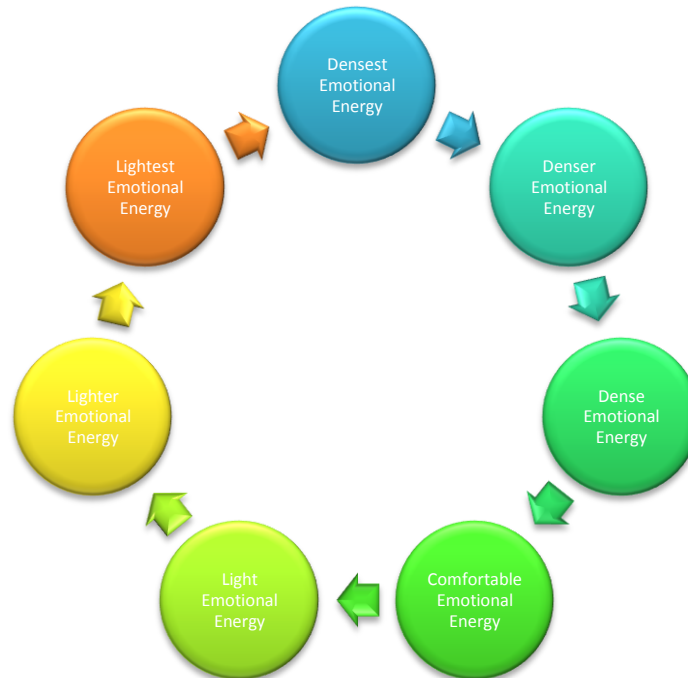


Figure 1.0 (Helping to Understanding your Stress)



Dense/Denser/Densest: Refers to extent of emotional pressure. The harshest emotions mean the densest or most pressure.

Light/Lighter/Lightest: Refers to the least extent of emotional pressure, or release of pressure. The lightest emotions mean the lightest more angelic or least pressure.

Comfortable: Refers to the balance of your emotions. This is where you feel most comfortable at present. Then you can increase or decrease pressure or more/less energy you put into something.

Example 1: Think of how you say Hello when in a good mood and then how you say Hello in a bad mood. The difference is the range of pressure's you apply. The denser sounding, low, Hello in a bad mood is denser than the High sounding Hello in a good mood. You can change the words but the pressures remain the same. You are comfortable in the middle.

Example 2: Think of how you say Hello to a friend, Happy, open, kind and how you say Hello to a stranger, different. You are not as open or as friendly until you know them. Differences are the pressure you apply. You still do it or say it, but you apply a gentler, harmonic, approach to friends than you do strangers. Try a friendly Hello to a stranger.