

STRESS LESS MORE SUCCESS
FOR HIGH ACHIEVERS
THE ULTIMATE GUIDE TO RELAX
YOUR LIFE AND LIVE YOUR DREAMS

LYN AND GRAHAM WHITEMAN

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Dedication

We would like to dedicate this book to our son Ashley, and daughter Emma, along with our wonderful grandchildren, who have taught us so much on this life journey. Also, to our parents, and grandparents, who are recognised as the 'four pillars' of our family heritage. Honouring our teachers, for showing us the value and essence of what 'Relaxation' is, in many different ways, since 2001.

We would like to include our friends, whose support has been immense whilst writing this book. Especially including, our colleague Mr. Andrew Harry who has joined us in the business of Esencia Relaxation™ and The Relaxation Academy™. Even when times have meant we have had a great distance between us geographically, he has always been there for us with the relevant encouragement and inspiration. He will be working with us, to share this amazing Relaxation work out in the world.

Thank you all.

Lyn and Graham Whiteman
August 2015



*"Out beyond ideas of wrong doing and right doing
there is a field, I'll meet you there..." - Rumi*

Acknowledgements

We would like to acknowledge all those who have assisted in the process of discovery in the creation and application of this Relaxation work over the years — all colleagues, practitioners, students, hosts, centres, and happy clients who have contributed in their way to the development of this work in UK and abroad.

We would like to acknowledge our friend, colleague and co-director of Esencia Relaxation™, Mr. Andrew Harry, who even from a distance, has always been there for us. He has been an inspiration, believing in us, and now joining us in the quest to share this with the world. Thanks to our friend Zoe Hudson and photographer Catherine Jolley, whose wonderful photographic work is inspirational.

We would like to say thank you to all those who have kindly contributed to this book, with their testimonials and comments. Thank you, especially, to Raymond Aaron, without whose inspirational mentoring, and guidance, this book would have taken a great deal longer to complete and launch!

Thank you for choosing this book; we appreciate your taking the time and space to allow this window of opportunity to open for you, and for the light to shine in!

Lastly, we are so pleased to be able to work with each other, and to share this important form of Relaxation work out in the world.

Lyn and Graham Whiteman

Foreword

I am Raymond Aaron, New York Times Best-Selling Author of *Chicken Soup for the Parent's Soul*TM. Over the last three decades, I have focused solely on helping people in all walks of life to create more success. I have shared the stage with former President Bill Clinton, Sir Richard Branson, Steve Wozniak, and many other world-class leaders and speakers.

I have noticed a lot of Relaxation books fall into predominantly two categories. The first and most common are the “how to” guides, with heavy focus on breathing techniques, visual imagery, Yoga, mindfulness and various self-help information. These books are literary tour guides and (hopefully) help those seeking resolution to very stressful lives to learn a few things within this niche.

However, there also exists a much rarer kind of book. These are books written by the people who have real-life experience within this ever-changing and growing industry. These books express passion, with a vision to share the specifics, through their own experiences of learning to apply the information through direct experience, showing the difference this work has made to their own lives, to share this to create lasting change.

Stress Less More Success for High Achievers is *The Ultimate Guide to RELAX your Life and Live your Dreams* that teaches you how to relax, stay relaxed, and profit from being in an unstressed state. It enables you to create your dreams from a relaxed place. This book conveys a complete understanding as a precursor to experiencing the actual Relaxation Bodywork, so you can immediately appreciate the importance of implementing the necessary resolution to become stress less,

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wherever this is appropriate in your life. It creates efficacy, profitability, and the self-sustaining ability to keep calm when life throws you a curved ball!

In the ever-changing landscape of Business and Life, multiple variable factors influence every little decision and action, and have a knock-on effect. By following the understandings offered in this book, you not only take care of the smallest to the largest decision-making areas in life, but also add balance for your entire business growth and wellbeing, by creating an environment that allows you to achieve more success. *Stress Less More Success for High Achievers* is a must-read for all businesses, great or small, who wish to improve margins and deliver great service to their customers and clients. A happy relaxed person creates a happy environment everywhere they go.

Stress Less More Success for High Achievers gives the most clear, detailed insights to create the ultimate relaxation effects so you are able to appreciate being stress less. Read this book in its entirety, apply what you learn, and you'll see the results of what I believe to be the most effective and comprehensive solutions to stress I have ever seen offered through their training packages, courses, seminars and retreats.

I have a confession to make. I am not only Lyn and Graham's close friend, but I am also one of their biggest raving fans. They are prolific writers, and I still rave about them during my keynote speeches in front of thousands of people, for finishing their first Award-Winning Book *Stress Less More Success for High Achievers*.

Raymond Aaron
New York Times Best Selling Author of
*Chicken Soup for the Parent's Soul*TM

Introduction

This book is designed to create understanding about how Relaxation is able to facilitate changes within you that will reveal shifts, and about where balance is fully achieved in your lives, within your now relaxed body.

Creative relaxation bodywork (by Lyn and Graham Whiteman) continued to develop and, after 10 years experience as Professional Practitioners, things were going reasonably well with our work, but in our search for deep relaxation, it was obvious that we needed to grow and create more; through our quest we have found success with our profound relaxation work.

This has proved to be true, and in 3 years since we have trained nearly 50 Practitioners of Relaxation, up to 2015. This is growing now and expanding to the creation of Esencia Relaxation™, and The Relaxation Academy™. The future is now extremely exciting! This has opened up a whole new approach, and as entrepreneurs we are moving forward into expanding areas that can benefit from this work.

Through our Relaxation work, Graham and I have connections to Kingsbridge in South Devon, where a group of friends and colleagues have established The Centre for Peaceful Restoration Recovery and Recuperation.

More information on their website:
[www.centreforpeacefulrestorationrecovery
andrecuperation.org.uk](http://www.centreforpeacefulrestorationrecoveryandrecuperation.org.uk)

Away days, retreats and other events may be possible by application; these are on a 'by donation basis', to assist the centre in the development of its wonderful work."

Moving forward and enhancing what has been experienced and learnt with relaxation, potential has developed; we are now ready to share keys with you in this book. In the process of explaining, we recommend that you actually try the bodywork, as it is very hard to describe it to you, without your being able to reference the feelings from a session. We can relay the benefits and understandings; however, it will be best for you to experience it for yourself if this is possible. Find a practitioner, or organise an event for you, your colleagues or your group; we will be only too happy to work with you.

Just get in touch through www.stresslessmoresuccess.com and watch the free bonus video to take this forward.

The past twenty years have been an amalgamation of concepts, experiences and invaluable knowledge that we will be delighted to share on our courses, with those who feel interested to know more. Just by reading this book you will know if this is for you.

If you read this book and parts of it do not resonate with you, please only take from it that which you feel to be right for you.

The bodywork sequence and system allows much of the interior and exterior of life to align, so we know without doubt the feelings of this state of balance, and you too can transfer these tangible feelings to many areas within your life.

The hardest thing of all for us to do as authors is to impart the overall increased feelings of how balance feels. We know it for ourselves, having lived and breathed this way of being for over 12 years. Our perfect wish is to share this way of working with others. So you too can benefit from it, and apply this to your own life and personal goal areas, we take this opportunity

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to let you know that more than 9 out of 10 people who experience this relaxation are instantly more relaxed.

Stressful living, the insistence to improve constantly, and our own need as human beings to progress onward and ever upward in our field of expertise is a driver that continues throughout our lives. Learning to navigate a way though to succeed may not have been available in this format before now; understandings that have been hidden are now revealed. We certainly have had insights into what balance is – we've gained these insights by observing how things are out of balance. Our task is to introduce the ideas and concepts that allow you to reassess the acceptance of 'out of balance' – and move towards a different mindset that allows for happiness and a new reset point of balance within your own life's system.

"Life is really simple, but we insist on making it complicated." – Confucius

We have had the benefit from many gifted teachers during our journey to now, working in different modalities, and feeling our way to uncover the most practical, simplest and amazingly profound session of Deep Relaxation. The input of these varied approaches has contributed to our overall simplification of where we are currently with this work. We delight in the simplicity.

We would like to mention that the simplicity does not imply that there is nothing in this work – we have to share, with our readers, that it has taken many years to reach this point, where it is 'all done for you'! Our experience and expertise has been consolidated and honed to a fine art; 'The Art of Relaxation' is something that has been forgotten and we are here to remind you, and your body and mind, just how easy it is to access it again.

We are creating an awareness of this depth of working that reaches out to those who wish to make a gentle change and create a greater margin in any area of life. This book is for high achievers, and those who wish to be so; it can be obvious, to those who have already achieved much, that there is always room for more improvement, and those who are still creating their dream life – you too can gain much from being relaxed.

*“Success is stumbling from failure to failure
with no loss of enthusiasm.” – Winston Churchill*

Our journey in the past has proven often to be very mixed, with great highs and great lows; however, we have worked with this, and the balanced place for success does not have room for unsustainable high peaks or deep troughs. It does not need to take effort; most of what we describe in these pages is with action but without effort.

The relaxation work, when it is given, is so undemanding of the practitioner that they feel fully in balance before, during and after they have worked within a client session for possibly an hour. It is effortless effort, which is a joy to many practitioners to realise that it takes no ‘push’ from them to do this.

Training others to work in this way is a total privilege and absolute joy, and this has been an extremely rewarding process for us both as we continue to offer these Relaxation Practitioner courses.

Since creating the sequence and system, we are aware there are many areas of application for this, highlighting sports, spas, business and life as the four main areas. Our base will broaden. We will be offering retreats and different courses over time. Please ensure you sign up for our newsletter to receive information from us on the book website.
www.StressLessMoreSuccess.com

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Come on the journey with us to the next step... we invite you to work with us. It is an easy step; all you have to do is be willing to try it!

If we work with a client and their stress score is 8, 9 or 10 to start with, we know they are feeling pretty overwhelmed. Even at 5 someone may be describing their stress state as high, because someone with a high level that has been ongoing for many years may well perceive their 5 as not too bad, but their extreme is at the end of the scoring. If this is the case, any improvement is likely to be very welcome. We always test afterwards to see what the number has dropped to, and evaluate. The margins of gain towards deeper relaxation have been astounding, sometimes beyond relaxed, off the scale!

We will be working with projects for groups of people who feel they would benefit from this work, i.e. doctors, carers groups, stressed executives, entrepreneurs, parents, sportsmen and sportswomen, professionals, teachers, head teachers, performers, actors, celebrities, and high achievers.

Our goal is to measure the status beforehand, run a project and allow a measurement afterwards, the benchmarking of performance and margins being the observable relaxed difference for all to see.

If you are interested in this type of project, please contact us directly to discuss fees and consultation, and we will be delighted to work with you.

Lyn and Graham

Chapter 1

Living Your Dreams

The state of relaxation has a natural pathway to success; could this be the missing part of the puzzle?

Definition of Relaxation:

- The state of being relaxed – Termed refreshment of the mind and body.
- Relaxation is when the body and mind is free from tension and anxiety.

Solutions:

- Relaxation techniques: Normally breath work and systematic muscle relaxing techniques.
- Meditation, tai chi, chi gong, rhythmic exercise, and yoga.
- Meditation can be, breathing meditation, Body scan meditation,
- Mindfulness meditation, Visualization meditation.
- Build techniques in to your routine to reduce day by day stress to improve your mood

For Bonus material see www.StressLessMoreSuccess.com

In sport, relaxation is said to be useful for: the promotion of rest, recovery and recuperation, increased receptivity.

The UK National Health Service says relaxation can help to relieve the symptoms of stress, and that relaxation is a skill that needs to be learned, and will come with practice.

Wikipedia define: relaxation as any method that helps a person relax; to attain a state of calmness; techniques employed for wider stress management, can decrease muscle tension, lower the blood pressure and slow heart rate.

Relaxation appears as one on the five principles of health.

1. Eat healthy.
2. Avoid drugs, smoking and alcohol.
3. Do sports.
4. Relax sufficiently.
5. Think positive.

(4.) Relax sufficiently. Stress should always be put away by adequate recovery periods, yoga or meditation. For inner happiness, it is important to live in the right proportion of personal activity (work) and rest (relaxation).

From the www.thefreedictionary.com/relaxation - A feeling of refreshing tranquillity and an absence of tension or worry; "the easiness we feel when sleeping."

Physics defines relaxation as: The exponential return of a system to equilibrium after a disturbance.

So relaxation includes many things that all move toward balance, rest, happiness, good health. Deep relaxation promotes to engage the body's natural relaxation, effectively giving the naturally response to stress, whether normal, as in everyday stress or chronic stress as in overwhelm situations.

We use deep relaxation to engage the body's natural relaxation responses, and achieve the return to balance that is the natural state.

Our True nature – How do we find the present?

Each of us has a perception of the world from where we are, which is totally unique to us; our vantage point is true for us based on observations from where we are. We can have similar viewpoints to another, but there is always a sprinkle of life's experiences that are personally ours, and this filters our view.

Thinking about how stress affects us, and the ways we deal with it, if we were able to be 'Stress Less,' on some occasions we might start to feel better. If we are able to shift our perceptions slightly, this may assist us to shift our view on some of the stressful situations.

A possible remedy to stress and overwhelm might be a walk in nature, giving us a chance to rebalance naturally; again, the focus shifts our attention and we are able to observe peace and quiet. If we can be fully present in the moment whilst we are out in nature, we can truly experience everything around us, and it connects us to who we truly are.

As a contrast to this (we find ourselves falling for this one now and then), when out on a walk or beside a lake or river, we can become so wrapped up in life that all we can do is talk about this drama or that drama, focusing on problems and who said what to whom ... even what is happening in the latest 'soap' on TV, rather than stopping the continual chatter that we have going on in the monkey mind, and allowing ourselves to be nourished by what is in nature around us. Next time you go for a walk in the park or in nature, start to notice how many sounds you can hear, near and far. Extend your awareness away from the close proximity to yourself, and expand your awareness to take in more of what is around you in the natural world.

