

From Stress To Success Model

...your "totally unfair success advantage tool"...



**The FASTEST and
most POWERFUL way
to recreating success
in your CAREER or BUSINESS**



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Stress Resolution Techniques ©

By
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From Stress to Success Model

...your “totally unfair success advantage tool”....

The fastest and most powerful way to rejuvenate your career or business!

In your Career: if you are suffering from exhaustion, feeling overwhelmed, have a feeling that time is constantly against you, or feel that you are losing control both of your personal life and your work life, it could be that you are suffering from underlying “unknown” stress-related issues that are holding you back in your career.

In your Business: if you are suffering from lagging sales, or perhaps your bottom line appears to have stagnated, it could be that your personal life is now impinging on your business life, with “unknown” stress-related issues that are holding you back personally and which are now affecting you, your business generally, your profits and productivity, staff and customers.

Of course in both instances there may be other reasons, however, time and time again, I find that the major factor for both career and business stagnation is because of underlying “hidden” stress-related issues that are running your internal programs over which you appear to have lost control. Loss of control is the primary issue behind stress-related issues.

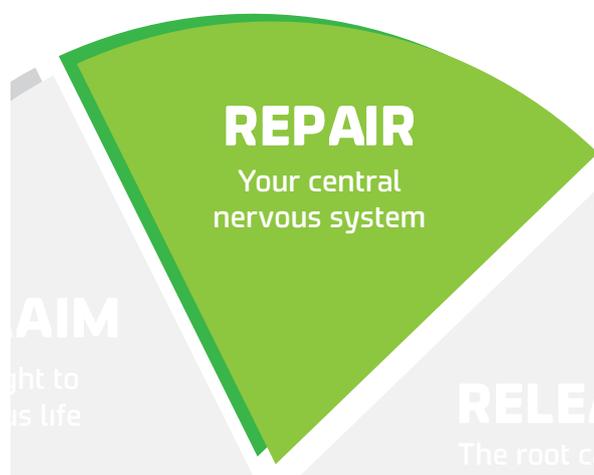
If this sounds like you, here is, with my compliments, what I believe is the most powerful: “totally unfair success advantage” that you can implement in your personal and business life.

This Success System has been developed over several years and it works every time, if you follow the instructions and implement it in your life.

I call it “*From Stress to Success Model*” and it is yours to use to implement in your personal life in your career or business.

1 REPAIR

Most doctors agree, and hence most people are now aware, that stress is the basis of up to 95% of all diseases. A lot of Career people and people in Business do not necessarily relate to the fact that stress is affecting them in any way as perhaps they are disease-free or appear to be symptom-free.



All stress is a relationship issue: an issue with ourselves, with someone else, with a customer, a staff member or a partner or a relative.

Stress is about unresolved and unexpressed emotions, i.e. when we are not able to express what we really need to say or feel, then these emotions get suppressed or repressed and they are stored in our body/mind as negative energy. This constant negative energy impinges on our central nervous system and plays havoc with our day-to-day thoughts, feelings and behaviours. Stress makes us behave erratically. It makes us feel out of control. It makes our judgement clouded. We lose focus and concentration and then we need to spend much longer on tasks than previously. And so it goes on....

The cost of stress to an individual can be enormous. If you continue to ignore the initial signs and symptoms these can build and create havoc over periods of time. You could: lose your health, lose your job, lose your income, lose various relationships, you could lose your self-esteem and then spiral down towards burnout. If this happens it can take several years to regroup and build up those losses.

Up to 82% of all Australian workers have symptoms of: significant distress, above

normal levels of anxiety or moderate to extreme symptoms of depression. These workers admit that stress affects their: physical health and their mental health.

49 % of these workers say that they do not feel that their boss values their contribution. This same percentage indicates that they feel that their bosses do not care about their wellbeing.

