

Seven Effective Methods to Release Your Stress

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Accelerated Healing Solutions

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Part I - Methods to Release Your Stress

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What is Stress?

Most people have an idea of what Stress is by how it makes them feel, (i.e., tired, anxious, overwhelmed, fearful at times, etc.) but few can define it clearly.

This is probably because we all have different reactions to stressors in our life; where some seem to “freak out” about a particular situation; others appear relatively unaffected by that same situation. One person may do really well taking a math test without much stress at all while another person may get really stressed over the same test.

Most people think of Stress as something that comes from outside of them, from their environment somehow. We say things like, “work is stressing me out”, “my kids are stressing me out”, or “my boss is stressing me out”, etc.

We think that the other person or thing outside of us has to change for us not to get stressed.

Is this true? In reality it is the opposite.

Richard Lazarus, a psychologist in the 1960's, defined **Stress** as: **“a condition or feeling experienced when a person perceives that demands (of a particular situation) exceed the personal and social resources the individual is able to mobilize.”**

Therefore, Stress occurs within us whenever we think we don't have what it takes to meet the requirements or expectations of something that is being asked of us or we are asking of ourselves.

So, we get “stressed out” when our insecurities or feelings of limitation make us think we can't handle certain situations.

Most people don't realize how much damage Stress can cause internally if gone unchecked. Stress either creates or exacerbates our dysfunctional thoughts/beliefs, feelings and behaviors (i.e., **mental/emotional issues such as anxiety, depression, anger, physical issues such as heart problems, chronic illness, and even early death, and avoidant behaviors such as drinking, drugging, overeating, smoking, etc.**). For more info on these issues go to “The Many Faces of Stress” on pg. 7 of this ebook or go to:

www.acceleratedhealingsolutions.com/the-many-faces-of-stress

Symptoms of Stress

Below you will find a number of symptoms of Stress. It is by no means an all-inclusive list so if you can't find your symptoms on this list and want to explore more stress symptoms go to:

<https://www.acceleratedhealingsolutions.com/symptoms-of-stress>

Some common psychological effects of stress are:

- irritability
- resentment
- feeling of powerlessness
- low self-esteem/low self-worth
- lack of interest in activities
- mood swings
- anxiety
- depression
- panic attacks
- frequent blushing, sweating
- cold or sweaty hands, feet
- dry mouth, problems swallowing
- frequent colds, infections,
- rashes, itching, hives,
- "goose bumps"

Cognitive signs of stress:

- mental slowness
- confusion
- memory issues
- general negative attitudes or thoughts
- constant worry
- your mind races at times
- difficulty concentrating

Emotional signs of stress:

- irritation
- no sense of humor
- frustration
- over-excitability
- feeling overworked
- feeling overwhelmed
- sense of helplessness
- apathy
- forgetfulness

Some Behavioral signs of stress include:

- decreased contact with family and friends
- poor work relations
- sense of loneliness
- decreased sex drive
- avoiding others/others avoid you because you're cranky

What Causes Stress?

Stress is in the “Eye” of the Beholder

As we have just seen, it is the observer’s own individual insecurities and feelings of limitation that cause Stress to occur within that individual because their perception is that “the demands of a particular situation exceed their personal and social resources that they are able to mobilize.”

So, to take it to another level, what causes our individual insecurities and thoughts/feelings of limitation? What is it that determines our thinking of whether or not we have the “personal and social resources” that we need to fulfill the demands of a particular situation?

Here’s the breakdown:

The Cognitive Behavioral (C.B.T.) equation for Behavior is:

Our Thoughts/Beliefs = Our Feelings = Our Behavior

Positive thoughts/beliefs = positive feelings = positive behavior

Negative thoughts/beliefs = negative feelings = negative behavior

Therefore, our Thoughts/Beliefs = Our Reality!

And:

Positive thoughts/beliefs come from positive experiences in life

(If we have positive thoughts and beliefs we are more confident, trusting, have better relationships, and do better in life in general)

Negative thoughts/beliefs come from negative experiences in life

(If we have negative thoughts and beliefs we are less confident and have more insecurities, feel we have more limitations, are less trusting, have less satisfying relationships, and do poorer in life in general)

Our adverse life experiences are the root cause of our negative thoughts and beliefs causing our insecurities and feelings of limitation and, thus, our own individual Stress.

