



RELIEF & TURNAROUND:

How to Naturally Defeat Low-Quality Sleep, Anxiety and Depression Without any Medication

A guide to help you gain the clarity and emotional control you need to overcome your current life difficulties

BY
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Have you ever lost sleep because of something stuck in your head that you just can't let go of?

Perhaps an unpleasant memory from the past?

Maybe a silly fight you had with your partner? A conflict you have at work with your boss or a co-worker? Or simple tasks you wish to get done, but for some reason, you just aren't able to do.

At some point, you might even feel a strange shooting pain in your stomach and your palms begin sweating.

If you are like most people and you live in a fast-moving society, you might have experienced anxiety, depression or insomnia from time to time.

On average, 1 in 5 women and 1 in 6 men experienced some level of anxiety or depression over the last 12 months.

At Higher Truth, we've worked with over 100 high-performing women and men to help them reduce their anxiety, improve sleep and live more mindfully.

If you're ready to make a change and live more mindfully, follow this 5-step process we most often use to get the best results.

- Michael Paterson
Director, Higher Truth

(1) Australian Bureau of Statistics. (2008). National Survey of Mental Health and Wellbeing: Summary of Results, 2007. Cat. no. (4326.0). Canberra: ABS.



Step 1 – What are your biggest challenges?

When life isn't the way you want, you suffer from (tick the ones appropriate to you):

- lack of time,
- relationship problems,
- feeling emotionally overwhelmed
- unable to think clearly,
- poor sleep
- health issues.
- Other (list)

They mix together and create that dreaded feeling of helplessness and isolation. Thankfully deep down, that nagging voice keeps telling you life doesn't need to be this bad - listen to it - it's right.

Identify the three main causes of your unhappiness in priority order. My 3 main causes of unhappiness are:

1.

2.

3.



Step 2 – Choose your ideal life

Do you start thinking of the reverse of what you wrote above? This isn't the best place to start. A better way is to picture **how you'd like your life to be.**

What do you like doing, who will you be sharing it with, how will your life be better? What will you be enjoying seeing, hearing, smelling, tasting and feeling?

This exercise gives you the clear picture of what you want. Without it nothing else changes and you already know how life feels now. Write your paragraph or list your desires here.



Step 3 – Use the right tools for change

You wouldn't use a hammer to fix your computer (you might want to!!) and you wouldn't use cake mix to fuel your car, so don't use the wrong tools to help you change; and no - motivation isn't the answer.

Many self-help programs, psychologists and counsellors work at the level of the mind – helping to fix how you think. **Questioning and clarifying** helps you understand the problem - but doesn't change your feelings!

Unfortunately your problems **don't come from the mind!** They come from feelings. If you are reading this, I can guarantee that you **don't feel good.**

Do you feel **guilty, sad, scared, hopeless or helpless** and that there is no way out. Are you angry or have you started to give up?

It doesn't have to be this way.

So why try to fix these feelings by working with your mind – it's the wrong tool? It provides relief, but we are after significant long-term improvement.

Has all the thinking you have done worked?



A better way

What if you worked with **feelings** instead?

If you feel **sad**, do you **regret** what you have(n't) done or said? "If only I had stopped yelling, she wouldn't have stepped onto the road".

If you feel **anxious**, do you **worry** about what will happen? "If I tell Ben at work that I feel harassed, I'll lose my job and can't feed my family"

So, **what feelings are you experiencing** the most?

Beside each feeling rate between 1 – 10 (with 1 the least and 10 the most) how much you feel/experience

Guilt

Shame

Apathy

Grief

Fear

Lust (Desire)

Anger

Pride

Isolated

Helpless

Unsafe



Step 4 – Understand why feelings are important

Everything you do, from using the bathroom to becoming a successful entrepreneur is guided by a set sequence.

Once the sequence starts it can't be stopped. This sequence produces outcomes that either work, creating a great life for you or they don't. The underlying feelings or emotions determine your outcomes.

The 4 step sequence

There is a **Core Trigger**

You have an **Emotional response** to that core trigger

You **behave or act** based on your emotional response.

You experience **outcomes**

A successful sequence.

Core Trigger: A full feeling in the lower abdomen

Emotional response: You don't like a full bladder or wetting yourself

Behaviour / action: Go to the bathroom

Outcome: Relief, no accident, life goes on – your happy

The outcomes you experience are dependent on your **emotional response** to the core trigger. Are your emotional responses helpful or unhelpful?

If you want better outcomes, change your emotional response.



Consider the two outcomes from different emotional responses.

An unsuccessful sequence

Core Trigger: The boss says you are going to speak publicly to 50 people

Emotional response: Fear

Behaviour / action: Dry mouth, lose your place, can't think - don't speak well.

Outcome: No one claps, people look confused, not asked to speak again.

Change it to.

Core Trigger: The boss says you are going to speak publicly to 50 people

Emotional response: Excitement

Behaviour / action: You speak well, entertain and engage the audience.

Outcome: Everyone claps, some stand, everyone wants you to speak again

What feelings did you identify as your strongest in step 3? These feelings are determining your outcomes and your current enjoyment and success.

