

## Episode 1: Stress Relief

**John:** Welcome to MindSolvers, where we help you solve the unsolvable. In our podcast we examine the phenomenon of the human mind and unmask its incredible power. It's been our experience over 35 years of pursuit that there are no limits or boundaries to the potential of the human mind. I'm John Terry, one of your hosts today.

**Verl:** And I'm Verl Woodbury, your other host. Yes, we'd like to welcome you and thank you for your interest and the time you've taken to check us out. What we share with you during this and our other podcasts comes from our own experience over those 35 years, and we'll be sharing experiences of some other people, as well. So join us as we discuss some of the mysteries that you may have in your life and how you can use the power of your own mind to solve them. We hope you join us for each podcast and invite your friends to listen, as well.

Dialogue:

**John:** We welcome each of you who are joining us for our very first episode of our podcast.

**Verl:** We have a lot of great things planned to satisfy your curiosity, to make you think deeply, and to even improve your life.

**John:** Of all the many fascinating topics of the mind that we could discuss today, the one subject that I see repeated in the headlines most frequently, in both personal and corporate life, is STRESS! In fact, corporate America alone spends billions of dollars annually on stress related employee issues.

**Verl:** Yes, I think that's a great topic to start off with!

**John:** There can be no denying that we live in a world filled with stress. It's all around us and in every aspect of our lives. The demanding, high-pressured jobs that we have, the difficult, complex relationships that we're in, the overly complicated financial environment that we live in, just to name a few.

**Verl:** Well, even with all that, is stress all bad?

**John:** Well, studies show that stress is important; it causes adrenaline to flow, which heightens our awareness and focuses our minds, and allows us to work at peak performance. But if it's not managed and regularly interrupted, and time is scheduled for relief from these pressures, it can build up until that normally well balanced psyche can blow a seam, and we begin to experience neuroses, or physical ailments like headaches, neck and back pain...even mental disorders like anxiety, depression, anger, irritability, mental confusion, low self-esteem—those things that doctors can't cure because they're emotionally induced.

**Verl:** Well, that all sounds pretty scary, but I suppose you're going to help us figure out how to overcome these things?

**John:** Sure! That's exactly why we're here today. Have you ever found yourself lying awake in bed at night, tossing and turning, not able to shut down the mind, watching the time as it slowly ticks by because of all of the issues, and concerns, and problems that creep into and invade our thoughts?

**Verl:** Uh, sure, I think everyone has experienced that at one time or another. And the more you know you need to sleep the less your mind seems to want to let you sleep.

**John:** Almost everyone has experienced this at one time or another. And you know how it made you feel the next day and how it affected your job. Your mind was sluggish. You were less productive. And if it happens often enough, your patience becomes so fragile that the slightest thing can set you off.

These are negative symptoms of stress. And we're here today to learn ways to find relief through relaxation. But for most of us, that's easier said than done. Unless you learn a very simple technique known as Sensory Perception.

**Verl:** Wait a minute. I've heard of extrasensory perception, but what is sensory perception.

**John:** This is the learned ability to focus on all the external stimuli that the conscious mind filters every moment of every day.

**Verl:** So why would you want to focus on that if the mind filters it out?

**John:** So that we can live a normal, productive life.

**Verl:** So, like what?

**John:** We're going to take what we normally ignore, consciously, and turn it around, and begin to focus on all the many stimuli that bombards us every second of every day throughout our entire lives. And what we begin to discover is that once we allow our conscious minds to begin to recognize all these external stimuli that the subconscious mind constantly records that it causes a mental overload and we consciously give up and fall into what's considered an altered state of mind.

**Verl:** Now you're going to have to do some explaining here. Conscious mind filtering thing out, subconscious mind recording everything. Is there really a subconscious mind? Is it really a thing?

**John:** Now, we're only lightly touching upon these concepts. And we'll obviously need to get into much, much more detail in later episodes of our podcast.

But let's pause for just a moment before we get into that instruction...

**Verl:** Hmm, sounds like a disclaimer is coming...listen up people.

**John:** You should never listen to any of these podcasts while driving.

**Verl:** Yeah, although some people may drive better subconsciously than consciously, we don't want you driving off the road or falling asleep or whatever, so be in one place, comfortable, sitting, and safe.

**John:** Preferably, sitting in a high-back chair that can support your neck and head, while you listen to these instructions of how to relax physically and mentally.

## Hot Tub

**John:** So, let me suggest that for the next few minutes, you place your feet flat on the floor, find the most comfortable position in your chair, and place your hands in your lap. This may seem funny to you but experience shows that natural pressure will cause discomfort during the session, otherwise, and it adds to the ultimate results.

Next, simply close your eyes, and get all the wiggles out, and at this point, it's really important to understand that if your nose itches, or you get a kink in your neck, or you feel uncomfortable, at all, during the next little while, just don't hesitate to scratch or move around or otherwise deal with that uncomfortable feeling.

