

“Find your inner strength”
Tuesday, the 16. XX 2022



Find your inner strength!

Important core points for finding your inner strength



- 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 definite de-stressing, because stress is

- physical tension to no one's benefit and
- humanity's greatest scourge today

The lecture you are now attending goes through important core points for de-stressing in your everyday life and for finding your inner strength.

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 many hardships over time

What is stress?

- We are therefore pleased that you now have our book "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 that 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 to gain extra physical strength, and that is precisely stress. But that is precisely not your inner strength.

Positive stress - nonsense

- So all forms of pressure provide stress, but today there is no longer any physical pressure on civilized people to survive physically. We pick up the essential nutrients and proteins in the shops, 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?
- • mild 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 cannot 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. On the contrary, your inner strength is meant to prevent 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, for stressed people die like flies, and along the way they have neither the quality of life nor the joy of life that is necessary to find its inner strength.

Avoid producing combat hormones...

- Therefore, the trick 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, which leads to your inner strength.

Quality of life and joy of life through the inner strength

So 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 onset 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 what can stress then 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, so it does not cause your inner strength.

'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 trick 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 this, the tone is set: You can never prevent a mental pressure - but you can prevent stress in yourself and thus give you inner strength!
- "Free from stress" shows the way to de-stressing and thus quality of life and joy of life and ... your inner strength.

Pressure causes stress. Is that logical?

So, 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!

Can we then avoid, that pressure causes stress?

Yes, we can, because...

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

Therefore, if you prevent anxiety and anger, you avoid stress and at the same time gain **inner strength**.

Different "types" of anxiety or anger?

The organism does not distinguish between different "types" of anxiety or anger, so for whatever reason it may be...

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

... Physical (physically threatening behavior from the outside world) problems,

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.
- It is the stress that destroys **our inner strength**, so in order to have the inner strength we need to remove the stress or get it under control.

Prevention of stress in everyday life

But can we not prevent stress in everyday life(1/2)?

- 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.

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 control the stress in ourselves, so that pressure bounces off us like "water on a goose" and thus does not destroy our inner strength.

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. The safety chain.
- 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 emotions of anxiety and anger that cause stress and therefore must be eliminated to gain **our inner strength**.

Breathing through the nose

Weaken the stress chain through respiration

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

1. cilia in the trachea prevent dust from entering the lungs
2. the blood vessels of the nose heat 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" because...

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

Normal breathing provides no de-stressing

Normal breathing through the nose thus provides no de-stressing, 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 and it prevents **our inner strength!**

Inhale without tensing your head

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

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

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

Inhalations no longer stress you

The air will still pass the nose on its way down into the lungs, however

- you no longer tighten your head when the breath is drawn in via the diaphragm, so therefore...
- the inhalations will no longer stress you and.

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 in terms of your personal well-being, then, there is a world of stress and de-stressing for difference and thus our inner strength.

It now leads us into **Emotions...**

The importance of emotions for de-stressing

We must 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 and prevent our inner strength,
- Whereas positive emotions strengthen our joy of life and quality of life and give us inner strength.

“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, because then we can not find **our inner strength**.

Then dream instead 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 - to find **our inner strength**.

"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 himself made his dreams come true and thus found his **inner strength!**

Get control of your emotions

Your organism is fortunately set up so that positive emotions drive away negative emotions - but unfortunately also the other way around!

For example, you cannot simultaneously feel...

- cheerful and bitter
- angry and safe
- happy and sad or...
- feel well-being and feel insecurity
- The code words for inner strength are here: fun-loving, safe, happy and feeling well.

The feeling of well-being

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

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

The feeling of well-being is the way forward to get control of your negative emotions and your stress - via breathing in the active stress relief. There you will find your **inner strength**!

Emotions hide in the stomach

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

For example, we have 'butterflies' in the stomach when we are expectant, whereas stressed people typically have a 'knot' in the stomach from 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 learned to know it - via active stress relief.

