

## Mission

The Mission of Your Wellness Consultant is to educate and train my clients in methods to develop and maintain a healthy and rewarding quality of life. No corporation, organization, group or individual can truly realize its full strength and productivity unless it unlocks the untapped potential that emerges from living a wellness lifestyle. Utilizing ancient wisdom and modern science, We endeavor to give every client keys to accessing the powers that emanate from a balanced relationship between mind, body, and spirit, and from an understanding of the Principles of Inter-relatedness, Inter-connectedness, and Inter-dependence.

**Our Goal is to provoke and facilitate an enhanced vision in each of our clients, enabling them to achieve their unique form of self-actualization.**

### Got Stress?

**Is stress affecting your peace of mind, performance, or health. Are employee stress-related health and absenteeism issues eating up your company profits?**

**Call us!  
We can help!**

*Sharif Enterprizes, Inc./ “We Transform Information Into Insight!”*



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**Complementary Health Care Consultant  
Stress Management Consultant  
Personal Security & Self-Defense Trainer**

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## Capitalism & Stress: Part I

Much has already been written about the history and nature of Capitalism. But since Capitalism is a fecundating phenomenon we must keep a vigilant eye out to spot its manifest and latent consequences. One of those latent, unintended consequences is stress! Of course from a conspiracy perspective we could debate whether or not stress is an intended or unintended consequence of Capitalism, but that would be tangential to this particular discussion. I'm not an economist or a mathematician, but it doesn't seem you have to be either to figure out the relationship between Capitalism and

Stress. We've probably all learned the same general definition of the Capitalist Economic System. Capitalism is an economic system based on the private ownership of the means of production and distribution of goods. It is characterized by a free competitive market and motivation for profit. Capitalism changes shape depending upon the degree to which it truly operates as a free competitive market with limited government oversight or interference. But regardless of the many faces Capitalism may wear, some things remain true about its nature.

## Capitalism's Survival Mandates

Capitalism must do three things in order to survive. It must continue to create new products, it must continue to create new markets for those products, and it must maintain access to the material, technological, and human resources necessary to feed the system. These must be accomplished with a degree of rhythm. Of course

there is subtext to these survival mandates. The need to continuously create new products has the subtext of planned obsolescence, science, invention, innovation, McDonaldization, psychology, sociology, and more. And the need to continuously create new markets has the subtext of advertising, media, persuasion,

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## Capitalism's Survival Mandates (con't)

and the need to maintain access to the necessary resources has the subtext of New World Order, regime change, war, genocide, and a host of other necessary ingredients to accomplish the mandates. So on the global scale one of the latent consequences of Capitalism is international and cultural tension as Capitalist systems attempt to meet their resource and market mandates. Like tectonic plates pressing against each

other, Capitalism necessarily pushes against other cultural systems with unrelenting persistence. And as a result, international stress escalates. These survival mandates and latent consequences of Capitalism are not only active on the system-wide or macro level, but they also have their influence on the individual or micro level. Individual businesses and the individuals within those businesses must also meet these three mandates.

## Capitalism's Stress Producing Tendencies

They must continue to creative, innovative, and imaginative in order to continuously remake themselves into whatever the markets demands at the moment. They must continue to open up new avenues of opportunity to sell their selves as vital assets to prospective employers or essential service providers to prospective customers and clients.

Since Capitalism by its very nature requires that all members of the global society be involved in its enterprise, shifts in population, workforce demands, technology, political climate, or even weather can push the system off balance, out of rhythm. Since there is a constant shift in the abovementioned conditions, Capitalism will inevitable create stress.

To be continued

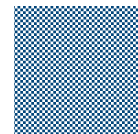
### About Our Organization

**Sharif Enterprizes, Inc.** is an Arizona based, owner-operated corporation that has provided education, consulting and training services since 1988.

Our excellent administrative support and extensive background enables us to provide you and your organization with the very best in

Education Consulting, and training services across a wide range of topics.

SEI gives you access to techniques that improve decision-making, enhance brainstorming and planning sessions, stimulate creativity and intuition, and improve worker satisfaction and performance.



To: