

The History of Stress How did Stress begin?

The very fact of man materializing on the Earth's surface more than 70 million years ago produced an intense interaction of his consciousness with the environmental conditions. It is then that man's primary mechanisms of 'stress' began to form.

In order for man to optimally function, seven centers of energy formed along his body, which needed to develop fully. For that development to happen each one of them had to be the target of an influx of that Energy; which we call stress.

The message is clear, not only the flow of health and harmony, but the continuity of life depends on man finding his Source and becoming one with It.

In other words, man will be whole and fulfilled when his consciousness and expression in thought, feeling and action is expanded out of himself into a total union and harmony with the Supreme Mind. Do not confuse this process with a religious philosophy, for it is a biological requirement for evolution.

Growth is a characteristic of life and it necessitates change. And a real change, lasting and magnificent as this must come through the release of energies within man's center of being.

What does stress have to do with this?

Everything. This energy is to our body, as gasoline is to a car.

It is a fact that only a few people whose Center has been awakened and have been taught how to use it and act from it are able to cope adequately with the stress the 21st Century is already imposing on mankind. What is unfortunate is that most humans ignore that this Center exists, although it's innate in them. As a consequence they don't know how to use the vital energy flowing in them to aid their evolution, and it has turned into the biggest killer of our times: Stress.

As I said before, stress is to our body, as gasoline is to a car.

If gasoline is used well, it helps the driver to go as far as the amount of gasoline he puts in the tank allows him to go, a driver with a full tank will get farther than another one who buys only a quarter of a tank and so on.

Now, if someone who has forgotten what gasoline is for and how to use it, pours it all over the car, overflows the tank with gasoline and then lights a match to it, it will blow the car up!

Now, is gasoline bad? No. It has been badly used by someone who didn't understand how to use it, that is all.

This is the case with stress.

The worst problem that America has in dealing with stress is that most of the times, the root cause of the stress-symptoms is ignored by the medical profession and treated with prescriptions. That is like lighting a match with pills and drugs and blowing the biological system up!

Dr. John E. Sarno gives some statistics in his book *'The Divided Mind'*. I quote: *'Health care in America is in a state of crisis. Certain segments of American medicine have been transformed into a dysfunctional nightmare of irresponsible practices, dangerous procedures, bureaucratic regulations, and skyrocketing costs. Instead of healing people, the broken health care system is prolonging people's suffering in too many cases. Instead of preventing epidemics, it is generating them.'*

Does this judgment sound too harsh?

Let's look at some statistics: Over six million Americans who are suffering from the mysterious and excruciatingly painful ailment called 'fibromyalgia' are being treated by an army of self-minted specialists, not one of whom has a clue as to what causes the disorder. Millions more are suddenly being treated for gastric reflux, at an annual cost of billions of dollars. Who says that heartburn can't be profitable? And millions more - many of them youngsters - are dependent on mind-altering drugs which, it now turns out, may actually be endangering their lives.'

For thousands of years, man has known that he can change his states of awareness and develop a higher consciousness by entering into deeper levels of his mind. This deep state of consciousness is known as an Alpha state of relaxation.

It is well known that while in this state anyone is able to reach his subconscious mind (SC Mind) and easily access its memory bank, which goes all the way back to childhood and, if necessary, in some cases even to previous lives. I have experienced in my practice miraculous cures of many psychosomatic symptom, and in some cases physiological symptoms that were diagnosed incurable as this state of mind has not only mind-expansive, mystical connotations, but also extraordinary curative and therapeutic properties.

However, the practice of these healing methods fell into oblivion after the apple fell on Sir Isaac Newton's head and he discovered gravity. Science became extra materialized and blind to anything that did not readily fit into that category; humans were seen as atomic entities and the curative powers of the mind as superstitions.

But all of that has changed.

Now the latest scientific theories of Quantum science point out to us that **the Nature of the Universe is Mental**, an Ocean of Infinite Possibilities limited only by the mind *'of the observer.'*

This 21st Century Paradigm makes the case for the type of therapy that I practice stronger than ever as it is a fact that only in that Alpha state of mental awareness can the healing take place.

So, know that stress in its Essence is neutral.

It is a neutral energy that we can use and profit from, or it can dominate us, block the process of creativity and then it creates immobilizing anxiety, and can kill whoever is under it.

It can also help us grow, expand, create, have an exciting life, it can even be healthy for us as it can bring down to us spiritual energy and even increase it, if we only know how to take advantage of it. But only if we see it as an energy that we can direct and use, not when it is bottled up and strained. It is then when its tension can become a killer.

Stress is an energy that needs to be used for our benefit and never allowed to create chaos in our minds or in our lives.

We must always remember the Principle: Stress is a neutral energy that is an integral part of our evolutionary drive; if it doesn't find an outlet, if it is frustrated and not used for our growth, it turns into tension, anxiety, insomnia, etc. and it kills.

Stress is gasoline, but if we push on the accelerator and the brake at the same time, the car would go nowhere and the engine would burn out.

Learn more, visit Ysatis' blog: <http://ysatisdesaintsimone.wordpress.com>