



Embracing Your Joy
Discovering Solace through Inner Rejuvenation

**A Mini Self-Nurturing Class by
Janet Gallagher Nestor, MA, LPC, DCEP**

A Mindfulness MP3 is included

www.mindfulpathways.com

Embracing Your Joy

Discovering Solace *through* Inner Rejuvenation

*Don't you dare, for one more second, surround yourself with people
who are not aware of the greatness that you are.*

~ Jo Blackwell-Preston ~

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The information in this mini self-nurturing class is in part adapted from Janet Nestor's book *Nurturing Wellness through Radical Self-Care: A Living in Balance Guide and Workbook* © and contains the accumulated wisdom of 15 years of sharing Radiant Energies Balance™ with all those who wish to find their well-being and inner joy. While the content is intended to create a higher level of well-being and contentment with life, *Embracing Your Joy: Discovering Solace through Inner Rejuvenation* is not a substitute for professional healthcare or medical advice.

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What You Can Expect

Embracing Your Joy was created to help you happily and comfortably find your inner light, reduce your stress, and touch base with the part of you that is joyful, positive, and ready to live life to the max. You can **Find your Solace!**

The self-empowering information in this mini self-nurturing class helps you help yourself via the personal-care portion of the most amazing mindfulness - based energy psychology that exists. You'll learn how to rejuvenate your own inner being and get your inner warrior Triple Warmer Meridian (Controls Fight or Flight) and your inner mama Spleen Meridian (Controls Your Ability to Relax and Feel Safe) to work together! Their agreement balances your automatic control system (Autonomic Nervous System) and enables your Relaxation Response to work the way the Creator designed it to work.

You can expect to achieve an inner rejuvenation that will:

- Relax your body and quiet your mind
- Help you grow in Mind, Body, and Spirit
- Ease the physical symptoms of stress and reduce worry, anxiety, and fear
- Create mental clarity and heighten your ability to focus
- Help you stay positive and hopeful
- Boost your immune system for increased long term health
- Regulate heart rate and rhythm, blood pressure, and other automatic functions
- Help you create a now centered, mindful life
- Increase your self-awareness and self-worth
- **And if needed – Free yourself from:**
 1. High dose anxiety medications.
(Some people have left them behind, others have lowered their dosage)
 2. Restless, sleepless nights

Class includes 2 Relaxation MP3's

- **Mindfulness Meditation with REB (14 min.)** – Teaches you to see yourself as a whole being, centered in love rather than chaos. It also gives you verbal instructions on how to use the REB posture as part of the relaxation process.
- **Harmony Mind-Body Energetic Exercise (35 min.)** – An original energy medicine/ mindfulness technique developed by Janet and presented in *Nurturing Wellness through Radical Self-Care*. The exercise teaches body awareness, balances the chakra system, calms and balances the nervous system, and harmonizes their functioning for maximum relaxation. An instruction MP3 accompanies the Harmony MP3.

Class Directions

1. *Read through the **REB Self-Help Relaxation Instructions** and a brief explanation.*
2. *Read **REB and Breathing***
3. *Listen to the MP3 Mindfulness Meditation with REB and begin to envision the potential of this Energy Psychology which is also a mindfulness tool that can positively change your life.*
4. *Read the materials fine tuning your ability to work with REB and the material on stress and Autonomic Nervous System imbalance*
5. *Look through the list for easy ways to include this life changing Relaxation Technique into your life*
6. *Realize you'll feel better from the moment you begin this wellness class*
7. *Happy Relaxing – Set Yourself Free!*

Special Instructions for those who suffer from Bipolar or Post Traumatic Stress Disorder:

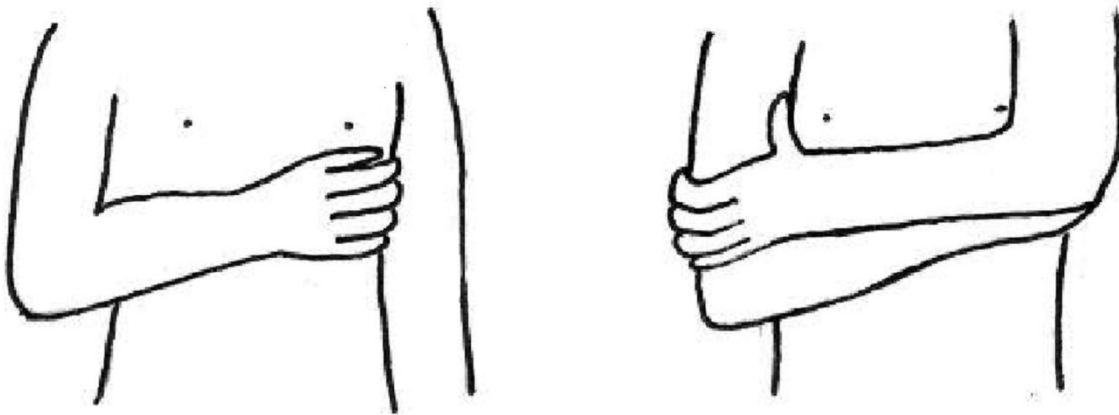
Begin using the REB Self-Help Relaxation technique slowly, staying in the posture no longer than 2 or 3 minutes the first few times you use it. Once you become used to the multi-layered relaxation that occurs deep within your body, you may use it as often and for as long as you wish. I've yet to meet a person who wanted to balance their mind, body, and spirit who could not successfully use this technique.

