

Let-go of Stress and Love your Life

by Melody

If you are feeling unhappy with anxiety, panic or stress, and you would like to let go so that you can live your life feeling calm and happy, then this article may contain an important message for you.

Fourteen years ago I was paralysed with fear, not knowing how to trust and believe in myself. My body reflected to my chaotic mind, I was filled with insecurities. I was hospitalized with a chronic nervous breakdown, diagnosed that I would never be able to work again and my life was out of control.

When I was at my lowest ebb, I chose to find courageousness, and so began my journey of healing. I asked a very empowering question, "How did I cause this situation to happen?" The universe gave me the answers, not my conscious thoughts, which were trying to keep me 'safe'. I changed my mind, to become more creative rather than so limiting. I then *choose* to give up blame, shame, guilt, fear, worry, and *choose* to be aware, conscious, loving and grateful.

This was a true story, one that I have no hesitation in sharing, as I want you also to enjoy a life of ease, joy and lightness as I have found! I now have gratitude for everything in my life, especially all of my losses, as if I hadn't experienced them I would not have chosen the healing journey. I would not have empathy for others, nor would I experience seeing miracle after miracle on all of the people that choose the Break-Thru Method.

My story illustrates that no matter how down we may be, or how hopeless the situation seems, we all possess the strength within to get through. Life is not meant to be pain and suffering; life is about ease, joy and gratitude.

The Break-Thru Method can help you conquer stress in every day life from past patterns, habits and belief systems which have been implanted into your memory. For example; "I have tried everything, nothing works". "I can't". "What's wrong with me?"

We often repeat statements over and over until they become 'implanted' - hence by repetitive thinking - we end up creating that very thing. Since we are what we think, so by changing your thinking, you can change your life!

As you change your thoughts, you choose the freedom to love your life! By learning the Break-Thru Method, you will begin to let go of your unwanted thoughts, feelings and emotions, creating greater freedom in all areas of your life.

The book; 'Ultimate Stress Busters' is about creating positive change from anxiety, panic and stress. You can use the 9 Highly Effective Keys to instantly reduce and release old patterns, thoughts, feelings and emotions that have been holding you captive.

This is ideal for situations at home, work, health, relationships and to become the loving, joyful being that you truly are!

Do You Know?

Many addictions such as overeating, smoking, drinking, and drug abuse are linked to a stressful lifestyle, and are used as an escape or a temporary way of 'switching off' - but they do not address the underlying problem

Your perception or interpretation of potential stressors is an important component in determining the end effect of stress. In the 'Ultimate Stress Busters', I will hand you the essential keys to help you unlock where you may have got stuck in a limited perspective and to bust you free from the physical, mental and emotional effects of anxiety, panic and stress. This freedom will produce such far reaching positive effects on so many areas of your life and others

Opening to New Possibilities

If you would like to be released from past patterns, habits and belief systems that have limited your success and happiness, then next I ask you, are you truly ready to get past your inner critic and open yourself to learning?

You may already have spent thousands of dollars and undergone some painful times in various therapies with little results, so what I am about to say may seem unbelievable. The secrets to receiving all that you need for a happy and peaceful life are contained in this one book; 'Ultimate Stress Busters'. All you have to do is follow the step-by-step keys with simple guided meditation exercises and energetic treatments and tools.

It doesn't matter if you have never really meditated before, as these keys include step by step instructions to help you to feel centered and relaxed, enable you to let go of your unwanted thoughts and feelings, and create feelings of safety and trust. You will see how easy it is to follow for yourself.

Imagine Your Self at Peace Every Day

With the step by step practice of these 9 essential keys you will find out how to 'turn the page' on negative thoughts and change the energy to positive. You will also learn how to clear yourself through the Chakras (energy centres) to bring your energy into balance. You can repeat these clearings as often as you want until there is nothing left but a peaceful feeling. With a simple exercise, you can even let go of negative energies while you are sleeping.

Imagine waking up, excited by a new day, knowing that whatever comes your way – beeping motorists, late trains, impossible deadlines, crying kids, or meddling mother – you have the tools to calm yourself and cope with any situation.

Realize Your Dreams

You may have heard about visualizing your goals but never really found out how to do it. Would you like to reap the benefits of visualization, such as breaking through fears and realizing a dream? In this book I explain exactly how to visualize, not only to rid your self of anxiety, stress, and panic, but to create an expanding and wonderful life, filled with ease, joy and lightness.

I will also help you to embrace gratitude and focus on the abundance in your life rather than the lack. At this stage it may be hard to realize how powerful gratitude can be, until you start practicing it. But you may already believe that what you give wholeheartedly, you will receive back a hundredfold. A gratitude mindset will affect

your everyday life in a myriad of ways, starting with feeling better about how your life is right now.

The Break-Thru Method will help you to be fully present in the moment, and from there negativity would dissolve almost instantly. In the book; 'Ultimate Stress Busters' you will receive a toolbox wherein you will receive **the 9 keys** with exercises, treatments, meditations and much more.

In your new 'Ultimate Stress Busters' toolbox you will:

- Learn how to let-go of anxiety, panic and stress.
- Learn how to let-go of negative emotions, such as past losses and painful memories.
- Learn how to easily shift your focus away from the things you are lacking in, or wanting, to creating a life of joy.
- Learn how to let-go of the past and be in the 'here and now'.
- Learn exercises to help feeling centered and relaxed under stressful situations.
- Learn how to let-go of tightness and contractions held in the body.
- Learn how to let-go of fears whilst you are sleeping.
- Learn how to 'turn the page' from any negativity to positive thoughts in seconds.
- Learn how to bring more love into your life, and much more.
- Receive the 9 Keys to the Break-Thru Method fully explained.
- Receive a bonus 30 Minutes Free Private Coaching Session with Melody.