

MIND BODY

HEALTH & WELLNESS

DISCOVER THE POWER OF SELF-AWARENESS

Unlock the infinite powers of your mind

PERSONAL DEVELOPMENT

Plays a big role in maintaining health. Discover how

RECLAIM YOUR HEALTH

Stop doing things that jeopardise your health.
Discover the secrets to continued health

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What is Health ?



During recent times, the concept of health and well-being has grown to include a number of other areas.

These days, health is considered to be a multidimensional concept that includes: *social, mental, physical, environmental, and emotional aspects*.

Wellness is another concept which has had media exposure. What is wellness? How do you become well?

Wellness can be defined as the measure of our status in each of the dimensions of health outlined above.

Therefore, in order that you become congruent with health and wellness, I suggest you be aligned in each of the aforementioned dimensions. Alignment refers

to being active and having a conscious understanding of how these ideas show up in your life.

Many people may have active and healthy social health due to the nature of their jobs. This may be to the detriment of their physical health since they spend a great deal of time drinking and engaging in toxic social behavior. The key to achieving success in these areas is bringing a balance and order to each one of them and not allowing one to override the other.

I have been talking about emotional health for many years now at both a client level and during seminars and workshops. I have witnessed many clients deny their emotional well-being, believing that denying it would allow it to go away or get better. This notion is far from the truth.

Dimensions of health defined



We previously defined a number of areas relating to *health* and also gave a descriptive definition of *wellness*.

Let us examine these definitions more thoroughly so that we have a working model as we explore these ideas.

Social health

Social health may be defined as the ability to ‘get along’ with others, including: family members, friends and colleagues, giving and receiving love or friendship and feeling goodwill toward others. Most of us take this for granted. As we move into a technological age that is built on social platform media, we are seeing a shift in the way we communicate and relate- to others.

This is clearly evident when you take public transport. Observe the number of people wired to iPod’s or other musical devices. I take public transport from time to time. I can recall many instances where people were reluctant to engage in direct conversation. They thought it was odd that a complete stranger would start a conversation. Yet, we’re more than happy to initiate conversations, meetings and even dating behind the safety of a computer screen. Most of the interactions of today’s youth are and will continue to be electronically based.

Examine your social practices and review anything which you are uncomfortable with or wish to change. The brain is very astute in subtle changes in relation to social interactions. There are many reported cases of people suffering social phobias that may become crippling to the degree of requiring psychological intervention.

The more you engage yourself in social scenarios that require you to step out of your comfort zone, the better equipped your mind becomes to accommodate and make adjustments in these areas. Facial recognition and the ability to interpret human facial expression is an area activated within the brain called the *fusiform gyrus*. This area becomes more active and makes stronger network connection the more it is used.

Mental health



According to Wikipedia, mental health is defined as: *an individual's ability to enjoy life and procure a balance between life activities and efforts to achieve psychological resilience. Mental health is an expression of our emotions and signifies a successful adaptation to a range of demands.*

The above definition refers to being united with your thoughts. The suggestion is that you are at peace with yourself in thought and do not have an internal conflict or dialogue going against your natural state of well-being.

Mental health can be a difficult area to diagnose when one is out of balance, since the outward signs may not be obvious.

One of the greatest influences on my own mental health has been the development of *spiritual service* and regular *personal development*. I will discuss these concepts more in detail later. To use a metaphor, you are developing and extending the ability of your mind to be your humble servant. This is opposed to your mind becoming your slave. Working on yourself and extending your mind's ability to deal with external situations in life nurtures personal growth.

My aim in writing *Awaken Your Authentic Self* e-book is to share some of these ideas with you, since it has afforded me a great deal of joy and inspiration in the process.

Being in spiritual service requires that you become aligned to life's greater purpose and mystery. It requires practice and understanding of universal laws and principles which govern humanity. Laws such as karma and giving are two main principles that bring one into alignment with a greater meaning.

The other area I mentioned is personal development. According to Wikipedia, personal development or personal growth is the process of allowing oneself to become guided by improving who you wish to become. Attainment of goals, tasks, plans or actions is orientated toward fulfilling some of the following aims:

- improving self-awareness and self-knowledge,
- building identity,
- developing or strengthening talents,
- improving or identifying potential,
- enhancing lifestyle or the quality of life,
- fulfilling aspirations and improving social abilities.

When self-awareness and self-knowledge are combined with health and wellness, a wonderful life begins to emerge—a life filled with meaning, purpose, direction, joy, inspiration, excitement and more. You become the architect of your destiny, the captain of

your ship. This brings great benefits and adventure to your life as you no longer feel helpless or a victim of your circumstances.



Physical health

Physical health includes: your body size, shape, sensory acuity and responsiveness, fitness and responsiveness to disease and disorders. It is the ability to perform activities in daily living without pain.

We take for granted many of the tasks we are able to perform on a daily basis from the moment we get out of bed in the morning. Having spent many years working in post-rehabilitation with clients, I have seen many people who had restricted function as a result of injury, disease or accident.

The effects can be emotionally and mentally debilitating, since we are unable to perform even the simplest task such as brushing our teeth or pouring a cup of tea. We assume that we will always be capable of performing these functions consistently without a caregiver's assistance. Albeit, without a great deal of pain too. Recall times during your life when you have sustained a minor injury, leaving you incapable of performing the activities, sports, and/or exercises you've enjoyed previously.



How did you feel physically? What emotions and thoughts did you entertain during these times? How long did it take you to regain your health and well-being?

These are important questions to consider since they allow us to look further into the various dimensions of our well-being. We are multi-dimensional beings with so much happening behind the scene. Our health is like that of an iceberg. Eighty percent of it remains submerged underwater. It is not until we examine our thoughts and emotions that we begin to see that we have contributed to or hindered our health and well-being.

We will discuss in greater detail health and well-being via a formed practices. Many of these may already know yet fail to in your life. I urge you to develop mind shift in relation to your declaration that you will value I assure you that all other life will fall into order. Your ability tasks, earn money, look after to work each day and many other based on having good health.



how to achieve number of well-principles you implement them a strategy and health. Make a your health first. aspects of your to perform daily your family, go things are

The concept of good health may differ from person to person. If you smoke and drink regularly and never participate in strenuous exercise, you may have a different appreciation than that of an athlete. The athlete's life and career is built on the basis that their body will routinely perform on a daily, weekly, monthly and yearly basis. Their day-to-day routine will be far more involved than a construction worker's day. *What we value tends to appreciate in value.*



Environmental health

Your environment can have an impact on your level of health and well-being. Factors that may influence this include: chemicals in water and soil, plants allergens, air pollution, metals (lead & mercury) and sun exposure.

The home is an area that may contribute to toxic factors. These include: dust and pet hair, second-hand tobacco smoke (not only confined to the home), fine particles (asbestos, silica, graphite, coal,) dust mites, house dust, mold, pets and pollen.

Other areas also worth noting in terms of environmental toxins include: sewage run off from septic systems and waste treatment plants, water borne pathogenic organisms, fertilizer and animal waste runoff. Whilst there are many other factors too numerous to mention, it is worth noting where these pollutants and toxins show up in your immediate environment. I suggest that you minimize the amount of exposure you have to these irritants wherever possible. Should you be working in an environment that is heavily saturated with chemicals, I would assume there is a contingency in place to safeguard you against such harmful exposure. Please be aware of these plans and procedures.

Repeated exposure to harmful substances, toxins and pollutants places a great deal of strain on your immune system. By reducing the level of exposure, you are taking the necessary precautions to help protect your body from deadly, long-term diseases.



Emotional health

Psychologists suggest that *emotional intelligence* is a far better indicator of one's constitution than intellectual intelligence.

There have been numerous studies conducted around the world to test this theory. The most famous one included the *delaying gratification test* used on young children. In the experiment, researchers placed marshmallows in a room full of young children ranging in age. They

instructed them that they could receive a marshmallow now or if they waited ten minutes, they would receive two marshmallows. They asked them to ponder their decision and left the room unattended.

The results were interesting. For young children, candy is a worthwhile reward. In light of the test results, researchers found that the children who delayed gratification in order to receive a handful of candy later, performed far better in life situations when interviewed many years later. They developed a resiliency and mental toughness which served as useful tools to help them navigate through life.

Your e-motions are *energy in motion*. An emotion is absolute and cannot be reasoned with. Have you ever tried to reason with an angry person? Or perhaps you've seen a particular item when shopping that you just had to have? Logic may have interceded and reasoned that you could not afford it or that you already had a similar item at home. Yet, your emotions believed otherwise. You wanted that item NOW! Your emotions sought to convince you that you really need to have it.

Our emotions can serve to lift us to great heights or hinder our personal growth. One of the mechanisms which may become useful in managing your emotions is to become aware of them as they occur. Many people are unmindful of their emotions and the part they play in their lives. Through repeated exposure and learning to identify and manage your emotions, you will gain a better understanding of how your emotions may best serve you. It takes time, patience and perseverance.

What are emotions?



As mentioned earlier, emotions are energy in motion. Sometimes referred to as feelings during speech, they can have wide ranging impacts on our physical wellbeing if left unchecked.

Emotions colour people's lives, adding depth and variety. Throughout history, great composers and artists have been influenced and guided by their emotions to create timeless works. One need only visit the Sistine Chapel in Rome to see Michelangelo's amazing painting, *The Last*

Judgment. Such a piece could never have been created by a dull and lifeless person. It is believed that emotions also serve our motivation to behave in certain ways.

There are basic human emotions. Depending on the literature one reads, they include the following:

1. Fear
2. Anger
3. Joy
4. Love
5. Sadness
6. Surprise

Let's examine the emotions, so that you have an understanding and awareness of how they may best serve you in relation to your health.

Fear



Fear is a response to an anticipated future danger. It is a survival mechanism used to help protect us from ensuing danger. It is the basis of a threat to our survival. The mind instructs the body of the threat via physiological responses which include: elevated heart rate, shallow breathing, sweating, nervousness, tightening of muscles, pupil dilation (to accommodate more light) and increased blood pressure.

Prolonged exposure to fear may alter brain chemical functions and hormone production within the body. A feedback loop is created, since the body learns to recognize and

reproduce the effects of fear.

Much has been written about fear and the role it play in our lives. The primitive view of fear is that it evolved to warn us from oncoming danger in our environment. Our ancestors would have faced dangers in the form of wild animals and environmental conditions that threatened their survival.

Today we don't have to worry about being chased by lions. Rather, our lives have become filled with different stressors. Fear has managed to wreak havoc with our physiological state. Fear can be a positive emotion when used in the right context i.e., to warn us of oncoming danger. When the fear takes hold of us and impedes our living an abundant and radiant life, it is time for us to look deeply at the cause(s) of the fear.

So how do you manage fear? Now that you have a basic understanding of its function and role, we shall explore in some detail, how fear plays out as an emotion in our life. Recall a childhood scenario where you became aware of a fear. It may have involved being at an uncomfortable height or coming into contact with someone you didn't immediately recognize or perhaps an animal or insect which you perceived as dangerous.

Fast forward to your life in the present, as you read this e-book. Does that same fear still play a role in your life? I recall one of my early childhood fears was water. I was terrified of drowning and being left alone at the local pool unattended. It manifested itself in many ways throughout my childhood. I refused to participate in swimming classes with my fellow classmates, for fear of drowning.



Later in adult life, fear would also rear its ugly head to detract from the quality of life. I found myself adopting

the same behaviors as when I was a child – avoidance of the situation. This only allowed the fear to grow since I was giving it life to grow within my mind, rather than my facing it head on. Thankfully, with awareness and patience, I was able to identify the cause of the fear and deal with it. These days, fear is still apparent in my life, yet I choose not to allow it to take control me. The saying: *feel the fear and do it anyway*, rings true.

