



MODULE 7 – STRESS & ANXIETY

QUOTE (slide)

Our intention for the next 30 days is the removal of Stress and Anxiety from our lives. *Removal* is the focus. I would like to remove it off the planet, to be honest. If you stopped to contemplate it, you will realize how many problems stress and anxiety create for humanity. But for this moment, I'm going to settle on the removal for the women in the Sovereign Woman Program.

We are going to do a walking meditation but you are going to be sitting.
Keep your eyes open.
Begin by focusing in the heart center.

Deep breath in through the nose and out through the mouth with a "haaaaa."
As you do, place your awareness deep in your heart center.
One more breath in the through the nose and out through the mouth with a "haaaaa."
Place awareness in the heart center.
If your awareness floats, pull it back into your heart center.

QUOTE (slide)

"No one can undermine the security and well-being of a Man or Woman of Knowledge."

This aphorism tells us real knowledge is about the tricks that the ego self pulls to stay in power. Real knowledge is having awareness of these tricks and having the experience your real identity. That of your Dreamer.

"There is no Knowledge like Knowledge of the Self."

If you stop to contemplate this, you know that it is true.

"Stress and Anxiety are the belief or beliefs in what is not real! They are the results of a crisis in identity."

Stress and anxiety are the result of believing something that isn't true. Because your life really isn't in danger (ultimately, unless you are in a burning car). It can also be a buildup of multiple beliefs that are the same and not true. This is why the practice of faith in so many religions is so powerful. Faith moves a person out of what is false and into a space of possibility and power that is greater than they feel in that moment. In reality, they are stepping away from the little self "fear hooks" and reconnecting with the higher Self and the spaciousness there.

(Maintaining your focus in the heart center.)

We all have the survival mechanism and response. The problem with stress is that we get triggered when our survival is **not at stake**. Stress is the result of forgetting you are your Dreamer. It is **A PART OF** the One Spirit, as opposed to **apart** from it. Actually, if you look back on the last 10 years or so, you might notice that stress has become intolerable. I feel this has happened because the Dreamers of humanity made it that way to accelerate the path of knowledge into who the human being really is. Your Dreamer wants you to solve the riddle of identity, what we are calling an identity crisis.

According to the Toltec teachings this is the intention of every dreamer, to fully incarnate its awareness on the physical plane. This might get you thinking "wow, I can stop stress and anxiety by stopping the internal dialog and shifting my state to the feeling of my real identity in my heart center."

And that would be correct.

You can stop your stress and anxiety by stopping your internal dialog and shifting your state to the feeling of your real identity, in your heart center, that of your Dreamer.

CHECK IN (slide)

Let's go ahead and check in. How did it go with last module:

1. Were you able to finish the work from last month surrounding your past and your story?
2. What would you like to share about your experience since our last call and the past process?
3. What's going on in your life right now and how can we support you?

QUOTE (slide)

"Any woman, given the right circumstances, can allow her spirit to surface and take command of the situation; but sustaining this at all times is something only a warrior is capable of."
~Th'eun Mares

Stress and Anxiety are not real! They are the result of a crisis of identity!

“The warrior does not inflict her emotional state of being onto others. But if the warrior feels the need to express her emotions, she simply chooses anyone or anything, be it friend, dog, or mountain, to whom she expresses her innermost feelings. It does not matter to the warrior if she is not answered, or even if she is not heard, because the warrior is not seeking to be understood or helped – by verbalizing her feelings she is simply releasing the pressure of her battle.” The-un Mares

In other words, venting our stories and stressors is necessary but we should be mindful of when, where and whom we vent to and remember that the act of venting is itself a way of taking power back. The best place to vent is with nature. Nature is perfectly designed to take our hucha energies and mulch them in a safe and sacred way.

MAN IS MICROCOSM (slide)

Man is a microcosm of the macrocosm of the universe. You have a survival mechanism built in. If there is no threat to your physical body, you are able to use your body to connect to the universe. To be able to feel your real power and use that to navigate life with your intuition.

So, let's review the four energy centers of creation starting at the top:

The third eye, at the center of your forehead corresponds with **DIVINE MIND**. Divine mind is complete and utter stillness. I like to think of Buddha. That level of stillness. To connect to your third eye, being that you are a microcosm of the macrocosm which is Divine Mind, there needs to be stillness. That's why stopping the dialog is so important.

