

**ANTI-STRESS HOLISTIC RECOMMENDATIONS FOR SELF-HELP**  
**for regular balancing of acupuncture system / consciousness in preventive**  
**holistic optimizing top-down hierarchy: spiritual-mental-physical**

(1) *Prayer, for transpersonal optimizing existing living programs* (lying in bed before going to sleep, eyes closed, spoken in itself): *My God, help me to accept myself (my personality, my body, my disease, my therapists, my therapies) and my environment (my loved ones, my friends, my enemies) ... Help me to forgive myself and all others... Thank you for your support so far and I pray to spare us of oversized further temptations...* In this prayer the first two sentences are important for *optimizing* all existing spiritual and psycho-somatic (energy-informational) programs in themselves and in their environment, while the third sentence is important in *gratitude* for all current and future optimization of these programs... Prayer is *advisable* to all the family members, because of *optimization* of existing spiritual-psycho-somatic *transpersonal programs in family*...

(2) *Ho'oponopono, for transpersonal mental cleansing* (in case of some disease or conflict, spoken in itself to his soul and God): (i) *I am sorry*, (ii) *Forgive me*, (iii) *I love you*, (iv) *Thank you*... This ancient Hawaiian practice helps to balance the individual first and then the conflicting parties, removing the problem at a spiritual level with final manifestation at the somatic level... The effectiveness of this practice is to assume full responsibility *for any circumstance* in which we find ourselves, because all what occurs in our lives is *just a projection* of the existing transpersonally-entangled spiritual-psycho-somatic programs that cause disorders, diseases and afflictions...

(3) *Meditative Self-Suggestion Messages, for normalizing the body* (spoken in itself, with eyes closed, with visualization of the entire body placed in a golden-yellow light ball with inscription Norma): *Full normalization of health, here and now, for the physical, mental and spiritual level ...* It can be combined with visualization of similar small golden-yellow ball of light about 10 cm above the selected body part with its descent into the body, and with visualization of the *circulation of vital energy* in the clockwise direction in that part of the body, looking toward the body (this circulation can be occasionally applied on several energy chakras in the area of the genitals, abdomen, heart, throat, brow)... This *normalizes* the energy-information integration at all spiritual-psycho-somatic levels...

(4) *Contemplative Sense of Awareness, for removal of the deep roots of the latter reaction, projection or estimate* (spoken in itself): (i) *I experience a pleasant feeling* (for feelings of desire); (ii) *I experience an unpleasant feeling* (for feelings of hostility); (iii) *I experience a neutral feeling* (for neutral feelings)... In accordance with *Theravada Buddhism*, *quiet monitoring of pleasant and unpleasant feelings* (with no emotional response) also *weak and breaks the trend of desire and aversion* (monitoring of pleasant feelings eliminates cravings and monitoring of unpleasant feelings eliminates aversion), while *calm monitoring of neutral feelings removes ignorance* (with humility toward all conditionalities)...

(5) *Control of Nasal Rhythms, for change of stressful mood* (via intermediate change of 2-hour ultradian brain rhythms, in order to keep energy and emotional balance of the organism)... According to *Swara Yoga* there is possibility for influence of the nasal rhythm on the brain one, by activating less active nostril through special breathing procedure: the more active nostril is closed by finger pressure, this being followed by forceful and short inhaling 10-15 times through the less active nostril (thus exciting previously less active channel through ionic nostril receptors, with subsequent influence on the limbic brain center to *switch the phase of ultradian rhythm*, which is easily monitored by exchanged activity of nostrils)... The procedure is very simple and can also be efficiently used to prevent development of cold in early phase...

(6) *Yoga Rhythmical Breathing, for everyday revitalization of the organism* (in the morning and evening relaxing walks, in fresh air, with rhythmicity 6:6:12: during 6 steps deep inhale, next 6 steps keeping the breath, and following 12 steps the full exhale)... In the same context, in closed environments a *microclimate bioengineering* can be recommended by applying *aeroionizers* (generators of negative ions)... In particular, according to *Swara Yoga*, rhythmical breathing through the nose is practiced, with pause for keeping the breath between inhalation and exhalation (in order to inhale as many as possible aeroions which are then redistributed within acupuncture ionic system)... For achieving deeper levels of energy-informational relaxation, some course of yoga is recommended...

