

# Oneday, Someday Syndrome

## the Stress Connection

**Stress** not only affects our quality of life, it is the number one cause of disease. Not food, not pollution and not genetics. You still have to trigger a gene – and it is those triggers that I want to share with you. Gene's are a road map for your body.....but your body still has to be guided to take the various roads. That direction comes from outside the cell, not inside. The more you "Get in Your Own Way", the more struggle occurs with your health and with your life in general. If your life is not flowing with ease and excited anticipation for what is next, then there is information, skill development and inner knowing that can be achieved by bringing some synergy to every aspect of your life. Have you ever asked yourself "why can some people eat whatever they want, and have a long healthy life", while others suffer and struggle with their success and vitality and seem to live

their life quite rigidly following the rules? Most life struggles are not caused by what you eat, or which beliefs you follow.....they come because we stop listening to our Universal guidance, forget that what we focus on expands and do not line ourselves up with the heavenly place where all the "good stuff" is. Wouldn't you love to go on that journey? So let me first share my definition of stress: Stress is when what you wish existed, and what actually is, are 2 different things. The intensity of the stress is equal to the amount of time you focus on the chasm between what is and what you wish for. Most people feel victims of their circumstances, so they think they should change what is (get divorced, leave their job etc etc) and the stress will end. Well, that is not how powerfully joyful people live.....they find a way to transcend their issues. What if circumstances and people are not really the

reason for your happiness or unhappiness? What if happiness is a choice...and you just have very little practice at exercising the joy muscle? What if having a life you love is a function of something completely within your control and is simply a skill you need to practice? Well, it is, and you can. Here are some of the symptoms of "being in your own way":

**1. Oneday Syndrome** That means "one day" I will go on vacation, exercise, play with the kids, do Yoga, pray, meditate, walk the dog, be happy, paint, get a massage, see my Chiropractor, create, walk



in the woods, eat well, enjoy the sunset etc. If "Oneday" was actually a day this week, a bunch of great stuff would happen, wouldn't it? OK, enough with the playful sarcasm. It may say on your tombstone "got a lot done, finished the to do list....then died". Is that what you want it to say?

**2. Physical symptoms that you are in struggle/stress mode** Neck/shoulder tension, poor endurance, irritability, poor sleep, headaches, digestive issues, cravings for stimulants like coffee, lack of productivity, fatigue, dimmed vision, carb cravings, worrying, inability to lose weight and PMS and Menopausal symptoms (men excepted of course).

**3. Old Habits** Finally, when it comes to not loving your life, another factor is an old habit called "anticipating a future that doesn't even exist"; otherwise known as worry. We practice worrying about futures that we make up in our mind all the time....when we have a perfectly good present that has lots of great stuff we could focus on. We get so worried the future won't turn out, we actually sabotage the only chance for joy we have....the now. And then life passes us by.

### So what to do?

There is so much....but don't way for "Oneday", because it never comes. Start with some of the following suggestions

- Eat steadily, all day long. Missing meals affects thinking, endurance, creativity, and metabolism.
- Replace the foods that induce stress. These foods include coffee (replace with Mint or Ginger tea), chocolate (try a Green drink in the morning- the magnesium helps get rid of cravings), pop (drink water – pop is dehydrating as well as stress inducing).
- Sleep. During sleep your stress glands are restored and repaired. If you don't get sleep, you will have lower immunity. You will struggle to keep perspective on life as well. Stimulants (like coffee, tea, pop and chocolate) all contribute to insomnia.
- Avoid before-bed snacks, particularly grains and sugars. This will raise blood sugar and inhibit sleep. You are better off (if you get hungry) having something with protein, rather than carbohydrate, before bed.
- Learn to read the Stress Symptoms for Yourself. Take action when you feel them coming – find coping strategies that work. Unless there is a fire, you are struck by lightning, or there is an earthquake...most things are not an emergency.
- Exercise - It causes the brain to produce mood-elevating chemicals that

help with sleep and may prevent depression.

- Transform your thinking \_ The most amazing thing happens when you take the course 'Get Out of Your Own Way' – you learn how to deliberately create your life, allow for miracles, and end the struggle. These skills are the key to creating health, financial, relationship and career success. If you sabotage yourself, spin your wheels or feel apathetic about any aspect of your life, it is important for you to know....I felt all of those ways 10 years ago....and live an extraordinary life now. If I can create a great life, so can you.

### This is not a Stress Rehearsal

Make this year the best year of your life....learn to create ease and joy. There is nowhere to get to, it is a question of harnessing the power of your now, not the illusion of "Oneday".

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