The feeling of well-being when inhaling

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

And remember, as long as you're breathing, you need the shield!

It was then the feeling of well-being when inhaling

But how can we now take advantage of exhalation to enhance active stress relief and find your inner strength?

Active de-stressing dispels anxiety and anger

If you can prevent the negative feelings of anxiety and anger, you avoid stress that prevents you from finding your inner strength, but how?

⇒ Positive emotions drive away negative emotions, and so does our Active de-stressing...

⇒ So: Active de-stressing dispels anxiety and anger.

Active de-stressing can thus replace depression and life-threatening conditions with quality of life and joy in life.

We must therefore now learn more about **Active de-stressing**.

The breathing rhythm during Active de-stressing

The exhalation during Active de-stressing is still the same as normal, so the breathing rhythm is now the following:

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

We call this type of breathing Active de-stressing, because the de-stressing is constantly 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, so that you find your **inner strength**.

A completely natural form of breathing

Active de-stressing is also a completely natural form of breathing, because it also happens automatically when we sleep.

Now we 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 de-stressing

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

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

In the rest of this lecture, we now go in depth with Active de-stressing to find your **inner strength**.

Active de-stressing reduces pain

All pain is a mixture of physical and mental pain:

- Physical pain causes mental pain (e.g. arthritis pain typically causes worries and headaches) that prevent you from finding your inner strength.
- Mental pain (worries, loneliness, bullying, sadness, stress, etc.) causes tense muscles and thus also physical pain, which also prevents you from finding your inner strength.

Active de-stressing reduces all kinds of pain and thus provides you with inner strength.

Active de-stressing with a clear conscience

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

Guilty

- Most people know the feeling that something is nagging. Maybe you haven't achieved what you were supposed to at work - or maybe the children have been a bit of a low priority lately.
- The bad conscience hits hard and can be difficult to get rid of again, but it is not impossible. It's just a matter of how you approach it.
- A bad conscience is a feeling we are born with and which comes to the surface when we are in a situation that we do not feel good about.
- If you have made an agreement - with yourself or with others - that you have not kept, it will lead to an unpleasant feeling that will make you react, because you will be stressed, and you don't feel good after all with.

A better world

The underlying thought is obviously that we must have a better world, so our organism reacts by giving us a bad conscience when what we do is not good enough.

- It is therefore important to grasp the incident and try to turn it into something better and positive, and when this has happened, the incident will automatically be stored in your subconscious and give you a clear conscience.
- If, for example, you have not complied with an agreement, then you must get to the root of the problem and sort out the situation with the person in question - or possibly with yourself.
- Explain why it was not respected and then get a new agreement, so that the missed agreement can be made good again, and then you will find that your bad conscience disappears - and with it your stress.
- Because when you make agreements and keep them, your brain will reward you with a clear conscience, and this gives you inner strength.

A clear conscience gives peace of mind

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

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



then you will have a clear conscience,



that gives peace of mind,



that relieves you of stress and gives you inner strength

Points:

If you give or do something from a good heart – what feels good to you – without counter-expectations and ulterior motives, then you will have a clear conscience that gives you peace of mind, relieves you of stress and gives you inner strength.

Treat a bad conscience with a dose of common sense

You can also process the conscience with a dose of common sense, so don't turn one feather into five chickens:

- It's easy to do that when you have a guilty conscience, but because you stay an hour or two longer at work once in a while, it's not the same as letting your children down, and they have an unhappy childhood.
- Find peace in the choices you have made and in the fact that there are only 24 hours in a day. If you have spent an extra hour at work and thus an hour less on your family, find the value in it.
- If you feel bad about something you didn't achieve, make it clear to yourself why you didn't achieve it. Few people are lazy, so you've probably spent your time doing something else.
- So find the value in what you did, rather than feeling bad about what you didn't do, because maybe it means you stayed a little extra at work one day, but in return you free up some time for family another day. So make it clear to take your guilty conscience.