REB Self-Help Relaxation Instructions

Directions

Sit in a quiet place where you won't be disturbed. Quiet relaxation music is nice and TV is OK, but TV won't give you the same level of deep relaxation or allow your mind to become quiet and still. You can use this process at work as a "time out," for relaxation during a tense meeting, while at the dentist office, or experiencing any other medical procedure. It is easy!

15 to 30 minutes in the posture is ideal. Five (5) is helpful when practiced daily.



- Prepare for your session by getting your energy flowing. Rub your hands together until they become warm. Shake out your arms, shoulders and body and get nice and loose. Breathe deeply from your diaphragm, inhaling and exhaling through your nose. Place your tongue on the gum ridge behind your upper teeth so that you have a constant energy flow. The breathing and the connection of your energy flow are important steps in this process, and your results will be far superior if you include them.
- Set an intention for the session. Examples: 1) *to relax deeply* 2) *to create a quiet mind.* 3) *to feel self-confident and worthy* 4) *to find my joy*
- Notice your pre-session mental, physical, emotional and spiritual stress so that you can fully appreciate the positive changes at the end of the session.
- Once you are sitting with your feet up, or reclining on your couch or bed, get into the REB posture by crossing your arms across your chest. Place your right hand under your left breast, resting it on your rib cage, and place your left hand on your right arm about an inch above your right elbow.

- Concentrate on your breathing and notice when your body begins to relax and become calm.
- Begin the bi-lateral squeezing or simply hold the REB posture pictured above. Both techniques work. If squeezing, gently squeeze your right arm and then squeeze your left chest area. This is a rhythmic motion that continues throughout the process. Let your breathing and the posture do the work for you. Trying hard to relax actually creates lesser results. Your body knows what to do, and you will learn to trust this fact.
- You are a witness to your own relaxation. Do not get attached to anything you experience. If you notice stress in your neck and shoulders, allow the process to ease the stress. Notice a thought as it creeps into your mind, and then let it go. Whatever the thought, sensation, or feeling, notice it, accept it, and ***allow*** the REB Relaxation process to alleviate them.
- Rest in the posture. Relax. Enjoy the peace that is growing within you.
- After 5 to 15 minutes (1 or 2 minutes if Bipolar or suffering from Post-Traumatic Stress Disorder), once again concentrate on your breathing. Give gratitude for the amazing way your mind and body has responded.
- Bring your right hand to the center of your chest, fingers spread apart and lay your left hand over the right, allowing your little finger and your thumbs to touch or overlap. This posture forms a heart mudra. Concentrate on a nice heart feeling that you want to incorporate into your life: Kindness, beauty, softness, wisdom, compassion, joy, thankfulness, sincerity, balance, connectedness, peace, safety, love, forgiveness ... there are many. Sit quietly as you breathe in the energy of your chosen heart feeling. When ready, release the mudra and go about your day feeling positive and refreshed.

Relaxation Response: “a deep state of rest that changes the emotional and physical response to stress, and is the opposite of the flight or fight response.”

Dr. Herbert Benson, MD, Harvard School of Medicine

The REB posture connects you with four meridians: Spleen, Triple Warmer, Central, and Governing Vessels, that do double-duty as Radiant Circuits. The Radiant Circuits, also known as the Circuits of Joy, are intelligent hyperlinks that engage when needed, providing feelings of overall well-being. (*Energy Medicine*, 1999: Donna Eden) When you engage the REB posture, you stimulate balance within your whole body. You also engage the Radiant Circuits which naturally work to provide you with a sense of joy and well-being. The following is a brief explanation of the four meridians that serve as Radiant Circuits. Seeing the difference between balanced and unbalanced can help you visualize the transitions you make using this program.

