

"Stress free"  
Company name  
Tuesday, the 16. XX 2022



# *Stress free!*

## Important core points for de-stressing in everyday life



- Presentation
- Better quality of life and joy of life for all
- About stress
- Pressure causes stress
- The stress chain
- The security chain
- Weaken the stress chain
- Get a handle on emotions
- Active de-stressing
- Active de-stressing with a clear conscience
- Find yourself, forget yourself
- Clear thinking and concentration
- Sleep and rest
- The will to survive
- Mutual harmony

# Presentation

Stress.dk has since 1993 taught about de-stressing, because stress is

- physical tension for no world benefit and
- humanity's greatest scourge today

The lecture that you are now attending reviews important core points for de-stressing in your everyday life

It is the result of many years of experience in improving my wife's, our children's and my own quality of life and joy of life - despite our hardships over time

# What is stress?

- We are therefore glad that you now have our presentation "Free from stress" in front of you, because it has been a mantra for far too long that "stress is also positive", but it has destroyed millions of people, so you should now like to get rid of in the future.
- The problem is that pressure for millions of years has been a physical pressure for all people, animals, insects, etc. who need vital nutrients and proteins to survive physically.
- Survival happened by consuming / eating other living beings - often in everyone's fight against everyone - and this pressure has mobilized fight hormones for all parties f



# Positive stress - nonsense

- So all forms of pressure give stress, but today there is no longer any physical pressure on us Danes to survive physically. We pick up the essential nutrients and proteins in the stores, and therefore we no longer need combat hormones.
- Nevertheless, in the early 90's there was a movement about "positive stress", where therapists postulated that "stress is also positive", so you should not be sorry. It 'bought' many stressed people, and the postulate 'positive stress' has apparently come to stay, but why?

# What can stress be used for?

For can stress...

- Relieve pain?
- Soften sorrows?
- Solve problems?
- Reduce loneliness?
- Prevent bullying?
- Prevent worries and annoyances?
- Improve your ability to concentrate?
- Improve your thinking?
- Improve your creativity?

# 'Positive stress' is false security

- No not at all! Stress can not be used for anything in that regard. Thus, it is decidedly grotesque that mental pressure today provides physical readiness for combat that is completely irrelevant to remedying our mental problems.
- But what is the reason why millions of people have still 'bought' the postulate "positive stress"?
- In an insecure world, security is the alpha and omega, and when you are told that "stress is also positive", then you become comfortable with your stress, and then you come to terms with it. Simply!
- But that security is a false security, because stressed people die like flies, and along the way they have neither quality of life nor joy of life

# Avoid producing combat hormones...

- Therefore, the art now is to avoid producing combat hormones no matter how much pressure rests on us, and then we can let the wild animals use the stress mechanism in their daily physical struggle for food - but civilized people no longer need the stress mechanism.
- So with that, the tone is set: You can never prevent a mental pressure - but you can prevent stress in yourself!
- "Free from stress" shows the way to de-stressing and thus quality of life and joy of life.

# Quality and joy of life via the inner strength

And we find quality of life and joy of life through the inner strength of being free from stress.

But we will now first look at how stress arises at all, and we do this by looking at the Stress chain...

# The arise of stress

1) Negative experiences

2) Conscious negative thoughts



3) Unconscious negative thoughts

4) Instincts



You feel a pressure



You get negative emotions

(anxiety / anger / irritation / sadness)



You produce combat hormones for physical combat

(adrenaline / noradrenaline)



You become self-centered to defend yourself

(... And then you can not think of anything else)



# The consequences of stress

You get more and more stressed...

Physical pain

Headache and migraine

Muscle pain

Fatigue

Sleep problems

Hypertension

Blood clots

Authoritarian / Tyrannical

Egoist

Depressed

Lack of intuition

Unproductive

Violent or apathetic

# And so what can stress offer?

Can stress

... Relieve pain?

... Mild sorrows?

... solve problems?

... Reduce loneliness?

... prevent bullying?

... Prevent worries and annoyances?

... Improve your thinking?

... Improve your creativity?

No, on the contrary!

Stress can not be used for anything in our civilized everyday life.



# 'Positive stress' is a fata morgana

But what is the reason why millions of people have still 'bought' the postulate "positive stress"?

- In an insecure world, security is the alpha and omega, and when you are told that "stress is also positive", then you become comfortable with your stress, and then you come to terms with it. Simply!
- But that security is a false security, because stressed people die like flies, and along the way they have neither quality of life nor joy of life.
- Therefore, the art now is to avoid producing combat hormones no matter how much pressure rests on us, and then we can let the wild animals use the stress mechanism in their daily physical struggle for food - but civilized people no longer need the stress mechanism.
- So with that, the tone is set: You can never prevent a mental pressure - but you can prevent stress in yourself!
- "Free from stress" shows the way to de-stressing and thus quality of life and joy of life.

# Pressure causes stress. Is that logical?

It is pressure that causes stress; but since we can never prevent pressure on ourselves, we must instead prevent stress in ourselves, so that pressure bounces off of us like water on a goose.

What is pressure?