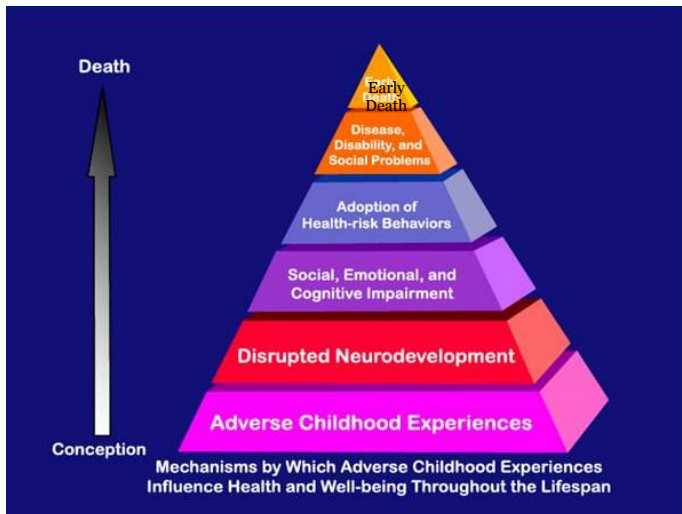
What Causes Stress? (continued)

The Adverse Childhood Experiences (ACEs) Study

ACEs is a groundbreaking public health study being conducted by the CDC and Kaiser Permanente over the last 20 years. It's discovered that childhood trauma leads to the adult onset of numerous types of dysfunction, contributing to most of our major chronic health, mental health, economic health, social health and criminal justice issues, including anxiety, depression and other mental illness, violence and being a victim of violence, chronic illness and disease, and even early death, etc.

Adverse Childhood Experiences are also responsible for a big chunk of workplace absenteeism, and for rising costs in health care, emergency response, mental health and criminal justice.

What's particularly startling is that the 17,000 ACE Study participants are not from a lower class background as one might expect. They are mostly white, middle and upper-middle class, college-educated, and all had jobs and great health care (they are all members of the Kaiser Permanente Corporation and will remain participants of this study until their deaths).



For more info on ACEs, go to:

www.brainspotting specialist.com/adverse-childhood-experiences

The Stress Response

(Also called, "The Fight or Flight Response")

The "Fight or Flight" response is an inborn genetic, "pre-wired" response which helps us to protect ourselves from dangerous situations. The fight/flight response is one of survival. The surge of adrenalin gives us the strength we need to either run away from the danger, or stand our ground and fight off the danger.

This Stress Response is initiated any time we **perceive** danger. This system most likely evolved because of dangers ages ago like the saber tooth tiger. And, yes, there are still external dangers that can do us bodily harm but these days most of our stress, especially chronic stress, is caused by our perceived pressures/danger in our relationships with our bosses, our kids, our partners in life, etc. **Today, our stress is caused by anything that threatens us because we don't think we can handle it.**



Fight – symptoms are: hands in fists, desire to punch, tight jaw, grinding teeth, feelings of anger/rage, homicidal or suicidal feelings, knotted stomach, nausea, burning stomach, etc.

Flight – symptoms: restless legs/feet, numbness in legs, anxiety/shallow breathing, fidgety, feeling trapped, tense, one activity after the other, excessive exercise, etc.

By itself, this response is normal, healthy, and adaptive. **It is when the "fight/flight" response occurs too frequently or is greatly prolonged that we begin to experience the negative effects of stress.** Prolonged stress responses result in chronic suppression of the immune system and leave us open to further illness, disease and early death.

And, as much as our Fight or Flight Response is a good thing in that it has helped us survive over the ages and alerts us to various dangers in our life, **it also becomes a conditioned response to avoid or run away from all those things that we get stressed out from and don't think we can handle.** It makes it so we don't deal with those issues causing our stress/distress because they contain negative feelings that are equated with danger (pain) from past negative experiences so we suppress these memories and feelings. But, in doing so, we increase our dysfunctional thoughts/beliefs, feelings and acting-out behaviors.