A combine survey indicated that the costs of job stress in developed countries like: Australia, USA, UK and Germany, have been estimated at \$200 - \$300 billion annually in absenteeism, diminished productivity, employee turnover, accidents, and medical, legal and insurance fees.

The costs, both personally, professionally and to your business are enormous, and could be worse if you do not take some kind of preventative action. Stress is a billion dollar industry.

Behaviourally people get: insomnia, are more accident prone, have weight issues, have increased substance abuse or use gambling or cigarettes as a stress inhibitor.

Cognitively people have: poor concentration, are forgetful, are indecisive or act out hopelessness.

Emotionally people have: increased anxiety, depression, have more mental, emotional and physical tension or are quick to achieve anger.

Stress affects the central nervous system in that our body/mind sends up to 1400 chemical and electrical signals throughout the CNS, the organs, glands, tissues and muscles. The stress can either be "real" or be merely perceived as a stressful situation. Your body does not recognise whether it is a real or a perceived threat. It just goes into action to protect you from harm. The problem being that in today's world we do not have many "real" threats, so our body/mind is constantly under stress from the chemical reactions and this means that we never fully recover from these so called "stressful events".

Our CNS is being bombarded with chemicals daily so we generally take something to overcome these disruptive signals. We might increase: coffee intake, sugar, fast food, alcohol, tobacco or other recreational drugs. When this happens we find that we cannot turn our minds off, because now we not only have the initial stress, we also have other bodily stresses from these self-ingested chemicals. We then cannot gain restful sleep or concentrate easily. We cannot make proper decisions. The weekends are not long enough to recoup. A massage can only do so much as it is a bandaid trying to resolve an underlying issue, mostly of which we are unaware.

This means that we cannot escape the affects of stress on a daily basis. Our bodies are constantly emitting electromagnetic signals, especially from the brain centres or energy centres of our bodies. Our brains are emitting signals. Our heart emits signals. Our gut emits signals. These are all separate energy centres. However, research has indicated that the heart energy centre is the locus of control of all the energy centres and separate brains.

(At present evidence suggests that there are three separate brains: the head, the heart and the gut.)

Our heart emits between 40 – 60 times more electromagnetic signals than our head brain. What this means is that because our hearts govern our emotions and affect our coherence, our emotional balance, our heart centre sends signals to the head brain that all is not well. The head brain then interprets this and activates various glands that then emit various hormones and sends a message throughout the CNS that we are now feeling “stressed” or some specific emotion. We will continue to feel this emotion until the flood of the hormone responsible dies down and we are then able to move on or cope better. To stop the flood of hormones from a stressful situation we need to do something. We may have taken a walk or instigated breathing in order to settle down.

Sometimes a person who has been successful in their career or business can suddenly go backwards or appear to engage in erratic behaviour, for no apparent

logical reason. The person appears to be out of control. In fact, they literally are: "out of control". The successful career or business person, in private, may find themselves tearful or depressed. They may find themselves on the floor curled up in a foetal position, not able to cope. It appears to be sudden; however, it has been building up over time.

What is happening here is that some "hidden unresolved issue", whether it is a limiting belief, a negative emotion or a negative attitude or negative behaviour pattern has suddenly raised its ugly head and the person is not able to deal with it consciously. What this means is that an issue from childhood may have raised itself and may not appear to be related in any way to the current status. However, because it has not been expressed and therefore resolved, this issue from childhood could throw you backwards and into a learned pattern of behaviour that you once used in order to survive within that particular environment.

What this does is throw the person off the "successful" path that they have been on and throws them into a position of lack of power. It means that the unresolved stress which has been impinging upon their central nervous system for many years, now raises its head and the person does not have the resources to deal with this as the "issues" that are now affecting the person are at an unconscious level.

The memories of these issues are ingrained in the CNS and at the cellular level. However, the person's body/mind system is jammed full of lots of "stuff" that the person has not yet resolved from a prior time or from childhood, and the body/mind system breaks down and says: ' I am not able to cope anymore. You need to do something in order for me to regain control. I do not know what that is. However, I am crammed full of this unresolved stuff and I need help'.