Experiencing the present moment or, as is the current term, being in the now, assists us to move out of a stressful response and into a relaxed one. This moment is totally new; if it can remain pure and free-flowing, we have a chance to allow a succession of new moments to collect together and form a series of moments, which could begin to form 'a new place of balance'.

When we are travelling in a car, plane, or train, it is very easy for us not to notice the scenery – if we are driving we are concentrating on the road, and need to have 360 degree awareness! However, as a passenger, we can travel without actually seeing the scenery; we may be gazing out of the window, and may be deep in thought, but are we really noticing what is there – are we seeing it, or just looking at it?

When we are driving we can be so in 'automatic' that we can arrive at our destination sometimes not being able to remember all of the journey. Because it is a skill learned and applied so automatically, we just go with the flow.

The best place to feel this flow is when we are relaxed. Like the analogy of a gear box, when driving, we have to move through the 'neutral' to select any of the other gears. The choices are there to select the gear for the right circumstance, so if we can imagine that 'neutral' represents 'relaxation', those choices can be selected, and taken when we are calm and relaxed.

We have the ability to block out things that are noisy around us; for example, when working in an 'open plan office', where colleagues are speaking on the phone in their areas. It is a skill we may have to learn to be able to work in this type of environment, and it can take much energy to block the background noise out in this way, but it has to be done to create the space to do our work.

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These are typical coping strategies that have to be developed for us to work in today's world. It is essential to contrast stressful times with peace and calmness, quietness, and maybe even serenity! Because this is such a different approach to how we all have to function in the world, it might be strange to consider peace and quiet at first. The ability to 'switch off' is so important to our health and wellbeing, and recovery from stresses and strains we may encounter. We cover this 'Switch Off to Switch ON' in a later chapter.

Being present in the moment is a choice, to make it possible for us to stay out of worry and stress, because we are able to focus singularly – on just one thing at a time. It takes practice to be able to do this, but we do have a choice to be in the moment; but only if we are aware of it.

If we are able to truly be present for ourselves first, and then others, this is one of the keys to overcoming stress in our lives. The present moment is a 'gift', and when stress comes into our lives we may momentarily lose the ability to stay in the present moment. We may be worrying about the future, or focused on the past.

We do still need to make plans for the future, have goals, ideas, and dreams. This gives us the courage to move forward; but what is not helpful is to be 'stuck' in a place where we are constantly compelled to review and revisit unhelpful things from the past.

The power of staying present in the 'now' is the subject of many books. The concept of doing this sounds, and is, amazing. As we are writing this book, we are having to do just that! However, in our experience, of attending seminars, books and workshops, there has been only limited information about how to do this. It is something that is spoken of often, but we feel that

the question of how to do it has remained unanswered until now! If you wish to get to know this place for yourself, all you need to do is attend one of our live trainings. We don't have all the answers, but we do have a practical way that works.

There are many applications for this type of deep relaxation, and we touch on some of these throughout the book. You may even have an idea for the application of this work that we have not even thought of – in which case please do get in touch with us.

The relaxation sessions allow the space to be in the moment. It's a type of 'body-mindfulness', with awareness that allows the possibility of a new perception of the present moment to exist in a way that is new and refreshing to the mind. This has the ability to bring us back to our self.

If we are distracted for too long from who we are, and are out of the present moment, we may slip into a stressed state. If we are relaxed, we are in a position to appreciate the finer details of life, to feel part of the whole, and view things from a new perspective. Always focusing on the 'next' thing can lead us to overwhelm. The pattern of not having time to take in the view or 'smell the roses' can take time to un-create.

Having excitement for life, and the energy to choose the relaxed response, can be a new way of perceiving a situation; this is what is offered through this work.

When receiving a session, the mind, as it is used to being the dominant controller, may want to know all about what is happening. We see this with many of the sessions, and understand that the mind needs reassurance, and knowledge that it will be gentle work, that it is a very light touch; and this creates a supportive rapport with the client, so they know they are really able to deeply relax.

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Sometimes the mind will insist that everything is just fine, and there is no need for relaxation because the person is already relaxed. This is the case for a percentage of society because they have ways to work with their capacity not to feel stressed at all.

We always admire those who say things like – ‘They are so laid back they are almost falling over! Great to see someone so enjoying life, and nothing bothers them at all – seemingly!

Without giving too much away about the actual sessions, we do work with the person on a massage couch, fully clothed, and from the head to the feet and back up to the head again. There is movement on the way down the body to create the space to allow the relaxation to be felt and known, then on the way back to the head, the stillness is needed to allow the practitioner to facilitate the ‘active intensive relaxation’ which is very deep relaxation. The F.L.O.W sequence is very important, and enables the maximum benefit to be experienced by the client. Within the space of ten minutes the person usually will be very relaxed!

The most benefit is received when the client is in a totally professionally held space; all our facilitators and practitioners have been fully trained in this way. When a client is receiving the session they will feel totally supported and able to experience the maximum from the session. If recovery time is important for performance in sports or any other area, the relaxation session will improve the time taken to do this in normal circumstances and be quicker.

This work is in a format that is really simple and repeatable, so the more practitioners and facilitators there are who come to the training and receive their certification, the more clients will be able to receive and experience the deep relaxation.

Lyn and Graham Whiteman

We do wish to convey that the relaxation work is specifically designed to be effective and simple, and very useful for recovery from stress, or other situations.

We know we have to get this book out, and it has been a delight to be able to share this work in this way. We cannot sit at home talking about it amongst ourselves we have to share it right now! The time is NOW!

Even if we acknowledge that to write about our deep relaxation work may not be easy, the more we can bring awareness to others of these gentle and profound effects, we are sure they will wish to experience it –through curiosity or a need basis!

We cannot have access, with what seems to be a great solution, to a huge and growing problem (i.e. recovery from stress), without finding a way to share it.

We know it is a part of our plan in re-balancing the ‘out-of-balance’ systems in the body, leading to more clarity, and better performance, for those who need it.

The calmness and inner peace we all search for is attainable; we just need to be reminded of how to access it and retain it for ourselves.

For us, starting out, our lives were very stressful; we will share these stories at some later date. We had to learn how to handle many situations to reach a point where life now goes on around us; we choose to be present more and more, and flow with life, as any resistance to the flow creates tension and stress! The ability to remain in the moment, in a calm relaxed place, and centred, means we laugh much more, we have more compassion for self and others, and when we feel nourished and complete, we seem to have more to offer others.

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We may have been told that to put ourselves first is selfish, and yet if we do not do this, we cannot hold the space fully for another. If we do this it means we will feel like we have stayed true to ourselves, honoured the 'self' first, and then be able to give to others from a 'full' place, a 'topped up' place – as we cannot truly give from an empty place.

For high achievers, we know that to stay at the top it is necessary to continue refining, and the ability to do this can be enhanced by being totally relaxed.

When we originally designed the first course, which we taught in Somerset in 2012, the response was incredible, significant and phenomenal, as students experienced the step-by step training of the system. This has continued onwards to the point where we are now expanding the work through Esencia Relaxation™, and The Relaxation Academy™. We are so passionate and excited about the future of this work.

Chapter 2

A Breath of Fresh Air

The principle of deep relaxation is that relaxation will give access to much more of our potential. We are calmer, happier and more resourceful when we are relaxed than when we are not!

This form of Esencia Bodywork Relaxation takes you to a place of very deep relaxation, and needs to be experienced to be understood. Our approach to these particular relaxation techniques is one of having a very gentle touch

You may find yourself being challenged by situations in your life. Having to move from one home to another seems to be at the top of the list of stressful situations, along with many others, all of which can take time to recuperate from. This system allows the individual to understand where the point of balance is for them, and, therefore they will be able to recognise and return to this point. Typically, an experience will challenge us. An over extension of energy for a period of even a few days or a week will need to be rebalanced in order for us to move forward and recover more quickly..

You may not always be able to recover from one experience, before the next experience is already happening.

Giving the body and mind a chance to balance is paramount. This way you can resurface with vigour and vitality, being renewed, replenished and ready for the next experience.

The ability to 'bounce back' fully refreshed and be ready for the next experience is brought about by the relaxation. Living in the 21st century, life is full of demands. Finding a way to make the most of the energy you have, and to manage continued peak performance in any given area, can be a constant drain. If looking after a family, a business or a team, your energy levels need to be there for maximum efficiency. Relaxation is the key to bring this about.

Speedy Recovery to Being Back In Balance

When you have a stressful experience, it is crucial that you have time to recover from it. You will need to bring yourself back in balance as quickly as possible. There is always a time lapse between a situation and its outcome. For example, you may be training for a significant event such as a sports competition, a performance or a staff presentation. You will have invested a significant amount of time, effort and energy to prepare yourself, with the end result in mind. Some of these situations can be very positive when doing what we love. We are continually encountering a variety of stressors that may or may not cause our energy to be in need of rebalancing. Stress is not always a negative thing. It can be extremely positive!

Where the relaxation work is concerned, it is thoroughly focused on helping the mind and body to recover and rebalance in a gentle way. This is achieved by a series of connections made on the body to engender a deep Active Intensive Relaxation™ (A.I.R), by working in a way that has been specifically designed. This is called The F.L.O.W. Sequence™, designed by Graham and Lyn Whiteman. The F.L.O.W. Sequence™ is unique, and works by allowing the relaxation to be received in a very deep way. For more information on the courses, please see: www.esencia.org.uk.

The body will automatically attempt to realign itself if it has the encouragement to do this in a way that is natural to it. Strange and bizarre as it may sound, the body is usually seeking a return to balance. When suffering from indigestion or too much to eat or drink, the digestive system, for example, will be continually working to return itself to balance so it can function at an optimum. We do not need to think about it, for it happens automatically. Not only is this happening at all times for the digestive system, it is also happening in a multitude of areas at the same time within the body. The body has knowledge of how the different organs are functioning at any given time and is working in harmony with them. For example, the heart is working in conjunction with the lungs, the blood and the circulation system.

The way that we work is through sessions or a programme of sessions, with teams or individuals. The beauty of the system is that once experienced, the body remembers where the key to balance is, and is more inclined to know how to return to this place of balance.

Building on Deep Relaxation

As we mentioned earlier, when you are relaxed you are able to return to a balanced state much faster. When younger, we automatically return to balance. Children are a classic example of this. If they have what seems to them a major situation, they respond with tears and screaming, but, in no time at all, they have bounced back and are in a natural balanced state, playing and happy again. Animals have the ability to do this as well. If they have an experience, they are literally able to physically 'shake it off' and, in no time at all, they can be playfully running around again. As adults we sometimes forget how to do this, for it has become a lost art. The good news is that we can be

reminded how to do this very easily, through the relaxation bodywork!

If you are wondering if this will mean that you will not get stressed anymore, the answer is – yes, you probably will! However, the amount of stress you may have to endure may alter, and your natural ability to return to balance will be easier when you know how, and have been reminded through the bodywork, of where to access that knowledge within yourself.

The stability that this creates within you establishes a platform or foundation that is supportive. Being in a state of ‘Stress Less’ is one of gaining more ability to be in the moment, to be in harmony. The experiences will still occur and the potential stresses within a situation will also be there; however, if you realise that things are calm within you, even though all the chaos may be happening around you, you are better prepared to work with and encounter these potential stress levels with renewed understanding.

*Truth is ever to be found in simplicity,
and not in the multiplicity
and confusion of things.*
Sir Isaac Newton

When we are more familiar with these understandings, we are able to experience a wide range of situations with them seemingly holding very little influencing power over us, because we have the ability to see them for what they are – experiences, and only experiences.

Are we saying this will stop people from having experiences? No we are not!

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We know that experiences are crucial to assisting us in our learning, so no, this will not be stopping the experiences! However, what we are working with is the ability to respond and recover, and reconnect with ourselves in a way that does not require the need to dwell on the experience itself, but allows us to move forward to the next experience, having returned to balance each and every time. We all need a certain amount of 'good stress' to be motivated. This is the healthy type of stress that gets us going out into the world, doing whatever it is that we love to do! It's the long-term stress, the chronic stress, that stops us functioning or recovering. This is the cycle that we are talking about, wishing to create awareness of and being able to introduce and offer some potentially helpful changes.

Awareness of Different Levels of Coping

If you are someone who is able to cope with your lifestyle feel good about yourself, achieve your dreams, etc., this is fantastic! You will take less time to return to balance, as you are already functioning from a very productive place.

If you are someone who is quite challenged with life's circumstances, but most of the time are able to rebound to your balance point quite naturally, then things are workable and the intrusion of a stressful situation is not going to interfere with your wellbeing too much, as you are able to 'handle it'.

If, however, there is overload, overwhelm, trauma, or general ongoing stress which seems very difficult to manage, the input of more stressful experiences will not be helpful in the long term. This is when we might need to seek assistance, and the supportive bodywork can be experienced to bring about the balanced feeling, which will bring about a deeper sense of calm.

There are many who suffer from stress. It is a valid state that needs to be acknowledged if it is going to be resolved. We would definitely recommend any extreme stress or stressful situation to be monitored and helped if possible. The ongoing stress we are speaking of can show up in many guises, and we trust that you may have contacted your doctor or medical practitioner for your own wellbeing.

Motivational Achievement and Stress Management Benefits

If you are working to achieve something extraordinary, the support for this achievement is still there with the relaxation work. The ability to perform from a place of total balance, of being in the 'zone', is by far the most effective place from which to do your specialised sport, or training, as it increases the potential for you to perform at an optimum level.

