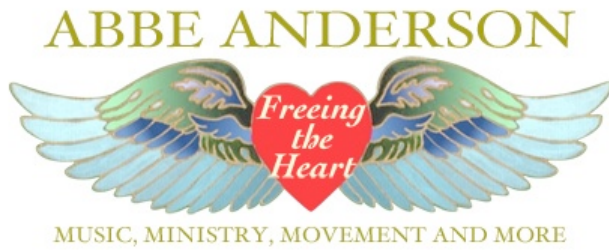


# **Keeping the Wolves at Bay**

## **How to Transform Challenging Emotions and Restore Serenity**

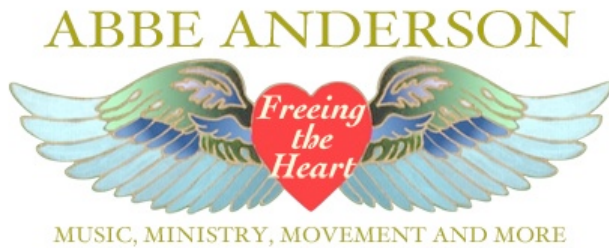
**by Abbe Anderson**





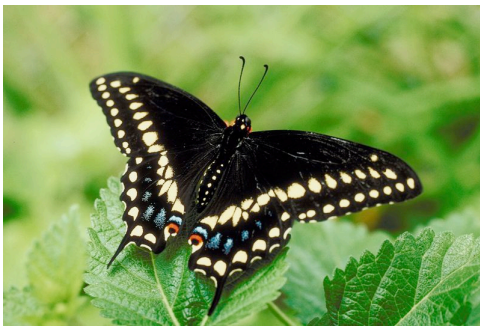
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## Overview

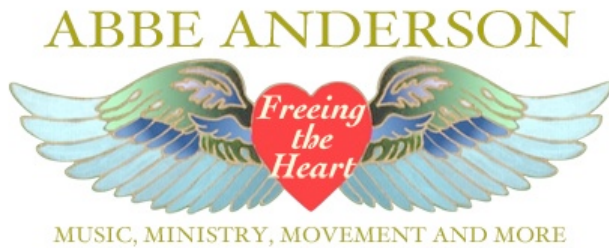
If someone presented you with the path to inner peace, you'd be hard pressed to turn it down. Upon reflection, though, you might tell yourself why you could never realize such a state, based on your life circumstances and experience.



Peace is an inside job. There are amazing stories of heroism and faith told from the most grueling places and situations, by people who had nothing. If you were at peace, would it matter what your external circumstances were? Would it matter how much money you had? You might attract better things to you because of the magnetism of your calm presence, but they would not be what gave your life meaning.

This e-book enumerates techniques to help set you free from stress, anxiety, depression, fear and anger. There are many more, but all of these have worked for me.

Taking control of what goes on inside you is the foundation of inner peace. Try any of these ideas, and let your experience tell you which will work for you.



## **For any unwanted emotion**

The emotional freedom technique is something you can do anywhere any time in just a minute to relieve unwanted feelings. Visit <http://www.emofree.com> for a free download of this quick and easy protocol. It consists of repeating phrases and tapping acupressure points on your body.

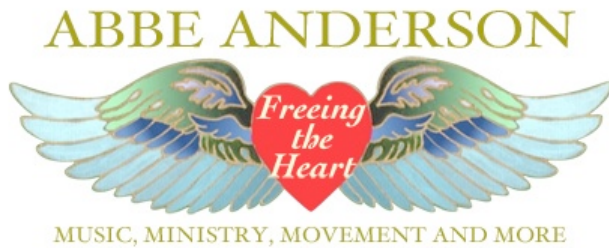
## **Positive points**

About an inch above each eyebrow is a horizontal indentation. Lightly place your fingertips there and relax. The acupressure points stimulated here neutralize any of your concerns.

## **Worst case**

Fear is a monster of your imagination. If you know what you are afraid of, there are various ways to handle it. One is to consider the worst thing is that might happen. Write down all the fears you can imagine and all the possible things that might happen if all those fears came true. One by one, decide what the truth is behind each fear, a different way to see the situation that reveals its potential for good. As you stare down each fear, you'll be able to encounter the next with less trepidation.

Once you have vanquished one fear, you can better manage the next one. The first obstacle seemed insurmountable, but now that you have



triumphed over it, you can question the part of you that believes you'll never make it through the next one.

