

STRESS AWAY

Ultimately, in talking about stress it's good to find out its nature and purpose. What is stress? Stress is energy, not only a natural feature in our bodies and part of our daily experience in life, but it is also inevitable for it is linked to our evolution. And an unavoidable side effect of the urge to express our purpose. Stress is that energy in us that produces definite points of tension paving the way for growth, each center of energy in our bodies has been the target of stress; as I said before; we can observe this process in the enfoldment of the petals of a flower and the enfoldment of wings of the butterflies.

The very act of man materializing on the Earth's surface million of years ago produced an intense interaction with the environment. It was then that stress mechanisms began to surface.

In our generation stress has been lifted into mental levels. Sustained creativity is the mark, par excellence of being able to transform stress that is the ultimate Art of Living. The most inner urge in man to express Truth, Beauty, and Goodness will always involve man in the stress of expressing it. Thus, the sooner we learn to deal with it, the better quality of life we will have. Most people know how it feels and they will readily give you their own definition of it. After more than 30 years of helping many people free themselves completely from stress, I have learned that no matter how it has manifested and in whom, stress is just misused energy. In order for anyone to use this energy effectively, be it for their growth and well-being, or just to accomplish any goal they have set for themselves, it is necessary to clearly comprehend its nature and purpose.

So, let's start from the beginning:

What are we?

What is everything?

We are, as all there is, is: Energy. Since 1918 we know that there is no reality to matter. Science tells us that all there is - is intelligent Energy - we together with everything there is form part of One Intelligent Structure. In the twenty first century this is not a spiritual belief which fights the Cartesian/Newtonian philosophical/scientific vision of things anymore; it is a true Sub-Atomic Scientific/Spiritual fact, which cannot be denied by new knowledge, only penetrated more and more in depth.

We could say that each member of the human kingdom bears within himself a spark of the Supreme Intelligence; that we humans are fragments of this One Intelligent Structure incarcerated in an individual physical form, a sort of Macro/Micro Cosmic 'prodigal sons' yearning to return to its original abode. That yearning is congenital in us and is called 'evolutionary drive.' Stress is an integral part of it.

This drive is written in our physiology and in our psyche, and indeed in everything there is, so there's no way to avoid it. Neither do we want to do that, what we need is to know what it is and how to utilize it for our growth and benefit.

At all levels, the disciplines of Unification of the fragments (mankind) to the Source (One Intelligent Structure) concern the rising of that which is elemental energy to its higher counterpart - for instance in man the energy of the Solar Plexus is transferred to his Heart and so on. In order for this transference to happen that energy which we call 'stress' is needed – it lies behind the whole purpose of a manifesting and evolving a solar system and exists in all levels; at the the sub-atomic level, the atom, man and the planet.

It follows that the energy called 'stress' is needed for our evolution. Therefore it's not going to go. The only one thing left for us to do is to know how to transform that energy and use it for our well-being.