
Surviving Life Dramas

A Beautiful Brain

Proven Strategies from Renowned Counselor Karen Gosling – Raising the Bar on Emotional Excellence!

See Page 4 to Register for this FREE Report Series!

Emotional Wealth Academy

A Beautiful Brain: Understand how your brain works at times of stress so that you can manage your feelings and control your behavior. And stay healthy!

In normal everyday life the body manages adrenalin generated to the optimal level of stress needed for alertness and clarity of thought, and for being on guard – fight or flight response.

But what happens when there is drama in your life? Learn how heightened levels of adrenalin from increased stress – emotional constipation – begin to affect the body in serious ways.

Emotional distress, trauma, or simply thinking negatively raises your stress level and adrenalin felt in the body. This has a serious impact on your health and well-being. Awareness of how every event in your life comes into your brain through the limbic system and your emotional style gives you insight into how the emotions centre of your brain really works, and helps you elevate emotional well-being. I will show you how to conquer your demons and begin *surviving life dramas* – using your beautiful brain. Are you ready?

I'm delighted to be guiding you on this journey to discover how your beautiful brain can empower your life and increase your emotional wealth – *Karen Gosling*



Karen Gosling is the creator of the *Surviving Life Dramas* series of ten seminars, books, and advisory programs.

Karen Gosling welcomes you to *Gosling International* and the *Emotional Wealth Academy*. Based in Singapore since 1998, our vision is 100 million GEMs worldwide practising the Science of Emotional Wealth by 2010. Our programs are about being emotionally wealthy. How many of you want to learn to be MORE emotionally wealthy? How about a LOT more emotionally wealthy? Great because that's what we are all about. Karen and Dr Mike Gosling, the World's Emotional Wealth Coach, are uniquely qualified to speak on that topic having helped make tens of thousands of people emotionally wealthy in over 30 years. Will one of them be you? Get Karen or Dr Mike Gosling to speak on *Creating Emotional Wealth* at your next event. Call now +65-6281-5157.

Not feeling stressed is a non-problem status – your brain interprets that all is right with the world. There is no immediate danger, no threat to your well-being. However, the moment you feel stressed, whether it is sitting in the dentist's chair, running late for a function, or not finding the time to do the tax forms, your brain interprets otherwise – something is wrong in your environment. So watch out, be on guard!

That is the message that the brain sends out to the body, causing it to respond with the stress chemical adrenalin. The adrenalin arouses your entire nervous system which is what you identify as feeling stressed – emotional constipation.

Every negative emotion that you experience is in fact an adrenalin arousal, resulting from the brain assessing that there is some form of threat. Humans have a capacity to identify the various adrenalin surges and label them – in any language!

Whether you feel upset or devastated, annoyed or fed up, puzzled or bewildered, depends on the amount of adrenalin that is released into your body, in one injection or accumulatively. Adrenalin stores in the muscles, preparing the body for fight or flight (the ultimate stress response), and only releases once the brain interprets that the threat is over. The sole purpose of the stress response is to keep you safe! It is your body trying to protect you, not harm you.

Stress is the experience of the arousal of the nervous system in the present tense, when something uncomfortable or awkward is happening NOW. For example, the dentist doing a procedure or trying to get through your workload.

Sometimes you feel stressed when you think of something in the past that was upsetting. This happens because the brain

remembers the threat (the bad event) and the body responds to the image in the brain. The more you think about it or talk about it, the more upset you will become.

Similarly, when you think about something fearful that might happen in the future, your body will respond to the image in your brain, and surge adrenalin. This is called anxiety. Anxiety is the future tense of stress. The event you are feeling terrible about has not even happened yet!

A person may say, "I am certain this is going to happen, I can feel it!" NO. This is NOT intuition. This is anxiety. The feeling is your body producing adrenalin because your brain is forecasting an event with a bad outcome.

Consider this – if you are running late for a meeting, you feel anxious. If you are running late for a meeting but you are not aware of it, because your watch has stopped, you are not anxious. It is only the perception of fear that causes your body to release adrenalin. The restoration to calm comes when the brain knows the danger is over – when you finally arrive at your meeting.

Sensitive people have a very sensitive fear centre in the brain (the amygdala) and thus produce adrenalin more rapidly and in greater quantities than other people. They startle more easily to both external and internal events (thoughts, concerns). They are often accused of "taking things personally" – this is true, because the arousal in the body is keeping them alert to danger or to attacks from others.

The anxious person finds it difficult to restore to calm following an external or internal event, and continues to dwell on what might happen in the future. This in turn generates more adrenalin, which escalates the dwelling (being alert to

danger) thus reducing the body's ability to restore to calm. The increased levels of adrenalin alter the balance of chemicals in the brain, resulting in impaired thinking. The anxious person can become irrational and the thinking is often inaccurate, leading to more fears and insecurities. This can result in a physical condition requiring medical intervention and medication to restore the balance of chemicals. Only then is the anxious person able to calm down and see things differently.

