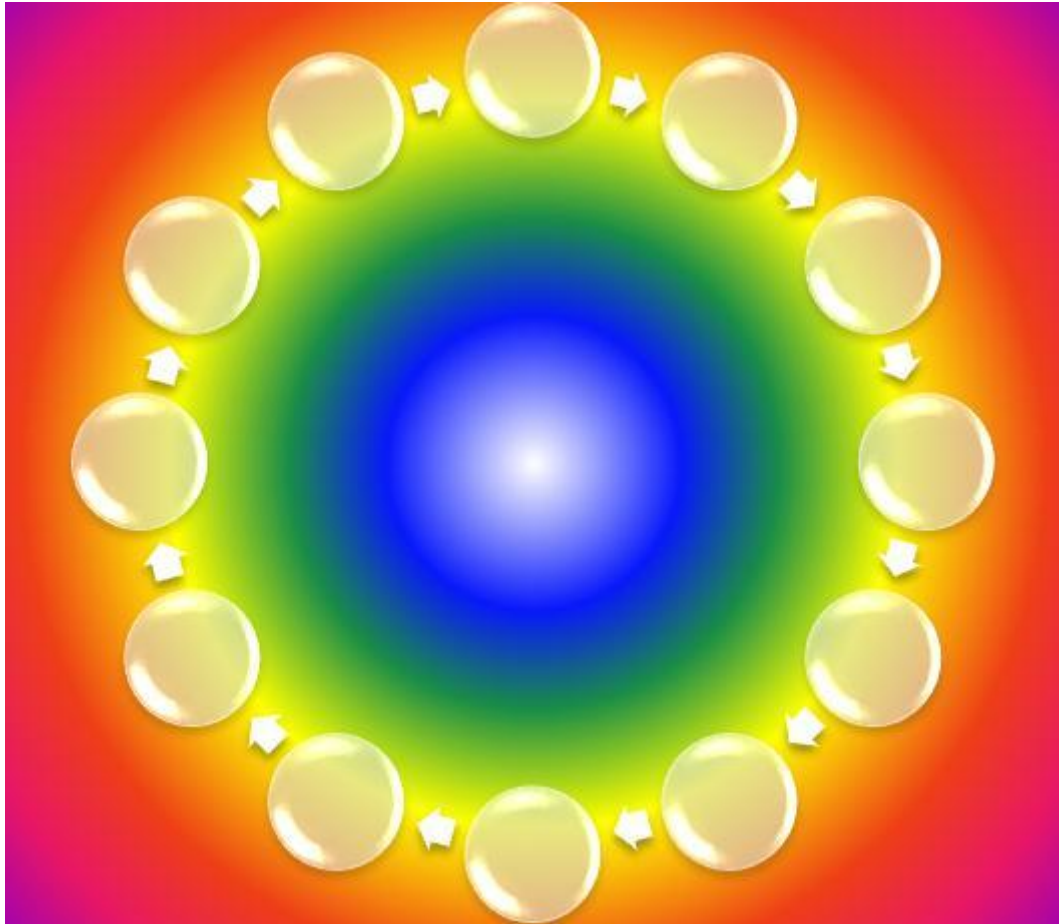


# Stress Energy System

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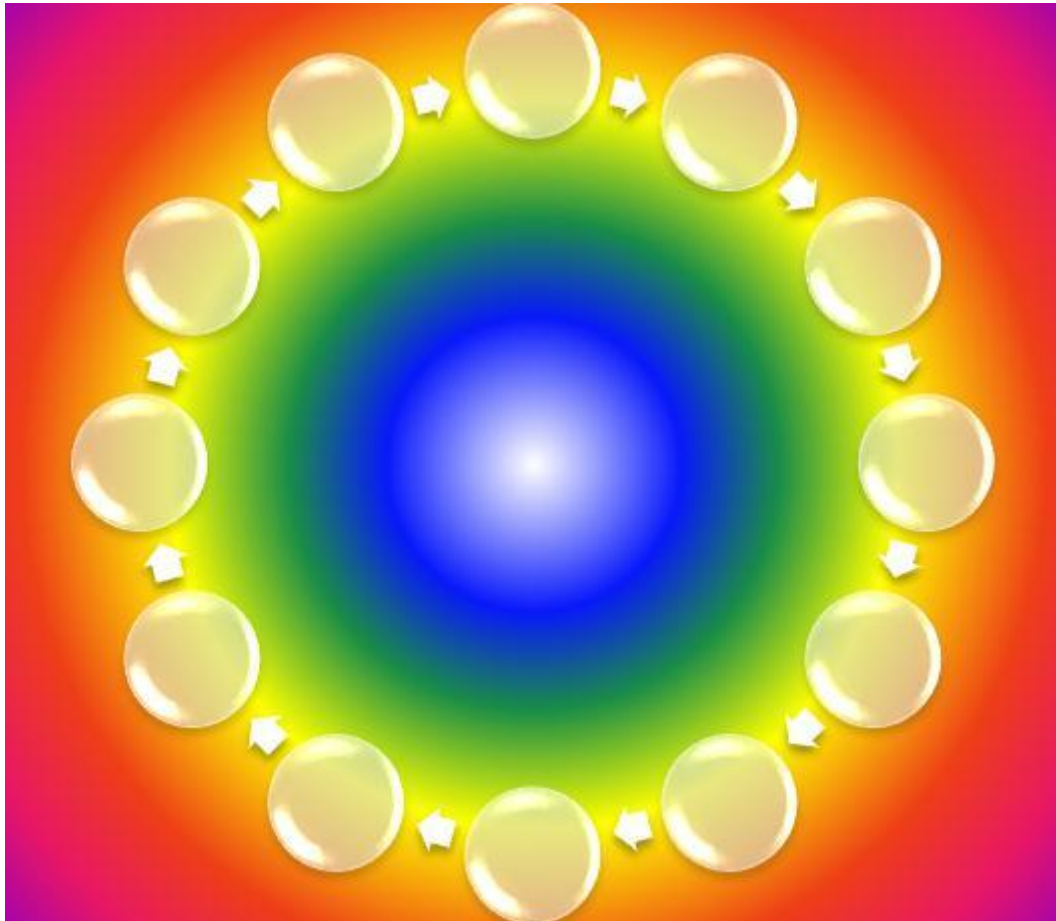
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### Stressful Thoughts

We all have them, we all want less of them, and we all can.



