

***Jerome Allan Landau***



**BEYOND MERELY SURVIVING sm**

**A PRIMER FOR**

**“MAINTAINING BALANCE IN A (seemingly) UNBALANCED  
WORLD ®**

**by “GOING BACK TO BASICS”  
in order to  
“Stress-Less”<sup>sm</sup>**

**Can you relate to this > "This is my life and it is not a dress rehearsal! I am its sole caretaker, fully responsible for manifesting its opportunities and potential, using my body as the personal vehicle for this adventure, my Mind and Spirit as its Navigation System."**

**"Only I can truly unfold my potential, no one else can do it for me. And, if I do not start now ... when!"**

**“Change it, before it changes you!”**

**1. BREATHING CAN SAVE MORE THAN MY LIFE: Through the breath each cell in my body is sustained. My brain is "nourished". My memory is enhanced and my body chemistry changes for the better. This affirmation, and the following exercises, can be applied anytime, anywhere. The breath literally affects our body's chemistry and emotions in positive and beneficial ways:**

a. **"The 7-Breath Exercise"**: Take a long, slow, deep inhalation "down to the belly" followed by a long, slow exhalation - do these 7 times. The "visualization" is that the inhalation brings in a golden-light through the top of our head, which like liquid gold, moves down through our body nourishing each and every atom in every cell of our body with warm energy and vitality. With each exhalation, the residue of fatigue, stress, strain and "dis-ease" transports from our cells and is carried by the exhaled breath, leaves our body and is absorbed into the earth.

b. **"The Quick-Fix" Exercise"**: Take a long, deep inhalation, then let the chest "collapse" under its own weight with a sharp exhalation - do this 3 times. This helps to balance emotions such as upset, anger, fear, confusion or concern.

2. **Recapturing our own Spiritual/Physical powers.** We are magnificent "self-healing" beings, with our self-healing parts having atrophied as we have been told "no-way!". Think of how the body creates more white cells when we have an injury, sends them to the point of injury to begin the healing process. Then begins to make its own "band aid" (a scab) to protect the wound; beneath which begins the healing process.

**THE "INSTANT VACATION" BREAK:** Skip the caffeine and take a balancing rest-break: 10 quiet minutes sitting at your desk, in a "bathroom stall", walking outdoors or even down the hallway on a floor where you don't know other people, are several possibilities. This is YOUR OWN QUIET TIME.

a. You can start your "Quickie Vacation" with the "7-Breath" exercise, then allow the breathing to return to a normal cycle while maintaining awareness of each breath as it comes into and nourishes your body. Being "centered" in this way assists us in maintaining control of our self without being at the "beck and call" of distractions. If you become aware of having been distracted from "observing" your breath, recognize this and start again.

b. Building on the above technique, understand that during this time you may wish to acknowledge that you do not want to "think", only "to BE!" As thoughts arise, simply "witness" them without getting involved in the drama.

This "stepping-away" for a few minutes is effective because the body-mind-spirit interactions support our becoming "grounded" ("centered") at which time we see, think and remember more clearly. Our intuition is also magnified.

An example of perhaps our more normal actions would be when we have a "knee-jerk" reaction to something happening outside or inside our self. We become "personally" involved – perhaps feeling threatened, fearful or confused. In turn, such emotions signal an immediate physical release of chemicals into our system. Through

a domino effect these chemicals can produce detrimental physical and emotional reactions throughout our body, resulting in our being more out-of-balance. We might also begin to breathe deeply, causing higher oxygenation in the brain and a sense of dizziness – which adds to our “alarming” reaction.

Remember how often "after the fact" we appreciated that the momentary "apparent facts" to which we reacted were not as real as they appeared. When we are centered, we observe such activity in a more real way, thus avoiding the trauma through which we often put our mind, body and spirit.

c. "Imaging" Is "Imagining": Use your mind to create a mental "Safe Space" where you can "be alone" without being "lonely". Be quiet and peaceful with and within your own self. The mental “location” is yours: an empty beach, a rain forest, a satellite cruising over the planet earth, a sailboat that sails itself, or whatever suits your fancy of “peaceful.” After "placing" yourself in your Safe Space through your visualization, imagine and create how each of your senses is experiencing this most special sanctuary. What does it sound like, feel like, taste like, look like, and smell like? As you get familiar with your own personal Safe Space, you will find that it becomes easier to "re-visit" – and those peaceful (chemical) responses experienced when you are there will more easily reactivate. It will be like being there whenever you choose.