Because this type of event/s happens on a regular basis in all walks of life, I have put together a series of practical tools that you can implement either personally, or with your entire staff, in order to **REPAIR your central nervous system** so that you can regain control and be more successful in either your career or your business.

You see, as a career person who has lost control, you will stagnate in your career path and not achieve the heights you aspire to when these past issues raise their heads and you do not do anything to resolve them permanently.

As a business person, if you personally, or your staff, are stressed in any way, this will have a direct affect on your ability to make profits and attract the right clients, and hence your bottom line. Your productivity will decline and your business will decline if you do not take action to resolve these issues. Firstly, you need to be able to identify what they are when they arise.

This is about your personal stress health and what you do to alleviate this from your life. People are so used to stress, in fact they become addicted to stress, that they quite often do not recognise when they are stressed and what effects it is having on them personally, professionally or on the business. If you are stressed personally, your business will suffer. If you are stressed personally, your career will stall.

So, the most important thing for you to remember when finding a way around your stalling career or your stagnating business is to put into place a **system of REPAIR** so that you and your business can be healed and become as successful as you desire.

2 RELEASE

The second step after you have 'repaired' your central nervous system is to rapidly increase the speed with which you move forward in your career or business. You see, because our bodies have been subjected to flooding with huge numbers of chemicals, from either real or perceived threats, we



need to continue to practice the techniques we learnt in the Repair section as stress will rear its ugly head again and again.

Sometimes behind the majority of the large stresses we have in life, e.g. you might have a life-long issue with not feeling good enough when you come across people who appear to be more successful than you. This over-riding fear limits your perception and hence your patterns of behaviour. Mostly you do not know how to deal with these big hidden underlying issues and just press on. However, sometimes they come and rear their ugly heads and throw you right off the track on which you have already been successful. It could arise when you are going for a promotion or a new job. You know that you have the qualifications and experience and theoretically should get the job. However, during the interview they ask you a curly question and you revert to some uncharacteristic behaviour and give a totally dumb answer. This leads the interview panel to believe that under pressure you will not be up to the job.

It could be in your business when you want to implement a new strategy and theoretically it all looks good and there should be a positive outcome. However, at the time to implement, you suffer from an anxiety attack and pull back on all of the steps and only implement a couple. This then sabotages the entire operation and you are now back where you started from or maybe even further behind that when you started.

So as a way of increasing exponentially the results you will have gained in the REPAIR section you will now be able, once having healed your CNS sufficiently well to cope with everyday stressor triggers, you will then release the major traumas holding you back of which you are mostly unaware.

What this means is that your patterns of behaviour are imprinted from an early age, generally between 0 – 6 years of age. In this stage you are in the care of your primary care givers and so you rely on them to keep you safe and learn how to behave and what to do in order to survive not only that environment but also survive in the outside world.

If you have been subjected to events or have interpreted events in a particular way, you then create a belief, generally a negative belief about what something means when a certain thing happens. This interpretation may or may not be useful in later life. However, what we do is to continually react to certain triggers in the same way as our body/mind has indicated that that is the best way in order to survive.

Because we were not able to express how we felt when these events were happening, we either suppressed or repressed these unexpressed emotions. However, in certain situations, our reaction to an event will surface and the reaction will be the same or similar to when we were that young child. In most instances this behaviour is inappropriate for a more mature way of living and we find that when we argue with someone or we are fearful of a person or an event, then we will automatically go into that old pattern of behaviour. Generally these patterns will be limiting because the beliefs we have around events from that time period are not appropriate to adult behaviour patterns. If we want to be successful as an adult we will need to release the major negative patterns from our repertoire, otherwise, at some stage, they will come back to haunt us and eventually sabotage our present success. When we are “trying” to be successful and are exerting will power in order to do this, we eventually will not be able to continue at that pace. We will slide back into unsuccessful behaviour.