- Pain, sorrows, worries, annoyances, problems, loneliness, bullying, sadness, feelings of inferiority...

What is stress?

- Stress is physical tension and readiness to fight

Is it so logical that pressure causes stress? No not at all!

# Pressure causes stress. Is that logical?

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What is pressure?

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What is stress?

Stress is physical tension and readiness to fight

Is it so logical that pressure causes stress? No not at all!

# Can we avoid that stress causes stress?

Yes, we can, because...

Pressure is due to the negative emotions anxiety and anger, and anxiety and anger provide stress

Therefore, if you prevent anxiety and anger, you avoid stress.

## Different "types" of anxiety or anger?

The organism does not distinguish between different "types" of anxiety or anger, so for whatever reasons...

... Mental (worries, annoyances, time pressure, finances, TV, personal problems) or

... physical (physically threatening behavior from the outside world)

then the organism produces combat hormones in everyday life for a good word, but who benefits from it? None!

# The security chain

1) Positive experiences

2) Conscious positive thoughts

3) Unconscious positive thoughts

4) Instincts

?

You do not feel any pressure

?

You get positive emotions

(joy / security / well-being)

?

You do not produce combat hormones

(no adrenaline and no noradrenaline)

?

You forget yourself because you do not have to defend yourself...

(... And then you can think clearly of something else)

# The consequences of the security chain



**You will be de-stressed:**

**Physical well-being**

**Rarely ill**

**Mentally relaxed**

**Initiative**

**Collaborating**

**Positive**

**Effective**

**Intuitive**

**Self-respect and self-realization**

**No sleep problems**

**Peaceful**

## The difference between pressure and stress today

- It is important to understand the difference between pressure and stress, which are most often used interchangeably and with the same meaning, but it is wrong.
- Everyone accepts a certain degree of pressure in everyday life - but thus also stress when you do not understand the difference.
- There will always be pressure on us in a modern society, but the accompanying stress is completely irrelevant with its physical tension and readiness to fight as a result.



# Prevention of stress in everyday life?

But can we not prevent stress in everyday life (1/3)?

- When we look at the stress chain, it is quite clear that it is the pressure at the top of the stress chain that causes stress at the bottom of the stress chain. But again! Can we not just prevent pressure in everyday life?
- No we can not. No matter what type of society we live in, there will always be pressure on us because no one can prevent future negative events and situations that cause anxiety and anger.
- Just think of TV, radio and the press with a gentle stream of bad news every day, which is also a pressure in addition to one's daily problems and challenges in general.
- Mobiles are also a big issue today. No one turns off the phones, so you never know what a call or a text message brings with it

# Prevention of stress in everyday life?

But can we not prevent stress in everyday life (2/2)?

- Mobiles are also a big issue today. No one turns off the phones, so you never know what a call or a text message brings with it of uncertainty and thus pressure.
- Bullying via mobiles is therefore far too easy when one's number is known, and then one never knows who is calling and what the call offers. It is a great pressure for many who contribute to additional stress.
- We can therefore not prevent pressure, so we must instead manage the stress in ourselves, so pressure bounces off us like "water on a goose"

# Weaken the stress chain

The essential thing in this context is therefore to weaken the stress chain.

In this connection, we can now look at the individual links in the stress chain and ask ourselves where we can make an effort to reduce our stress, because as you know, no chain is stronger than its weakest link.

We can weaken the individual links in the chain (go to therapy, think positively, take positive attitudes, enjoy alcohol, etc.), but the effect is often overlooked, because in the end it is positive emotions that lead to de-stressing - cf. .

... If, for example, talk therapy does not work, it is because the therapy does not cause lasting positive emotions that can stop stress.

... If positive thoughts do not work, then they are probably out of step with reality, which also does not lead to lasting positive emotions.

... If positive attitudes ("I like all people!") Do not work, then they are probably not in line with the realities, and then it is again the negative emotions anxiety and anger that set the agenda and cause stress.

... When tobacco, alcohol, drugs, happiness pills, etc. does not have a de-stressing effect in the long run, then it is because the positive emotions ("We have it... oh, oh..., so nice"!) only last the intoxication, and then you are back in anxiety, anger and stress.

Pointe:

Weaken the stress chain where possible, but remember that in the last (first) end, it is only the feelings of anxiety and anger that cause stress and therefore must be eliminated.

# Breathing through the nose

Weaken the stress chain via respiration:

We have learned from a child's legs to breathe through the nose because:

- ... cilia in the trachea prevent dust from entering the lungs

- ... the blood vessels of the nose heat up the inhaled air so that we do not get cold air down into the lungs.

So far so good, but is it now also the most appropriate way to breathe in relation to stress?

# Disadvantages of breathing through the nose...

Now breathe through your nose and then notice that you...

... by inhalation buckles in the head and

... by exhalation relaxes in the head.

It's "interesting" of 2 reasons, because...

- 1 We feel stressed when our heads are tense
- 2 We feel de-stressed when the head is relaxed

# Normal breathing provides no de-stressing

Normal breathing through the nose does not provide stress relief, because we take turns...

... buckles in the head and

... relaxing in the head,

and then we are just as far.