We often find that when we evaluate the relaxation scale for clients before their session, or our students during training, they tell us that they are 'quite relaxed'. Then, after the session/training, we evaluate again, and it often becomes apparent that the client/students had been far more stressed than they had initially realised.

After they have received a session, and are at their new point of balance, they can appreciate where they were really at in regard to their level of stress. What they thought had been a 'low stress level', often revealed itself to be a 'high stress level', because this state had become the new 'normal' to them. Until you are shown just how relaxed you can be, you may well think all is just fine!

If we can operate from a 'stress less' state, then our lives are going to be joyful and happy, rather than operating from a

stressful state which creates more of the same. This way of being, coping with daily stress, will only create exhaustion.

If we work from a place of relaxed centeredness, our friends, family and colleagues around us will be able to feel this, and this will make everything else flow smoothly. This may sound idealistic, but it is possible. This can be learned and experienced for yourself. The application of the relaxation is accessed by sessions or courses, online or live. These offer a minimum of 6 bodywork sessions to reinstate the balanced feeling in your life. More information and details can be found at www.esencia.org.uk

Being Relaxed is Key to Transformation

When stressed, you may agree that it feels so much more difficult to accomplish tasks, to learn, to create and to assess situations and evaluate these precisely. Our way of functioning is always governed by our 'state', as this controls our responses. When relaxing on holiday with family or friends, it is a different feeling than when we are, for example, presenting a business presentation, working, negotiating or competing. Therefore, our feeling point of reference is different. How would it feel if we could function efficiently and effectively from a relaxed feeling stance and still get the job done well?

Most of society dictates that we should be very competitive. This is how we progress, by 'beating our own personal bests', creating our goals and aspiring to them. In some cases we do this effortlessly because we have made the necessary progress by practising until our automatic function takes over. In the case of sports, the competition itself allows the fruition of all the endeavours made to become realised, and the performance sequence has become virtually automatic, ideally with our heads out of the way, creating the desired outcome.

There may be inherent stress while performing an activity, but we can allow ourselves to gain mastery over doubt, and perform fully by repeatedly making the grade and knowing without any doubt that the task is achievable.

If we can interact with others in our sphere of work/life from a relaxed stance, and manage to work in a way that keeps us calm and allows us to interact with others at low stress levels, then we will have achieved the intended outcome, to be 'Stress Less'. Depending on the circumstances, you may think that this is not possible, rest assured though, this is indeed possible!

Although we wish we didn't have to say it, there may be occasions when stress levels will increase, however, the ability to work with this, and return to balance afterwards, is what we have been describing to you. This has to be learned to be put into practise! It's a little bit like resetting the system.

Some have a natural ability to work in this way, moving towards 'win/win', and the natural ability to take things in their stride. This is a gift indeed! Others have to manage stress levels more closely, and need to get off the 'plateau of high performance' after an event, in order for the heart and mind to calm and restore.

Musicians, actors, speakers, singers, teachers or indeed anyone who has a demanding high performance level within their sphere of expertise, can benefit from these levels of relaxation, and be reminded of where their natural balance is.

If the body and mind are in harmony and have the ability to recover from stressful situations, then this is the place from which further achievements can potentially be made.

Stress Less More Success For High Achievers

After a high performance state, the body and mind will need to have some recovery time. Allowing the body to fully relax in this 'down time' will mean being able to be 'up and running' in a shorter timeframe. Being able to recover quickly may also provide greater potential to create a very desirable 'competitive edge'.

This relaxation is by no means going to slow you down. It IS the answer to simple recovery. When you have had the necessary time to recuperate, you are in a better position to take action. This is why we refer to this relaxation bodywork as Active Intensive Relaxation™. You are not passive after receiving the bodywork, you are engaged, vibrant and lively. This is why there may be a settling time where the body assimilates the new position of balance.

See www.stresslessmoresuccess.com

Chapter 3

How Does It Work?

Building a Foundation of understanding about the Relaxation process

Not Going to Tell You!

When we introduce the relaxation, we are very careful to allow the person experiencing the sessions to relay to us how they are feeling, as this has to be experienced. The experience for everyone will be slightly different, but the common ground will be the deep levels of relaxation. These levels of relaxation are reached individually, and can be easily accessed by anyone.

Being exposed to these 'deep relaxation' levels by a professionally trained relaxation specialist is straightforward, simple and effective. The quickest way for you to experience this type of deep Active Intensive Relaxation™ for yourself, is to look on the website and organise a session with a practitioner. You may decide to attend a course in person, since attending a course with us will benefit you exponentially. Even if you do not wish to become a practitioner, the content of the course will be invaluable to you at any level. We do provide an opportunity to accelerate to 'Affiliate' levels, whereby you too can share the training with others. Please see the website www.esencia.org.uk to make any enquiries.

Alternatively, you could also organise a training day in order to introduce a group of colleagues to this way of working. They would learn that this is a way of working that brings about balance and calmness, alertness and clarity. They would learn

to respond rather than react because the levels of stress are diminished, creating space for timely responses rather than impulsive reaction.

This bodywork will potentially shorten the recovery time between training sessions, which in turn will give better performance and enhanced wellbeing, providing a competitive edge and a greater margin.

Unbelievable as it might sound, the ability to return to being balanced is easier than you may think. It has been our experience that aches and pains or tensions in the body can be released, and the ability to carry on and train more productively is to be expected. It is easier to experience this relaxation sequence than it is to explain it! You need to 'feel it for yourself'!

Being able to be calm and yet responsive, balanced and 'topped up' with vitality, is going to make a difference to you by using relaxation, and being in a relaxed state, in whichever walk of life you are involved. Our focus is to provide the knowledge of this bodywork to anyone, anywhere, in the most effective way possible.

Simple

There is no need for complexity, for we have worked to hone and refine this work so that it can be easily delivered within the minimum time frame, making the ability to relax and recover very obvious to the recipient.

The Esencia Relaxation™ system is deep, profound and yet so simple because of the wealth of understanding that we have gained over many years of practicing the system. Its effectiveness has been modelled on what works and what

creates the best outcome in the shortest possible time, allowing renewal of energy and strength, the ability to relax and be 'right on the ball' so to speak!

Works With You

Our way of working works with you. It supports the natural way in which the body will normally recover from stress and tension, if given the opportunity to do so. It may be that, in normal life situations, you often do not give yourself time to relax and utilise natural recovery. Even if the time needed for recovery is short, it is still necessary to actually give the time required to achieve it.

We ensure, when working with you, that the different components of the sequence – the head holds, body rocking and connections – have all been developed to assist the body in unravelling. This system encourages and honours the natural pathways in the body that require to be connected. When connected together during the applied sequence, the group pathways work together on the entire body, maximising the effect and giving natural results.

Relates to How You Feel

When you receive this type of relaxation, we register how you are feeling initially, and ask that you re-evaluate this after the session. We also recognise that between sessions, there may be times when it is a challenge to keep the feelings of buoyancy and vibrancy consistent. The confidence in the way one feels is borne of the inner state of wellness and perceived agility, mobility, and vitality experienced. Perseverance is required, along with another session if necessary.

We are all aware when we are feeling really relaxed and happy. The motivation to do things excels, and we are instilled with a keenness to pursue many different and interesting challenges, all because we are feeling so good.

The way to ensure that this type of general harmonious state continues, is to remain profoundly relaxed and happy. If the challenge for you to do this is too great, and the return to balance is not so easy for you, then this is the time to seek out an Esencia Relaxation™ practitioner.

It is Only About You

The ability to regain one's full composure, efficiency and top performing condition, can be natural to you, or it may need to be supported. Some of our clients, and ourselves included, have had much to contend with, in a general sense. Even though the body has a natural ability to restore itself, to be refreshed after sleep for instance, we may need a little bit of help with the process. This is where an Esencia Relaxation™ session will enable recipients to find this balance point for themselves. When this is embodied and therefore understood, there is no doubt in the mind of the person that they are functioning from the best place from which to perform, create or relate. Knowing that this balanced feeling within you is yours personally, the session and the achievement during the session is specifically for you.

Stress Overwhelm, a Thing From the Past

When we have been working hard, playing hard and training hard, there is an element of work, rest and play which we are all familiar with which needs to come about to enable the reset to happen. We can be intent on striving onward and upward, however, at some point, we need to understand that

unless we can regain ourselves fully in between occasions like this, we are only compounding the stress factors in our lives and in our body!

When there has been a scenario that put us under duress, and that scenario remains with us as a thought, feeling or memory in any way, we are asking ourselves to manage a new and different task, on top of many historical potentially overwhelming tasks, which may or may not have been able to be naturally completed. Our understanding is that all past tasks or experiences need to have been completed, and this understanding will allow us to grow and develop, without hindrances. If this is a requirement, and is possible, then completion needs to happen in order to allow us to progress. (Much more in depth information about this, on the Courses and Trainings).

When you engage in this way of working, stress overwhelm is a thing of the past. It can no longer affect you, or dictate your energy levels, and you are free to regain your balance and be yourself far more effectively, efficiently and energetically!

Finding Your Natural Balance Point

When you picture in your mind a tight rope walker or a unicyclist, you realise that they are using all of their faculties that they have available for balance, all at once! Finding balance is demonstrated when a young child is learning to ride a bicycle with support stabilisers, before being able to balance and ride the bicycle without the support of parents or outrigger wheels. This natural ability is learned and applied after learning how to achieve it. When we are talking about relaxation and finding our own natural balance point, and while this may well be different for all of us, when we have gained the ability to recognise where

this balance point is, it is much easier to find it again. If we have an understanding of where this natural place of balance is, then we may take less time to return to it, and be naturally up and running much sooner. Utilising 'Stress Less, More Success', is a natural output because we are using less energy to do the things we enjoy, and, therefore gaining, because we now have more energy to function at our best.

Knowing Where Balance Is

When we are young, the ability to return to balance seems to happen very easily. As we grow older, we seem to forget how to do this. In adults, this mechanism in general, may be very slow in returning. So, if a situation occurs that has the potential to knock us off balance, we can still be 'going on about it' several weeks or many years later, because we have been unable for some reason to be able to 'let it go'. The point being that if we were able to let it go, and start afresh, we would automatically have far more energy to use in the moment. Having full access to all our energy in any given moment, we can have far more energy, and even more than this, can be empowered fully. Being able to consciously be in balance is one thing – having our body and mind in harmony as well means we are really buzzing, and we can be very focused and 'unstoppable' within our lives, our goals, our projects, our health and our relationships. We have observed many of our students absolutely transforming before our eyes! We have also witnessed ourselves changing to a state of being that is refreshed and renewed.

The balance achieved is so easily acquired through the bodywork.

The bodywork is part of the way that we work, and the understandings regarding the bodywork and concepts we offer

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are all a part of the courses. We do not expect that clients or students need to keep returning for more sessions. As once reminded, it is not necessary, even though some clients do out of choice, or just to keep 'topped up'.

Active Intensive Relaxation™ (A.I.R.) is what we achieve through the training and sessions. The deep state of relaxation is achieved through The F.L.O.W Sequence™, a collective 25 years of experience in the field of relaxation work, and the evaluation of many happy students and clients over that period of time. (www.stresslessmoresuccess.com.)

The F.L.O.W Sequence™ works on a technique exclusive to us, it has to be experienced to be understood. When it is experienced we do not need to tell you how you will feel; you will know for yourself the depth of relaxation that is reached. Many people who already meditate and do Yoga, for example, will know that it can take around an hour to reach a wonderful state of deep relaxation. We too have studied Yoga over the past 20 years, and love the feelings of the relaxation at that level; however, we have experienced many who have received the sessions either as a client or in a course situation who have reached a very deep state of calm within only 10 minutes of receiving this form of relaxation. The benefits of the sessions mean that digestion can be complete, and the body can totally relax. Restorative sessions can also lead to a lessening of stress levels, a renewing of a sense of self and the ability to have better sleep patterns, all of which are very important.

We need good quality sleep in order to function and perform at higher levels of achievement, and being able to relax can assist and work hand in hand to re-establish a restorative sleeping pattern.

Lyn and Graham Whiteman

If you would like to learn more about this work, please look on the website.

See: www.stresslessmoresuccess.com for more information
and for access to your Free Bonuses!

Chapter 4

Difference Between Rest and Relaxation

You know the feeling when you have been working too hard, spending too much time on the computer or doing physical work without allowing time to be set aside for restoring yourself. You also know when even resting becomes a stress, when we have to sit down for too long and cannot for some reason be as active as we would like to be. It can be frustrating to have to sit still when we want to be active. You know yourself that being told to sit still just makes you want to get up and go!

Doing the opposite can be a good motivational tool, but we do need to know the difference between rest and relaxation. We often have to sit in the car for long periods of time if on a long journey, and this can be stressful. It is always preferable, even sensible, to make a stop and stretch your legs if possible, to allow the circulation to flow, and the muscles to be moved and some return to balance can be achieved. Flow, as you will understand, is very important to us regarding this work.

When you are on holiday it is usually a few days before relaxation kicks in. You are allowing yourself the time for the body and mind to unwind.

Sitting on the sofa in front of the TV is an unwinding process or potential escape, but it does not necessarily mean that one is relaxing. This is AT BEST, rest only.

It has been so apparent to us over the years, when we worked hard and played hard, we were always up there on a

plateau, not even noticing that we were on the plateau of exhaustion until the holiday gave us the time to unwind. There is an essential time required for unravelling and this usually takes about 3 days into the holiday or even more depending on the stress levels and the type of holiday.

Testimonial:

*'Being so refreshed, it's like having
a two week holiday in three days!'*

AH

What if you cannot get away for a holiday, or, if you are so stressed, the holiday seems to create a mountain of more stress that makes matters even worse before they can improve? This is where the Esencia Relaxation™ comes in to assist you, as the above comment conveys!