Being angry or upset may be your way of trying to release adrenalin, to stop pain. The way you react to the feeling of stress depends on whether you are more inclined by nature to be a "fight" or a "flight" person. The reactive (fight) person processes his or her emotion immediately, by displaying the emotion – irritability or frustration – or by needing to discuss the matter immediately to resolve it. He or she cannot wait, and will even pursue a partner or colleague from room to room to discuss the matter and get it resolved, becoming increasingly angry en route. Paradoxically anger tends to help generate more anger due to its impact on others.

If the other person is an avoidant (flight) person, anger will cause him or her to withdraw and shut off communication. This in turn, frustrates the reactive person even more as the matter remains "not dealt with".

After an angry outburst, reactive people get "back to normal" in a very short time. On the other hand, avoidant people are inclined to "bottle things up" due to their capacity to handle considerable adrenalin arousal and never say anything as they are intent on avoiding conflict or confrontation at any cost. However, after withdrawing or "going silent" and waiting for things to calm down, avoidant people

do take a long while to get over things. This is because the adrenalin takes time to leave the body and the avoidant person tends to dwell on the incident long after it is over. A reactive partner will often feel punished or shut out, during this recovery phase.

Have you ever wondered if you are "at risk" for emotional distress or emotional constipation? If YOU think you, your partner, or child are, now's the time to explore your behavior further and learn how to enjoy your life to the fullest. Karen can assist you to understand where your emotions come from and how to deal effectively with your pain and emotional distress. For just \$130 per seminar you can receive everything you need to know about surviving your life drama. And there's more ...

Get Karen to coach you through tips, tools, and techniques to help you conquer your stress. Give yourself the benefit of her 30 years experience as an expert counselor and trainer working with thousands of clients from 73 ethnic groups in Australia and Singapore.

Want to arrange a personal counseling consultation with Karen? Talk it over with her at the seminars. Or call +65-6281-5157 now to make an appointment.

When adrenalin remains in the body for an extended period of time, physiological changes occur. The immune system lowers, meaning you are more likely to pick up viruses and infections. Skin problems resurrect, and allergies worsen.

As the autonomic nervous system is impacted by excess adrenalin, there can

be gut and bowel problems, which start small and seem to intensify. The reproductive system is also affected and often conception is difficult. Researchers now know that a man's sperm count and health is affected negatively by stress – infertility is not always the woman's fault!

And if this isn't enough, the ability of the body to recover from stress can completely collapse, leaving the stressed person with escalated adrenalin feelings, unable to restore to calm, even with positive self-talk and therapy. Once the autonomic nervous system shuts down, it is imperative to seek medical help. The physical symptoms of stress must not be ignored or minimized.

Discover How To Think The Way You Want To Think And Turn Your Personal Problems Into Massive Emotional Wealth

You are what you think. By thinking differently, being aware of your body and your cognitive processes, you will be able to better manage your negative feelings and definitely deal with the way you behave toward others. Your behavior is a choice – you can be the person you want to be, every time!

Surviving Life Dramas Seminars:

If you are reading this Special Report on A Beautiful Brain, and you recognize some of the behaviors others have experienced, chances are that you may be "at risk" of emotional distress – emotional constipation. Karen wants you to have the opportunity to attend her ten-seminar series to learn for yourself how she can help you raise your emotional well-being.

Karen wants you to have the benefit of as much information as possible to help you think through whether all those behaviors you have ever wondered about could be explained simply by understanding your brain and how emotions are caused.

Here's what Karen's clients say:

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"I read the material you gave me. I deal with every one of those symptoms day in and day out. I want to dedicate time with you and researching this deeply to learn how to experience normal thought patterns and life. Thank you! I am pleased to have found you."

"I've never felt in my whole life as good as I do now; physically and emotionally. I haven't had a migraine for goodness knows how long and I used to be plagued by them. My anxious and down feelings are gone – I feel optimistic and great, and in control. Best of all I have clarity about what (and who) is NOT good for me."

"The whole family wants to thank you, especially Joan. Ever since she talked to you, she told me, she feels perfectly fine. No more panic attacks. It's your voice, your reasoning and explaining to her to a point she understands, how not to expect what will not happen. Thank you again."

"We just want to say how grateful we were for the help you gave us. We may not be where we are without all your help."

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To register for this FREE Report series and for complete details of the **Surviving Life Dramas** seminars with pre-eminent counselor, Karen Gosling, go to:

<http://goslingsupport.com/survivinglifedramas/sld.html>

Seminars commence March 29, 2008

Venue: The Regent Singapore

Fee: \$130 per person per seminar

Time: Saturday 1:30 to 5:00 pm

FREE BONUS – Receive a surprise gift PLUS 2 DVDs + 2 CDs with transcripts post-seminar for each seminar attended.

Email: seminar@goslings.net

Call NOW: +65-6281-5157