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FROM STRESS TO STILLNESS. Tools for Inner Peace. Excerpt from Chapt by Gina Lake. THE STRESS CHANNEL. The Stress Channel is the ego's channel. When we're tuned in to the egoic mind and absorbed in our thoughts about ourselves and our life, we are tuned in to the ego.

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Stress is endemic in our society and the cause of relationship difficulties, physical illness, addictions, mistakes, inefficiency, lack of fulfillment, and unhappiness—all the result of being cut off from our Source, from our inherent peace and wisdom. Reducing stress is important today not only for our personal well-being but for the well-being of the planet, as what underlies the stress ...

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While most exercises reduce stress, Kundalini Yoga releases tension in our inner organs, nerves, and glands built up over time from holding the breath and muscles in our stress response pattern. Kundalini Yoga provides us with the tools to energize, balance, and strengthen our nervous and glandular systems so that we can respond to life with consciousness instead of reacting to life with anxiety, fear, and stress.

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~~Part 1 — Transitioning From Stress to Stillness — Stay ...~~

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From stress to stillness was very helpful in identifying causes of stress in our daily lives and gives helpful tools to counter that stress. I recommend this book to everyone looking to free themselves from stress and bring stillness into their lives.

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