



## The Story of Stress Responses

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A common misconception about the master warrior is that he or she lives in a world beyond fear. The actual truth is even more astounding.

The warrior has learned to be **unafraid to be afraid**. Not wasting their personal energies defending themselves against themselves, all of the power that is available is used to complete their purpose.

This is the crucial difference. They have learned that the energy it takes to control their negative emotions and fears forms a block to further development. *Therefore, they invest their time and energy in learning how to bodily accept fear and how to transform it into useful power.*

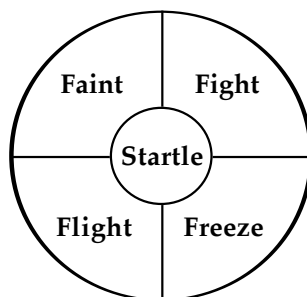
Every time we have a meeting or conversation with another person, this issue arises. Every conversation is an encounter, both with oneself and with the other person. It is a well-accepted fact that only 10% of any communication is verbal.

What is going on in the missing 90%?

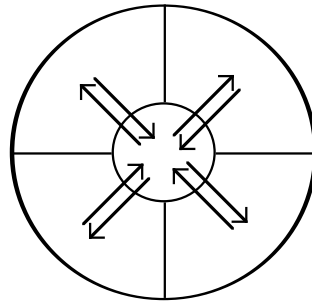
What does the master warrior do that is different? What is different is the way they relate to the animal side of their human nature. They work with the animal reflexes in order to gain true control. They do not confuse suppression with mastery.

When an animal is shocked or subjected to an intense situation, a deeply embedded biological action called, "the startle reflex" is engaged. The breath stops, the body tightens and the eyes and ears scan for the danger.

If the danger is close by, the animal will react in one of four ways: Fight, Flight, Freeze or Faint.

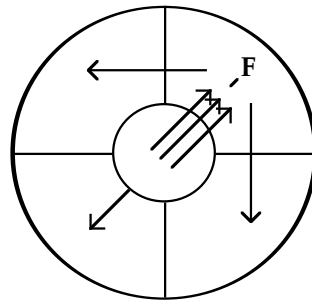


When the action is completed, and the danger is past, the animal relaxes back into its natural state. This is the natural process.



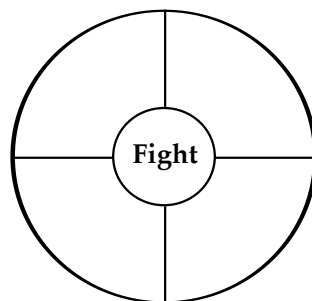
**The Natural Process**

However, as human animals, we tend to forget to release both our stress reaction and the startle reflex. As stressful situations add up, we move further and further from the natural relaxed state.



**The Normal Process**

As the pressure builds up, the gateway back to the pre-startle, natural state, contracts and we find ourselves in the world of unending stress and tension. Progressively, our encounters become layered.



**This is who I am.**

As illustrated by the above diagram, as this individual attempts to flee, he or she does so from a fight perspective.

No matter what strategy the person chooses and no matter what is their conscious intention, the energies of "fight" will be radiating through their projected presence.

**Each one of us tends to favor  
one of the four stress responses more than another.**

**This unconscious stress reaction becomes identified  
with "the way we really are."**

**As long as we believe in this limiting self-definition,  
the gateway to our true capacity for power, presence and leadership is blocked.**