



Helios Health & Beauty

The Nature of Stress

Report from Saturday 22 May 2004

Background

This seminar on the Nature of Stress followed The Life Force Seminar and the From Life Force to Soul Force Seminar. Each of these seminars exert their influence even if the people now present did not attend the earlier ones. In the first, Nikki Goldstein presented an outline of the Ancient wisdom held within the Ayurvedic Philosophy, which she spelled out in her book "Life Force". Jessica Van der Haar is a co-founder of a centre for addiction management in Holland; where transformation is made possible through the arts but especially through biography work. Her contribution to the second seminar was a training in listening at four different levels:

- 1) the physical
- 2) the life
- 3) the emotional
- 4) the ego/spiritual.

Listening is both healing activity and a generous act of love; listening deeply in this new way makes it possible for the speaker to plumb the depths of the soul and speak with wisdom and truth. Resonance occurs and connectedness exists; isolation and separation vanish, union takes place.

Rhythm

"Today we are only at the beginning of research in this world of formative forces, but with this research into the significance of rhythm we stand before the portal of a new age and a new science."
Dr. Margarethe Hauschka MD 1972

"Study rhythm, rhythm carries life". These few words of Rudolf Steiner called Dr. Rudolph Hauschka into action and after many years of effort and research he uncovered the power of applying rhythm to harness the healing power of plants. WALA, the company that makes Dr. Hauschka Skin Care came into existence to make healing remedies for human kind and to help heal the earth. The name stands for *Warmth Ash Light Ash* (WALA), which are the rhythms, used in making healing essences and mother tinctures that are then used to make remedies or added to skin care products.

A lively demonstration of the harvesting, preparation and processing of a plant substance engaged everyone. The power, serenity, reverence and the commitment of the coworkers at WALA could be appreciated from this quick demonstration and explanation by Lars Brander, who called on his own first hand experience at WALA.

The Nature of Stress

Mim Beim is a practising Naturopath with 16 years experience. She runs a busy clinic in the Strand Arcade in Sydney, has appeared regularly on ABC radio for many years and is currently presenting on the LifeForce program on a cable television network.

Mim has written five books with her most recent book called "Natural Therapies to Boost the Mood and Mind". Her theme for the two sessions was the nature of stress and its fresh off the press management.

The Science of Life Seminar

Mim outlined the major indicators of stress:

- ◆ Stiff or tense muscles
- ◆ Increasing consumption of alcohol, cigarettes, recreational drugs
- ◆ Feeling guilty when you relax
- ◆ Persistent infections e.g. Colds, thrush, herpes
- ◆ Under or over eating
- ◆ Finding it difficult to say no to more work
- ◆ Sleep problems
- ◆ Tension headaches
- ◆ Irritability/anger
- ◆ Anxious thoughts
- ◆ Avoidance of tasks
- ◆ Depression
- ◆ Lack of motivation
- ◆ Loss of interest in sex
- ◆ Restlessness
- ◆ Poor memory/ concentration
- ◆ Waking up feeling tired
- ◆ Grinding teeth

Under Mim's guidance, we scored ourselves. The "stress head" with the highest score was given Mim's book. Mim stressed that stress is created by our head, that is by our thinking rampant, uncontrolled thoughts.

Adrenaline

The adrenal glands, located just above the kidneys, kick in whenever we feel threatened. Originally, way back, this served a good purpose; to help us survive attack from life threatening predators. Adrenaline prepares us to run or to stand and fight - we become more physically powerful when we have an adrenaline surge. Hence the motivation of the adrenaline junkies.

Some indicators include:

- ◆ Pupils - dilate
- ◆ Sweat glands - increased underarm sweat production and on palms of hands
- ◆ Lungs (Bronchioles)- dilate
- ◆ Gastrointestinal Tract- shut down
- ◆ Metabolic Rate - 100% up
- ◆ Muscles - strength increases
- ◆ Pain threshold goes up

Cortisol

The effects of cortisol are not as well known as adrenaline but it contributes to major health problems if levels are consistently high.

Some indicators include:

- ◆ Cholesterol increases
- ◆ Immune system decreases
- ◆ Memory low
- ◆ Depression high
- ◆ Osteoporosis high
- ◆ Weight increase

The Science of Life Seminar

- ◆ Libido decrease
- ◆ Autoimmune DX increase

Managing Stress

Good practices

- ◆ Reduce caffeine
- ◆ Drink more water
- ◆ Eat regular meals
- ◆ Include protein in each meal
- ◆ Reduce sugar

Herbs that help

- ◆ Liquorice (Glycyrrhiza glabra)
- ◆ Passionflower (Passiflora incarnata)
- ◆ St.John's Wort (Hypericum perforatum)
- ◆ Ginseng (Panax/Siberian)
- ◆ Withania (Withania somnifera)
- ◆ Zizyphus (Zizyphus spinosa)

The senses contribution

Smell: Aromatherapy
Flowers

Touch: Massage
Pets

Vision: Colour
Beauty

Thoughts: CBT/Therapy
Meditation

Affirmations/Prayer

"God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference." (from the 12 steps A.A.)

Rose, Rosemary, Lavender and Moor-Lavender

Products and practices from Dr.Hauschka Skin Care

Rose Body Oil:

Harmonises, soothes, balances. Utilising a gentle touch to the thymus gland area above the heart on the breastbone. Rhythmic circular movements calms distress in babies, children and adults. Ideal as part of preparation for sleep.

Rosemary:

Present our Rosemary Leg and Arm Toner, Rosemary bath, Rosemary Body Oil (*more to come*)

Lavender:

Present our Lavender bath, Lavender body oil (*more to come*)

Moor-Lavender:

The Science of Life Seminar

Moor from peat and sedge grass help protect against radiation. Combined with Lavender Essential Oil and an Olive Oil base, provides a "second skin" encapsulating, comforting, protecting. It is ideal for travel protection, seasonal sensitivity and protection against people who "rub you up the wrong way".

The Healing Power of Sleep

In the past the "Temple Sleep" was used by the priest/physicians to re-harmonise and re-balance and reconnect a sick person to the ideal "state of health and well-being". Preparing for sleep by cleansing and clearing the soul as well as the body and face can be a powerful preparation to receive more abundant healing and renewing life from our hours of sleep. The Retrospect Meditation from Rudolf Steiner was provided as a guide to conduct the review of the day. Rhythmic Night Ampoules (containing rhythmised rose extract) were provided to contribute to this evening review. This is a practice to encourage development of the will.

The WALA Symbol and Rhythmus

This four fold symbol represents aspects of our being namely:

1. The physical body (exterior line of the rune) - yearly rhythm
2. The life forces/ etheric second exterior line) - monthly rhythm
3. The emotions/ soul (third line of the rune) - weekly rhythm
4. The spirit/ ego
6. (centre of the rune) - daily rhythm