Spleen Meridian:	Balanced—Fairness and Compassion Toward Self Unbalanced—Overly Compassionate and Worried About Others
Triple Warmer:	Balanced—Feelings of Safety Unbalanced—Engaged when Danger is Perceived / Frightened
Central Vessel:	Balanced—Feeling Centered and Secure Unbalanced—Feeling Vulnerable
Governing Vessel:	Balanced—Sense of Inner Strength Unbalanced—Lack of Courage

Meridian Information from *Energy Psychology Interactive*, 2004: David Feinstein, PhD;
www.rebprotocol.net: Phillip Warren with Janet Nestor

Listen to Mindfulness Meditation with REB MP3

REB and Breathing

Breath awareness is a huge part of relaxation. The following information is used to enhance restful sleep, and it can be used while sitting in the REB posture to create relaxation.

How to Do Belly Breathing

If you watch an infant breathing, you'll notice that his or her little tummy goes up and down with each *in* and *out* breath. To begin breathing from your abdomen the way you breathed as an infant and small child, hold a hand on your abdomen so you can feel your belly expanding on the *in* breath and flattening on the *out* breath. Take a nice, deep breath and allow that breath to fall into your belly with the exhale. Pause. On the next inhale, begin to breathe deeply and naturally from your belly.

INSTRUCTIONS FOR GAP BREATHING Begin by taking a nice, normal deep breath. Hold it for a second and then drop the breath into your lower abdomen. Use the breath itself to push the breath downward. Begin to breathe from your abdomen. Normal, deep breathing is calming. Pay attention to your breath. **Inhale fully** and hold the inhale for a count of 5. **Pause**. This creates a gap between your inhale and exhale and the next inhale. **Exhale fully**, emptying your lungs. Hold the exhale for a count of 5 and then Inhale again. Keep repeating this process.

Notice the silence that exists within the gap. Your mind is empty and still. This is a universal truth for all people. Silence is built into your breathing. Embrace the silence and build upon it.

Directions for REB and Breathing

- Breathe from your abdomen; inhale, continuing to use gap breathing.
- Begin to use the REB posture. As you begin to relax, notice the areas of bodily tension and focus on them as you breathe. You can imagine that you are breathing into the stressed areas. Continue focusing and breathing until the tension reduces or disappears. Notice the next area of tension and repeat the instructions. Notice your thoughts, especially worry and fear thoughts, and let them go.
- Allow yourself to relax around each troubling thought until the emotional impact is gone.

- Focus on your breath. Notice yourself inhaling. Notice the quietness in the gap at the top of your inhale. Exhale, and notice the gap at the end of the exhale. Notice your body as you let go of stress with each exhale. Notice how it feels to inhale, hold the gap, exhale, hold the gap. If you feel your mind begin to wonder, bring your focus back to the breath.
- Continue to breathe this way until you fall asleep, or if using for relaxation, until your mind is quiet and your body relaxed.
- If are using the technique for sleep and you haven't drifted off to sleep after a reasonable time, notice how relaxed your body has become. Continue to focus on your breath and your breathing. Resting quietly is much more preferable than tossing and turning or getting up to watch TV. Quiet rest in the posture is very deep and very restorative. Accept your situation and rest quietly.
- Occasionally while relaxing or using REB for Sleep, I'll add paired words like (peaceful–rest) or (soft–comforting) to my *in* breath and *out* breath. This causes a deep ANS response because the relaxation of the breath is paired with the relaxing frequency of the verbal message.

Fine-Tuning the REB Posture

Comfort is essential. Sit or recline in a position that allows you to breathe from your belly in a naturally deep manner. Breathe naturally from the belly. Inhale and exhale through your nose as this boosts your autonomic nervous system response (www.rebprotocol.net, Phillip Warren).

For best results, plan for a few uninterrupted minutes. No TV. Soft relaxation music is OK and may help quiet your body and mind. If you use relaxation music, make sure the music is played softly, has no vocal elements and all the segments are peaceful with no sudden change in rhythm or sound. To use the REB posture, your right arm rests across the front of the body with the hand resting softly under your left breast engaging your Spleen meridian. The left arm crosses over the right arm and your left hand rests on top of your right arm just about an inch above the elbow, engaging your Triple Warmer meridian. You may hook your left thumb under your right arm for stability. This holds your hand solidly in just the right place for optimal success. Place your tongue on the gum ridge behind your upper teeth. This connects your Central and Governing Vessels and keeps your energy flowing smoothly in an arc called the Microcosmic Orbit. Your ankles are crossed. You can move them right over left or left over right anytime you choose. Crossing or uncrossing your ankles will not lessen the positive effect of the balance.

When simply resting in the posture, using it for relaxation, an afternoon pick-me-up, or getting ready for sleep, close your eyes and begin to notice yourself noticing your relaxation process. You are a witness to your own relaxation. If you notice areas of stress, acknowledge them, and continue to rest. Rather than interacting with the stress or getting angry with yourself, which slows down or stops your relaxation response. Simply noticing works best. If you simply notice the stress and continue to rest in the posture, your body will do it's very best to resolve it.