Feel the Fear and Do it Anyway by Susan Jeffers will help you move through anything. Visit <http://www.susanjeffers.com/home/books.cfm>

## Slow Down

Fear indicates that you are not focused on the present moment. Notice your immediate surroundings, sensations, breath, and thoughts. The miracle of existence resides where you are right now, in the mystery of what is. Take time to be with it.

## Herbs

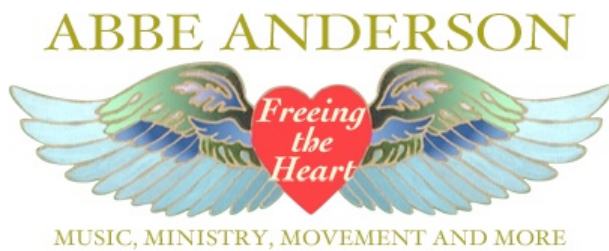
The anti-anxiety drug, valium, has an herbal precursor called valerian. You can get valerian capsules in a health food store.

Chamomile tea is so relaxing that people drink it to help them sleep.



## Morning Pages

Keep a journal. There are many ways you can use it. One is simply writing morning pages as instructed by Julia Cameron in The Artist's Way. Visit <http://www.theartistsway.com>. This process encourages you to dump whatever is in your mind out onto paper and let it go. Fill three pages first thing every day. You never have to read them. Why would you want to? Be glad the mental trash has emptied out of you and resides on paper instead. This exercise is not about the your skill



as a writer. But it is, of course possible that you could actually write something brilliant.

## Oxygen

Add stabilized oxygen (from the health food store) to water and drink it. Like deep breathing, it will brighten your outlook and energize you.

## Greens

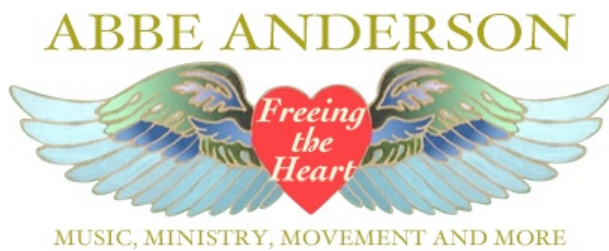
When you eat green vegetables, you alkalize, purify and energize the system, fostering confidence and creativity. Eat concentrated greens like blue green algae, Barleans Greens, Spirulina, Green Vibrance. These come in capsules or tablets. Many are sold as loose powder, which need to be mixed with something more palatable. Some are available in capsules or tablets.

## Yoga

Forward bends: All forward bends are relaxing. Touch your toes (or bend as close as you can) with straight legs and hang out there for a while. Bear with the annoyance of tight hamstring muscles. Breathe and release tension.



Inversions: Give your brain a fresh blood supply by bowing your head below your heart. Headstand, or shoulder stand, and plough pose are some that will clean out stagnant thoughts and offer a fresh infusion. Downward facing dog will also clear the head. An inversion table will do this as well.



## Pranayama

Breathing through the left nostril is relaxing. The right nostril breath energizes. When you're trying to fall asleep, lie on your right side so the left nostril is on top. You'll start breathing through the left nostril that way. Conversely, if you have to get up but aren't yet ready, lie on your left side so the right nostril will be up, and, hopefully you'll find yourself more in the mood to rise shortly.

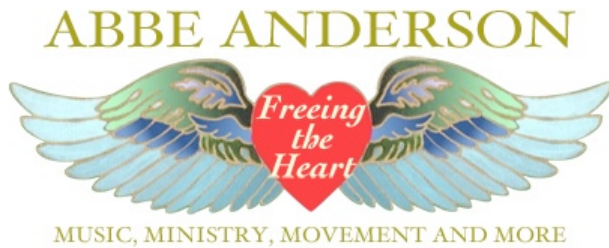
Take long, slow, deep breaths, starting with a complete exhale. These will slow down the heart rate. Sigh out your exhales. You can get creative about what you're inhaling (what you want to draw into your life) and exhaling (what you'd like to surrender).

Alternate nostril breathing: Alternate nostril breaths can balance and calm you. The pattern is to close one nostril, and exhale and inhale through the open nostril. Then switch nostrils and repeat. For example, inhale through the right nostril. Exhale left. Inhale left. Exhale right. Inhale right. Exhale left. Inhale left. Exhale right.

To bring up unresolved issues and release them, do alternate nostril breathing as above, but after inhaling, hold the breath for several counts before exhaling. Do not force yourself to hold the breath beyond your comfort level. The pattern is to cover one nostril. Exhale and inhale through the open nostril. Hold the breath. Then switch nostrils and repeat.