(7) *Reiki Positive Affirmations, for creation of new healthy habits* (based on idea of achieving harmony within self and environment): (i) *Just for today, I will not worry!* (ii) *Just for today, I will not be angry!* (iii) *Just for today, I will be grateful for everything!* (iv) *Just for today, I will do my work honestly (and on myself)!* (v) *Just for today, I will be kind to every living creature!*... The basis of these affirmations is the fact that we only really have "today", and if everyone lives "today" as the only possible one, harmony would be achieved... Reiki educations provide simple and efficient method of self-aid in energy-informational *revitalization of the person* on all spiritual-psycho-somatic levels...

(8) *Autogenic Training, for everyday autosuggestive anti-stress relaxation* (relaxation of muscles and blood vessels, recognition of the body feeling of breath and heart, and exercise for concentration, based on the idea of the equivalence of muscular and mental strain)... This *medically widely recognized* technique of relaxation is acting primarily from the state of alertness, but with careful sinking in deeper levels of consciousness, as autosuggestive short relaxing messages are *softening person's undesired psychosomatic reactions* in daily stressful situations... Essential prerequisite for the success of autogenic training is a short morning and evening *regularly exercising* at home...

(9) *Reflex-Segmental Massage, for everyday reduction of stress and fatigue* (via techniques of stimulation of the acupuncture system and projective microsystems, combined with aromatherapy, in prophylactic and therapeutic purposes for many psychosomatic disorders)... Massage acts spasmolytically and analgetically, and amplifies secretory activity of the tallow and sweat glands, thus providing *general relaxing and sedative effects*... For its simplicity, the *acupressure reflex-segmental massage* is *prophylactically* recommended once a day as daily anti-stress self-aid, and in the case of already manifested psychosomatic diseases as a temporary self-aid on the disordered acupuncture meridian before visiting physician...

(10) *Programmed Active Relief, for everyday physiological compensation of the second phase of stress* (when organism is prepared for "fight or flight", which is missing in contemporary conditions of life and work as a normal reaction to stressful situations, that causes the first phase of stress with mobilization of energetic and physiological potentials of the organism, through stress-realized hormones, sugars, and fats injected into blood)... These simple programs of kinesiologic / sport recreation *also soften undesired psychosomatic reactions* in daily stressful situations, contributing to improvement of overall health...

The mentioned *choice* is neither unique nor comprehensive, and therefore selected *anti-stress approaches and techniques for self-help with recommendations and alternatives* are given in Table 1 bellow, while *their broader overview with holistic quantum-informational framework for stress and anti-stress* can be found in the literature suggested below.

**Table 1.** Overview of selected anti-stress approaches and techniques for self-help, with recommendations and alternatives, in preventive holistic top-down hierarchy: spiritual-mental-physical

<i>Approaches and Techniques</i>	<i>Recommendations</i>	<i>Alternatives</i>
Prayer	Prevention, everyday	Ho'oponopono
Ho'oponopono	Prevention, everyday	Prayer
Meditative self-suggestion messages	Prevention, everyday	Reiki
Contemplative sense of awareness	Prevention, everyday	Meditation
Control of nasal rhythms	Prevention, as needed	Yoga
Yoga rhythmical breathing	Prevention, everyday	Reiki
Reiki affirmations	Prevention, everyday	Autogenic training
Autogenic training	Prevention, everyday	Reiki affirmations
Reflex-segmental massage	Prevention, as needed	Anti-stress massage
Programmed active relief	Prevention, everyday	Recreation, Long walks

### Recommended additional references

D. Raković, *Stress and anti-stress: Holistic quantum-informational framework with overview of recommended anti-stress approaches and techniques*, [http://www.dejanrakovicfund.org/2012\\_DRF\\_Stress\\_&\\_Anti\\_Stress.pdf](http://www.dejanrakovicfund.org/2012_DRF_Stress_&_Anti_Stress.pdf); and refs therein.