

Don't Let Stress Drain Your Life Energy!

by Virgil Chrane

Abstract. Something new in more efficient and effective stress management is unfolding across America. It's a new level of excellence in meeting the coping needs of individuals. It's the Alphabiotic Life Enhancement Program: a significant innovation in care, plus a wellness resource advocacy involving the whole person, that is truly revolutionary.

By age five, our stress responses are set. Sometimes these reactions are driven by outside circumstances rather than by our own dreams and wishes. Other times, our daily routine numbs us until we find ourselves plodding through life in a kind of hypnotic daze. We forget the joy of life and live in a fog of confusion, conflict and emotional chaos. When we are stressed and out of alignment, our Life energy is diminished and illness and injury become more likely. That's the bad news, the reality of our time.

The good news is that this condition is not a disease or even a psychological disorder, it's simply an inappropriate stress response - a "misalignment with Life" problem. In Alphabiotics, we have a proven, time-tested answer for this problem. We help people get back into alignment with Life and make more appropriate stress responses. We help them be more awake and joyful in a sleeping world; we help them use their Life energy more effectively!

Why Be Half, When You Can Be Whole?

One result of our inappropriate stress response is that, most of the time, we function on only one of our two brain "cylinders." This is called lateralization, and it means that we primarily function out of one lobe of our two brain-hemisphere. That's the basic problem. To be fully alive requires effective whole brain thinking - a combination of left-brain logic and right-brain creativity.

How do we get stuck using only part of our brains? Early in life, our responses to stress are dictated by our survival needs. As babies, when we were hungry, thirsty, or abandoned, we felt our lives were at risk. We learned to respond to all crises as though they were life-

threatening. These responses became repetitious and, eventually, the neural pathways associated with stress were so well-grooved that alternative, more mature responses from higher brain centers were seldom exercised.

As adults, most of us stay in a perpetual low-level state, unconsciously struggling for survival. It's as if we are on emergency standby, even when there is no emergency. We are beginning to recognize that this is a far more stressful world that we had previously thought and that we are far more vulnerable than we had previously imagined. What's worse, there are very few processes available to teach us how to really handle stress. Traditional counseling and meditation techniques are not all that effective, neither is hypnosis. Drugs make it worse. There are no viable therapies for it.

Alphabiotic "Alignment with life" is the answer!

There is an answer. An answer that is logical, straight-forward and well-tested: It's called Alphabiotics and the Alphabiotic alignment with life process. This process allows the right and left hemispheres of the brain to work together, in a more integrated and compatible way. It enhances left-brain and right-brain creativity to produce whole-brain thinking. With whole-brain thinking, we can expand our repertoire of stress responses and cope with life's challenges in a more appropriate inner-directed way. This is critical to proper function, survival and happiness.

Alignment With LIFE Alphabiotics helps us expand our potential. It allows your physical, mental and spiritual parts to function in a more balanced and integrated way. Learning, coping and growing become natural responses

again. Life begins to work better at every level. We use our Life energy more effectively.

Alphabiotics is a non-secular science, art and philosophy of Life enhancement, consistent with quantum physics, that harmonizes brain and mind. It enhances the brain-mind relationship so you can enjoy well-being and move toward peak performance. The Great Secret involved in Alphabiotics, is that humans are sustained by an immaterial and invisible inner Life Force; that the persons who employ methods that increase this Inner Life energy have at their command a greater power for good than is afforded by any treatment, medicine or drug.

Balance Is Basic: We Are More Than Chemicals!

Human beings are made up of these chemical substances: 65% water; 15% proteins; 10% fats; 9% minerals; 1% carbohydrates; and other organic materials. Is that all there is? Of course not, something non material holds the physical elements of the body together and makes each of us unique human beings. The physical body is more than a container for the more permanent (and less solid) parts of ourselves.

Professor Edmund Sinnot, of Yale University, stated it well: "Shakespeare was a living organism, Lincoln a protoplasmic system. Moses and Michelangelo were complex combinations of proteins. But they were more than these things alone - there somehow came to birth extraordinary qualities. The nature of this is the greatest mystery of biology." Ralph Waldo Emerson said, "When we speak with a person, we are only looking at the individual's exterior, the actual 'person' to whom we are speaking remains invisible to us." And, Harry Emerson Fosdick said, "Do you think that a few dollars' worth of chemical material, cleverly put together by nature (not knowing what she did) resulted in: Isaiah, Augustine, Luther, Lincoln, and forgive the irreverence in Jesus Christ himself? Or do we think that when the scaffolding is taken down, the eternal thing for which it was made shall remains."

With Regard To Stress - It's The Way We React. And, The Way We React To Low Level, Chronic Stress Is Destroying Much Joy In Our Lives; It's Draining Our Very Life Energy!