Clarifying the Difference

In what way will it be useful? One of our friends had a very busy year, and, while on holiday, arrived at a place not far from us. The intention, with the usual pattern of arrival and rest, would be to use this time to wind down over the three weeks of holiday time.

We assisted this situation by offering a 'seated version' of our relaxation work to let our friend know what we do, In less than ten minutes they were totally relaxed and in total bliss! After only a couple of days into the break, they were able to enjoy their holiday like never before.

This example is commonplace, and the only requirement is that you are willing to experience it. Most sessions last around thirty minutes on a massage couch enabling more of an overall benefit; however, should you or your business involvement or

company wish to experience the seated version of Esencia Relaxation™, we will be only too happy to hear from you. Please go to our website at www.stresslessmoresuccess.com to obtain more information and your bonuses.

What Difference Can You Expect it to Make to You and Your Life?

Obviously we are not able to tell you exactly what difference it may make to you specifically, but we are always keen to receive testimonials and feedback from happy clients after sessions, whether seated or on a couch, or from the training courses.

Broadly speaking, the usual benefits through relaxation could be:

- Thinking more clearly
- Making better quality decisions
- Seeing the bigger picture
- Having aches and pains diminished
- Sleeping better
- Having an overall ability to feel more like ‘yourself’, the self that feels happy with life
- Being more creative
- Feeling happier and more alive

What difference would any one or more of the above make to you?

When we feel totally rested, relaxed and recovered, we can function at a greater capacity. We are not weary and fatigued; we have access to more of our creativity, on an ongoing basis. This gives us more scope to 'think out of the box' or think in a new way that allows us to 'problem solve' more effectively and efficiently.

This is one of the biggest differences, being clear headed, having capacity for focus and not being overtired or overworked or overwhelmed. Just being consistently in a state of high 'well-being' as best will allow, we have access to much more of ourselves. Having the ability to work in this way, over time, will potentially mean that there is more time for you to be who you are.

The creativity that you will be able to access will allow you to develop a 'bigger picture resolution'. The outcome of this ever broadening capacity to embrace the whole will not exhaust you, but instead will renew you.

What is the Definition of Success – and What Can it Mean For You?

The definition of success can mean something different to each one of us.. We realise this, but in general we all wish to create improvement in health, wellbeing and wealth, to name but a few areas. Within this book, our desire is to create an awareness of being able to be so relaxed, you have access to your greater potential. With your overall drive to 'achieve success' comes an inbuilt human characteristic, if nurtured, can be tapped into and allowed to flourish naturally. We are born to thrive on the ability to make progress as human beings.

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This having been said, the ability to keep edging towards something better and better can be a driving force just too compelling for words. On the other hand, it can be a motivation to create the most inspirational outcome possible. Improvements to our own 'personal best' scores and achievements gives us a focus and something to aim for, working with inspiration and aspiration at the same time.

'Aiming high' is something many of us do. It becomes part of our lifestyle if we function in that way. Success can be large or small. Ultimately, the perception of success is always in the eye of the beholder. Sometimes though, our persistence and determination is what is required, to bring something about, and to achieve whatever is dear to our heart.

We can have an unwavering focus and desire to bring something new into being, be that a new distance time, a gold record, a different way of being or working, or indeed an invention of the tapestry of your own life! An example of our own would be the creation of this book.

Thank you Raymond Aaron for your mentoring support to get this book done!

*It takes a long time to bring
excellence to maturity.*
Publilius Syrus

We have been speaking of bonuses and would like to give one of these to you right now, as a gift.

Setting goals and achieving them are a vital part of success. But, this is not a goal-setting book, so I can't go into more detail on how to set or achieve goals. However, my mentor and friend, Raymond Aaron has written a bestselling hardcover book,

Lyn and Graham Whiteman

Double Your Income Doing What you Love, recognised as the world's #1 authority on goal achievement. In fact, on the back cover, there are testimonials from well-known celebrities who use his program. The following testimonial is by Jack Canfield, the co-creator of the *Chicken Soup For The Soul* series of books.

“To put it bluntly, the reason I personally chose to use this amazing system for myself, and for my company, is that it is the most powerful system ever created”.

By special arrangement, I have permission to allow you, my dear reader, to own a copy of Mr. Aaron's book, at no cost. Simply go to his website, www.aaron.com to instantly download your copy.

Chapter 5

What are the Benefits?

You too can experience the benefits of the sessions, if you choose to. We create a specific space of 'allowing'. This ensures that the client's experience of relaxation is optimised.

We monitor the effects and changes, but always allow the client to tell us what they are experiencing and how it is benefiting them. In an endeavour to describe the benefits to you, we would have a list that could be endless. Benefits such as a calm mind, clarity, effectiveness, reduced anxiety, and a higher level of sleep quality are only a few examples that would be on that list.

Being relaxed assists us to engage with our families, co-workers and competitors in a way that interacts and gets a response. We are able to take ourselves into a state of 'Zen' when we know that there is chaos all around us. Relaxation can allow us to be more in the flow by helping us with creativity and brainstorming. We are able to maximize our potential by being present in a calm and focused way. Knowing that it is easy to 'fly off the handle' is not helpful when we are endeavouring to keep our cool!

You know that if you are stressed you can have trouble finding things, you may not hear things and the whole concept of understanding can be thwarted by an overarching adrenalin rush that seems to throw us into a sympathetic nervous system reaction of Fight or Flight. To make us move quickly, we sometimes do need this reaction, but when things calm down

we realise how draining it has all been, and our body's heart and mind need to regain themselves again.

You probably remember what it is like when you lose your keys – not wishing to remind you about it, but you may agree that sometimes those keys are right in front of your nose, and you are unable to see them because of a sort of 'panic blindness' that takes over the rational ability of calmly looking around and being able to actually 'see the forest for the trees', so to speak!

Enduring these times of highly overloading the system can make you extremely tired. Another cause of stress can be eating or drinking the 'wrong foods' or, put another way, foods which might overload our digestive system, putting it under duress.

There are many statistics showing the imbalance stress causes, especially in the workplace – according to The Stress Management Society, in the UK, '105 million days are lost to stress each year, costing UK employers £1.24 billion' (source: Health and Safety Executive). These figures are phenomenal at the very least. What would it take to be able to reduce these figures, but more importantly, what would it take to make a difference, not with a quick fix, but with something longer lasting and self-sustaining, in the lives of those suffering from stress? Sounds impossible....?

In our fast paced technological world, can we be supported by a different approach?

Looking inward to know where your own balance point is, may be the beginning of a difference beyond description, enabling the ability to 'Relax Your Life and Live your Dreams'! If you can be reminded of where your own natural balance point is easily and effectively, then coping with stress may become easier and the return to balance quicker for you.

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If you are stressed and are looking for help and support, it seems that there are many lengthy hints and tips out there for you. Much of the time those who are feeling stressed need time out, time to reflect, time to recover and reconnect. An option could be to look for a bodywork practitioner of Esencia Relaxation™, and see what difference it can make to you.

Outlook on Life, Expanded View

In the past you may have been very stressed or working too hard, or if like us in the past, you have experienced feeling close to a burnout level. When things get to this point, it is hard to make sense of anything.

It tends to colour everything in the immediate surroundings. Body tensions pull at your awareness and there can be a state of constant pain, 'a niggling feeling' or perhaps a pain, that has been on going in the background. Things become very focused on what is going wrong, rather than what is going well, and this can lead to a feeling of overwhelm.

This is often not very well received by others who may be taking things more in their stride. We may not wish to admit to a competitor of ours or to a work colleague that we are feeling stressed. So how do we deal with this?

We certainly do not wish to focus on the stress, although you may need to acknowledge the stressful state you are in if you are going to be able to start focusing on feeling more relaxed. As long as you are able to receive the sessions and allow the relaxation to be the focus, things can begin to shift. Gradually, along with an experience of the relaxation bodywork, things will begin to unravel and wellbeing will be restored. In the meantime, visualization of a relaxing holiday destination can be useful to bridge the gap. Keeping this focus in your 'mind's eye'

will assist you whenever feelings of stress surface during your day. Visualisation techniques have been very helpful to many of our clients.

We feel that offering relaxation sessions to businesses, sports facilities or spas, will be very welcome as a programme. We know that no one wishes to be singled out for being stressed. We would like to bring a 'Stress Less' programme and awareness into society, helping the job get done efficiently and effectively every time.

By having more awareness and clarity, staff working at an optimum level is possible, without the high cost to business due to stress related days off, providing a happier workforce with greatly reduced and minimized recovery times.

When relaxed, you have the ability to remain happy, even though there may be increased demands on your time, or efforts. If you are not stressed when you begin your work, you won't be stressed when you finish your work. Your energy has been focused and applied effectively, giving you time to spare enabling you to see the bigger picture and feel and be part of the cohesive whole.

Definitely More Relaxed

Since having had our own experience of moving from deeply stressed to deeply relaxed, we have shared the techniques with many happy students and clients, the method either being through a training day with us or through a client session. As facilitators and trainers we have to 'walk our talk'. We have to stay calm to train clients and to present and deliver our work. We are compelled to demonstrate just how calm we can be! Sometimes this is a slight challenge, but so much more effective since we have this understanding about relaxation! If

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you feel this may help you to stay calm when you are performing, speaking or presenting, then certainly try the relaxation when you can!

Having observed what happens, we have noticed many jaded clients with pasty complexions become stunningly vibrant, with colour in their faces and energetic enigmatic smiles that flow from side to side when they radiate from their experience of returning to balance!

Some clients start yawning when we work with them. This is normal as it just shows us that things that have been held within the body are releasing, and tension is unravelling! Some are so energised that they want to get up and get going. They want to begin something new or are so refreshed they cannot wait to make a start on a project.

Being in a relaxed frame of mind means that things are flowing, and there are no blocks or barriers to feeling great. The more this becomes the norm, the more it begins to be a natural way of feeling.

From this place you can be creative, intuitive and have so much more clarity, and this in turn gives a feeling of having a choice in making decisions, rather than the opposite.

Happier and Healthier

Historically, we both have suffered from being 'over stressed' both in our mind and body, personally experiencing overwhelm in many areas, with experiences of IBS, Migraine headaches and totally feeling unwell, and exhausted.

Luckily, this is now history for both of us. We both had stress related problems, and we have had to move through many

different states over the past 15 years since we took our own leap of faith from Buckinghamshire to Dorset. However, the outcome of the above has been derived mainly from the bodywork we do, and a state of positive mental attitude (PMA). This is such an important feature in our lives that we are constantly aware of it as a health benefit.

We had to slowly learn how to rebalance, learn how to reintegrate ourselves and find out how to stay in the balanced place. We gradually started to understand the benefits of being totally relaxed and are incredibly grateful for the time and space to have been able to do this.

The outcome of our rebalancing and experiencing process has enabled us to be able to share the experiences gained with others. The methods we use are totally gentle and allow the person to be able to recognize where the areas of tension are for themselves, and be aware of how the body starts to naturally work within by letting go of tensions and stress.

Sometimes the person will be totally aware of what they need to let go of and, for example, will coolly state, "Oh, I just released an old memory!" Others realise exactly what it is and know it's happening. Some let things go and really do not need to 'go there'. We love when this happens, as it is quite refreshing. We all know there are those who have been through very harrowing circumstances, and usually we would go over these to get a full understanding from the client. With the way we work it is no longer necessary to have the situation continually being gone over time and time again. This could serve to emphasize it in the mind of the client and keep the synapses reinstating themselves. If they choose to let something release naturally, they acknowledge this to us. It is a new way of working.

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We found it hard to believe during the trainings and sessions in the beginning of this work, that clients would happily let go of trauma and pain so swiftly, without us even knowing what it was, but, it does happen, and lots of the testimonials we receive from happy clients prove this to be true.

We are not saying that what we do replaces psychotherapeutic approaches, counselling or talk therapies in any way. What we are saying is that with this bodywork and the full understanding that is provided with our online or live training, there is a huge potential for resolution to existing traumatic responses, and these may be safely and gently released, while being fully supported in the sessions, through Esencia Relaxation™.

There are many applications for this work, one being the above, another being the recovery from physical exercise or performance such as running a marathon or being in a race, rowing, playing tennis or any other form of exertion.

A walk over the mountains or a cycle ride all mean that our muscles and joints have been exercised, and their recovery can be speedily improved by this technique of bodywork relaxation.

The body knows how to get back into balance and the stresses and strains can be brought back into a state of harmony, allowing the person to be back up and running in a shorter length of time.

More Clarity for Achievement

Being aware of the need for clarity both in work and life, we understand what this takes. There is much to be said for taking ‘power naps’ and we do know that these are very useful in

resettling the mind, and giving you a boost just when you need it. It is not always possible though to stop and do this!

There has also been an amazing development that we have noticed through meetings with colleagues. We have noticed that when we are relaxed, happy and totally in harmony with ourselves and each other, and when all the above are present, there is a huge surge of creativity, unlike anything we have known before! Ideas burgeon and it can be a constant platform for moving things forward and discovering new understandings, usually to the point of being so creative that we are in awe of the outcome. Can you image this happening in business, and life? Just wow!

The benefit of this can be imagined in schools and educational facilities, for children and adults, old or young alike, within their specific areas of focus. The bodywork tends to create an understanding that the balance point assists in clarity being gained, and when we have that clarity we also have access to a 'little known' facility, of enhanced creativity. This would make so much difference if it were employed across every level of business, sports and life.

Balance – We Know What Balance Can Be In Life and You Will Too

Though the awareness of working in this way over the past 15 years, we know through experience that it is all possible. We know that it is possible for you too. When the balance is integral in the system, it no longer struggles to find it.

The balance point is a known place; we all know where to come back to. Having come back to it, it no longer eludes us, and because we are in balance, the rest of life also seems to be in

balance, and feels much better. If we are relaxed and happy, it may show us that we can create happy responses! Maybe worth a try?