Your heart center at the center of sternum is the force of **INTENT**, the power of the universe. Jesus said I sit at the right hand of the father because he knew himself to be the force of the universe that is intent. The connections between the different tradition are more alike than they are dissimilar. The Toltecs are the ancient wisdom keepers who have passed this down through generations. They've studied this power for tens of thousands of years and they admit they know very little about how it all works. But they do know that the power of the universe is unconditional love in motion, which corresponds perfectly with the power of Christ.

The solar plexus is the **VOID**, from which all things come. If you go to the solar plexus, it's just the void, *no thing*. You cannot project onto *no thing* because there is *no thing* to project upon. You cannot move energy onto it because there no thing to move energy on to. This is fun to experiment with. When you go deep into your solar plexus and someone tries to move energy onto you they will often say “What?” because *no thing* is being perceived. It stops their projections flat. If we go back to the two people in their bubbles of energy, and one of them is in the void, nothing is being perceived. It works whether you are in person or on the phone. If someone is in victim mode, you don't need to pattern interrupt, you just go into solar plexus

and they will stop in about 10 seconds. Because they know that their perception is not being received.

Then we have the [Dan Tien](#), when we get into relationships next we will get into when to use the Dan Tien and when not to. It corresponds with the physical universe and it anchors you to the [EARTH](#). IT's what happens immediately if your life is really threatened. If your life is really threatened and it's not your time to exit planet earth, your spirit will anchor fully in your body and you will react in an instant to save your life.

LET'S TALK ABOUT STRESS (slide)

When think about everything we've discussed, it's very effective to look at motivational factors for removing stress and anxiety from your life and put another exclamation point on [STOPPING THE DIALOG](#).

MOTIVATION -- PHYSICAL EFFECTS OF CHRONIC STRESS (slide)

So here is a list of physical symptoms of chronic stress in the body.

- Stress Creates Free Radicals that kill brain cells
- Suppressed Thyroid Function
- Blood sugar imbalances
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammation in the body
- Increased abdominal fat
- Headaches
- Digestive problems

We have enough physical motivation to get rid of chronic stress.

MORE MOTIVATION - EMOTIONAL EFFECTS OF STRESS (slide)

- Frustration
- Moodiness
- Irritability
- Worry
- Anger
- Roller coaster highs and lows
- Trouble making decisions
- Anxiety and depression

Do we have enough motivation to remove Stress and Anxiety from our lives?

The key is to honor how you feel. Pay attention to your feelings and use them to trigger a shift in your awareness to a more positive mental and emotional state. And you've already learned how to do that. Go to your solar plexus and then your heart center. In your training, that shifts you right out of that stressful state.

Because your heart center corresponds with unconditional love itself and nothing can ever change that.

Any questions about what we've discussed so far?

ENERGY TOOL (slide)

Let's review energy.

"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics."

~Albert Einstein

Albert Einstein may or may not have said that exact quote but his work laid the foundational groundwork for the idea that everything IS energy in one form or another and we both influence and are influenced by all of this. The latest quantum physics basically proves that we alter matter by observing it!

So, would you like to change the impact of stress and anxiety and remove it permanently from your life experience? We have several tools that work with our INTENT! So let's go to the root of it and shift it!

Let's remove the energy of what causes you anxiety and stress!

STRESS RELEASE PROCESS (slide)

Let me tell you about how I handled some serious stress. I was tormented about the end of my marriage. I had done a lot of work, shedding my past and programming, burning my story, releasing patterns, and identity with roles, family traumas, all of it. I hoped that maybe I would find a way to heal my marriage but instead the stress increased. The universe was bringing me people and events that just kept slamming me into the reality that something wasn't right. In retrospect, I spent years and year wrestling with what I now call "dissonance" – a deep feeling that something was seriously wrong even though it wasn't obvious. Like having a pebble in your shoe. I finally reached a point where I just couldn't continue in that relationship if I wanted to walk at all.

Living out of alignment is intolerable for a Sovereign Being.

Stress and anxiety are often the outward signals to alert you that you are not listening to your true self, your Dreamer.

I hadn't known a year or a month without stress in that marriage for many reasons, but it just escalated to as I faced the root fear that kept me in chains – divorce. Breaking vows, splitting my family, had more power over me than any monster.

My ego mind kept telling me that listening to “the stupid Dreamer” was dumb. I mean, who knows if that Dreamer thing is real or just some kind of esoteric concept. Who are these stupid Toltecs anyway? After all, I had no bruises. I hadn't been mistreated. At least not in an outward obvious way. We live a very nice life. My kids have some issues but they are basically healthy. I have great friends. What is the meaning of this discontent?