So the problem is the inhalation where we tense in the head!

# Inhale without tensing your head

Now take a deep breath using the diaphragm, which then sucks air completely "down into the stomach":

This increases the volume (volume) of the lungs, and  
air is then automatically sucked into the lungs

NB. Compare the well-known phrase "take a deep breath"!

# Now inhalations no longer stress you

The air will still pass the nose on its way down into the lungs, but...  
... you no longer tighten your head when the breath is drawn in via the diaphragm,  
so therefore the inhalations will no longer stress you.



# A world of stress and de-stressing for difference

Seen through the eyes of the organism, it can be hip as hap whether you breathe in one way or the other, for...

... both ways supply the organism with plenty of air and oxygen, but when it comes to your personal well-being, there is a world of stress and de-stressing to the difference.

It now leads us into Emotions (well-being)...

# The importance of emotions for de-stressing

We shall now go in depth with understanding the importance of emotions to get rid of stress, because as I said ...

Negative emotions (anxiety and anger) make us stressed and poison our organism and existence,

Whereas positive emotions strengthen our joy of life and quality of life.

# "What a wonderful world"

Therefore, if the evolutionary evolution of the human race had meant that we could no longer feel anxiety and anger, it would have been happiness for us.

In a civilized society, we no longer need negative emotions that make us tense and aggressive, threatening and violent.

Instead, dream of a world without anxiety, anger and combat hormones - no quarrels, no violence, no bullying and no fear of not hitting, and then let the dream come true!

# "What a wonderful world"

Fortunately, our creator has given us some innate 'tools' to manage our lives and make dreams come true...

"What a wonderful world!" sang Louis Armstrong, who even made his dreams come true!

And he always smiled!

# Get control of your emotions

Your organism is so fortunately arranged that positive emotions dispel negative emotions - but unfortunately also the other way around!

For example, you can not at the same time feel ...

cheerful and bitter

angry and confident

happy and sad or...

feel well and feel insecure

# The feeling of well-being

If we tell you that you must feel joy to dispel your anger, or you must feel reassured to dispel your insecurity, then you can rightly claim that it is pure utopia!

Instead, you can use the positive feeling of well-being that we know when we get good food, take a refreshment, take a hot bath, get pampered, exercise, etc.

The feeling of well-being is the way forward to get control of one's negative feelings and stress - via inhaling in the active de-stressing

# Emotions hide in the stomach

Our emotions are hidden in the stomach - both the positive and the negative.

For example, we have 'butterflies' in our stomachs when we are expectant, whereas stressed people typically have a 'knot' in their stomachs of tension.

The feeling of well-being itself is independent of food and drink and exercise etc., so it is the answer to a lasting positive feeling once you have gotten to know it

# The feeling of well-being by inhalation

Permanent well-being is created with the help of your breathing as a lasting baton for the rest of your life.

And remember, as long as you breathe, you need the shield!

It was then the feeling of well-being by inhalation

But how can we now take advantage of the exhalation to intensify the active de-stressing?



# Active de-stressing dispels anxiety and anger?

If you can prevent the negative emotions anxiety and anger, you avoid stress, but how?

=> Positive emotions dispel negative emotions and so does our Active de-stressing...

So: Active de-stressing dispels anxiety and anger.

Active de-stressing can thus replace life sadness and depression with quality of life and joy of life.

We must therefore now learn more about Active de-stressing

# The breathing rhythm during Active Relief

The exhalation during Active Relief is still the same as usual, so the breathing rhythm is now as follows:

1. Take deep breaths using the diaphragm muscle and feel well at the same time (positive feeling)
2. exhale through the nose and feel relief at the same time (also positive feeling)

We call this type of breathing Active de-stressing, because de-stressing is always active - and thus gives you a shield against stress.

**And the deeper the inhalation, the greater the relief when exhaling, because the air has to come out again, and this automatically gives the feeling of relief.**

# A completely natural form of breathing

Active stress relief is a completely natural form of breathing, because it also happens automatically when we sleep.

Now we also just have to do it when we are awake to increase our natural well-being around the clock and thus get rid of stress.

# Consequences of Active Stress Relief

Stress also comes from the feeling of not hitting due to illness, pain, lack of self-esteem etc.

Active de-stressing prevents the feeling of not turning on because you forget yourself, your pain and your inferiority.

In the rest of this lecture, we now go in depth with the Active Stress Relief

# Active de-stressing reduces pain

All pain is a mixture of physical and mental pain:

Physical pain causes mental pain (eg, rheumatic pain typically causes worries and headaches)

Mental pain (worries, loneliness, bullying, sadness, stress, etc.) causes tense muscles and thus also physical pain

Active stress relief reduces all types of pain.

# Active de-stressing with a clear conscience

But there is something more than the purely physical with inhaling and exhaling during the Active de-stressing - we must also have the "soul" with us, and that is a good conscience.

## Guilty

Most people know the feeling that something is gnawing. Maybe you have not achieved what you were supposed to at work - or maybe the children have been under-prioritized a bit lately.

The bad conscience hits hard and can be hard to get rid of again, but it is not impossible. It's just about how you approach it.