Wealthier With All the Aforementioned Benefits, More Wealth is Assured

When you are happy, or in love, have you noticed how things just go 'right'? It's like we are on a 'vibe' and because we have chosen to be happy, more of like things come our way. We find it impossible not to enjoy ourselves because that is what our mind set is.

If things start to go so well that we start believing that anything and everything is now possible, we will certainly start to create more success in our lives. This outcome may well mean that our own ability to create more abundance in our lives may now be greater than ever before! A great thought!

Let us know if this happens for you after a session or a training. We would love to have your positive comments about how it has changed your life for the better!

Go to www.StressLessMoreSuccess.com

The creative process is possible when we get ourselves out of the way. When we need to learn something we keep practising until we have the repetition so complete that it has become automatic. When we have learned something to this level it is as if there is no need to engage the conscious mind anymore to do the function – the remembered skills are on automatic – and the more we let go and trust, the better the outcome, especially in sports. This is known as 'Conscious Competence' in the Coaching Circles!

We both had the opportunity to do Archery for many years, being members of a Club called 'Whiteleaf Bowmen' in Buckinghamshire, and, for part of the time over the years, to be trained by an Olympic Coach (Thanks Ted). It was wonderful!

One of the most interesting factors during our training, and on reflection, was that the more we managed to do the repetitive sequence, and get our heads out of the way, the better our arrows flew into the 'gold'.

We are wishing we knew then what we know now about the relaxation work. Who knows? We may just take up Archery again as our chosen sport!

When we let our conscious mind try and resolve the problem, it made it harder to achieve the goal of getting six arrows in the target in the GOLD! Graham managed it though, many times!

Goal to Achieve?

When there are important individual goals, or team goals that are depending on finite training and precision focus, then the relaxation is paramount in allowing the person to be able to recover more quickly from an intensive, in depth training session. Knowing that this is of great benefit for a team or an individual, we recommend a course of sessions over 2-3 days for maximum benefit. This gives a capacity to build on an ongoing foundation that honours the relaxation, lets the stresses and tensions rebalance, allows a feeling of 'being refreshed' to be present and the much referred to 'balance point' to be recognised by you.

This in turn allows the body to recover more quickly from focused training. In our experience, we have seen this happen

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many times. Knowing when someone has performed to their personal best, and that this form of recovery speeds up recovery time, is an absolute competitive edge and bonus to getting back on track sooner!

Chapter 6

Experience It to Know It!

Outlining very easily and simply, each of the ways in which relaxation is applied to different areas of your life and the differences it can make

For You

There are times when we can feel out of sorts, we don't need any reason, we just are! On the other hand we can know for sure exactly what it is that has upset the applecart, and we can know whether it is because of a food or drink upset, a relationship upset or perhaps because of something that we feel we should have performed better at.

Sometimes all of the above cannot be changed, and it is we that have to change our perception of it to enable us to move on and feel better. Who knows what it takes sometimes to actually feel better – if we could analyse this it would be so important to note. The main way to allow ourselves to move through a time when we are feeling less than great is to find a way that assists us to do so. The relaxation can and does assist the body and the mind to move forward. On many occasions we have realised that we have needed a relaxation session to regain our balance, such as when we are feeling like things are just not as they need to be, we are having aches and pains, muscle aches, headaches and generally feeling not tip top. When all is in balance though, the difference is amazing – and just one session can do this and the balance is already perceived as better than before. Sometimes it will take longer than just one session because if it has been a

long term chronic situation then it will possibly take longer to unravel. The choice is not ours, but the opportunity is there for this to resolve if it possibly can. Sometimes we wonder how it can be so simple, but one of the main things about this work is that it has made the complex simple; it's simple to do, simple to understand, and simple to receive!

In Business Interaction

At work, there are a myriad of demands on us and we are all out to perform at our best. The world is competitive and we all want to win. There is a way that this can happen, especially in team work. Our Esencia Relaxation™ model is by far the most effective that we can offer, for the more we all work from a relaxed stance, the more effective we can be.

Relationships Close and Far

Being able to function from a relaxed place within relationships – and let's face it, the world is full of interactions every day in every way – we have to engage at a level with all those we encounter. What would it be like if we could interact with everyone in a way that allowed us to stay relaxed no matter what? This may sound far-fetched and idealistic but we assure you that it is possible. When something new is introduced it is not always plain to others how it can work, however, having had the experience of teams and groups being able to benefit from this, family members being able to benefit, and lots of problem resolution occurring then, we are happy to realise that this new way of being relaxed is helping us all to navigate the world with different eyes. Maybe this is what we have all been waiting for, to be able to adopt a new stance. Instead of reacting, we can now respond, but now not only say it intellectually, but actually achieve it in reality.

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When we have family abroad, for instance, how do we reconcile the fact that we are apart? There is no need to be worrying about them as this is not the ideal vibration to be sending their way. What is needed is that you are in a balanced state, expecting the best, and allowing yourself to be totally in balance and relaxed. This in turn means that you are not sending large amounts of energy in the wrong direction and you can remain in balance from a distance. There is so much more to this than we can say here, but it is thoroughly taught in our 'Train the Trainer' package. If you are interested in knowing more, please visit our website at www.stresslessmoresuccess.com.

Supermarket Checkout

We have all queued at a supermarket checkout. We know how absolutely annoying this can be, especially when you are in a hurry and the person in front just seems to be indulging themselves in chatting, being slow, forgetting something and dashing off to find it, while the rest of the queue waits in line. What if we could allow this to happen without it making us cross? Could we stay in balance? This may be one of the first tests we find after reading this book – (not talking about extreme situations here) – there will be small encounters just to test you to see if you have absorbed the information contained here..... the challenge is, can you stay calm, centred and happy, no matter what is happening in front of you that may have made you cross before? Is there another way to respond? Can you achieve it?

We are all human and it's all so easy to 'tip the scales', but we can choose.

Recovery from Exertion

We have covered this in earlier chapters, but the point about having worked ourselves fully in training, to be ready for a competition, or a team game, (live hard, train hard), and then the resultant exertion to be addressed in a gentle and harmonious way, is that this will then lead to a speedier resolution to the overly exerted outcome, and allow the time frame for recovery to be shorter, leaving us feeling better much sooner.

Recovery from Illness

You must always follow the guidance of your GP or Practitioner/Specialist, and take their advice at all times. Comments in this book are for guidance only, and you must get advice if you are unsure about having a gentle relaxation session for your condition.

At the appropriate time, please check with your GP or Specialist as to whether the timing is right for you to have a session of relaxation, to speed up the recovery process.

Both mum and baby can benefit from a gentle relaxation session because, by calming and relaxing mum, this has a very soothing effect on baby as well. So, both may benefit from mum having had a calming and relaxing session.

In the Midst of Stillness

When we need to have peace and quiet, it can elude us. Everything can become a cacophony of sound, and we may find it hard to find the space to be quiet.

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Any noise in the city, the countryside or even in our own homes and cars, keeps us tuned in to the constant sounds of life. When we find a lake or a mountain, a hillside or woodlands, there is such a contrast to life in general that it is quite startling! The difference between the cacophony and the stillness and quietness of a lake or stream is sometimes breath-taking, making you realise that you may have not taken time out to get yourself into a space like this for quite a while. What is it about the constant drumming of life? When can it stop long enough for us to find a space to be?

When you do, you find nourishment in the fact that you can hear your own thoughts. This is something we have experienced; it's the ability to hear the inner dialogue that is your own. When you give yourself time and space to listen, it can be strange, and it takes adjusting to, as it's such a rare occurrence! Some 'retreats' can be in silence in part, and this is a space where you can just listen to the workings of your own mind, and nature, without interacting in conversation.

Constant conversation keeps what we might call the 'monkey mind' going. When we make a decision to be silent for a while, it gives the mind a rest, but also raises other questions about 'silencing the mind'.

The authors recognise that it is almost impossible to silence the mind, and that it is there to observe and give us choices, to choose either this or that, but some areas of meditation we have attended have mentioned that we are to quiet the mind. Some say just to watch thoughts as if they are smoke trails, letting them drift past, and this does seem more helpful.

Even being told that we will have thoughts going through our heads, is an indirect command to the mind, which really is not what seems to happen for us when we do this. What we

would like to hear is that when you are silent and you have chosen to go into a meditation, you do not have to quieten your mind, you do not have to silence it, and nor is that the aim of meditation. This is our stance because after nearly fifteen years of meditation practise, we have learned that it can be easy to clear the mind, easier to let go now, and just observe, and any amount of 'trying' to do anything will make it harder to do by definition.

In the words of Brian Tracey – “It’s the harder you don’t try!”

Hints and Tips for You!

Sit in a space by yourself for five minutes a day, close your eyes, and just be with yourself. Allow your thoughts to meander and wander a little, bringing back to focus on being 'with yourself'. You can focus on nature or a place, listen to music if it's tranquil, or just observe nature with closed eyes. Listening to the sounds of nature with your eyes closed is very expansive and nurturing.

When you allow yourself to reach this type of relaxation level, then you are starting to recognise that there is a place within you where you can always access calmness and peacefulness. It is always there, and is a constant resource.

Being able to find this place can be quite a challenge as you may be so involved with work, family or stressful situations that you may not be able to access it very easily.

The most important recommendation we can make to keep you in this relaxed space is to meditate regularly with the idea that you are just going within. When you have experienced the

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deep levels of the Esencia Relaxation™ that we offer you, you will be much more likely able to hold this inner tranquillity and calmness within naturally, and without trying. You won't need to be meditating, and you won't need to do any special practices. When you need it, it will be there for you to feel, know and experience.

So one of the ideas of meditation and mindfulness is to be able to become aware. This awareness is indeed 'key' to wellbeing, and it is very welcome to see and hear all the good work being done in this area.

What would it be like for many groups who meditate to be able to experience the levels of relaxation that we offer through this bodywork, and much more through our online courses and live seminars?

If you or anyone you know would be interested in working with the above relaxation as a project, we would be happy to discuss this. Please see our website for details of courses at www.esencia.org.uk.

So, to summarise – when you are able to be in the 'midst of stillness' you have access to many more of your inner gifts, your intuition, your ability to recall, and quite astonishingly, have access to an 'Active Intensive Relaxation™' like no other – because once you have found your balance point which is naturally there, you can have access to it 24/7. It will be a new place of inner calm where you will hardly recognise yourself, being this relaxed. It helps you access a level previously inaccessible to you. Knowing that we have experienced this and so have many of our clients and students, we offer this to you, as a way forward.

Meditation is a valuable way of moving into the midst of stillness, however, remember that everything is actually in motion – time, space, air, the earth, the stars, the moon – everything is in a constant state of ‘flux’, so the appearance of things being still is only relative to where we are and our perception. We need space to breathe, to be ourselves and to stop the constant engagement with the demands of the mind. To be constantly entertained and absorbed in games, TV, dramas, soaps etc, can be very draining. When the time comes for you to stoke up your own resources so that you are able to give out to others, that moment can be a defining moment, for then, you may have realised that you cannot give from an empty place, that you too need to have your resources topped up. Are you famous for giving far more out than you receive? Do we care enough about ourselves to realise that we need to give to ourselves at a deeper level in order to feel nourished and substantial, to enable more giving?

Bonus Meditation: www.StressLessMoreSuccess.com

Burnout is a very real condition for lots of people. It is always prudent to realise before this happens that there is a way forward, and there are things to assist one in taking time to care for oneself. The expense of not doing this is not worth considering.

The more responsibilities, financial commitments and family we have, the less time we have, and the more we keep going for longer than we should. It is so important though to recognise the need for nurturing, restoration, recuperation, rejuvenation and regeneration. These all happen when we are in a relaxed mode.

As an aside here, we have heard many times through our workshops and training how different attendees feel, and not

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only do they actually look younger, they feel better and are in a better place of being STRESS LESS!

From this place, as our book title says, is 'More Success for High Achievers'.

When we are in the 'zone' (as all successful sportsmen and women know), there is no better place to be; everything flows, everything is in harmony and we can stand aside from the doubts. The outcome is much more reliable because we are going with that flow and we have practised it time after time.

This level of relaxation gives you access to your intuition (the tutor within), your long lost ability to think out of the box and much more creativity, which helps with creating new and innovative ideas, helping us to become entrepreneurs in a new field, and having access to much more just because you are relaxed. It might be considered so simple that we wonder why we didn't acknowledge it before now.

The main reason is that it is so simple. There is so much more we would like to share with you, and, if you want to find out more, you might like to attend one of our courses and seminars. Please check out the website www.esencia.org.uk to find out more.

We would like to hear from you, dear reader, when you have experienced these levels of relaxation. What dreams have come true, and what things in your life have changed directly as a result of the relaxation work becoming part of your life? Do let us know, for we would love to hear from you. Please like our page and connect with us on Facebook, both for the book *Stress Less More Success* page, and for the *Esencia Relaxation*.

This relaxation work is very important to us, and we are passionate about sharing it in the world. Our hearts skip a beat every time we work with clients and hear feedback.

Lately, we have had a number of interesting conversations with those who wish to know more about the work we are doing. We will always do our best to answer questions, but sometimes we can only offer what is relevant in the moment. Further information can be gained from attending the courses or reading our books (more to follow)!

This relaxation work can be part of a 'Health Recovery Programme', and by this we mean allowing the foundations of relaxation to be there so that you can build upon these. The immediate response to the above may well be perceived as 'health recovery from illness'. We are not saying this, so to clarify what we are saying, if someone has been stressed, it might be worth considering an approach to enable the basics to be there with relaxation, and then to improve upon the underlying stress levels over time to be able to be more self-sustaining. The moment we know where our balance point is, we can return to it ourselves. To be able to know where we need to be, within our own resources, is very empowering. It is indeed hard to explain, but we hope you understand that it is through our desire to create awareness of the relaxation, that we work enthusiastically to share it in as many areas as possible.

