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Podcast #38 - Andrew Huberman - Neurotransmitters and Stress

Episode 53 From Stress To Stillness with Gina Lake ~~Relaxing Music for Stress Relief. Calm Celtic Music for Meditation, Healing Therapy, Sleep, Yoga MEDITATE with STILLNESS~~ **Stillness - Meditation, Prayer, Worship** From Stress To Stillness Tools

Drawing from the wisdom traditions, mindfulness meditation, psychology, New Thought, and the author's own experience as a spiritual teacher and counselor, From Stress to Stillness offers many practices that will lead to greater peace and equanimity, even in a busy and stress-filled world.

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Most stress is created by how we think about things. From Stress to Stillness will help you to examine what you're thinking and change your relationship to your thoughts so that they no longer result in

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FROM STRESS TO STILLNESS. Tools for Inner Peace. Excerpt from Chapt by Gina Lake. THE STRESS CHANNEL. The Stress Channel is the ego's

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channel. When we're tuned in to the egoic mind and absorbed in our thoughts about ourselves and our life, we are tuned in to the ego.

~~First Chapter Preview: From Stress to Stillness by Gina ...~~

Stress is endemic in our society and the cause of relationship difficulties, physical illness, addictions, mistakes, inefficiency, lack of fulfillment, and unhappiness—all the result of being cut off from our Source, from our inherent peace and wisdom. Reducing stress is important today not only for our personal well-being but for the well-being of the planet, as what underlies the stress ...

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While most exercises reduce stress, Kundalini Yoga releases tension in our inner organs, nerves, and glands built up over time from holding the breath and muscles in our stress response pattern. Kundalini Yoga provides us with the tools to energize, balance, and strengthen our nervous and glandular systems so that we can respond to life with consciousness instead of reacting to life with anxiety, fear, and stress.

~~Part 1 — Transitioning From Stress to Stillness — Stay ...~~

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~~From Stress to Stillness: Tools for Inner Peace eBook ...~~

From Stress to Stillness: Tools for Inner Peace by Gina Lake A Mindfulness-Based Stress Reduction Workbook (A New Harbinger Self-Help Workbook) by Bob Stahl Ph.D Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by Jon Kabat-Zinn

~~16 Best Stress Management Books for 2020~~

Writer of the From Stress to Stillness: Tools for Inner Peace By GinaLake is very smart in delivering message through the book. There are some stories that are showed in the book. There are some...

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From Stress to Stillness: Tools for Inner Peace Paperback - April 29 2013 by Gina Lake (Author) > Visit Amazon's Gina Lake page. Find all the books, read about the author and more. search results for this author. Gina Lake (Author) 4.6 out of 5 stars 145 ratings.

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From stress to stillness was very helpful in identifying causes of stress in our daily lives and gives helpful tools to counter that stress. I recommend this book to everyone looking to free themselves

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from stress and bring stillness into their lives.

Most stress is created by how we think about things. From Stress to Stillness will help you to examine what you're thinking and change your relationship to your thoughts so that they no longer result in stress. Drawing from the wisdom traditions, mindfulness meditation, psychology, New Thought, and the author's own experience as a spiritual teacher and counselor, From Stress to Stillness offers many practices and suggestions that will lead to greater peace and equanimity, even in a busy and stress-filled world. You will learn:

- How we create stress and how it affects the body
- How to recognize thoughts that cause stress
- How to disidentify with thoughts
- How to de-stress
- How mindfulness meditation changes the brain
- How to meditate and why
- Tips for quickly moving into Stillness
- How to change your lifestyle to reduce stress

The author of "Pathways to Self Discovery" gives readers the keys to understanding themselves through their natal charts, with in-depth interpretations and a step-by-step approach to finding chart themes and synthesizing information. Illustrations.

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The secret to happiness is moving out of the mind and learning to delight in each moment. In this ebook, *What About Now*, you will find over 150 quotes from Gina Lake's books—*Loving in the Moment*, *Embracing the Now*, *Radical Happiness*, and others—that will inspire and enable you to be more present. These empowering quotes will wake you up out of your ordinary consciousness and help you live with more love, contentment, gratitude, and awe. Here is a sample: “Experiencing what you are experiencing and experiencing your thoughts are very different realities. When you are experiencing what you are experiencing, you are at peace, relaxed, content, absorbed, with no thoughts about me or how I am doing, or any other stories, which are the ego's version of reality. Instead of experiencing reality, the ego tells a story about it, and that becomes its reality.”

Choice and Will explores the complex, mysterious, and important question of who or what chooses. The question is complex because there is more than one answer. It is mysterious because our nature is mysterious and because the answer may not be what you think. The question is important because our choices shape our reality and determine our experience of it. *Choice and Will* invites you to look deeply into the workings of your mind and heart and discover who you

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are, what you really want, and where you are going. The result of that investigation is bound to be greater mastery of your choices and, consequently, of your reality. This book was dictated by Jesus to Gina Lake using her intuitive senses. It is one in a trilogy of books by Jesus, which includes Love and Surrender and Beliefs, Emotions, and the Creation of Reality. The books in the trilogy can be read in any order. They are also available in a single volume called The Jesus Trilogy.