Witnessing is a mindfulness skill. You mindfully notice and accept yourself and your level of stress as it is at this moment, yet continue to rest and relax. If you notice a negative thought, idea, or belief, or begin to think about all you have to do, acknowledge your thought, label it (worry, anger, memory, fear, etc.), accept yourself as you are at this moment, then let go of the thought and continue to rest and relax.

Other Relevant REB Information

Healing your autonomic nervous system does not happen instantly, but over a period of time you will find you simply feel better. REB balances emotions tied to past worries and calms your fears of the future. In other words, it helps you stay “now” focused. You begin to live life in the present moment. Everyone has a relaxation response built into their body. We lose that response because chronic stress and anxiety exhausts various systems of the body, rendering them less effective and sometimes ineffective. The posture helps you find and restore your automatic relaxation response. Once this response is fully developed, the posture itself becomes a cue to relax. You’ll notice that as soon as you think “posture” you begin to feel stress and tension drain from your body. You’ll realize that you can use it anytime and anywhere to maintain relaxation, emotional balance and heightened awareness. You can take the posture to the dentist, to the delivery room, to a chemotherapy appointment, to a tense office meeting, on a walk in the woods, into your morning shower, or into a nice, warm, relaxing bubble bath.

I know the greatest benefit of REB is the simultaneous emotional balancing and release that occurs while resting in the posture. Years ago a young pregnant woman was referred to my office by her midwife. She was in the midst of a high-risk pregnancy complicated by exceptionally high stress levels. She was experiencing flash backs of a traumatic event and having severe panic attacks that threatened the health of her baby and the pregnancy. I taught her the REB posture and relaxation process during her first appointment simply to keep her safe during the intake. At each subsequent appointment she engaged the posture at the beginning of each therapy session and remained in the posture whenever she discussed the trauma or the fear she felt for her unborn child. The posture created emotional release and balanced negative, painful emotions as she told her story. We kept the stress at a safe level throughout her therapy and stopped the panic attacks without medication. A few months later therapy began she successfully delivered a beautiful, healthy baby.

The young mother learned to relax deeply and notice her responses from a more distant witness perspective, rather than from the emotional anxiety-filled perspective she was used to experiencing. She was able to bring her mind–body system back into a reasonable balance and safely deliver her baby. The ability to regain your inner balance is a magnificent gift you can

give to yourself. Imagine the benefits of remembering a trauma and no longer going into fight or flight. Imagine sitting down to eat a holiday meal without feeling panic about the menu or the length of time you'll be exposed to food and food-related conversation. Imagine thinking of your mother's illness and death without crying or worrying about all the things you didn't get done or anguishing about the relationship you wish the two of you could have shared. Imagine feeling comfortable in your own body 24/7 and living more confidently and securely every day.

Releasing Unwanted Negativity and Stress

REB's Primary Release Technique: Bilateral, Rhythmic Squeezing

The kind of release stimulated by using the bi-lateral rhythmic squeezing (active release) goes far beyond the (passive release) of stress that you experience when meditating with the REB posture. The bilateral squeezing gives you the opportunity to let go of long standing issues, situations and traumas that disturb your entire mind–body–spirit system. Along with the other REB strategies, it allows you to release unnamed stressors that create the kind of anxiety that ultimately leads some people to adopt self-sabotaging behaviors like compulsive spending, emotional eating, alcoholism, work addiction, and self-inflicted injurious behaviors like cutting.

If you are completely mentally and emotionally exhausted by your current life circumstance you can benefit greatly from all of the REB release techniques. The possibilities for real growth are limitless. Remember to spend your first week doing nothing but resting and rejuvenating with meditation. Once you begin using the release techniques, it is essential that you follow directions in order to avoid causing a rush of feelings that can disrupt your progress.

There are a few people who are very distracted by the bi-lateral squeezing. If you find yourself to be one of those folks, I suggest that you try holding the posture and swaying gently from left to right. This is much more relaxing for those who find comfort in a rocking motion, however rocking from front to back doesn't stimulate the positive change.

Embracing Change

Many people with a bipolar diagnosis also have post-traumatic stress disorder. If you happen to have a bipolar diagnosis, suffer from post-traumatic stress disorder, and have consulted your mental health professional and are *not* being treated by Eye Movement Desensitization and Reprocessing (EMDR), begin your Relaxation Class with Mindful Meditation using REB. Once you feel confident with the meditation, you can begin the REB bilateral release slowly with sessions of no more than 1 to 3 minutes. After several days of 1 to 3-minute sessions, slowly increase your time using the bilateral squeezing. Once you establish this pattern and feel secure in the technique, and are used to the changing body sensations, you can move forward with

confidence and trust that you are healing deep within.

