

Dealing with Stress

Whatever stress is, it is an environmental factor, usually a presence (or the memory of a presence) that affects us in such a way that we are forced or compelled to compensate.

A simple example of natural stress is cold. When exposed to cold, the body must compensate by producing more heat. Eventually, a cold-stressed animal will make a thicker coat of fur. The species, if exposed to yearly cold, might develop permanent changes and compensations. Short term cold is invigorating; however, excessive or prolonged exposure to stress will use up the life force, and the animal will die prematurely from exhaustion.

Another natural example is the stress factor of the lion for the deer. The presence of the lion stresses the deer to run. For quite awhile, this stress produces a stronger faster deer (until such time as the deer can no longer cope), then the stress may produce strain or exhaustion. Over the generations, lions stress deer species to be stronger and faster by nature.

An example of unnatural stress is forcing a laboratory animal into a corner and restraining it there. The animal will attempt to escape. If unsuccessful, the animal will become angry and upset, and later frustrated and upset. The upset keeps the animal fixated on escape. If frustration continues, the result will be withdrawal, perhaps death.

Another example of unnatural stress is a laboratory experiment where an animal was shocked when it went for food. It eventually became frustrated and withdrew into a shell refusing to eat.

Whether natural or unnatural in nature, stress causes animals to react, compensate, and change (evolve) due to the sustaining effect and pressure, of the stressor.

Humans are subject to various stresses. A few natural ones, and many unnatural ones.

Humans are unique and unlike animals because we are also sensitive to the presence of good or evil. A human has a soul and has a God-given capacity to be aware of the presence of good or the presence of evil. The awareness also includes awareness of truth and deceit, kindness and cruelty, justice and injustice.

The presence of evil stresses a human. Because it is such an awful thing to become aware of evil in another person, we tend to find a way to lose awareness. This is especially true when we saw evil, impatience or injustice in a parent. We wanted to find a way not to see it; and the main way is to lose awareness. It's like pulling the blankets over our head with a blanket and pretending it has gone away. When a person has found a way to not be aware, that person can co-exist with the presence of evil in another or in themselves, and function as if it did not exist. Although not consciously aware of the evil, the person continues to be affected by it.

Of course, without the awareness of intuition (which God gives us), we become little more than clever animals. Worse yet, because evil and deceit do exist, our diminished awareness no longer protects us. Without awareness, we can even believe lies and befriend evil, without even knowing we are believing lies or siding with evil.

by Roland Trujillo



This state of lowered awareness is called hypnosis. Not just something to behold on the stage, hypnosis affects all of us in our everyday lives. The sheer horror, confusion, and cruelty around us has made most of us become hypnotized, so that we don't have to face what we don't know how to cope with.

When the reality of the lie becomes evident—especially when we have been betrayed—we feel anxiety and are shocked. It comes as a big surprise to us (in our lowered state of awareness). We over-react and escape into another hypnotic state.

There is hypnosis of shock and hypnosis of comfort. First we are shocked, and then we seek comfort. When we accept the reassurances of evil, we are comforted but we come under its sway.

Lies, deceit, phoniness, hypocrisy, cruelty, and impatience are derivatives of evil. When we are kids, and closer to the Light, we are shocked by evil, lies, phoniness and cruelty. Of course, shock is what the evil one wants, because in our upset we become more manageable. When we can't cope we retreat into the imagination, and there we are apart from the Light and even more susceptible.

Resenting what we see, we feel guilty. Soon we embrace the cruel or false ones for their reassurances. Now their presence becomes hypnotic. In their presence, we lose awareness, don't see the evil, and feel comfortable.

As kids we were not ready to face the falsity and wickedness around us. We hid in imagination and clung to the very ones who were cruel to us. We dealt with the stress of evil in the only way we knew. First we became upset, then we lost awareness.

Once we enter the lowered awareness state, it is as if the evil had gone away. But it has not. Now we are apart from the Light in which we could see the evil for what it is. We now become subject to evil.

If an honest or aware person comes along, their clarity and their truthfulness tend to wake us up from our trance. We begin to feel anxiety, and we are likely to make the mistake of thinking that the honest person is mean or cruel for making us feel uncomfortable.

In a phony shallow world, no one wants to be honest, lest they expose others to shame and pain. So all are involved in a conspiracy to suppress the truth and keep everyone comfortable through being asleep. It is easy to become enlisted into the feel good, shallow way of relating to others. It does seem to be mean to be dreadfully honest. It seems nice to make others feel good.

Besides, most of us are very guilty for our own wrongs. If we were to point out other's wrongs, they would withdraw their approval of us and would pull the rug out from under us.