But something just would not let me rest. As my awareness continued to grow, I could not sleep next to this man.

I was so stressed out that my body was manifesting serious illness. I had been diagnosed with adrenal fatigue, gluten intolerance. Then Hashimotos. My face and skin kept swelling up in these mysterious rashes. I even went down the chronic parasite rabbit hole, which I now realize was a big way to distract myself from facing what I clearly did not want to face.

Until I found the path of the Toltec Sovereign Warrior, I was on my way to a nervous breakdown.

Only feeling into and knowing my true Self has given me the peace. Gaining the tools to reclaim all the lost vitality and energy has given me power. And connecting to my heart has given me a clear compass, to follow my Dreamer's purpose and passion with clarity and confidence.

My teacher explained to me that when your energy and that of another's is very different, it's not uncommon for one person to yield their energies to begin cycling more in alignment with another's. Once you begin the path of awakening to who you really are, your true energies become stronger and stronger. If there was a serious misalignment, it will be obvious that it can no longer continue. The shifts are uncomfortable for both even if they are not aware of why.

Life was asking me to commit to my Dreamer. To really walk my talk.

And I was scared by what I heard. It wasn't what my little ego self wanted to hear. I was deeply afraid. My mind was spinning on all the possible hardships it would cause, and feelings this decision would trigger in everyone I loved. I was the peace maker and the one who fixed

everything. By ending my marriage, I knew I was going to “hurt” everyone I loved, especially my precious children.

I was not just afraid, I was terrified. I was shaking like a leaf when I met with the first lawyer to find out the process when you decide to divorce. I had no money that I controlled. Zero. I knew nothing about our finances except for what I was told. For several months leading up to the “conversation” where I asked for my Sovereignty, I hardly slept. (I can’t even imagine asking permission for my Sovereignty now...it’s my right!) I cried and I prayed, used my release statements daily. It was the hardest decision I had ever made at that point and I had no idea what to expect.

But my Dreamer knew.

I had to learn how to really listen, trust and align with my Dreamer Self, in a way I had never done before. Some would call it blind faith. Now I know that listening to your Dreamer is the greatest blessing you can offer those you love and the world. When one of us is living as their true Dreamer, others learn they may do so also.

What got me through this terminable hell of mental chatter and fear was the following process.

Allow yourself to really drift deep into this. The power of the process will take you to release so much that you are consciously aware and unconsciously aware of. All you need is to go into a deep relaxed state and use this prayer.

STRESS RELEASE PROCESS (slide)

1. Lay down and take a couple of deep breaths to relax and gently close your eyes.
2. Call to mind what you know you’re stressed about (what’s in your conscious awareness)
3. Allow yourself to go deeper and deeper.
4. Intend to get to a state right above sleep.
5. As you go deeper more will come to mind that you’re subconsciously stressed about.
6. Release these subconscious stressors using the following prayer.

“I give myself permission to release _____ (fill in stressor here) and I ask my dreamer and the Great Spirit to help me release it and clear it now. Thank you!”

Once you feel complete, focus in your heart center and fill your body with that energy. Now we are replacing all that stress with the power of the universe – Intent.

Any questions about the process?

TRANSFORM ENERGY PROCESS – USING STONE (slide)

This is another technique I want you to try out.

1. Find a stone you're attracted to working with.
2. Over next two weeks make a list of everything you believe to be true that causes you stress. (now we are getting into beliefs).
3. Carry the stone with you over the next two weeks, (earth) and every time you stress about anything, blow it into the stone 3x.
4. Then shift your awareness back to your real identity, by focusing on your [heart](#) center.
5. Have another fire ceremony where you write these beliefs down and burn it. (fire)
6. After a two week period, thank the stone and throw it into a body of water or bury it in the earth.

This process uses ALL FIVE ELEMENTS to transform your stressful beliefs. EARTH (stone and earth), AIR (breath), FIRE (fire), WATER (water) and ETHER (your intent).

[CHANGE THE ENERGY OF ANYTHING \(slide\)](#)

Here are the critical steps to change the energy of almost anything:

1. Take control of your awareness by [stopping the internal dialog](#) and use your heart center or solar plexus to shift your awareness.
2. Use intention or prayer to release the energy of what you are dealing with.
3. Go back to your heart center and HOLD YOUR AWARENESS there.

[HOME PLAY \(slide\)](#)

- Continue to train yourself on Stopping the Dialog.
- Work through both stress release energy exercises
- Stay in touch! With your SELF, the group and me so that you stay on track!