For those with long-standing, severe worry, anxiety, and stress, your body has to become accustomed to the feelings associated with relaxation. When I talk with clients in my office, I notice confusion between experiencing an enjoyable activity that *distracts* the mind for a brief time and deep relaxation that *quiets* the mind, reduces muscle tension, reduces the flow of adrenaline, and creates an overall feeling of well-being. I'll share examples of this kind of misunderstanding with you.

A middle-aged male client experiencing panic attacks told me about the “deeply relaxing” routine he enjoyed in the evenings after work. He sits down in front of the TV and turns on CNN, hooks up his computer and watches a video, plays a game, answers email, and plays on Facebook and Twitter. If he is really wound up, he adds a beer or a glass of wine to his routine. He swears this relaxes him and that he feels better after about an hour. He has successfully distracted himself, taken his mind off his work problems, and engaged in activities he enjoys. Yet, his mind is still active and he remains overstimulated. He might feel better because he has enjoyed a rather mindless hour, but his routine does not provide deep, healing relaxation. His routine is a habitual, self-soothing activity. There is a huge difference between an anxiety-busting, mindful, physically restorative experience and an activity that temporarily distracts you to alleviate situational stress.

An elderly woman came into my office to see if she could learn to reduce anxiety and feel better. She complained of nervousness and life-inhibiting trembling, especially in the early morning. She said she had a “relaxation routine” she engaged in upon awakening, and was upset because she was unable to reduce her anxiety medication. When asked to describe her routine she told this story: I get up in the morning and go to the kitchen. It is usually quiet because I am the only one up. I brew a pot of coffee and then sit down and drink a cup or two while I smoke a cigarette. I really enjoy this routine. I might have a slice of buttered toast with the coffee. After the coffee and cigarette, I take my Xanax and have another cup of coffee and read the newspaper. I don't think my medication is working. Do you think you can help me?

I told her yes, I could help, and explained how her morning activities were actually supporting her anxiety issues rather than calming her. She was eating little or no food, spending an hour reading local news and filling her body with caffeine and nicotine, topped off by an addictive benzodiazepine (Xanax). The only relaxing elements in her morning routine were the quiet environment in her kitchen and the familiarity of repetitive activity. Her muscles remained tense, her mind filled with local accidents and recent deaths, and her nervous system stimulated by the coffee and cigarettes.

The relaxation response feels “foreign” to individuals like my clients above. It has been years since either of them has experienced a naturally generated deep relaxation response. While relaxation is wanted and welcomed at one level, a full and deep mind–body relaxation might be startling to them. ***It is important to be consciously aware of what relaxation feels like prior to any activity that induces deep mind–body relaxation.*** Instead of being fearful, you want to eagerly accept the feelings of relaxation for what they are: your friend and ally.

Relaxation often produces regular breathing that is deeper than your normal breathing. You can feel the change occur in your body as you realize your chest muscles have opened up allowing a deeper breath. You might experience a feeling of physical lightness, a change in body temperature, tingling throughout your body, a heavy weighted feeling, or feel as if you are sinking into the couch or massage table. Accompanying the physical feelings are emotional changes like increased hopefulness, a sense of well-being, a sense of self-knowledge and self-worth, reality-based insight and mental clarity, and occasionally a giggle of excitement accompanied by a sigh of relief! If the weighty feeling happens, know that it is a normal muscular response for some people.

I was in a Tai Chi class the first time my chest muscles fully relaxed. As they relaxed, my chest and shoulders felt very heavy. The weight felt like pressure, and I felt some concern. Slowly I realized I was experiencing a profound change in muscle tension. I became excited, and astounded, by the level of stress I had been carrying opposed to the complete relaxation I was feeling as I rested in a standing qi gong posture. It was a life-affirming mind–body experience, and I greatly valued knowing that I had the ability to recreate the relaxation. The experience I

had in my Tai Chi class is very similar to the experience you can have with REB. ***REB allows you to develop your relaxation response, which is a built-in ability to automatically flow from a high-stress situation into a naturally relaxed state of being.*** You are 100% safe in the REB posture and with the benefits of deep, life-enhancing relaxation.

Some of you may have the fear that if you relax, you'll lose control of a troubling situation, lose control of yourself, or your motivation will be decreased, resulting in something bad happening. This kind of thinking is called a psychological reversal. This means that your stress level, anxiety, and fear have caused you to reverse a thought, creating an internal conundrum (“Energy Psychology Interactive,” http://theamt.com/psychological_reversal.htm. David Feinstein). Research has shown that an individual’s mental acuity, motivation, and overall awareness are increased when relaxed. That means your performance in sports and daily life actually increases when you are relaxed and your autonomic nervous system is balanced. If you use the REB Relaxation process as directed, your thought processes will correct themselves, and you will become more positive and confident.

