

The 5 Golden Rules of the PBA

The PBA (Psycho-Bio-Acupressure) was created by Doctor Pierre Noël Delatte. He developed and shared 5 rules of healthy living, called the golden rules of the PBA. These rules make it possible to preserve the benefits of PBA way beyond the session. They also allow to stay in positive energy and live a fulfilling life!

Golden rule n°1 : Protect yourself from negative people

Following an appointment with a boss, a colleague, a friend, You feel drained. This person has literally absorbed your energy. He was a negative person ... Stay away from this kind of person. Or if you cannot avoid to be in his presence, here is a tip to protect yourself.

It takes only a few seconds.

Before the meeting: take a deep breath while closing your eyes. Block your breathing and imagine there is a protective wall in front of you or an Energy bubble surrounding you. And mentally say: "I am protected" and exhale.

Now you can meet the person, you will see, your vital energy will be preserved.

Golden rule n°2 : Do not dwell

The little hamster that constantly trots in the head. The little voice that never goes silent. The images that parade continually in the corner of your mind. You know what I am talking about ...

Ruminations, a real energy pump ...

So, when that happens, be aware of it. Then immediately do a physical action: walk around the room, go outside, have a glass of water, etc...

This will then go away. The mind will put the attention elsewhere.

Golden rule n°3 : Do not stress

The stress ... Bane of our time, right? In small doses, it is a motor. In high doses, cortisol overdose is toxic to neurons and the body.

When you are in a stressful situation, ask yourself this key question: "In 5 years from now, (set the exact day, it is important), will I remember what was stressing me today?

Probably not ... So, relax!

Golden rule n°4 : Do not feel guilty

Guilt is a poison that keeps us from being ourselves.

It is therefore important to differentiate between fault and error.

The fault is intentional while the error is completely unintentional. Don't we say that error is human? If after a mistake you blame yourself, there is a key question to ask immediately: « Was my intention to harm? »

Certainly not!

So, you have no reason to blame yourself. You just made a mistake. This is how we learn and grow. We are all human after all!

Golden rule n°5 : Live in the present moment

Last rule which complete this set of principals is to be in the present moment. Do not dwell over past events because it happened anyway. Nor anticipate the future, because you cannot predict what will happen. Life is happening now. Many techniques allow you to come back here and now. Here is the one I use and which works wonderfully.

Take 3 slow breaths while mentally visualizing the air going in and out your lungs.

It's mechanical, organic, almost magical. You will then return to your body in the present moment.

If once is not enough, then repeat the operation until your mind calms down and the body takes over.