Turning within: Don't try this before doing anything that requires your alertness. Start with one breath and see how you feel before repeating up to 9 times.

Lightly cover your closed eyes with your index fingers  
Close your ears with your thumbs.  
Place the ring and little fingers over your closed lips.



Close the left nostril with your middle finger.  
With all fingers in place as indicated above, inhale through the right nostril and hold the breath in, closing the right nostril with the right middle finger.  
Holding the breath in, curl your tongue back so it presses up against the soft palate. Roll your eyes up and back.  
Exhale through the right nostril. Release the hands and breathe normally.

### Chanting

Play a recording of the sound *om* and sing along. Or just chant *om* on your own. *Om* evokes your cosmic dimension, which means you expand beyond your day-to-day stresses and feel one with everything. It is possible that *om* was the original sound. Chanting *om* connects you with all that is.



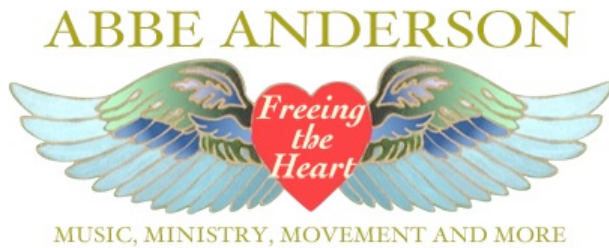
There are many sacred sounds. Find ones that work for you. Attend kirtan in your area and chant yourself into a trance.

### Attunement

Visualize yourself as the embodiment of peace. If that seems preposterous, pretend you're someone like Gandhi and feel the way he did. How well can you act? If we are all connected, then you have access to anyone who has ever lived or will ever exist. Become that person who is peace incarnate.

Imagine yourself as earth, water, fire, or air. Take on the qualities of each element, the strength of earth, the resilience and adaptability of water, the brilliance of fire, the vastness of air. If you're good at visualizing things, notice what you look like as earth, air, fire and water. Become something other than your stressed out self.

### Brain Integration



1) Cross one wrist over the other. Cross one ankle over the other. Draw your palms together and interlace your fingers. Bring your clasped hands to rest on your heart. Relax. Breathe deeply. Imagine stress draining out your body into the earth.

2) Unclasp and uncross everything. Put your fingertips together with the palms apart, and let the hands move spontaneously in that position until they come to rest.

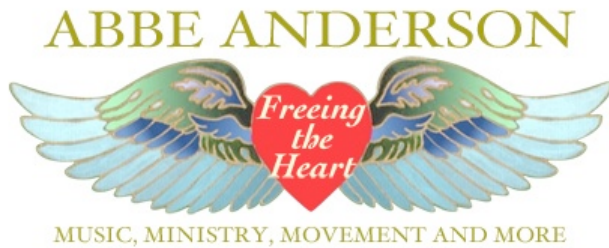
## **Avoid**

Stop ingesting caffeine six hours before you want to sleep. Eliminate stress-inducing TV at bedtime. Set limits with yourself about the kind of thoughts you will entertain. If something you don't want to think about comes up, change the channel in your brain. Decide in advance what relaxing image you will replace it with.

## **Calming the Senses**

Surround yourself with relaxing colors, music, and fragrances. Wear soft fabrics that are soothing to the touch. Eat moderately. Imagine the power of appeasing your entire sensory apparatus.

## **Coping with Depression**



Depression comes in many shapes and sizes. Some people benefit from talk therapy. Others find the cure is physical, or even spiritual. Don't despair. There are many ways out. Here are some.

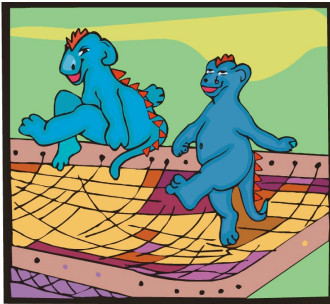
## **Antidepressants**

For some people, these are a Godsend. Beware their toll on the body if taken over the long term. Some may stop working after a while, so be prepared to switch. Some may take weeks to taper off, and even then, have disturbing side effects. It is helpful to have an alternative supply of coping mechanisms if these fail you.

The nutritional supplements, available at health food stores, St. John's wort and 5 HTP have antidepressant effects.

## **Move**

Regular aerobic exercise will free stagnant energy and alleviate depression. Studies have shown that this is as effective as antidepressants, and, in some cases more helpful.