Process a guilty conscience with attitudes

You can also often alleviate 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 live up to these attitudes when they are current.

A better world via 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 opinion, to a large extent the good conscience that is needed against the many wars and ills of this stressed world.
- Just think of the many leaders with whom we have to live today in fear and trembling (Trump, Putin, etc.), instead of former leaders (such as Obama, Gorbachev, etc.) who followed their good consciences for the joy of the peoples of the world .
- In the rest of this writing, I will therefore largely concentrate on 'good conscience' as a guide for people's governing.

Erroneous quote: 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 from stress?
- Natural? **Yes**, because anxiety and anger come so naturally to us in everyday life - but otherwise serve no purpose
- Clear stressful situations? **Nonsense!** Do you think better with stress?

Then again: stress prevents you from finding your **inner strength**.

Find yourself... forget yourself

Many people have trouble "finding themselves". They don't know where to look or how to look...

What is meant by "finding oneself"?

Finding yourself has something to do with thriving, feeling good about yourself and your surroundings, not having major personal problems and then having time and desire for other things in life than work, e.g. hobbies, family, etc.

To find oneself is to be engulfed in something!

So it is about being absorbed in something, because then we forget ourselves and thus we find our inner strength.

Unfortunately, not everyone is cut out to have a passion, so instead they have to accept the lot of fate and still make the best of it.

"Forget the chair"

When you sit on a chair, you are only aware of it for the brief moment you pick it up and sit on it. Once you sit there, it is out of your consciousness and you can concentrate on your tasks.

Forget yourself

- Why not do the same with yourself?
- When you have prepared yourself in the morning, you should actually forget about yourself and concentrate on your daily tasks. You will then discover that they can very easily become a passion in everyday life.
- You don't really need to be self-aware during the day, but most people are anyway, but it takes their awareness away from the essential things in their daily life.

Pointe:

Find yourself by forgetting yourself so that you can become absorbed in your tasks and thus find your inner strength.

Clear thinking and concentration

- When we breathe through our 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 destressing, inhalation and exhalation happen imperceptibly and smoothly, and therefore we are not distracted in our thinking and can therefore think clearly and concentrate.
- We can then concentrate on our tasks with immersion, concentration and relaxation in our everyday life and thus find your inner strength.

Clear thinking and concentration (2)

Breathing during active destressing works as follows::

1. Breathe in with the diaphragm all the way down into the stomach
2. exhale with a clear conscience and at the same time relax your head
3. maintain the relaxation in the head 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 think more and more clearly in accordance with your own good conscience.

In the long term, it therefore applies to always maintain a relaxed head, because then breathing will no longer distract you.

Points:

After the exhalation, you must with a clear conscience maintain the achieved relaxation in the head unchanged during the subsequent inhalation, because then you will automatically breathe in with the help of the diaphragm and find your inner strength.

Clear thinking and concentration (3)

Improvement of clear thinking – sit 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 cannot relax / de-stress at the same time.
- If, on the other hand, we are in our own thoughts - regardless of whether we are standing, walking or lying down - we abstract from the outside world, so that it does not cause pressure on one.
- However, it is much easier to sit/be in your own thoughts within the 4 walls of the home than out among other people, where our "chemistry" often does not match.

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 are the pressures in your daily life that give you stress?

Can you prevent pressure - and thus your stress?

- Hardly, you must instead learn to control the stress in yourself, via active stress relief.

Willpower

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

- *After all, we know it from everyday life if we can't get the lid off a canning jar. Then we go 'crazy' and get extra strength, and suddenly the lid is off because the will activates our norepinephrine.*

So our will still activates norepinephrine as a relic from a distant past, but it is not positive in everyday life.

About willpower

That's why things often go wrong when we want to do something as innocent as wanting to make 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, illnesses and pain, so here too we typically tense up - but to no avail, because they cannot be fought purely physically.