The Many “Faces” of Stress

There are many ways that Stress can show up in people’s lives. I call these “The Many Faces of Stress”. Here is a list of a few:

Mental/Emotional issues caused or exacerbated by Stress:

- Anxiety
- Worry
- Fears
- Phobias,
- Panic Attacks
- Depression
- Anger/Rage
- Guilt
- Shame
- Etc., etc.

Some Physical issues related to Stress:

- Heart attacks
- High blood pressure
- Arrhythmia
- Stroke
- Ulcers
- Diabetes
- Irritable Bowel Syn.
- Obesity
- Asthma
- TMJ
- Joint pain
- Arthritis
- Accelerated Aging
- Gastritis
- Constipation
- Headaches, etc., etc.

Stress can also cause or exacerbate physical pain, chronic illness and disease, and early death.

Relationship and Self-Esteem issues:

Stress can be a result of Low Self-Esteem which affects our:

- love relationships
- relationships in the workplace
- relationships with our families
- relationships with our friends

Financial issues:

Stress is the major determinant in what kind of job we feel we can handle and how much money we are worthy of making, etc.

One’s General Well-Being:

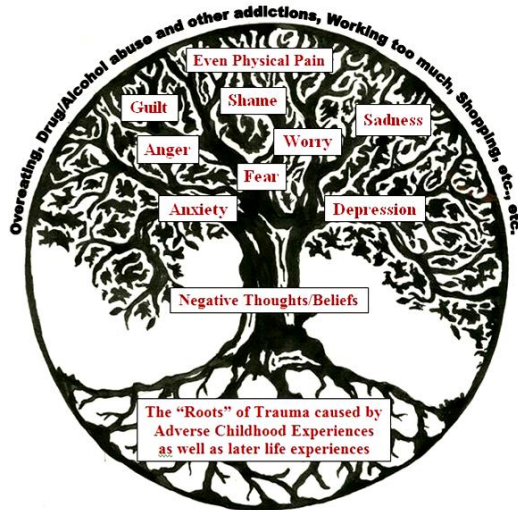
Bottom line, Stress negatively affects every area of our lives and our general sense of well-being in the world.

The Effects of Stress

This tree represents how the amount of trauma or stress we experience in our earlier lives greatly influences & creates the “roots” of our emotional/behavioral foundation for the rest of our lives. From our stressful experiences come our negative thoughts, and beliefs about ourselves.

These negative beliefs branch out and create our negative feelings

causing our anxiety, depression, fear, anger/rage, even some of our physical pain, etc. The Leaves of the tree represent our dysfunctional behaviors, (i.e., overeating, drug/alcohol abuse, working or shopping too much, being a Perfectionist, a People Pleaser, etc., to mention only a few) which are attempts to cover up or avoid our negative feelings.



Stress/Trauma Tree



How We Deal with Stress

Different people deal with their stress in different ways. Below are listed some common dysfunctional and unhealthy ways that people deal with their Stress.

Acting-Out/Avoidant Behaviors & Life Coping Styles related to Stress:

- Overeating – Weight problems,
- Substance Abuse/Addiction problems (i.e., drugs/alcohol, smoking, food, sugar, caffeine, etc.)
- Procrastination
- People Pleasing
- Perfectionism
- Denial and other defense mechanisms
- Workaholism (or any other “ism”)
- Marital Affairs
- Promiscuity
- Acting-out in school/work
- Gambling
- Shop ‘til you Drop
- Self-sabotaging behaviours, to name a few

As you might think there are more functional ways to deal with your stress. **To Relieve your Stress** go to page 11 of this ebook and you will find a short list of some very effective traditional, healthy ways to Relieve Stress. These methods are good to Relieve Stress **but they are only temporary** and you have to keep repeating them to continually benefit from them.

Want more than temporary Relief? Pages 12-22 discuss some very healthy and effective methods to release the root causes of your Stress so you can have more resilience in those situations you are currently experiencing Stress.

