

Mental Detox

Intro

The guide discusses the benefits of deep relaxation to reduce stress and negativity. The audio is a gentle yet powerful hypnotic meditation to guide you into the calm comfortable state that you desire

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1. What is mental detox

This is a supreme power-nap.

The benefits of detox are well documented. Less known are the benefits that are brought about from mental detoxing.

This Hypnotic Meditation is a deep relaxation that enables a mental, emotional and therefore physical detox, leaving the listener refreshed. The techniques shared in this meditation cleanse all levels of your being to free you from negativity and dissolve away damage that stress causes.

Stress chemicals: left unchecked, lurk in our minds and bodies and can cause anxieties, pain, frustration and an assortment of other symptoms. Mental detox halts this negative process and clears, heals and restores us to a perfect functioning order.

All it takes is 20 minutes to sink down to the level where this is possible. This is quick, concise and very effective with powerful results. The effects continue after you have finished listening to your hypnotic meditation and are readily repeated through further listening. This meditation is ideal for anyone who is starting a new venture or wants motivation or a confidence boost. It clears away all unwanted emotional and mental baggage that you might be carting about to create a clarity in mind, body and spirit. It is not necessary for you to be stressed to benefit from this recording.

Mental detox is perfect for a new start. Turn over the leaf. Start a new chapter.

2. Why use Mental Detox

When looking at the word, 'stress' we need to understand not only the meaning of but also how it affects us. Most people would say that they need a certain amount of stress to motivate in order to get things done. But, when does this become a problem or a potential one?

Lets define it. When something is put under stress after a while it weakens or breaks. This happens, without fail, guaranteed. If you build a bridge and you don't understand about support and the forces exerted, it will break. However if you build a bridge with support and strength it will stand forever.

We are the same. If we are prepared for life's little ups, downs, ins and outs plus everything else it throws our way we can manage and cope. But by the same token: if we keep putting ourselves through excessive pressures something will break. It could be our mind, our body or both.

We all know the signs but we can ignore them or tell ourselves, "It is normal and everyone suffers in the same way."

3. Check out your stress

Start by asking yourself a few questions:

Do you need pressure to get things done? What about leaving everything to the last minute? Can you only perform when rushed? Do you get ill a lot? Do you have headaches at weekends or when on holiday? Do you have niggling aches and pains? Do you seek out drugs or drink in order to cope better with life?

Stress is a natural occurrence and it is a reaction that we have for our protection. When we meet the sabre-tooth tiger the adrenaline courses through our bodies so that we are ready to either fight or run away pretty fast the opposite way.

This behaviour is instantaneous and if the adrenaline is not required after all, wrong reaction/false alarm, because it was after all only a kitten, it dissipates after about three minutes.

Today we are very rarely up against life-threatening situations whereby we eat or get eaten, but the reactions to situations and experiences are just the same. Sometimes our mechanisms become confused through a continual exposure to stressful situations and we lose the connection with the on/ off switch.

This switch becomes stuck half on so we are continually in a state of readiness without respite and chemicals (such as adrenaline) that

are released "sit" in our bodies creating the potential of ill health or distress.

To be healthy and perform at one's best it is important to be happy, healthy in mind and body, confident, motivated and practice a stress management regime that not only works for you but also becomes second nature and normal.

By implementing a good stress management plan you can cope with whatever life pings at you and you can heal and repair damage already sustained.

A good starting point in the solution to stress problems is to relax into the Mental Detox.

4. Holding patterns

Stress, worries anxieties and fears can brew and bubble just under our radar. Left unchecked all sorts of damage can be occurring. If you are holding onto emotional, physical or mental debris, past or present, here are a few symptoms you might encounter.

Head: headaches, vision problems, weak hair, early baldness, sleep difficulties, insomnia.

Face and jaw: congestion, sniffles, jaw clenching, bruxism (teeth grinding) that can lead to TMJ (temporomandibular joint syndrome - a painful condition that can affect the head, face and jaw like neuralgia), dry mouth, excessive swallowing.

Throat: sore throats, painful glands, earaches, difficulty in expressing self – ‘holding onto’ words, lump in throat feeling.

Neck and shoulders: pain, stiffness, headaches, slumped posture –hunching and round shoulders.

Chest: breast pain, chest pain, breathing difficulties - hyperventilation, lung congestion, asthma, bronchial problems, coughs, heart palpitations, high blood pressure.

Back: aches, disc wear, trapped nerves, sciatica.

Kidneys: ‘fluidy’, water retention – ‘holding on’, bed-wetting.

Tummy: indigestion, heartburn, ulcer, loss of or excessive appetite, empty hollow feeling, bloated-ness.

Reproductive system: conception difficulties, cysts, irregular and/or painful periods, excessive bleeding, hormone imbalance, PMS.

Bowels: IBS, spasms, wind, cramps, constipation, diarrhoea, haemorrhoids.

Genitals: impotence, vaginismus, inability to reach orgasm, libido loss, thrush.

Hips and thighs: hip tension, sexual problems, low backache, cellulite.

Limbs: aches and pains, arthritis, shakes, jumpy legs.

General: circulation problems, cramps, cold extremities, excessive sweating, low immunity.

5. When to listen

Regular use of this meditation will enable balance to be restored. This will ensure you are for healthy and strong in your mind, body and spirit. The feeling of complete well-being will be your 'normal'.