Stress is one of many emotions or Stressing is one of many mental states. Being Human requires all emotional or thinking states to be maintained and regulated. Sounds like hard work but it is not. Self-sustaining is to balance one emotion or thought off against another emotion or thoughts. By increasing Stress or Stressing, you decrease Joy or Joyfulness. This System is to help you understand and become aware of the system of emotions and thoughts to put you in control of maintaining a balanced emotional self and mental self. The system requires conscious attention but not hard work.

### Understanding How To: “Identify, Maintain and Decrease”

## Identifying your Stressful Thoughts

Important to note, when you stress, know that you are stressing.

### [Figure 1.0 \(Helping to Understanding your Stressful Thoughts\).](#)

Picture a moment when you are, stressed. Take away the picture and identify the thoughts you have knowing that you are, stressing. The image is not what makes you stressed your choice of associating the thoughts to the image or event that occurred. The thoughts can be associated to anything. Practice with various pictures or memories and see or think the thoughts of Stress. You define what 'Stress' is to you. Different people associate different degrees or densities of Stress. The person that is frantic with stress, the demoralizing person holding back tears but still stressing. Think of a genuine stress streaming from within expressing itself outwardly through a headache to share.

The reason stressing does not last is not that it goes away; we associate more or other associations to things at a greater degree of stressing. The secret is with stressing is to identify with that inner thoughts that you identify stressing enough then associate that with everything you do, are doing and going to do.

The birth of a newborn child brings thoughtful highs to most people, leaving stress in the distance. The wedding day full of love and laughter again ascends your normal stressing thoughts to a greater joyfulness. Key to development is to work at being joyful, identify with objects or conversations as stressful thinking. Over the years, we associate so many thoughts to so many things or types of conversations or mannerisms of people; we keep allowing ourselves to change our stressful mode to a greater stressful mode or demoralized, depressed state.

### [Figure 1.1 \(Trends of Stressful Thoughts\)](#)

Gaining weight or force, the more associations we make from a stressed thinking state the more force or energy we associate to it, stressed thinking state. The more we continue to do it, the easier it becomes and less of a task to keep thinking about associating stressed thinking state to everything. Sub-consciously you write routines and trends so that your choices are then automatic or instinctive.

## Maintaining your Stressful Thoughts

Once you have a hold on your stress you can play with it. Start by picking things you do that you do not particularly have a stressful thinking towards and practice associating your stressed thinking state to it, watch the thoughts change, or how you change towards it. This is about reading your thoughts and once you get a hold of them you will want to know more about how your thoughts affect your life, words, and physical actions.

## Neutral Zones

The management is all within your control as designed or associated consciously, so the more you associate with your stressing thought state the more you will understand about things that make you stress. Instead of just the few stressful thoughts in your life, you will soon have hundreds then thousands until it will be difficult not to be anything else other than stressing all of the time. When you are stressfully thinking, guess what, you just change your stressing thoughts to a joyful thought and become joyful.

### [Figure 1.2 \(Maintaining a New Direction\)](#)

This does take practice and not just a few weeks, best way to describe this is as a child was stressing about everything was doing and slowly to a state where everything was doing made stress or depressed. 20 years later, it took that long, slowly but surely associated more and more stress or pressure to things and eventually, there was hardly any joy to notice at all. The practice and maintenance is about reversing that and it is a lot quicker than 20 years. Within weeks and months you will practice, notice and change the way you want to associate your stressful thoughts to things. The only person you have to worry about is you doing it.

Density and Pressure, is about force, if you push hard at associating thoughts to something they are denser or harsher, depending on how much pressure you are putting on your action of applying or associating stressful thought state to something. The trick is to do it, meaning to apply or associate your stressful thinking state to something but apply it or associate it lightly. This in turn gathers weight or force by adding too each time you apply or associate you are stressfully thinking to something. Greater joyfulness exists and you can have it. Just apply and associate lightly so the pressure is not harsh or denser than your current stressful thinking state.

### **Decreasing your Stressful Thoughts**

When applying or associating your stressing thought state to objects, conversations, mannerisms, attitudes, events the key to decreasing is to apply or associate slightly less pressure than before. This needs your own identification of how stressful thought you are currently and then associating a joyful thought state. Difficult to describe but imagine on week 1 you have stressful thought state, you are comfortable, not overly stressing, and not joyful. Your stressing thought state would then be something below comfortable. You apply or associate your joyful thinking state to various events, occurrences, and people. During the course a few weeks, comfortable state becomes less than your week 1 stressful thought state. You are more joyful than you were at week 1.

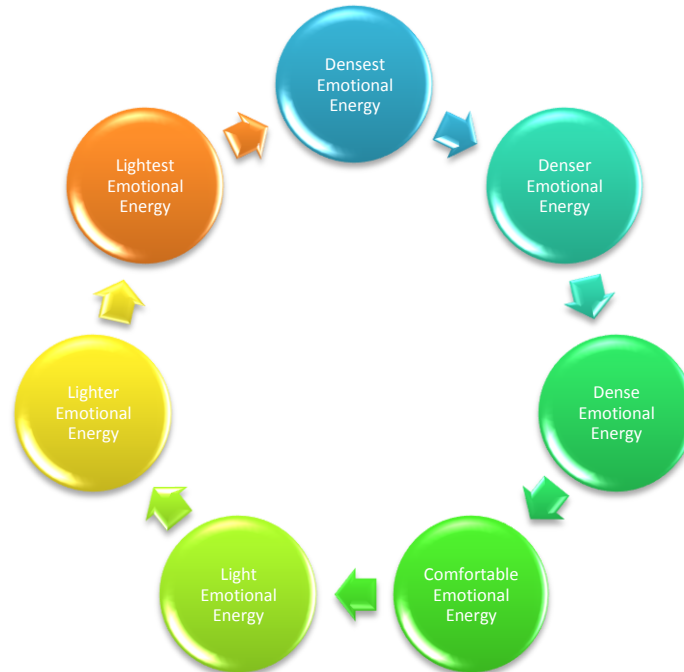
### [Figure 2.0 \(Difficult Influences\)](#)

## Neutral Zones

Decreasing your stressing thought state means that you now need a new joyful thinking state, one that is more joyful than the comfortable stressful thought state you have currently. This you keep doing so that each time you think stress you keep identifying and apply or associating a higher or lighter joyful thinking state. Applying or associating a state of joyfulness too high will lead you to come back to your comfortable state, which you will think stress because of decreasing you're joyful thought state to you're comfortable state.

