

CHAPTER 43

‘HAVENING’ — INSTANT STRESS RELIEF – IN YOUR HANDS!

BY PAUL EMERY

THE STORY OF JOE

Once upon a time, there was an important businessman with a lot of responsibilities. He took them extremely seriously and so worked very, very hard every day, even during his days off!

He worked late every night, and even though he took his sleep medication he often had a restless night's sleep. Thoughts would run through his mind again and again and again. He would worry about the economy, providing for his family, health concerns, things that had to be done, things that shouldn't be done, work demands, meetings to attend, the future of his business, the competition, budgeting, downsizing and the effects it would have on his staff. His thoughts were never-ending, so as usual, he woke up feeling exhausted, tired and rather grumpy.

Every day, as he looked blurry-eyed into the bathroom mirror at his aching out-of-shape body, he vowed to find time to get back to the gym again, sometime soon, perhaps tomorrow.

One particular morning, his young children were getting ready for school and as usual, were a little noisy and energetic. Children can be

like that, you know! They tried to engage with him as he sat down at the breakfast table, but his patience was a little thin, so he snapped back at them, “Can’t you be - MORE QUIET!”

Head down, he checked the emails on his smartphone as his beautiful wife brought him breakfast, but all he had time for was a few mouthfuls and a quick, strong coffee. The first of many these days.

Leaving for the office he noticed his wife looked concerned as he gave her a quick peck on the cheek. He promised to eat later at the office, but he knew that would be unlikely as meals were often erratic, and usually unhealthy at best these days.

No sooner had he got into the office than he discovered an employee had made a mistake. The second time within a month. He exploded with anger. He realized he was over-reacting, but just couldn’t stop himself. He was a perfectionist and his staff should be too! But alas, nobody could meet his expectations. Not even he could meet them, so what chance did anyone else have!

The months and years passed by, and nothing really changed at the office – except the work pressure increased, he got sick more often, gained more weight, developed high blood pressure and diabetes, and was on anti-depressants.

But at home things had changed. He now had the peaceful home he previously sought and was living in a new, much smaller home, because his wife divorced him and took the children.

Years later, as he lay alone on his deathbed, he reviewed his life and regretted not handling it better. He regretted not creating, even demanding a better work/life balance. He regretted that he didn’t spend more time with family and friends. He regretted not being a better husband, father and son, that he didn’t take better notice and care of his mental and physical health before it was too late, and that he didn’t prioritize the really important things in life. THE END.

If you were on your deathbed what things would you not want to feel regret about?

What steps can you start to implement today to positively alter the course of your life before it’s too late?

STRESS

The so-called plague of the 21st century is on the rise in this fast-paced, technological, high-demanding, ever-changing, conflict-stricken world of ours. Without a doubt, everyone has to deal with stress, and admits to having it to some degree or other at any one time. It is generally agreed that occasional small amounts of stress can be useful. It can help spur you and others into action, drive motivation, help you attain goals and keep you sharp.

Constant, excessive, uncontrollable and unmanaged stress however, has a massive negative impact on people's lives and on those around them. It clouds thinking, creates poor decision-making, decreases work effectiveness and performance, increases negative habits and behaviors, creates poor health and stops people from being at their very best.

Just consider for a moment how it impacts your life.

Stress can be considered unavoidable and blamed on external factors and circumstances, and of course, there are many valid reasons for it. After all, the future is unknown, employees do under-perform and the Internet IS slow! However, it's your internal emotional reaction to these external triggers that is the cause of stress, not the stressor itself. The proof is that many people react differently to different situations. What stresses one person may not stress another.

Some would argue that these emotional reactions are a natural, even appropriate response that can't be avoided, so we're just to put up with them and soldier on. But many also realize that they feel out of control, that they want to be able to handle stress better. They want to be more relaxed, focused and clear-headed, to perform better, and importantly, not to have their mental and physical health impacted quite so much also.

So, we all know too much stress is counter-productive, yet to manage it is easier said than done, right? Well, not necessarily! With the right tools it can be a relatively quick and simple thing to accomplish. So, other than ignore it and hope it goes away (like some try to do) what can you do about it - *today* - to get noticeable, immediate relief?

Apart from some of the usual ways, e.g., medication (potential side-effects and usually doesn't address the underlying cause) and talk

therapy (often multiple sessions, advanced time scheduled, expensive and dependent on a therapist), there are other ways you can be helped.

Firstly, there are two practical and basic ways to reduce your stress:

I. EXTERNAL

Find ways to reduce the external factors. For example, through better organization and time management, planning, streamlining and prioritization of tasks, delegate more, clarify expectations and define roles. These strategies you probably already know, but are you implementing them? A little bit of time spent on these would pay back huge dividends. So, wouldn't today be a great time to start?

