

THE KILLER AND THE HEALER - STRESS AND STRESS MANAGEMENT

Transforming stress into an opportunity for personal development with Psychophonetics

Stress is normal. It is our basic equipment for survival in alarming situations. The whole body goes into an emergency position to face perceived danger. But when being in that state of alarm consistently and permanently – the stress mechanism starts to destroy the very organism it designed to protect. And then stress becomes a destroyer, the major contributor to chronic diseases, organ destruction and premature death. And, unfortunately, that is also normal.

48% of the world population suffer from health damaging stress. 75% of all medical doctors visits are for symptoms of stress related ailments. Stress contributes heavily to the major causes of morbidity and pre-mature death: cancer, heart damage, blood pressure, stroke, skin destruction, diabetes, lunges sickness, liver dysfunction and suicide.

And it is not getting any better: 10 years ago it is estimated that stress cost the American economy 150 billion dollars per year. In 2017 the estimation of that cost became 300 billion. Stress is the major underlying cause for the opioids epidemic in the USA, a solution that became a disaster in itself, as millions of people become addicted to it in growing numbers. That by itself costs another 500 billion dollars a year.

And most people feel like victims of stress, as if life, work and relationship being the way they are which they cannot change beyond a certain point – stress is inevitable. There is nothing they can do about it, even if it is actually killing them.

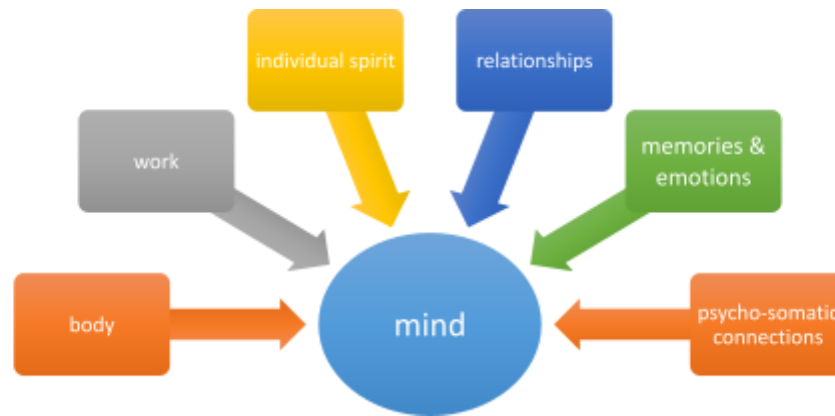
The purpose of this article is to claim that people do have a choice about stress, potentially, and while the given pressures of life, by and large, might not be in their control – the level of stress that these pressures produce in them – are optional. How come?

You see stress is not what is happening to you, it is a result of what you do with what is happening to you. Two people facing the exact same level of demand and challenge will not respond to them in the same way, will not produce the same levels of stress, and will respond to the same challenge differently. Why? Because they process stress differently, consciously or not. It is hard to accept it, but chronic stress is not an objective given fact. There are given facts and they can be stressful, but each one of us creates our own stress level by the way we process those facts, mostly unconsciously, and each one of us can develop a chosen conscious response to the stressful facts.

But in order to move from one level of processing stress to another – one has to change. If you stay the way you are – your stress level will only rise in time. To effectively overcome stress requires personal change, and in order to change consciously – a deeper, clearer, more objective observation of one's own constitution is required. That is when Psychophonetics comes in – and I am sure that there are many other effective approaches for developing higher self-awareness. But to work it has to be a practical approach, that goes beyond intellectual reflection, theories, technical relaxation exercises, meditation and diet. You have to be able to observe yourself and your responses to life challenges consciously, and change them methodically. And that is what Psychophonetics is good at: making conscious and 'on-screen' the internal processes, dynamics, habits, memories, defence mechanisms, all

psycho-somatic and endocrinology-neurological processes which mediate between body and soul. Yes, this is possible.

When we apply a practical method of self-observation – the major sources of stress production will become observable and manageable. Here are the major sources of stress:



Body – once stress accumulates – it becomes a physical fact: levels of adrenalin, cortisol and norepinephrine are heightened in the blood, changing the whole physiology into war/alarm/emergency footing. At that stage it has become a physical reality.

Work – obligations, expectations, human interaction at work, deadlines and tasks that go beyond available time, energy, help and human capacity – all become facts that can be overwhelming and stress creators. But actually, the level of stress produced by work pressures prevents facing effectively and sustainably the demand on the conscious table.

Relationship - All relationships are potentially causes for stress. In relationship to the people closest to us we are more sensitive, vulnerable and are not able to run away from. All our unconsciousness will be inevitably projected into the people closest to us, children and partners, including our reactions, projections, unconscious needs, defence mechanisms and triggered memories. There where we expect to find shelter, protection, belonging, understanding, empathy, love, intimacy and support – there we most often become exposed to the opposite. Home life is a major cause of stress.

Memories and emotions – they have their own life, history, patterns and triggers. The mind interpretation of a set of challenges will trigger typical memories and emotions in the deepest level of the body-soul meeting place, causing stress.

Mind – is the management centre of it all. A simple mind-intellectual operation is equipped and designed to observe and give meaning to the outer world that we perceive through our senses. The mind (in its narrow definition) is not equipped to observe one's own inner soul and psycho-somatic dynamics. But the mind can easily be overwhelmed by the emotions produced in response to outer pressures, and the same mind can overwhelm the rest of the human system by its interpretation of events and by the meaning it gives them.

Psycho-somatic connections – they are completely invisible to the mind. Yet these dynamics, resulting from, but not originated in the hormonal system – transform thoughts and feelings into bodily responses. *That is where the most definitive conscious stress preventing*

intervention can take place, if we just wake up to it. That is the border line between body, soul and world. Awakening to that borderline is the future of stress management.

Individual spirit – the human 'I', is always there as a higher and deeper potential. But it can only be activated consciously. The honest, practical attempt to take responsibility for one's production of stress – will activate the higher dimension of personal/spiritual awareness.

The normal mind cannot do it. One has to change to overcome and to manage and prevent the accumulation of stress. That change is potentially possible for everyone, but change we must, and a conscious change.

Psychophonetics extends the conscious mind to mobilise the deeper and higher powers of perception, potentially there for everyone: Imagination, Inspiration and Intuition, the core-competencies of Methodical Empathy. But real empathy has to start inside.

Psychophonetics enables the conscious development and mobilisation of the individual spirit, the 'I', through the methodical use of the deep intelligence resources that come alive through Sensing, Gesture, Visualisation and Sounds. These modes of non-verbal communication enable the exploration and the management of ALL the parameters of stress production listed above.

Above all – the dimension of the psycho-somatic connection that operates the three major stress hormones – can become visible and manageable for the person just about to produce the stress symptoms. Once activated – the metabolic, neurological, endocrinological, cardio-vascular, gastrological, respiration and immunity will be drastically affected in a very real, physiological, hard to reverse manner. But it is possible to prevent it by entering consciously into the level of psycho-somatic connection, and discover how the person him/herself *is creating these connections!*

We create stress and we can stop it, but we have to catch ourselves doing it. In the process we become much more aware of ourselves, much more in charge of ourselves, much more empathetic to ourselves – and consequently to others.

Stress is a major killer of humanity. Practical stress management – is potentially a major healer of humanity.

This transition is possible potentially for everyone.

Yehuda Tagar