Practicing and identifying your current thinking state gives you the ability to keep increasing your joyful thinking and sustaining it.

## Energy Densities and Mass



### Understanding Emotional Densities

There are others, understanding physical, understanding thought forms, understanding vibrations, resonance, and understanding movement of energy with you. Picked emotions, as many people will be working through that degree of themselves to heal or understand more.

### Comfortable Emotional Energy

This is your centred and balanced self, where you have no reason to cry or shout and no reason to laugh and be ecstatically happy. It is the middle or tower of the weighing scales where you can go this way lighter or that way heavier with your emotions.

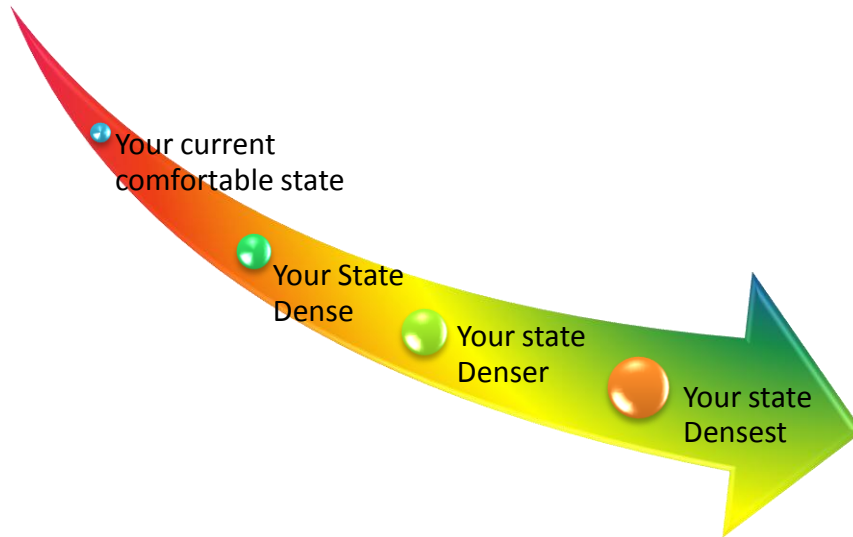
Any emotion can be changed this way or that, when you are in that moment of an emotion you can change it this way or that way. The comfortable aspect is referring to the centred self. Feel that emotion as lighter than if you were intensely pushing or driving yourself to get something and heavier than if, you are in a meditation or relaxed state. On practicing each day, you will notice these differences as you go about what you do.

### Dense, Denser, Densest

These elements are about when you drive or strive for something you continuously put more and more energy or pressure to it so you are building denser energy to obtain it, which is why you get this release or feel good factor when obtained because you release

## Neutral Zones

that pressure back to your comfortable self. This does mean though that you are setting trends to apply that pressure for things you want. Each time you do add more pressure you will adjust to, so the comfortable state goes with you. Overtime of doing just that repeatedly your focus being on what you wanted, not focusing on your comfortable state has moved along denser and denser.

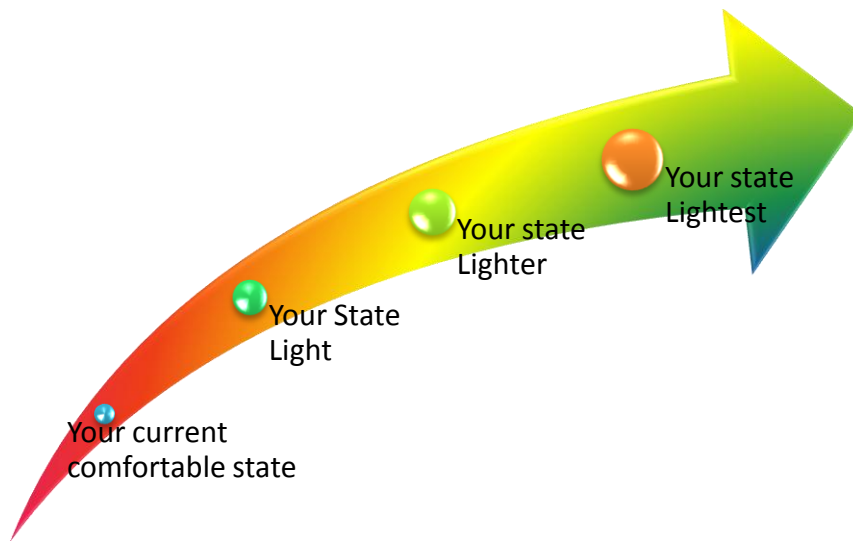


Your energy states getting denser as you drive or intensify your needs or desires, creating more pressures on you. Gets what you need faster, but with less understanding.

### Light, Lighter, Lightest

These elements are about the letting go of things, the application of less pressure for you need or desire. The lighter you perceive things, the lighter you resonate as a being. You keep lightening the perception of things, objects or conversations, mannerisms and attitudes you will lessen the pressure to yourself and carry your comfort state into a lighter resonance, less friction. Your understanding will increase as your consciousness shifts with it so that your perception that lightens overtime will perceive more in a moment as less density is sustain in your perception.

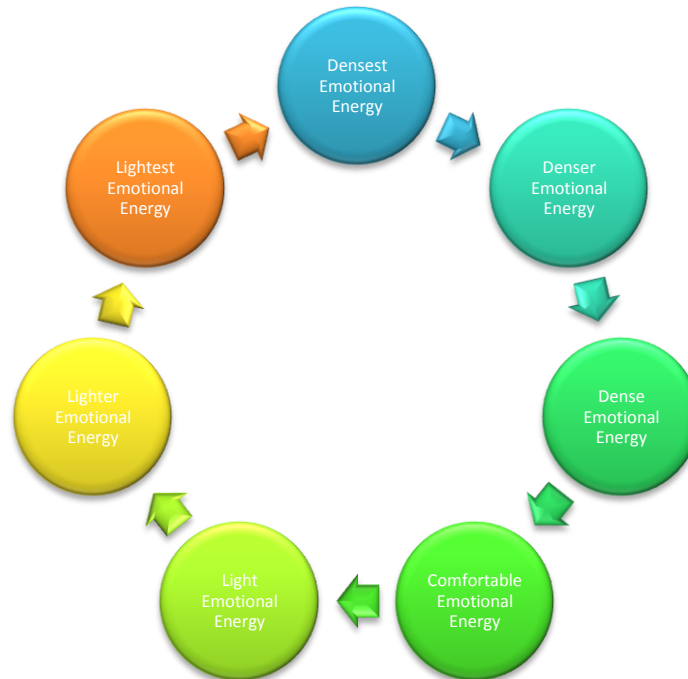
## Neutral Zones



Your energy states getting light as you drive less or intensify less your needs or desires, creating less pressures on you. Gets what you need slower but with greater understanding.

