Transforming Stress System:
Welcome and Introduction

You have access to an amazing healing potential. It’s all inside your body. You have built into your body a healer – an inner healer and inner knowing. You know this because when you cut your arm, it repairs itself. You don’t have to do anything about it, except maybe get out of the way – keep the area dry, clean. Even if you don’t, the skin will heal over – it may not do so optimally. There may be an infection, a bruise, but your body – your inner healer and inner knowing know exactly how to repair that. It’s true in all parts of your body.

Your digestive tract, your hormones, your brain chemistry, your digestion, everything – every part of you has the inner healing system to repair itself. You don’t have to do anything except get out of its way. One of the major things that get in the way is your stress level. When you focus on negative emotion, like fear, worry, anger, frustration – when you allow these emotions to take the forefront and mask all the positive emotions, that’s when your system gets into trouble. That’s when your inner healer basically takes a vacation – or so it seems.

When you focus on positive emotion, things shift – it’s been scientifically documented, the effect of appreciation and love and joy have on your body chemistry. You can go to www.HeartMath.org and start to poke around on that site if you want more validation.

I know this from personal experience. I know this from working with clients, patients and family members. I know this from the response that each person that really engages this and then puts it into play in their life has. Yes.

As a quick reminder, I’m Dr. Ritamarie Loscalzo, and each day I’ll be bringing you what I call a stress-buster moment. It’s an opportunity for you to take a mini-vacation from your day-to-day, from the stress that may engage you and encroach upon your ability to feel good.

It all starts with a thought. It all starts from a thought that creates an emotion. Actually, it even starts before the thought – it starts from a set of beliefs that you’ve perhaps been handed, and have been reinforced by your family, by school teachers, by the media. A set of beliefs that no longer serve you and that you can drop, and you can let go of.

Changing belief may seem hard and it may seem impossible, but I can tell you from own personal experience, from the experience of others that I’ve worked with and from the other…the experience of my mentors….
Let go of belief right now if you’re feeling like, ‘Oh, this can’t happen for me.’ Let go of the belief that you were somehow wounded or imperfect. You’re not. You’ve just believed that long enough for your body to adapt to that belief, and allow disruption in your biochemistry and your physiology and your emotions.

Let go of the belief that somehow you’re wounded, that somehow you’re imperfect. From now on, let’s reinforce a new belief, the belief that you are perfect just the way you are, that your body has an innate ability to heal from anything – just about anything that gets thrown its way. You just have to get out of the way. You just need to provide the environment for healing to happen, and healing can happen. ‘It’s not going to happen for me’ is a very limiting belief.

‘It happens for others, but not for me’ is a limiting belief. ‘I have fibromyalgia! I can’t feel good.’ ‘I have an autoimmune disease. People with autoimmune diseases are in chronic pain or chronic disruption.’

To give in to those beliefs…just allow those beliefs to just fall by the wayside. Go back to you as a perfect newborn baby, without any of these diagnoses, without any of these limiting beliefs cast upon you, put upon you. Let go. Let go, and allow yourself to believe something new.

‘I am well. I am whole. I am happy. I am healthy. I am strong. I am slender. I am all of these things.’ Even if your body doesn’t feel it right now, ‘I have the ability to be strong. I have the right to be healthy. I have the very innate capacity for healing and for overcoming whatever it is that’s challenging me. When I get out of my own way and then I take the actions to repair and restore…’ and those actions may be in the way of food, exercise, nutritional supplements, sleep, or these very important stress-buster moments.

When you really let yourself go into this and you put this into play every day – every day without fail…. Are we going to be perfect? No. And if you’re not perfect, so be it. You do it as often as you possibly can, if you miss a day or if you miss a few times in a day, you forgive yourself, you let go and you move on. It’s not going to disrupt what you’ve been working on, it’s not going to negate the progress you made, and it’s just going to take you another day to reach your goal.

I guarantee you as hard as this is from the beginning – I know it was for me – as hard as this is, if you keep up with it, it soon becomes…it becomes habit. I am…I have always been by nature an overachiever. Very, very high energy, what some folks might think of as a type A, and through this practice I have learned to stay calm in the face of adversity, to keep my head about me when things start to go wrong. When my technology fails me and there is a couple of hundred people on a phone line counting on me to deliver – rather than falling to pieces, I breathe, I maintain my cool and I check in with what is the best next step.

When my child is injured, rather than go to pieces and not be able to know what to do next, I take a few deep breaths, I go to my vacation spot, and I don’t need to even take a few deep breaths anymore – I could just take one. Then I can access my high level functioning, what’s called my cerebral cortex…well, my prefrontal cortex. The cerebral cortex is the main place, but the prefrontal cortex,
the front part of my brain, the wizard brain – as I like to call it. When I access my wizard brain, rather than my lizard brain, I can make decisions based on logic rather than based on fear.

