Freedom
From Stress & Anxiety
With Linda Lang
www.ThoughtChange.com

Welcome to Freedom from Stress and Anxiety!

My name is Linda Lang and I'd like to help you find more clarity, balance and peace of mind in your life.

In today's world, we often feel rushed, pressured and overworked. Our thoughts, beliefs and emotions contribute greatly to to how we deal with the challenges of our life.

To find more peace, we're going to release some of the unresolved issues that lie beneath the stress and anxiety. The more you listen to this program, the more you will release from the unconscious.

For some, stress feels like pressure... or being wound up tight... a feeling of burden, obligation... or overwhelm... but it can really be experienced in many different ways.

Anxiety can be felt like any of these as well, but yet somehow it's different... perhaps with more tension, worry and nervousness attached.

You can have stress without anxiety but if you have anxiety, you are feeling stress as well. It doesn't matter how you feel these feelings, our goal today is to find relief... to shift emotions and unconscious patterns that reduce your ability to remain calm and balanced.

It doesn't matter how you experience stress or anxiety – there is something you can do about it! This program has been created to assist you in releasing all the unfinished emotional baggage, the thoughts beneath the emotions and the patterns that have ensued. Repetition is important to clear deeper and deeper into your psyche.

Don’t be fooled by the simplicity of this program. It works!! Once your unconscious has its instructions, it can clear all kinds of things that you aren’t even aware of. I recommend listening to the clearing audio whenever you feel any stress to release the unconscious layers hiding within.

The audio clearing track is also infused with Huna energy to assist in the release work. The results are quick. You should feel a reduction in stress as you go through the process. Over time, using the audio, your stress triggers will lessen, and you will find more balance and more peace in your life.

A reminder: **Do Not listen to the Clearing Audio when you are driving or operating equipment that requires your attention.** It is best to be somewhere quiet where you will not be distracted.

The Unconscious Mind

The unconscious mind is also known as the subconscious or the lower self. It is a very powerful part of you. It regulates your heart beat, your blood pressure, digests your food, controls your metabolism and activates your immune system. It breathes for you! It maintains your physical state behind your conscious awareness. Its prime directive is to keep you alive, and then to keep you safe. It is responsible for your physical, mental, emotional, and personal survival.

Often compared to a super computer, it remembers everything you have ever experienced, felt or thought… every sight, every sounds, every smell. It's almost like your own personal Akashic records. For the unconscious, there is no past or future, there is only present tense. That means that all those memories stored within are playing as if they are active on some level of your being. And they affect your reactions, your thoughts, your beliefs and your emotional state today, even if you are unaware of it.

The unconscious is conditioned by experience and by the voice of authority. Comments made by parents and teachers impact us immensely as children, and that carries on through our self talk and behavior patterns. But the voice it listens to the most is yours. You can consciously learn how to be the loving authority it needs. It likes ritual and repetition, tools you may use to befriend your unconscious.

Even though the Lower Self understands everything you say, it does not speak in words. It communicates in pictures, emotions, feelings and body sensations. It also brings you dreams. It does not judge, reason or value, but it accepts all values, judgments, thoughts and ideas that come to it.

The unconscious mind takes commands and is the goal achiever aspect in you. This is good news. This means that we can work with your unconscious to accomplish your goals.

How to Use this Program

The first two audios of this program need only be listened to once, but the actual clearing program can be used over and over again.

During this process, we will be working with our unconscious mind, directing it to clear out unresolved issues we may not even be aware of.

To begin, I would like you to **create in your mind the image of a clearing circle.** This is a symbol for your unconscious mind... a place to put any aspects of the issue we are working on. We are instructing our unconscious to release whatever goes into that circle. We don't have to consciously put anything in that circle. We can just intend that the unconscious put whatever is associated into the circle.

Choose your image. You can envision a camp fire, a circle of light, or a black hole in the universe. Whatever works for you...

After you have a symbol for your clearing circle, I would like you to **choose a word that you will repeat silently throughout the process.** This cue word acts very much like the delete key on your computer, instructing your unconscious mind to release the layers in the clearing circle associated with your stress reaction.

Choose a simple word that is easy to repeat in your mind – like "yes", "clear", or "now".

It is important that you silently **repeat this cue word over and over** throughout the process. In your mind you will repeat "yes, yes, yes" or whatever cue word you choose. If you ever forget your word, you can simply choose another one and tell your unconscious what the new word is.

The next step is to listen to the second audio. This is the instruction guidelines for the unconscious mind, similar to a software program for your computer, so it is important for you to install it before doing the actual clearing. You will only ever have to listen to this audio once.

Once these steps are complete, you are ready to listen to the Clearing Audio. Simply hold the intention that the unconscious mind puts whatever I instruct into your clearing circle, and repeat your cue word while I run you through the protocol.

As we go through the process, remember to repeat your cue word over and over again (yes, yes, yes...). After directing the unconscious mind to fill the clearing circle, I count down from 10 to 0... and your only focus is to repeat your cue word.

Some statements I will make are not full and complete sentences. DO NOT FINISH them. Simply continue to repeat your cue word over and over again. This is a simple process, but extremely effective.

During the process, you *might* feel like you are going in and out of almost falling asleep. You *might* also find that certain memories or feelings come into your awareness, and then dissipate. Occasionally an ache or pain *may* be triggered and then released. These are all signs that your unconscious mind is busy clearing.

If you don't experience any of these, don't worry. That doesn't mean things aren't working. The unconscious can work silently in the background. A good way to monitor is to compare how you feel after listening... to how you were feeling before you started.

If your stress level has reduced but you still have some stress feelings left, simply listen to the audio again, as many times as you need to release as much as you need to.

Whenever you are experiencing stress, listen to the Clearing Audio, as many times as you need.

If you are continuing to have challenges reducing your stress reaction, or there are other issues you'd like to work on, you can contact me at **Linda@thoughtchange.com**. I would be happy to work with you one on one on a more individualized basis.

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Instruction Statement for The Unconscious Mind

Listen to the Instruction audio or read the instructions to your unconscious mind before doing the Clearing Audio. You need only ever input the instructions once. Your unconscious mind will remember!

"I hereby set a powerful intention within you, my unconscious mind, to affect the best of all possible outcomes by this clearing, and each time I notice a feeling that does not feel good as I think certain thoughts or remember certain people, situations or events, you will gently and easily Eliminate that feeling completely as I repeat my cue word over and over, and you will eliminate everything I feel because of it, everything I feel that connects to it, and everything I feel that has resulted from it, to whatever extent it exists within me, and keep me clear of it from now on. This includes any physical, mental, emotional or spiritual aspects that may be related in any way, including the root cause… you will release them completely, permanently and safely. Thank you. "

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About Linda

Linda Lang, Cht. is a transformational therapist trained in hypnotherapy, Zpoint, Huna and numerous other therapies.

In her work, Linda guides you to release patterns, beliefs and emotions that no longer support you, helping you to step more fully into authentically being your True Self.

Private sessions are intuitive and personalized according to your needs. Visit www.thoughtchange.com for more information.