This is not "escaping" from life. It is a tool for coping with life’s stresses and finding a private haven which will aid you in achieving serenity – the holiday (holy day) you deserve without losing time at work or charging a credit card.

### 3. "DRUGLESS SLEEP" IS STILL A POSSIBILITY: Preparing for sleep.

a. Eat your last meal as early as possible before sleep and avoid caffeine, “stimulating” television, bright lights and activities which will stimulate our senses. Drugs and alcohol can induce sleep, yet that sleep is often not satisfying. Herbal teas with chamomile help relax the body and bring on more peaceful sleep.

b. Be wary of night time television that "awakens the senses" - we are "chemical beings", and emotions such as fear or excitement cause the body to release adrenalin or other chemicals into our system. These chemicals can affect us for many hours. The television "images" that have created these emotions also stay within our subconscious and affect our sleep and dream states.

c. "Contemplation" or meditation before sleep: We often carry our day's stressing thoughts and activities to bed with us. One helpful exercise to practice is as each thought arises (fear, concern, etc.), "witness" the thought and address it by saying: "At this time, I cannot do anything for you. I will not forget you and as soon as I can, I will take care of you." You can even "image" a beautiful chest with drawers. Open one drawer and while saying the essence of the statement "place" the thought or problem into the drawer for the night. This can "quiet" the bothersome thought, and even assist you in recalling it when the time comes for you to deal with it. When you can, then you simply image the chest and open the drawer.

Remembering that the "witnessing self" is a source of personal freedom and creativity through which we can more skillfully "rise above" our emotional or fearful self. As a witness, we are more detached and conscious of all the instruments at play in the orchestration of our day, without creating those internal chemicals that magnify, yet cloud and distort the situation. This approach results in achieving a more peaceful and healing sleep.

d. Physical Relaxation exercise: While lying flat on your back, or sitting in a chair, progressively tighten, hold and then release (into a relaxed state) consecutive parts of the body. Start with the feet - tighten the feet, hold the tightness for a few moments, then release and relax. Move upward to the calves, then the thighs, the buttocks, stomach, shoulders/chest (pull the shoulders up towards the neck and forward), then the neck and back of head, and finally the face (scrunch up your face like a prune, hold, then release.) Now, just let your body "be" there in this relaxed position as long as you can, all the while "feeling" and "recognizing" how each part of your body can feel when you are relaxed. As you gain a sense of this feeling of relaxation, you are able to "re-member" it, "imprint" it in your wisdom, and through imaging and visualization your body will "take your cue", automatically relaxing and producing those chemical endorphins that "feel so good."

e. Try the 7-Breath Exercise for quick de-stressing.

f. Use "Imaging" techniques for creating "Sleepy Space."

#### 4. **AWAKENING: SETTING THE STAGE FOR THE DAY'S EXPERIENCES:**

a. You can train yourself to awaken at a certain time. However, if you use a clock or radio to "make sure", it is better to do so with peaceful, harmonious music that will "tune" your system to awaken in the mood you want to carry through the day. To be shocked out of a deep sleep by a harsh alarm, or loud, disharmonious "music" can lead to such results as a discomforting adrenaline rush, headache, or nervousness. Actually, that type of music at any time can be harsh to the system.

Consciously and skillfully choose your "tuning fork". A different type of music might be appropriate for different activities.

b. Perhaps our dreams have taken us on adventures that are unhappy or frightening - hence those emotions trigger our body's chemicals, continuing to affect us long after we enter our day. Imagine greeting loved ones moments after awakening from a frightening dream state. To "clear" and "re-tune" yourself from these night time accumulations, try the following remembering to be a "Witness" and not get involved in the process.

1. You can easily train yourself to awaken with a particular thought or image that will also "tune you" to a better day. This is done by regularly thinking of a positive thought as you awaken. Soon you will find that the vision arises in your sleep before you awaken and you come out of dreamland already tuned and "humming."

2. The 7-Breath Exercise is an excellent way to begin each new day and "dissolve" any stresses from your night time dream state.

3. Try visiting your Safe Space for decompression.

**5. MY MANTRA / MY PRAYER: "I AM A DELICATE INSTRUMENT BEING "TUNED" BY EVERYTHING THAT REACHES ANY AND ALL OF MY SENSES...Only I am responsible for deciding whether my senses receive "medicinal" or "harmful" input. All sensory input has an effect on my inner systems - color, sound, fragrances, materials, foods – no matter how subtle - can be used to attune me to a given need at a given time. "Let me be "Sensible", conscious and aware."**

Most times we do have a choice with the ability to both "tune" ourselves to a mood and feeling that will support us, and to avoid permitting others to tune us to "their discordant preferences." Different stimuli such as music and fragrances, affect each person differently.