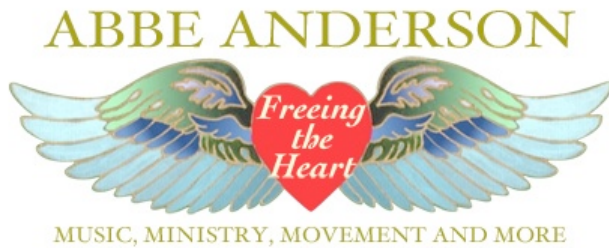
Jump on a trampoline. Put on some fun music and wave your arms around. This will move the energy and be enjoyable as long as your back, knees, and ankles can stand it. You will have a terrific work out in just minutes and feel

exhilarated.

Do Kundalini yoga, especially the DVD called *Yoga Bliss Hips* by Ravi Singh and Ana Brett. Visit

[http://www.raviana.com/catalog/product\\_info.php/products\\_id/53](http://www.raviana.com/catalog/product_info.php/products_id/53).

You may feel the benefits of Kundalini yoga well into the following day. It opens the energy centers from the base of the spine to above the head, and cleans the auric field around the body as well. You will feel radiant after doing it.



Continuum movement is a way of connecting to the fluid nature of our bodies. We tune into and move in waves, realizing the wave-like nature of the breath, digestion, and circulation. When we realize we are about 70% water, our capacity to flow and adapt becomes more natural and spontaneous. This movement brings us into the present moment, alive, and aware. Visit <http://www.continuummovement.com>, and read Sensitive Chaos by Theodor Schwenk for more information.

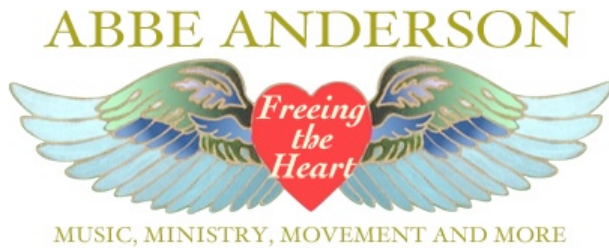
## **Herkimer Diamonds**

Hold a Herkimer diamond in each palm. They lift the dark energy from you immediately. These are double poled quartz crystals. They are available on the Internet at very reasonable prices. The small ones are highly effective. Don't feel you have to invest in the best. If you are feeling adventurous, go to Herkimer, New York and find your own.

You can buy a crystal stylus at <http://www.quantumstilus.ca>. It has the properties of a Herkimer diamond built into it. Stir the stylus into a beverage and drink a few sips to feel uplifted. The stylus is expensive, but you are less likely to lose it than a small crystal.

## **Addressing Anger**

One definition of depression is anger turned inward. Anger indicates a disappointed expectation. What are you expecting? Is it reasonable and within your power for you to meet those expectations? If not, why are you expecting them? Instead, cultivate the spaciousness of mind to allow people and things to be the way they are. This does not imply complacency. It just gives you time to feel at home in yourself before taking action. The Buddhist tradition is excellent for cultivating an expansive outlook. Here is a sample meditation link from Jack Kornfield: <http://www.purifymind.com/MindSky.htm>



Sometimes it is critical to hold your tongue and sit with your feelings. Stay tuned in to the heart. Listen carefully, observing the flow of energy, the beat, the light and heat. This is a non-verbal space, great for quieting the mind.

At other times, it is appropriate to take action. The Dance of Anger is a helpful guide on how to do this with conscious awareness instead of rage. Visit [http://www.harrietlerner.com/pages/dance\\_of\\_anger.htm](http://www.harrietlerner.com/pages/dance_of_anger.htm).

## Presence

Discover that, in the present moment, all is well. Anything anyone said or intends to do resides in the past and future. Living in the now takes practice. Eckhart Tolle offers practical guidance cultivating this skill. Visit [eckharttolle.com](http://eckharttolle.com). Read Michael Brown's book, The Presence

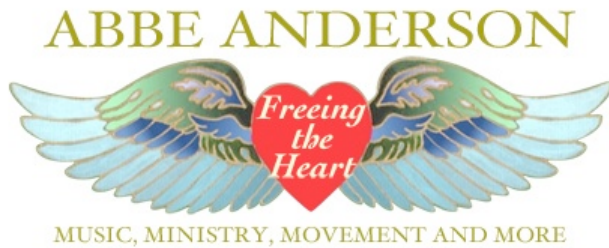
**GINGER** Process. Visit [http://www.namastepublishing.com/brown\\_excerpts.asp](http://www.namastepublishing.com/brown_excerpts.asp).



