

The ABCs of De-stressing

The Easy Way

- To be used in every situation in which you are experiencing stress, e.g. blame, procrastination, pain, etc
- To be used in stressful situations, when feeling bad, or reliving trauma, whether in the present or in the past, and in order to de-stress the origin of stressful situations, destructive feelings, and traumas.

'THE ABCS OF DE-STRESSING' WITH MUSCLE TESTING CAN BE FOUND IN THE WEBSITE

A

Sit up straight, both feet flat on the ground, chin parallel to the floor, eyes focused down.
Put your hand on your chest. Go to the place in your body where you experience love, that is the place where your attention spontaneously goes to.

“ Say, **My name is ... (own name).**

B

Experience the (stressful) situation.

C

“ Say, **It is in our highest good to create connections now.**

“ Say, **This whole person now creates all the connections by sitting in DNA string.**

D

Sit in the strongest DNA string and close your eyes.

Concentrate on the (stressful) situation until the stress is gone.

After the stress is gone, your eyes spontaneously open:

Put your feet flat on the ground next to one another and put your fingertips together for about 7 seconds.

E

Go back to the original (stressful) situation, and experience the difference. If you don't notice a difference, proceed from D.

“ Look down and say, **In this situation, I remain totally connected.**

Put your hand on your chest. Go to the place in your body where you experience love and give thanks for the changes.

DNA string:



or



Then about 7 seconds:



Bibliography

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