

# How To Release Anxiety & Worry

BY KAUSHIK CHOKSHI

In Asia, they use this clever trick to catch monkeys. There is a circular shackle or a hole through which a monkey puts his hand to grab a banana on the other side. The hole is just big enough to let in a relaxed hand, but not big enough to let out a fisted hand. The monkey cannot get her hand out if he holds on to the banana.

This is exactly what we do with emotions. We grasp them. Emotions do not hold us. We are doing the holding.

Disliking feelings or saying they are wrong never helps. The reason we dislike certain feelings is because we have conditioned ourselves to dislike them. There is nothing in a feeling to dislike—a feeling is simply a movement of body sensations, an intuitive flow of messages. Feelings come and they go. The interruption of this flow is the problem—this is what makes some feelings feel bad, and this comes from habituated responses.

If you stay with an emotion, you can see that an emotion is the reflection of thoughts in the body. Emotions are a feedback loop between thoughts and body-sensations, and they often energize each other.

Here's a quick experiment to show how this technique works. Make a fist and squeeze it hard as if you're holding on to something, and keep squeezing. What does that feel like—a little uncomfortable? Perhaps it feels a little strange, but if you keep squeezing the strangeness goes away. In

the same way, we hold on to emotions, and it feels uncomfortable, but familiar.

Now open your hand. This is how it feels to release emotions. Releasing emotions is as easy as opening your hand.

The technique is a series of questions, which you answer very quickly. No matter what the answer is, move on to the next question. With practice, this technique becomes non-verbal and natural.

When you experience an emotion, big or small:

Can I make a lot of space for this emotion?

Am I able to let it go?

Let it go

What are you feeling right now? You don't have to label it, and it doesn't have to be a big emotion.

Can you allow the emotion? See if you can allow the emotion without resistance. Make a lot of space for the emotion in the body. Don't contract. Don't resist.

Are you able to let the emotion go? You don't have to let it go, the question is: are you able to? It is okay if the answer is no. Just continue.

Let it go! This is an invitation to yourself to let the emotion go right now.

That's all. Practice it a few times and it becomes very natural. You are thinking, wait a minute, what do you mean that's all? How can this possibly work?

The answer is to let go of the mind's resistance and just try it a few times.

*Kaushik Chokshi writes about Awakening on [www.beyond-karma.com](http://www.beyond-karma.com).*



# Be Busy To Be Happy, Says Study

London: (IANS) The key to happiness is to keep yourself busy in various activities, say experts.

Even doing meaningless or unnecessary tasks makes you feel better than just sitting round getting bored, reports [express.co.uk](http://express.co.uk).

Being forced to wait for a quarter of an hour in the airport luggage lounge, for instance, leaves many of us feeling miserable. But if it was placed further away and we had to spend the same time walking there we would be much happier about it.

Unfortunately, our instinct is to be lazy because unless we have a reason for being active we choose to stare blankly into space - an evolutionary development that ensures we conserve energy.

Behavioural scientist professor Christopher

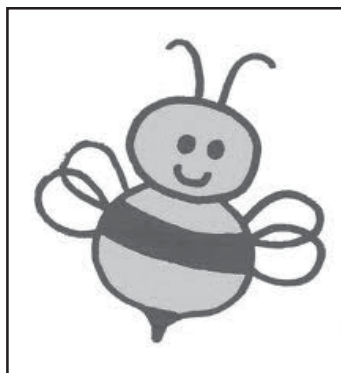
Hsee, of the University of Chicago, asked students to complete a questionnaire and then wait 15 minutes.

They could drop off the completed survey nearby and wait out the remaining time or leave it at a place further away, where walking back and forth would keep them busy.

Afterwards the students who decided to walk reported feeling significantly happier than the idle ones. Professor Hsee believes it may be possible to use this principle to benefit society.

"If we can devise a mechanism for idle people to engage in activity that is at least not harmful, I think it is better than destructive idleness," said Hsee.

"Governments may increase the happiness of idle citizens by having them build bridges that are actually useless," he added.



# Greenlight For World's First Stem Cell Treatment On Humans



London: (IANS) The world's first experiments using embryonic stem cells to treat humans have been given the go-ahead in the US.