Adrenal Fatigue and Your Autonomic Nervous System (ANS)

Knowing the effects of autonomic nervous system (ANS) imbalance is essential to health and well-being. Stress is a constant in most everyone's lives, yet we know little about where most of our stress comes from and know even less about how to eliminate it. Too many sleepless nights and too much worry create imbalances throughout our whole mind-body-spirit system, and there are many unrecognized stressors that burden it. Awareness is the first key to achieving an overall sense of well-being. Knowing the origin of our stress is a step in the right direction. You can find parenting stress indexes and job stress indexes that are very insightful. The very informative "Total Stress Load Index" created by Dr. CE Gant, MD, PhD, (<http://cegant.com>) is outlined below so we can all begin to learn about various sources of stress and maintain total mind-body health and well-being.

12 Stressors and the Total Stress Load Index (TSLI)

1. Emotional Stress (e.g., losses, post-traumatic)
2. Cognitive Stress (e.g., irrational demands)
3. Sensory Stress (e.g., chronic pain disorders)
4. Metabolic Stress (e.g., low/high blood sugar)
5. Toxic Stress (e.g., heavy metals, chlorine)
6. Immune Stress (e.g. autoimmune, allergy)
7. Infectious Stress (e.g. Lyme, Candida, GI)
8. Purposelessness Stress (e.g. no spirituality)
9. Endocrine Stress (e.g. hormonal, PMS, aging)
10. Oxidative Stress (e.g. vein/arterial blockage)
11. Energetic Stress (e.g. electromagnetic, geopathic)
12. Neurotransmitter Stress (e.g. low or high levels)

About Stressors and Their Effects on the Body

There is no such thing as isolated stress. The impact of stress is always system-wide. For example, if you break your arm, your body goes into action: you feel immediate pain (sensory stress) signifying something is wrong, your adrenal glands (hormonal stress) begin to produce stress hormones, and you experience increased heart rate and faster breathing. If help is not readily available there is a good chance you'll experience emotional (trauma response) and cognitive stress (irrational thinking) states that may increase your physical pain.

Organs and Glands Affected by Chronic Stress

Brain, muscles, pancreas, thyroid glands, adrenal glands, stomach, intestines, liver, kidneys, bladder, genitals, lungs, eyes, heart, sweat glands, salivary glands, digestive glands

Psychological and Physical Effects of Chronic Stress

Fear, guilt, sadness, anger, willfulness, aggressiveness, irritability, depression, burn-out, emotional depletion, hopelessness, insomnia, infections with slow healing rate, chronic illness

Partial List of Dis-ease and Diseases Associated with ANS Imbalance

- Adrenal Fatigue
- Depression
- Anxiety Disorders including Severe Panic Attacks
- Thyroid Disease
- High and Low Blood Pressure
- Breathing and Swallowing Problems
- Erectile Dysfunction in Men
- Chronic autoimmune diseases: (e.g. Lupus, Chronic Fatigue, Fibromyalgia, Celiac Disease)

If you find the information above interesting, you can easily learn more about the effects of chronic stress by reading the reliable information at the following websites:

1. National Institutes of Health:
www.nlm.nih.gov/medlineplus/autonomicnervoussystemdisorders.html
2. The Merck Manual Online:
http://www.merckmanuals.com/home/brain_spinal_cord_and_nerve_disorders/autonomic_nervous-system_disorders/overview_of_the_autonomic_nervous_system.html

Creating Your New Normal - Solace!

Solace: To give comfort, console, make cheerful

(<http://www.merriam-webster.com/dictionary/solace>)

Fight or flight is a basic physiological response that is wired into our minds and bodies for the purpose of preserving life. Your body goes into preservation mode with a programmed list of responses: Nerve cells fire, stress hormones are released into the blood stream, respiration rate increases; blood is redirected away from the digestive tract and into muscles, arms, and legs so you can run or fight. You become hyper-aware, and your perception of pain diminishes. You are prepared for the enemy and are in attack mode. In this state you are not in touch with your rational mind and normal daily beliefs because you have to have quick instinctive action for survival. I know you have heard stories of heroic acts and superhuman feats accomplished in emergency situations. These acts are classic fight-or-flight responses. Chronic anxiety and stress sufferers stay in fight or flight and have many of the markers listed above (“The Fight or Flight Response,” www.thebodysoulconnection.com/EducationCenter/fight.html, Dr. Neil F. Neimark, MD, University of California, Irvine).

Because of personal history, family responsibilities, family genetics, appointments, overwork, due dates, deadlines, personal illnesses, known and unknown environmental stressors, and financial challenges, we never deactivate our acute stress response. If you consider the negative effects of daily emotional stress coupled with the effects of all the various stressors you’ve experienced over your lifetime, it is easy to understand why your body is overworked, stays in fight or flight, and becomes exhausted.