For more info on how to reduce and Release the above behaviors listed, go to my website to see how I will help you. Go to:

www.acceleratedhealingsolutions.com/how-i-will-help-you

Current Professional Help to Relieve Stress

Current, traditional ways of dealing with our stress is by “**coping with**” or “**managing**” the Stress in our lives.

Medication - the biggest “weapon” in the arsenal of “managing” your Stress only addresses symptoms of stress-related conditions

- **temporarily** relieves the symptoms of stress-related conditions
- you have to keep taking it in order to get continued relief.
- **Does not address or release the root causes of your Stress.**
Therefore, you have to take medication the rest of your life.

Talk Therapy is good because talking:

- can temporarily relieve stress just by talking about the situation
- good for those who have not talked about their problems before
- helps to bring the unconscious into the conscious
- builds a therapeutic alliance between client and therapist
- tends to be more effective with those who rely on using intellectualization to figure things out **versus those who are more overwhelmed by their emotions.**

Talk Therapy is not good because:

- even though talking can be helpful identifying the cause of your stress, it cannot release the root causes of your stress
- talking cannot access the deeper parts of the brain where the traumatic memories and feelings get stuck **and, therefore, is unable to resolve the bigger, deeper, more pervasive traumas we’ve experienced in our lives which cause some of the more dysfunctional parts of ourselves.**

The Alternative Methods I use Release the traumatic thoughts and feelings in the deeper parts of the brain that are the root causes of your mental, emotional and behavioral problems.

For more information on how these methods can help you, go to:

www.acceleratedhealingsolutions.com/how-i-will-help-you

Some Traditional Methods to Relieve Stress

The current paradigm for working with Stress is to get relief from it as often as you can. It should be noted that as effective as these methods are in the short term, the positive effect is temporary and to get continual relief from Stress over time, one has to repeat these practices in order to get relief on a regular basis. Some more effective ways to get Stress relief are:

Exercise –

One of the most important methods of Relieving Stress is physical exercise. Exercise is one of the best things we can do for ourselves on many levels besides relieving stress because it helps to improve the functioning of just about every part of the body. And, exercise is probably the most productive in helping to reduce stress, no matter what form it takes. Exercise is good for the body and mind on many levels. It improves respiratory and circulatory systems, helps brain health and memory, reduces stress and anxiety, increases energy levels, etc.



Breathing Techniques –

Breathing exercises slow the heart rate, reduce anxiety, increase energy levels, lowers blood pressure, relaxes muscles, endorphins are released and make you feel better, etc.



Meditation –



Meditation is another very productive tool when counteracting stress. It reduces stress and anxiety, can improve sleep, is very helpful to the brain and can improve memory, can improve your moods, reduces risk of heart disease and stroke, etc.

Progressive Muscle Relaxation technique -

A very thorough relaxation technique. For how to do it go to:

<https://www.anxietybc.com/sites/default/files/MuscleRelaxation.pdf>

Releasing Stress versus Relieving Stress

Most people equate Relieving stress with Releasing stress. The two expressions are synonymous in our culture. When I talk about these two concepts I see them as having a distinct difference. To “relieve” means to reduce, alleviate, soothe, ease, lessen, diminish, to make less serious, to cause to become less severe. **To relieve** is a temporary fix and you have to continue relieving stress over time to achieve the same benefits. **To release means to set free, to let go of once and for all.**

Up to this point in time our culture has been focused on how to temporarily relieve stress and not on being free of stress once and for all. Perhaps this is because **we have not known how to Release Stress once and for all until now.**

To explain what I mean we have to briefly revisit the definition of Stress (please see [pg.3](#) of this ebook). Our Stress is created because of our insecurities and our thoughts and feelings of limitation related to how much we think we can handle when confronted with a task or situation. These insecurities and feelings of limitation come from the conditioning of our negative life experiences, especially our negative childhood experiences. So, in essence, our insecurities and feelings of limitations were given to us by our environment as we were growing up.

Since they were “given” to us they can also then be Released. They are not who we truly are. They are things that have been added on since our birth. And they can be taken away again.

