

THE
STRESS
TO
SUCCESS
FORMULA



TRANSFORM
YOUR LIFE, CAREER AND BUSINESS NOW!

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AGING MOUNTAIN PROCESS: 10 STEPS TO INNER FREEDOM ***"Ignite Your Inner Fire & Burn Out Your Stress"***

What are your deepest heartfelt desires? Fact: You can't be all you were born to be until you know who YOU truly are, and what makes YOU tick! And unless you live fully from that place of knowing who you are, and why you're here, you will always experience chronic, often overwhelming, levels of unhealthy stress!

So why not take some time right now to explore your life at a deep level, using the **Aging Mountain Process** that follows my personal story about how this concept began and unfolded.

My Story of How This Process Unfolded... (excerpted from INSTANT E.N.E.R.G.Y.™)

About one year after my initial diagnosis with cancer, I attended a 5-day intensive retreat program on a beautiful mountainous island off the coast of Washington State, in the US. We experienced five of the most extraordinarily beautiful sunny, warm days imaginable in an area that rarely experiences a day without rain. Other than some workshop participation, we spent our days in complete silence. Basically, every activity, including our meals eaten in complete silence, was some form of meditation.

On the third afternoon of the retreat I experienced an event so incredibly significant that it has left a permanent (positive) imprint on my life that impacts everything I do to this day! It was over our lunch break, during which we each had to find our own special spot to be alone and silent, and basically surrounded by the magical and wondrous beauty of this island! I found myself sitting on the edge of a majestic cliff by the water's edge. My eyes filled with tears of joy as I gazed peacefully at some of the most breathtaking, rolling mountains I had ever seen. Though these mountains were not very rugged in nature, they were majestic and captivating.

My mind wandered to all of the places in the world that I had had the tremendous good fortune of traveling to over the years. Mountains have always held me in awe! Some of the most spiritually progressive experiences that have permanently impacted my life were in mountainous regions e.g. Nepal, the Hunza Valley, India, parts of Japan, Mexico, South America, New Mexico and Arizona, the state of Georgia in Russia, and the Great Wall of China, just to mention a few.

It was fascinating to reflect on the many heights, shapes and sizes, from high, jagged peaks to low, rolling hills, and everything in between. I found myself asking: What is the determining factor in all of this? Well, the answer was simple. It's the age of the mountain that determines its height, and whether it has jagged and rough edges or soft, smooth and gently rolling hills.

And then I found myself asking this question: Is this not much like the aging of humans? Reviewing my own life, I could definitely relate my own transformations throughout my life, to the transformations that the mountain goes through with each passing year.

For example, a young mountain reaches for the heavens, statuesquely and uniquely cut, awesome to view, boasting its power with jagged, rough, and barren peaks, and often razor sharp edges; dangerous at the best of times, with extreme behaviors in temperature and climate, generally fairly arid, and very difficult to climb, often claiming the lives of even the most athletic individuals.

Now, the aging mountain, on the other hand, softens, as its edges are smoothed out due to weathering and breakdown over time. It's easier to climb, and naturally more lush, with much more green stuff and trees, due to its much lower elevation and more temperate climate. These low-lying mountains invite us to enjoy comfortable walks, hikes, and picnics with our family and friends.

I came to the conclusion on that special afternoon, that *We Age Gracefully Like The Mountain*. Both the young and the old mountains are beautiful in their own right! Think of a young person and his or her characteristics, and then think of an older person and his or her characteristics.

Like the young mountain, we define ourselves in our youth by our individuality, our extremes, a competitive nature, our need to be right—sometimes at any cost! We express our sharp, rough edges for the world to see—and experience. Our tempers may be hot, our dispositions cold, and our patience minimal, with conflict, rebellion, war and violence often our solution to everything.

On the other hand, as we age, we tone down. Like the mountain edges, we become smoother, less defined, more flowing and more refined. We blend with more flexibility and fluidity into our community, while still maintaining our individuality. As we age, it becomes more important for us to live by example, with integrity, and to assist others in creating the same for themselves. We want to work and play within a cooperative team-based structure, and understand, support and perpetuate the value of each person's unique gift to the whole. We blend into the culture without necessarily becoming the culture.

Just as not every mountain ages with incredible beauty and elegance, neither does every human being. For example, a mountain may face a major earthquake, or spew out hot volcanic lava from its center. Obviously, the outcome may resemble a very disrupted figure with little obvious beauty, and apparently only hot cinders. Perhaps this could be compared to an individual who is experiencing his/her own personal earthquake in life, such as dying of cancer in a hospital bed. There are simply some energies that may not be within our control at our present level of consciousness!

However, what we may not understand on a purely physical dimension, we can grasp on a more universal level, if we are willing to do the work, to go back to our center. The

human trait is to go into fear and worry, doubt and frustration, and then to “react” from these conditions of consciousness, as soon as something does not fit the picture we have in our mind for a particular scenario. We fall into the victim consciousness of “why is this happening to me?”