Our objective in this model is to be able to get into flow in life where our effort is minimal because we are operating at the place where everything is effortless and easy. That is our goal for you.

3 RENEW

Having repaired and released the major traumas affecting your body/mind, of which you mostly are not aware, you now have an opportunity to have your body/mind operating at a totally new vibration, i.e. a successful vibration.

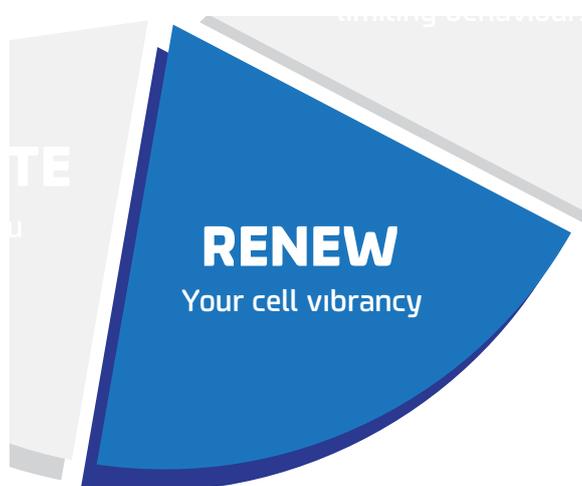
Traumas need not be huge or result

from a major or life-threatening situation. Anything and everything is traumatic to a little child, so if the word: trauma is used, it merely signifies that it is a significant event as defined by the child at the time of occurrence.

Bodies are made up of energy. Mostly we are operating at a negative level of vibration, viz. fear, doubt, judgment, criticism, shame, guilt and so on.

This negative energy holds up down and holds us back. Also too, keeping these negative thoughts, feelings, emotions, and patterns of negative behaviour hidden for long periods of time creates an energy drain and hence makes us feel exhausted or tired. This energy drain is due to the fact that these underlying emotions take energy to keep hidden, as we do not want people to know that we have unresolved issues, or appear to be less successful than desired. We try to keep them hidden. Examples of how we do that are through: drinking, eating, general substance abuse or by negative behaviour patterns, e.g. self punishment or self abuse. If you have a drinking problem you have an emotional issue that you have not yet resolved.

So, in this section, having retrained your CNS to be more responsive and hence you will be able to be more present, more conscious have more awareness and perception and be able to make better decisions, and you will have then released the major issues affecting your personal life and hence your business, it is now



time to ensure that your body/mind is in a state of positive vibration all day long, or as much as you would like. When you increase your positive vibration and maintain that state you will then be able to attract what you desire and then you also will be able to set and achieve your goals.

“Attractiveness” is about vibration. If you are in a positive, friendly and happy mood you will most likely attract people who are like you. If you are in a lousy, angry or irritated mood you will most likely attract people who agree with your point of view.

Vibration is about cellular movement. It is hampered by holding onto negative emotions. When you do this you exert even more energy to hold these negative emotions down. This further increases the energy drain from your body/mind and you then experience fatigue or great tiredness. This tiredness generally cannot be replenished by ordinary sleep. You can only be replenished with a good cleaning out of your unexpressed negative emotions.

Sometimes the negative emotion that you hold can be elusive and you may not even be aware of what they might be. However, some people, when they have a disagreement with another may express these words: ‘I will never forgive them. They don’t deserve that’... or some such saying. In this way you become a victim and are constantly at the mercy of another’s whim. If they hurt you again then you will store an even bigger hurt inside thus building a reservoir of internal pain. Unless and until you can release the other person from this hold that you have over them and they over you, you will continue to be a victim of circumstances.

The other negative emotion that makes it impossible to heal effectively is resentment. If you resent anyone for anything, even a minor amount, your ability to heal and restore positivity will be greatly reduced.

So, this Renew section is about getting your entire body/mind to be in a state of positive vibration, holding happy, grateful, appreciative thoughts about yourself or another, so that you can attract what you most desire.

