

# Absolute Relaxation

By Lyndall Briggs & Gary Green



**This kit includes a simple,  
proven & effective CD + GUIDEBOOK.  
Expect to feel totally relaxed whenever you wish!**



# FREE Sample

To succeed you need the Absolute Relaxation Cd which has been proven effective through scientific research, with benefits almost guaranteed immediately! It also comes with the complete version of the 25 page Absolute Relaxation Biblio-therapeutic Guidebook.

## ABOUT THE AUTHORS / NARRATORS

Lyndall is the President of the Australian Society of Clinical Hypnotherapists (RMASCH/Supervisor), Fellow/Supervisor and Board Member with the Australian Counselling Association (FACA), Clinical Member/Supervisor and Board Member of the ABNLP (Australian Board of Neuro Linguistic Programming), Full Member of the Australian Association for Psychological Type Inc (AusAPT), Master Practitioner of NLP with a strong background in Emotional Freedom Technique (EFT) and Nutrition through the International Academy of Nutrition (IAN).

Gary's a Peak Performance Coach, 6th Dan Taekwondo Master (MAIA) & international speaker with formal qualifications in Performance Psychology (ACAP), Technical Analysis (ATAA), Clinical Hypnotherapy (NSWSHS), Coaching (ASC), Workplace Training/Assessment (ISA) & a University Masters Degree in Counselling (Psych. UWS). He's also a long term member of the NSW Justices' Association (NSWJA), Theosophical Society (TS), Mensa & fully accredited Clinical Member/Supervisor with the Australian Counselling Association (CMACA). For a complete list of their qualification, please visit the [SelfDevelopment.biz](http://SelfDevelopment.biz) website.



## ABSOLUTE RELAXATION

Most stress management programs rely primarily on quick fix techniques designed to treat the symptoms of stress. Although the symptoms may go away temporarily, they'll return just as soon as another stressful situation comes along. This is because most stress reduction techniques fail to address the source of the problem. Treating only the symptoms, is like weeding without pulling out the roots. Those weeds will just keep popping back up. This program goes straight to the heart of the matter, by taking a **proactive** approach to the problem, rather than a **reactive** one. It also explores the very source of stress & how to reduce its impact. When you master these techniques, you'll prevent distress from hindering you in the future.

It's time to stop dealing with stress like the mythical ostrich, who sticks its head in the sand to evade danger! It's **essential** that you learn to pay attention to your thoughts & feelings, so that you can break your stress cycle. This entails knowing when to relax, to back off for short periods,

get more sleep or implement stress reduction strategies. If you don't take symptoms of tiredness, upset, discontent or stress seriously, you'll face ineffectiveness, failure, burnout or breakdown. Ignoring or taking drugs for these symptoms is similar to disregarding the red warning light on your car dashboard, while your motor overheats! Not clever if you want to get the most out of your vehicle. And that's what your body is, a vehicle or temple for your spirit.

It's necessary to understand that human minds have evolved tremendously in the last few thousand years, but our bodies haven't. We still have the bodies of hunters & gatherers, which are wired for the Fight or Flight Response. Since it's unlikely that our bodies will catch up with our minds any time soon, the only earthly solution is to take charge & educate ourselves to calm our bodies on command. So it's now useful to think of your stress response in new terms. That is Fight, Flight or **Flow**. You can now choose to *go with the flow*, rather than fight or flight!



The human body was never meant to deal with chronic stress. Releases of the stress hormone cortisol & neurotransmitter adrenalin, are absolutely healthy in the 'short-term'. For example when you need to run away from a vicious dog. The problem only arises when you lead a life that makes you feel like you're 'constantly' running away from a vicious dog. This leads to excessive levels of cortisol & adrenalin, which are toxic to every bodily system in the long run. To explain this a little better, your nervous system is very much like a telephone system. Messages go back & forth, travelling along cables that have relays & switchboards. The big difference between the 2, is that your telephone system simply transmits/receives messages, while your nervous system interprets messages & determines what goes on within your body, as a result of those messages.

**Receptors** in the brain gather the incoming messages, which are then sorted. These transmitters then send

out orders to **Effectors**. The Effectors, as their name implies, take the orders & implements them by way of responses in the muscles, glands & organs of the body. The impulses that are transmitted from the nervous system are either **voluntary** or **involuntary**. An example of a voluntary response would be the turning of a page in a book or reaching to open a door, etc. What we're mostly concerned with here are the involuntary responses. These responses cause us to breathe, blink our eyes & control our stomach activities etc. We are addressing the involuntary responses because those are the responses that affect our overall health. Let's examine their role...

The involuntary system consists of 2 parts: The **Parasympathetic** & the **Sympathetic**. The role of your Sympathetic nervous system . . .

End of Free Sample

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