Throughout our lives, we experience events which can cause significant mental and emotional distress. It can be a single isolated experience or can occur as a series of events. Either way, these events are traumatic and can leave us with feelings of anxiety, worry, fear, panic, depression, anger, etc.

Typically, we aren't even aware that these adverse experiences from our past are affecting us negatively and causing dysfunction in our lives on a daily basis. We can spend years talking about the feelings we're experiencing and trying to figure out logically where they have come from. We might even develop ways to live with, "cope with" or "manage" these feelings.

Our traumatic memories are accompanied by negative feelings caused by our adverse life experiences. For whatever reason, they get "stuck" in the deeper parts of our brains and are typically out of reach of the conscious mind and its cognitive and language capacity. That is why **this kind of deep processing cannot be accomplished by traditional talk therapy.**

An example of a single isolated experience is when a person who experienced a car accident years ago continues to be affected in the present, being highly anxious while driving now.

And, a real personal example of more complex mental/emotional conditioning from my childhood that has influenced me throughout my life is my once held belief that I was stupid. The incredible irony is that I started developing this belief (or the belief became much more entrenched) when my parents were told by my 6th grade teacher that I was going into the 7th grade honors program.

You would think it was a good thing, but, coming from a blue collar family and neighborhood, each one of my family members got intimidated by it in their own way and started conditioning me in one way or another to make me think I was stupid.

Even though I was the first in my family to go to college, it took me four colleges and more than 20 years to get my bachelor's degree (at 40 years old). A good ending to this part of the story is that I graduated from my fourth college with honors and got into the "Who's Who of American Colleges and Universities". I was

also one of 30 students out of 700 applicants to be accepted into the Columbia University Social Work School advanced standing program and graduated at 41 years old.

So, even though I was obviously not stupid I eventually became convinced that I was. Strange? Not really. That's what trauma does. It causes negative conditioning that is not true and that then makes us believe we are something we are not. And all of our negative thoughts and beliefs are exactly that, thoughts and beliefs that are not true, just results of some kind of trauma, be it big trauma or little trauma. (For more information on how trauma effects us in life, please refer to pg.8 of this ebook, "The Effects of Stress", and the ACEs Study on pg.6 or go to:

<https://www.brainspotting.com/adverse-childhood-experiences>).



When I realized intellectually that I wasn't stupid because of the scenario I just explained, I started questioning why did I feel so stupid when, intellectually I knew I couldn't be if I was accepted in honors way back then. In my search to heal myself of this malady I started to find alternative therapy methods that could actually Release my thoughts, feelings and belief that I was stupid. And now that I know these methods I am able to help others Release the negative thoughts, beliefs and feelings that are causing Stress and dysfunction in their lives.

So when I say you're going to be able to release your Stress, I'm talking about using the releasing methods I'm going to introduce to you now. These methods will enable you to work on and Release those issues (the insecurities and feelings of limitation) that are causing you to be "stressed out". When you work on this issue until it releases, it will simply not exist anymore and you will no longer be stressed out by it.

This is why the 7 following effective methods are so important for our mental, emotional and physical health.

Effective Methods to Release Your Stress

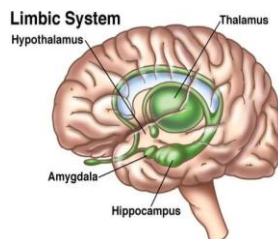
As you can see on pg. 8 of this ebook, the Stress/Trauma Tree illustrates how the memories from our adverse life experiences, mostly from our childhoods, are the roots of our Stress, no matter what form it takes (i.e., anxiety, worry, fear, panic, depression, anger, guilt, shame, even physical pain, etc.).

The Adverse Childhood Experiences study (ACEs) (page 6) goes much further and shows that every aspect of a person's life is negatively influenced by their adverse experiences in life, including mental and emotional functioning, relationships, financial standing, job placement, and physical issues (such as heart problems, chronic illness and disease and even early death). For more info on go to:

<https://www.brainspottingsspecialist.com/adverse-childhood-experiences>

Why Traditional Talk Therapy is not Enough

These traumatic memories are stored in the deeper parts of the brain (i.e., the amygdala, being responsible for survival instincts, memory, emotions, moods, and other functions related to depression and anxiety and the hippocampus which is mainly associated with long-term memory).