If, like the mountain, we could simply remain in our center of consciousness, our center of knowledge of our oneness with all things, we would tap into the universal unconscious and understand that something greater than us, yet which encompasses and embodies us, is at work. When we realize that we are not our bodies, or our minds, or our emotions, but that we are spirit experiencing itself in a physical form, we can live more fully the moments we do have in this present form, with the understanding that it is simply a temporary stop-over in the universal journey that each of us is on. And that to be still, until we have the knowledge and/or tools to be “proactive”, is a less stressful, more balanced way to express ourselves and to fully live our lives.

The thing to remember here is that ENERGY can neither be created nor destroyed! It simply changes form. The life force within our bodies is that energy. To be at peace with the chaos that presents itself throughout our very human existence, the key is to get to that place within us, which is unaffected and immovable—our essence!

So, this was how *The Aging Mountain Theory and Process Emerged & Unfolded* for me on that sunny afternoon. It is simply about coming to an understanding of how *Becoming Centered Within Ourselves* can change the way we see our world – for the better! Okay, so on that day, sitting on that cliff, watching the stillness of the mountains, I realized that, as the years and the elements wore them down, they stood strongly and boldly, ever-changing, yet centered, seeming to know, and joyfully accept, their place in the universe, without question or doubt.

That was where I wanted to be! And so, the journey began. And with it, my theory:

The Aging Mountain Theory - & Process.

All of the processes on the following learning sheets will fully move you out of a victim consciousness, into taking responsibility for your own outcomes in life. Your inner locus of control (which is not affected by what is happening outside of yourself or around you, but by your inner core values and sense of self-worth) forms the basis of this centering exercise.

The objective of my Aging Mountain Process is to create in you the same sense of immovability of the mountain from its position, despite the elements and circumstances it faces daily. The mountain is basically unaffected by what is done to it, apart from becoming more approachable, softer and gentler with age, to all who experience it.

However, just as the mountain is very unique in its own right, expressing its character with its own unique curves and twists and definite slopes, so too is each of us with our own unique and individual talents and gifts. As we each become more centered in our individual wholeness, we can then become centered in our unique positioning in the

universe, just as the mountain has become centered in its unique positioning within the universe.

And finally, passion for our own individual lives and for the expression of our own unique gifts, is the deepest motivation and the fire that keeps us going when things get really out of balance, or when things seem to be running contrary to the design we had visualized for our lives. And it's at those times when the sense of stress can become overwhelming if true passion is missing!

So now, it is up to you to discover your own unique gift or gifts, by using the following worksheets. This process will literally move you from the base of the mountain in your life, which is survival, through to the summit or the peak of your life, which represents self-realization or a completely committed relationship with God. This is not meant to be a religious perspective, but rather a philosophical perspective. It is not contrary to any religious beliefs one may carry. I have worked with people from every faith on this planet, using this process. It is simply an opening up, and joining, of hearts! And a joining of our spirit to the Universal Spirit and God's Love, whatever you perceive that to be in your own life. With this realization comes the deepest sense of calm...So, breathe deeply... and begin the process, now.

AGING MOUNTAIN THEORY WORKSHEET

(Find out what you really want, what you are tolerating, and get rid of those tolerations)

WHAT DO YOU LIKE ABOUT YOUR LIFE RIGHT NOW?

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

WHAT ARE YOU TOLERATING IN YOUR LIFE RIGHT NOW?

(Tolerations make you fat – all that fat around your middle is simply unreleased tolerations, which can lead to very serious heart disease)

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)

WHAT WOULD YOU LIKE YOUR LIFE TO LOOK LIKE?

- 1)
- 2)
- 3)
- 4)
- 5)

- 6)
- 7)
- 8)
- 9)
- 10)

WHAT OUT OF THE ABOVE IS MOST IMPORTANT TO YOU AT THIS TIME?

- 1)
- 2)
- 3)
- 4)
- 5)

WHAT ARE YOU WILLING TO COMMIT TO CHANGE RIGHT NOW?

- 1)
- 2)
- 3)

WHAT QUALITY DO YOU WANT TO DEVELOP WITHIN YOURSELF?
(See Appendix #1)

CREATE AN AFFIRMATION THAT INCORPORATES YOUR QUALITY.

WHAT STEPS ARE YOU WILLING TO TAKE EACH DAY THIS WEEK?

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

RELAXATION & MEDITATION: MINIMUM OF 10 MIN./DAY

M.
T.
W.
TH.
F.
S.
SN.

JOURNALING: MINIMUM OF 10 MIN./DAY IN AM & PM

M.
T.
W.
TH.
F.
S.
SN.

COMMITMENT CONTRACT

I, _____, on this day, (Month)_____,
(Day)_____, (Year)_____, commit to the completion of all of
the above activities over a one-month period of time, ending on
(M/D/Y)_____.

My reward for achieving said goals & objectives is:

**If, in the event that I do not achieve one or more of the above
goals & objectives, I agree that I will not receive my reward.**

Signed:_____ **Dated:**_____

I achieved my goals and objectives for this contract.

YES

NO, Explain:_____
