ,

Effects of distortion of physical state

Post suppression –deformed emotions spring back at wrong time and against wrong people

Release of bad emotion is the best technique

Remove the frustration upfront if possible

Talking to stable & close friends helps

Expressing emotions in a letter addressed to God or Divine

Developing A Positive Feeling

Developing positive feelings :

Positive feelings will reduce thoughts and reduce pain cycle of mind

Deeper positive feelings like love , innocence , compassion , satisfaction put you in alpha /theta state (state of relaxation) . Here the thoughts are lesser

Basic Principles

- Positive feelings are linked with alpha wave pattern
- Deeper the positive feelings – denser the alpha pattern
- Deeper the positive feelings – lesser the thoughts
- Intense positive feelings & thoughts can not coexist
- Few of the Positive feelings.....
- Developing A Positive Feeling Creating Situations
- **Satisfaction :**
- Help others
- Pray for others
- Learn art of giving
- Satisfaction from Giving is much intense and lasts for longer period
- **Faith**
- Visit places of your faith
- Look at figure of your faith when in need
- Meet friends ,relatives frequently whom you trust
- Faith rises thoughts must reduce
- **Joy**
- Any form of Celebration

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- Share positive event
- **Peace**
- Sit at quiet place like garden ,sea shore , river bank ,forest or even at home in your favorite corner
- Developing A Positive Feeling
Creating Situations
- **Love**
- Love has many dimensions or many forms
- Likes & preferences are always misinterpreted as love
- Examples of pure love :Mother's love for child
- Example of pure love :Soldier's love for country
- Pure Love can easily eradicate thoughts from your mind.
- A very simple equation to know whether you are experiencing pure love or not in your daily life
- Pure love = 100% faith = 100% transparency = 0 % expectation
-
- Developing A Positive Feeling
Creating Situations
- **Gratitude**
- Most researched emotion ; very important for well being
- It is always possible to express it all the time
- Attention shifts on what we have or what we received
- Integrate gratitude in life ;do not wait for positive events to occur
- Creates great future by way of 'Like Attracts Like '
- **Forgiveness**
- Most difficult to practice
- Fake Love is still easier but fake forgiving is extremely difficult
- Choice is available to you exercise forgiveness
- Most effective in erasing ill effects past memories
- Best way to unburden
- It is you who is affected not the one whom you are forgiving
- **Imagination & Stress Reduction**
Basic Principles
- Imagination leads to major shift in brain wave pattern.
- More alpha waves are generated than beta waves
- Deeper the imagination ,more intense alpha pattern
- More the imagination -lesser the thoughts

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Meditation - extremely effective technique for thought reduction

Meditation involves Faith, Focus ,Imagination ,Experience ,Prayers

Practice Meditation involving all of the above as well as few of the following

- *Principle of Telepathy*
- *Remote transfer of energy*
- *Acquiring better state in collectivity*
- *Deeper experience -Anubhuti*
- *Help acquire good state*

Samarpan Meditation - experimenting thoughtlessness by connecting with Living Guru Shree Shivkrupanand Swami .

To know more about Samarpan Meditation , please visit

<https://samarpanmeditation.org/>

Summary solution :

- *Sleep for minimum 6 hrs daily*
- *Daily Rhythmic Breathing for few minutes*
- *Focus on flame regularly*
- *Share your frustration with a stable friend*
- *Visit places where substantial jump in your inner state take place*
- *Perform an act of kindness daily*
- *Get engaged in acts of Giving frequently*
- *Imagine connection with your most trusted deity /source of Divinity*

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- *Express gratitude - five times a day (first on waking up)*
- *Be observant - now you know what thoughts can mean to you*
- *Seek forgiveness / offer forgiveness whenever you can*
- *Engage in any physical or mental activity which you enjoy truly*
- *Meditate*
- *Remember - life is greatest gift offered to you by existence*

THANK YOU