It is so gentle that it cannot be termed as 'massage'. It is very light touch and is more about 'joining the dots' and making connections on the body than 'deep tissue massage'. We certainly do not do deep tissue massage for that is something else entirely. You will be surprised though how much effect the light touch will have, and in our experience it has sometimes had much farther reaching effects than if we had used deep massage! This work is especially good for massage practitioners

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to learn, because they are able to add it into their existing field of practise, and it is easier on them. If you are already a practitioner in a specialist field, this work is so easy to repeat that it takes very little or no energy to do it. This has to be the effortless effort that we all need so that we are as 'topped up' ourselves when we finish the session, as we were when we started!

Lots of clients ask, "Aren't you tired now that you have finished the session?" We always reply, "No!" We are as fresh as when we started! It's amazing to say this but it is so true!

Some practitioners ask about 'other people's stuff – we all know that they are meaning if someone has 'stuff' going on, and we are there as practitioners, does it affect us? We always reassure our practitioners, and we have a way of training them to know where the boundaries are. It's so important to be able to hold the space for you and the client, and we teach this as a speciality in our courses. This teaching is valuable as a life skill, or in other areas of professional application.

We have tutored relaxation practitioners, talk therapists, counsellors, massage practitioners, reflexologists, teachers, retreat managers, ex-nurses, caregivers and sports massage practitioners. The field of application is endless because who would not benefit from being more relaxed? Can you imagine a world where we are all relaxed and happy? Wow! What a world that would be!!

The most important item to add to the above description, is that this type of deep relaxation is an 'active relaxation'. It's not going to slow you down. It will more likely allow your own energy levels to return and energise you rather than anything else, allowing you to become calm and have an inner stability that will keep you more on 'an even keel' so to speak!

Chapter 7

The Involved Evolving. Evolved Living

Many things we had done (Or the Leap of Faith)

Over the past fifteen years we (Graham and I) have experienced many modalities. We trained in a bodywork system that was based on ancient and contemporary approaches. Learning through these modalities has been invaluable for our work with the Esencia Relaxation™ Bodywork.

Both having had different stressful situations to resolve, we had to start to make the difference for ourselves, to take responsibility and to know that this was possible. Having taken various trainings and learned much since 2002, we realised that we had seen and experienced many things. How were we to consolidate these experiences? We knew the different studies had benefited us profoundly but how were we to present these new findings in a way that others could appreciate and experience for themselves? These are the questions we have been answering, within ourselves, to enable the Esencia Relaxation™ to come about in its present form.

The Common Link

Taking five years to put all the learning in to practise and to decide which way to work in the future, we created an understanding born through this work that evolved into to a new place.

Since 2007, we compiled techniques, adapting and honing, making the link of relaxation as being fundamental to all of the work we were doing. The relaxation sequence has been shown to be effective for many clients over that time (see testimonials at the end of the book).

This is the thread of relaxation that flowed through all of the work we studied, and has gifted us with an immense understanding that has been extremely valuable; we do have the relaxation creating the foundation of the system we now use.

The Complicated Processes Around

There have been many complex processes for us to undergo to arrive here. We have been thwarted by numerous difficulties on the way. All of the sessions have been tried and tested on each of us, and then honed and used with great respect. As we started working and teaching the system, we noticed that it was more effective and more profound than we had ever imagined.

The first training session of three days that we did with practitioners not only blew us away, it blew the students away as well! We had mentioned to them that we were starting a new business, that it was about relaxation, and it was effortless effort. They were very intrigued and booked in for the next training day we had in Devon. Totally experientially, the system worked in an amazing way, and still is working in the same way three years later.

We have not changed, or needed to change or redesign, the programme at all in that time. The main refining happened over the years 2002 to 2012, and once compiled, it was seemingly complete. We, of course, were delighted with this. We always learn from the feedback requested from both clients and students, and it is a joy to have them involved.

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We now apply all the experience we have gained to the online courses or the live seminars and training programmes we offer, and we share our experience with many others. Rather than being limited to live courses only, we now offer courses worldwide with online technology. We look forward to working with you on our online courses wherever you are in the world. The support of the business is there along the way to accompany your learning if this is something you would like to do. Otherwise, we are always happy to arrange a course in your city or town, or you may come to us for the complete courses. Please see www.stresslessmoresuccess.com for more information. www.esencia.org.uk

This Has to be Simple

We have streamlined and simplified our existing work, making it very easy to learn. Once learned, you can train further as a practitioner or as a relaxation specialist, or you can be an affiliate and teach the courses at sports facilities, spas or businesses, after the relevant study has been completed and certificated with us, and a Licence has been obtained from us to practise.

The writing of this book on relaxation is to assist those who chose to find out more about this work in order to gain more insight and knowledge about it. Primarily we wish to be able to convey the effects of the work, but without any frills! There are no difficult to learn sequences, there are no extra ordinary concepts, and you do not have to do certain rituals or practise many hours of repetitive studies. All that is required if you wish to experience the bodywork is to find a practitioner of Esencia Relaxation™, book a live course or do the online courses. The hours that you take to achieve the system covered in the training will provide you with an understanding of how to reach these levels for yourself. We have put many hours into the

development of the training so that it can be absorbed fully and practiced immediately by a new practitioner. If you are receiving the session as part of a managed package within your company, or team, then the results of your being totally relaxed and able to perform at optimum will be very apparent to you as you receive a set of sessions from your practitioner.

Evolving Simplicity

Our focus has been to keep things simple, even though there is much behind what we do regarding the relaxation bodywork, it is far reaching and is easily learned and applied. The initial work we engaged in started us thinking, and we worked at refining the system we have today. There were many influences along the way, and chances to over complicate, but we were always focused on narrowing down and maximising the benefits for all who experienced it. Even our work in the field of hypnotherapy, another link to relaxation, has influenced the way in which we do things in the course, with all the refining creating a harmonious session of deep relaxation. The system we use is one of F.L.O.W which is specific to the Esencia Relaxation™, and working in harmony with the client to establish a deep level of relaxation in the mind and body, a type of body-mindfulness!

Creation Arrived

Following the training of the model of relaxation that we use, we have 'flowed' the experience into the current system which is effective and interactive. Active-Intensive-Relaxation (A.I.R)™ means that when we are relaxed it is not a passive situation, it is an 'active' one.

Being in the Zone

The typical sports scenario is that when you have practised and practised, everything is second nature, you know what to do and when, how to do it and what achievement outcome is the aim. On that day, being in the moment, letting go of trying, allowing the flow to happen, being in the Zone, this relaxation creates the feeling of this type of situation. You have to allow the natural responses to happen and be out of the way, so that the completion of the task can take place, almost on automatic.

This means we have become as they would say in the coaching world, 'Consciously Competent', and by this way of working can use our know-how to maximum effect, having had the learning of the variations and adjustments all ironed out in training sessions. The moment arrives for the performance of excellence, the flow happens, and you are in the Zone. Effortless effort takes precedence – Wu Wei – there it is..... a perfect performance, because it all happened in the flow.

This is the most important analogy to take on board, because this is the ideal way in which to live life. Not necessarily training for outcomes as a professional sportsman or woman will, but applying this style of relaxed excellence into the everyday workings of life, professional work, and relaxation. Bringing an opportunity to revise the usual outcomes where things are more of a struggle to a new way of working and living. Being 'Stress Less' and having 'More Success' is the way we see it working!

Working with others to achieve this is our goal, allowing recipients understanding both of the bodywork and of the system behind our relaxation work. Specialising in relaxation is a common thread through all of the different modalities learned. From art and creativity to bodywork, the end result obtained

Lyn and Graham Whiteman

from being very relaxed is clarity, creativity and the enhanced ability to respond (responsibility) instead of reactivity!

Chapter 8

Opening of the Way – to Share

This is Important – So We Had to Find a Way to Share It!

The Simplicity Became the Focus

Initially, we created the bodywork to reflect the ‘flow’ of the system; this was very effective on each other, and also on many friends and clients. This formed the new basis for us to progress, as it was tried and tested many times over more than a decade, and when we worked in this way it was obvious that we had created something unique!

We were filled with awe and inspiration because the system was so exciting. We would be working with all the aspects of the understandings and applying them and this would achieve the desired outcome of clarity and creativity. We have noticed on a number of occasions that when we have created the space for relaxation, it is indeed very possible that the personal environment shifts to one of complete balance and more towards harmony.

Applying the knowledge base for the development of the work as a course was swift, and the design for the courses became paramount. Results were instant from the beginning of sharing the courses; we had students who were speechless from the word ‘go’! The sequence and how it would work to deepen the levels of relaxation in someone is so much more than usual and profound. It was as if the weight of the world had been lifted off the shoulders of those who may have been under all

kinds of stress and duress – and they were free to experience all manner of different aspects of life from a different viewpoint, no longer needing to feel burdened by the past, and no longer tired fatigued or overwhelmed. Sometimes it takes more than one session – but to be honest – after a practitioner course or a shared program of the training, a new understanding of the balance point comes about fairly rapidly, and becomes the new ‘normal’.

If you wish to train as a practitioner in this relaxation programme then you would need to take the online course for Esencia Relaxation practitioners or book a live course with us to enable certification and insurance. You can also take these courses for yourself in order to apply the benefits to your own life, without the requirement of becoming a practitioner.

The next level is an affiliate, as within our training there are two levels. With a train the trainer, including the presentation module, this will enable affiliates to be able to share the training. More information on this if you are interested is available on the websites at the back of the book. This is especially beneficial to teachers, presenters and facilitators, for example, as they already have experience working with groups.

About 1:1 Sessions

In our experience, we can relay events of certain sessions that have been in the incredible category, some being very subtle where you may not immediately notice instant benefits other than being extremely relaxed and refreshed. Sometimes there are other benefits. For example, during recent training, we had been working and measuring the relaxation as we do through feedback continually throughout the course, and when asking our students to make any comments at the end of the first day,

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they said they felt much more relaxed, and by the way, their frozen shoulder had miraculously got better! Wow!

Another time we worked with a student who gradually worked their way through the sequence, and at the halfway point, the comment stated was along the lines of "Wow!" They had just realised that they had let all the previous emotion around a situation go, saying they no longer need to carry it anymore! Again, we were astounded!

In our many years of practise and experience, clients do have many different responses and we are not able to predict or preempt these. However, for the person, it is important that they relax above all else, as this is the place from which all other releases occur, and relaxation can assist in the return to balance, completely. We are not just saying this, it has happened time after time.

Developing Yourself

When you have had the opportunity to completely rebalance, you can access a 'bigger picture view' of how things are. Realisations come about and have continuously done so, through many of the hours of our work in the field of relaxation.

Great realisations come about for students and clients. It's as if the space has been created for clarity, and with that clarity the fog clears, and more is visible. Being able to see something in a new light is wonderful!

Being able to reassess, review or rekindle something to a new level is very creative. We both feel that creativity and the development of this within our lives is, and will be, a very important development over the next ten years, not only for us,

but also for many others. Gaining more creativity and relaxation will assist us to be on the leading edge, to have creative ideas, and move with society on to a whole new different level.

Again, we have all lived through the most technologically advanced time of the past fifty years, which puts us into a 'fast paced age' where we expect everything yesterday, and where our performance is crucial to our livelihoods, and the awareness of the past has to be brought into line to be able to continue to cope with the ever moving pace of life.

We can cope, and we do cope. To strive and thrive, we need to move with the times, and the way we do this is to stay calm, and grow with the experience.

We need to learn how to use stress in a positive way in order to create inspiration and motivation, and not be thwarted by stress levels, overwhelm, and long recovery times.

The new way of being is to be chilled, relaxed and harmonious. This uses up very little energy and as a result we have lots of energy to enjoy life and live happily. When we have things going on related to unresolved issues, it is an energy drain, and we are struggling with using products like coffee and sugar to put back some of the zip into life, rather than accessing our own natural connection to this, our own energy, without resistance. Any energy block could be seen as resistance, and while we still have stress and tension in the system, it is creating one of those energy blocks, like twigs collecting in a stream, forming a restriction and not allowing the natural flow to take place. Re-establish the natural flow and observe the transformation. We never know the level of the change that flow creates, it is always up to the person to choose; we just facilitate the ability to re connect with this natural flow.

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Whereas, when we have ourselves at the balance point, in that serenity of calm and peace where there is no resistance to life, we are not held back by our situations or emotions, by our memories of negative experiences. We have the positive vibe that gets us going to the next level without pushing, without being pushed, and without pushing others. It is a unique way of living, and it may not be normal yet – but there is always hope!

Writing the Book is Part of It

Writing this book is part of the sharing. We wish to let people know just what it is we are working with, as much as possible in this format. We wish to bring awareness to the field of relaxation and this new capacity for change to allow stress to be manageable and for others to be able to receive the relaxation in many areas of life. For example, sportsmen and women who need their capacity to perform at optimum, for the team or individual to be able to succeed with their chosen field, in the performance where ‘Stress Less More Success’ means a great deal and for the recovery from the intensity in which the sports training has to be taken, balance can be regained in a very short space of time. This is one of the areas we would recommend because time and energy linked with ‘high achievement’ is very valuable. When recovery is paramount, after training or exertion, then the relaxation speeds up the process exponentially.

We would also like to emphasise that learning has a great link to relaxation. When you are relaxed, you learn quicker, you absorb more and you retain more. You may know from experience that if you are stressed, it is much harder to be able to take in information. If you are stressed, things are blanked out, and you may not retain the information so easily – and we

have to deal with this. However, coping strategies can assist. If you can get to a place where you are able to be relaxed, and learn to do this automatically, then you can maximise your learning capacities. Exam times for students can be assisted by being relaxed.