Your work with REB and the development of your **Relaxation Response** increases the amount of time you are in a calm, relaxed state and reduces the amount of time you spend in fight or flight. Calm, inner quiet allows positive change to begin deep within your body. You can be assured of long-term positive transformation as you acquire very powerful self-help skills and new positive attitudes that allow you to flow from emergency mode to relaxation mode in a natural, fluid manner.

REB is a powerful, comprehensive, and life-changing self-help tool. It creates positive inner emotional–physical change. It is safe for everyone, even those who are very sensitive to inner change, as long as the guidelines are respected and followed. As you start your **Relaxation Response Class**, you begin to unwind a negative chain of events and your emotional response to those events. This is true for you and for all people who work the program.

Everyone can create a new normal. Everyone can achieve a higher level of physical and emotional comfort. Some people have to develop their relaxation response and their comfort slowly. Let me give you two examples.

A woman with PTSD and non-medicated rapid cycling bipolar was in one of my first groups. She wanted to use REB because she felt it would help her, and I agreed. The first time she tried REB, she became agitated and challenged. She was emotionally unprepared for the inner quiet she felt, and she was stunned by the emotional gains, even with the first use in group. She called me the day after group and we talked. This first response did not mean she couldn't develop her relaxation response. It did mean her mind and body had to adjust to REB, and she needed to approach the process slowly. She followed directions and gradually worked into the full program. Once she understood and accepted the physical–emotional shifts, she prospered! She made tremendous progress and felt wonderful about her ability to self-regulate, self-soothe, and relax deeply.

A woman with severe, long-term anxiety and panic was in my office learning to stop her severe panic attacks. We knew each other well and there was a great deal of mutual trust. She sat back and elevated her legs to the ottoman in my office. She sat in the REB posture for a couple of minutes, beginning to relax and breathe more slowly. As soon as she felt the first change that signaled relaxation, she became frightened and began to have a significant panic attack. I softly suggested she stay in the posture, continuing to use the bilateral squeezing so she could work through her fear. She did, and I gently assured her she was safe. In just a few seconds her panic attack ended. In another 30 seconds she was smiling, stunned at the power of the posture and what she had accomplished. She became a believer and dramatically changed her life, accomplishing many things her fear had prevented: driving, flying, eating in public, a new

romantic relationship.

If you have chronic, severe anxiety with or without panic, your body is energetically and physically distressed and exhausted due to months or years of being in fight or flight. In this condition, most people either hesitate to recognize change no matter how evident, or they notice the tiniest change that occurs within their body and become more anxious because of it. I've known women who could feel an egg leave their ovary. There are men and women who are so sensitive they can "feel" the seasons begin to change, and the "feeling" heightens anxiety. Because of feelings or physiological sensations that are sudden and the fear of the unknown it is important to go slowly with REB and this program. Once you realize you are safe, you will prosper.

Many of my clients have stopped panic attacks through regular use of the REB posture. Others have been able to lower their dose of powerful anxiety medications. The process has helped others navigate the bumpy waters of grief and loss, because it helped them balance the associated emotions and freed them to move forward with life. The REB posture has helped many people fall asleep at night without the aid of medications and helped them get back to sleep if they happened to awaken during the night.

Recovery takes time and effort. As you resolve the emotions around a specific life situation or event, your anxiety, worries, and concerns decrease and your symptoms become less acute. The reduction of your overall stress load allows healing to begin. As you get healthier, the memories become less influential, and you begin to attract healthier, happier people into your inner circle. Attitudes and behaviors you once tolerated are no longer acceptable. You are able to set healthier emotional boundaries. You are able to think about your challenging experience without emotional arousal. The more positive thoughts and emotions you add to your physical, emotional, spiritual energy body, the harder it is to hold onto negative thoughts and emotions.

I encourage you to welcome all of your feelings so you are able to allow the REB Nurturing Wellness process to alleviate conscious and unconscious negativity. Allowing is important. Remaining a witness during each session, rather than trying too hard or becoming judgmental of

your success, is important. To succeed you don't have to do anything but stay in the posture until the negative feelings subside. Once a feeling subsides, it is gone forever. Your emotional load is lightened. Appreciate the small changes. Celebrate the growth you make during each session.

Remaining a Witness During Your Session

As a witness you are an observer and unattached to the outcome even though you may have created a desired outcome. You accept with gratitude the feelings, emotions or sensations as they arise. Allow them to flow through you, knowing you are nurturing your own wellness.