So drop willpower - with proper breathing - to find **your inner strength!**

Resign

When we cannot overcome our illnesses and pains with willpower, we must instead accept them by taking an attitude towards them (resignation).

- What's done is done, so accept your situation when it can't be changed anyway, because otherwise the bitterness and anger only worsens our stress.

We should therefore accept our current state to a greater degree in order to find our **inner strength**.

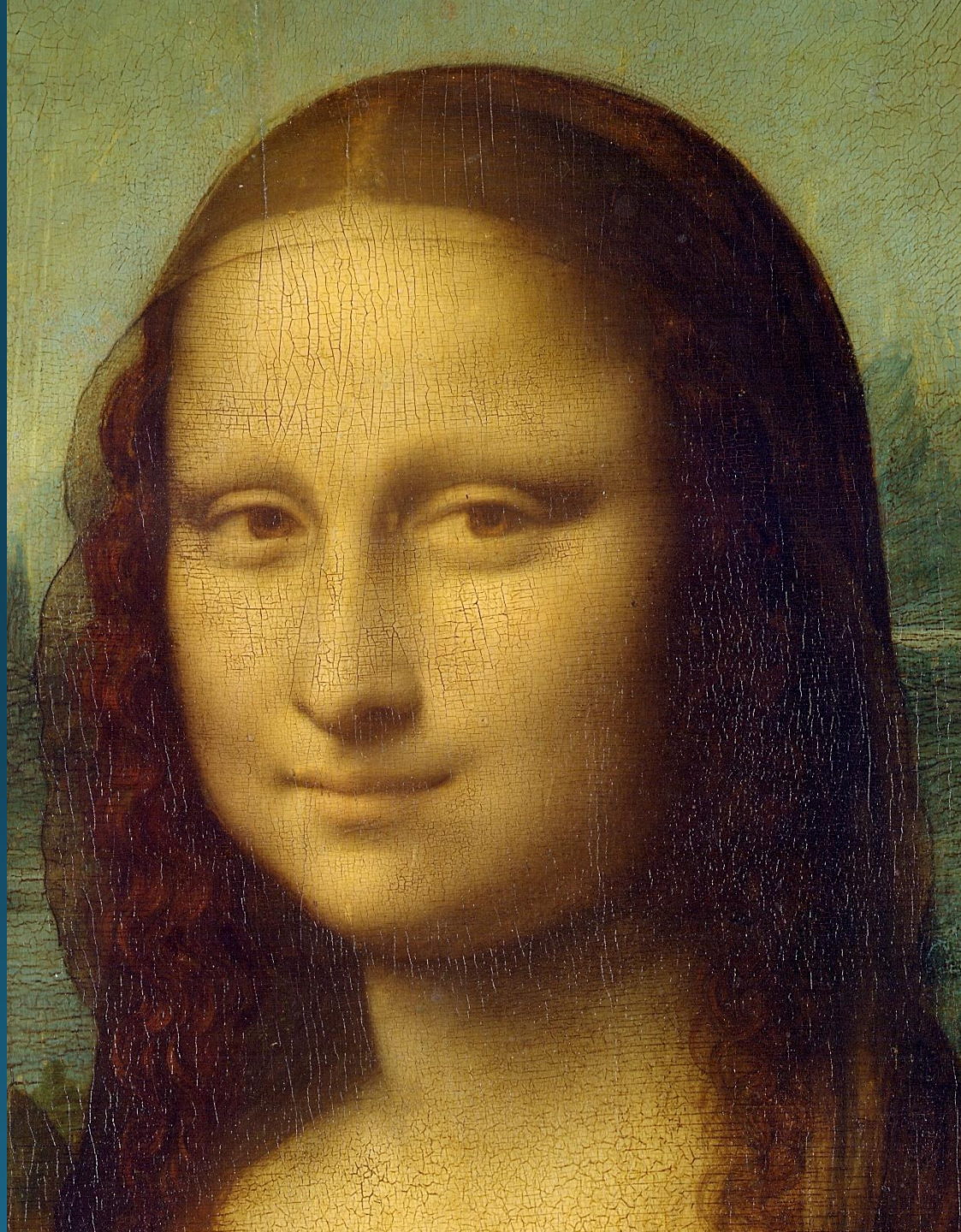
Smile to the world – for your own sake!