Think of how many disputes and "underlying upsets" would not have arisen if, for example, people sharing their living or working space openly discussed their personal preferences and sensitivities "ahead of time" before being negatively impacted by others. For instance, if you said "You would not be responsible for my headache being caused by a perfume to which I am allergic - if I told you ahead of time" or "If I knew you were a "late worker", I would not be upset if you were not in the office in the early morning, when I am most creative, because I knew you stayed up late into the night." Conscious communication with ourselves and others around us is at the core of understanding and harmony.

a. **Hearing:** Music stirs the soul and passions of the heart. It also sets our moods and quickly activates mood chemicals. Use this "medicine" upon awakening, driving to the office, working, loving etc. It is better to set our moods (and chemicals) with music that supports our preferences rather than subjecting ourselves to the "excitement" generated by talk radio. Surgical patients are now encouraged to bring their favorite calming music to hear during surgery. Some anesthesiologists actually read "encouraging statements", supplied by the patient, while the patient is undergoing surgery.

Create a tape compiling your favorite "mood-builders." One might be for quietude and peacefulness. Another might be for physical exercise (e.g., we know the "adrenaline-shot" the "Rocky" theme has inspired).

b. **Sight:** Colors are "physical" energetic vibrations/ frequencies which can profoundly affect our emotions and body chemistry. Become aware of those colors which are quieting to you personally, as well as those which are energizing. "Colorize" your environment to maintain the appropriate mood. Keep a swatch of "that" color nearby and when you need to "tune" yourself to a mood, look deep into it as another means of evoking a desired feeling. Red is of course associated with creating "anger" in a bull; it also "excites" our system and so perhaps wise to wear something red when you are exercising or running. More calming colors support resting, sleeping, studying and those times when you want to be more peaceful.

Be aware of how certain colors affect those close to you and use those colors to tune their moods. Pictures of a loved one can have the same effect.

c. **Smell:** This is the strongest of our senses for "filing something in our memory banks, for evoking memories and the chemicals and emotions related to that event. It is perhaps also the most subliminal or subconscious sense. Recognize the scents which have certain desired effects and put some on a handkerchief or other fabric "to be sniffed" when that mood memory is desired. Aromatherapy is the art and science of using specific "aromas" to create specific responses. Health food stores usually have a supply of various aroma therapies ("remedial scents").

Businesses spray their work environment with specific scents to "awaken" their staff or to make them more peaceful, etc. There is even a scent which has been proven to assist with "numeric input" which they have found results in fewer human errors. London's Heathrow Airport would spray the calming scent of pine in its terminal to de-stress its travelers. Smell some crayons, baby powder or baby oil, and you might re-connect with positive feelings you experienced as a child.

A study technique is to have a cloth with a subtle fragrance nearby as you study or try to memorize information; have the same scent nearby when you take your exam or otherwise need to “recall” from memory.

d. **Touch**: This is a wonderfully satisfying sense, which also evokes memories and emotions. For some, the touch of velvet is very calming - why not carry a small swatch? Others keep a meaningful "touchstone" in their pocket to touch during a stressful time. They say we all need seven hugs a day, (even if we are wrapping our arms around ourselves and giving ourselves a good hug). "Healing Touch" sm is a proven system utilized by nurses and health care professionals to calm a patient. A parent's stroke on a child's cheek works even when the child is 60 years old! Many of us come from a culture that generally feared the intimacy of touch, however, now we seem to be evolving into a society that recognizes the importance of touching.

It is also through the hands that a wonderful, warm healing energy is emitted. Notice when a child is “hit” in the face the first response is to put a hand on the injured cheek – this is not to protect from another blow but a very natural deep-seated response to “begin a healing process.”

Practice holding your palms near each other, although not touching; move them around just a bit and you will feel the “heat” or “energy” coming from one to another. An interesting visualization is as if there is an invisible magical “cotton ball” between the palms, which “pushing them apart” (like opposite poles of a magnet) as you move them towards each other. This aids in refining and building the energy. When you or someone is injured “build the energy” and place your hand(s) over the injured area. Nurses around the world have studied what is referred to as “Healing Touch” ® and use this technique on patients.

It is said that the pads of the fingers are “hard-wired” to the brain; that when a baby “crawls” it is helping its brain grow. Perhaps this was the origination for placing the palms together “in prayer.”