Now is a good time to introduce you to the benefits you can expect to achieve as you balance your Autonomic Nervous System, your physical body and emotions. Few people have a balanced autonomic nervous system. Most people don't know what the ANS is, and therefore don't know how it works or how to repair its functioning. Because you have chosen to complete this mini REB Relaxation class, you are way ahead of the game.

A healthy, balanced autonomic nervous system is your very best health asset. As you begin to develop your Relaxation Response, you begin to create a new emotional and physical normal. I suggest you mark the attributes that are most important to you. They are another road map, or guidance system, as you begin to feel healthier and happier.

- Good, restful, rejuvenating sleep
- The ability to relax and rest easily and efficiently
- The ability to perform at optimal levels during an emergency
- Resilience in the presence of stress, shock, accident, or trauma
- Good digestion, including healthy, normal daily elimination
- Good peristalsis in the intestinal track
- Normal production and elimination of urine
- A strong immune system
- A steady, strong heartbeat, rate, and rhythm
- Normal dilation of your pupils
- Good, normal perspiration

- Balanced hormones
- A good, healthy libido
- Regulated blood sugar
- Normal blood pressure
- Normal thyroid gland function
- Tendency to heal easily and quickly from an accident, wound, or surgery
- Enjoyment of life as a calm, peaceful, contented person
- Clear, reality-based thinking and good decision making
- Normal impulse control
- Positive thought followed by positive action
- Consistent self-regulation of moods
- Good cooperation between all the systems of the body for optimal functioning

Sample Affirmations

The affirmations below are part of 12 affirmation lists presented in *Nurturing Wellness through Radical Self-Care: A Living in Balance Guide and Workbook*. As with several of the energy psychologies that include affirmations to stimulate release, affirmations often enhance your REB results.

You can use an affirmation as your intention as you sit down to relax with REB. REB releases the blocks that prohibit you from fully believing an affirmation. The REB release makes mental-emotional room for you to become aware of the positives that already exists within you.

Embrace Your Joy!

Readiness

- I am worthy of good health and well-being
- I accept myself as I am today, with all my strengths and all my shortcomings.

Positive Core Beliefs and General Well-Being

- I am balanced, centered, happy, and healthy.
- My thoughts are clear, positive, and supportive.

Body Image and Awareness

- I honor my body as my home.
- I am grateful to my body for supporting my life.

Anger

- I give myself permission to feel relaxed and peaceful.
- No one has the power to make me angry

Boosting Your Immune System

- Love heals me
- I am free of fear, one day at a time

Easy Ways to Integrate REB Self-Help into Your Daily Life

- When you wake up in the morning begin your day with 2 or 3 minutes in the posture
- Hop in the shower, lean against the wall, hold the REB posture and allow the warm water to flow over you for a minute or two.
- Run a hot tub, hop in, and rest and relax in the posture for a few minutes
- Hold the posture while you listen to relaxing music
- Hold the posture while watching TV (good, but your mind is active with TV)
- Sit in the posture for a minute or two during your “break time” at work
- When you get tired and overwhelmed, excuse yourself to the bathroom, sit down and hold the posture for a few minutes in the privacy of the potty.
- Combine the posture with a few moments of deep breathing (powerful)
- Hold the posture while waiting in a traffic jam or waiting at a stop light
- Take a walk, find a big tree, sit under it, and rest your back against the trunk. Hold the posture for a couple of minutes. **YOU WILL BE AMAZED!**
- Go outside; find a nice place to lie down on the ground. Hold the posture while you watch the clouds roll by.
- Before you go to bed at night, have a cup of caffeine free tea, and rest quietly in the posture. You’ll find that you fall asleep more quickly and rest more deeply.

Connect with Janet

Two ways to schedule an appointment

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Purchase Janet's second published book
*Nurturing Wellness through Radical Self Care:
A Living in Balance Guide and Workbook*

<http://tinyurl.com/bz2d5sg> www.amazon.com

<http://tinyurl.com/able4o9> www.barnesandnoble.com

Purchase Janet's first published book
Pathways to Wholeness (a mindfulness guidebook)

www.mindfulpathways.com

Follow Janet on Social Media

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Janet Gallagher Nestor, MA, LPC, DCEP

As an author, speaker and Licensed Counselor Janet is committed to her work in personal empowerment and positive living. Using various **Energy Psychology techniques** as well as **Mindful Lifestyle Training** she is passionate about teaching, empowering and working with clients and groups in finding their life path and reconnecting to their joyful essence.

An expert in stress and anxiety management, Janet is the author of two empowering books on the subject. **Pathways to Wholeness**, a mindfulness guidebook empowering readers to adopt a more relaxed, now focused and joy-filled life and her newest book **Nurturing Wellness Through Radical Self-Care: A Living in Balance Guide and Workbook** is an inspirational guide sure to be your constant companion on the journey to lasting wellness.

www.mindfulpathways.com