Another way to overcome your willpower is to smile!

A smile sends both a positive message to the outside world and also to our own organism not to be stressed.

So it's a win-win situation to smile at the world around you - and avoid being referred to as 'sad' just because you're sad!

Dive into something you enjoy that will put a smile on your face and give you hope.



A relaxed head

Active destressing can also be improved by making sure your head is relaxed at all times.

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

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

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

However, you can benefit from "sitting/being in your own thoughts" and via your good conscience.

An old scrapped car...

The effect of improved active destressing is similar to having an old scrapped car with rust, loose steering, bad brakes, etc., but we only think about the defects if we think about the car.

So if we forget the car, we also forget about its defects.

If you similarly forget yourself (via a relaxed head), then you also forget about your worries and annoyances.

*NB. "Forgetting" must be understood as meaning that you don't think about it and then you have the energy to find **your inner strength**.*

To "sit" in one's own thoughts

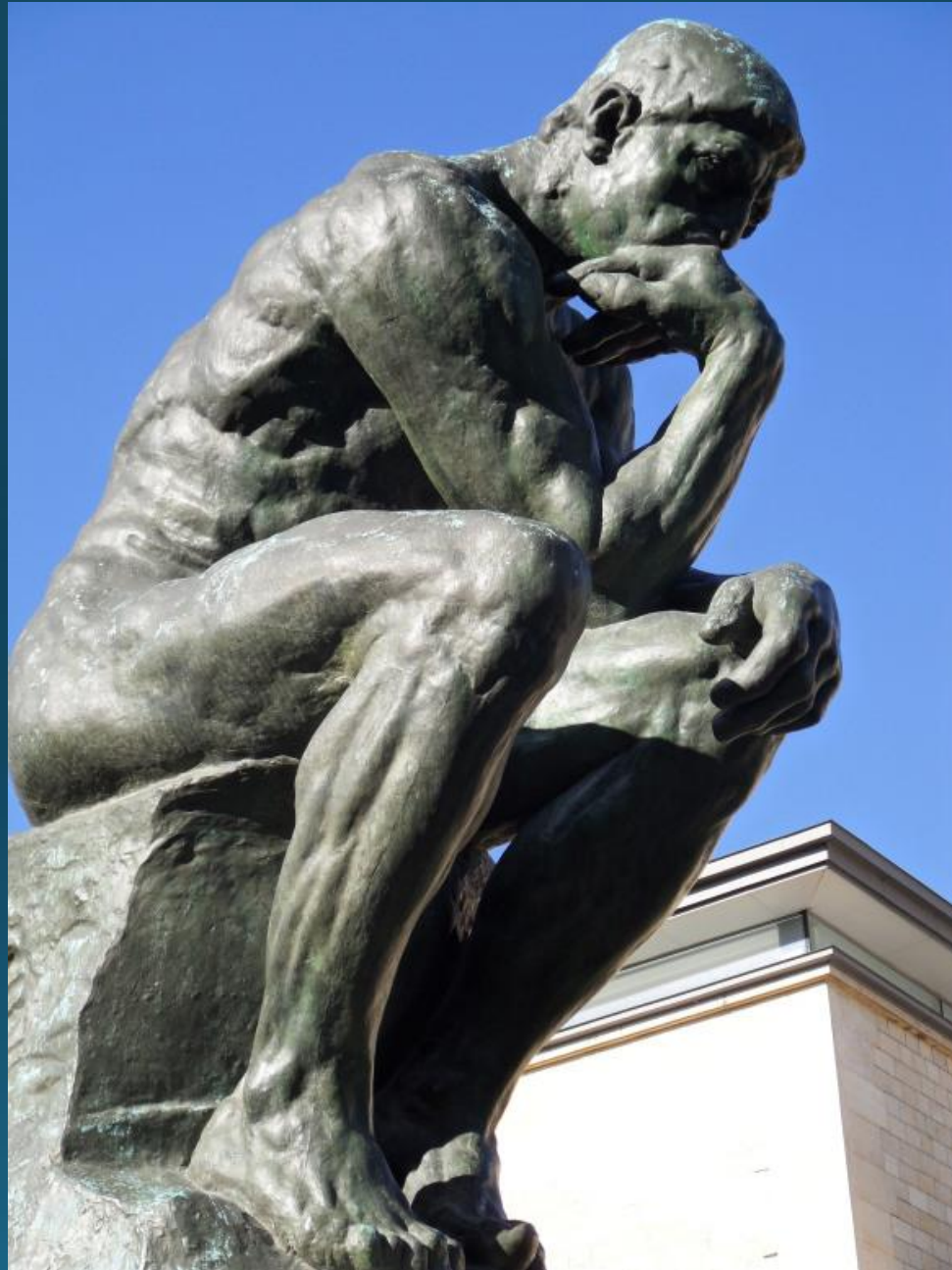
Now, "sitting" in your own thoughts should not be taken too literally - you don't have to sit down.