Because these traumatic memories and feelings are stored in the deeper parts of the brain, **they cannot be accessed by talk therapy or traditional methods.** Therefore, more advanced methods have to be used to actually Release your Stress.

The methods I am about to describe will access your traumatic memories and allow your brain to process and Release the material that is causing your mental and emotional dysfunction.

It has been my experience that once the disturbing memories (along with any “extra-charge” of emotion connected to the memories) are released, so too are the issue(s) that the client initially came in with to work on. Length of treatment depends on the level of intensity and duration of the disturbing event/events the client experienced.

Bilateral Stimulation

Bilateral Stimulation (BLS) simply means stimulation of both sides, as in both sides of the brain in this case. It is thought to improve the brain's communication between the hemispheres and is used to activate or awaken the whole brain.

Bilateral Stimulation is a core element of E.M.D.R. (Eye Movement Desensitization and Reprocessing) which is a therapy that is very effective in releasing traumatic memories and feelings. It has also been discovered that it can be very effective as a relaxation tool as well as a positive reinforcement/enhancement tool.



As we have already seen on page 5 of this ebook, “The Causes of Stress”, **all negative thoughts, beliefs, feelings and dysfunctional behaviors come from some sort of negative experience or trauma** in our lives. Bilateral stimulation Releases the traumatic memories as well as the negative thoughts, beliefs, feelings and dysfunctional behaviors created by that trauma or adverse experience.

This process, in turn, releases your anxiety, worry, fear, panic, anger/rage, depression, and, even, physical pain, etc.

There are three main purposes of bilateral stimulation:

- It can relax the brain thereby reducing anxiety, etc.
- It can bring up and Release traumatic material stored in the deeper parts of the brain, and
- It can also enhance positive thoughts and feelings

Different ways to activate the bilateral stimulation are:

- Tactile – clickers, Butterfly Hug or other way of body tapping
- Audio – listening to a bilateral recording of various sounds
- Visual – by following a pointer, finger or light machine

Bilateral Stimulation Relaxation mp3s are For Sale at:

<https://www.acceleratedhealingsolutions.com/bilateral-stimulation-relaxation>

Brainspotting

Brainspotting is an incredibly effective form of psychotherapy that can access the deeper parts of the brain where our traumatic memories are stored. It is a tool to not only locate where these traumatic memories are held in the brain but it also processes and releases the traumatic memories and negative feelings caused by our adverse life experiences. This is a process that cannot be accomplished by talk therapy.



For instance, a person who was in a bad car accident years ago has resulted in their being highly anxious while driving now. Brainspotting gains access to the roots of this traumatic memory and the thoughts and negative feelings associated with the accident. Bilateral Stimulation releases the traumatic material that is causing the present day anxiety in relation to driving thus allowing the driver to return to their normal state of driving prior to the accident, allowing the driver to be calmer while driving.

By releasing our traumatic memories we also release the negative feelings connected with those traumatic memories (i.e., anxiety, worry, fear, panic attacks, phobias, depression, anger/rage, guilt, shame, and, even, physical pain, etc.).

With Brainspotting you can also work on your deepest core issues with minimal discomfort, thanks to the incredibly simple techniques this system employs to quickly and easily activate the parasympathetic nervous system (that part of us that makes us relax, even in the midst of intense stress).

Some Conditions Brainspotting Can Help You Let Go of are:

- Anxiety/Panic Attacks
- Worrying/Stress
- Anger/Rage problems
- Depression issues
- Fears and Phobias
- physical, sexual or emotional abuse/trauma
- pain
- Sadness, Guilt, Shame
- And much, much more (unlimited possibilities)

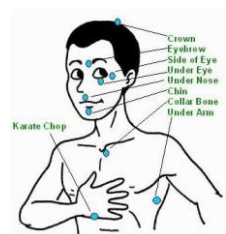
For more information, please go to: <https://brainspotting.com/> and <https://www.brainspottingsspecialist.com/what-is-brainspotting>

E.F.T.

