

# **What Is Stress Pattern Processing?**

It is a technique/process consisting of 12 questions relating to Stress and Trauma in our lives being discussed with the purpose of mending broken relationships, bringing greater wholeness to broken lives, encouraging and equipping the brokenhearted, guiding people who face difficulties, and showing people how to experience a healthy, happy, successful and romantic life.

## **What is a Stress Pattern?**

(The Plan Against Your Life)

Stress Pattern: An emotional energy pattern that influenced you when you were young. It is created when your personality internally resisted the people, places, circumstances and events (PPCE) who represented an energy opposed to your true nature (personality) and how you innately wanted your life to be.

Each individual develops a Stress Pattern from the point of conception onward. Our Stress Pattern becomes us and we become our Stress Pattern. Stress Patterns can be changed, but only by ourselves. In order to change our Stress Pattern, we must first understand our Stress Pattern.

These PPCE are still attracted to you today because the cells of your body have become addicted to the emotional "high" that comes from having this opposition in your life. Your Stress Pattern represents the plan AGAINST your life. It represents everything you don't like about your life. By understanding your Stress Pattern, it is possible to make decisions that help you achieve the happiness, health, success and romance you desire from life.

## **What is a Soul Pattern?**

(The Plan For Your Life)

Soul: An immortal, spiritual, moral reality that is the result of you seeking the will of God for your life. It is the part of your personality that survives physical death.

Soul Pattern: The pattern inherent in your Soul. It is a gift from God. It is the point-of-view from which you are able to see and express life when you are free from your Stress Pattern. It represents the plan for your life. It represents what your life could be like if you were free of all your emotional addictions.

As we proceed through life based on addictions out of tune with our true nature (Soul Pattern), we gradually build up resistance energy. Ultimately, this resistance energy accumulates enough mass to manifest as a traumatic physical experience. The trauma may be physical, mental, or emotional. No matter which, it accomplishes one important purpose: it temporarily removes the pressure. We become involved in the illusion of the trauma and forget about how it came about. Unless the judgment is resolved, life "gets back to normal" and we once again begin to build up resistance energy only to precipitate another trauma. This happens time and time again throughout our life until we finally discover a way to understand our Stress Pattern.

You are a spiritual being, electrically driven and emotionally controlled. If you are going to be in control of your life, you need some kind of feedback device to tell you when you have strayed from the point of least resistance. If you had such a device, you could keep yourself physically, mentally and emotionally balanced. You could measure whatever you thought was working for you for its true value. You could experience the happiness, health, wealth and romance you desire.

## **The Basic Cause of Stress and Aging is Excess Resistance**

As you live life, you are taught to resist. This gives power to that which applies resistance to you. That which you resist, persists. Resistance is a natural law, which impels growth or “becoming” through the law of experience. Light travels as fast as it does because there is very little resistance to slow it down. The only thing we know of that travels faster than light are thoughts.

In the classrooms of life, we would not have the opportunity to learn the lessons which assist us to advance without resistance. Resistance, or natural stress, becomes distress when we feel we are out of control with no power to overcome the resistance. Resistance is created when opposites come together creating a response. Increased resistance, more than you can hold a balance against, creates conflict energy, which creates a TRAUMA! Conflict energy is produced when the “real you” is struggling to get through the resistance.

When you stop making the effort to overcome resistance, you become imbalanced. Aging, degeneration and dis-ease are the result of allowing the so-called dragons to be winners!

Energy follows the path of least resistance. This is why the basic cause of aging is the collision between your Soul Pattern and your Stress Pattern. "Stress" is used to describe the wasted energy lost when your Stress Pattern denies the expression of your Soul Pattern.

On the other hand, your Stress Pattern is invaluable in allowing you the opportunity to witness another point-of-view regarding life. Your Stress Pattern's positive purpose is to provide the resistance needed to slow down the experience of being alive. This enables you to gain wisdom from what would otherwise be a non-growth situation for your Soul. Your Stress Pattern's negative purpose is to stress you out to such a degree that it becomes impossible to enjoy the wisdom gained from realizing and expressing your Soul Pattern. This keeps you acting isolated, prohibits you from assisting your fellow man and being helped by others.

## **Health is Physical, Mental, Emotional, Spiritual**

You are a spiritual being in a physical body, electrically driven and emotionally controlled. If you are going to be in control of your life, you need some kind of feedback device to tell you when you have strayed from the point of least resistance. If you had such a device, you could keep yourself physically, mentally and emotionally balanced. You could measure whatever you thought was working for you for its true value.

## **The Stress Pattern Chart**

Such a device is available. It is called the Stress Pattern Chart. We believe it is possible to obtain the physical and emotional frequency of the Stress Pattern of an individual. Once that is determined, all experiences relating to the individual are able to be understood. Your Stress Pattern can be determined by objective means (urine/saliva) or by subjective means (questionnaire).

### **What Will My Stress Pattern Chart Show Me?**

Your Stress Pattern Chart shows you *why your life is inefficient*. It will describe your Soul Pattern and your Stress Pattern. It will show you *what happened, where it happened, how it happened, when it happened and who it happened with*, that caused your Body to become *addicted* to exactly the opposite of what your Mind desires, resulting in an *inefficient life*.

### **How Can I Use My Stress Pattern Chart to Make My Life Better?**

Your Stress Pattern, and your *reaction* to it, has *always been your problem*. The problem is that *you don't know what it is* and how it has been *controlling you since birth*. This problem is especially critical if you think you know what your addiction is and why, because *you do not*.

Your Stress Pattern Chart will give you the insight you need to enable you to take control. You will become more physically, mentally and emotionally efficient. You will accumulate divine wisdom resulting in a different response to life. Your Stress Pattern will no longer be able to emotionally manipulate you. You will be in control.

This is *not about doing*. It is about *knowing*. It is *what you don't know* about your self, your life, and your purpose that is causing you to be *unhappy and inefficient*. Understanding your Stress Pattern Chart enables you to *do, be and have* the *happiness, health, success and romance* that you desire. The proof is in the pudding.

### **Preparing For The Rest Of Your Life**

Stress Pattern Processing is examining the pattern of your life so you can see the memories and associated behaviors that are making it difficult for you to experience the health, wealth, happiness and romance that you desire. Once you see it, it begins to fix itself. The amazing thing about life is that the default is love, health, wealth, happiness and romance. It is man who somehow manages to make a mess of things.

## **The Benefits of Living Your Soul Pattern**

- ◆ We understand how we participate in creating our circumstances
- ◆ Our life takes on new meaning and direction
- ◆ We no longer create traumatic/ stress situations
- ◆ We end premature aging
- ◆ We celebrate abundance
- ◆ We connect with our purpose
- ◆ We enjoy the cellular experience of joy and grace in every moment
- ◆ We become open to giving and receiving
- ◆ We express our talents and gifts by integrating our strengths
- ◆ We experience clarity and courage to do what we most love to do
- ◆ We practice unconditional love and support
- ◆ We experience the natural flow of unconditional energy
- ◆ We learn to give up the need to personally control the details
- ◆ We learn to surrender personal will to the direction of Universal will
- ◆ We gain insight, becoming physically, mentally and emotionally efficient
- ◆ We learn to trust the process!