It's about being in your own thoughts, and that regardless of whether you stand and discuss, go for a walk or maybe even lie down and rest.

Sitting in one's own thoughts simply means being able to abstract from the distracting outside world.

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

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



Never doubt the effect of active destressing

You can be excited in 2 ways – positive or negative:

1. We are positively excited when we are expectant.
2. We are negatively excited when we are worried

But never doubt the positive effect of the active de-stressing necessary to remain hopeful, which in turn is a prerequisite for finding your **inner strength**.

Passive stress relief

You use Active stress relief to forget yourself in everyday life, so you can concentrate on your tasks.

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

For this, we use a more passive form of stress relief.

Søvn og hvile – så vær ligeglad!

If we are very tired and don't have 'stupid' thoughts or pain, we can easily sleep, because then we don't care.

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

On the other hand, we don't care when we have pain, worries, annoyances or stress, because it makes us aware, and...

... it prevents the subconscious from taking over so that we cannot sleep or rest. And again, it's a problem to find your inner strength.

Wait to inhale as long as possible after exhaling

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

- *Afraid of fainting in the process due to lack of oxygen?*
- *You shouldn't be, because the organism will probably make sure that you breathe in again if you are about to have a lack of oxygen, so that never happens.*

Relaxation of the body → relaxation of the head

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

When you use active destressing and breathe out with a sigh of relief, the muscles relax because a sigh of relief is perceived by the organism as the "fight" being over.

Then it doesn't produce combat hormones, and therefore we don't think negative thoughts either, and then we fall asleep more easily and gather strength for your **inner strength**.

Think positive past!

You can also think of something positive from "before today" - e.g. a holiday, a trip to the beach, a recent positive experience or just something that has ended.

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

NB. But stop thinking in time, because otherwise consciousness keeps you awake and then you cannot find your inner strength at the same time.

The counting method

You can also use the 'counting method'.

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

The idea is that...

- the counting method probably makes you a little more aware – and thus you run the risk of staying awake, but
- yet the counting is so conveniently easy and indifferent that it does not make you particularly conscious

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

To feel unworthy

You can also fall asleep by feeling unpleasant - and thus without will. (cf. lack of willpower!)

'Ungood' probably gives many people a bad taste in their mouths, but we are not talking about unkindness in general, but only when we have to sleep or rest, and it is of course perfectly acceptable when we are only responsible to ourselves.