Anger



Anger is a strong emotion related to being wronged or not receiving an expected outcome or desire. It arises from an unfulfilled need. Anger can result from being treated unfairly, or without respect, or being manipulated. When we are unappreciated by others, we can also feel angry.

I am most angered when there is an expectation of how I should be, act or feel. Most of my early childhood anger stemmed from my relationship with my father who had a rigid set of rules regarding my behavior. Have a look at your own life for a moment and consider the issues that cause anger. Don't respond to them just yet. Allow yourself to become aware first.

We live in a fast-paced world. We have taken on far more than we can handle. For most people, this means being on the cusp of nervous tension or dare I say – a breakdown. We are easily angered when someone cuts us off in traffic or jumps the queue at the supermarket. Terms like road rage, phone rage, cell phone rage and plane rage are quite common. There's a lot of pent-up, unexamined anger under the surface. Thus, even a slight trigger is enough to cause an emotional outburst.



Anger is a primary emotion, intense and physical. Consider what anger does to your body. The brain senses the alert of an emotional build-up of energy. Your heart beats faster; your blood pressure increases; there is intense breathing; your pupils dilate. Your body begins to sweat as adrenaline kicks in on command from the amygdala, the brain centre responsible for arousal. Your arms begin to wave in violent gestures. You raise your voice to scare the other person into retreating or surrendering.

Anger is your body's "fight or flight" response. It attracts a chemical and physiological response within the brain, depending on the situation. With repeated

exposure, this may become an automatic response. You have created a feedback mechanism through repeated exposure to the stimuli. The emotions associated with anger are wild, primitive and destructive. It is very difficult to reason with an angry person.

In order to achieve optimal health, it is imperative that you address your anger. The physiological destructiveness of repeated anger includes symptoms like: migraines, IBS and chronic pain. High blood pressure may also be the result of repeated exposure to emotional outbursts. Quite simply, our bodies are not equipped to handle continued exposure to anger. The physical symptoms cause far too much destruction at the cellular level to warrant the emotion. Examine closely your strategy when dealing with anger. It may be too late if you examine it after the event. Hurtful words may have been exchanged, creating an unresolved situation.

Joy



If anger is a powerful emotion related to being wronged, then joy is the fullness of spirit. It is the expectation or hope of an expected positive.

Joy expresses itself in a different way from anger for obvious reasons. When you are joyous, there is a lightness of spirit. Personally when I am radiating joy, I feel it in my heart centre. There is a tingly sensation in that area. I am neither bound nor restricted by my

feelings. I feel euphoric and positive about the future and how it may unfold.

Joy involves a radiance and movement throughout the body. It is held within the eyes. It comes from a place deep within – some might say the soul. It involves a vitality which is alive, seeking outward expression and expansion.

We feel joy when we are authentic, aligned with our true nature. There is no falseness to our character. There is a sense of loving who you are, no matter what's going on. It is accepting that you are love. We are in joy when we're in harmony with our body. For me that joy exists when I am riding my bike along the water on a beautiful, sunny day. I feel the expression of my health and well-being via exercise. Or it may be when I am on stage speaking to people about this topic. There is a stirring of emotion within me that I find exhilarating. I want it to last. I lose myself in time and the moment.

Joy is associated with opening our hearts, in trust and intimacy to others. Sadly, those of us who have been hurt, learn very quickly to protect ourselves. Joy cannot enter a heart that is protected like a fortress. It wants to reside where it knows it will be accepted and honoured. Out of this sorrow, you may find inner peace and trust to allow others into your heart to experience joy once more.

Joy arises when there is fun in your life. Find the time for fun in your life, no matter what the activity is. You will know, since you'll want to be immersed in it. Adulthood makes it difficult to embrace joy. We become more cynical, knowing that what goes up, must come down. We begin to protect ourselves, sometimes unconsciously, for fear of being hurt.

Life is cyclical in nature. We see that in the seasons and also within our bodies. Understand and appreciate by surrendering to what is unfolding in your life. It will lead to the source of all goodness.



Love

Love is possibly the strongest human emotion. Throughout the centuries, much has been written about love. These days, love is aligned with a romantic concept.

In fact, love means so much more. Leo Buscaglia wrote a great book on the topic aptly called LOVE. He was a university professor who decided to start a class

teaching love. It was conducted outside of the school curriculum and received much criticism from his peers. Eventually, the class had to be capped at a hundred students, due to outstanding attendance. It was known to many students as the "love class."

There is a rather poignant quote taken from the Bible about love:

Love is patient; love is kind and envies no one.

Love is never boastful, not conceited, not rude;

Never selfish, not quick to take offence.

*There is nothing love cannot face; there is no limit to its faith,
Its hope and endurance.*


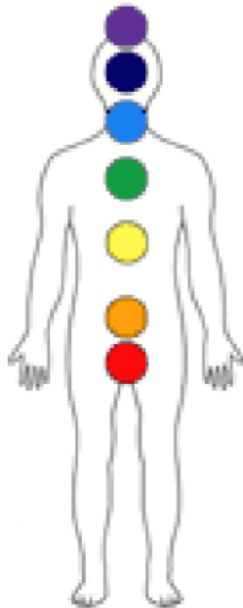






In a word there are three things that last forever: faith, hope and love;

But the greatest of them all is love.

The quote sums up in detail, what love is. Look back on your life and recount times when you have identified with the above quote. I'm certain that love was a powerful force in that equat

Chakras are energy points or vortices located at certain points of the human form. They are considered focal points for the transmission of energy. There are predominantly seven chakras which we consider in the West. Some Eastern practices, including Hinduism, refer to nine chakra points.

Chakra System	Seven Deadly Sins	Physical Symptoms
Seventh/Crown Chakra	Sloth	Psychological problems, a feeling of alienation from others, and condemnation
Sixth/Third Eye	Envy	Sinus or eye problems, a wish to control others, egotism How we "see" the world is determined by the state of this chakra
Fifth/Throat Chakra	Gluttony	Self abuse Laryngitis or sore throats, creative blocks, or general problems communicating with others
Fourth/Heart Chakra	Anger	Immune system or heart- related problems Fear & rage
Third/Solar Plexus	Self Esteem/Personal Power	Digestive disorders: gastric/colon, diabetes, pancreas
Second/Sacral Chakra	Greed	Greed in love, money, attention Lower back pain, sciatica, acid reflux, anxiety, sleep problems & cancers in the region
Base/Root Chakra	Pride	Grounding or earth element Insecurity, low sex drive, infertility

Colour		Chakra	
Violet		Crown	
Indigo		Brow	
Blue		Throat	
Green		Heart	
Yellow		Solar Plexus	
Orange		Sacral	
Red		Base	

Chakras are subtle energies that run along the spine, on the front and the back of the body. They start at the base of the spine (base chakra) and finish at the top of the head (crown chakra). Each point is associated with a different emotion and physical characteristic. The heart chakra is emotionally responsible for

compassion, tenderness, unconditional love, equilibrium, rejection and well-being. Physically, it governs: circulation, regulation of the immune system and other related functions that include the lungs. It is important to understand that chakras have a physical component to them when out of balance. This is affected by the emotional state ranging from the chakra location (heart chakra). Follow the chart on the accompanying page for a reference to how chakras cause imbalances in the body.

The emotion of love, according to Dr. Hawkins, author of *Power vs Force*, is a state where you rise up and beyond the ego. It is an unconditional state of bliss. When you are tuned in to this realisation from the heart, you awaken your true potential. You are guided by a force which is greater than yourself. Such people as Gandhi and Mother Teresa are examples of what it means to be guided by love. They perceived their work as being greater than their concept of self i.e., they transcended the identification of ego in order to allow a place for love to reside.

Love is a powerful force in health and healing. Our birth rite is one of love. In many religions, it is considered that we are born into this world as an expression of the divine love of our creator. This concept is apparent despite one's religious denomination. The universe was created out of love. Therefore, in order to tune into a healing force, you must reconnect with the energy of love that resides within you.

Sadness



Sadness is human emotion which we have all experienced at some point in our life. In the context of human emotions, sadness may not necessarily be a negative thing if we see the hidden message contained within it.

Sadness may serve to show us that happiness waits on the other side and to appreciate the joyful state when it comes. Some of the best creations in art and music have been elicited by sadness. Many artists have drawn inspiration from that empty place within to create masterpieces.

Sadness usually accompanies a loss of some kind. For children, it may be the death of a pet. For adults it may be the passing of a loved one or the breakdown of a romantic relationship. Whatever the cause of the sadness, there is usually a grieving process following the incident. It is essential that one pass through this process and not offset the emotions.

Men may deny their loss of a relationship by taking refuge in other activities which distract them. This may be potentially dangerous to your long-term health, since you're delaying or blocking the grieving process which is an essential part of the healing process. Sadness may cause you to ponder your state as you seek answers. It is important to know that sadness is best experienced as an emotion which moves through us. The emotion wants to express itself through us in order that we learn and grow from the experience.

Crying is one aspect of the emotion that allows us passage through it. It is a physical aspect which has come to be realised in our body as a condition of the sadness. Crying, then, becomes a powerful healing tool for many therapists if the client is ready to pass through the emotion.

The key to understanding sadness lies in the fact that unresolved, prolonged sadness can turn into depression. The best way to deal with sadness is to allow it to unfold through you. Speak to those close to you about it. By relating your feelings to another person, you are moving that energy through you, rather than having it build up inside you.

Surprise



Surprise results from an unexpected occurrence. Surprise may be positive, neutral or negative.

It may arise from something that was not expected to occur and therefore comes as a revelation when it happens.

Like anger, surprise is a “fight or flight” response that resembles when an animal prey is surprised by its attacker. The animal may go into an initial state of shock, where it is

paralysed, before taking flight. It is an built-in warning that asks us to be attentive to the situation.

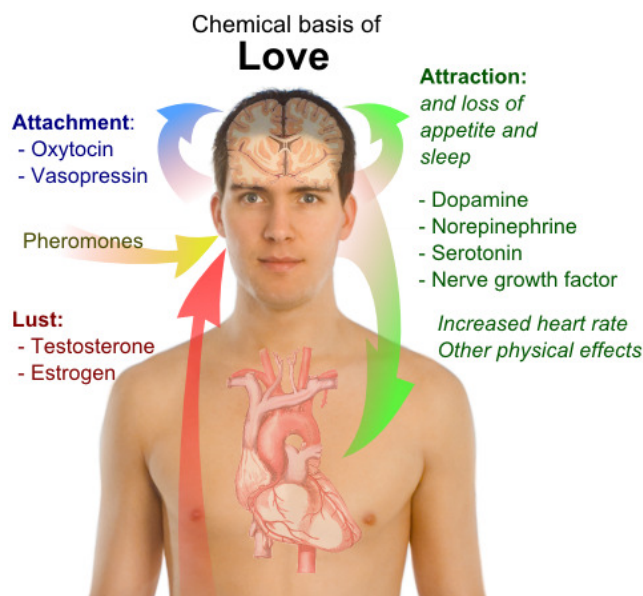
Conversely, surprise may be the result of a pleasant occurrence—a lover surprising his bride-to-be by proposing to her unexpectedly or a surprise party. All of these scenarios are positive occurrences. They have a common theme: it was not an expected or foreseeable outcome by the recipient, hence the cause for the surprise. Surprise is, therefore, an emotion where we may not be in control of the situation at hand and this warrants an unexpected physiological reaction in our bodies.

Obviously it is important not to be subjected to many surprises. I have noticed, over the years, that some people are better accustomed to surprises than others. My ten-month-old nephew used to get startled. We picked up on this when one of us entered the room and slammed the door. He would instantly jolt. This was partly due to being born a cesarean birth where he was lodged in his mother’s womb for some time, before doctors could deliver him. This may impact a person as they mature and are not prone to changes in their environment. The elderly are particularly subject to surprises since many prefer peacefulness and quiet moments.