*AN EASY “TOUCH” TOOL FOR BALANCING THE HEMISPHERES OF THE BRAIN...* and enhancing the effectiveness of the brain’s circuitry. A medical survey published by gerontologist Dharma Singh M.D. indicates that this tool had beneficial effects with people exhibiting dementia. This occurs upon the recitation of the four sounds: SA – TA – NA – MA. It occurs as we touch the thumb of each hand to one of the other fingers, at the same time:

- 1<sup>st</sup> – Touch thumb to pointer finger; say “**SA**”, then
- 2<sup>nd</sup>- Touch thumb to middle finger; say “**TA**”, “then
- 3<sup>rd</sup> - Touch thumb to ring finger; say “**NA**”, then
- 4<sup>th</sup> - Touch thumb to pinky; say “**MA**”, then

REPEAT as long as you desire.

The SA-TA-NA-MA are frequencies which were originally suggested when this tool was developed (perhaps centuries ago) – if you would feel more comfortable, any four “words” can be substituted (“I Am Very Healthy”; “I Am Very Happy”, etc.)

e. **Taste.** "You are what you eat" might actually be translated into "the chemicals in the foods we eat interact with chemicals in our body, creating new chemical reactions – some beneficial and some having negative influences. Some “good tasting” food can have very negative influences on other or all parts of the body.

Every food contains chemicals which affect us. Sugar and caffeine have an "exciting" affect upon our body (until the "crash"). Chamomile and other foods (warm milk, turkey) have a relaxing affect and help with sleep. Knowing that "turkey" meat contains a chemical that makes most of us tired would thus caution us against having a turkey lunch during a work day.

Using the sense of "taste" and what we eat to tune and care for our body and emotions takes the most knowledge and discipline. When we eat a "food", along with whatever valuable nutrients that might be present, we are also actually ingesting the "additives" that have either been intentionally placed into that plant (e.g., fertilizers, insecticides) or animal (injected steroids or through contaminated foods fed to that animal.) We can also experience allergic reactions that are not always so obvious.

All of this has a direct affect upon our body chemistry, organs and their functioning, as well as upon our emotions. Become aware of how certain foods affect your system and use that awareness towards taking greater control of your life. In doing so, you will probably wish to reprogram and redevelop your sense of taste into one that asks for "deliciously healthy" food rather than just "deliciously satisfying."

f. “Being Present” in our life and being Mindful of our Presence. No matter what our age, we all “look back” and wonder “where the years went.” A most important process can be called "Awareness" or "Mindfulness" of our own self, and the environment in which we live. “Being Mindful” or “paying attention” is different from having a “full mind” – We often “react” in what is sometimes called “a knee-jerk reaction”; this usually when we are governed by our past experiences... this “reactive mind” prevents us from truly experiencing the moment and from making “responsible/responsive” decisions “today” rather than having our past history push us into reactive decision making. As we grow and mature we often do not need the “protective reactions” that served us in earlier years; in fact, they often lead us in a wrong direction. It is wiser to “witness” those reactions and, in the moment, make



responsible decisions that reflect our growth, wisdom and experience (“responsive”) rather than “living in our history” with those “knee-jerk, without thinking reactions.

This in turn leads to a greater "cognition" or understanding of how we are "tuning" (influencing) and "being tuned" (influenced by) everything with which we have contact. Our judgments, perceptions, perspectives and responses are all profoundly affected by this ongoing process and processing. While living this "Awareness"/ "Mindfulness".

We regain truer control of our life, through how we "respond" (with “thoughtfulness”) to events rather than "reacting" to them with a “knee-jerk” reaction without first “thinking”. How often have we reacted with a statement we immediately regretted?

You will notice that not only are we individually affected/ changed/benefitted, so too will those around us...we become a “Better Tuning-Fork.”

This in turn help awaken that “other sense” which always resides within, sometimes reaching-out to us as “intuition.”

“Being Mindless” - ever think your mind “will burst” because it feels “so full”; or that you know you are about to “do something you will regret”? That is the time to “take that quick vacation” from technology and everyone – **AND BE IN SILENCE!**

g. **“Intuition”: as good a word as any for that “Sixth Sense”:**

“**TO WITNESS**”: as if we are “above/outside” our physical body and “watching” with reaction...a wonderful Mantra for that type of “dis-attachment” is “Oh, How Interesting!” – especially in those moments we feel we are about to “blow.”

“**NON-COINCIDENCES**”: for a moment let us consider that there are “no coincidences” in life. As we better “refine our Senses” we are more in touch with “that which is!” This is our spiritual inheritance and absolutely in line with that Creativity which supports these (somewhat) self-healing bodies.