Have you ever wondered if Earth has been visited and is being visited by beings from elsewhere? In The Extraterrestrial Vision, you'll find out:• The origins of the human race,• What role extraterrestrials have played in Earth's history,• Who the Greys, Orions, Zetas, Lyrans, Pleiadians, and Sirians are,• What Walk-ins and Star People are and their involvement with Earth,• Why the abductions are occurring,• How extraterrestrials will make first contact with us,• How to discriminate between the positive and the negative extraterrestrials,• What we can do to combat evil on Earth,• What lies ahead,• What fourth density will be like.The Extraterrestrial Vision was first published in 1993.

Love and Surrender explains the important role that surrender plays in

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releasing us from bondage to our conditioning into the freedom and love of our true nature. Surrender is the “miracle” that occurs when we are finally able to let go and let things be as they are. When this happens, we are Home, and love naturally flows to ourselves, to others, and to life. This is our natural state and the direction and goal for every human life. But how do we surrender? In Love and Surrender, Jesus, as dictated to Gina Lake, unveils this great mystery so that you can more easily live your life from a place of love, acceptance, peace, and happiness. This book is one in a trilogy of books by Jesus, which includes Choice and Will and Beliefs, Emotions, and the Creation of Reality. The books in the trilogy can be read in any order. They are also available in a single volume called The Jesus Trilogy. From Love and Surrender: “Surrender is the means by which you come to know Love, or God... Love and surrender are important because they bring you your deepest heart’s desire as a human being. You are meant to be happy, to love, to be at peace, and to be free. You are meant to move from fear, contraction, hopelessness, anger, victimization, and hate to trust, expansion, strength, courage, joy, peace, and love. This transformation comes about through surrender. All of the spiritual practices ever invented are designed to accomplish this one thing. Surrender is the boat that takes you from one shore to another, from the limited human experience to the

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experience of the Divine incarnate. This was my message in times gone by, and it is my message today: You are not only human but divine, and you are meant to flourish and love one another.”

The now-this moment-is the true source of happiness and peace and the key to living a fulfilled and meaningful life. Embracing the Now is a collection of essays whose common thread is the now. Full of clear insight and wisdom, it explains how the mind keeps you from being in the now, how to move into the now and stay there, and what living from there is like. It also explains how to overcome stumbling blocks to being in the now, such as fears, doubts, judgments, misunderstandings, distrust of life, desires, and other conditioned ideas that are behind human suffering.

We expect that getting what we want will finally make us happy, but what we find is that it mostly just leads to wanting more or wanting something different. Our desires toss us to and fro until we tire of this and begin to question the value of following our desires. Being Happy (Even When You Don't Get What You Want) will help you understand desire and its purpose in your life. It will also help you discriminate between your Heart's desires and the ego's and to relate to the ego's desires in a way that reduces suffering and increases

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joy. By pointing out the myths about desire that keep us tied to our ego's desires and the suffering they cause, *Being Happy (Even When You Don't Get What You Want)* will help you be happy regardless of your desires and whether you are attaining them. So it is also about spiritual freedom, or liberation, which comes from following the Heart, our deepest desires, instead of the ego's desires. It is about becoming a lover of life rather than a desirer. A review from Neale Donald Walsch, author of *Conversations with God*: "Conversations with God says that happiness is not getting what you want, it is wanting what you get. Others have made the same observation, and in fact, this thought seems to be as old as time. Still, it is good to hear it again, to visit it once more, to connect with the wisdom yet one more time. And few books do as good a job, as quickly, of reconnecting us with that wisdom than this one by Gina Lake. This book had a lasting impact on me. I highly recommend it.... It offers a simple, accessible, articulate, and interesting take on the very human experience of desire and gives us the tools to make clear choices about how we want to live our lives. An excellent read." This book was formerly titled *Anatomy of Desire*.

On a glorious fall day in 2012, while sitting in a garden graced by a statue of Mother Mary, Gina Lake heard Mother Mary address her: "You

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are my beloved child.” This began an ongoing relationship and communication with Mother Mary. This free ebook, *Ten Teachings for One World*, is a message from Mother Mary to all her beloved children on earth. The teachings are intended to bring us into closer contact with the peace and love that is our divine nature, which has the ability to transform our hearts and our world. Mother Mary's gentle wisdom will inspire and assist you in awakening to the magnificent being that you are. (Fifty percent of the profits from this book go to feeding the hungry.)

Beliefs are very powerful shapers of reality. They can create a heaven on earth or a hell. We have the power to be happy because we have the ability to choose what we believe. However, until we realize that we have this power, our beliefs are likely to make us unhappy, because the beliefs, or conditioning, we were given and the beliefs we have acquired along the way largely misrepresent reality. If we are not aware of what we believe and not aware that we have a choice about what we believe, then our life will be shaped by those mistaken and limiting beliefs, and we will be a passive recipient of the results of those beliefs rather than a conscious co-creator of our life. *Beliefs, Emotions, and the Creation of Reality* explores the exciting arena of creation: how beliefs determine our internal reality and,

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consequently, our external reality; how beliefs that stem from the ego and our conditioning distort our perception of ourselves, others, and reality; and specific ways to move beyond these distorted perceptions to a clearer perception of reality and therefore greater happiness and fulfillment. This book was dictated to Gina Lake by Jesus. It is one in a trilogy of books by Jesus, which includes Love and Surrender and Choice and Will. The books in the trilogy can be read in any order. They are also available in a single volume called The Jesus Trilogy.

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