In the work environment, you work toward a common goal, want to do well for the team or the company, know that performing well is the aim and you will be assessed at the end of the year, usually with a performance review!

There is undoubtedly an air of competition within the environment and a knowing that the end goal is to do well. If the goal is achieved, then the collective intention for the business will assist the aspirations of the company goals.

Working in harmony and being able to respond will make work, and life, flow more easily than before. It is great to have the whole business working in this way. Bench marking productivity before and after would be an interesting project – please let us know if this is something you or your business are interested in! Business and management consultancy is available, with bespoke courses which can be arranged to allow in-house provision of the relaxation for staff at all levels. By arranging an appointment to further discuss this, we would be delighted to work with you in your business to create a greater capacity for happiness and relaxation, allowing your workforce to perform at optimum through a Stress Less Course!

Any level of staff has the ability to be able to have more relaxation in their life, giving the company greater capacity and continuity and resulting in less work days lost, many of these days being attributed to ‘stress related’ reasons. The employees will have a far greater introspective awareness, and judgemental awareness.

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In spas, the existing body workers can now offer Esencia Relaxation™. This will be able to be offered through the normal menus at hotels and well-being centres. Spas and centres can book staff into our courses, or we can attend and run a bespoke course on your premises to train your staff. This can be in UK abroad, and please, just ask.

When we started, we envisaged travelling to many places and sharing the training of the relaxation. This has happened, and we have trained in various locations in UK and abroad. This will continue, and open out far more now with the online course available. We will still be offering live courses and we will be running seminars so that all those who train with us can have the opportunity of meeting us, and experiencing first-hand the training and development we offer in the field of relaxation.

This book will assist in guiding those who choose to find us, and will give insights into the vastness of what this relaxation can do in terms of making a huge difference to you and your life. We always say though that it is always the person's choice – we can offer the relaxation and it is always the person who chooses the level to which they accept and work with it!

Sharing by Seminars and Delivery Programmes

We have found many who wish to assist in the process of sharing this work, and if you wish to do this too, please get in touch with us. We will be developing our seminars to have a far greater reach so that we can bring together those of like mind, and share this work widely.

There are many different courses starting with the bodywork, the relaxation work and then moving forward with other courses which will be available only through The

Relaxation Academy. It will be our pleasure to welcome you to either an online version of our work, or in person as we share the courses in different locations in the world.

If you have a desire for this work to be shared at your spa, business or sports facilities in your country, please get in touch with us. This makes for a very exciting and creative business that we love and enjoy.

Sharing by Training

When we started out, we designed the bodywork system to create the most benefit for the student/client and have developed the course to be structured in the different levels required for deeper understanding of this work. We encourage practitioners to take the next step after completion of the practitioner's course to enable them to facilitate training in groups and seminars of their own. The next level of affiliate is an all embracing role, where the fullness of the relaxation work is presented, with communication, and more templates to use, adding to your existing knowledge.

The work is practised and shared, as part of the learning experience, and this method will guarantee the relaxation is accessible to a greater number of people. We know that stress is a huge issue in the many areas of life. We are happy working to engage those who have a need and who wish to make the most of their time and energy by being relaxed in everything they do.

What would it be like to be able to be relaxed to a greater degree, no matter what life is presenting? We can choose to be thrown off balance, or we can ride the wave a little like a surfer, and be with it. We may find ourselves placed in a situation where it seems like we do not have any control; the only thing

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we can be sure of is that we have no control! The outcome can be easier if we choose to be relaxed, as worry or stress is a great waste of energy! The life situations we all may have, may become more manageable and the likelihood of tipping the scales of balance are diminished. If it does happen, then the recovery time is less, so returning to a balanced state is more likely to be quicker. You don't just have to take our word for it; try it for yourself!

Chapter 9 Switch Off to Switch On!

The totally natural solution very simply is this, The Switch 'off' to Switch 'on'

This is a fascinating concept, however true, that the sympathetic nervous system functions with the fight or flight part of your responses, so if you need to quickly race away from something you have access to this facility.

Sometimes though, there is too much adrenalin in the system, which seems to be in a permanent state of fight or flight, not giving the body the chance to rest fully. There is too much hype in the system to allow this. Sometimes too much caffeine from drinking coffee or tea can also create a stimulus, which can cause a state such as fight or flight. That impulse within the nervous system has to be resolved for calm and balance to be restored. So the sympathetic side of your nervous system is required to be 'switched off' to allow rebalancing to begin and recovery can proceed through the parasympathetic system.

This is not a conscious thing, it is the body behaving in the way that it will, if it is under stress, and the coping mechanisms in the body have created our ability to survive over many aeons. The change that would benefit this situation is that if the body and the mind had the opportunity to be able to 'switch off' from the seemingly permanent state of reactivity of 'fight or flight mode' and be able to relax.

The difference being, that the parasympathetic system needs to be able to calm things, and to allow the digestive system and other body systems to work well, as the sympathetic nervous system is hierarchical over the parasympathetic, 'switch off' has to come first. The ability to have this calmness may be hard to locate naturally. It may take time to do it by itself, but it will greatly assist the person if they receive a relaxation session to enable this, as this will remind the body of where it has been focusing the energy in readiness to react from a stressed place to a balanced place, where the energy in the body can be re-routed to where it is needed as a soothing state, to assist with recovery. The terms used above are simple terms, not wishing to complicate things unnecessarily. Keeping things simple!

Following the 'switch off', the recovery part needs to 'switch on', enabling balance to take place and the Active 'Switch On' to be fully available in the recovered state.

The Process of Change We Naturally Resist

When faced with a change, small or life-changing; just the thought of it can be quite challenging. The moving from somewhere that is comfortable to us as a known place, to somewhere else, can be daunting. However, if this is done in a gentle and supportive way, the body understands exactly where balance is, then the move forward is easier, as the pathway is not one of resistance.

When we mention resistance, we mean that there is an inclination of not wanting to do something or not feeling comfortable with something new, where there is a potential challenge to the status quo. We may not feel comfortable ourselves, in knowing that the change is inevitable, or that we are not sure of what the outcome will be after the change.

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As human beings, we can choose to explore many avenues of study, and if that includes ourselves, then we are a work in progress! Using our awareness to be able to learn and move forwards is of a great advantage. If we can see ourselves clearly and evaluate what needs to change, we can make a decision on the next step that we need to take, which is in the direction of our desired goals and dreams. Having an idea about what changes we wish to make can also be a challenge. If we know where we would like to go then it's made easier. Allowing our goals and dreams to be congruent with our own values, makes the realisation of these possible.

Resistance is what we can find in our lives when we wish to make some changes and we have that strange feeling inside that something is nudging us, something like a gut feeling – we cannot always rationalise the feeling and we often do not take any notice of it, not understanding its origins. However, if we were to sit down and meditate or take a power nap on the subject we may discover what it is that is appearing as resistance through our feelings.

Moving resistance is not a heavy job to do. We actually never push against anything because it comes back with increased force. For the bodywork itself you will find that it is very gentle, and we choose to move with the body, rather than against it. All the connections and the F.L.O.W sequence are established to work 'with' the natural harmony of the body.

If we find resistance, we do not force it. Usually, it will gradually release, naturally, and remarkably, without any need to 'fix', or force it.

The Need for Experiences, We Must Have These Switch Stuck at 'ON'!

We are here to experience life in all its wondrous forms; we all have a specialty area that may be dear to our hearts that we are choosing to experience. From time to time we find ourselves in an experience, however, the idea here, is not to judge this experience as either 'good or bad', but to learn from it and move on. If we are stuck in the sympathetic system, and the switch is stuck at 'ON', we are automatically creating some stress that will undoubtedly remain in the system for a time. It is not until we take some action to resolve this state that it can change. This can be anything from having a session of relaxation, to taking a walk in nature, swimming, gardening, reading, or changing our state from stressed to relaxed.

To Reverse the stuck at 'ON', We, and You Have to Allow the Relaxation –

When you are functioning from the stuck at 'SWITCHED ON' place where you may be functioning from a reactive place and 'on the starting blocks' for the off... If you can find yourself in a position where you have the opportunity to receive a relaxation session, although you have not experienced this before and you will be wondering how it will be, sometimes the mind will want to understand all about the sequence. . However, it is best if the mind can be occupied in a way that imagination assists in meditation, i.e. to literally take yourself off in your 'mind's eye' to a place that you love, or know, and where you feel very comfortable when you go there in reality. This allows the mind to be an observer, which allows the body to be able to fully work with the relaxation, and it will flow much better. Deep states of relaxation are accessed when this is the case.

When clients, students or practitioners have received a relaxation session initially, their subsequent sessions are always deeper as they know what to expect from a session. Additional Bonus items can be found at: www.stresslessmoresuccess.com.

Or Another Switch ON Occurs

Appreciating then that the relaxed state will assist the body to understand where it has been holding tension, the way to achieve this is to realise that the bodywork is gentle, non-invasive, totally nurturing and keeps one's mind out of the scenario as much as possible. This will encourage the most from the session or experience, as, if not, then the 'ON' state will engage and potentially take at least one other session to be required. It is always the recipient's choice of how much they will allow themselves to relax, and the more they can receive, the deeper state of relaxation will come about. The deeper the relaxation, the more the body and mind have a chance to reset back to a balanced state.

Relaxation to 'Switch OFF'!

When the relaxation is working and effective, the body knows exactly where it has been holding tension, this is so obvious when we get our conscious mind out of the way enough to observe this state. We can access the understanding of what's going on in the body by being relaxed. The parasympathetic system wants to bring about balance in the body, and it can do this very easily when it is reminded of balance. It sounds so simple and yet it is so profound.

Re-Balancing to Reset to a Clear Switch 'ON'

The reset is fundamental to being in balance with oneself. It does not matter what the required reset is. It can be digestive, emotional, recovery from over exertion, mental fatigue, stress or overwhelm. As soon as your body is reminded of where balance is, it can find it on its own pathway to balance more readily. What would it take for this to be known in areas that have previously not been able to access this level before; it can be potentially life changing. What if you could recharge your batteries easily and calmly, to the point of being so relaxed that your performance is enhanced, your work life balance is enhanced, and you generally feel so much better because your system is in harmony? This is the opportunity being offered to you through this relaxation bodywork. All you have to do is receive it.

Now Known

As soon as the body and mind understands where the need to switch back to balance is, it can do it more easily and readily than before. It is able to know inherently where to find this point of balance. Wishing not to repeat ourselves, but it is true, nevertheless, that this understanding is crucial to us all if we are to become more self-sufficient in the way we work, rest, and play!

We can work hard. You work hard to support your lifestyle, and your family, because this is what we do. However, there can be a price to pay for this if we do not heed the fact that our bodies really do need space to relax. It is wonderful that there are so many more health and wellbeing centres now, for this means we can all benefit from time out, and space to be, like at no other time before.

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It is our intention to create retreat seminars which will be available on application; they will be 4-5 days. If you are interested in attending one of our exclusive transformative retreats please contact us at: www.stresslessmoresuccess.com.

Chapter 10

Connecting with Your 'Relaxed Self'

Continuing with Stress Well, How Hard is That!

Living in a fast paced world and knowing we have to keep moving onwards and upwards, the continuation of keeping going and being aspiring can be very demanding. And yet, if we stop, we know also that it is so hard to wind back up again and to keep up the pace in the business world at full tilt.

Stress, stress and more stress, this can be the norm and feel the norm, we both have been there, head down and work, work, work. We even thought that we enjoyed it. The money comes in, time is taken up totally, there is not much time to think about anything else, and wow, this is the life success, success and a (g a p). There is something not quite balanced, all things seem relative, and life seems normal, the relativity is only to the pattern that we were working within, ALL the time.

Balance is the necessity of choice, and choice is the place of decisions, so good quality decisions must come from a balanced position. Our stressful place was certainly not the ideal place for quality decisions but we were making decisions ... all day long.

Being able to be relaxed and balanced makes for potential creative decisions to be made, we now both know where that place is, ALL of the time.

Sometimes, after the focus of a project, or an intense time of creativity or something similar, we do have to consolidate our bodies and our minds to allow a level of normality to return.

Being able to relax naturally is our way of allowing ourselves the return to balance. If the relaxing and rebalancing of ourselves does not happen normally and naturally, this may be revealing a situation or situations of continuing stress. Every time we approach an activity, it will involve stress, a stress that is there to motivate us, stress in the context, allows us to see the challenge of something we wish to aim for, the movement required from where we are now to where we want to be. This stress feels like positive stress and the sense of achievement gained from allowing ourselves to have the right amount of focus to achieve our goals is fabulous. This is where stress is incredibly positive. The flip side though is a long enduring chronic (compound) stress that we feel we cannot shake off, and when this imbalance happens, the potential overwhelm that may be felt, needs rebalancing back to a balanced and relaxed state, for the mind and the body.

It all Happens Without You 'Trying'

Life is happening around you without you even trying, that is a plain fact. So if you are living and/or existing in, and with an evolving pattern around you, your life will be evolving around you in a stressful way, from your perception, whether you are feeling this or not, it is happening just the same. To change the stress, we need to feel balance!

So, to feel relaxed, take time to be in nature, go swimming, take the opportunity to create or restore balance for yourself, even when you do not feel off balance, build into your pattern of life something that will allow you to feel balance.

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See our free bonus material on the website:
www.stresslessmoresuccess.com.

Balance within your life can feel strange. When this is introduced to you in the form of the relaxation, you need not do anything – it all happens for you and without you trying. Although this may seem hard to grasp at one level, your mind and body will love it. Thinking about the bodywork that we apply through the sessions and the trainings, this is indeed the case, and you have to experience it for yourself, but, when you do, you know exactly how tense the body has been as it is obvious to you as balance returns.