How emotions influence your health

A great deal of research has been conducted on emotions and the role they play in determining health and wellness. Pioneers such as Candace Pert (an internationally-trained pharmacologist) wrote a book called *Molecules of Emotions*. The book discusses the influences of mind on body and body on mind.

It was thought, long ago, that the body operated independently of the mind. In recent times, we have seen the study of *psychoneuroimmunology*, which is the study of the interaction between the nervous system and the immune system. Western medicine is beginning to understand the connections that Eastern principles have recognized for many years via their holistic model.



Other sources worth noting at this time include: Michael Gershon's book entitled *The Second Brain*. Michael goes into great detail discussing the enteric nervous system of the gut and how it operates as a second brain. It is now known that 70% to 80% of our immune system is located within our digestive system. He identified the role that the neurotransmitter hormone, Serotonin, played in the secretory reflexes of the gut. Research also experimented with the gut by cutting the major nerve supply, the Vagus nerve, noting the gut still operated independent of the brain sending messages to it.

The underlying message of the two authors was to demonstrate how emotions could influence physiological changes at the cellular level within the body.



So now that we've detailed the six basic human emotions, let's investigate further how emotions can influence or create lasting health. Think back to the last time you were angry. What happened to you on a physiological level? Someone has just cut you off in traffic or your boss has made a last-minute request for work to be completed. Recall the emotion you felt. Was it anger,

hurt, anxiety, sadness, frustration or others? Become aware of these emotions., You undoubtedly noticed a change in your physical state. Your body may have become alert, muscles tensed up readying for fight or flight, pupils dilated, heart rate increased and blood pressure increase.

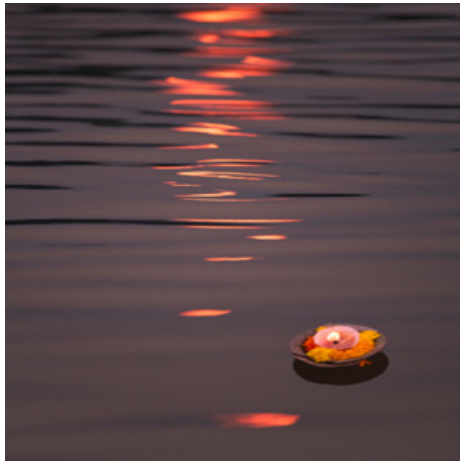
Although these are normal reactions under such conditions, they are not normal when one is constantly exposed to them on a regular basis. Mother Nature evolved, allowing us to be equipped with the necessary biology to adapt to our external environment and the ensuing dangers. Our bodies are not designed to be exposed to repeated stress day in day out. For many people who work in stressful conditions or lead stressful lives are exposing themselves to stress all the time.

To compound the situation, external stimulants such as: caffeine, sugar, cigarettes and alcohol can also wreak havoc in the process as they cause the same stress response within the body.

Therefore, the mere response to an emotion such as anger and/or anxiety is enough to activate the body's defences. As mentioned earlier, repeated exposure to this response causes the brain and body to become adept at reproducing the physiological response mechanism within the body. Left unchecked, it may prove to have wide-ranging health implications.

Dealing with emotions

We've all experienced moments of emotional turmoil in the grips of a situation over which we felt no control. It may have been a heated argument with a loved one, a neighbour, friend or stranger. The one distinct element is limited control to choose our behaviour.



Some people talk about not being aware or present when they're in that state. It's as though they are having an out-of-body experience. Their body is flooded with a cocktail of chemicals and messages to the brain. The key is to become mindful of the state well and truly before it overwhelms you. In order to do this you must practice a technique called A.C.T. : Act, Commitment and Training.

In this process, you become mindful of your thought process by consciously bringing the thoughts to the forefront of your mind. You become aware and awake. This is important since, during a fit of rage or anger, rarely do you have time to stop and analyse your thought process. It must be sequenced and rehearsed so that the mind relearns the appropriate thought model you wish it to act out. This may require time, patience and practice, but the result is a command of your internal world.

Here is a model for change with a breakdown of each step, providing a platform for you to use. Note that many of the changes you begin to see in your life normally occur at the cellular level invisible to the naked eye. Do not give up, thinking the changes are not taking place.

Awareness

Awareness or mindfulness is the idea of noticing thought patterns which you entertain on a daily basis, be it during training, racing or otherwise. It is the practice of '*consciously bringing your thoughts to the forefront of your mind*', observing your thoughts without getting invested in them, as an outsider would. There are many great books on the subject. I would certainly encourage you to read Eckhart Tolle's *The Power of Now*.

Commitment

Once you've become *aware* of your thoughts, it's time to make a commitment to a model of action toward empowering yourself with the new thought model. In order to achieve goals, you must start by setting them. This might include replacing self-sabotaging thoughts with empowering ones, which move you in the direction of what you hope to become. You might see yourself becoming calmer amidst a tempered moment. The successful mind draws unique parallels constantly even in the challenging times. You

have to put yourself in that environment first in order to allow your mind and body to adapt in the long term.

Training

You're now *aware* and *committed* to advancing forward with managing your emotions. *Training* is simply that: training the new thought model until it becomes second nature. The most challenging aspect of developing a new thought pattern is that, naturally, you might slip back into your old thought pattern from time to time. This is normal and to be expected. When it happens, be aware of it, then, get yourself back on the new thought pattern as soon as possible. Eventually, your new model of behaviour will be deeply implanted into your subconscious mind. It will become an automatic response.

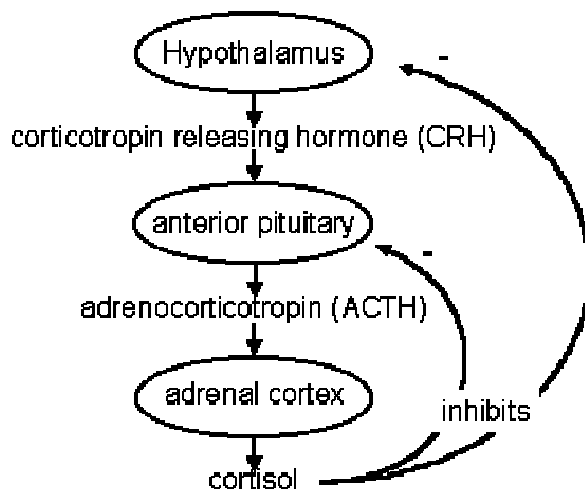
How stress affects health



Up until now, we've explored the various human emotions and how they work in the process of allowing health to thrive in the body. The brain thrives as the regulatory centre for physiological processes. Many of the body's mechanism to deal with stress are activated within certain centres of the brain, such as the hypothalamus. This is the regulator and communicator to other brain networks of stress-related activity. When the hypothalamus is activated via a stress response, it pours the molecule CRH into the blood vessels surrounding the pituitary gland. This causes the pituitary to produce ACTH, which stimulates cells in the adrenal glands to make still a third hormone, cortisol.

If you were to measure the stress hormone in the blood or saliva, there would be a marked increase within three minutes of the stress-related event. The hormonal and nervous systems work quickly under such a demand. The immune system, on the other hand, may take days to realise the stress at a cellular level.

Cortisol is a stress hormone secreted by the adrenal glands. These are the kidney-shaped glands which rest on top of your kidneys. Cortisol can have a wide-ranging effect on disease within the body, if left unchecked. Cortisol learns through repeated exposure to down regulate immune response to foreign invaders. The body and brain become skilled at learning stress-related responses in a feedback loop mechanism. The key is to interrupt the signal altering the messages the brain receives on a consistent basis, in relation to stress. Chronic stress may also shut down and inhibit reproductive functions in men and women, since the hormonal system is being compromised.

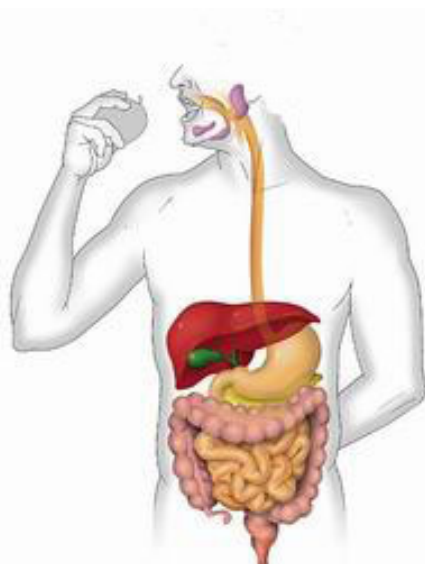


Cortisol can act in many other ways to damage cells within the body. It can contribute to unwanted energy stores at certain landmarks of the body. We don't always have a lot of glucose floating around. Cortisol stockpiles energy. It converts protein into glycogen and stores it as fat. If the stress is chronic, the increased body fat is stored around the abdomen. This is why many people have a stockpile of fat around their abdomen, since cortisol is working to store energy.

There are three main networks within the immune system. They include: the thymus, lymphatic system and spleen. All of these work together in harmony to draw balance to immune function by regulating possible invaders. Through repeated exposure to cortisol, the thymus gland located behind the breast bone, shrinks over time. This immune tissue is considered one of the important networks of the immune system.

Stress may also show up in other tissues within the body. For example, it only takes one stray thought about the possibility of a stressor in our future to change the degree of acidity in our stomach's secretions. The acid content in our stomach is regulated by pepsin and hydrochloric acid. These are essential enzymes important in the breakdown of food entering the stomach. As we age, the acid content becomes less able to breakdown starch (carbohydrates) and protein. At this stage, taking digestive enzymes to assist the assimilation of food becomes essential.

The gut is one of the most essential organs for the assimilation of thoughts and emotions. Apart from the skin, the gut is the major site of internal conflict arising from toxic emotions. Intolerable feelings that cannot be expressed, or even consciously thought, become internalised and find expression in the digestive system. Subsequently, the wish to receive and give will have as its accompaniment the activity of the upper intestinal tract, since this area deals with the first intake of food.



Constipation is energetically viewed as the inability to assimilate the flow of life. One's thoughts become stuck in the past, thus restricting the flow of life through the body. As a consequence, the bowels constrict holding onto the contents as though the individual were holding onto the past. This is known as identification and may lead to digestive-related issues if not resolved.

Repeated stress places tremendous strain on the organs of the body. They begin to manufacture and release hormones and molecules in order to deal with the demand of the stressor placed on them. Over time,

the organ may lose its ability to perform this role efficiently, leading to a catabolic state of tissue and organ breakdown. Diabetes is one such disease which manifests as a result of sugar demands placed on it via the pancreas. When it is unable to process the cocktail of sugar and stress in the form of caffeine and alcohol, it subsequently loses its normal function as a regulator of insulin production.

Stress can lead to sleep disorders. Those who are prone to repeated stress can have elevated cortisol levels right before bed. There is often a correlation between stress and the intake of stimulants such as caffeine and alcohol. One effect of the caffeine in your coffee is to stimulate the release of hypothalamic CRH (corticotropin-releasing hormone). In other words, it gives your stress hormones a jolt. Alcohol will also have the same effect on the body as caffeine.

The underlying mechanism is that the body is already stressed out via repeated stressful external stimuli. The mind and body are doing their best to offset the stress by coping and dealing with the influx of chemicals and hormones released into blood, tissue and organs. Taking stimulants which recreate yet another stress response, only adds to the stressors within. It's little wonder that the subsequent result is a shutdown of organs and withdrawal of normal, healthy function.

Stress reduction strategies



Once stress has taken hold of the body, the challenge is resetting the body's natural rhythms. This is known as homeostasis. Homeostasis refers to your body's ability to physiologically regulate its inner environment to ensure its stability in response to fluctuations in the outside environment and the weather.

