

## How to Get Your Life Messages and Benefit

Once you recognize your **Life Phone** ringing and you stop its ringing by picking up the phone (applying the **INSTANT CALM: The Six Second De-Stress** skill), you are ready to hear the message of change!

Always remember that stress has purpose. It is not random. Stress is a valuable signal that you have perceived change AND that you are receiving benevolent communications to guide you to successfully navigate change, gain health and thrive!

**Here's the secret to stress. Your Life Phone call is telling you:**

- **Something is changing! or**
- **Something needs correction! or**
- **Important opportunity!**

**This is a good thing!** You are getting advance warning before any damage, illness or accidents have yet occurred. While this entire perception seems mysterious — and miraculous — science can now explain the entire amazing process. We humans are designed to perceive change to survive and not go extinct. All of your five senses are tuned to sensing change. It's natural.

The better you are at recognizing your signals of change, the more quickly you can respond and benefit. Your goal is to never wait until the signals — your **Life Phone** ringing — become symptoms, illness and disease. You want to catch them early when they are in the form of little sensations that seem “unusual”, not “normal” or unexpected.

In other words, you feel something that's different enough to notice. It catches your attention, so that you stop whatever you were focused on and become more aware of what's going on around you. You focus fully in the present to identify what is changing. You can do this very effectively by using instant calm to quiet the noise of your **Life Phone** and gain presence of mind.

Fortunately, as a signal of change, stress is not always a potential problem. Sometimes a wonderful opportunity is about to happen that you want to enjoy! Whether warning or opportunity, you want to benefit by applying the **Genius Focus** to improve your life.

The **Genius Focus** gives you the mental tools you'll want to create solutions and achieve goals in response to stress, challenges, problems, difficulties and unexpected change. You change draining mental fatigue into energizing mind power!