Little children might try to point out the truth. But older kids and clever false adults know how to confuse the little ones. The confused child, the teased child or the rejected child (rejected because the child's honesty makes others uncomfortable) may become angry, and full of rage. The child may become frustrated, perhaps eventually exhausted and withdraw. Remember our example of the unnatural stress applied to the caged animal will cause it to become upset, frustrated, and if unsuccessful, withdrawn.

Can you see how an innocent person, confronted with the unnatural cruelty and phoniness, perhaps masquerading behind a facade of false kindness, can become upset and frustrated? Now do you understand the stress of evil, the stress of deceit, and the stress of cruelty?

Remember, there is a method to their madness. Wicked people seek to shock and upset. They know that once upset, the victim will do something foolish, look bad, become guilty, and usually eventually give in to stop being upset.

For example, wicked people often propose something wrong. The person who sees the wrong becomes upset. Now the wicked person looks calm by comparison. The upset person is accused of being unreasonable. The victim becomes guilty (for hostility and resentment). Beginning to doubt himself, the upset person begins to back down. Suddenly the victimizer might become all sweetness and light, complimenting the victim for compromising and “being reasonable.” Relieved to be so accepted, the victim embraces the victimizer and the wrong. In essence the victim has accepted the will of the victimizer; and in order to not feel conflict with Truth and Good, must reduce awareness.

Can you now see why most people, who are guilty before Truth for having accepted and gone along with wrong for perks or peace, become angry at innocent eyes that make them aware again. Children, who are close to the Truth, ask questions and are keen observers. They make the guilty uncomfortable. That is why the guilty ones seek to confuse and upset them, because the guilty ones want to be seen in a good light. If they can upset and confuse the innocent ones, then the guilty ones can go undetected.

Now you know why whistle blowers are not popular and why they are often persecuted.

The hypnotized person accepts the will and the assurances of evil, while having a lowered consciousness. By not being aware, it is as if evil had gone away. But in fact, it is just that the person is not aware of it.

You literally take your life in your hands when you try to make a wrong person aware of their wrong. They will become angry and denounce you. And if you happen to be a little child, they might inflict violence on you, drive you to drugs, the streets or even mad.

Most of us are walking around in various levels of hypnosis. Anything that shocks us or upsets us has the power to throw us into a mild hypnotic trance. There we feel more secure, apart from the Light. There we cohabit with images in our imagination. Whatever intimidates us in reality throws us into the imagination. There we can imagine ourselves powerful or great. In our imagination we triumph, but in reality we fail.

Those people who upset you now—who make your heart pound and your tongue to become tied—are like the ones who first upset you long ago. Now, though they may not be like your tyrannical mom, teacher, or schoolyard bully of the past—they resemble in some way that person. Your body reacts and your mind begins to lose awareness. You become subject to them, do their bidding, and escape from seeing your failing by escaping into imagination, drugs, alcohol, pills, or their approval.

In order to recover, we must come back the way we fell. First, meditate for neutrality and distance. The proper application of the meditation exercise restores you to the True Inner Authority. In the Light of this Authority, you will then go out into the world and encounter people like those of your past. But now, you will no longer be a little child and now you will have the Truth of the Light in which you now walk. Encountering the person who resembles the one from your past, you will notice emotion rising. Whatever the emotion is—just stand back and watch it. Though your body is still reacting due to the conditioning, your soul (consciousness) will be able to watch from the neutral zone. Careful not to resent the person who resembles the one from the past who upsets you. Don't hate them. They may not be like the person from the past. They may simply resemble that person in some superficiality.

By watching your own reactions and not adding new ones, you will be able to observe old reactions out of existence. With time, the old reactions will disappear. Now, knowing not to resent or judge, you will be free to respond from what it is given to realize from within.

I mentioned earlier that an animal exposed to stress (such as cold) will compensate. Dr. Hans Selye, the famous stress expert, found that although the most successful compensators would thrive in the cold, when later re-exposed to cold they would actually die sooner than non-exposed animals. The reason for this is that their earlier struggle against the stress of cold had weakened them and used up life force. Could it be that what we call "sin" is our emotional reaction to the stress of evil, followed by our obedience to it? Our emotional reaction to and our excitement in the presence of the unnatural stress of evil kills us in the long run. Just like an animal reacting to stress, we react to evil (and its false promises, deceit or cruelty) with excitement and compensation. We work ourselves to death for its assurances, until we are exhausted or die from stress based illnesses. Who was it who said that the wages of sin is death?

That there is wickedness, cruelty, injustice, wrongness, deceit, and naughtiness, and error in the world is unquestionable. That we will encounter wrong in one of its many teasing or aggravating manifestations is inevitable. That we will encounter imperfect people (including our parents) is unavoidable. The secret to our life depends on how we react to the temptation of others. If we freak out and become upset, if we become resentful and angry, if we become excited to take advantage of their blindness or error, and if we use others (even in our fantasies), then we are living the life of sin that leads to death.