Bad conscience is a feeling we are born with and which comes to the surface when we are in a situation that we are not comfortable with.

If you have made an agreement - with yourself or with others - that you have not complied with, it will lead to an unpleasant feeling that will make you react, because you will be stressed, and you are not feeling well.

# A better world

The underlying thought is obviously that we need to have a better world, so therefore our organism reacts by giving us a bad conscience when what we are doing is not good enough.

It is therefore important to address the incident and try to turn it into something better and positive, and when that happens, the incident will automatically be stored in your subconscious and give you a good conscience.

If, for example, you have not complied with an agreement, then you must address the root of the problem and sort out the situation with the person in question - or possibly with yourself.

Explain why it was not complied with and then get a new deal so that the missed deal can be made good again, and then you will find that your bad conscience disappears - and thus your stress.

Because when you make appointments and keep them, your brain will reward you with a clear conscience.

# Good conscience gives peace of mind

When we have a good conscience, we automatically get peace of mind, and peace of mind is the same as being de-stressed...

- Think of something good you have made, are doing or want to do,



- then you will have a good conscience,



- which gives peace of mind,



- that de-stress you

- ***Pointe:***

- If you give or do something of a good heart - what feels good to you - without expectations and ulterior motives, then you get a good conscience that gives peace of mind that relieves you.



## Work out a bad conscience with a dose of common sense

You can also work your conscience with a portion of common sense, so do not make a small feather for five hens:

1. It's easy to do when you have a bad conscience, but because you stay an hour or two longer at work once in a while, it's not the same as you failing your children and they get an unhappy childhood.
2. Find peace in the choices you have made and in the fact that the day has only 24 hours. Have you spent an extra hour at work and thus an hour less on your family, then find the value in it.

If you have a bad conscience about something you did not achieve, make it clear to yourself why you did not achieve it. Few people are ludicrous, so you have probably spent time on something else.

4. Then find the value in what you did, instead of having a bad conscience about what you did not do, because maybe it means that you became a little extra at work one day, but that you in turn free up some time for the family another day. Then get ready to take your bad conscience.

## Work a bad conscience with attitudes

One can also often relieve bad consciences by simply taking sensible and general (life) attitudes:

"I achieved what I achieved."

"I did it as best I could."

"I only have the time I have."

and then adhere to these positions when they are current.

# A better world through a better conscience

Morally, the world thus has a great need for people to act according to their good consciences instead of short-term (money) interests.

- It is therefore, in my view, very much the good conscience that is needed against the many wars and ills of this stressed world.
- Just think of the many leaders we have to live with today in anxiety and trembling (Trump, Putin, etc.), instead of former leaders (like Obama, Gorbachev, etc.) who followed their good consciences for the benefit of the peoples of the world. .
- For the rest of this writing, therefore, I will focus to a large extent on 'good conscience' as a clue to human deeds.

## Incorrect quote in: Healthy In The South

*"Stress is basically a healthy and natural reaction that helps us cope with stressful situations." (Quote, Sund i Syd, December 2013)*

*Healthy? **No!** Is it healthy to die of stress?*

*Natural? **Yes**, because anxiety and anger come so naturally to us in everyday life - but otherwise serve no purpose*

*Dealing with pressured situations? **Nonsense!** Do you think better with stress?*

## Find yourself... forget yourself

Many people have trouble "finding themselves". They do not know where to look or how to look...

### **What is meant by "finding oneself"?**

"Finding oneself" has something to do with thriving, having a good time with oneself and one's surroundings, not having major personal problems and then having time and desire for other things in life than work, hobbies, family, etc.

### **To find oneself is to be engrossed in something!**

So it's about being engrossed in something, because then we forget ourselves.

Now, unfortunately, not everyone is pruned to have a passion, so therefore they must instead accept the fate of fate as far as and still get the best out of it.

# "Forget the chair"

When you sit on a chair, you are only conscious of it for the brief moment you take it and sit on it. Once you sit there, it is out of your consciousness and you can concentrate on your chores.

## **Forget yourself**

Why not do the same with yourself?

Once you have prepared yourself in the morning, then you should actually forget about yourself and concentrate on your daily chores. You will then discover that they can very easily go on to become a passion in everyday life.

You really do not need to be self conscious during the day, however it is the vast majority nonetheless, however it removes their awareness from the essential things in their daily life.

## ***Rule of thumb:***

Find yourself by forgetting yourself so you can be engrossed in your chores

## Clear thinking and concentration

- When we breathe through the nose in the usual way, each inhalation and exhalation will distract our thinking and thus make us unfocused.
- When, on the other hand, we use active de-stressing, inhalations and exhalations occur imperceptibly and smoothly, and therefore we do not become distracted in our thinking and can therefore think clearly and concentrated.
- We can then concentrate on our chores with immersion, concentration and relaxation in everyday life.

## Clear thinking and concentration(2)

Breathing during active de-stressing works as follows:

1. Inhale with the diaphragm all the way down to the abdomen
2. breathe out with a clear conscience and at the same time relax your head
3. hold the relaxation in your head and then breathe in with the diaphragm (and then go to point 1)

So 1, 2, 3, 1, 2, 3... etc.

You will then discover that with the active de-stressing you become more and more de-stressed and more and more clearly thinking in accordance with your own good conscience.

In the long run, it is important to always maintain a relaxed head, because then the breathing will no longer distract you.

### *Point:*

After exhalation, you must in good conscience maintain the relaxation achieved in your head unchanged by the subsequent inhalation, because then you will automatically breathe in using the diaphragm.



## Clear thinking - via sitting in your own thoughts

Improving clear thinking – via sitting in your own thoughts

Clear thinking can also be improved by first sitting in one's own thoughts. In everyday life, we typically keep an eye on everything and everyone around us, but then we can not relax at the same time.

If, on the other hand, we are in our own thoughts - whether we are standing, walking or lying down - we abstract from the outside world so that it does not put pressure on one.

However, it is even easier to sit / be in your own thoughts within the 4 walls of the home than outside among other people, where our "chemistry" often does not fit together.

Therefore, train the ability to be in your own thoughts - also out among other people.

# About pressure in your daily life...?

**All forms of pressure cause stress**

What is your daily stress that gives you stress?

**Can you prevent pressure - and thus your stress?**

Barely, you must instead learn to manage the stress in yourself, through the active de-stressing.

# Willpower

Precisely the will to survive was a significant factor in the physical struggles for survival of the past, as it was precisely the will that activated - and activates to this day - norepinephrine.

- *We know it from everyday life, if we can not get the lid of a can. Then we become 'crazy' and get extra strength, and suddenly the lid is twisted off because the will activates our norepinephrine.*

So our will still activates norepinephrine as a relic of a distant past, and that is not positive.

## About willpower

That is why it often goes wrong when we want to do something as innocent as want to do something.

- Then we typically tense our muscles and therefore get tense and sore shoulders and a tense head.
- We also want to fight worries, annoyances, diseases and pain, so here too we typically tense up - but to no one's benefit because they can not be fought physically.
- So drop willpower - with proper breathing!

# Resign

When we can not overcome our illnesses and pains with willpower, then we must instead accept them by taking a stand on them (resignation).

Happened has happened, so accept your situation when it can not be changed anyway, because otherwise the bitterness and anger only aggravates our stress.

We should therefore to a greater extent accept our current state through resignation.

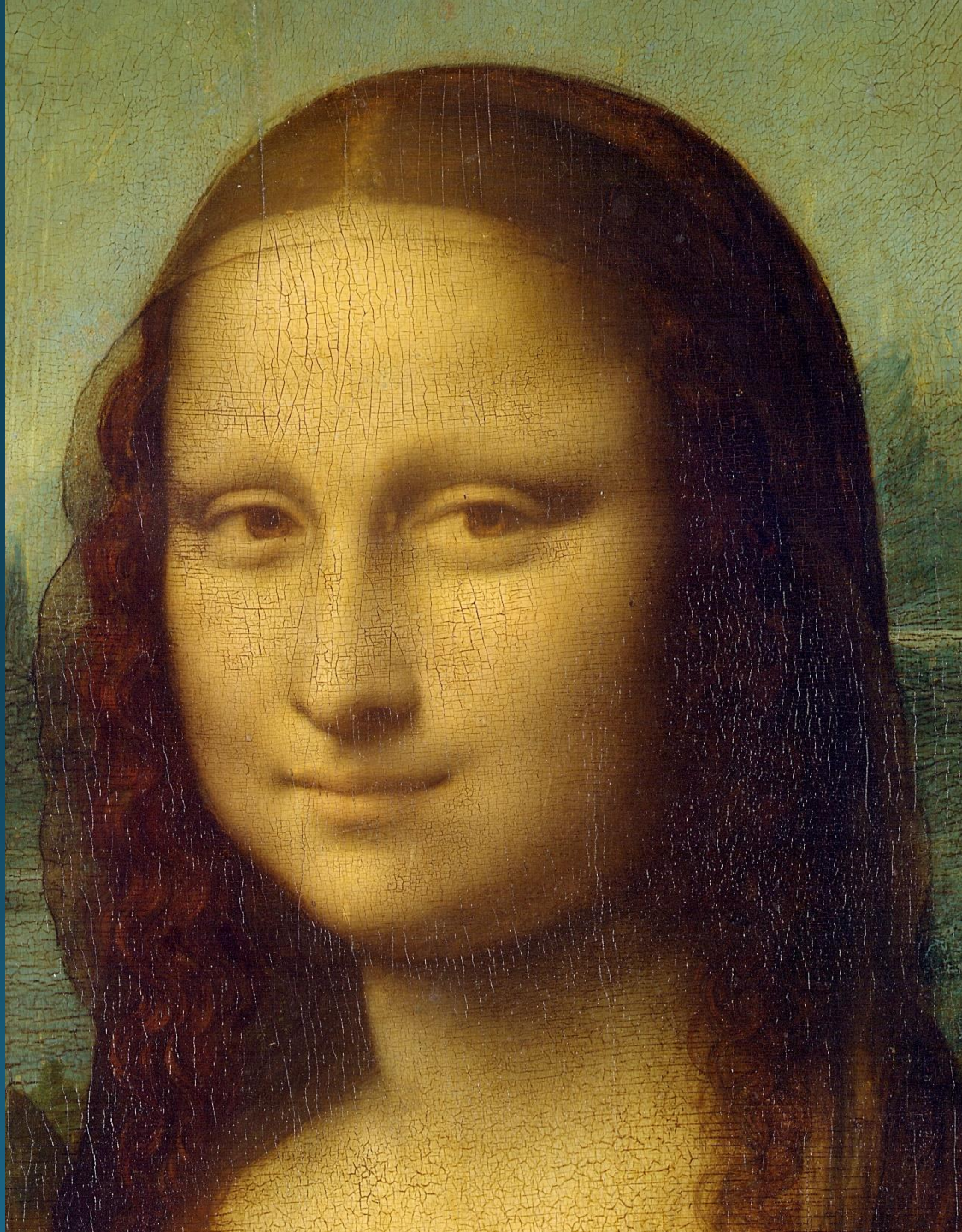
## Smile to the world - for your own sake!

