

Dealing with Testing Times

*Remaining Strong, Healthy
and Happy in Crises*



ROBERT ELIAS NAJEMY

Dealing with Testing Times

*“Remaining Strong, Healthy
and Happy in Crises”*

Robert Elias Najemy



Strategic Book Group

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Strategic Book Group
P.O. Box 333
Durham CT 06422
www.StrategicBookClub.com

ISBN: 978-1-62212-191-5

*I offer this book to us all—
that we may live in love, health, and abundance*

Contents

1. Remaining Healthy, Happy, and Positive during Testing Times . . .	1
2. Caring for Your Body	4
3. Strengthening the Mind.	8
4. Cultivating Positive Thoughts and Feelings	12
5. Using Energy Psychology to Get Free from Fear, Anxiety, and Other Negative Emotions	20
6. The Twelve-Step Manifestation Process	32
7. Ho'oponopono and How to Transform Our Reality by Purifying Ourselves	43
8. Learning to Live in the Present.	61
9. Letting Go of Negative Emotions with the Sedona Method.	70
10. The Importance of Gratitude.	75
11. Methods for Increasing and Balancing Our Energy	83
12. Using the Freeze-Frame Method for More Inspired Solutions and Alternative Perceptions	86
13. Being a Light Worker Is the Key to Real Happiness, Success, and Abundance	90
14. Creating Peace through Truth	103
15. Twenty-Five Ways for You and Your Loved Ones to Maintain Health, Happiness, Peace, and Abundance during Testing Times.	107
About the Author	111

CHAPTER THREE

Strengthening the Mind

The mind—like any other organ, machine, or instrument—needs to be cared for, rested, tuned, and gradually improved. It is the organ, or instrument, with which you perceive life, express yourself, and actually *create* your life. When it is functioning well, you are able to think clearly, solve problems, be creative, and enjoy life.

The mind-improving techniques described below are forms of relaxation, positive visualization, and meditation. If you have a history of mental problems, please consult your health professional before performing or continuing these relaxation procedures.

1. *Deep Relaxation* – This can be done while sitting or lying down somewhere secure and comfortable. It is a process of relaxing all of your body and mind. Regardless of whether you are sitting or lying down, the spine should be straight with the neck and head in line with the spine while the arms and hands are placed comfortably and symmetrically to the sides of your body. The palms are best facing toward the sky unless you choose to place them on your abdomen or chest (or both). If you do so, make sure they are placed in a comfortable way so that no effort is required to keep them in that position.

You can then employ the following process:

- a. **Focus on your breathing** and mentally count so that the inhalation, retention, and exhalation of your breath have the same duration. Do not force the breath. Do this for about five minutes (not more at first). With each inhalation, imagine taking in peace and energy. With each exhalation, allow all tension and tiredness to dissipate.
- b. **Now allow your attention to move through your body** starting with the bottom of your feet and moving up toward the head, relaxing each part of the body as your attention passes through it. In this way, allow all the muscles of your body from the soles of your feet to the top of your head to relax. This should not be an effort, but rather an allowing or letting go.

- c. And finally, as you **mentally count back from ten to one**, allow your body and mind to relax ever more deeply with each number.

CDs and mp3 files with a variety of guided relaxations can be found at www.HolsticHarmony.com.

Once you have allowed your body and mind to relax, you can then perform a number of mental exercises. Some of these are as follows:

1. **Visualize a healing and rejuvenating light** moving through your body, creating health, peace, and vitality in each and every part of your body. Then focus this healing light in specific parts of your body that need special help. If you do not see the light, simply imagine or feel that it is there.
2. **Focus on positive thoughts and images** concerning yourself, your life, and your contact with the world around you. Imagine yourself as you would like to be physically, emotionally, mentally, and spiritually. Your thoughts actually create your reality.
3. Be sure to always create feelings of **self-acceptance, self-love, and self-confidence**. These are essential assets in dealing with people and life.
4. Focus on your **perception of the Divine**—with or without form. Feel that **personal connection of love and gratitude** with the Divine.
5. **Ask a question** to be answered by your inner self. State the question three times and then be silent. The answer might come during deep relaxation or some time later, perhaps in a dream, upon waking, while reading, or conversing with someone.
6. This state can be used as a means to **access the contents of your subconscious** and perhaps the source of certain fears. This, however, should only be done with the guidance of a trained professional.
7. Leave time for your mind to **just be empty**. Let whatever changes need to take place in your body and/or mind to happen without your mental intervention. This time of emptiness is essential both in self-healing and in your spiritual growth process.

The following guidelines are also to be observed when employing a relaxation technique:

1. You should be **appropriately covered** in case your body's metabolism falls and you feel cold.
2. It is best to **be alone** in the room unless the other person is sleeping or is aware of what you are doing and capable of being extremely quiet. But if these conditions are not available, then go ahead and try to do deep relaxation anyway. You will be amazed by how much you can go within yourself and become unaware of what is going on around you.
3. **Leave time** to wake up and gradually move into activity. Do not come out of the relaxation just moments before you have to do something or be somewhere. Leave at least five minutes transition time, which is enough for most people.
4. If you suffer from **low blood pressure** and find that you get dizzy or feel cold after deep relaxation, then try doing your relaxation with your legs on top of a pillow or on the wall. In these positions, you will ensure an abundant blood flow to the brain and you will not feel dizzy or weak afterward.
5. **Do not overdo** relaxation. Twenty to thirty minutes twice a day is enough. Do not do more than this without the guidance of someone experienced in these techniques. Yoga teachers can help you, and a growing number of psychologists are using such techniques with their patients.
6. Relaxation techniques are best done on an **empty stomach**. However, they can be done after a meal if there is absolutely no other time. Some people who have trouble sleeping use them at night in order to fall asleep. Others who wake up early use these techniques to start their day off with a fresh and positive outlook. Experiment and find out what is best for you.
7. The purpose is not to fall asleep, but if you are tired and fall asleep, do not worry. If you fell asleep with a CD, the messages on the CD have been recorded by your subconscious mind. If you were working on your own, then at least you have relaxed and rejuvenated your body and mind.

8. Relax deeply at least once a day. Do not let your mind fool you into believing that there is no time: there is. You can eliminate something else that is offering you less in your life and replace it with relaxation.
9. Do not be put off or afraid if in the beginning you have **various negative side effects** after a relaxation session. This is simply the excess suppressed tension that you have bottled up within you and that is coming out in the form of negative symptoms. The symptoms may be yawning, headaches, dizziness, a feeling of irritability, or the need to cry or laugh nervously. You may feel pains in various parts of your body that were not there before; they were in the emotional and energy level that you do not normally feel. Or, you may feel nothing at all. In 80 percent of the cases, people feel wonderful.

If you are amongst the 20 percent who have a negative reaction at first, **do not fear**; this usually happens only a few times in the beginning, and then it passes. If you do not feel well, or have a history of mental problems, consult your health professional before performing or continuing these relaxation procedures.

There are CDs and mp3 files available at www.HolsticHarmony.com for self-therapy, self-acceptance, self-confidence, becoming more loving and peaceful, sending light to various parts of your body, and basic relaxing. You may also like to create your own CD with specific messages that you may feel are more suitable for your needs.

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