We only need to solve one major problem to solve almost all others! That's because most of our problems evolve from one basic cause: we respond to stress in an inappropriate way. Most of the time, we are half-alive; in a dulled-down, almost hypnotized state. The demands and dissatisfactions of our daily routines exert a negative pressure to which we often respond with resentment. Daily pressures, especially chronic stress, make our sub-conscious mind want to escape. When our mind is thus disturbed, preoccupied, and lost in a day dream, other people can impress their wills and beliefs of us. We are apt to find ourselves confused, not living our own lives, not being ourselves. It disturbs anyone to feel this way. . . .conflict, anxiety, fear, guilt and depression arise.

What Is The Source Of These Problems?

Guilt means you have somehow been influenced to act against your own best interest. Anxiety and depression indicate you are not in charge of your own destiny, someone else is. Fear comes from being gradually overcome by stress and finding it harder and harder to face life and realize more failure. Some people resort to drugs, alcohol, tranquilizers, or tobacco to calm these emotions. They use unnatural means to try to cure their tensions and anxieties. Instead of dealing with their problems, they try to deaden their awareness of them. Of course, no amount of escapism and dreaming work.

To solve the problem, we must let our awareness work for us in a very real, very balanced, very special way. A way that can stop us from overreacting to the subtle, negative stresses of life and retreating into a brain-locked dream.

Most of our problems are the result of the way we have reacted to stress in the past. Lost in a daydream state, Life energy deficient state, we become frustrated and confused. Under the hypnotic spell of our emotions we allow ourselves to be victimized by our own poor

judgment and timing. In this state, our life, health and relationships deteriorate and will continue to deteriorate until we learn how to awaken from our compulsion to worry, scheme and talk negatively to ourselves. Repeated studies have shown that ninety-five percent of our self-talk is negative.

We must find our way back to the innocent state of consciousness we had when we were truly inner actualized, before we became emotionally reactive to the world. Only through an unmoving state of calm, balanced awareness can we regain control over your emotions. When we do this, we will experience a new awareness and a new and more satisfying way of life. For most problems, the answer simply is to get back in "alignment with Life" -- to reconnect with our inner Source and maintain that connection. This is similar to waking from a bad dream. When we wake up, we see that our terrifying dream was not real. Our negative emotions and fears melt away and we no longer suffer the compulsion and frustration of dream answers. New alternatives for a better life become available.

Without Alphabiotic Alignment, the stress of living has a terrible power that does not allow us to completely awaken. We are constantly Life energy deficient. We become upset and find comfort and refuge in daydreaming; always lost in the machinery of our mind, we cannot see the way clearly and so we keep making a mess of our lives. By getting back in alignment and fully accessing all of our brain, our conscious mind gradually comes out of the fantasy of past guilt and future, fear thinking. We stay more and more in the actual moment. We use our Life energy more effectively. We trust ourselves to handle stress calmly, to keep pressure from getting inside and destroying us. The ultimate result is a life that works better.

None of the real problems of life can be solved until you know what problem you are dealing with and how it can be overcome. It takes a special kind of courage to admit this truth, let alone reach out for the kind of freedom which Alphabiotic Alignment offers. The Alphabiotic Process may well contain the answer you have been seeking most of your life.

ALPHABIOTICS: For LIFE Energy Enhancement, Personal Growth, Wholeness and Inner Peace

Origins: The alphabioticist combines new thought metaphysics, relativity theory and quantum mechanics, with a sincere concern for the well-being of the whole person. The Alphabiotic Alignment Process is a practical growth system that aligns and unifies your lower being and higher Self.

Theory: The essence of all that exists is energy; beyond that is a Supreme Intelligence. This Supreme Intelligence individualizes in human beings as Life. The most common, as well as the most devastating thing, that can happen to an individual is for him or her to partially separate from this inner Life Principle. The most necessary factor for personal growth and the attainment of our natural potential is full Life energy expression. No greater service can be rendered to one human being by another than to act as a facilitator in the process of their regaining and maintaining maximum Life expression.

Definition: Alphabiotics is an applied metaphysical philosophy, consistent with the science of quantum physics, which concerns itself with the interrelationship between a person's uncorrupted higher Self and his or her egocentric lower nature.

Goal: The goal of Alphabiotics is to help individuals express Life more fully, be inner-directed and self-responsible, so they can be all they are capable of being at every level and in every aspect of their lives.

Practice: With the help of an alphabioticist, you will become aligned and unified with Life, with your own higher Self, and learn to maintain this contact through inner direction and periodic monitoring. This will greatly improve all areas of your life.

For more information about the Alphabiotic Training Program, contact: Alphabiotics International, 634 Preston Royal S/C #206, Dallas, Texas 75230 - Telephone: (214) 269-5100.