Another way to overcome your willpower is to smile!

Smiles send a positive message to the outside world but also to our own organism not to be stressed.

So it's a win-win situation to smile at the outside world - and then avoid being referred to as 'angry', just because you are sad!





## A relaxed head

The active de-stressing can also be improved by making sure that your head is relaxed at all times.

Your head relaxes when you breathe out with a sigh of relief, but...

... If you consciously make the relaxation in your head independent of the breathing, you can actually always relax in your head.

But it's hard to get your head to relax permanently...

However, one can benefit from e.g. to "sit / be in one's own thoughts" and good conscience (see later)



## Improved active de-stressing

The effect of an improved active stress relief is similar to the fact that we have an old discarded car with rust, dents in the handlebars, bad brakes, etc., but we only think about the defects if we think about the car.

- So if we forget the car, then we also forget its defects.
- If you similarly forget yourself (via a relaxed head), then you also forget your worries and annoyances.

*NB. "Forgetting" must be understood in such a way that you do not think about it.*

## To sit in one's own thoughts

We are very much in the violence of the surroundings, and therefore we keep a close eye on them - but it does not give us much freedom to think thoughts and relax.

- In everyday life we keep an eye on everything and everyone (people, vehicles, tables, etc.) around us.
- But it is not good when we have to think thoughts or communicate with others, because then we have to be able to abstract from the surroundings in order to concentrate.

## At sidde i egne tanker (2/2)

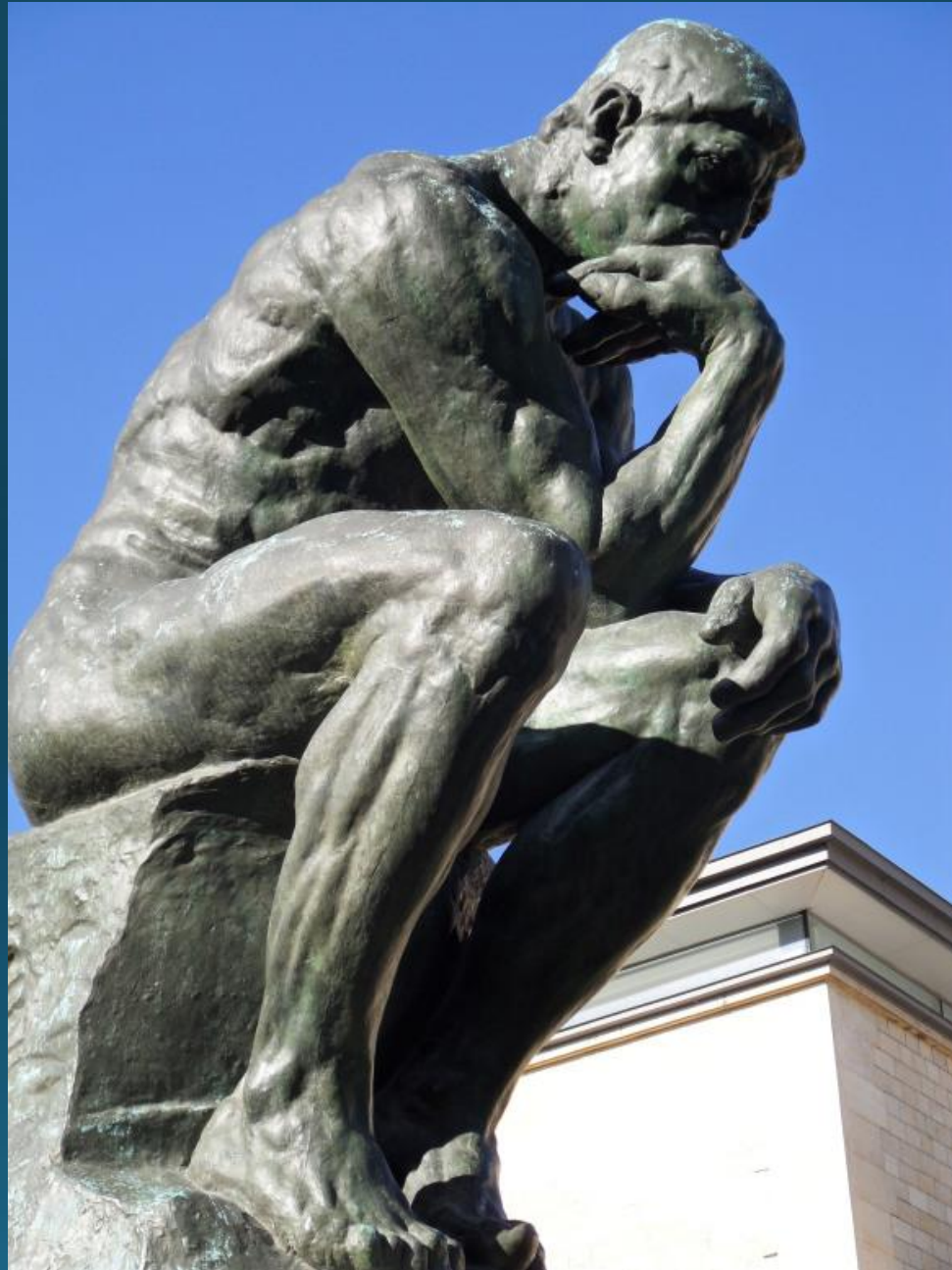
Now "sitting" in your own thoughts should not be taken too literally - you do not have to sit down.

