



How does it work?

Imagine that you have gone to the movie theater and we are sitting together. As the movie begins, you get caught up into the action and before you know it you're living the movie. Lost in the imagery of the movie, you feel the action and react to the excitement of a kiss, a chase, or a fall.

If I hit your arm and you react to me, it breaks the imagery of the movie and you remember that you're in the theater. Not only is the imagery of the movie broken, so is the emotional bond that held you. The power of the imagery fades away into nothing.

The Exercise works on the same principle. Simply put, it breaks the endless loop of thought sustained by emotional energy. It sets you free from “Reimagining the trauma again...”

Your thoughts rage into a battle, keeping you confused, lost and emotionally charged, and worst yet, causing you to seek escapes (to feel better, e.g., drugs, alcohol, sex, outbursts).

Being aware is effortless. There is nothing to study, nothing to learn. Just be still, aware, and the reoccurring images with their assorted pains wither away.

All you have to do is sit in a straight back chair and listen to the Exercise. The narrator, Roy Masters, walks you through it.

[As you sit, you'll become aware of your hand and it will tingle just a bit until a thought pulls you away and the tingling will stop. It's a mini-battlefield between being in the Movie (caught up) or the Audience (aware).]

Day-by-day this simple Exercise breaks the shackles of your mind, and you're no longer reliving the past. As you see it, and watch it, the thought will simply fade away.

Mr. Masters' exercise delivers results. It is not an escape, just to make you feel better. It is designed to set you free; empowered.

Dr. George Hayter, Psychiatrist and Diplomate of the American Board of Psychiatry and Neurology, says the Exercise "...is the only program of self-therapy which achieves the desired end-state of therapy; to lessen the dependence on the therapist – the goal is self-awareness." Also,

he says, "It's the only approach that I have ever seen in the whole field of psychology which allows you to become independent, competent and effective."

The Warriors difficulty of overcoming the stigma of weakness, or asking for help, is apparent. Everyone acknowledges PTSD and knows of someone else with the problem, or at least having troubles. There is a strong cultural resistance to admitting or seeking help. Even so, several Soldiers and Army civilians have asked me for the "Be Still and Know" Exercise, including a General Officer and a Chief of Staff. Check it out; it's very private. Just log onto [www.PatriotOutrech.org](http://www.PatriotOutrech.org) for the download or call 800-877-3227.

"Patriot Outreach" provides grants (at no cost) to all military Warriors, vets, retirees, government civilians, battlefield contractors and their families. Mr. Masters is a true patriot and genuinely cares. If you have a question you can call him Monday through Friday at 800-866-8883 between 2100 – 2300 hrs Pacific (West Coast) Time.

***Let's not bring home the enemy. Working Together...Making A Difference. HUA!! Let us cherish the sweet joy of life. God Speed!!***

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### **Colonel Monaco's Epilogue (November 2007)**

As their loved ones enter harms way, several family members have asked me what they can do. Can the Exercise "Be Still and Know" help? Absolutely!!

The Exercise is for everyday life. Your work! Your family! Your kids! Your health! Even road rage!

Keeping with our movie theater analogy above (How does it work?), using the exercise before, as well as, during a deployment (or stressful operation) is comparable to being told the ending of the movie. It spoils it! How many times has this happened to you?

Knowing the ending, being aware, negates a lot of the suspense, emotional bonds and intrigue, and therefore the cause of many common stress reactions. Overcoming stress, anger, and fear not only on the battlefield, but also on the Homefront will bring us joy, and a more productive and happier life.

Download the exercise! Try it! What do you have to lose? Moreover, many have found comfort in Psalms 91. Together, with God's Blessing, fighting for each other will make a difference.

***It is an honor to be of service to our country. Help get the word out!! God bless!!***