

How To Manage Your Stress With Mind Control

Sometimes we are not able to escape from our stressors (i.e. if your boss stresses you), but what we all can do is to take a few moments to sit comfortably and melt your stress through mind control. Mind control can be as powerful as the strongest anti stress medicine that you can find anywhere and it's a natural way of solving our problems. Using mind control you can draw on any number of real or imaginary experiences. You can recall a time when you were at peace with blissful surroundings or you can just imagine it and the result will be the same. Through mind control you can bring yourself into an intensely relaxing situation, because when you picture a pleasant and relaxing scene in your conscious mind, your subconscious mind makes your body react as if you were really there. And on the other hand if you create an unpleasant and stressful situation, your stress levels will increase as if that were really happening to you.

HOW TO CONTROL YOUR MIND Begin by sitting in a comfortable chair at a place where you will not be disturbed. Tell your family not to interrupt you while you are practicing your relaxation exercises. Your brain waves tend to imitate the frequency of the sounds that you hear, so as the Alpha level is the level of the relaxation, you should listen to an Alpha Sound to help your body response. Locate yourself comfortably in your favorite posture; take a deep breath, and when exhaling feel how a relaxation sensation descends through all your body. Relax! Take another deep breath, and when exhaling feel as a curtain that lowers in your mind and it takes you to a deep sensation of mental peace. Relax! Take another deep breath and when exhaling it feel how all your being enters into a more deep, and healthier mental level. Count from twenty-five to one and as you descend, you will feel entering at a deeper mental level. Breathe slowly and deeply. Imagine now that you are amid a dreamt landscape. Pay attention to the trees and flowers that surround you... Notice the wild flowers that you find at your step. Feel the cracking of the floor under your weight... Perceive how you receive in your face a warm breeze... that it caresses you with the soft perfume of the spring... Enjoy the total relax for a minute and then concentrate on what you want. Imagine yourself in possession of your most valuable dream... Imagine yourself being, making or having, what you want more... And try to live this desire with the happiness of the achievement... Represent yourself mentally with all possible detail, how it will change your life with this achievement. Make your representation so vivid that you can feel the change's emotion, because there is not bigger force than the emotion. Every time that you enter at these special mental levels, you will achieve benefic effects for your body and for your mind. To recapture your usual conscious levels again, count slowly from one to five... giving you time for a leisurely and natural exit... Practice this exercise each time that you feel stressed (it will work even better if you practice it regularly every day) and all your stress, worries and concerns will be zapped from your body. Mind control allows you to substitute your actual experience with what you like and want, and during your imagery exercise your stress levels are lessened because you give your body and mind a break and recapture your control over yourself. Remember that stress and physical relaxation can't co-exist, and that you will improve the control of your stress each time that you practice the relaxation exercise. If you can't practice the whole exercise, close your eyes and take a number of very deep and purposeful breaths, relaxing your body further with each breath out. The stay a little while within your inner peace and that will be an excellent and urgent help too.

About the Author

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