It's about being in your own thoughts, and that whether you are standing and discussing, going for a walk or maybe even lying down and resting.

To sit in one's own thoughts simply means to be able to abstract from the distracting world.

However, it is oddly easier to sit in your own thoughts within the 4 walls of the home than outside among other people.

So therefore train your ability to "be" in your own thoughts out among other people.



## Never doubt the effect of the active de-stressing

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## Passive de-stressing

You use Active Stress Relief to forget yourself in everyday life so you can concentrate on your chores.

Of course, we must also be able to relax when we need to sleep or rest.

For this we use a more passive form of de-stressing.

## Sleep and rest - so do not care!

If we are well tired and do not have 'stupid' thoughts or pain, we can easily sleep, because then we do not care.

- *We have previously emphasized the importance of being or feeling indifferent.*

On the other hand, we do not care when we have pain, worries, annoyances or stress, because it makes us conscious, and...

... It prevents the subconscious from taking over so we can not sleep or rest.

## Wait to inhale as long as possible after exhaling

Use the active de-stress as a starting point and then wait to breathe in as long as possible after each exhalation.

*Afraid of fainting in this connection due to lack of oxygen?*

*You should not be, because the organism should probably make sure that you breathe in again if you are about to be deprived of oxygen, so it never happens.*



## Relaxation of body → relaxation of head

After all, there is no need to be physically tense when we need to sleep or rest.

When you use active de-stressing and exhale with a sigh of relief, the muscles relax, because a sigh of relief for the organism is perceived as the "fight" is over.

Then it does not produce combat hormones, and therefore we do not think negative thoughts, and then we fall asleep more easily.

## Think positive past!

You can also think of something positive from "before today" - for example a holiday, a beach trip, a recent positive experience or just some fun.

And since it went well, there is nothing to worry about, and then you can more easily sleep or rest.

*NB. But stop thinking in time, because otherwise consciousness will keep you awake.*

## The counting method

You can also use the well-known 'counting method'.

For example, you can count to 30 in your mind, and then start over and over again until you fall asleep.

The idea is that...

- probably the counting method makes you a little conscious - and thus you risk staying awake, but
- yet the count is so conveniently light and indifferent that it does not make you particularly conscious

Of course, as soon as you are about to "fall down", you must stop counting.

## To feel ungodly

One can also fall asleep by feeling ungodly - and thus unwilling.  
*(cf. lack of willpower!)*

'Bad' probably gives many people a bad taste in the mouth, but we are not talking about bad in general but only when we have to sleep or rest, and that is of course perfectly acceptable when we are only responsible to ourselves.

- *We know it when we lie in a hot bath or laze in the sun, because then we also become ungodly, and no one has a bad conscience about it.*

## The will to survive (1/2)

The will to survive was a significant factor in the physical struggles for survival of the past, as the will activated - and activates to this day - battle hormones.

- *We know it from everyday life, if we can not get the lid of a can. Then we become 'crazy' and get extra strength, and suddenly the lid is twisted off because the will activates the fight hormone noradrenaline.*

So our will (which comes from wanting) activates norepinephrine as a relic of a distant past, but (apart from the canned glass) we can not use it for anything in everyday life.

We can therefore conclude that willpower is something the devil has created in anger, and it is therefore important that we get a handle on it in everyday life.

## The will to survive (2/2)

The will to survive was a significant factor in the physical struggles for survival of the past, as the will activated - and activates to this day - battle hormones.

- *We know it from everyday life, if we can not get the lid of a can. Then we become 'crazy' and get extra strength, and suddenly the lid is twisted off because the will activates the fight hormone noradrenaline.*

So our will (which comes from wanting) activates norepinephrine as a relic of a distant past, but (apart from the canned glass) we can not use it for anything in everyday life.

