

Stress Relief Methods

By Rev. Jessica Hebert

Stress. It very much seems to be a part of western culture. There are a lot of techniques out there to relieve it, from shifting one's self talk to using essential oils. I am sharing the ones that I have found helpful.

I like to start by looking at my feelings. What am I feeling? Angry? Frustrated? Disregarded? There are so many different emotions. When I pinpoint it, I sit with it a moment longer and really feel it. I declare it. I usually declare it to myself mentally, but sometimes it feels good to say it out loud. I share my feelings with my spirit guides and angels as well.

Often when we are stressed, I feel that our energies are scattered, or going in whatever directions our thoughts are going. I state out loud, or mentally, "I call back all of my energies" (or something to that effect), and take a moment to feel and visualize them coming back to me. Then, I picture myself somewhere above my body. And then I drop back down into my body and rest at the heart chakra. I wiggle my toes and focus on the feeling of the floor beneath my feet, and know that I am wholly centered in my physical body.

There are other practices I use to mind my energy during stressful times. When we are stressed, our energy fields aren't just leaking energy out (as mentioned above). We can be leaking other people's energies into our own energy fields or auras. When in doubt, I picture myself in a special shower. The walls are like a cylinder of stainless steel surrounding me. The floor is pure white light that transmutes all energies that wash down to it. There is a dial to adjust the energies allowed. One setting is "energies of other people" and another is "my own energy." I turn the dial to "my own energy." The water flows from above and washes away the energies from other people. Then I picture myself in a sphere of white light, and ask my guides and guardian angels "please allow in only those energies and experiences that are for my highest good and the highest good of the universe." It will help prevent us from leaking other people's energies into our being.

Many modalities of energy work are great for relieving stress. They can clear yucky energies that are building up in one's physical, mental, emotional, and spiritual bodies. They can get to the "original wounds" that may be affecting the stress, or the person's role in the situation triggering it. Energy work can seal holes in one's aura. And healing energy can go to the situation that is triggering the stress as well. However, I would like to point out that it is integral to honor the free will of others, and only do reiki for them with their permission.

I find that I feel less stressed, when I am in control of a situation. Once in a while, I find myself falling into moments of helplessness. And then I realize I do have some control. First of all, I have control of my self talk. Here are some questions I ask myself.

"Is there anything I can do about this situation?"

"Can I do this right now?"

If not, "When can I take those actions?"

"Who can I contact to take action?"

I remind myself that "the universe is neutral" and "impersonal."

If there is literally nothing I can physically do, I pray. I ask God and my spirit guides for help. I light candles. I set my intentions that the problems are resolved for my highest good, and the highest good of the universe.

"What am I learning from this experience?"

When my body is really uncomfortable with stress:

"I give the tense areas in my body permission to relax."

"I give my heart permission to slow down."

"I give my mind permission to rest."

Now let's take a look at physical things we can do to relieve stress. Aside from resolving the situations that trigger it.

Cathartic activities bring up emotions for release. They can be artistic, through writing, making music, and doing visual arts. They can be very physical, such as yoga, running, dancing, etc. I personally like to turn on music and do my exercise routine. But I only listen to a few low vibe songs, and then the rest are filled with inspiration. Pulling weeds in my garden is also quite rewarding. In addition, in quick moments of stress or frustration, I find it helps to let out a big sigh. I take in a big breath, feel it filling my diaphragm, and slowly let it go. Sometimes I do a long whistle, starting at a high pitch, and going lower as I run out of air.

We are blessed to live in a time where essential oils, teas, and other herbal products are available to almost everyone. They range in price and quality, so go with the brands that feel good to you. And it's ok if over the years, you don't resonate with a particular brand any more. And the same holds true to individual oils. Some people's bodies simply do not tolerate certain herbs in essential oil form. My personal experience is mostly with the Young Living Brand, but there are other good brands out there as well. I recommend researching the herb yourself on its healing properties and how to use it. I found that Dr. Normal Shealey's information, and Young Living's information, don't always add up. Some herbs pair better than others. And be especially mindful using them around pets and children.

Here are my recommended stress-relief herbs:

Orange (pairs well with Frankincense)

Geranium

Ylang Ylang

Bergamot

Lavender (pairs nicely with cedarwood)

Cedarwood (especially for inducing sleep)

Young Living's Gentle Baby blend

Young Living's Stress Away blend

Bach's rescue remedy is also wonderful

Burn a small amount of dried sage

Burn a small amount of a dried bay leaf

Got crystals? I swear by them. Again, some varieties resonate better with some people than others. I have placed crystals throughout my home. I have special crystals in places where I find myself most triggered by life. Crystals can also be worn, and carried in pockets and purses. Some people have them in the car, but they are not safe to place in areas where airbags may explode.

Here are my recommended crystals:

Black tourmaline (blocks psychic attacks)

Amethyst (protective, and soothing)

Rose quartz (protective, healing for the heart chakra, soothing)

Hematite (absorbs negative energy)

Selenite (great for clearing energies)

Fluorite (soothing)

Idocrase (gently assists in releasing anger)

Moonstone (soothing)

I don't know a way to be completely stress free. There are always new challenges (or initiations) in life that really test us. While the above techniques can help give relief, they aren't a cure, or replacement for medical treatment, of imbalanced hormones, and psychological well being correlated with stress. Please seek help for depression, anxiety, digestive problems, chest pain, and other serious effects of stress.

Well how about that. You made it to the end. Yay you! I hope this information is useful.

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