### Figure's and Diagrams

Figure 1.0 (Helping to Understanding your Stressful Thoughts)



**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.

Back to [Identifying your Stressful Thoughts](#)

**Figure 1.1 (Trends of Stressful Thoughts)**



**Month/Year 1:** The more we apply pressure or intensity to something we say, or something do we increase that pressure overtime. The more energy each time we use to intensify desire or need the more pressure we apply. Meaning: You are still comfortably stressing but could be comfortably happier.

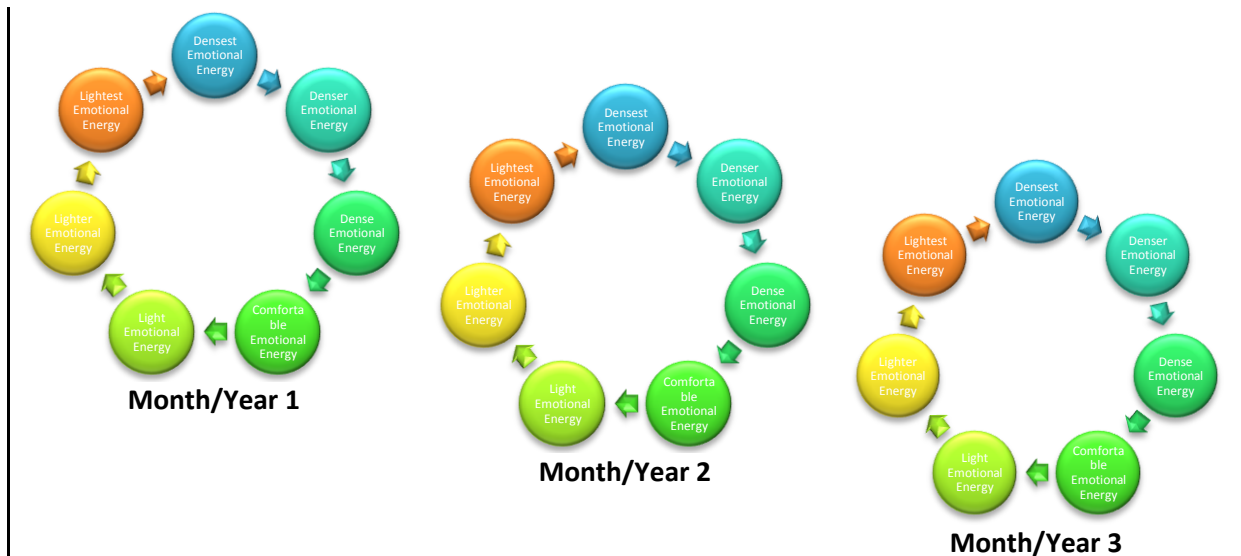
**Month/Year 2:** Is the same but slightly denser than before. These are very fine adjustments. Based on what we do in a moment and keep doing the same way we set trends of how we want to do it. This then creates motions of trends of how we want to do it so we create more pressure and more sadness.

**Month/Year 3:** Before we have recognized we created this, we are more stressed and denser than we remember. We do not even recognise how we did it.

Back to [Maintaining your Stressful Thoughts](#)

## Neutral Zones

Figure 1.2 (Maintaining a New Direction)



**Month/Year 1:** Applying less pressure or intensity to what we do or say. Keep associating a lighter, kindly, gentler approach to what you do and less pressure will apply to it.

**Month/Year 2:** Each time you practice the gentler, friendlier approach keep the momentum going. Associate with everything you are thinking or feeling about this and that. When you become comfortable and happier, keep going and doing the same, applying a lighter, gentler approach to it.

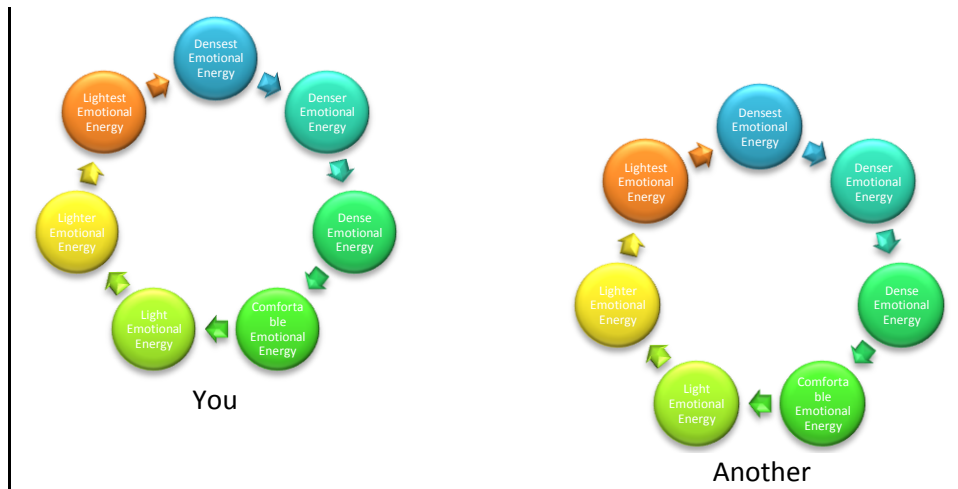
**Month/Year 3:** Before you know it, you will see changes and adjustment towards your feelings that are of a happier position than before. Keep going. You will notice changes frequently as long as you are aware and observe what you are doing. The saying “Less is more” is appropriate for this. You still do everything you need to daily just with a little different approach with knowledge of why you are doing it.

The happiest feeling you can feel can be the comfortable, average, or normal feeling.

Back to [Maintaining your Stressful Thoughts](#)

## Neutral Zones

Figure 2.0 (Difficult Influences)



Talking with someone or working with someone generates an emotional connection. This connection influences you and your stress. A depressed person will influence denser emotions (stress) whereas a light-hearted person influences a lighter emotion (happiness). No blame is associated unless you think it, not being anyone's fault it is just his or her understanding of him or her. The important factor is to know that you are feeling denser or lighter. Lighter is good to understand how you can increase your happiness towards what you are both doing, a transaction, or job. Whereas to other, denser is to sustain or maintain stress or what is comfortable to you which in turn is influencing the other.