The emotions we hold so near and dear are our responses to the offerings of evil.

The gambler cannot resist trying for a quick gain. He is excited and it is his life. Nor can the cardsharp resist the temptation that the gambler offers.

Both are living the life of pride; an emotional life based on excitement, illusion, and false promises.

The hallmark of our response to evil and error is emotion. But once we become emotionalized, we become guilty. The more emotional we are, the more we are reactive to outside influence. The guiltier we are before truth, the more we need lies, to which we respond with excitement. We ally ourselves with the lies, and soon we react with outrage to the Truth, which makes us feel bad.

We begin to be offended by truth. It is easy to deny the truth because the truth is reasonable and decent. Truthful, decent people do not stoop to the level of name calling and vile obscenity. But those who hate truth do. The truth haters are unreasonable. And they upset the truth lovers. Truth lovers begin to react and become upset. When they do, they too begin to feel guilty before truth, because we were meant to respond to Truth and remain steadfast and patient before those who uphold error.

Some of those who are guilty and wrong might yet change allegiances and come over to the side of Truth if only those who are closer to Truth would stand firm and unwavering. Setting a clear standard, upholding it with firmness and kindness, the truth upholders would give the opposition a clear choice, but one that allows for a choice of the heart, without pressure or histrionics.

One of the problems with some of today's organized Christian groups is that their leaders use deceit and manipulative techniques to try to trick, pressure or seduce others into converting.

The truth is the truth. If Christianity be true (and I believe it is), then its truths would not need emotion building techniques or manipulations to trick people into giving in.

The sign of the false Christian is deceit. In the past, such as during the time of the Inquisition, cruel pressure and punishments forced people to conform. Today similar violence and harshness is used by Islamofascists to frighten and cow the people. The false variety of Christianity has gone from violence (such as Islamofascists are now using) to deceit and seduction.

Deceit and seduction also do violence to the Truth. When people are fooled or seduced by false wooing, they are actually conforming to a false spirit.

That is why our presentation of the truth must be unemotional and without histrionics. We must not try to use cheap tricks to fool people. On the other hand, we must not be too weak with truth either. We must be ready to express the truth with firmness and reason.

Lies, when distortions of truth, do violence to the Truth. Just as rape does violence to procreation, and slander does violence to a person's reputation, the worst type of violence is when the kind of truth that has to do with the relation between a soul and its maker is distorted, twisted, or used for unholy purposes.

When we are made to feel familiar and comfortable with deceit and distortions, we become guilty before the Truth. Admittedly, it is hard to go out into society in its present state without encountering deceit, phoniness, and distortion of reality. We all do it to each other—saying yes when we mean no, making excuses, using euphemisms so as not to offend, pretending we don't see what we see, and letting others get away with falsity. It's a false shallow existence. Were we to be honest, we would alienate everyone.

Obviously, blunt honesty, especially if rude or tinged with resentment, won't get you far. Yet there is another aspect that must be mentioned. Don't we find honest people refreshing? Don't we appreciate knowing where they stand? Don't we respect those who speak their mind? And don't we trust those who tell the truth?

Even the mafia will take its car to be fixed to the honest repairman. None of us like to be cheated.

The world of business is full of tales of tragedy of those who cheated and were dishonest. There are many stories of those who succeeded because they were known for honesty and fair dealing.

We all know that honesty is the best policy. But we forget this maxim or don't have the courage to apply it when it comes to our social relationships. This is especially true if we are guilty about something and don't want to be exposed. We become sheepish and begin to gravitate toward dishonest people. They see our faults but pretend not to.

We must learn to accept reality and not avoid it. We must welcome the honesty in others—even if it is painful to our egos. This is especially true in our dealings with our children. Being closer to Reality than we are, they tend to see what is true and say what is true. We do a terrible thing when we try to mess with their perception of reality, just so we can be comfortable and be seen in a good light.

Back to my point about how most people around us distort reality and use deceitful language. When we are around such people and we participate in the dishonesty, we will feel guilty. Likewise, if we are around dishonest people or shallow people and we resent

them, we will also feel guilty. In the latter case, we may be right in not going along with pretense, but we are wrong for resenting them.

One of the secrets to life is to learn how to disagree without being disagreeable. We must learn how to be honest and forthright, without being angry and resentful.

We must set a good example. Instead of reacting to or relying upon other's dishonesty and pretense, we should set a standard of being honest, independent, and not needing support from others.

Many of us are afraid to be honest because in the past when others reacted to our honesty we became resentful. Thereafter our remarks were often tinged with anger and hostility.