(Emotional Freedom Technique)

Emotional Freedom Techniques (E.F.T.) is a safe, non-invasive, subtle, yet powerful approach that has people tap on certain acupressure points on the upper body to help live their lives in greater balance. It is a tool that is used in psychology and related fields for enhancing performance and reducing stress. It is very useful for reducing fear, worry, anxiety, anger, depression, guilt, and, even, physical pain, etc.

E.F.T. relieves symptoms by an unusual routine of tapping with the finger-tips on a series of points on the upper body that correspond to acupuncture points in the energy meridians. Where there is an imbalance, there is a corresponding blockage in the flow of energy through the meridian system.



The tapping serves to release blockages that are created when a person thinks about or become involved in an emotionally disturbing situation. When the blockage is released, the emotions come into balance. Once balanced, the person no longer is upset about the situation. The memory remains but the emotional "extra charge" is gone for good.

E.F.T. can help resolve the following problems:

- Stress and Anxiety
- Depression
- Anger
- Fears and Phobias
- Self-doubt,
- Negative thoughts,
- Beliefs & feelings
- Insomnia
- Guilt issues
- Physical Pain
- Grief issues
- General confusion in your life,
- And much more

For more information, go to:

<https://www.emofree.com/eft-tutorial/tapping-basics/what-is-eft.html>

W.H.E.E. Therapy

(Wholistic Hybrid of E.M.D.R. and E.F.T.)

W.H.E.E. Therapy takes the bilateral stimulation from E.M.D.R. (Eye Movement Desensitization & Reprocessing) and combines it together with the positive affirmation style of E.F.T. (Emotional Freedom Techniques) to very quickly and efficiently remove the negative emotions blocking one's happiness in life.

W.H.E.E. is very quick and easy to learn because it is so simple.

W.H.E.E. is the fastest, easiest, and most effective of the many meridian based therapies,

W.H.E.E. is a method of self-healing that helps release physical pain and emotional suffering.

W.H.E.E. is very rapid in its effectiveness, enabling you to clear away buried emotional pains that you carry around with you from hurtful experiences.

W.H.E.E. relieves pains of tension headaches, migraines, arthritis, backaches, arthritis, irritable bowel syndrome, post-surgical and post-injury pains, fibromyalgia, cancer and more.

W.H.E.E. can speed recovery from injuries, operations, and illnesses, and enhance relationships, sports and job performance.

YouTube videos that show different versions of W.H.E.E.

For Pain Release:

- <http://www.youtube.com/watch?v=aHuJkzkBARw>

For positive self talk:

- <http://www.youtube.com/user/PositiveSelfTalk>

For Forgiveness:

- <http://www.youtube.com/watch?v=tOMHrfuKdKs>

Ask and Receive

Ask & Receive is an exciting new health discovery that uses the power of your unlimited being to allow you to ask for what you want in your life and have it! People are using this simple process to ask for changes in every part of their lives; greater health, less pain, releasing trauma, more joy, greater flexibility, better relationships, peace. People are asking for and receiving all of these things and many more.



Ask and Receive Concepts

- Higher States of our consciousness always have the answers.
- They always have a bigger picture – a higher perspective.
- We do not always have access to this information.
- Ask and Receive gives us a way to directly gain access to higher states of knowledge.
- Ask and Receive uses the power of the word.
- Trauma creates limiting beliefs that continue to run our lives.
- Ask & Receive unhooks past traumas from current reality.

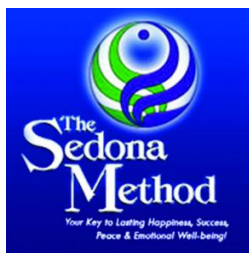
(For more information, please go to www.askandreceive.org.)

Here is an example of a simple Ask and Receive 5 part statement to install something positive. Try it, see what you think.

1. There is a part of my being that already knows _____
(insert a positive, supportive statement here like “how to be calm”)
2. And that part of my being is willing to inform the rest of me now
3. It’s doing so now with grace and ease
4. My mind, body, and spirit are receiving this information
5. Information transfer is now complete

(For more information, please go to www.askandreceive.org.)

