

"KISS = Keep Implementing Simple Solutions!"

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Doctors claim stress is responsible for 80% or more of all illness. For years I've believed we could be 80% healthier, if we reduced stress. This mental exercise is a result of decades of research. Now it has been over 17 years since I've had a cold.

Resentment causes stress, and now we can reduce resentment or stress and other emotions. After two 9 month tours and a six month extension, of combat in Korea I had "Battle Fatigue" now called Post Traumatic Stress Disorder. No matter what they call it, the effects are the same. Nothing helped, until I did the research, and created these mental exercises. We can deal with anger, anxiety, depression, frustration, guilt, and all negative or painful emotions. Think about it every-painful-emotion contains resentment.

As we take charge of emotions or stress, before long, we improve the quality of life.

We can learn to use abilities our brain was created with, that no one ever taught us. It's not like waving a "magic wand." But it may surprise you, how soon it helps. Success depends upon how much time or how frequently you practice. Many have felt, before long, it -is- like having a "magic wand."

Basically, it's a simple, exercise, reviewing or recalling our memories. And we have hundreds or thousands of pleasant memories. We become so accustomed to them, we ignore them. Small things may not seem important, but, this information is worth more than a diamond.

Practice step #1 daily, for 10-15 minutes, two or more times daily. If you practice -7- times in one day, you experience benefits equal to a week of practice. After three months, continue practicing at least once a day, to maintain benefits. Those with average stress levels experience benefits the first time. With severe levels of stress, it just takes more practice. Practice step #1, open your eyes, and reread, until it is memorized

Step #1: This is the most important step in this process.

Sit or lie down in a comfortable position, and loosen any tight clothing. Close your eyes. Recall a comfortable or pleasant

memory, and be aware of good physical feelings.

This does not have to be your best memory, just get as much detail as you can.

Examples: Drinking a glass of water or juice when your mouth is dry.

Times someone gave you a hug. Times you enjoy talking to people.

Pleasant memories in nature. Whatever you can get each time you practice.

Recalling hundreds of simple memories helps even more than a few great ones.

Each time you recall a different memory, -Press- your left thumb and first finger lightly, for 2 or 3 seconds. Then, let the fingers relax. Repeat with at least 9 or 10 memories, -more- whenever there is time.

Whenever you feel comfortable or pleasant -during- the day, even when you can't close your eyes, press your left thumb and finger. This exercise is called, Anchoring. Anchoring - real - experiences is very powerful, even if you must keep your eyes open. Pay particular attention, to good PHYSICAL feelings.

Practice Step #2 whenever needed:

Sit or lie down, and close your eyes.

Think of -one- experience containing resentment or stress, for a few seconds.

Be aware of any physical feelings that represent stress. Press the right thumb and finger. Then, press the thumb and finger on your left hand also...

Keep pressing them, but not so hard they'd be uncomfortable.

Do not separate the thumb and fingers, until after you feel relaxed.

Keeping your fingers pressed, is the most important thing you could be doing.

If you feel overwhelmed or confused, just focus on your breathing.

As soon as possible, switch to a memory with comfortable feelings.

Switch back to the unpleasant memory, and notice any changes. Switch memories every two or three seconds. Switch back and forth, until you feel as comfortable as you desire. Ask, "what can I learn from this experience." If the answer helps you feel better, it is correct, if not discard it.

When possible, keep fingers pressed -nine times- as long as it takes to relax or until you drift off. Eventually, it will take less than one minutes to realize significant changes.

Finish this exercise by recalling not less than 10 different pleasant memories, more if you have time. You could even review all the memories you have already recalled.

If you don't get rid of all resentment or painful emotions in one session, that is OK. Just repeat with the memory later when you have time. Each time you work with feelings they will reduce more of the Engram causing them. You will be more comfortable later, whenever thinking about any memory that caused stress or resentment and pain.

Be aware as you practice, sooner or later, you can get rid of resentment or uncomfortable emotions, just by pressing your fingers, without closing your eyes. If someone cuts you off when driving, that can cause stress. Just be aware of how you feel physically, press the thumb and finger on your right hand. Then, just press the thumb and finger of your left hand, also. You can get rid of stress, even while driving. Just don't close your eyes. :-)

It is easier to feel better, than anyone has allowed us to believe possible.

Just "Keep Implementing Simple Solutions!"

Thanks for reading this, Bob Johnston
Please give copies to everyone you know.

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