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Tinnitus – The Marriage Killer

By Paul Tobey

If you have tinnitus (ringing ears), like I do, my experience tells me that you likely have a great deal of difficulty with relationships. Why? Because not only does the tinnitus drive you crazy, it can also make feel very much alone. You feel isolated because it often feels like no one can understand your suffering.

The doctors don't really seem to understand. Your friends and co-workers don't understand. And, most importantly it seems like your family doesn't understand. You feel like no one can possibly understand and therefore you tend to lash out at the people closest to you.

You need to be aware that the ones you love are equally suffering right along side of you. You need to know that they feel just as helpless as you do because they know there is nothing they can do. They want to save you from your private torture chamber, but they can't. All they can really do is hold the space while you try and figure out your next course of action.

And so, you are faced with a choice. You can continue on your present course and hope for a different result. That's what many people do. They do the same things day after day and always get the same result. Or, you can actually begin to learn what works in reducing your tinnitus volume. In order for me to share what I have learned after 7 years with tinnitus, I need to tell you a little bit about my story.

I had been happily married for 8 years before I got tinnitus. When I did get the Tinnitus it almost drove my wife and I to divorce. My marriage was not simply strong enough to withstand that kind of pressure. The reason for this was that our marriage, at that time, was based mostly around romantic love. This kind of love cannot withstand serious challenges because romantic love is like a drug. Your body produces chemicals that make you to feel euphoric, energetic and great. It's the equivalent to experiencing a natural high. But, when that drug wears off; everything bad that you felt before you took the drug returns.

So, along with my tinnitus came an opportunity to learn what real love is. And, as I gained more knowledge, our love grew into something much deeper than romantic love. It grew into a spiritual partnership. Gary Zukav (author of Seat of the Soul) defines Spiritual Partnership as "a partnership

between equals for the purpose of spiritual growth".

Unfortunately many people are addicted to romantic love. They continue to seek it with no understanding that they are addicted to an illusion. When you fall out of romantic love you think love is gone, but it's really only the illusion that is gone. In order for any relationship to evolve beyond romantic love, both partners must evolve as human beings.

For my wife Nancy and I, Tinnitus was a beacon in our life experience to help us work towards that evolution. As we evolved as human beings, we evolved in our partnership. And, as I learned more about spiritual partnerships, the more I was able to heal the emotional, spiritual, mental parts of myself. Then my physical world, including the world of tinnitus, began to change. It was an awakening of sorts. You can learn to do this by becoming aware of your thought processes, your internal dialogue, your physical habits and your emotions. Awareness is the key.

As our marriage got stronger, my tinnitus diminished. We discovered a deeper sense of identity, a greater feeling of spiritual connectedness and purpose and a renewed commitment to both our personal growth and to service. With that said, in order for your relationship to evolve, both partners must be willing partners and commit to their own personal evolution for the partnership to grow. Remember, it takes equal partners.

You can actually choose to allow tinnitus to remind you that you need to get beyond where you are at now and align yourself with a higher purpose. You are now being compelled, by force, to find your greater self and to heal yourself. And once you do, you will notice a greater quality of life all around you. Your relationships will change, your marriage will get stronger, your kids will be drawn closer to you, and everything and everyone around you will change for the better. It all starts with the realization that tinnitus is here as a beacon in your life for you to learn to be a happier person, a better spouse and a true friend to all those you encounter.

Paul Tobey is a professional concert pianist who suffered from chronic tinnitus for over 7 years. He found a path to recovery and authored this Self Help Book for

Ringling Ears

Reduce the Volume of Your Ringing in the Ears by Reducing Your Stress

By Paul Tobey

Nearly a third of the population suffers from Tinnitus; ringing in the ears. And, of that third about 25% percent have it seriously enough to seek medical attention. So, for the millions of tinnitus patients; the ones who are suffering on a daily basis, the focus of this article is on you. I'll be sharing with you an amazing secret which will control your tinnitus volume like nothing else out there. The catch is; it may just be the hardest thing you've ever had to learn.

It's hard because most people do not understand even what it is that's making your ringing louder; let

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alone how to deal with it. You hear it talked about all the time. Many people know the symptoms of it but, the vast majority of people have no idea how to deal with it. And, believe me, it's your worst enemy as a tinnitus patient. What is it? What's this dreaded monster?

STRESS!

I can feel you getting stressed out just by reading it. But, by far the #1 way to reduce your tinnitus volume is; "Get rid of your stress."

REDUCING STRESS = REDUCING VOLUME

Why is this so hard to do? Well for starters, most people have no concept of what stress is. Most people think it's the symptoms ie: anxiety, anxiousness, being up-tight, feeling anger, resentment etc. The truth is the symptoms are not stress. And therefore, once you learn the real definition of stress, only then can you learn to rid yourself of it. So, here's the definition of stress...

Stress is; "The amount of energy you put into resisting your situation."

It's not the situation that's causing you stress, it's the energy you put into resisting the situation. So, how do you not resist it? Well, there's really only 2 non-resistant choices you can make in any stressful situation and that is to either; a) accept it or b) remove yourself from the situation. Do you know how many people misunderstand this concept? Staying and fighting only makes the stress worse because you're acting out of fear and your ego wants to win. You cannot win, especially at the expense of others.

So, let's talk about tinnitus and stress. Tinnitus actually causes stress because of the constant ringing in your ears. The worse part about this is; when you're stressed out your tinnitus volume goes up and you get more stressed right? That's why tinnitus is such a hard thing because you're constantly caught in a vicious loop of stress and constant ringing. That's no way to live, is it?

How do you reduce the stress? Stop hating tinnitus. That's a very hard concept for you to accept but the fact is hating tinnitus causes more stress because you're resisting it. Don't! Tinnitus is your friend. It's here to tell you something about your life that you don't already like. It's here to tell you that you need to be taking better care of yourself. You need to be doing what you want to do instead of what others expect of you.

Acceptance of tinnitus is the key to healing. When you accept your tinnitus you will reduce the stress

and anxiety that it causes and therefore you will reduce your volume. Remember, reducing stress = reducing volume. Guaranteed!

Knowing the definition of stress will help you a lot and knowing that you need to accept tinnitus will help but, it won't give you the weapons you need to win the battle. I can't teach you that in one email. That's a journey you'll need to take over a period of time. But, there's no better time than the "now" to start anything. When it's 2 weeks from now it will be NOW! So, it will always be now and therefore you

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can only start, NOW! Are you confused now?

What I'm really trying to say is this; I know you can get a handle on this thing if you just make a clear conscious choice to learning everything you can about acceptance. If you don't try, you'll still be completely stressed out and going crazy with Tinnitus many years from now. You don't really want that now... do you?

The author Paul Tobey has developed a free eReport "The Six Top Ways to Reduce the Ringing." It will change the way you feel about Tinnitus forever. Check it out...

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<http://www.paultobey.com/tinnitus/6-top-ways-ereport.html>

The author Paul Tobey has developed a "How-To" information kit called "A Practical Guide to Tinnitus Free Living." It comes with a beautifully edited eBook, an accompanying audio recording and an audio meditation specifically designed for Tinnitus Patients. A must have for all Tinnitus Sufferers! Check it out...

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