## Navel Power

According to Kundalini yoga, depression is a 3<sup>rd</sup> chakra issue. This is the energy center around the solar plexus, associated with personal power. Strengthen this area with sit-ups, and leg lifts. Breathe deeply into the belly. Make sure this area is unobstructed.

Sometimes the breath will catch when you inhale fully. Continue directing the breath into the blocked area until it releases. Consume ginger. It stimulates the digestive system, which builds energy in the third chakra.



## Handwriting

The power of each written letter has been explored in depth in various alphabets including Hebrew and Sanskrit. Vimala Rodgers has studied alphabets and devised a system of writing that brings out the best in the person using it. Write the letter "p" as instructed in the Vimala Alphabet to relieve depression.

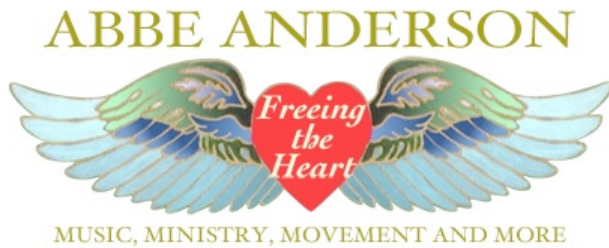
The Vimala Alphabet  
Aa Bb Cc Dd Ee Ff Gg  
Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq  
Rr Ss Tt Uu Vv  
Ww Xx Yy Zz sh th tsch æ œ  
1 2 3 4 5 6 7 8 9 0 [ ] ? ! ! @  
# \$ % & ( ) + = % ∴ ∴

Visit <http://www.iihs.com/vimala-alphabet.html>

## Light

It is common for people to get depressed when the days are shorter. Many cases of seasonal affective disorder are alleviated by light, itself. Here is a link to a company that sells lights for this purpose:  
<http://www.northernlightstechnologies.com>.

We are beings of light, nurtured by the sun. We have light within us, and we can meditate to become more aware of it, and even increase our radiance. Here is one of many guided meditation on light by one of the masters of light, Pir Vilayat Inayat Khan.



<http://www.theuniversel.net/lessons/media.cfm?Selected=Media&SelectedID=108&CFID=7447115&CFTOKEN=31492480>

## **Nature**

Shamanic practitioners are highly in tune with the intelligence of nature. Trust your intuition. Walk in nature. Your pace will determine the benefits. If you walk quickly, you will breathe more deeply and feel better. If you walk slowly, you will be able to perceive the details of the world around you. Commune with the rocks, trees, and earth. These are your relatives. You will become the earth one day, as you have emerged from it. Say hello. Introduce yourself. Ask a question. Wait for the answer to emerge.

## **Aromatherapy**

Essential oils can activate natural opioids in the brain to make you feel better. Citrus fragrances are especially uplifting. Aromatherapy is a profound science that goes beyond what smells good. These oils may uplift your spirit: bergamot, orange, neroli, mandarin, rose, rosewood, jasmine, patchouli

## **Limit sugar and alcohol**

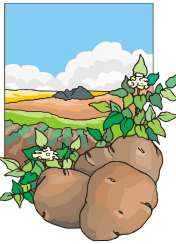
Sugar and alcohol can rebound as depression after you have consumed them. Sugar and alcohol are chemically similar. This is why

## ABBE ANDERSON



MUSIC, MINISTRY, MOVEMENT AND MORE

many alcoholics, after they have stopped drinking, consume more sugar. Experiment and judge for yourself. See how you feel the morning after you have ingested either substance. Adjusting the quantity you consume might be enough to make you feel better. You may need to eliminate one or both substances permanently to find relief.



The book Potatoes Not Prozac by Dr. Kathleen DesMaisons suggests how to beat sugar sensitivity.

The supplement, GTF chromium can reduce sugar cravings.