Strict responsibility (free will) falls to the individual that they do what they want to do, whether they see it or not, whether you like it or not. Just change and adjust your emotional state for you.

Back to [Decreasing your Stressful Thoughts](#)

## Practice Tasks

### Task 1 - Identifying

Identifying your stress on a regular basis builds a better understanding towards how it is, when it changes and gives you ability or opportunity to change it whenever necessary. Try not to pressurise yourself doing it but take a regular look inside to see sad feeling or not.

### Task 2 - Maintaining

Maintaining your stress follows identification. Identify then maintain. Depending how you feel adjust accordingly, not too much at one time but just enough so you feel a change in your mood.

### Task 3 - Decreasing

Decreasing your stress follows maintaining it. Once you adjust your mood and feel comfortable again, increase your happiness, to feel happier. Perceive it and believe it then the feeling will increase.

### Task 4 - Cycle

Repeat the cycle of Tasks 1-3 repeatedly but do not force them. Keep a regular eye or thought on them in order.

### Task 5 - Reread

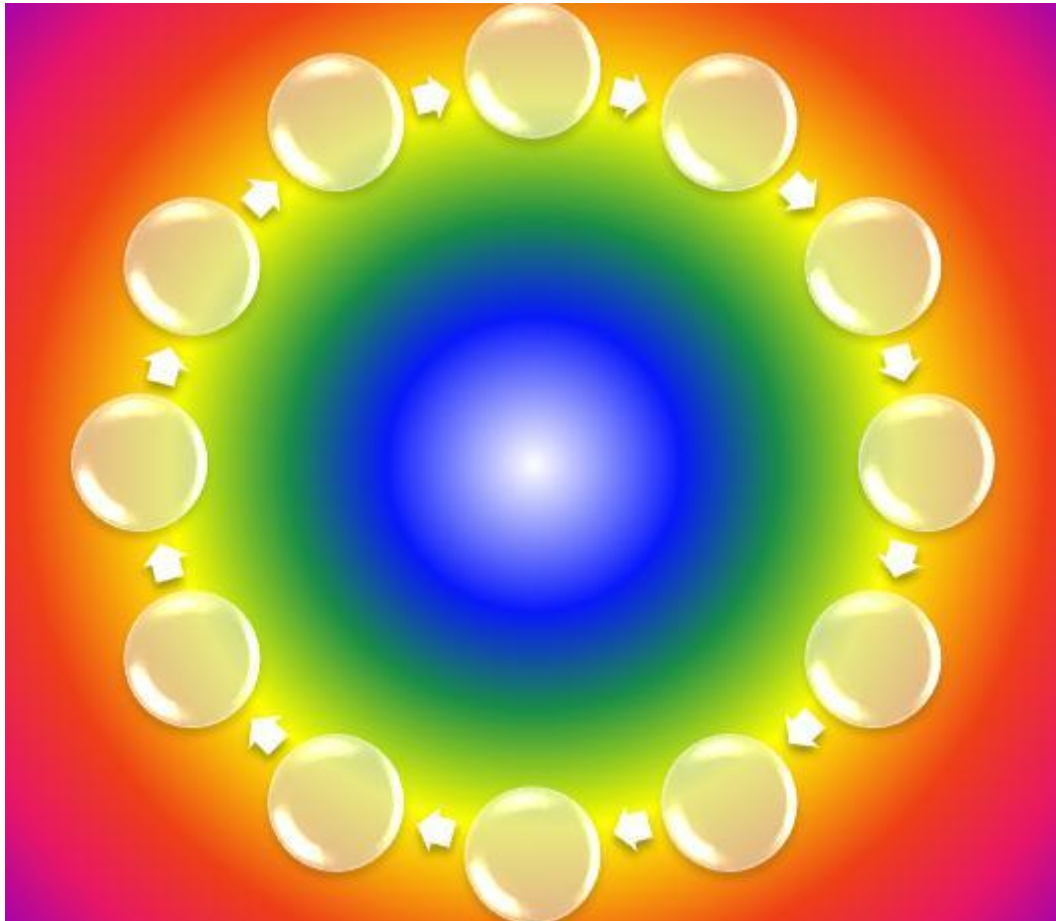
Reread this document for first few weeks then few months. This is to keep an understanding to why you doing this so that your intent of decreasing sadness is part of the whole process. Key words like Happy, Happiness regularly used within this document to help bestow your desire of happiness.

### Task 6 - Go Slowly

Go slowly; reason why a gentler approach towards the tasks creates a lighter pressure than rushing or pushing the tasks like a mission. More pressure equals denser outcome (stress). Less pressure equals lighter outcome (happiness).

### Stress Emotion

We all have it, we all want less of it, and we all can.



Stress is one of many emotions or Stressing is one of many mental states. Being Human requires all emotional or thinking states to be maintained and regulated. Sounds like hard work but it is not. Self-sustaining is to balance one emotion or thought off against another emotion or thoughts. By increasing Stress or Stressing, you decrease Joy or Joyfulness. This System is to help you understand and become aware of the system of emotions and thoughts to put you in control of maintaining a balanced emotional self and mental self. The system requires conscious attention but not hard work.

### Understanding How To: “Identify, Maintain and Decrease”

### Identifying your Stress

Important to note, when you stress, know that you are stressed.

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Picture a moment when you are, stressed. Take away the picture and feel the emotions you have knowing that you are, stressed. The image is not what makes you stressed your choice of associating the emotion to the image or event that occurred. The feeling can be associated to anything. Practice with various pictures or memories and see or feel the emotion of Stress. You define what 'Stress' is to you. Different people associate different degrees or densities of Stress. The person that is frantic with stress, the demoralizing person holding back tears but still stressed. Think of a genuine stress streaming from within expressing itself outwardly through a tear to share.

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Gaining weight or force, the more associations we make from a stressed emotional state the more force or energy we associate to it, stressed emotional state. The more we continue to do it, the easier it becomes and less of a task to keep thinking about associating stressed emotional state to everything. Sub-consciously you write routines and trends so that your choices are then automatic or instinctive.