California-based biotech firm Geron will begin clinical trials on patients paralyzed by spinal cord injuries. Scientists hope that injecting cells from discarded human embryos into the spines of volunteers will trigger regrowth of damaged nerve cells and eventually allow the patients to recover feeling and movement, says a Daily Mail report from the US.

The study was cleared by President Barack Obama a year ago, but was put on hold because some animals on which the company was testing the treatment developed cysts. Now Geron claims it has overcome the problem.

Richard Fessler, a neurological surgeon at the Northwestern University who will lead the research, said if the treatment works on humans it would be 'revolutionary'.

"The therapy would provide a viable treatment option for thousands of patients who suffer severe spinal cord injuries each year," he said.

Geron has spent 15 years and more than 100 million pounds developing the treatment and hopes to begin the study within the next few months.

Researchers hope the use of highly versatile embryonic stem cells - which can turn into any cell in the body - will revolutionise medicine, from creating organs for transplants to helping to test drugs.

The therapy also has the potential to help patients with Alzheimer's disease and multiple sclerosis. Until now, the ethical barrier of using discarded three- to five-day-old embryos has prevented any tests on humans. The Bush administration, fearing a backlash from its many evangelical Christian supporters, kept embryonic stem cell research tightly shackled, but last year President Obama repealed the block.

# Reality TV Spurs Cosmetic Surgery



Washington: (IANS) Youth fond of reality TV shows are more likely to join the millions who go under the knife each year.

These programs, taking advantage of their insecurities linked with heightened concern over appearance, tout happiness as just a nip or tuck away, says a psychologist.

For bodies - and minds - still in development, these drastic decisions could have implications way after high school graduation.

Charlotte Markey, associate professor of psychology at the Rutgers University-Camden, US, with husband Patrick Markey of the Villanova University, published their research in the journal *Body Image*.

"When we think of cosmetic surgery, we don't think of it as a lifetime issue. There is lots of pressure to look a certain way and I don't blame them for succumbing; we're all guilty of feeling vulnerable," notes Charlotte Markey, according to a Rutgers release.

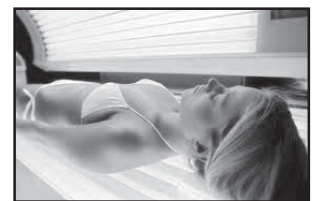
"But what young men and women think of their bodies now will culminate over time and contribute to their overall health," said the psychologist.

"What troubles me is that there's no conclusive data that cosmetic surgery even makes people happier, what has been documented is that it makes repeat customers."

The wife-and-husband team surveyed nearly 200 participants with an average age of 20 on their immediate responses to an 'extreme makeover' programme or a show on home improvement - incorporated specifically to mask the intent of the study.

Both men and women were included in the study and the procedures examined were ones either gender could pursue. As the Rutgers-Camden researcher suspected, women were more likely to want cosmetic surgery than men and viewers of the cosmetic surgery show were more inclined to consider the procedure for themselves than those who didn't tune in.

# Sunbeds Double Skin Cancer Risk In Teens



London: (IANS) Teenagers who use sunbeds are at a two-fold risk of developing the most dangerous form of skin cancer, a study by researchers in Australia has revealed.

The findings have shown that the earlier sunbed use begins, the greater the risk of developing the deadly melanoma before the age of 40.

Those who start before they turn 20 are 88 percent more likely to be diagnosed with melanoma than people who have never used a sunbed. The study suggests that people up to the age of 25 may be more sensitive to the dangers of UV radiation, which is emitted from sunbeds at more intense levels than found in natural daylight.

Of sunbed users diagnosed with skin cancer between the ages of 18 and 29, some 76 percent were likely to have developed the condition as a direct result of using UV booths.

"The message here is compelling. The researchers showed that sunbed use is associated with an increased risk of early-onset melanoma, the most dangerous type of skin cancer," [dailymail.co.uk](http://dailymail.co.uk) quoted skin cancer expert Conal Perrett from The Cadogan Clinic in London as saying.

"This risk increased with an earlier age at first use. Unfortunately, too many young people continue to use sunbeds without fully appreciating the risks," Perrett added.

The risk of developing melanoma was found to be 41 percent greater among the sunbed users.

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