

Stress Reduction – Getting the Job Done

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In our modern stress filled lifestyle we often come under lots of pressure to get the “job” done. Always the “job”. Problem is we can't possibly do any job all at once. Everything is done by chunking down or breaking a job down into doable parts – like rivets in a bridge – moments in time. When faced with the whole thing all at once we “freak out” or stress out. It's all just too much. “I can't do this”. To reduce the stress of any situation all that is required is a good old bit of chunking down to doable bits that can be done easily and with a stress free pace where everything just flows.

(Script)

Everyone on the earth has a magical pace ... every single person ... you have a magical pace ... the president has a magical pace ... everyone has an optimal speed or pace at which everything flows as if by magic ... at this magical pace everything just seems to come together ... flawlessly ... in a stress free manner ... easily, as if it was all just, well, meant to be. Move either way, just a little, outside of this magical pace and all seems to be wrong with the world. Today you are on a journey to discover your magical pace ... your stress-free magical pace at which ... for you ... everything just seems to flow ... as if by some form of magic. This is, indeed, your lucky day ... the day in which you discover the holy grail to a stress free lifestyle.

Just relaxing deeper and deeper now ... so calm and relaxed ... I would like you to use your wonderful power of imagination ... to see in the picture theatre of your mind a huge bridge stretching out across a very wide river. Using the zoom feature in your mind you zoom in on the bridge supports ... that's right ... zoom in close now ... very close to one of the supporting girders. Can you see that? Sure you can! Thousands upon thousands of individual rivets all perfectly placed to take the strain, the stress, the weight, of supporting the whole bridge ... each rivet playing its part ... all equally important to the job at hand ... being a bridge. All of those rivets that are the bridge were all perfectly placed by a riveter who placed them all there ... one rivet at a time ... for that is how it is done ... a huge bridge is built one rivet at a time ... all placed their in their perfect position ... by a riveter working at his perfect pace ... a job sequenced perfectly in time to the rhythm of the riveters pace ... the perfect stress free pace resulting in the perfect stress free job.

As you study the bridge in your mind you can see the similarity to your life. Imagine for a moment that each one of those expertly placed rivets represents a moment in time of your life. Millions of rivets ... millions of moments. All of those rivets were placed in position one at a time ... one single rivet at a time ... for that is how a perfect bridge is built. And so a perfect life is built one moment at a time ... the riveter can only control one rivet at a time ... you can control only one moment of your life at a time. As the riveter was only required to control one rivet at a time at a

perfect pace and so are you only ever required to control one moment of your life at a time ... at your perfect pace ... your comfortable pace where everything seems to just flow.

From today forward you are the riveter of your life placing all of your moments perfectly together at your special magical pace where all seems to flow so easily ... so comfortably ... at the perfect speed for you to be in control at all times. This is the new stress free way in which you do all the tasks in your life, slowly, methodically, thoughtfully, in a relaxed and calm manner as you remember the riveter working slowly, methodically, thoughtfully and in a calm and relaxed manner ... building a perfect and wonderful bridge ... as you build your perfect and wonderful stress free life that from now on will bring you so much joy, happiness, love and abundance ... one stress free moment after the other.