

Are You Blushing?

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**Are You Blushing?**

**By Gordon Bryan**

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Well are you??

I'm not at the moment, but I do!  
Sometimes.

And don't you find that the more you try \*not\* to blush, the more you do!!

At this point I could jump into a deep explanation of the biology involved with blushing, but hey, what do you think I am, a doctor?

The important bit, is that blushing is a physical reaction brought on by a thought.

Our thoughts bring physical reactions all the time, it's just that most of the time we don't notice it.

Blushing is a fine example, and here's another one...

The relaxed feeling that washes over you when you hear Beethoven's 'Moonlight Sonata', which is a physical release of chemicals by the brain, triggered by your thoughts.

Or how about the involuntary foot-tapping when you hear 'Achy Breaky Heart'?  
(Or maybe that's just me on that one).

You're probably ahead of me on this one, but this principle can be harnessed and used to your advantage.

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You can deliberately concentrate on positive thoughts, and equally deliberately you can catch yourself when you start those negative thoughts.

Next time someone cuts you up in the car, don't toot your horn or show off your sign language skills, just smile and whistle a tune to yourself, (Achy Breaky Heart maybe?)

2 things will happen.

Firstly you will notice a distinct reduction in the stress levels you feel, and secondly, you will begin to notice the unnecessary stress others heap on themselves all the time, which will in turn increase your ability to

think positively.

Don't concentrate on 'might not', concentrate on 'might'.  
When you find your self criticising for the sake of it, stop yourself, and keep quiet.

Make time for yourself, every day, to do something enjoyable.  
Add 'I am a strong and worthy person' to your list of affirmations.  
Compare it to saying 'I am a weak and worthless person' - which one makes you feel better?

If you follow these steps, you can actively change the balance of chemicals released by the brain, instead of leaving it to chance.

You'll feel more positive, more energised, and here's the kicker, you'll feel HAPPIER!!

And the next time you blush, you'll have a quiet chuckle to yourself, knowing you have harnessed some of the potent power of thoughts and the physical reactions to them

\*\*\*\*\*Gordon Bryan's new book, 'Transform Your Life in 21 Days!has been described as 'a must read', 'awesome', and 'a true gem'.If you liked this article, see the book for yourself at:<http://www.transformyourlifefor.com>\*\*\*\*\*

## **Conquer the Five Most Common Fears about Your Wedding Ceremony**

**By Chris Simeral**

## **Conquer the Five Most Common Fears about Your Wedding Ceremony by Chris Simeral**

### Conquer the Five Most Common Fears about Your Wedding Ceremony

It's safe to say that of all the important events in your lifetime, your wedding day is certain to be right up there with those that are the most meaningful. And throughout the entire wedding day - the preparations, the ceremony, the reception, and the wedding night - the moment when you recite your wedding vows to each other is the most meaningful. It is a time that you will remember forever, exactly as it felt: a sublime, dreamlike fantastical moment, when everyone significant to you is watching as you join in wedlock with the most important individual in your life.

#### Conquering Your Fears

Since this is such a unique and central moment to your romantic life, you're probably wondering how it is that you'll make the experience better than that 10th grade public-speaking assignment where you blanked out halfway through and fainted in front of all of your peers. Begin by telling yourself that it is perfectly natural to feel nervous when speaking in public. Moreover, not everyone is born with perfect public-speaking skills that accurately demonstrate what they feel in their hearts. However, fortunately for the majority of us, these things can be learned.

Of course, being well-prepared and armed with wedding vows you know are the absolute best they could possibly be is one of the easiest ways to overcome these fears. How do I know? Because the home-study course I put together, *The Ultimate Wedding Vow Toolkit*, has helped hundreds of couples take the fear out of their wedding ceremony by giving them the tools they need to write truly amazing wedding vows. You can find out more about the kit at <http://www.weddingvowtoolkit.com>.

But beyond that, when you think logically about each of these fears, you'll realize there is nothing that cannot be overcome with a bit of care, technique, and practice. Let's take a realistic look at these five incredibly common worries. In a few minutes, you'll see that none of them are likely to spoil your ceremony.

#### Common Fear #1: Freezing Up

This is a direct result of being excessively nervous. Therefore, it's important to come up with some calming techniques that will help you to keep cool. It's only natural to be a bit nervous. In fact, the added rush from being a little on the anxious side can actually help you to speak better and with added feeling. The best technique that you can give yourself is breathing. Most often, when we are overly frightened, we either breathe much too quickly or we hold our breath. Therefore, as you're keeping yourself calm, concentrate on breathing smoothly, neither too fast or too slow, but regularly, in through your nose and out through your mouth. Practice a few times in advance, especially in other situations that you've found a bit stressful in the past. You'll be surprised at what an enormous difference something as simple as breathing can do for you.

#### Common Fear #2: Going Blank

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This is another trick played by your overly–nervous brain. To stop yourself from becoming so nervous that you go blank, or even to remove any fear that you may go blank, bring a "backup" copy of your wedding vows on cue cards that you can slip into your pocket. Make sure they are very crisp and neat looking so that you won't hesitate to use them if you have to, and write clearly on them so that you won't get stuck due to sloppiness.

### Common Fear #3: Blushing, Dry Mouth, and Shaking.

These are extremely common physical responses to being nervous and having to perform in front of others. However, even if they do begin to occur, you can bring yourself to a calmer state where these physical symptoms will begin to fade. Try to ignore blushing and shaking as much as possible and just concentrate on your vows and how much you love the person to whom you are making those vows. With regards to dry mouth, drink lots of water beforehand, and try not to think about it. As long as you concentrate on what you're doing, instead of the fact that you are blushing, shaking, or have a dry mouth, they will actually begin to resolve themselves quite quickly.

### Common Fear #4: Having Someone Heckle

This is a common fear, but it simply doesn't happen at weddings. Remind yourself that everyone there with you is hoping the very best for you and your future spouse. They are all nervous right along with you and wouldn't dream of saying anything but best wishes for your future together. The closest they will come to "heckling" is sending a mental prayer to provide you the strength and the courage to continue so that you may enjoy long and happy lives together.

### Common Fear #5: Being Judged

The people attending your wedding are all people who know you, like or love you, and who wish you the very best. They know how much adrenaline is running through your system as you say your wedding vows, and wouldn't judge you at a time like that; except to think about how well suited you are to the love of your life.

Chris Simeral's Ultimate Wedding Vow Toolkit has helped hundreds of people across the U.S., Canada, and Great Britain compose completely personalized and ultra–romantic wedding vows. Find out more at <http://www.weddingvowtoolkit.com>.

### Wonderful Wedding Favors and Wedding Gifts

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