- *We know it when we lie in a hot bath or bask in the sun, because then we also become naughty, and no one has a bad conscience about that.*
- *And strangely enough, inadequacy also gives the spark to gain your inner strength.*

The will to survive

Our will is mental, yet it activates the combat hormone norepinephrine, similar to getting angry to win a physical fight.

That's why things often go wrong when we want something as innocent as wanting to make something. Then we typically tense our muscles and therefore get tense and sore shoulders and a tense head, which counteracts a pleasant relaxation.

We also want to fight worries, annoyances, illnesses and pain, so here too we typically tense up - but in vain, because they cannot be fought purely physically.

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 being sad and bitter about it.

When we cannot overcome our ills by will (strength), then we must instead accept them by taking an attitude towards them.

- By an attitude, we mean that what happened has happened, and when you therefore cannot immediately change your situation, you must instead accept it in order to prevent bitterness in everyday life.
- We should therefore resign ourselves to a greater degree in order to move forward with our de-stressing and find your inner strength. It doesn't happen overnight, but requires time and maturation – and maybe even forgiveness.

Smile to the world

So we cannot immediately relax when we are strong-willed, because willpower causes physical tension.

But does that mean that when we are serious and strong-willed, we can no longer be pleasant 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 yourself. So we cannot immediately relax when we are strong-willed, because willpower causes physical tension.

Mutual harmony

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

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

- Capricorn, Taurus and Virgo (also called the earth signs)
- Cancer, Pisces and Scorpio (also called the water signs)
- Aries, Leo and Sagittarius (also called the fire signs)
- Libra, Aquarius and Gemini (also called the air signs)

Pointe

That the signs "fit together" means that they are particularly harmonious in each other's group.

Mutual harmony between the signs

But how do the individual zodiac signs harmonize with each other - that's probably a bit more technical!

The rule says here that the harmony between 2 people is dependent on the number of degrees their zodiac sign is offset in relation to each other.

0° = same zodiac sign. You will be harmonious in each other's company, but it will often be somewhat boring to stay together.

30° = 1 month. Their mutual relationship will be somewhat harmonious, but they do not have mutual friends and acquaintances, so it will not last in the long run.

60° = 2 months. Their mutual relationship will be harmonious, but it will be more like good friends.

90° = 3 months. Their mutual relationship will be extremely disharmonious, and there will usually not be any lasting friendship.

120° = 4 months. They will feel extremely harmonious in each other's company and communicate well together. Here you will typically find lasting partners. The 120° = 4 months are, for example, the earth signs among themselves, the water signs among themselves, the fire signs among themselves and the air signs among themselves.

150° = 5 months. Their mutual relationship will be somewhat disharmonious and friendships will not last.

180° = half a year. Their mutual relationship will be extremely disharmonious. They will typically live like dog and cat with eternal arguments, and there will never be anything harmonious in the relationship.

The harmony instinct

The harmony instinct is so powerful that we cannot ignore it.

- For many years (as a child, as a young person, but also later as a teacher at business colleges and business schools) I have thus been aware of the harmony instinct between the students and warned them against disharmonious groups, which were then typically split into (smaller) but harmonious groups.
- 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 natural law that no one can ignore or do anything about.

Harmony between animals and humans

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

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

With regard to 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 who are inharmonious to us "owners" at birth do not thrive with us.

Fortunately, the last pair of cat twins were born in particularly harmonious signs with us, and rarely have we had such fun with the cats, who thrive with us to the fullest in everyday life and come to us now and then to be petted and played with with.

Bullying

Bullying is largely due to people not harmonizing with each other.

Here, people who harmonize with each other typically stick together against people with whom they do not harmonize, but this does not give inner strength, on the contrary.

But can it possibly be any different when the concept of harmony is so firmly established in astrology? Yes, both and!

Because once you have understood the mutual harmony in the concept of astrology, and that no one can do 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 need to bully people born in signs that don't harmonize with one's own sign. Instead, you have to show magnanimity.

Points:

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.