Homeostasis is also defined as an inner balance. This is in contrast to the stress-like state which otherwise threatens the inner harmony of the body.

So how do you overcome stress? What are the strategies employed to get out of this destructive state and into inner balance. The first step is to understand the mechanism at play in relation to the stress response. Despite the long words and technical information

detailing the chemical process used, understanding that stress is destructive to the body is vital. Having experienced stress in your life is certainly not pleasurable. Yet, it creates the basis of understanding how to navigate away from this destructive state. Moving toward harmony and homeostasis is far more enjoyable and life-giving.

The accompanying pages outline some of the techniques used to calm the body, allowing a return to inner balance. These principles take time, patience and practise to implement on your life. I would suggest a degree of persistence particularly if you are reading this for the first time and have identified with being stressed, or have been diagnosed as such. Some practises are ancient Eastern principles that may take considerable months to implement into your life. The rewards are endless and begin immediately.

Meditation

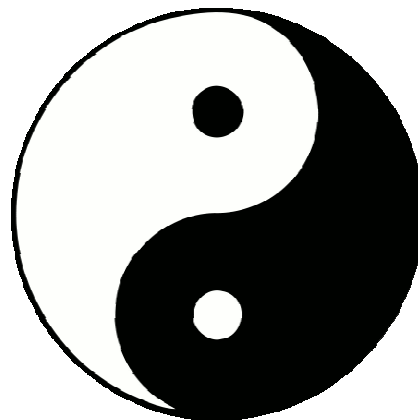


Meditation is the practise whereby you go into a trance-like state in order to induce a higher level of consciousness. Research shows that Tibetan monks who meditate daily have the highest brain waves ever recorded. The brain has four brain wave frequencies at which it functions. They are: Beta, Alpha, Theta and Delta.

Beta waves, which operate around 13 – 60 Hertz, are considered the lowest brain frequency. This brain wave frequency occurs when you are consciously awake, feeling agitated or alert. The second brain wave frequency is Alpha. Alpha brain waves are induced when we are in a physically or mentally relaxed state, yet conscious of our environment. The frequency is 7 – 13 Hertz at this level. The third brain wave frequency is Theta, which functions at 4 – 7 Hertz. This is known as the twilight state and is accompanied by the fleeting feeling you experience upon waking from sleep. It is the most desirable state to be in when meditating. The last state, Delta, is characterised by an unconscious, deep-sleep state. You are no longer aware of your external surroundings. The frequency is 0.1 – 4 Hertz.

In a number of studies of Tibetan monks, mentioned earlier, researchers discovered, during meditation, the monks were able to reach brain wave states of 38 – 70 Hertz. Optimal brain wave function for human beings is 40 hertz.

Meditation has been shown to alter heart rate, respiration, blood pressure activation. The body has two main known as sympathetic (SC) and (PSC). The SC system is known as the response, while the PSC is referred to *digest* system. Each system has a and may be represented by the yin – life. It is important that we learn to elements in order to achieve internal balance.



metabolism, and brain nerve structures parasympathetic *fight or flight* as the *rest or* distinct function yang symbol of balance the two harmony and

As mentioned previously, too much stress and not enough relaxation and rest can drive the body into a destructive state of disharmony. You begin to spend more time in the SC which—according to the table below—is tissue destructive. It is important to maintain an equilibrium or balance. Hence, the yin and yang metaphor. The table below details the primary difference between the two nervous system functions. It is important that you have a sound understanding of how these systems function.

Parasympathetic vs. Sympathetic

Yin (Parasympathetic)	Yang (Sympathetic)
Anabolic	Catabolic
Female	Male
Rest – Digest	Fight/Flight/Flee/Fun
Tissue Rebuilding	Tissue destructive
Increase blood-flow to digestive, repair organs	Increase blood flow to working muscles
Right brain	Cease digestion
Creative	Left brain
Negative	Mathematical, logical
Lunar	Positive
Increase growth, hormone, testosterone	Solar
Genital stimulation	Increase cortisol, glucocorticoids
Night	Genital inhibition
	Increase orgasm
	Day

Interestingly, a recent survey of mindfulness meditation at the University of Wisconsin demonstrated that meditation shows significant rises in antibodies, which are all associated with increased immune function. Meditation was able improve the body’s ability to resist disease and the effects created by repeated stress. Some of the other benefits of mediation included: lower blood pressure and improve resting heart rate, reduce incidence of strokes, heart disease and of cancer. It reduces chronic pain, anxiety, depression and may improve the effects of many other diseases.

Develop a relationship with your body



Hopefully, you maintain lasting and continued relationships with your family, loved ones and friends. You phone them up from time to time and meet regularly to spend quality time with them. This energizes you and brings comfort and meaning to your life. The same is also true with your body. You must make time to develop a similar relationship of giving and receiving in relation to your health and well-being.

When I talk about developing a

relationship, I am talking about fostering a process of union and understanding. It becomes a two way-street, not just continually giving your body toxic foods, thoughts, alcohol and other external factors. You begin to listen to the needs of your body. The body speaks in subtle ways. Take note of the aches and pains in your body when they arise. It is suggested as much as 70% of our pain, illness and disease manifests when we're out of alignment with our highest state.

If you've suddenly developed back pain for no reason, having never experienced back pain before, then look to the emotions that may contribute this pain. According to Dr. John Sarno, author of *Healing Back: The Mind Body Connection*, anger and anxiety are at play when we develop back pain that isn't the result of a mechanical weakness. He suggests that we examine what current events in our lives have contributed to our pain by working toward removing whatever emotion shows up.

Since my background is in post-rehabilitation, I have seen a number of clients over the years that fit into this category. Many had recently undergone a stressful time in their lives and, subsequently, repressed a great deal of the emotion associated with the pain. When you repress emotion, your body seeks to find expression somehow. Earlier, we mentioned that an emotion is simply energy in motion. It is seeking an outlet as a means to bring healing or awareness to our current mental state.



When you identify with the toxic emotion, you allow an avenue for it to find expression, thus neutralizing the emotion. It no longer needs to find a place in your body, since you identified and addressed that main cause of the emotion. When the emotion is causing you pain, it is inviting you to take a look at it and deal with whatever is going on in your life. It is asking you to stop burying whatever you are not dealing with, and to face your demons, so to speak. If you choose to ignore it, over time the emotion will grow as you allow it a negative energy.

I explained earlier the metaphor of two people pulling on a rope, standing over a bottomless pit. The more energy you give the emotion, the more it will push back on you, until you are pulled into the pit. By then, it is difficult to navigate your way back out since you are in over your head. It is dark at the bottom of the pit and there is no one to help you. This is what it feels like when you resist your emotions.

A great deal of self-awareness is required to look within and find the source of your problems. When examining your emotions, look at recent traumatic events in your life. This may include events such as: relationship breakups, quitting or being fired from your job, the death of a loved one, loss of money. Every person has a different breaking point. The key is to understand what makes you tick and navigating your way through to a

peaceful solution. Sometimes the emotion merely wants you to identify with it and allow its expression. This may include being angry or sad and moving through it, rather than suppressing it.

Communing with nature



We are nature. Remember that when you feel life taking over you. You are connected to everything within this vast universe. The earth's electromagnetic field is essential to your survival on earth.

Our cells are orientated to radiate an electrical charge which corresponds to that of the earth. Earth's resonant frequency which is known as Schumann resonance is, 7 – 10 cycles per second, measured in Hertz. The average reading is 7.8 hertz. This

reading also happens to correlate with that of humans and animals. Therefore, the earth's frequency beats in phase with that of humans and animals, allowing harmonic resonance.

Tests have been conducted on humans by removing them from the 7 – 10 Hz range in specially-shielded rooms. Researchers noted that the subject's moods, day/night neurochemistry and EEG readings changed. Subsequently, the thyroid, pancreas and adrenal glands were all affected by the change in the electromagnetic frequencies. Human physiology requires contact with the earth's field in order to regulate itself.

Human DNA has a frequency of 54 – 78 GHz. Shamanic healers discovered the secret of healing by aligning themselves with the earth's field. The stories and details are too numerous to mention. What we know at the scientific level is that we need to be in contact with the earth. Airplane and travel remains one of the most demanding effects on the human body as it accelerates the aging process.



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You can see why it is important to take time to commune with nature regularly. A great anti-stress practice is to find time to be outdoors, whether it is among trees, near water, and in tune with your natural state. Working in buildings, contained in a concrete jungle is not conducive to your long-term health. For that reason, many people choose to have beach or country homes where they escape each weekend. As you become better at spending time outdoors, begin to meditate and exercise outdoors. One of my favorite exercises is riding my bike near the water along the ocean. I notice my mood and stress level rise when I

to take time to A great anti-be outdoors, near water. and in tune with

haven't been for a ride. It is precious time for me to reconnect with nature. So I make it a regular occurrence.

Exercise



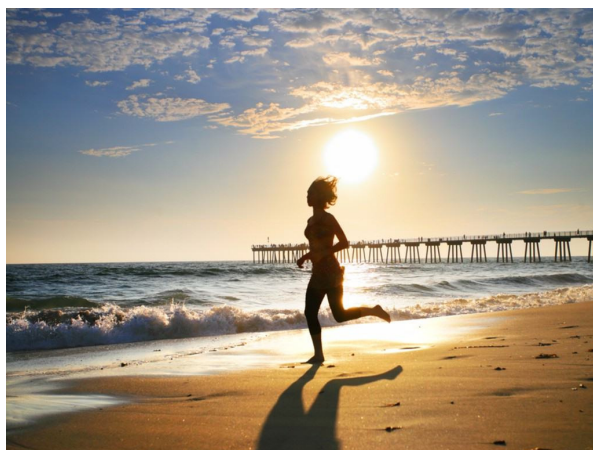
Much research has been conducted over the years on the effects of exercise on combating and reducing stress. In my practice working with corporate people, I have witnessed firsthand the damaging physiological effects of stress: soaring blood pressure, panic attacks, dry mouth, tension, tight chest, sweating. These are only some of the early symptoms of stress.

Exercise is an amazing activity for combating stress. It serves as a

circuit breaker, interrupting the negative feedback loop from the body to the brain that heightens anxiety in a stressful situation. Exercise increases brain function and neurotransmitters within the brain, allowing stronger and healthier neural connections within the brain.

Exercise also boosts dopamine, which improves mood and feelings of wellness and jump-starts the attention system. Dopamine is a neurotransmitter within the brain. Its function is to regulate movement, emotion, motivation and the feeling of pleasure. It is therefore said to be the reward centre of the brain.

Serotonin is equally affected by exercise. It regulates mood, impulse control and self-esteem. It also helps offset stress by counteracting cortisol, the stress hormone. Researchers noted that exercise spikes levels of dopamine and norepinephrine (stress hormone) for up to 1 hour – 90 minutes, allowing calm and clarity within the body.



The best form of exercise will be that which nourishes your body. You should feel energised and revitalised an hour after the activity. Over the years, I have incorporated many various forms of exercise into my daily regime. In my youth, it consisted primarily of cardio-based exercise such as running, cycling and tennis. I then moved into resistance training during my twenties. In my late thirties, I have incorporated yoga and meditation as a form of relaxation and movement in my routine. I am energised and feel my muscles being stretched and toned

as I adopt certain poses. It is also calming for the mind and requires some degree of practice and discipline. I don't think I was ready for yoga when I was in my twenties, since I was focussed on fast movements that required exertion.