We can therefore conclude that willpower is something the devil has created in anger, and it is therefore important that we get a handle on it in everyday life.

# Resignation

Accept your situation so as not to aggravate your stress

We must therefore to a greater extent accept the state of things (resign) instead of getting bored and bitter by it.

- When we can not overcome our ills on purpose (strength), then we must instead accept them by taking a stand on them.
- By an attitude we mean that what has happened has happened, and when you can therefore not immediately change your situation, then you must instead accept it to prevent bitterness in everyday life.
- We should therefore resign to a greater extent in order to move forward with our de-stressing. It does not happen from day to day, but requires time and maturation - and maybe even forgiveness.

## Smile to the world

So we can not immediately relax when we are strong-willed, because willpower gives physical tension.

But does that mean that when we are serious and strong-willed, then we can no longer be cozy and sociable at the same time?

Yes, we can, because we just have to learn to smile - even through tears!

A smile not only sends a positive message to the outside world but also to our organism not to be stressed.

So it's a win-win situation to smile at the outside world - and oneself.



## Mutual harmony

We all know our daily horoscopes with the 12 zodiac signs and whether you believe in it or not, we often read them and then find, "yes, it suits everyone".

If we now go a little more in depth, then the following characters fit together in the 4 elements:

- Capricorn, bull and virgin (also called the earth signs)
- Cancer, fish and scorpion (also called the water signs)
- Aries, lion and shooter (also called the fire signs)
- Weight, jellyfish and twin (also called the air signs)

### ***Point***

The fact that the signs "fit together" means that they are extremely harmonious in each other's group.

# Mutual harmony between the characters

Men hvordan harmonerer så de enkelte stjernetegn indbyrdes – det er godt nok lidt mere teknisk!

Reglen siger her, at harmonien mellem 2 mennesker er afhængig af det antal grader, deres stjernetegn er forskudt i forhold til hinanden.

$0^\circ$  = samme stjernetegn. Man vil være **harmoniske** i hinandens selskab, men det vil ofte være noget kedsommeligt at blive sammen.

$30^\circ$  = 1 måned. Deres indbyrdes forhold vil være **lidt harmonisk**, men de har ikke fælles venner og bekendte, så det holder ikke i længden.

$60^\circ$  = 2 måneder. Deres indbyrdes forhold vil være **harmonisk**, men det vil i højere grad være som gode venner.

$90^\circ$  = 3 måneder. Deres indbyrdes forhold vil være **særdeles uharmonisk**, og der vil normalt ikke være tale om noget varigt venskab.

$120^\circ$  = 4 måneder. De vil føle sig **særdeles harmoniske** i hinandens selskab og kommunikere fint sammen. Her vil man typisk finde varige partnere. De  $120^\circ$  = 4 måneder er fx jordtegnene indbyrdes, vandtegnene indbyrdes, ildtegnene indbyrdes og lufttegnene indbyrdes.

$150^\circ$  = 5 måneder. Deres indbyrdes forhold vil være **lidt uharmonisk**, og venskaber vil ikke være varige.

$180^\circ$  = et halvt år. Deres indbyrdes forhold vil være **særdeles uharmonisk**. De vil typisk leve som hund og kat med evige skænderier.

## The harmony instinct

The instinct of harmony is so powerful that we cannot ignore it. For many years (as a child, as a young person, but also later as a teacher in Business schools) I have thus been aware of the harmony instinct between people.

In this connection, it should be a great consolation that, for example, the lack of harmony between children and their parents is often not due to bad parents or bad children but is a law of nature that no one can ignore or do anything about.

## Harmony between animals and humans

For many years we have had pets, dogs, cats and later horses. And again, it seems that harmony between animals and humans can also be attributed to the zodiac signs, and the same goes for animals among themselves.

For example, we have made it a good habit to let dogs choose their owner (ie us), so when a dog 'chooses' us, it has typically been reciprocated that we also wanted the dog in question, and therefore we have never been disappointed when choosing dog. They have been faithful and happy for us and it has been reciprocated and we have had fun with them - and still have.

As for cats, they come almost by themselves here in the country, where they mate for a good word, but again we have discovered that the cats that are disharmonious to us "owners" at birth do not thrive with us.

Fortunately, the last couple of cat twins were born in extremely harmonious signs with us, and rarely have we had so much fun with the cats who thrive with us to the fullest in everyday life and come to us in time and out of time to be cuddled and played with ..

# Bullying

Bullying is largely due to the fact that you do not harmonize with each other. Here, people who harmonize with each other typically hold together against people with whom they do not harmonize

But can it be any different at all when the concept of harmony is so entrenched in astrology?

Yes, because once one has understood the mutual harmony in the concept of astrology, and that no one can make sure that they were born at the time and in the sign in which they were once born, then people will recognize and understand that there is no reason to bully people who are born in characters that do not harmonize with themselves.

## ***Point:***

Bullying can be prevented and stopped when people understand and recognize that there is no reason to bully people born in signs that do not harmonize with one's own sign.