So, when a phone call comes from someone of whom you were “just thinking about”, instead of reacting and declaring “what a coincidence” let us start to always respond with “what a non-coincidence” – such is the Universe’s way.

As we continue to acknowledge what appear as the “non-coincidences” in our lives we also begin to recognize more and more of them. That “connection” between each and all of us.

To Affirm: to initiate, and continue a “resonance” within all levels of our Presence (body, mind, spirit and emotions)

***I acknowledge that :***

**"Only I can do this for myself - and I am certainly worth the effort."  
(as indeed you are!)**

**Freedom includes the "Art" of being able to "accept" what is received without “attachments, expectations” or “judgments.”**

**Our truest freedom rests in exercising choices and being willing to change perspectives.**

**What I perceive is most often wrongly “colored” by my experiences, fears and judgments;  
If I stop and take time to reframe my perspective –  
And my life will be more comfortable to experience.**

**Friend: The tools suggested above are not new; they are our physical and spiritual “inheritance.” The problem is that when we were young and “forming” early impressions, most of us never had a parent, or mentor who themselves understood these.... So, in many ways, although within each cell of our body, these perceptions and abilities “atrophied” – yet is never too late to awaken what is our innate Presence. So many masters, prophets, sages and wise ones, over millennia, have hinted about, or directly told us “about ourselves” – the “Inner Self” – perhaps it is now time to begin to recognize, accept and reclaim (if not NOW, when?)**

**Sincere regards, Jerome**

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## **ON THE MORE PERSONAL SIDE....**

### **“A Blessed, Incredible and Most Interesting Life...”**

A student, fascinated by the exploration of the potentials we are born with, Jerome has studied literally “at the feet” of many recognized, and some “more hidden” Masters of Life and/or their direct students.

Jerome holds the Rank of Sandan (Third Degree Black Belt) in Aikido; is internationally certified to teach Kundalini Yoga (a 2,000+ year art as it was taught by Yogi Bhanan of the Sikh Tradition); has studied and practiced Tibetan Yoga for forty years; is a Third-Degree Reiki Practitioner and has taught some of these, and other Meditative and Energetic Arts for 30 years.

He also brings these tools to his service as an Confidential Executive and medical “Coach” and Adviser to people whose lives dramatically affect the lives of others (including corporate and government executives, physicians, attorneys, politicians, scientists, and even a sanitation worker.)

An experienced national and international attorney, professional Mediator, Arbitrator, Facilitator and Investigator Jerome has 40+ years’ experience in the commercial, business, transactional, construction, healthcare, real estate and investigative industries.

Jerome has served U.S. and international clients and the business entities they control (including clients in Europe, India and Asia; and such “out-of-the-box” clients as a Kingdom and Members of a Royal Family; a 900-year-old Tibetan Spiritual Lineage and its Lineage-Holder); and a Hopi Elder.

Jerome is a peer-nominated Member of the National Academy of Distinguished Neutrals (“NADN”) and Certified to Membership in the International Mediation Institute (“IMI”); based in The Hague. He is Certified as a Mediator and Arbitrator on multiple American Arbitration Association (“AAA”) Neutral Panels (Commercial, Construction/Real Estate and Health Care); in addition to having been certified to local and national ADR panels such as the US District Court (Arizona), Construction Dispute Resolution Services, US Arbitration & Mediation, New York Civil Court, Superior Court of Arizona.

He has contributed to the training of over a thousand ADR (Alternative Dispute Resolution - mediation, arbitration, facilitation) professionals and attorneys in local, national and international programs; including serving six years as Chair and presenter of the Advanced Commercial Mediation Institute’s (“ACMI”) two-

day international programs (co-sponsored by the AAA and Harvard Law School), Chairing numerous arbitration and mediation “live”, webinar and tele-conference programs. Jerome has twice been an invited presenter of programs at the United Nations.

Jerome’s leadership in the ADR world has included serving as Chair of the Arizona State Bar’s ADR Section; Vice-Chair of the AAA’s Regional Advisory Council; Chair of the Commercial Section of the international Association for Conflict Resolution (“ACR”) and Chair of its Construction, Real Estate and International Committees; Co-Directors of the Arizona Association for Conflict Resolution, Arizona Dispute Resolution Association and on the Editorial Board of ADResolutions, an international magazine for ADR professionals.

His favorite past-time was riding and caring for Classy Kid, a “Morgan/Quarter” horse which shared 29 of its 34 years with Jerome; swimming, hiking and kayaking fill whatever little time remain unfilled.

**For some answers:**

***Send an email or call Jerome***

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