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Once you have a hold on your stress you can play with it. Start by picking things you do that you do not particularly have an emotional feeling towards and practice associating your stressed emotional state to it, watch it change, or how you change towards it. This is about reading your emotions and once you get a hold of them you will want to know more about how your emotions affect your thoughts, words, physical actions.

## Neutral Zones

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This does take practice and not just a few weeks, best way to describe this is as a child was happy about everything was doing and slowly to a state where everything was doing made stressed or depressed. 20 years later, it took that long, slowly but surely associated more and more stress or pressure to things and eventually, there was hardly any happiness to notice at all. The practice and maintenance is about reversing that and it is a lot quicker than 20 years. Within weeks and months you will practice, notice and change the way you want to associate your stress to things. The only person you have to worry about is you doing it.

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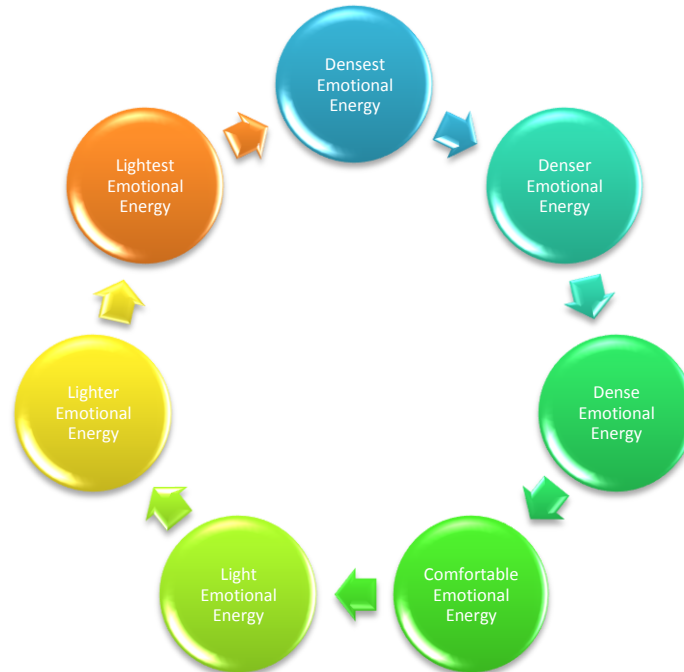
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Practicing and identifying your current emotional state gives you the ability to keep increasing your happiness and sustaining it.

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### Understanding Emotional Densities

There are others, understanding physical, understanding thought forms, understanding vibrations, resonance, and understanding movement of energy with you. Picked emotions, as many people will be working through that degree of themselves to heal or understand more.

### Comfortable Emotional Energy

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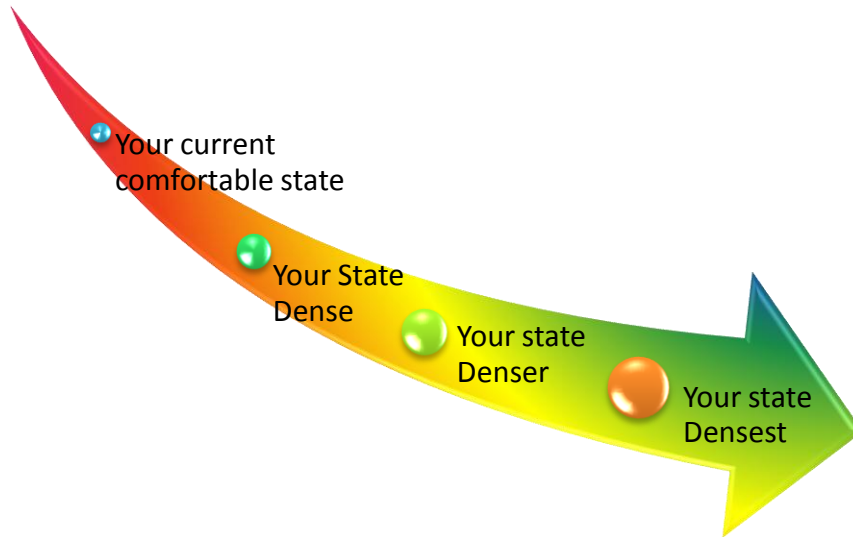
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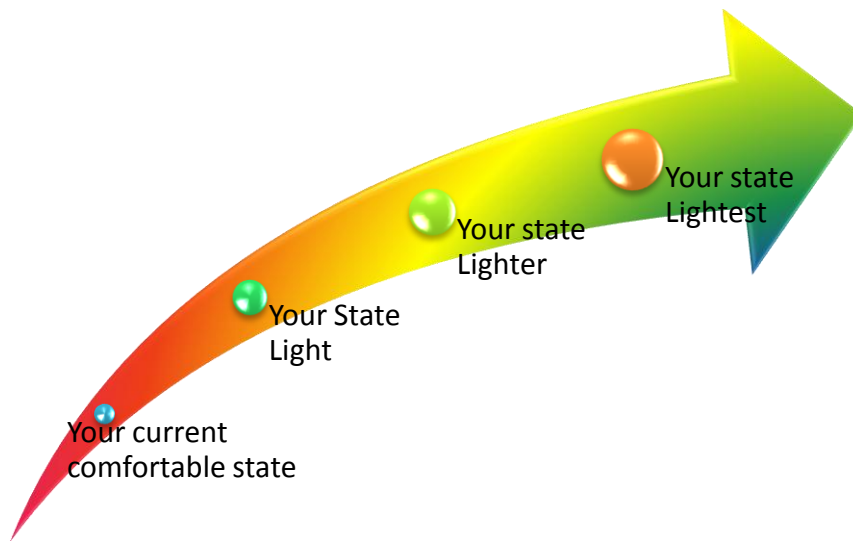