Take a few deep cleansing breaths, take this chance to put the world aside for the next few moments and totally relax, physically and mentally. Let all the worries and concerns of the normal day be set aside and essentially ignored for the time being. For the next few moments you can simply let them all go. All these things will still be there, if you need them, when we're all done, and you'll have a greater capacity then to deal with them all. For now, just let them go and enjoy the experience and allow yourself to sink down into your seat.

Let's go back to the last time you had the opportunity to relax in a hot tub. Before you step down into that hot, bubbly, swirling, steamy water, notice what you can about the area that you're in.

Are you inside or outside? What objects are lying around? Is anyone else there with you? If you'd rather be alone, remember that experience instead of this one. What does the air around you feel like?

Now, step down into the water and sink in up to your neck. Notice the difference between the air on your face and the heat of the water as it penetrates into your skin, soaking into the very muscles and tendons. It's an almost overwhelming feeling of relaxation. You might begin to feel the motion of that hot water swirling around you.

One of the unique sensations in this hot tub, is the fact that there are thousands of tiny little bubbles that begin to form (collect) on your skin all over your body. They form (attach) and then they're released to rise to the surface of the water. Just notice for a moment how curious that sensation is. You may even be able to hear the (those) bubbles as they pop on surface of the water.

If you look closely, you might be able to notice the steam rising up off the surface of the blue-green water and feel the sweat beads as they form on your face.

One thing you may not have noticed while you've been relaxing in this hot, swirling, steamy water, is that sitting right above and to your right is a tall glass of your favorite ice-cold drink. And if you allow yourself, for just a moment, to reach up out of that hot, steamy water...notice the sensation of your hot, pulsating, steaming hand as it reaches up into the cool air and touches that ice-cold glass. And you bring it down to your sweaty lips and allow that ice-cold liquid to wash back over your tongue and down your throat. And you literally come alive as you experience the burst of flavor and coldness as it rinses through your mouth.

If you take a moment to listen carefully, as you put the drink back, you might be able to hear the hum and feel the vibrations of the motor as it pushes the water through the jets and feel that very distinctive, massaging sensation of the jetted water as it pushes against your skin and penetrates right down into your muscles and tendons.

As you find yourself relaxing more and more, you might now even be able to feel a sensation in your fingertips and the tips of your toes, that tingling sensation as the heat of the water relaxes your muscles, a sensation that can actually grow from your fingertips, through your wrists, up to your arms and shoulders and through your entire body.

As you sit there relaxing, you might even notice that your arms seem to float to the surface of the water. In fact, you might begin to notice that your right arm is beginning to float while your left arm is beginning to feel somewhat heavier. It's almost as if all the weight from your right arm is beginning to drain into your left arm, as your left arm begins to feel heavier and heavier, your right arm feels so light that it begins to float right up out of the water, right up into the air, and you notice for the second time the distinct sensation of your hot, steamy arm cooling from the air around you. While your left arm begins to sink deeper and deeper, you almost feel pressure, but it doesn't affect the relaxation you feel, even though your left arm sinks deeper into your lap. As your right arm continues to float higher and higher into the air, you notice how interesting that sensation is.

And now it reverses, and the weight of your left arm begins to drain back into your right arm and it begins to sink slowly down until it reenters the water and begins to sink down, down, down, until it touches your lap. And at that very moment that your hand touches your lap, you find yourself sinking deeper, in fact, twice as deep into that state of perfect relaxation. You find yourself completely, physically and mentally relaxed. It's almost as if your mind now goes into a void, where there's no thought, no activity. Your physical and mental feelings exactly balance and you have no thought. In fact, your body feels numb and heavy and so completely relaxed.

And now, before we leave you, and while you're still in that very, very relaxed state of mind, we'd like to leave you with a gift, a mental bonus, if you will. Imagine the one thing that you truly, truly want (desire). Whatever it is, make it big, bold, and beautiful in your mind. Know this, deep in your heart, there's a magical spark that lights the fire of your imagination. This spark is your unlimited motivation, your desire to be, do, have anything you wish. It's unlimited, never ending, and it grows, and grows, and grows. Your imagination is your plan making department. It allows you to see your future even before you've achieved it. So, whatever you're picturing or imagining right now, I want you to feel as though you've already achieved it. Feel what it's like to have it...now.

So the next time you find yourself waking up in the middle of the night, and you can't fall back asleep immediately, return to the hot tub. Experience all the sensations that are a part of it. And I think you'll find to your excitement and surprise, that the very next thing you'll notice is the morning light coming through the window, as you wake up at your normal time, fully refreshed and ready to take on the day!

The hot tub experience involves literally all of the physical sensations. It's a beautiful relaxation technique. But, for whatever reason, if it didn't work for you this time, join us in our next episode, where we will present additional techniques and also explain some of the things we lightly touched upon, like the conscious and subconscious mind and relate personal experiences that will help you solve one of the greatest mysteries of your own mind.

Now, let me suggest that you bring yourself back to reality, with you mind being cleansed and refreshed, as if you had a full eight hours of peaceful, restful sleep. And when you're ready, simply open your eyes.