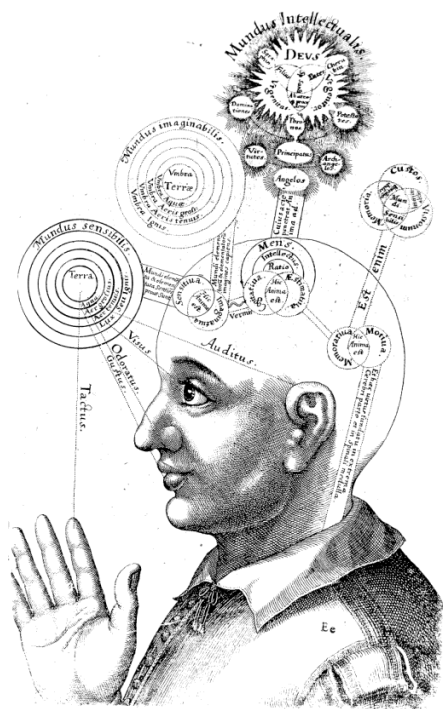
Your health and wellness will largely be influenced by age. I would encourage you to find activities that you enjoy first of all. I found, over the years, that many of my clients hated going to the gym for many reasons. Like most things in life, we avoid those things at which we're not proficient. Once we develop some learning and practise, we invariably become better and develop self-confidence along the way.

Exercise that will serve you well will include some kind of resistance- based training, cardio and yoga. Each exercise addresses different functions within of your body. Teamed with sound nutritional and sleep etiquette, you'll undoubtedly find your life enriched through regular movement.

I have overheard people expressing how tired and lazy they felt when they didn't exercise for some time. Sometimes life takes over and you find yourself travelling for work or inundated with job and family commitments. The key is to strike a balance and not allow one area to overshadow the other. Allow exercise to be habit-forming in your life. If you're reading this and just starting out, give yourself some time to find your rhythm with what serves you best. There's no rush to get there quickly.

Chapter
7

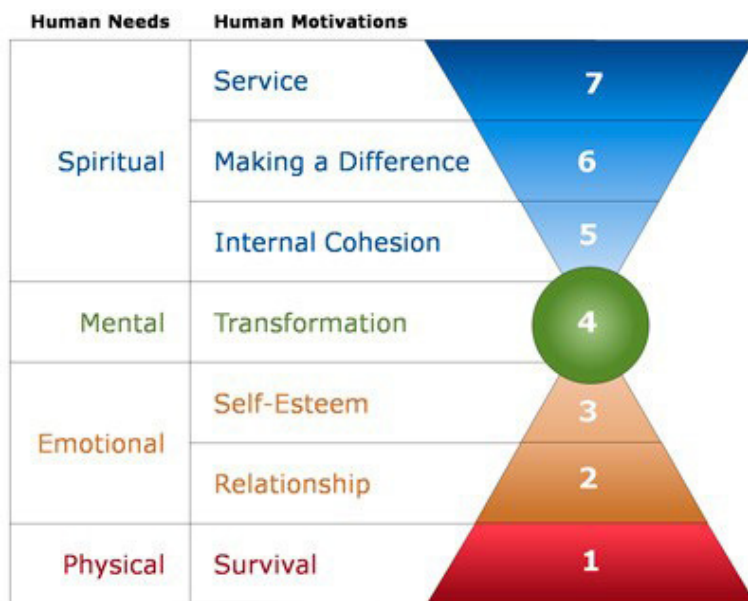
Levels of consciousness



Let's start by examining what consciousness is. If you are reading this for the first time and haven't come across this terminology before, bear with me as I ease you into it and provide some background information which will make it easier for you to assimilate.

According to Wikipedia, consciousness is *subjective experience, awareness*, the ability to experience "feeling", *wakefulness*, the understanding of the concept "self", or *the executive control system of the mind*. For me, consciousness is a lens through which to view reality. When you're at a different consciousness level, you are viewing the world with new and unique lenses. Your thoughts, beliefs, values and actions are outputs of the consciousness at which you're vibrating.

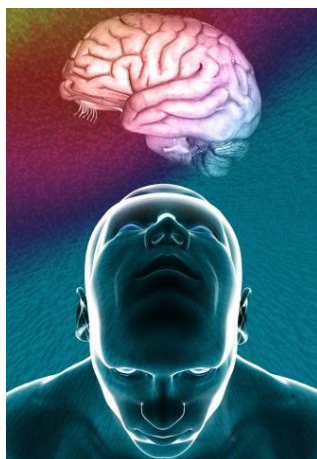
You begin to develop an awareness of your thoughts, emotions, your existence, sensations, and surroundings. Increasing your consciousness level may translate into a more accurate view of reality. This allows you to lead the truly happy, full and abundant life which you are meant to experience, increasing your level of health & joy.



According to various sources, there are different degrees of consciousness. They include: Level 0—deep sleep; Level 1—dreaming or hypnologic; Level 2—mere awareness or unresponsive waking state; Level 3—self awareness that is dull and meaningless; Level 4—passive and reactive, normal consciousness that regards life 'as a grim battle'; Level 5—an active, spontaneous, happy consciousness in which life is exciting and interesting; Level 6—a transcendent level where time ceases to exist.

It is worth noting that a person usually vibrates at a default consciousness level and shifts to a couple of levels below and above that level, depending on the situation.

One influence on your consciousness is the stimulus in your life. This includes: the situations you are in, the type of people you spend time with, your environment. Begin noticing where and how you spend the majority of your waking time. Do you spend time with people who are grave diggers, constantly demanding your attention? Are they a positive influence in your life? Do they allow you to grow and unfold as a person or are they sabotaging you via negative feedback?



The people we choose to allow into our life become a representation of who we become. Surround yourself with optimistic, outgoing, energetic and enthusiastic people who aspire to greatness in themselves and others. I personally find when I am surrounded by greatness, I too become greater than I am, since like attracts like.

Your present consciousness level does not define what your consciousness will be in the future. It is open to change; it is not static. This is important to understand since it means that we are constantly seeking higher ground and have the ability to become more than we are. Do not focus on attaining a certain level of consciousness. Instead, spend time becoming more each day and evolving into someone worthy of greatness. As you begin your journey, you'll notice an inner shift toward that which you seek.

Levels of consciousness

Dr. David Hawkins has spent a number of years working in the field of human consciousness. The following extract is taken from his website www.veritaspub.com. *Dr. Hawkins is a renowned psychiatrist, physician, researcher, and pioneer in the fields of consciousness research and spirituality. He writes and teaches from the unique perspective of an experienced clinician, scientist, and mystic and is devoted to the spiritual evolution of mankind.*

Dr. Hawkins is the author a book called *Power vs. Force*. I urge you to read if you are looking at for additional information in this particular area. I am drawn to his teachings and use them as an influence to help humanity evolve.

Dr. Hawkins created a map of consciousness. The map below shows the two levels of

MAP OF CONSCIOUSNESS						
God-View	Life-View	Level		Calibration	Emotion	Process
Self	Is	Enlightenment		700 - 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace		600	Bliss	Illumination
One	Complete	Joy		540	Serenity	Transfiguration
Loving	Benign	Love		500	Reverence	Revelation
Wise	Meaningful	Reason		400	Understanding	Abstraction
Merciful	Harmonious	Acceptance		350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness		310	Optimism	Intention
Enabling	Satisfactory	Neutrality		250	Trust	Release
Permitting	Feasible	Courage		200	Affirmation	Empowerment
Indifferent	Demanding	Pride		175	Scorn	Inflation
Vengeful	Antagonistic	Anger		150	Hate	Aggression
Denying	Disappointing	Desire		125	Craving	Enslavement
Punitive	Frightening	Fear		100	Anxiety	Withdrawal
Disdainful	Tragic	Grief		75	Regret	Despondency
Condemning	Hopeless	Apathy		50	Despair	Abdication
Vindictive	Evil	Guilt		30	Blame	Destruction
Despising	Miserable	Shame		20	Humiliation	Elimination

Power vs. Force and their corresponding effects. Force is the level below the calibration 200, while Power 200 and above.

In his book, Dr. Hawkins cites the effects on humanity when you begin to raise your consciousness. In raising your consciousness, not only do you have an impact on your own life, but you affect humanity as a whole. Remember, we are all connected at a deeper level.

One individual at level 700 counterbalances 70 million individuals below level 200. One individual at level 600 counterbalances 10 million individuals below level 200. One individual at level 500 counterbalances 750,000 individuals below level 200. One individual at level 400 counterbalances 400,000 individuals below level 200. One individual at level 300 counterbalances 90,000 individuals below level 200. Twelve individuals at level 700 equal one avatar at 1,000.

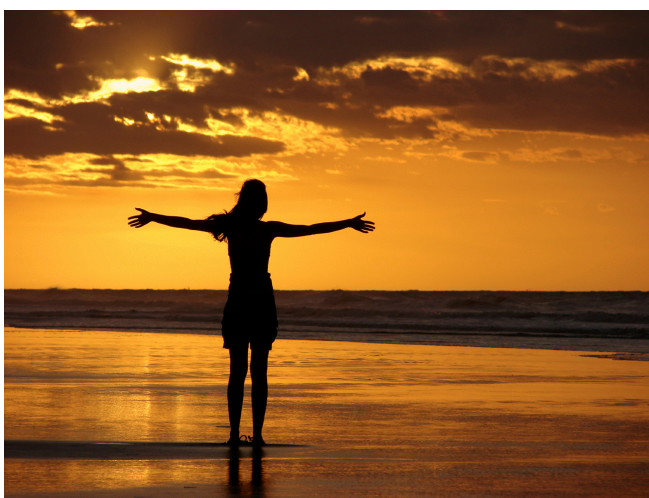


Only 15% of the world's population is above the critical level of 200. That 15% has the weight to counterbalance the negativity of the remaining 85% of the world's people. Were it not for these counterbalances, mankind would self-destruct out of the sheer mass of negativity.

You can see why it is important for yourself and mankind that you undertake personal development on a daily basis. When I hear people say that the world is a crazy place and that they feel powerless to make a change, I remind them of the statistics above. You can make a change NOW. Start by inviting peaceful thoughts. Stop judging and labelling others. When you see an obese person in the street, send them a loving thought rather than labelling them. Dr. Hawkins suggests that your subconscious mind doesn't know the difference between judging that

person as obese and assigning the same meaning to yourself.

Raise your consciousness to impact health



It is important to draw relevance to the different consciousness levels and how aligning with them can impact your health.

Each level of consciousness (LOC) coincides with certain human behaviours and perceptions about life. Each level represents a field of varying strength that exists beyond our three-dimensional reality. The numbers on the scale represent logarithmic calibrations of the levels of human consciousness and the

corresponding level of reality.

The numbers are subjective. The significance lies in the relationship of one number (or level) to another. People in levels of **Power** (love, empathy and understanding) vibrate at a level of love-based emotions. They are increasingly aligned with the present moment and the universal forces. People in levels of **Force** vibrate at a level of fear-based emotions. They are more inclined to exert control.

Using the kinesiologic response, two people can calibrate the LOC of any person, place or thing—past and present. For example, two researchers can calibrate Albert Einstein's LOC, and their results can be verified by two people on the other side of the planet. If the kinesiologic technique is done properly, both teams will calibrate Einstein at 499. The kinesiologic response transcends all personal opinions and beliefs, accessing truth beyond the physical realm.

It is generally more effective to be around people at higher consciousness levels which are closer to your level (vs. a huge distance ahead), since it is easier for your energy levels to reach resonance with theirs.

There are two particular levels where you experience a marked leap vs. the other levels. The first is **Courage**, which separates the levels of force (<200) from the levels of power (>200). This is the first waking point from the sleepwalker status.



