

Stress - The Ultimate Self-Sabotage

I am a Spiritual Teacher-Counselor, a Master Hypnotherapist and a HeartMath® Provider. I emphasize Stress Relief in the work that I do with clients because over the years I've seen smart people do foolish things, loving people do hurtful things, and talented people sabotage their most important performances, all when stressed.

Scientific Research has long been reporting that stress contributes to a laundry list of physical and mental health problems, including most recently, heart disease. Anyone who has seen himself or another person lash out during a difficult time would also know that stress contributes to relationship and performance problems as well over time.

Even someone who is trying to be the very best religious and/or spiritual person he can be, is often sabotaged in his best attempts at becoming so, by all of the negative emotions that come up from deep within him when dealing with a fast-paced, modern lifestyle.

Life is full of unavoidable stressors of many kinds. It is better to learn how to handle those challenges constructively and peacefully than to allow yourself to continue to be the victim of your stress; which you will very likely become and stay if you live a time-pressured life and don't make Stress Relief the high priority it really should be in this modern world.



What Actually Causes Stress?

Just the fact that some people can handle great misfortune with courage and patience, while others overreact to even the slightest disappointment or discomfort with panic and rage, is tangible proof that it is not just the experience that creates stress, but rather it is mostly the tendency (*the habit*) to react accordingly that does.

Even though stress is felt mostly as a physical reaction, the actual trigger is almost always emotional. A person suddenly feels vulner-

able, attacked, slighted, misunderstood, deprived, or burdened, and he gets upset, angry, fearful and stressed about it, whether he shows it visibly or not.

Once this automatic stress reaction fires, his body goes into fight or flight syndrome; and it then begins to secrete extra hormones for a physical battle that never comes.

These extra stress hormones (*adrenaline and cortisol*) alarm and poison his system; and even though he may seem to go back to his normal self when the situation is handled, his body actually takes hours to return to its previous, normal, relaxed state; that is, unless another automatic stress reaction trigger fires first and the entire process repeats itself.

After some time in this stress cycle, certainly after years, this person's body will lose its ability to return to normal; and what started out as a sub-conscious mental or emotional habit will have become a physical condition of stress that begins to seriously overwhelm, deplete and eventually damage his physical body.

Unfortunately, most people do not allow themselves to acknowledge a need to handle stress better until they feel physical symptoms that they just can't ignore. By then, such a person has likely already exhausted his adrenal glands and would need to both break his stress reaction habits and work to heal the negative effects stress has already had on his body.

The Warning Signs of Chronic Stress

Much scientific research has linked Stress and Chronic Adrenal Insufficiency to auto-immune diseases, immune suppression, fatigue, ulcers, obesity, irritability, depression, insomnia, joint pain, headaches, overeating, drug and alcohol addiction, menstrual problems and early aging.

Stress has been linked to skin, hair, digestive and allergy problems; and to mental-emotional problems such as immobilization, avoidance, inability to concentrate, distraction, inability to cope, obsessiveness, preoccupation, over-



reaction, impatience, urgency, lashing out, and withdrawal and escape fantasies.

You don't need to be experiencing all or most of these feelings and conditions to need Stress Relief; but if you are stressed, and don't do something constructive about it, you likely will experience more of these conditions and feelings over time.

If you experience any of the above, you should first get yourself checked out medically, and then you should commit yourself to an ongoing Stress Relief Program in order to prevent stress from creating more serious, permanent damage to your body, mind, personality and lifestyle over time.

Stop Stress Where & When It Starts

If you wait to de-stress yourself until you're home from work, the kids are in bed, you've completed all your homework, etc., you will have spent many hours, each and every day, programming the habit of being in stress mode on your brain (*and your sub-conscious mind*), your heart and your entire circulatory and nervous systems.

Healthy, beneficial, stress-relieving practices like yoga, massage, vacationing, listening to music, etc. will help you feel better at the time and over time, but they won't stop you from going into the habit of stress mode the next time you're having trouble dealing with the demands and preoccupations of daily life and difficult people.

The above is why my Inner Peacemaking Program offers: (1) Tools, Strategies and Techniques that can quickly help you stop your habitual stress reactions right where and when they start (2) simple, convenient, non-invasive saliva and urine tests so we don't guess at the supplements your body needs (3) ongoing Personal Counseling to help you deal with the triggers in a positive way (4) Meditation Lessons so you can relax and refresh at home (5) Guided Surrender Meditation in private session to help you relax, eliminate your energy deficit and repair your sleep deprivation if needed over time.



My Background and Qualifications

I believe that I am uniquely qualified to help you free yourself from the self-sabotage of your stressful habits because I have studied, draw upon and work with all of the following:

- Yoga at the Ananda Marga Yoga Society in Eugene, Oregon
- Zen Buddhism at the New York Zen Center with Suzuki Roshi
- The Intensive Program at The Arica Institute in Los Angeles, California
- The Universal Life Church of California Doctor of Divinity Program
- The Keys To Reality Teachings with my Spiritual Master Teacher - the Rev. Dr. Bernice Osman (1974-1990)
- The Master Hypnotherapy Program - The American Academy of Hypnosis in Las Vegas, Nevada
- The HeartMath® One on One Provider Licensing Program (*Stress Management Research, Tools and Techniques*)
- Psychology and Social Science at UNLV
- The Ideal Health Company - Custom Testing and Supplements

Stress Relief and Spirituality

Scientific Research has also shown that those who consistently apply their religious and/or spiritual practices (*no matter what they may be*) are healthier, happier, live longer, and are more able to handle stress constructively, than those who don't.

I teach a practical, non-denominational form of Spirituality that honors all religions. My work focuses on helping all my clients and students to develop Inner Peace through creating Freedom from and Forgiveness for the Past in a positive and permanent way.

Even though spiritual application increases the effectiveness of any Stress Relief Program (*and being freed of stress helps you stay more "spiritual"*), you don't have to study Spirituality with me in order to benefit from my Inner Peacemaking Stress Relief Program.

Stress Relief

*Get all the Help You Need to Relax,
Refresh and Heal Your Body from
the many Negative Effects of Stress*

Inner Peace

*Tools, Techniques and Strategies to
keep you cool, calm and collected no
matter what is going on in your life*

Guided Surrender

*Because you can Get More Relaxed,
More Refreshed and Much Deeper
than when you're Meditating alone*

Private Sessions

*Free Introductory Session
\$125.00 per 50 min Session
\$100.00 per Weekly Session
Phone Sessions Available
20% Student Discount*

*Rose Street
A Place for Health
515 Rose Street
Las Vegas, NV 89106
702-991-0228
innerpeacemaking.com*

*Inner Peacemaking
Stress Relief Counseling*

*"You Can Stop Stress
from Sabotaging Your
Health and Your Life"*

"I Can Help You Do So"

*Allan Martin Osman
Spiritual Teacher Counselor
Master Hypnotherapist
HeartMath® Provider*