4 RECREATE

What we have been moving towards with this Model of From Stress to Success is to know that when we want to set specific goals we know that we will be able to achieve them without fail. You see, if your body/mind is stressed out and your central nervous system is constantly being impinged upon with chemicals and conflicting messages from the brain and from the heart centres and gut brain centre, then you will not be able to achieve meaningful goals, as they will not be aligned with your heart centre.

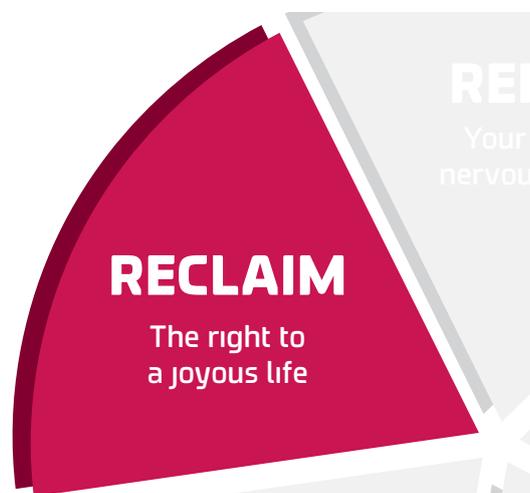


Many people are not able to achieve goals. Every year in January they might set New Year's resolutions and within a very short space of time, usually within 6 weeks or less the resolution has died, and they feel a failure and they repeat the patterns of behaviour that have gotten them to the position that they really want to change.

In this step we build upon the other three steps and will now be able to instigate a formula for setting goals, locking them in, having them vibrate to your new level of positive energy and then be clearly able to achieve them easily and effortlessly. By now you will be in flow and be able to live in the present more. When you are in that space setting and achieving goals will be a "knowing" that they will be achieved as your body/mind will have been retrained on all levels to respond to a stressor trigger instead of wildly reacting to any stressful situation. You will be more in control, be invigorated and less tired. You will be able to sleep better and make better decisions and you will be affecting the people around you in a positive manner and hence be able to attract what you want and be able to service your clients better.

5 RECLAIM

This is the final step in the process whereby you will be totally confident in your abilities and you will hence gain more appreciation and be more grateful for everything that comes your way, even if it appears to be a negative event. You will be able to handle things more easily as you will now have a basket of tools and techniques that you can use daily to reinforce the desired behaviour patterns that you are now adopting.



In this step you will continue to use scientifically proven ways to enhance your positive behaviours, limit things that negatively affect you and change the way your life is heading.

When you appreciate what you have and are grateful for everything that comes your way you will have arrived at that space where life will be joyful every day. You will be happy for no good reason and you will experience being able to access deep intuition, creativity and fun that you have not done so for several years. You will get back to that space where little children are, having fun, being themselves and who are not worrying about what other people think of them. They are in a space of acceptance of self. In this space you will be able to access skills, talents and abilities of which you are unaware and be able to state clearly what your purpose in life is and what you want to, what you will accept and what you will say 'no' to.

This space is your authentic self, the place you have lost and unbeknown to you, are always trying to access. When you reach this place you will be truly happy.

How long will this take? If you have been stressed out most of your life and you

can get to a place of sheer joy within a year, is that something that you would choose. You do a step at a time and once one step is mastered you move onto the next step. My guarantee to you is that after the first 2 steps you will be so far advanced from where you are now that you and your business will seem like foreign places.

I look forward to hearing from you soon to see how quickly you can achieve this state of living a stress-free life, being back in control, having boundless energy, living in the present, having a fulfilling career or business with your customers benefiting from what you have achieved as well. You see when you implement these techniques you not only change how you behave and react, you also change those around you, who will benefit by default.

If you want to live a different and easier life, in flow, with everything coming to you easily and effortlessly, do enrol in one of our programs.

Best regards

Celine Healy

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