You could take regular quick breaks at work by removing yourself mentally or physically from the stress source. Walk around a little, have a friendly chat with a colleague or go get some water or fresh air. Perhaps you could listen to a few minutes of soothing or enjoyable music, watch a short, funny YouTube clip, or play a quick game on your smartphone. Perhaps you could get a therapeutic massage after work.

At home you could engage in a hobby or relaxing social activity. You could take time for a nice long, warm bath, go away on weekends or better still, find time for vacations. Perhaps you can turn off your phone during family or personal time, especially at night and more often over weekends. All of this would be helpful in lowering your stress levels, switch off from work and recharge your batteries.

You could exercise or play sports. Even just 20 minutes of walking or swimming has huge benefits, for instance helping to clear and refresh the mind and allowing the subconscious mind to work on a problem. Studies prove regular exercise is one of the best ways to stay physically and mentally healthy. It helps reduce stress hormones, lowers depression, raises endorphins, improves self-esteem and confidence, and increases a sense of being in control.

I know you've heard it before - but eat healthier too! Processed junk food, which is often full of toxins, additives and preservatives, frequently increases stress and negative emotions in many people. Be mindful how you feel after eating a particular food, and especially avoid any identified food during times of increased stress and anxiety.

II. INTERNAL

Find a better, more do-able, quick and effective way to ‘self-manage’ your stress. A tool you can either use to clear some past bothersome memory, or something you can have to hand in your daily life for when the immediate need arises. You can try one of the usual talk-type therapies – such as psychiatry, counseling, psychology and coaching.

Or perhaps you could also try one of the more alternative or holistic ways to relieve stress, for example:

- Meditation
- Traditional Chinese Medicine
- Massage
- Breathing exercises
- Hypnosis
- Homeopathic medicine
- Yoga
- Nutritional supplements

If any of these options appeal and work for you and you are able to get quick, sustainable and long-term relief, then give them a try.

However, what I would like to propose to you here today is a new way, an innovative way, a ground-breaking way for you to be able to get rapid, relatively easy, long-term sustainable relief from any form of stress whenever you or your family need it.

Let me introduce you to the amazing Havening Techniques which I wrote about in my best-selling book, *The Winning Way*, co-authored with Brian Tracy. Havening will enable you to not only manage your daily stress, but also to eradicate many causes of it – whether from some past bothersome memory, or some present or future concern.

As unusual as the technique may seem, it has been used successfully to clear a wide range of difficult emotional issues – from P.T.S.D, grief and phobias to anger and heartbreak, so it will help you! All you have to do is apply it and experience the outcome. I think you will be truly amazed!

I wholeheartedly agree with Paul McKenna, the renowned therapist and best-selling author when he says: *Havening is going to change the face of therapy across the world. What used to take months to cure can now be done in minutes in most cases. The initial study recently completed by King's College, London shows the remarkable effectiveness of this extraordinary set of processes.* I have myself experienced remarkable results when working with clients either in-person or via Skype!

HAVENING

Havening (www.havening.org) is a 'Psycho-Sensory' therapy that is hailed as a major break-through in modern psychology. Developed by Dr. Ronald Ruden, who, upon studying the brain for more than a decade, discovered that sequences of repeated soothing touch to specific parts of the upper body, alongside lateral eye movements and distracting visualizations, have predictable and calming effects on our thoughts and feelings. In fact, scientifically-proven Havening reduces stress chemicals, increases the feel-good chemical Serotonin and quickly de-links negative and bothersome feelings from thoughts. It is usually performed by a qualified therapist but is also highly beneficial when self-applied.

There are three aspects to 'Self-Havening':

1. Retrieval of an emotion by recall.
2. Havening touch. This entails gently stroking down the arms, face, then hands in a firm but comforting fashion. These areas on the body are shown to produce strong electrical delta waves to the brain's emotional center, the amygdala. These waves in turn release a specific enzyme (Calcineurin), that permanently de-links then releases the specific recalled stress-causing receptors from the amygdala.
3. Distraction techniques. This prevents continuous re-activation of the stress producing receptors.

HOW TO REDUCE A SPECIFIC STRESS TODAY

1. Eyes closed – take about 30 seconds to bring to mind something you are stressed about. Perhaps something that makes you feel angry, worried, afraid, frustrated or sad, for example.