I encourage you to do this every day – every day, as often as you can, until it becomes habit. Then you, too, will be able to access your wizard rather than your lizard, to go to a place of knowing and composure rather than fear and anxiety. Don’t get me wrong: fear has its place. In the face of a hungry tiger, I want you to go to fear and your lizard brain, because that will get you the sympathetic stimulation from your body, that high energy fight-flight stimulation to get the heck away.

But when you’re faced with traffic or a whining child or a complaining boss or a news station that is trying to get up your fear and dander or an angry coworker – in the face of those events, when you can retreat to your special place for just barely seconds, you’ll find the fortitude, you’ll find the words, you’ll find the thoughts, you’ll find the actions that help you in those situations.

When no physical prowess is really needed to get you in a good place… when physical prowess is needed, where there’s physical danger, that’s when you can go to your high adrenaline phase/place, so that you can evoke superhuman strength from your body to get you out of danger. But your daily dangers don’t deserve that – your daily dangers simply raise your blood pressure, shut off your digestion, clog your arteries, increase your insulin levels, increase your blood sugar and all the dangers and damages that those things can do, fog your brain, and leave you plum exhausted when you’re done.

Let’s stop with the boy-who-cried-wolf syndrome, alright? You’ve heard that story. The boy who cried wolf – he cried wolf when there wasn’t really a danger, and then when there really was a danger, no one listened. If you keep crying wolf and your adrenal glands keep having to go into the fight-flight place and use your resources to get you out of danger when there’s no real physical danger, if you get to place where you are in physical danger, where you do need to call on your adrenals to help you out, you run the risk of them being totally exhausted and unable to help you.

Let’s reserve those, preserve those, repair those, repair those by going to a place where you feel really good and going there every day…because of the whole chemical state that your body gets into when you are in positive emotion - when you’re in the state of appreciation, joy and bliss - is reparative and restorative. The more frequently you access that place – even for a small amount of time throughout the day, the more repair and regeneration your body is able to experience.

Over time, you’ll be amazed at the physical changes you see. This practice is derived from the work of the people at the institute of HeartMath – www.HeartMath.org. There are some tremendous studies there that you can look at, great resources there to reinforce the practice that I’ll be sharing with you over the next 30 days on these recordings.

You and you alone can change the way you respond to stressful situations. You’re not a victim. You’re totally in control. Right now you have no clue because you don’t know how to access that. As you go and you incorporate these stress-buster moments, as I like to call them, into your daily routine, you will see profound changes. That’s why I decided to record 30 days of messages, 30 day of reminders,
30 days of guiding you through the process. You are in control of how your body feels, how your body responds to stressful perceptions.

In addition to the 30 days of messages, there are other resources within this program to help you to identify the triggers - your triggers - for you to map emotional landscape on a daily basis, for you to perceive where you are in this emotional landscape so that you know when you’re in a state that’s depriving you of health and healing and you can learn to shift it to a state that’s accelerating your health and healing.

So make a commitment to yourself, make a commitment to those you love, make a commitment to those who work with you, to those who you lead, to those you have the potential to lead but may not be leading at this point because your brain is too foggy and you’re in stress mode more times than you need, because maybe your body is physically ill. Maybe you have joint pains, maybe you have…you’re depressed. Maybe you have all sorts of physical ailments getting in the way of you getting out into the world with your message. That needs to shift, because not only do you need to be accessing your potential, the world needs access to your potential. When you break through this, when you get into a state where you can shift the negative into positive, there’s no stopping you – there’s no stopping you.

Perhaps that’s so far from your reality right now that you don’t believe me. Take this journey with me for the next 30 days. Read through the materials, practice the exercises make as much time in every day as you can – minimally five minutes a day. At the end of 30 days, you will feel different, I promise you, if you do this.

Every day for the next 30 days, you’ll have a message. In addition, I’ve recorded some little short messages that just take you through the process. No introduction, no closing – just getting you in and out so that you can put those on a recorder, an iPod, an MP3 recorder, on your computer, burn them to a CD…so that you have that and you can just play it. Put it on your phone – that’s even better. Most everyone has a cell phone. Put it on your cell phone, play it back. Play it back as often as you can. Soon you won’t need to listen to my voice to get you there. You’ll hear your own voice guiding you there.

I applaud you for taking this step. I appreciate you for giving me the opportunity to share this profound practice that has transformed me and as a result has allowed me to step forward in the world in a much bigger place than I ever did before. With much love and joy and wishes for the best health you possibly can experience, this is Dr. Ritamarie Loscalzo, and I look forward to sharing this journey and guiding you to transformation in ways you never dreamed possible.