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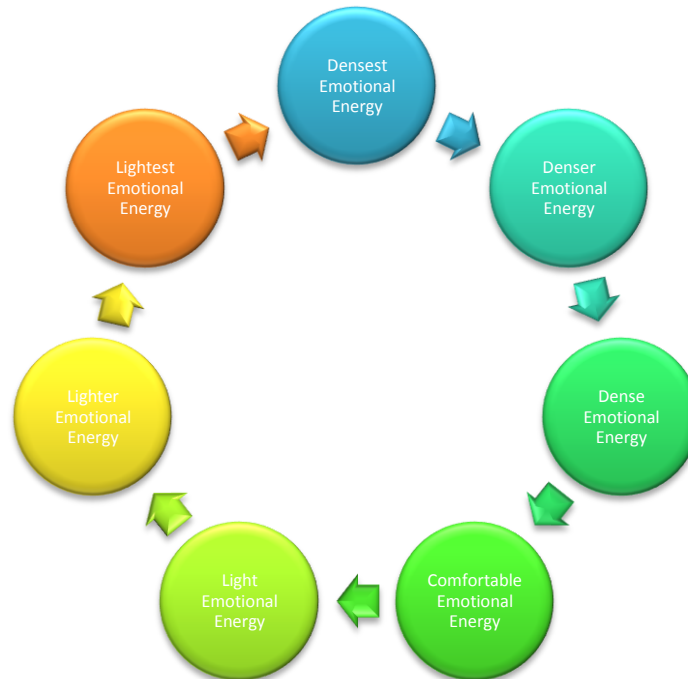
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### Figure's and Diagrams

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

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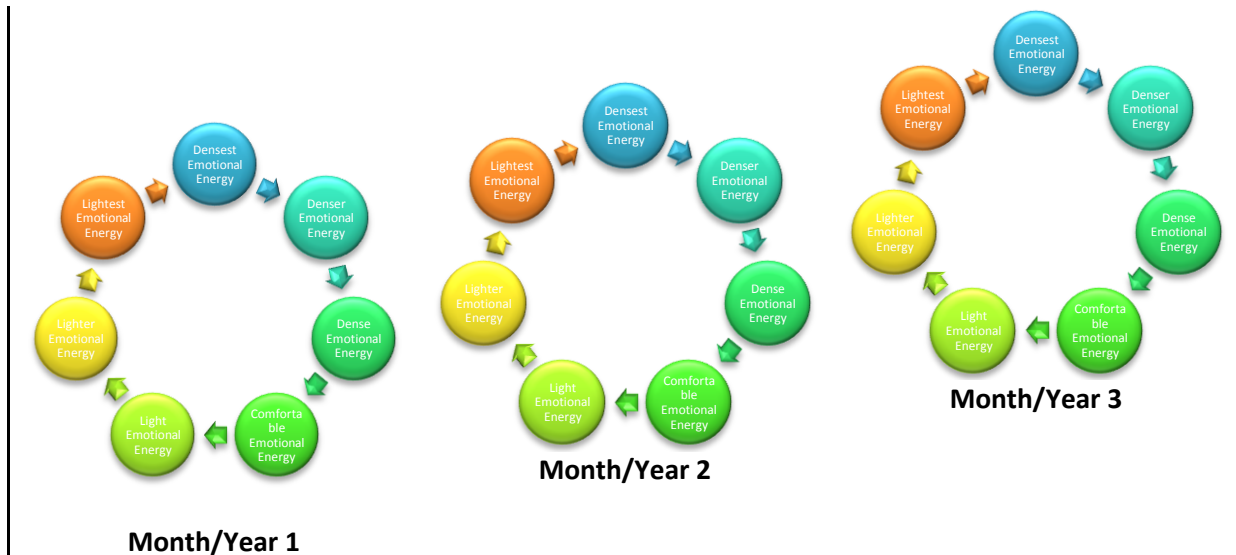
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Back to [Identifying your Stress](#)

**Figure 1.1 (Trends of Being Stressed)**



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**Month/Year 3:** Before we have recognized we created this, we are more stressed and denser than we remember. We do not even recognise how we did it.

Back to [Maintaining your Stress](#)

## Neutral Zones

Figure 1.2 (Maintaining a New Direction)



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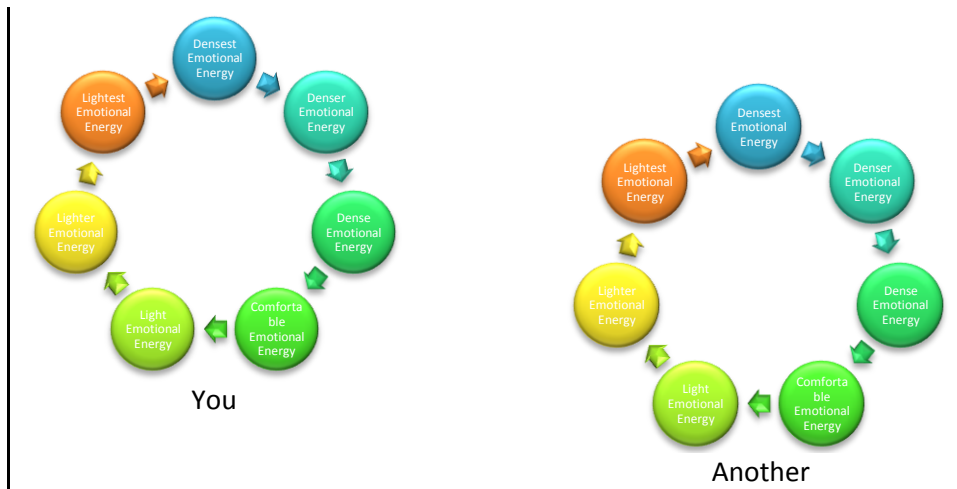
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The happiest feeling you can feel can be the comfortable, average, or normal feeling.

Back to [Maintaining your Stress](#)

## Neutral Zones

Figure 2.0 (Difficult Influences)



Talking with someone or working with someone generates an emotional connection. This connection influences you and your stress. A depressed person will influence denser emotions (stress) whereas a light-hearted person influences a lighter emotion (happiness). No blame is associated unless you think it, not being anyone's fault it is just his or her understanding of him or her. The important factor is to know that you are feeling denser or lighter. Lighter is good to understand how you can increase your happiness towards what you are both doing, a transaction, or job. Whereas to other, denser is to sustain or maintain stress or what is comfortable to you which in turn is influencing the other.

Strict responsibility (free will) falls to the individual that they do what they want to do, whether they see it or not, whether you like it or not. Just change and adjust your emotional state for you.

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## Practice Tasks

### Task 1 - Identifying

Identifying your stress on a regular basis builds a better understanding towards how it is, when it changes and gives you ability or opportunity to change it whenever necessary. Try not to pressurise yourself doing it but take a regular look inside to see sad feeling or not.

### Task 2 - Maintaining

Maintaining your stress follows identification. Identify then maintain. Depending how you feel adjust accordingly, not too much at one time but just enough so you feel a change in your mood.

