

How to Break the Cycle of Stress and Create Lasting Harmony

By Emma Bennett

Wherever we go, wherever we are, there can be stressors from our thoughts, environments, and daily experiences. There can be a push-pull feeling of trying to regulate to become calm, and then feeling yourself give in. Though it is definitely healthy to do your best to manage and to ask for the help you need and receive it, there can be a point of there simply being too much to handle effectively. The problem with stress is that we can get used to it, and similarly to how one can develop tolerance to medication, we can develop tolerance to increasing levels of stress. As a coping mechanism, some people adopt and strengthen the belief that developing a high tolerance means that they're strong, they're fighters, or they're being resilient when in truth, resilience is being eroded.

The brain, body, and nervous system, as well as the human spirit, are not intended to hold high levels of stress and tension for too long. Over a sustained period of experiencing stress, there will be diminished returns on creativity, productivity, vitality, fulfillment, and overall enjoyment of life. Research on neurobiology, how our behaviors and biology work together, shows that stress produces neurochemicals and stress responses in the body that can become addictive. This explains how some people can be hooked on gossip, drama, and negativity in the media. Sustained stress affects the body in many ways, including increasing inflammation and creating diseases, but also affects a person's ability to be in touch with their highest potential and be open to opportunities to thrive and prosper.



Photo by Graeme Kapono Ulrich

This is where it really comes in handy to preemptively “[EWOP](#)” — to develop the habits of believing that [everything is working out perfectly, expecting the best, trusting yourself, and blessing the present](#). These are habits of belief that promote harmony and help you to harmonize the energy within you and all around you. IKE is the name of one of seven huna principles that provide guidance to be empowered physically, mentally, emotionally, and spiritually. Huna means “secret” and refers to

hidden knowledge. "[*Ka'ike huna*](#)" is described by shaman Serge Kahili King as "[*the esoteric knowledge of using the power of the mind to influence nature and events.*](#)"

The huna principle *Ike* can be applied to becoming clearly aware that a state of stress is not aligned with what you deeply believe and know is best for yourself. If everything is working out perfectly, then there is always a resolution to stress. If you are expecting the best, is constant stress *the best*? You deserve to be healthy, happy, prosperous, and to experience love and harmony. Anchoring yourself in this belief will begin to help shift you gently and persistently towards a better state of peace, wellbeing, and holistic equilibrium.

Grokking or working with the [turtle, honu, a symbol of stability, navigation to help you find your way through any situation, direction in life, purpose, and prosperity](#) can help. To grok means to deeply connect through understanding. 'IKE in Hawaiian means to see, know, feel, greet, recognize, perceive, experience, be aware, understand. Beyond the definition, 'ike can be a powerful force used intentionally to guide your life and create positive changes for wellbeing and prosperity. ['Ike aku, 'ike mai](#) literally translated means to understand and be understood, but is also a powerful statement of deciding how to apply your ability to perceive and receiving the benefits of how you choose to perceive. This is considered a way to create prosperity.

More Resources:

- [*To Stress Or Not To Stress* by Serge Kahili King](#)
- [*A Destressing Plan* by Serge Kahili King](#)
- [*About About Optimism* by Serge Kahili King](#)
- [*Life is just too hard* by Graeme Kaponu Urlich](#)
- [*Think, Feel, Relax, Rehearse* By Graeme Kaponu Urlich](#)