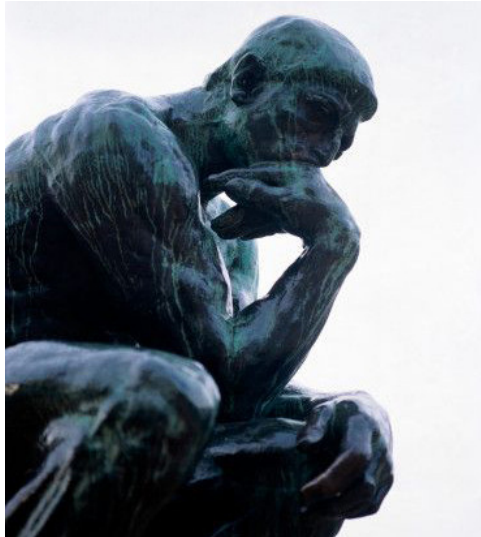
The second is **Acceptance**, where you recognise that you are the conscious creator of everything in your life. This is the point where you completely awaken from sleepwalking.

Subsequently, when you begin to raise your consciousness, your ability to impact your health greatly increases. Due to the power of your energy fields, healing arises as a result of your attitude and belief system. Thus, health becomes an expression of the levels of consciousness at which you are vibrating.

Health means a sense of aliveness which is determined by the higher energy field. Your body will express whatever is held at the level of the mind. If your consciousness is low and you

continually entertain limiting and toxic thoughts of ill health, your body will mirror this belief. You become that which you think and hold in your mind. Achieving health is the result of transcending any limitations and feelings of separation. You become at one with your mind and body.

Many people choose to program their minds to think limiting and negative thoughts continually. They believe this is their default state. Nothing could be farther from the truth.

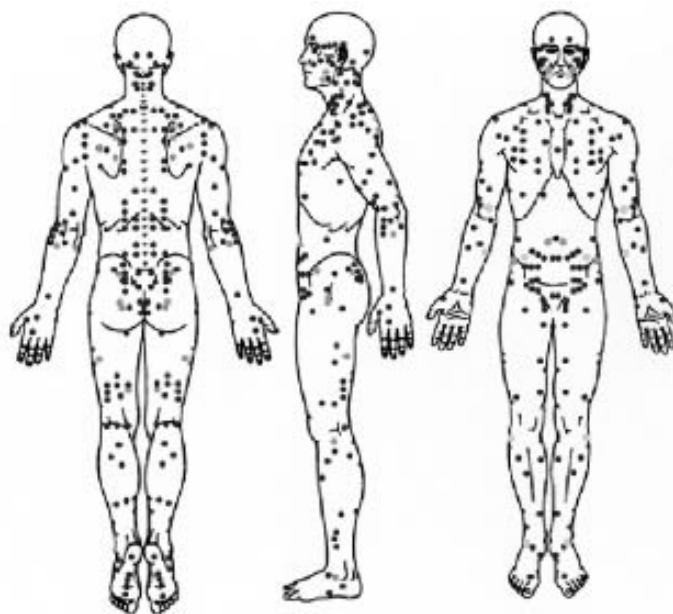


Look at a young child. Their thoughts are filled with love, openness and receptivity. Therefore, if we are able to entertain negative thought states, we are able to alternatively change these thoughts to attract higher thoughts which are in alignment with our desire to be healthy.

As long as you think negative, limiting and self-defeating thoughts your body will not know a higher state of health. The highest state of health cannot reside in a body whose mind is toxic and self-defeating. You must continually improve your mental attitude in order to seek a higher expression of consciousness. If we agree with a thought about our body, the effect is that we bring it into our consciousness, which begins expressing itself in our

body. The body follows what the mind instructs it to do so. Therefore, healing and health arise as a result of addressing both the physical state of the body and also the mental state.

We are not conscious of our talk about being it were. When look back at the may have physical your body, you recollection of entertained such the body is these thoughts thought may at the level. Thus, it is traces the origin and heal it.



always thoughts. We *unconscious* as you consciously thought that created the symptom within may have no ever having thoughts. Yet expressing that existed. The have been held unconscious important to of the thought

When you regularly entertain positive, self empowering thoughts the power of the thought has the potential to flow through the meridian points located within your body as shown in the diagram above. The energy that flows through the meridians is known as Qi (pronounced chi) energy. The meridians are like gates which govern the flow of energy or qi to your organs and other body's systems. Disease may affect the organ within the channel of the qi pathway, located where there is a blockage at the gate. So, an

unconscious belief gives energy to the illness, manifesting as a mental construct, which leads your body to express the thought on a physical realm.

Connecting with spirituality



We have looked at the various dimensions of health including: emotions, stress and raising your consciousness. Let's now examine spirituality as a basis for awakening your authentic self. To recap, the three components of living an authentic life are: health and well-being, spirituality and personal development.

Being spiritually aligned means discovering the essence of your being and the deepest values by

which you live. You connect to a higher source of intelligence or power in the universe, identifying something greater than the material world. Being spiritual becomes a way of life. People often embark on a spiritual path, devoting time to principles that will bring them closer to their source. Prayer, meditation, yoga and self-awareness are a few practices undertaken to connect with the infinite intelligence.

When you are spiritually aligned, you connect to the source of an intelligence which guides and creates the universe, including you. There have been numerous studies conducted about the effects of prayer on healing and recovery. Hope and belief are two components of spiritual life often mentioned in texts as the basis to healing and well-being.

In the book, *Soul Medicine*, co-authors, Dr. Dawson Church and Larry Dossey, state: "paying attention to your spiritual life is the most important thing you can do for your health." They identify twelve characteristics common to people with a vibrant soul connection:

1. Forgiveness
2. Tolerance
3. Serenity
4. Faith
5. Reason
6. Hope
7. Motivation
8. Consistency
9. Community
10. Joy
11. Gratitude
12. Love



Aligning with spiritual truth means developing a profound belief and inner knowing outside of the material realm you've come to know and trust. You begin to develop and be guided by other faculties such as intuition and synchronicities. We are not beings limited to our five senses. Meditation allows you

to understand and commune with the deeper self, to know the essence of their spirit. You discover purpose and meaning to your life through self-discovery. In order to live a truly authentic life, rich and prosperous with health and happiness, you must connect to that source of from which nourishes you.

Whilst the concept of spirituality may seem confronting and outside the understanding of many, the ideas and principles remain grounded in goodness. You need not become a hippie, surrender your worldly possessions or live in a commune in order to realise a spiritual life. Some of the world's wealthiest people are spiritually aligned. They understand that for them to be where they are in their lives, some force beyond their knowledge had to be guiding them.

This knowledge brings peace and contentment to our lives. When we stop resisting the energy of life, we come from a place of allowing that which chooses to come forth into our lives. We are open to receive in each moment and surrender to it. Spirituality allows us to have a deeper understanding of our place in this purposeful universe. We are at peace within ourselves, creating a safe house for the source to commune with us. In doing so, we give up needing to strive and become. The more we let go of, the more flows into our life.

The role of personal development and health



Personal development is defined as activities that improve self-knowledge and identity, develop talents and potential, build human capital and employability, enhance quality of life and contribute to the realization of dreams and aspirations.

The following are key attributes derived from personal development:

- improving self-awareness
- improving self-knowledge
- building or renewing identity
- developing strengths or talents
- identifying or improving potential
- building employability or human capital
- enhancing lifestyle or the quality of life
- fulfilling aspirations
- initiating a life enterprise or personal autonomy
- defining and executing personal development plans
- improving social abilities

The rationale for pursuing personal development is the understanding and self-improvement. It is becoming more than you already are. It is a journey. Your journey becomes the part of the process to be enjoyed. There is no destination or arriving point. You continually work on aspects or parts of yourself that you would like to improve. It may be emotional, intellectual or physical aspects.



So why is personal development important to health? We have looked at raising consciousness as a prelude to connecting with mind and body with the purpose of raising the thoughts at the level of the mind. Personal development focuses on these areas which you may have identified as warranting attention and improvement. The ultimate goal is to transcend any limitations you've placed upon yourself by living the life you truly deserve.

For example, you might have trouble forming intimate relationships with the opposite sex or sabotage the relationship due to: jealousy, fear, resentment, anxiety, anger or any other destructive emotion. Through a level of awareness you might discover that the root cause of the sabotage has been fear. You are

generally afraid that the other person might abandon you. You fear that you might not be good enough for the other person.

The list could be endless. After careful reflection and turning inward, you come to a realization that you are not good enough to be with the other person. You discuss this idea with loved ones who have known you since you were young and recall moments as a child where you demonstrated the same attitude and actions. Your sister informs you that your dad was very stern when you were growing up. He placed a great deal of pressure on you to act and be a certain way. Nothing was ever good enough for him. Although he was a kind and giving father, he imposed his ways on you. They were simply not received well by you.

Subsequently, in your teenage and adult years, you started noticing that you resented this and turned this emotion on yourself. Nothing you ever did was good enough. You became a perfectionist, citing numerous reasons why things should be the way they are. You eventually assumed the role your father imposed on you at the unconscious level, while it was playing out in your real life. When you're involved in a romantic relationship, these unconscious thoughts start manifesting themselves throughout the relationship as though the other person has become your father. You seek approval all the time from your partner.



While you're reading, pondering what relationships have to do with health, consider, for a moment, the consequence when a relationship dissolves and how it can impact your health. Recall earlier in the e-book we mentioned the different components of health including social health. Relationships fall into that category. Personal development means that you are no longer unconscious to your physical world. As a conscious creator and manifestor, you have the power to create your reality, since you are aware and awake now. You are conscious of

your thought process as they're not running on auto-pilot anymore.

Our state of health is largely influenced by the thoughts we entertain and allow into our lives. Our thoughts then drive our emotional being. If you are unaware of your thoughts and emotions, imagine for a moment the effect on your life. Being aware and awake means being empowered in life. It means having control and options to choose your destiny and not succumb to outside influence. You become the architect and designer of your life, the captain of your ship.

Taking ownership of your life involves investing time in knowing yourself and growing yourself. Reading self-help books is only one component of the process. Life will mirror whatever is going on for you at the deepest level. The experiences will show up as lessons in your daily life. This is when personal development is put into action. Your experiences begin to colour and form the person you become.

The fundamentals of personal development

1. You are not your thoughts



A Buddhist principle states: you are not the sum of your thoughts, rather the observer of the thoughts. Many people entertain limiting thoughts around things lacking in their lives. *I am not good enough; I am overweight.* These thoughts lead to a feedback loop of self-deprecating thoughts which fuel our emotional body.

The truth of the matter is: these thoughts do not represent the *real* you. Do you think great leaders entertain limiting thoughts like these? I think not! They don't allow them to enter into their conscious mind in the first place. They accept that a truly great person does not think this way. You are a great person. Understand what that means for a moment. All great leaders started out like all the other people. They weren't always great and inspiring. Their minds did not allow them to buy into limiting thoughts. They had a vision or goal of being greater than they were. You can create the same

life if you choose.

When you become the observer of the thought, then you begin asking the question: Who is having the thought. This allows you to become removed from the habitual pattern that many of us fall into of identifying with our thoughts. We believe that, since we are experiencing the thoughts, they must be true. Recall earlier we spoke about being the silent witness standing at the shoreline observing your thoughts as though they were waves coming in. Some waves arrive fast and furiously, yet seem to dissolve as soon they hit dry land. Other waves slowly find their way in and also fade away. By becoming the observer, you are allowing the witnessing of the thoughts to take shape.

The witness or observer does not become invested in the waves. He/she watches and appreciates that there are different waves coming in. He/she notices more and identifies less with the thoughts. This allows observation of thought to become habitual.

2. Live in the moment



In Eckhart Tolle's book, *The Power of Now*, he discusses how being grounded and present allows the future to be created in each moment.

Many people live their lives in the past or the future. When living in the past, you choose to dwell on thoughts, ideas and beliefs that served you back then. You might hold onto things that happened, to any wrongs committed against you by others, holding onto relationships or beliefs about how your life should have unfolded. This prevents the energy of the moment from unfolding as it should.