### Task 3 - Decreasing

Decreasing your stress follows maintaining it. Once you adjust your mood and feel comfortable again, increase your happiness, to feel happier. Perceive it and believe it then the feeling will increase.

### Task 4 - Cycle

Repeat the cycle of Tasks 1-3 repeatedly but do not force them. Keep a regular eye or thought on them in order.

### Task 5 - Reread

Reread this document for first few weeks then few months. This is to keep an understanding to why you doing this so that your intent of decreasing sadness is part of the whole process. Key words like Happy, Happiness regularly used within this document to help bestow your desire of happiness.

### Task 6 - Go Slowly

Go slowly; reason why a gentler approach towards the tasks creates a lighter pressure than rushing or pushing the tasks like a mission. More pressure equals denser outcome (stress). Less pressure equals lighter outcome (happiness).

### Energy Communications

Understanding of your Senses gives you greater Understanding of the senses of others.  
Understanding of your Emotions gives you greater Understanding of the emotions of others.  
Understanding of your Thoughts gives you greater Understanding of the thoughts of others.  
Understanding of your Words gives you greater Understanding of the words of others.



Any conversation happens in this way; your conscious focus determines what understanding you are interested in being aware of and understanding. Most of your life identify, analysing and understanding the meaning of words and relevancy to physical organics. Your understanding however has only been possible by a lot of thought regarding your words and its meaning.

The more complexity you identify with within your consciousness, the more understanding of it you will have. To appreciate why something is simple or easy you first need to stand from a position greater than it is. Interestingly the more complexity you allow yourself to understand because the energy is lighter you can understand more.

The Layers of Understanding run through perceptions of physical matter, form of matter, structure of matter, resonance of matter, movement of matter. To perceive relevancies in physical objects or conversations (people), perceive it as it is physically. This is the What of Understanding, a lot of knowledge regarding what things are in the world.

To perceive relevancies to you about physical objects, perceive in forms, the build of the physical. The how (the meaning) it is, like properties of its physical form. Physical perception relates to physical meaning or understanding. Thoughts regarding it relate to its thoughts of

it becoming it. Put yourself mentally as that object or person and relate your thoughts about you but relate from the other (object or person).

To understand the physical or words, you need to focus your attention or consciousness to everything physical or solid, words or physical actions. Within the words exists its form.

To Understanding your Thoughts and how your thoughts perceive this and that, you must focus on just your thoughts, live a life of thoughts. Go about observing everything you know (memories), everything you doing, everything your aware of and establish a focus of thoughts. Firstly identify you have thoughts and your thoughts do this and do that, watch them form into this and form into that.

Emotions relates to structure of physical or forms. Less and less emphasis is on the density of matter.

Physical is Detail, or words representing energy

Thoughts are Forms or build of energy

Emotions are Structures or shapes of energy

Senses are resonances of energy

### Densities of Perception

#### Words

All through your life you have been driving a focus of perceiving through words, allow words to give you understanding, your physical movements of being human. Because the conscious focus is at a layer of physical perception, you perceive physically in a linear motion. Your consciousness associates and relates everything in its physical perception. Your sub-conscious however has had to deliver that sub-conscious perception to your consciousness perception. Did not even realise at first perception has layers to it or that could perceive in different ways. Through words and understanding, meaning through words gives a condensed understanding, denser than say your thoughts.

#### Thoughts

Perceiving through thoughts gives you a greater understanding than when using words. The reason for this is that it takes lesser energy to deliver the density of thoughts than to deliver words. Your understanding then can increase more so than your understanding of words. Why you think a lot, and get a lot of stress and headaches because you keep intensifying what you choose to understand as words. The less you try to produce mentally as words or physical actions, the less pressure on your mind. Going on holiday you do exactly that, release the pressures by not thinking of the physical work you do. You slowly release

pressure over days of the holiday to relax by changing your environment causing you to appreciate more physical surroundings than drive or deliver more of a physical.

### Emotions

Emotions are the same in method to understanding; imagine a reality where emotions used as means of conversation or discussion rather than words or thoughts. You still use your mind but relate everything emotionally rather than thinking of words or objects. You identify with everything emotionally and access knowledge of emotions without forming thoughts or words. Less energy needed to deliver density or layer, the greater the understanding. When you have a deep and meaningful conversation, it is just that you are delivery an emotional meaning to the situation in hand.

### Senses

Presence or vibrations of self, the feeling of vibrations, or feeling the energy that runs through you. The likeness is meditating on a permanent basis while walking around or working and everything is serene. Build a reality of that and words or thoughts will not affect you or influence you. Take practice to sustain your resonance to a centred being.

Everything here is about work, you need to work at it to allow yourself to be aware, and change it. It is not for someone else to tell you what to do, it is for you to appreciate knowledge or understanding, respect it. Understand it the way you see relevant consciously and then apply action to change your attitudes or mannerisms. The more you understand about your resonance, those senses you have and not just the common senses, the more you will understand about your emotions, thought forms, and words or physical actions.

The tourney that takes a long time is one that integrates more detail and understanding to the subject or title. Focus of commitment continues by focused intent to deliver quality over speed. Perceptions of how fast or slow something offer to be is based on current perception of the individuals perception. Create the world you see by perceiving it, as is then also acting or conversing in a manner to suit the new desired reality.

Perception is what you currently understand about something it is the position of intent towards understanding something and it is just an energy module part of your whole being. This has been a driving force for thousands of years defining a little perception of what is currently now understood. You have ability to understand far more than can currently comprehend. Knowing how to use your perception gives you an added benefit to using it wisely. Changing from a perception of knowing a little to knowing a lot more is an act of faith from yourself to develop your soul and evolve your being. The more you understand the easier life becomes because you will be aware of and address what is necessary to address that you consciously understand. What you do not understand yet you have no

## Neutral Zones

need to worry about because of knowing that when the moment is due to address you will understand what is necessary to do.

To be able to Perceive you first must have observed something, before you were able to observe you must have been aware before you become aware something had to be there to be aware. Let yourself be present with everything in every way and the result will be awareness of all that exists. The method is the same in any layer of existence whereby you become aware then you observe it then you perceive it your way and believe it, which defines your alignment with your perception of reality. Everything is just energy. Your consciousness is just energy. We are the construct of energy into this incredible system of being human, by our own making. Associate all your memories in new ways, everything you can think of, Perceive in another way of perception and watch your understanding of it change. The benefit here is you get to choose the association of what perception best suits you, or your memory.