Now we must meditate for neutrality. Then we must go into the world and speak truthfully based on reason and clear perception rather than emotion. We must speak honestly, not maneuvering for advantage.

You will discover that your perceptiveness will be a protection. Others will see it and their deceitful game playing is exposed. Some will hate your perceptiveness (even as they did when you were a little child). They will resort to the same tactics of trying to confuse you. When that doesn't work they will try to upset you and make you resentful, so as to re-establish control. This worked when you were a child, but now, armed with truth and the calm neutrality you glean from meditation, you can stand firm, make your points without resentment, and shine like a Light.

The wicked ones will flee. Others will respect you. Others will come to appreciate your honesty.

More about stress

Stress is only stress if we respond. Admittedly, exposure to extreme cold is a stress we must respond to or else freeze. However, humans are intelligent. Standing in the cold and shivering to produce heat is not the only response to cold. A person can move indoors, build a fire, and put on more layers of clothing, and so on.

We are surrounded by germs. Most we do not respond to. Many germs are not compatible with a healthy human. Those that are harmful are kept out through avoiding places where they are prevalent, as well as by the skin barrier. Those that do get in are destroyed by the immune system.

The right response is critical. For example, an allergic reaction is an over-reaction to a harmless substance. No response would be the proper response. Anaphylactic shock is the extreme over-reaction to some harmless allergen—an over-reaction that can result in death. In this case, the substance is harmless, but the reaction is harmful.

In other cases, a measured response is called for. The presence of an infection requires a response. But shock can result from too great a response. On the other hand, an under-response to something dangerous permits it to get a foothold and spread.

Having said this, let us turn our attention to spiritual stress. Spiritual stress seeks to get inside of us. It presents itself and relies upon us to react to it emotionally. It counts on our reacting, taking in the scene into our memory, and responding emotionally to it or the image of it in our mind.

There are so many varieties of spiritual stress--usually revolving around doubt, hate and false love—that they could not all be listed. What can be stated is the general principle of how to respond properly.

If emotionality or shock is how evil spiritual stress gets in, then obviously a calm response is called for. This would require faith and confidence, instead of doubt or fear. If excitement is also an emotional response that lets it in, then again calmness is called for. To be calm, the person must be so committed to what is right that he or she is not excited by the prospect of wrong.

Our problems begin because we respond emotionally. Part of it has to do with a lack of faith; part of it do to a lack of commitment to what is right. Part of it is due to our having been mistaught about emotions and how to deal with stress.

We make the mistake of trying to deal with every challenge egotistically. Our attempt to deal with it on our own guarantees emotion, compensation, fatigue, and its getting inside.

The truth of the matter is that it simply is not necessary for us to respond to every challenge, tease, or suggestion. Remain distant and nonresponsive.

Understand this: pride and ego are built on compensation and emotional reaction. The prideful person reacts proudly to any challenge to the bastion of his ego. He becomes emotional and seeks to come up with a clever response.

There are two levels of protection. The first level is simply to understand the modus operandi of the enemy. The enemy capitalizes on first of all, our lack of understanding of what is required of us. We have been mistaught and miseducated into thinking that emotions are normal and even desirable. The truth is that the less emotional we are, the more human we are.

It is more human to be calm and dispassionate, to be reasonable and measured in our response. We intuitively recognize this fact when it comes to the level of professionalism we expect from policemen, firefighters, and airline pilots. We want them calm and reasonable, not upset and out of control. Yet somehow we seem to forget the importance of calmness and reason when it comes to dealing with personal issues and our loved ones.

We think we have to react. We do, and that is just what the enemy wants. As a matter of fact, the very fact that we react is evidence to the enemy that we have this weakness.

Now, the person who understands that emotional reaction is error begins to consciously endeavor to remain calm. One way is to grit one's teeth and bite one's tongue. Unfortunately, this often results in painfully repressed emotions that will cause physical symptoms or result in a later explosion of repressed emotions.

A better way of remaining calm is to deeply see the harm to oneself and to others of reacting, and out of love and wisdom begin to become calm as a natural outgrowth of understanding. The upset person reacts and then vents; or the upset person reacts and then suppresses.

The person who is prepared through proper meditation is calm in advance. He or she does not respond emotionally in the first place. Therefore he or she is patient and says nothing, or else is patient and calmly states the truth.

It is good to begin to relate to people and circumstance more patiently through becoming more mature or through insight gleaned from suffering. The best of all is through the proper application of the meditation exercise. Here the person connects to the inner Light of Truth and begins responding to the Light instead of to outside stimuli.

By responding to inner Love and Wisdom, the soul takes its life, identity and insight from the Creator. No longer needing external stimulation or identity reinforcement, the soul is free to respond appropriately with calm reason.

[How to order the Meditation Exercise](#)