

## **Channeling**



Sometimes it seems as though no matter how hard you try to keep good spirits life can really suck sometimes. Some days just seem to be better than others, and this goes with no rhyme or reason. A good principal is to channel any energy that may get you a tad bit excited and stressed into energy for exercise. Re-cap the stressful events that happened just before you begin to exercise, and make a conscious decision to be complete with the events after the workout.

In the game of staying healthy (and life in general) there are two routes that can be taken. The route of positive thinking, or the much easier route of negative thinking. It is a lot easier to greet an uncomfortable or unpleasant situation with negativity than a positive attitude. However greeting an unfavorable situation with negative energies does a wonderful job of keeping the situation negative. Greeting that same situation with positive energies defuses the situation, and more importantly allows you to stay at a higher level. This does not mean there is going to be zero frustration with situations that you may encounter. Frustrations are a human feeling, and as humans it is normal to have these feelings. It is **how** you deal with these feelings that is going to make a difference.

This is where the practice of channeling comes in. Frustrations alone are not productive feelings. There is nothing that these feelings can do for you. Feeling frustrated will not resolve any issues or challenges that you may be experiencing. The only force that can and will resolve conflict is you, and to do this you have to be willing to work at it. In the meantime there is a simple remedy.

About five minutes before you begin your exercise find an area where you can sit quietly without being disturbed. Preferably this area is quiet. Calmly think about what is causing your frustration. You may start to get worked up at this point, but here is what you have to do. Make a conscious decision to use these feelings to take your workout to a new level and be DONE with these feelings after your workout. You are going to use your workout as a means of getting these negative feelings out of your body. This does a great job of producing some great workouts as well as reducing your overall stress levels.

With stress being one of the number one killers out there it can be rather useful to know and practice ways of reducing the level of stress that you may be experiencing. In addition to getting some great workouts in you may just live a bit longer. Oh, and that bit about “life can suck sometimes”, it is all in the way that you look at it. Life is good!

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