Being able to benefit from this level of bodywork brings about the possibilities of enhancing other areas of your life. When you are striving, in life or work, life is intense; when we are focused on our goals it is intense. When we can rely on things to flow without us needing to do anything, this is where the feelings of being naturally relaxed and balanced can move us in the right direction! Effortlessly!

Integrating Happiness and Joy

Often, when you are blissfully absorbed with something that you love to do, time passes without you really noticing. Perhaps when gardening, sailing, painting, reading, walking or swimming for example. This is when we are lost in our chosen subject. Our attention is so focused, and we love it so much, that we do not notice anything else around us for a few hours or for however long we are working or playing. Being in this state of joy is now very natural to us too, and we are experiencing this nearly ALL the time. It might not be so easy in the seriousness of life to look back at the things that make us happy, however, we can include more of these, and endeavour to ensure that we

surround ourselves with positive things and people too. The state of happiness and joy placed in our lives can give our system more of the 'Feel Good Factor'. Let's face it; we can all do with more of the 'Feel Good Factor' in our lives!

Problem Solving in an Allowing Way

Daily life is a basic set of experiences that are happening all the time, to us and around us, at all moments of the day.

To experience your life as a simple set of experiences, allows the flow of life to happen. This is allowing the experiences to string themselves together. Maybe not all the day's experience will prove to be that simple and straight forward so that we do not have to think very carefully about some decisions that are appearing in front of us. The decisions appearing do not all require an immediate solution. Time may be required for more factors to be present to be able to make a particular decision. More information has to come forward to make the appropriate choice, now for any interim moments while the additional information is coming, there is a choice whether to fret and worry, and equally a choice not to allow worry to potentially block or try to speed up the choice. If the choice is to allow the experience to evolve, the appropriate moment will become very apparent and the choice can be made effortlessly. Problem Solved.

Bonus Material at www.StressLessMoreSuccess.com

Making Decisions Easily

Decisions, decisions, there are always decisions - the task is to be able to be in the state of body and mind that would make the choices we have to make easier, if not a very easy task!

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You may have gathered the answer to the preceding question from the dialogue throughout the book, that being balanced puts you potentially closer to being relaxed, and being relaxed in a low stress active state, allows decisions to be made easily.

Add stress back into the equation for the potential decision, and the information available for the 'balanced' choice to be made may be getting distorted by the overriding pattern of panic, clouded by insignificant events and inappropriate timing. All of these can alter the quality of the decision.

To make day to day choices easier, you will need to be allowing of the relevant factors, and be able to see the clear unclouded choices before you. Clarity appears to be present for you cannot force clarity. Some people have developed a natural ability to have clarity, and clear understanding which enables decisions to appear as if out of thin air. Well, this could be exactly what is happening. By being relaxed, this allows clarity.

Aware of the Environment Around You

When at work and if deep in the stressful state of it all, the awareness of what is going on around you at any moment can be shrouded in the fog of potential anxiety, or seems to be only revealing 'close in' events of the wider world. When anxiety and stress are present, nothing else but that 'close in' moment is possible to be thought about, it closes out other thoughts, this may be speaking of extreme situations but the effect of stress in your life can have a 'close in' vision or tunnel vision of the whole picture, within a work or life situation. To relax expands the answer, but that has to be a choice, one which may be not seen.

The relaxation bodywork, is calming, allowing, and pampering, and usually brings a relaxed smile upon the face of those receiving a session. Removing the pattern of stress resolves imbalances, and when balance is known, the metaphorical FOG begins to clear and the world may begin to feel different, like that of a wonderful clear day full of sunshine that makes you feel good from the inside out, when you notice the birds singing and all the wonders of nature appear before you, and you are relaxed. "Seeing life more clearly", as if through new eyes, is often a comment after receiving a session or attending a course.

Relax and Let the Energy Happen

This is you, relaxed, happy, and full of joy, just like 'spring is in the air'. You can feel it, you can be it, and you even have that joyous spring in your step!

If life's events are happening all around you and at all times, then a choice you can make is to stay as relaxed as possible and stay calm, and you will be in the place where the day to day experiences you are having all feel good to you. You can make the choices required, see the bigger events transpiring, and engage in the activities in which you wish to be involved.

From the position of this relaxed balance, if, or when other more challenging events come into play, you may be drawn to be part or party to those experiences, however, from your position of balance you are now more aware of how to respond and not be in the 'thick' of the experience that you are given to react to, and sometimes overreact to situations. Life is happening all the time, but being relaxed means you can respond, assist, empathise, console, care, share and love.

Be relaxed, be loving, be happy, and be joyous.

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We love working with relaxation and the potential this can reveal by living and being in a balanced place.

Bonus material:
www.StressLessMoreSuccess.com

Chapter 11

Stress Less More Success – The Story

We are both thrilled to be able to set some of the details of our work in this book. We have other books to write and this will be the first of many.

We have been delighted to meet Raymond Aaron, #1 NY Times Top Ten Best-Selling Author, and have this opportunity of working with him as a Mentor to get our book done. It has been in the balance for a while – now it is a reality! It is amazing what can come about with the right support and encouragement, and we wish to create awareness of our work through sharing *'The Book on Relaxation'*.

Through the work with relaxation we found the unique understandings that soon led to our training business called Neutral Space, and this has been very successful in working with 'more than' relaxation, the three years from 2012 proving to be the profound way forward for us.

We both agree if this book assists in raising awareness of the benefits of balance through Esencia Relaxation™, and creates a demand for the work to be shared throughout the UK and internationally, and in many world centres, we will have succeeded in making a difference. If this is something that appeals to you too, then please do get in touch to experience it, train in it, or share it with your colleagues, at your spa, at your workplace or with your professional team or club.

Lyn and Graham Whiteman

We would like your permission to share a little outline of our lives with you.

We have known each other since 1968 and grew up in the same village of Flackwell Heath, in Buckinghamshire, and went to the same school. Our paths crossed for several years before finally being brought together on a blind date in the spring of 1975. This meeting was to prove magical and by 1976 we were married with the ceremony held in Little Marlow Church, Bucks.

*Falling in love is not a choice.
To stay in love is.
Unknown*

We both worked in corporate jobs; Graham continued to work in engineering design, and myself in training /secretarial and admin provision. After the arrival of our family in 1978 and 1979, of our son and daughter, our adventure began.

Lyn has always been creative, and has worked enthusiastically with her art through painting, teaching, and silk painting, exhibiting for many years in Buckinghamshire, Cornwall, Dorset, Devon, London, Paris, and New Zealand.

Our lives have been enhanced by archery. Having been coached by an Olympic Coach through the 90's, we know the meaning of Zen!

Through working in the corporate world – especially Graham, as this spanned many years, and through the application of work and completing in the Space and Move management area, Graham has worked with systems, mechanisms, flow, feedback, and has the capacity to share many of his understandings, as they relate to the work now in the field of relaxation.

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From 1983, Graham and I worked additionally on home projects which had creative flair, ranging from the conversion of a few buildings modernising and creating a fresh approach, as well as refurbishing a 1930's bungalow on the edge of a Common, designing a new bungalow from scratch, plus adding an attractive extension onto a 'brick and flint' cottage on the Chiltern Hills escarpment. Purchasing a 'project', a 45' x 45' square building which was over 40' high, formerly a sculptors studio, and converting it to a modern 4 floored new space, hardly changing the outside, but creating an interior that included a 'void' and minstrels gallery on 3 levels, this project was indeed amazing, set deep in the Chilterns. A heritage plaque was presented by the Council with the Mayor and the relatives of William Robert Colton RA, the famous sculptor, at the small ceremony, where the plaque was unveiled. (He was the Sculptor of 'The Girdle' in the Tate Gallery, and the creator of the 'Horse and The Winged Figure' in the Mall, London).

The creativity present to be able to work with all of the above was through being able to access the vision, and bringing it forward to completion with a level of flow and relaxation inherent and natural.

Further projects came about in the years following, including an old Hotel in Bledlow, on the borders between Bucks and Oxford, a delightful place with an old railway line passing by long since disused, but a magical area in which to live. We decided to move to Dorset (2001), to change our lifestyle and quality of life for something completely different. This was an amazing time, as this was a total leap of faith. We knew no one, and had no idea what was in store. The first year was a mixture of resting and recuperation. The plan was free flowing. We allowed ourselves to explore the landscape, to make new friends and to experience different aspects as yet unknown, but evolving day by day.

The open exploration had been started and this led us to sound, music, dance, reading many books, and after 2 years we had been introduced to bodywork, not massage, but truly amazing modalities using ancient techniques, all revealing the special work that was being done by practitioners, to relax and assist clients around the world.

We encountered many challenges, even though the ideal lifestyle was achieved, however, the range of clients, and opportunities to share the relaxation work were limited for some reason.

We ran special retreats in our Dorset farmhouse, and enjoyed the most amazing 180 degree view over the Marshwood Vale. We moved then to a country house, with views to the sea, a pond, and extensive gardens to the rear, a delightful residence, but it was not to last. The pressure of only a few clients, and too many free sessions did not allow for business growth. The time had come to shift and change yet again. Not an easy one this time. (Again, subject of a different book to be shared in the future.)

We had given ourselves time to explore, time to reason, time to relax, time to understand, and the result has come to fruition with the Deep Relaxation. We made crucial decisions as we knew, somewhere within us, that this work needed to be shared and we had to find a way to do it. Out of necessity, and a determined drive, we moved to West Sussex, near Chichester, primarily to be nearer to family, but also knowing that we needed to be nearer to greater numbers of people and London, giving access to a larger market for our work.

Stress Less More Success For High Achievers

The success of the past three years has shown us just how much is possible with relaxed focus, appreciation, creativity and being in the moment. We invite you to join us on the journey to Stress Less More Success!

Lyn and Graham Whiteman
August 2015

About Lyn and Graham

Awarded the Authority in Relaxation with *Stress Less More Success* by New York Times Best Selling Authors, Jack Canfield and Raymond Aaron, Lyn and Graham have been at the forefront of the Relaxation Training Marketing Sector for more than a decade.

The award-winning co-authors live in the UK but travel extensively across the world conducting seminars, workshops, sessions and retreats, to help those in businesses, spas, sports and life to resolve stress through the bodywork system of relaxation, and to assist high achievers to create a balanced business world around them, access more creative solutions and focus on working at optimum, through our bespoke courses and seminars, plus online training, which will transform their lives and businesses.

Lyn and Graham have worked in many different areas with their relaxation, and found the ability to increase margins with this work is obvious, when there is a stress less environment, we can thrive and achieve great things.

With this book, they have shared their years of experience and insights that have been realised through this work. When the relaxation is experienced completely, it has the potential to greatly improve working efficiency creating an environment conducive to change in a very gentle and effective way. This work is repeatable, and sustainable. Once the balance point is actually known by the person, the difference has been achieved!

Lyn and Graham Whiteman

Lyn and Graham have learned through their own experiences, taking a leap of faith, moving from Stressed to Stress Less, their lives have transformed and they wish to share this opportunity with others. Building on an awareness of how important it is to relax and how it enhances every area of your life.

Currently Lyn and Graham co-own and operate multiple ventures within Relaxation Training for life enhancement, through their portfolio of online platforms

www.stresslessmoresuccess.com
www.esencia.org.uk
www.therelaxationacademy.com

where not only do they help businesses, but also high achievers and aspiring entrepreneurs, who through being relaxed and happy are able to create even more joyous and meaningful lives.

Testimonials

From happy students/clients from the past 3 years of training in this work:

“Astounded with all that I have learned and how it can be applied.

Yes I have noticed a huge shift and changes how I manage situations”.

LH, Australia

“It has been wonderful. The difference for me is that I feel more balanced.

Others will most definitely benefit.”

CA, Australia

“Learned new interesting techniques and new knowledge”

TD, Australia

“Amazing, you need to experience it to know it!

The course has been wonderful and I enjoyed every minute taught by two people with such insight and gentle loving hearts, I am so grateful for the experience of the last few days. Thank you, Bless you”.

PP, Devon UK

“Balance, very relaxed, but energised.

I have learned and experienced so much more that I am able to put into words – Thank you! ”

LP, Chichester, UK

Lyn and Graham Whiteman

“Feeling a deep sense of ease/going home into myself. Or at least taking a step towards that. Very comforted/complete”

ER-T, West Sussex UK

“The main benefits of what I experienced today, were a feeling of everything fitting together in a natural flow and in a whole feeling, in myself and my understanding of the relaxation bodywork”.

“I would describe the Practitioner Course as reachable and understandable to everyone who felt drawn to it”.

“As a retreat, I have experienced a reconnective space that has facilitated my return to wholeness alongside embodiment of an incredible teaching/teachings, which is a gift to share with others”

ZH, Cornwall

“It has been a very good learning process for me and a great joy to see people feel rapidly better. Thank you so much for having put together this gentle and extremely powerful relaxation modality”

CG, Luxembourg

I can thoroughly recommend Lyn and Graham Whiteman’s new book on relaxation techniques and the many benefits from these. Their combined knowledge, expertise and information about their courses, seminars, relaxation techniques and body work will be invaluable as they have so much experience to share in these fields.

I have known Lyn and Graham for a long time and we have worked together on many projects as well as have been in various meditation groups together. They have been a joy to work with and work well together as a part of a team.

Stress Less More Success For High Achievers

They are excellent relaxation body work practitioners, an area they have been working in for many years. Graham is a “master” at body work and has worked successfully on several muscular injuries I have had over the years. Both are very sympathetic and good listeners. Lyn is a very gifted artist as well as a body worker.

Joanna Prentis. D.HYP. co author of “The Essenes, Children of the Light”, “The Power of the Magdalene” and “the Magdalene Version”