2. Rate your feeling on a scale from zero to ten – zero being no emotion and ten the highest.
3. Then clear your mind completely of the problem, put it out of your mind as you begin self-havening: Cross your arms over and gently but firmly continuously stroke down from the top of your shoulders to your elbows.
4. At the same time, visualize walking up a beautiful staircase of twenty steps. Count aloud (preferably) as you climb the steps in your imagination whilst continuing the arm self-havening.
5. After reaching twenty, continue the self-havening as you hum a tune that makes you feel good, or is neutral in nature, e.g., Row, Row, Row Your Boat. . . Happy Birthday. . . Twinkle, Twinkle Little Star, etc., for two verses.
6. When finished humming, continue self-havening as you open your eyes and look straight ahead, keeping head still. Look hard to the right and hard to the left, hard to the right, hard to the left, hard to the right and hard to the left again. Close eyes again and take a deep relaxing breath in and out.
7. Repeat the entire sequence 1 - 7. But now, instead of self-havening your arms, smooth across your forehead and cheeks alternatively from the center out, as if smoothly and comfortably washing your face.
8. Repeat the entire sequence again – steps 1 to 7. But this time, self-haven your hands by smoothly performing circular hand-washing-type movements.
9. Finally, with eyes closed, take about a minute to think about your problem again and rate your level of distress as it stands now.
10. Repeat all above – steps 1 to 9 – until you feel the problem has diminished to an acceptable level or has gone.



About Paul

Best-Selling author Paul Emery helps his clients overcome any psychological and emotional barrier to success, and lead better, more fulfilling, less stressful and confident lives by utilizing innovative, groundbreaking techniques.

Paul is great...it helped me! ~ Kate Moss, Supermodel and Icon

UK-born Paul grew up with an interest in personal development and psychology. He studied at the University of the West of England as a specialized counselor/coach. He also studied the works of Anthony Robbins, Jack Canfield and Brian Tracy – later mastering and developing his skills whilst employed in the retail, telecommunications, education and finance sectors.

Paul trained formally as a therapist, and was fortunate to be mentored by such innovators as Dr. Richard Bandler, Paul Mckenna, Gary Craig, Dr. Roger Callahan, Kevin Laye and Dr. Ronald Ruden.

Paul Emery is a certified NLP (Neuro-Linguistic Programming) Master Practitioner, EFT (Emotional Freedom Techniques) Trainer, TFT (Thought Field Therapy) Advanced (Optimal Health) Practitioner, and a Havening Techniques Practitioner.

In 2002, he launched his coaching and therapy practice that thrived by offering a ‘Guaranteed Life-Changing Results’ service. His goal is to enable clients to become more relaxed, confident and successful, to help them conquer any limitation that may hold them back by bringing out the best they can be in all areas of their lives, in any situation, at any time either at work or at home. Paul also believes in empowering his clients by teaching simple, yet effective tools and techniques to help them manage any stress or challenge that may occur in their lives.

In 2010, Paul’s eclectic service, QEPR (*Quantum Emotional and Physical Release*), was awarded the prestigious – *Holistic Treatment of the Year* – by a panel of industry experts for his outstanding contribution to excellence in his field.

He has also developed his own popular, stress-relieving, life-enhancing, light exercise class called *EMER-GIZES*, which incorporates self-shiatsu, Makko-Ho and Do-In exercises, EFT, TFT and Energy Medicine amongst others.

Paul frequently travels internationally, helping thousands of clients around the world from America to Australia. Companies such as Chevron, Credit Suisse, Thailand’s

Chiva-Som and Turkey's Richmond (Nua). He's worked with billionaires, politicians, CEO's and doctors, Royalty, pop stars and Hollywood and Bollywood actors.

He has been featured on TV including Fox, Sky, TNT and on the popular Australian CH9 show *Celebrity Overhaul*; on radio such as Qatar Foundation Radio; in international magazines and newspapers - *Vogue*, *Marie Claire*, *Harper's Bazaar*, *Cosmopolitan*, *Gala*, *Women's Health*, *Men's Health*, *Sydney Morning Herald*, *OK Magazine*, the *Financial Times* and was featured in the bestselling book, *Ultimate Spa and Spa Treatments*.

In 2014, Paul co-authored a best-selling book with Brain Tracy titled *The Winning Way*, and was inducted into the *National Academy of Best-Selling Authors* in Hollywood where he received a *Quilly* award. Also in 2014, Paul was one of the sponsors of the inspiring TFT Foundation documentary movie, *From Trauma to Peace*. In 2015, he released a video course enabling people to effectively get substantial relief from any kind of ache or pain titled, *Freedom from Pain – Today!*

He provides coaching/therapy in many formats, including one-to-one, in person or via Skype, group workshops, QEPR Practitioner courses, seminars and retreats. Video of the Havening technique can be found exclusively at:

www.quantumepr.com/blog/soulofsuccess.

For more information connect with Paul:

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