For others, living in the future means a sense of anticipation of what life will look like when you...(insert belief here). You begin to project yourself in a future self that may not arrive as you envision it. The future self is escaping from the present moment, since he/she has did not like what came about in their present lives.

To live in the moment requires a great deal of mind training and discipline. Our minds are like monkeys, constantly fidgeting and moving about aimlessly. Our mind wanders from the present to the past and to the future. It clings onto thoughts that allow it to feel safe and protected. It might repeat the same thoughts day in day out in order to feel one with the thought. As we mentioned earlier, this is not the real you. This is the ego part of the self, identifying with a sense of self that is missing or lacking.

Through personal development and self-awareness, you begin to form a connection to the awareness of your thoughts. The conscious awareness leads us from a person who is having these runaway, fleeting moments to one who is aware of it. You must realize that no fleeting thought is who you really are. You are beyond all that. There's a poignant quote that sums up how we respond to the moment – "*You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.*" - Jan Glidewell

3. Feel the fear and do it anyway

feel the fear &
do it anyway

Fear can cripple you. Recall some of your fears of: insects, heights, water, public speaking. What happens to you physiologically

when you are overcome with fear? Your heart beats faster. You experience shortness of breath. Your pupils dilate. Your palms sweat. Your muscles constrict. Blood pressure increases. These responses as we noted earlier, are hard-wired within as we are alerted to ensuing danger.

Sometime throughout our life, this fear begins manifesting itself in other ways which are not conducive to your personal development. You might have a fear of being in social situations which require you to speak with complete strangers. Your mind assigns meaning to the encounters and drives your body into an uncontrollable spiral of uncontrollable emotions. Anxiety and panic sets in and you feel powerless over the situation. The fear has taken hold.

In these scenarios, the more you fuel the fear by running away from it, the stronger the flames grow until it overpowers you. One of my early childhood fears was of water. I avoided, at all costs, being around water for fear of drowning. I would be overcome with so much anxiety and trepidation that my mother had to accompany me to the swimming pool during school swim training.

Although I managed to overcome this fear of water one summer as I taught myself to swim, the fear managed to find its way back into my life later in adult life. Fear became a theme in many instances. I dismissed it and avoided the fear by not facing the situation which was causing my fear. You see, it isn't the situation that is the source of the problem. It's how you respond to it which determines the quality of life.

One day I decided I had had enough and confronted my fear with the help of others. I realised that the fear was present in my life to teach me faith and courage. It was my biggest teacher, not my adversary as I once believed. I experimented with the fear and would do the things I had once feared. Little by little, the fear had less control over me. It was always present and will continue to be present for the rest of my life, yet I chose that day to turn the volume down on it.



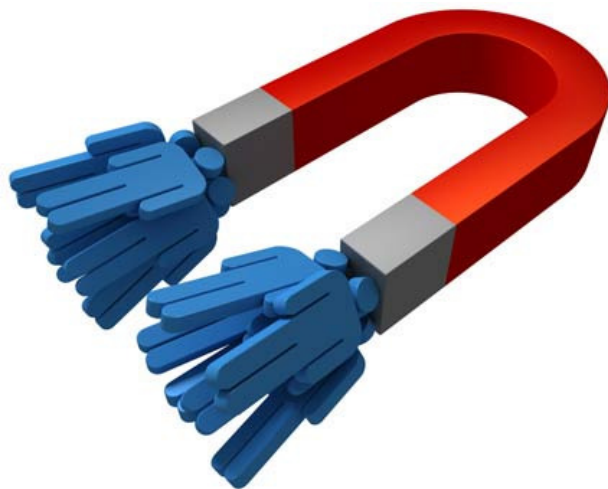
The question I often ask myself when fear rears its ugly head is: *“What if fear was disguised as love. How would I choose to move forward?”* *“What would I do differently?”* You see, fear teaches you the passage to courage and faith if you choose to dial into its frequency.

There is a remarkable lesson in the fear itself. For those of you reading this, whether your fear is: body image issues, relationships, career, finances, health or other, choose to dial into the frequency of love which is waiting on the other

side of that huge mountain which blocks your view. I assure you it’s there.

You must break down the illusion of the fear. It’s a transparency filter that has shades of luminosity to it—much like the one found in Photoshop. You choose to have the contrast up or down. Once it’s set to a lower level, you can see through the fog to the other side where love waits with open arms.

4. Become that which you wish to attract



The final principle of spiritual living is: become that which you wish to attract. People struggle with this principle since it sets up barriers around their understanding of how to live in congruency with what they wish to become.

The spiritual principle states that like attracts like. If you seek wealth and prosperity but entertain limiting thoughts of poverty and lack, those riches are far beyond your grasp. You must become that person who seeks that aspect of their life

to change. How can wealth and prosperity find their way into your life if you regularly entertain thoughts of lack and poverty? Money is an energy system like all other systems in the universe. It has a vibration. Look at the wealthiest people in the world and how they have a knack for drawing money to them easily and effortlessly. Yes, we appreciate that they are wealthy and attracting wealth comes easily to them now. I’m sure that was not always the case though.

Relationships are another area where you may experience problems attracting the ideal partner. I’ve heard people complain how the problem of finding a suitable partner is *out there* and beyond their control. They blame the opposite sex or the lack of suitable partners in the world to form a loving relationship. This is the farthest thing from the truth. How can you attract a loving relationship when you have unresolved issues? How will you

identify a loving partner when he/she shows up in your life? Your potential partner might dismiss you as being needy or vulnerable as opposed to a prospective life companion.

Examine what limiting beliefs you hold around attracting that which you seek. How can you change those beliefs, ideas and thoughts in order to advance? Who must you become in order to attract that quality, thing, person, or position? Are you prepared to give up those things which you've held onto for all this time?

The energy of healing



Your belief about healing, health and well-being is the single, most important element needed to transform your health from disease to radiant health. Belief is more than thinking you will be cured. It is the intuitive knowledge that every aspect of your being is now in a state of unlimited health and vitality, despite what the physical world may reveal.

Healing occurs when you tap into the universal nature of Love, operating from the heart centre. You transcend limitations and release yourself to the

universal energy that governs every living being on this planet.

The same force which brings about disease also has the power to heal. By raising your vibration and consciousness, you transcend any limitations on how and when you are healed.

In order to heal the physical aspects of an illness, you have to let go of the resistance to that illness, without attaching a mental label to it. We replace the distorted thought with truth. Dr. David Hawkins, in his book *Healing and Recovery*, cites a powerful affirmation to replace negative thinking: *"I no longer believe in that. I am an infinite being and I am not subject to that."*

To be a limited being means that we are limited only by your belief systems. Once you let them go, they are removed from consciousness. What is left is a limitless being not limited by anything upon which the mind places restrictions or limitations.

Earlier, we looked at the different levels of consciousness according to the map of consciousness. You might recall Courage was the dividing line between Force and Power and calibrated at the level 200. When you affirm the truth about our health and healing, you instantly raise your consciousness to a level above 200 since truth cannot exist at the level of Force.

According to Dr. Hawkins, in order to heal a particular illness you must:

1. Let go of resisting the sensory experience of it,
2. No longer put names or labels on it, using no words at all,
3. Welcome experiencing what you are experiencing in a very radical way and at the same time,
4. Cancel the thought form and belief system,
5. Choose the energy field of Love, which heals.



Love calibrates above the level of 500. A loving thought heals, whereas a negative thought creates illness in the body. By becoming a loving person, you become receptive to higher states of energy acquainted with Love. A loving person releases endorphins in the brain. This has a profound effect on the physiology of a person and ultimately ones health and happiness.

The essential nature of consciousness is of love. Happiness arises from the willingness to let go of those negative states and to replace them with love. This is evident in young children who radiate love and joy.

The energy system of the meridians, which we examined earlier, becomes imbalanced when the level of consciousness drops below the level 200. When you entertain a negative belief, the effect is represented in the heart meridian which disrupts the flow of energy through the body. Continuous thoughts of negativity may impair the life energy of the heart resulting in a change to the heart's physiology over time. It may disrupt the functioning of the nervous system, which operates the functioning of the body's organs.

The body represents what one holds at the level of the mind and not the other way around. Your body is a representation of your habitual thoughts. The reason that the body represents any state of mind is due to the power of the mind.

In order to approach healing, then, you must look to the reason why the illness or disease is being represented in the body. It is your consciousness inviting you to look at something within you that seeks healing and attention. It may be guilt, fear or any other toxic emotion which seeks attention. It is arising in your awareness and consciousness so that it may be forgiven and loved.



We change our inner dialogue from: “Why is this happening to me?” to: “Thank you, constipation, for showing up in my life to teach me the lesson of allowing life to flow through me. This changes the energy of the disease or illness, created from a place of love – higher energy state of healing. It invites receptivity that this (disease or illness) has come into your life to serve as your teacher--not to punish you. This process and realisation allows the body to naturally find its own level of natural

healing.

Therefore, the healing of the body arises when there is healing within the mind. Since the mind is the basis to all thought forms which govern health, it is only natural that you let go of any toxic and unwanted thoughts or beliefs which are not serving your growth as healthy beings. You must challenge every belief system the mind comes up with in order to allow healing to occur. You cannot allow a stray thought to pass through your consciousness without discovering the truth behind it.

In summary, the process of self-healing is achieved by letting go of the resistance to it being in your life. Once you recognise that cancelling any thoughts which tell you otherwise allows the body to return to its infinite state of health and well-being

Physical health and well-being

Exercise



The final component of living an authentic life is leading a healthy lifestyle. Your body is your vehicle for living a rich and abundant life. How you choose to live the quality of that life will be largely determined by your quality of health.

Regular movement is a critical component of health and well-being. It provides mobility and motility to the internal organs, therefore helping with digestion. Movement keeps joints and muscles healthy and aids in circulation

and detoxification functions.

The correct amount and level of exercise is unique to each individual. Many aspects need to be considered, particularly your overall stress load on your body. Many things produce a stress load: lack of nutrition, limbic emotional stress, toxins and exercise. Exercise, at an inappropriate level for you, can add more/less stress into your system.

Exercise balances neurotransmitters in your brain. Neurotransmitters are chemicals which transmit signals from a neuron to a target cell across a synapse. Exercise optimises your mind to improve its alertness, attention and motivation. It also prepares and encourages nerve cells to bind to one another forming the basis for cells logging in new information.

Exercise also promotes the production of calming chemical changes. As your muscles begin working, your body breaks down fat molecules to fuel them, liberating fatty acids in the bloodstream. Therefore, exercise increases levels of serotonin, which calms your body and enhances your sense of safety.

The combination of weight training, aerobic exercise and sound eating habits have been shown to be the most effective for fat loss and toning. Toning is simply the simultaneous decrease of fat and restoration of muscle.



Every year after the age of 25, the average person gains two kilograms of body weight, yet loses one-third to one-half kilograms of muscle. Consequently, our resting metabolism decreases approximately one-half of one per cent every year. Proper exercise and sound eating habits can reverse this process.

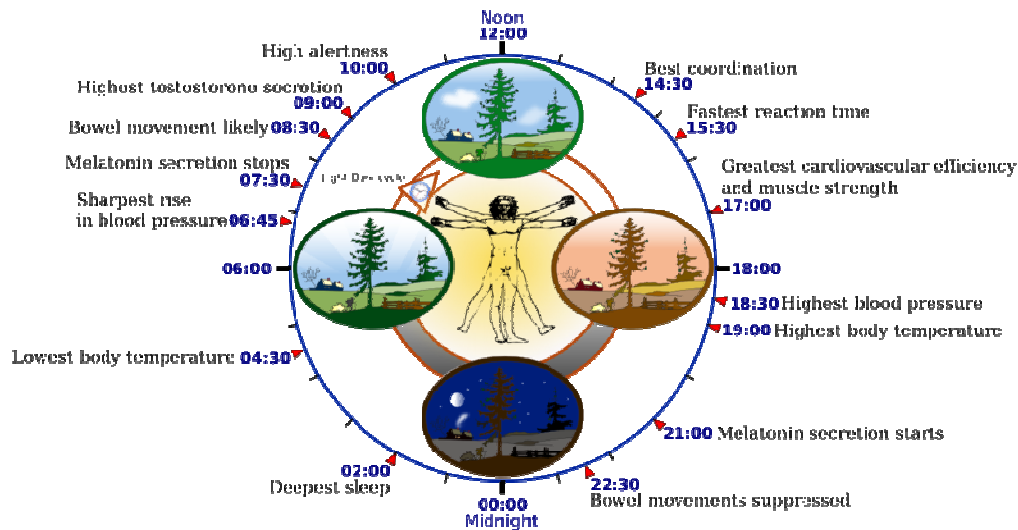
While aerobic exercise burns fat during exercise, anaerobic exercises, like resistance training, utilise fat hours after exercise. Resistance training can also increase the metabolic rate a second way. It restores muscle tissue that had been lost over the years from a sedentary modern lifestyle, thus improving the aesthetics of the body by accentuating its curves and shape.

Furthermore, two kilograms of muscle burns approximately 30 - 50 calories per day. In contrast, two kilograms of body fat burns about three calories per day. This may not seem significant considering two kilograms of fat contains 3500 calories. But, over the course of years, it certainly adds up.

Resistance training exercises that use large muscle groups (e.g., Gluteus Maximus, Quadriceps, Hamstrings, Chest & Back exercises) with a progressively greater resistance, have the most potential for restoring lean body weight and elevating the metabolism hours after exercise.

Sleep

Every living thing sleeps. It is vital for health and well-being and for optimal health. Thus you need to get enough sleep regularly. On average, in the 1900's, we used to sleep eight or nine hours a night. Nowadays, the average is six hours a night. Over a year we are losing 730 hours of rest and recovery. This will affect us physically and psychologically.



When you sleep your body repairs, your tissues recover from the day's tasks and you download information. The best time for sleep is between 10 in the evening and 2 in the morning. These are key periods

for physical repair. They are also your key psychological repair times.

The following sleep/wake action items are worth considering in getting a good night's sleep, so that you are fully rested and energised the following day.

1. Aim to sleep from 10 at night to at least 6 in the morning.
2. Avoid bright lights for at least 2 hours before bed. Utilise candles and dim lights in the evening. Bright lights produce an increase in cortisol levels.
3. Keep your bedroom pitch black.
4. Minimise the consumption of stimulants. Avoid such stimulants as: caffeine, alcohol, sugar, nicotine, and energy drinks completely after lunch.
5. Be well hydrated. Taper off water consumption before bed.
6. Keep all electrical appliances EMF's (Electromagnetic Frequencies) at least two to three metres away from your bed.
7. Be cautious of exercise in the evening, due to stress hormone output.

Nutrition



In order to live a healthy, rich and full life you need to look at what you put into your body in order to add vitality to our system.

Examine each time you put food into your body whether you're injecting life-force or detracting from it.

Food can be thought of as a drug since it has the ability to change the biochemistry and hormonal balance of the body. We've heard the saying: "one man's poison is another man's medicine". This is very true

when applied to nutrition. The prevalence of allergies and intolerances has never been as high in human history. Our immune systems are struggling to cope with the high levels of toxins, chemicals, preservatives, colours, additives and sprays that go into the production of food.

The food pyramid is no longer applicable in our times. It was first created in 1943 by the United States Department of Agriculture (USDA) and subsequently updated and officially released in 1992. According to Harvard scientist Dr. Walter Willett, the original USDA Food Pyramid is terribly misleading and flawed. He states that the Pyramid has not kept up with scientific nutritional research. The original food pyramid made a number of claims supporting its food list, such as: all fats are bad; all complex carbohydrates are good; protein is protein; dairy products are essential; potatoes are good for you. There was no recommendation for exercise.

Look at the types and quality of foods you consume at present. Are they drawing you closer to health? Foods, such as those packed with minerals and vitamins can create health within the body. Conversely, food can be a drug and cause disease and ill-health if consumed regularly and in quantities. If food is a drug, what drugs are you choosing to allow into your body?

Our digestive system is the first line of defence for your body. It serves to assimilate and process incoming food which is subsequently turned into energy. Approximately 80% of our immune system is contained within the mucosal lining of the gut. The gut is the second brain. When our digestive system is working in harmony and balance, our entire body is renewed with an energetic life force and sustained health. When digestion is out of balance, numerous diseases and illness take hold. Listed below are some symptoms of an unhealthy digestive system:

- Lower abdominal bloating
- Constipation
- Belch or burp after meals
- Frequent gas
- Headaches after eating
- Cravings for certain foods i.e. bread, chocolate, other
- Excessive appetite, never feeling full
- Abdominal pain, cramps, distension and discomfort



Over the years, I have eliminated certain foods from my diet and have found that, as I get older, I have retained much of my strength and stamina especially during exercise. Like most things, certain foods did not serve a place in my life anymore and I said good-bye to them. It took some time and persistence to wean them out, since I had been consuming them for years. These foods included: wheat, dairy, gluten, alcohol, caffeine and sugar as the primary food groups.

Now, I know many of you are crying, “Oh, no! How will I start the day without caffeine?” The truth of the matter is that you do not need caffeine to start your day. Do you think our

Palaeolithic ancestors had a short black every morning upon waking? Many of your wants, needs and habits have arisen from bad behaviours formed over the years. The sentence: “Let’s grab a coffee!” has now become mainstream vernacular in our language.

My suggestion when it comes to nutrition is that you find a balance of eating healthy which supports your energy requirements, health and well-being. I don’t believe in announcing good or bad food groups for anyone. I will present you with the information, share my experience and ask that you conduct your own investigation. So start your own *journey* (there is no destination) of health and wellness. Identify those stressors which are causing your body harm. If you’re unsure what they are, seek assistance from a healthcare professional versed in the area of natural remedies. Without the risk of beating up the medical community, it is my opinion that some GP’s are not well-trained in nutrition. Their medical education contained little or no attention to nutritional education unless they chose to specialise in that area.

My suggestions in the interim would be the following:

- Take a good Probiotic that will balance your internal flora. A naturopathic specialist can assist you with this. You need some tests should you suffer from allergies, intolerances or related digestive imbalances.
- Refrain from eating foods which irritate your gut. The long-term damage to the gut lining is irreparable and not worth the short-term pleasure.

- Drink plenty of natural spring water sourced from an artisan well where possible. Use the following formula to determine your daily requirement of water intake: $0.033 \times \text{your body weight (kg)} = \text{litres}$
- Eat at least 80% organic foods which are free from pesticides and are labelled accordingly.
- Eat regular meals throughout the day and listen to your satiety signals (feeling of fullness).
- Develop a relationship with your body. Listen to your body's internal signals. The body speaks in soft, quiet whispers.
- Have fun, enjoy life. You'll make mistakes. Learn from them. Don't take yourself or the world too seriously and watch your life take on new meaning.

The Benefits of Breathing



What is the purpose of breathing and why do we need it?

We need to breathe because our cells require oxygen to maintain life and energy. The energy requirements of our cells dictate that nutrients are drawn from the food we eat and the oxygen we breathe.

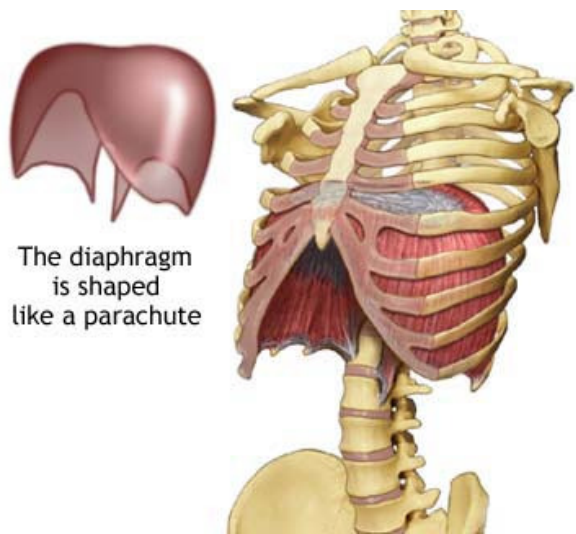
While the heart and lungs circulate oxygen around the body, the respiratory muscles draw the oxygen into the body. Respiratory muscles may have an

inspiration (inhale) function or expiration (exhale) function. During inspiration, many people develop faulty breathing mechanics, leading to dysfunction.

There are predominantly two types of deep breathing. One is sympathetic nervous system high-chest breathing which brings anxiety and vaso constriction (constriction is the closing and restriction of blood and oxygen flow). The other is lower abdomen based which promotes relaxation and vaso dilation (dilation is the opening of blood vessels, allowing increased oxygenated blood flow).

The nervous system, as explained earlier, is comprised of two branches; sympathetic and parasympathetic. That latter is the state we want to develop, since its main function is rest-digestion and healing.

The diaphragm is considered to be the most important respiratory muscle. It is a dome-shaped muscle which rests in the thoracic cavity. It has a functional connection to the heart via a number of fascial pathways. Diaphragmatic breathing causes heart movement



due to the fascial connection between the two muscles. The vena cava, which enters the diaphragm, increases in size when the diaphragm moves in a downward motion. The vena cava's increase in size reduces blood pressure allowing for faster blood flow back to the heart. In order to gain optimum health and vitality, it is essential that you begin to develop proper breathing mechanics.

Through regular practise, this may become a habitual pattern which nourishes every living cell in your body.

Diaphragmatic Breathing Exercise

Begin the exercise by lying on your back. This is the easiest position to practise diaphragmatic breathing. After you become adept in the lying position, practice the exercise in a sitting - standing - moving progression.

1. Begin lying on your back
2. Place both hands on your stomach. You may wish to use a slightly weighted device on your stomach to draw awareness to the rise and fall of the abdomen.
3. Inhale slowly through your nose as you raise your stomach simultaneously.
4. Exhale slowly through your nose or mouth, noting the fall of the stomach

It is suggested you begin with a minimum of ten minutes per day. As you get better with the exercise, progress to the suggested positions outlined above. Most people feel light-headed when they stand up from the lying position. This is attributed to more efficient blood flow being directed to the brain.

Conclusion

Hopefully, by now, you will have gained a sound understanding of the different principles related to living an authentic life. Recapping, those elements include:

1. Self awareness and Spirituality
2. Personal Development
3. Health and healing

When you connect to these three principles, allowing them to serve you, you awaken to the source of abundance which permeates through every living cell. You become aligned with your natural state of health, well-being and authenticity as human beings.

You realize that you are capable of greatness. You transcend any limitations you thought possible as you begin to live outside of that state of mind which constantly seeks to thwart your every action. Problems give way to solutions. Answers manifest themselves. Miracles become an everyday occurrence. You begin to live in this beautiful state of bliss, drawing on the limitless, inner fountain of joy. The world is a brighter place. There is colour and a renewed optimism that you can co-create a life full and rich with abundance and prosperity. You become the architect of your destiny.

Reread this e-book as often as you like. You may also wish to visit my website for additional resources and articles via: <https://www.tonyfahkry.com> on living in alignment. The road to your fulfilment lies in the steps you take each day. So learn to have fun with the process, for you shall have dark days and bad days. Remember: the dark days are all part and parcel of the journey to a life you truly deserve. I leave you with this beautiful quote by Marianne Williamson:

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are we not to be...? You are a child of God. Your playing small doesn't serve the world."

"There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same."

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