

# 10 Ways to Release Anxiety and Stress

By Edit B Kiss



Hi, first of all, I want to thank you for taking the action to download this document. I'm sure the information I am about to share with you will be as helpful for you as it was for me. Let me introduce myself: I'm Edit and my passion is to help women who suffer finding balance with their negative emotions. I help them to release traumas from their past to become healthy and to live a joyfull life.

Our physical illnesses are related to emotional traumas. By releasing them, you can rewrite your past to create a new future. After years of being obsessed with this topic and after healing many customers, I'm more convinced than ever that before we dive into the document, we need to understand that we are spiritual beings having a human experience on Earth. And that everything is energy; we are also from energy which is continually changing. With that understanding, we will be able to accept that we are not who we think we are. Because believing that we are something is limiting us from becoming who we want to become.

The following explanations contain exercises that are proven by myself and my customers who have experienced real transformation in their lives. They are even scientifically proven and supported by quantum physics and biology.

If you are ready to discover those steps. Let's get started!

10 Ways to Release Anxiety and Stress:

1. 'We are what we eat' - you have probably heard that many times. So to have a healthy mind and body we need to have a balanced diet with vitamins and nutritions. The vitamins are effecting our brain functions. Especially the

Vitamine B. So make sure, that when you are stressed, anxious or depressed, you take extra Vitamin B6 and B12. Because we all know that the available fruits and vegetables and meats do not contain the sufficient vitamins we need. Also recommended is to use St Johns' Wort, a special herb, which you can consume in the form of tea or capsules for a 6 weeks cure to make the symptoms disappear while you are in the healing process. Please, don't forget, if you suffer from stress, do not drink caffeine drinks, they just make it worse.



2. We are picking up on other's energy continually. So it determines our wellbeing who is in our environment. Avoid people and places who carry negative energy. People who are complaining or judging or you just realise that their presence is draining your energy and you feel uncomfortable and start to have physical symptoms from that. Places can be hospitals, churches, graveyards - only go to those places if necessary. And always take a shower afterwards, because, and it might sound weird, but a good bath takes off the negative energies too. So make sure that you have a shower or bath at least once a day. But twice is recommended making sure you also wash your hair. Hair can have the most negative things stick to it because it is usually not covered and all the dirt and smoke can hang on it. If you suffer from stress, do not watch the news and thrillers or action movies which make you feel more nervous.

3. Exercise will make your glands produce adrenaline which will make you excited and happy. Make sure you are choosing the type of exercise which is age-appropriate so that it will not cause you injury. Also, pick the one you enjoy, make it as fun as possible. It can even be a team game.
  
4. Raise your vibration through positive thinking. Your brain is powerful and what you think, you will attract. So whenever you realise that you are thinking something negative about yourself or others, change it to something positive. This is called mindfulness. You are aware of your thoughts and controlling them, which will also help you to control emotions. Your emotions are the results of your thoughts. Positive thinking can start with Morning gratitude. Every morning when you wake up, create a short list of 5-10 things you are grateful for right now. That will create a great start to your day.
  
5. Raise your vibration through prayer and forgiveness. There are very few people who don't believe that there is a higher power, whether that be God, the Supreme, pure consciousness or the energy centre that created us and our reality at the very beginning. So when we connect to this higher power and pray, this raises our vibration and brings safety, love and support to our lives. Practising forgiveness is also a recommended exercise to purify our physical and soul body from negative actions. I am sure all of us once did something which needs forgiveness, even just killing a fly.

6. Raise your vibration through meditation. There are many kinds of meditation. The main purpose of most of them to calm you down and give you a peaceful feeling. But some of the meditations have healing power. Like the Samadhi meditation which by activating the chakras from 1-8, and also the pineal gland, brings cell level healing to the person. The best is to learn meditations from masters as I did, from Karma Guru Sumant Kaul, and practise them regularly.



7. Always solve issues with family members, especially if they are living with you. The best thing to do is to sit down with them and ask questions about why they are feeling that way and what their problem is. Never jump to conclusions without knowing the real cause. After discussing the issue try to find the solution together and agree on one solution which is good for everyone. You can set certain boundaries for children to make them easier to understand i.e. what they can do and what they are not allowed to do; how they can contribute to the family. With your partner, you can also agree on some house duties so you will not feel stressed about doing everything alone. Also, make sure you have a

special date with your partner from time to time without the children so your love will not fade.

8. Raise your vibration by Reiki healing. Reiki healing is an energy healing which can be done by practitioners, but also can be learned from Masters to practise at home. During the healing, the projected source energy raises the vibration of the body so the body can heal itself. In case of stress at least 3 sessions are recommended, followed by mindfulness.
9. Do grounding exercises. Since we are human beings we belong to Mother Earth. You can do grounding by walking on the beach or in the park or barefoot in the garden. The other way is to imagine that you are like a tree and your palms and soles having roots towards the centre of the Earth. Imagine this for between 5-10 minutes while you are standing upright in your room. The shower also has some grounding effect.



10. Last but not least, we need to release the emotional traumas which are at the root of our anxiety and stress. When we experienced something in the past we reacted to it with emotion. If it was a negative emotion this memory became a trauma and got stuck in the unconscious mind. And every time we had the same emotional reaction, it added to that trauma. When the trauma got piled up during time, its effect appears as a physical illness in our body. That is why we get sick when we get older because that is the point when the traumas repeated so many times that they start to cause physical issues. You can release emotional traumas effectively through source memory healing. This is where the client, after going into Samadhi phase through meditation, will visit the memories with the help of the unconscious mind and release them to the supreme pure consciousness through prayers. This method can also be learned from Karma yogi teachers so people can practise it at home on themselves and the family.

I believe that you will find these techniques very useful. Visit my website [editbkiss.com](http://editbkiss.com) to learn more about how our emotional traumas are mostly responsible for all physical and mental illness and how we can release them from our unconscious mind.

You can find me on Instagram [@editb.kiss](https://www.instagram.com/editb.kiss), Facebook as edit.b.kiss or you can connect with me through email by [edit.b.kiss@riseenergy.co.uk](mailto:edit.b.kiss@riseenergy.co.uk)

Have a wonderful day!

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