

Overcoming Stress (Part 1)

In this day and age, our mental and physical states are constantly under the pressure of the life we lead. Our expectations in our work environment and general living standards, places us under excessive amounts of [stress](#) and strain.

And more times than not, illness, either mental or physical, will begin to manifest into our lives, making us more frustrated and annoyed with ourselves and those around us.

[Stress](#) is a very deadly opponent and is greatly widespread in our western world, [stress related illness](#) are on the increase, showing us that we need to try and create some sort of [relaxation](#) and balance into our [lifestyles](#).

With the constant need to keep up with mortgages, and general cost of living, our [anxieties](#) and fears can and will override our inner knowing that we need time out for reflection and rest.

Unfortunately, if we ignore this inner prompting and need, all too soon we will become ill, some are lucky and may get a cold or [flu](#), others not so, they may develop cancer, pneumonia or have a heart attack.

If we are wise enough, we can have the relaxation we need and continue with our busy schedules, this can be done with meditation. Meditation will alleviate the stress we feel, promote a more relaxed state mentally and physically, enabling us to be more focussed and efficient.



Overcoming Stress (Part 2)

The following, is a simple exercise in [meditation](#) for the beginner, we recommend that if you wish to use this [exercise](#) that you have a routine such as in the morning, or evening or if possible mid day.

- * Begin by finding a quiet peaceful place to meditate, this is so that you won't be distracted by outside influences.
- * You may sit in a chair or lay on the bed.
- * close your eyes and breathe deeply and slowly into your [stomach](#).
- * Focus your attention on your toes and feet and make them relax,
- * slowly move up [your body](#), next do your [legs](#), hips, stomach, chest, shoulders, back, arms, neck, face and head.
- * ensure each part of your body is relaxed before you move on to the next.
- * when you are relaxed, focus your attention on your [breathing](#), breathe deeply and slowly into your stomach, breathe in through your nose and out through your [mouth](#).
- * you may chose a word to focus on such as your name, peace love or anything you feel comfortable with.
- * By using a word or mantra, this will help you control the wanderings of your mind.
- * focus on the word as long as you wish, it is recommend to begin with about ten minutes, then with practice, you

will be able to extend this time to an hour or two.

* At first you may find it difficult to concentrate or to keep completely still, all this is, is the ego mind trying to take control by hindering the subconscious mind or inner-self from surfacing.

* Be persistent, as with practice and determination, the ego mind will let go and you will step into a world of peace, balance and insight.

You will find that after each session you will be more relaxed and balanced, allowing you a very simple way of overcoming stress. Psychic Medium, Clairvoyant Gold Coast, Queensland