



Chasing Meditation Stress Domino

There are three conditions required for Stress to exist. If one or more of them is missing, you cannot be Stressed. In many instances, one may *appear* to be missing, but it is there, it is simply misunderstood.

The Three Conditions Required for STRESS to Exist:

1. There is a THREAT to some aspect of you;
2. A FEAR must be activated in you; and
3. You perceive UNCERTAINTY (real or imagined).

There are three UNIVERSAL ILLUSIONS which are lies we tell ourselves. Most of these we first meet in childhood and then are reinforced later in life through jobs, politics, schools, religion, and advertising. Although these are not correct truths, but lies disguising themselves as truths, do not mistake their power and control over everyday life.

The Three UNIVERSAL ILLUSIONS are:

1. You are absolutely ALONE and not connected to anybody or anything. You are separated from love;
2. There is a very limited amount of everything that exists; if you do not get it and get it now, there will not be enough left for you; and
3. You can be harmed or killed.

In using the Stress Domino you will learn to recognize these illusions for what they are (bullshit) and you will let them go. But life does not like a void so we will replace them with the three UNIVERSAL TRUTHS that the ILLUSIONS hide from you.

The Three UNIVERSAL TRUTHS are:

1. All people and all things, particularly you, are connected to each other in a continuous stream of energy (LOVE);
2. There is more than enough for everybody, including you, regardless of how much or what specific things (including jobs) that other people have; and
3. You can never be harmed and you can never die. At some point your body may wear out or stop working due to disease or injury, yet your energetic you will always exist. Many people refer to the energetic you as your soul.



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	Underlying Function	A	B	C	Example
1	Stress/Stressful Situation	_____	_____	_____	<u>Rejection at asking someone out on a date</u>
2	Underlying Fear	_____	_____	_____	<u>I am not enough; people will laugh at me</u>
3	Three Universal Illusions	Match the FEAR in #2 with the underlying ILLUSION that supports it. Mark each that applies to each Fear. There are sometimes more than one, rarely all three, and usually if there are two or more, one ILLUSION is dominant by a lot.			
	Illusion 1	_____	_____	_____	<u>Yes, mostly</u>
	Illusion 2	_____	_____	_____	<u>Yes, partially</u>
	Illusion 3	_____	_____	_____	<u>No</u>
4	Three Universal Truths	Match the ILLUSION above with the TRUTH the ILLUSION is hiding. As with ILLUSIONS, more than one may apply, but rarely three, and there is usually a dominant one.			
	Truth 1	_____	_____	_____	<u>Yes, mostly</u>
	Truth 2	_____	_____	_____	<u>Yes, partially</u>
	Truth 3	_____	_____	_____	<u>No</u>

Consider this: The TRUTHS in #4 are covered up by the ILLUSIONS in #3, which cause the FEARS in #2, which when ACTIVATED, cause the STRESS in #1.

When you replace the ILLUSIONS in #3 with the TRUTHS in #4, the Fears in #2 and the STRESSES in #1 will fall down around you, JUST LIKE DOMINOS!

Instructions to Completing the Table:

- Line 1. Put in a STRESS in your life, a major one and/or one you've experienced recently. (A recent one can be a strong hint about what area to work on now.)
- Line 2. Feel and think about what the underlying FEAR may be. Write this here.
- Line 3. FEARS flow from misunderstandings which we call ILLUSIONS. Put an "X" next to the Illusion in Line 3 that causes the FEAR from Line 2.
- Line 4. The Universe does not like a vacuum. Put an "X" next to the TRUTH in Line 4 that best replaces the ILLUSION from Line 3. All Material Is Copyrighted by Accelerated Change Concepts, Inc dba Chasing Meditation 2015.