

## **What is STRESS?**

Stress is caused by an involuntary reaction to a perceived threat or an environmental stressor signal (such as loud noise). Modern life chronically activates the stress response, often without valid cause, and the result is an epidemic of stress-related diseases. Many common situations trigger a stress response; the pressure of a deadline at work, a heated argument, driving in intense traffic, etc. Instantly the heart beats faster, blood pressure rises, and a host of hormones and inflammatory chemicals are released into the blood. Chronic activation of the stress response speeds the aging process, increases anxiety, and aggravates or causes a host of illnesses. Using medications to treat the symptoms of stress does not heal the underlying cause.

**Harvard Medical School reported in Newsweek that experts believe 60 - 90% of all doctor visits involve stress-related complaints.**

Western medicine has long focused on treating only the tangible, physical body after it becomes ill. But long before stress makes you physically sick, it lowers the quality of life by making you more anxious, worried, or depressed.

*"Decades of research have linked stress to everything from heart attack and stroke to diabetes and a weakened immune system."*  
**New York Times 9/5/04**

*"Modern life is rife with potential stressors, and there is now little question that uncontrolled stress can kill."*  
**Newsweek 9/27/04**

***Health is more than just  
the absence of disease***

Children exhibit abundant energy, enthusiasm, joy, and unconditional love. These qualities are expressed spontaneously and demonstrate the truest unadulterated, essence of humanness. We all still have these qualities inside us but they have been blocked by layers of stress.

Society has accepted this development only because the knowledge of how to prevent it, or reverse it, has not been available or adopted. Rather than find a way to grow out of these limitations most people just learn to cope, and settle for limited happiness, instead of living the profound joy and love that should be natural to the human experience (as seen in children).

With the [Art of Living Course](#) practices, you can calm the mind, heal the body, and energize the whole system in minutes. Once learned on the course you can practice at home for 20 minutes a day. Free weekly group practices are available in most cities to further establish the benefits.

The cornerstone of the Art of Living course is the profound breathing technique, [Sudarshan Kriya](#) that heals damage from the stress response, while infusing the body with energy and harmonizing the natural rhythms of body, breath, mind, and emotions.

**"Sudarshan Kriya works wonders for the human body, ridding it of all depressive energy and body tensions. Many doctors now consider that Sudarshan Kriya can prevent the onset of serious diseases."**

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