The Sedona Method



The Sedona Method is a releasing technique that was created by Lester Levenson to restore himself back to health in the 1950's. Lester was actually given 6 months to live because of a bad heart along with multiple other physical problems. He was so unhealthy, in fact, that after having his second coronary, his doctors sent him home to his Central Park South penthouse apartment in New York City to die.

Not wanting to give up, Lester found what was the ultimate tool for personal growth—a way of letting go of all inner limitations. He was so excited by his discovery that he used it intensively for a period of three months. By the end of that period, his body became totally healthy again and he lived until 1994 without any more health problems.

As it says on The Sedona Method's website:

“The Sedona Method is a unique, simple, powerful, easy-to-learn and duplicate technique that shows you how to uncover your natural ability to let go of any painful or unwanted feeling in the moment.”

<https://www.sedona.com/Home.asp>

The Sedona Method is a [series of questions](#) you ask yourself that lead your awareness to what you are feeling in the moment and gently guide you into the experience of letting go.

<https://www.sedona.com/What-Is-The-Sedona-Method.asp>

The Sedona Method is now being taught by Hale Dwoskin and others and the Method addresses numerous issues including issues related to improving: Health, Wealth, Success, Relationships, Well-Being, and, more specifically how to let go of negative emotions and limiting beliefs that prevent one from fulfilling your dreams and potential, etc.

For a sample of how it works please go to:

<https://www.sedona.com/How-It-Works.asp>

The Wounded Child Exercise

(Parts Therapy)



This Wounded Child Exercise is a very effective way to connect with our inner “wounded child” so we can help heal that part of us that has been hurt in some way in our earlier years. The exercise comes from a method of therapy called Parts Therapy.

Parts therapy is based on the concept that our personality is composed of a number of various personality parts, which are aspects of the subconscious, each with their own respective job.

Your wounded child is the part of your personality that still reacts and feels like a child, that part of your mind that is still caught up in the drama, chaos and pain of your childhood.

The Wounded Child Exercise is a way of receiving the nurturing that your parents were probably unable to give you at the time, because they didn’t know how to or were wounded themselves.

The intention is to connect with your wounded child and let that part of you express and release long-held emotions that he or she has kept to themselves since childhood.

The Wounded Child process:

1. Access your inner child.

Find a quiet space and get as quiet as you can. Think of your Wounded Child. Intuit the child’s age and what they look like.

2. Gain your inner child’s trust.

In truth, that part of you may have felt abandoned, betrayed, neglected, and forgotten by you, the adult self. You may need to take a little time to gain the trust of that part of your child self. The child within you wants to know that you are not going to abandon them again.

3. Let your Wounded Child express her/his feelings.

If they’re sad, let them be sad. If they’re angry, let them be angry. If you need help give me a call for a session at (914) 242-3484.



About the Author

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Throughout a career that extends over forty years, Dave has provided treatment for people of all ages (children, adolescents, young adults, adults, and even senior citizens) in all types of mental health and substance abuse settings. Dave has also spent a lot of time over the years resolving his own issues so that he can help his clients do the same. As a result, Dave has become an excellent therapist using multiple therapeutic methods that work.

Besides having years of experience doing traditional talk Psychotherapy, Dave has also been trained in E.M.D.R. (Trauma) Therapy, is certified in Brainspotting and Imago Couples Therapy, and has an abundant knowledge of the E.F.T. tapping method, W.H.E.E. Therapy, the Ask and Receive method, and The Sedona Method. Dave is also a Reiki Master and Vortex Healing Energy Practitioner. Because of his diversified background, he is able to be very eclectic in his treatment of each client, focusing specifically on individual needs.

Dave Will Help You Release Your Stress

No matter what form it takes
(i.e., Anxiety, Worry, Fear, Panic, Depression,
Anger, Guilt/Shame, or, even, Physical Pain, etc.)

Give him a call at: (914) 242-3484, or

Email him at: dave@AcceleratedHealingSolutions.com