If every action you take comes from anxiety, grief or anger, how can your outcomes be successful?



Step 5 – Identify your feelings and let them go

You know what you think. You don't like worrying about what might happen tomorrow, but you do!

Identifying feelings isn't easy. They stay longer and many operate at the same time without you being aware. Are you disappointed about criticising your best friend for their second helping of tiramisu at the Italian restaurant, sad about your son being put into a class with no friends and frustrated that you can't get your internet to work all at the same time?

Can you feel the 70 (average) negative feelings inside you right now? When you cry in a sad movie or explode at someone when they cut you off on the road, you experience the strength of the feelings you are holding onto.

To identify your feelings, turn your attention to your torso; particularly the tummy and chest. Notice the tightness, resistance or clutching sensations.

These are your feelings, they determine what you do and produce your outcomes. Let the sensations of negative feelings go and your life changes forever.



Everyone has a right to a happy and productive life.

“You know you’re not happy and deep down you know life can change, you have so much more to give, but you’re stuck and don’t know the steps to freedom.”

Living in a constant state of fear, anxiety and unhappiness is exhausting. Untreated, you end up with:

- poor sleep patterns
- the stress leaves you with **no energy or clarity**
- you feel like there is no way out

Life doesn't need to be this hard - It's decision time.

Answer this question: "Do you want short-term relief from your symptoms or do you want to resolve the core barriers to your happiness forever?"

If you chose symptom relief, this isn't for you, but thank you for your time. If you made the right choice, your life will improve beyond what you thought possible.

What's next?

It's my wish that this guide equips you to overcome your current and future challenges.

As you begin to put this into practice, many new challenges might appear:

"How do I become clear on what I want and how I get it?"

"What should I do or where should I focus to get the right result?"

"How will I know if I am doing it right?"

"Should I see a counsellor / psychologist?"

If you are tired of suffering from your emotions, going through all the trial-and-error, and you want someone who can give you constructive advice about your specific situation, I want to invite you to have a private 1-on-1 conversation with me, just you and me.

My goal is to better understand your situation and to give you practical and actionable tips that you can implement straight away to improve your situation.

How it works:

1) Book A Free Strategy Session

- A 20-30 minute chat on the phone designed to clarify and understand your situation, challenges and give you clarity.

2) Get A Customised 'Your New Life' Plan

- A simple action plan that will help you overcome your current challenges and accomplish your goals in the shortest period of time.

3) Ongoing help to keep you on track

- Work with me to speed up your results, to answer your questions and to help you see your blind spots.

BOOK NOW

What Other People Are Saying:

"The sessions with Michael have been life changing. I have been able to lift so much sadness and regain my strength allowing me to smile again which I haven't done in a while. The sessions have taught me how to manage my anxiety and stay grounded in tense situations. I look forward to going and come out feeling so energized. I would recommend this to anyone who suffers from anxiety and / or depression. Your body will thank you greatly."

- Jess

"I came across Michael whilst experiencing a lot of significant change in my life. If you're struggling with certain areas of your life, like stress, anxiety, insomnia, or just a general feeling of 'lost' like I was, then I can guarantee you Michael will not only help you release these 'weights' on the mind but give you the techniques to open your awareness to see & experience much more. Meditation IS for everyone, and it is one of the few paths to truly knowing and loving yourself which will ultimately make you SO much happier. Thank You."

- Patrick

"When I came to you Michael I was at the end of my tether. I am now feeling happy and confident. Thank you."

- Pat

"I have had some of the best night sleeps I have experienced in 15 years. I can feel an improved ability to focus and remain relatively calm even when under a heavy work load during the day. I highly recommend Michael's approach and way of explaining the benefits"

- John

" I've tried similar things, but they didn't work... "

You might ask "why will this work, if everything else I have tried hasn't?" This works because it is specific to you and goes to the root cause of your problems, bypassing your mind. No one I have seen, has worked this way before or achieved results as quickly as they do with these techniques.

The issues you are dealing with come from your **unconscious feelings**. You are left powerless, you unknowingly sabotage yourself and are unable to achieve your goals.

By working at the cause, unconscious feelings and thoughts are let go and the self sabotage stops. Your strength returns and **you take charge**.

Book a strategy session to see if this is a good fit for you.

About Michael

Michael has worked with medium sized businesses and individuals for over 30 years to help them improve performance, revenue, increase staff engagement and to achieve personal goals more quickly, leading to happier, more successful lives.

Over the years he has continued to research and study the fields of personal development - meditation, human relations and individual potential and performance, enabling him to develop comprehensive processes that work.

Michael came into this field after facing his own challenges and overcoming them. Knowing how difficult life can be, he made it his mission to help others overcome their challenges. Michael says this is among the most rewarding things that he does.

Book your free Strategy Session with Michael

Can you afford to continue living this way for the long-term?
What's the cost to your health, productivity and family if this continues?

What would it mean to you to be able to sleep better, be able to manage stress and enjoy your present moment rather than "running away" from it?

Schedule your free strategy session and make a change to your situation.

BOOK NOW