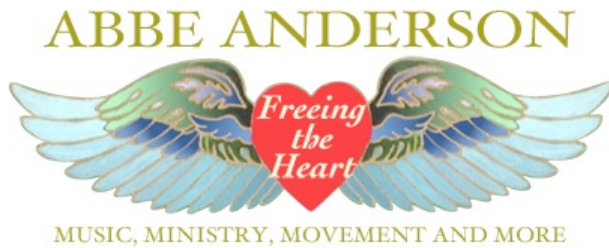
### **Inspiration**

Cultivate beauty around and within you. Play uplifting music. Have a room with an uncluttered and soothing atmosphere that you can use as a retreat space. Keep inspirational readings close at hand. The following websites can send you free daily readings to keep you in balance:

[http://wahiduddin.net/saki/saki\\_date.php](http://wahiduddin.net/saki/saki_date.php)

<http://rigpaus.org/Glimpse/Glimpse.php>

<http://www.abraham-hicks.com/lawofattractionsource/index.php>



## **Sleep**

If you have the luxury to do so, take naps when you are tired, rather than ingesting more caffeine. Dreams are the unconscious' way of working out problems for you while you rest. The body needs time to restore itself while you sleep. You have heard the expression, "sleep on it." You can have an entirely new perspective on a problem after you have slept.



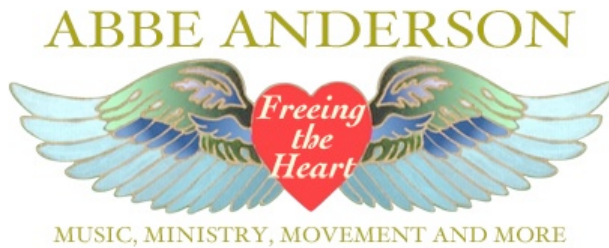
Too much sleep is a symptom of depression. But not enough sleep can be a contributing factor. Find a balance that feels right.

## **Monitor your thoughts**

With enough self-awareness, you will be able to intercept self-destructive thoughts before they lodge in your gut as toxic emotions. Challenge and turn them around. Remember the truth. Byron Brown's book, Soul Without Shame is helpful in this regard.  
<http://www.heall.com/books/spirituality/soulwithoutshame.html>

## **Remember who you are**

Depression is an indicator that the false personality is in charge. Get into your true, boundless Self. Many spiritual paths show the way to the higher self. As an example, A Course in Miracles will help you see the illusion of identifying with the ego, and give you daily exercises to help you identify with the greatness of your being. Visit  
<http://www.acim.org/>



## **Restore hope**

When you are depressed, there is a deep-rooted feeling that nothing matters and nothing you do will work. It is important to challenge these beliefs. There are many ways to do this.

Gail Straub and David Gershon have taught the art of empowerment for decades. Visit <http://empowermenttraining.com/files/Books.html> to learn their method. You will discover how to identify what you want and clear away all the obstacles to having it.

Sacred Choices by Christel Nani can help you uproot limiting beliefs that you have inherited through no fault of your own.

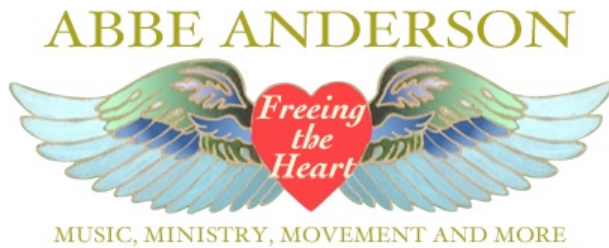
## **Keep it Clean**

Don't do anything that would make your conscience feel guilty. Honor your commitments to yourself. Accept yourself as you are, and set manageable attainable goals.



## **Enjoy**

Do what makes you happy. This may, indeed, be your soul's purpose. Who are you to postpone it? Schedule it so it becomes a priority. <http://www.higherawareness.com/joy-love-happiness.html> has a free series of 16 emails about living in joy.



## **Brain States and Emotional Liposuction**

The most dramatically effective, painless cure for toxic emotions that I have experienced is brain states training. Brain States lifts traumatic patterns from the brain and restores its original balanced functioning. Visit <http://www.brainstatetech.com>.

The quickest (as fast as 10 minutes), but most painful cure for toxic emotions that I know is Emotional Liposuction. Emotional Liposuction frees old anger, rage and other feelings lodged in the body as pain, leaving you light and free. The only practitioner is in Chicago. Visit <http://www.chikung.com>.

## **Transformational Coaching**

Without ongoing support, it is easy, natural, in fact, to slip back into old destructive patterns. When someone supports your goals, and helps you attain them, your emotional stability has a safety net.

A transformational coach is uniquely qualified to minister to your body, mind and spirit. She has a broad range of healing modalities and experience to intuitively and practically help you meet challenges with grace and become the person you've always wanted to be. Sessions are available in person in Kennebunk, ME and Silver City, NM or by phone.

**Click here to sign up today for ten transformational coaching sessions, or call the number below for more information.**