



ADVANCED PROGRAMME GUIDEBOOK

**22 important health & wellbeing habits to
nourish your mind, body & soul**



...powerful habits to transform your life!

Devised by
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Introduction

Thank You

David and I would sincerely like to thank you from the bottom of our hearts, for your trust in us with this purchase.

More importantly, thank you for valuing yourself enough to want to make an investment in your health and wellbeing.

This programme is the culmination of thousands of hours of research all condensed into an easy- to-use format of daily actions, which you turn into fixed habits through repetition.

You'll see from the various studies and references how several of these habits alone, have cured many debilitating ailments.

I absolutely promise you that if you follow the 22 habits (or at least the majority of them) you'll see a significant improvement in your physical health and general wellbeing.

And...the most important side effect of all, you'll start to feel wonderful and that's what it's all about... that's when the magic happens!

Quite a bit of it is common sense, some of it you will already know but have forgotten.

We'll give you all the supporting science, the research, the why's and obviously the how's, so you can easily apply it all.

You'll see from the accompanying videos, my speciality is in the areas related to the physical body, so I'll guide you through the essential habits (1 – 11) and David's speciality is in the areas related to the mind & soul, so he'll guide you through the advanced habits (12 – 22).

We hope you get huge value and wish you the very best of future health and happiness 😊.

Stephen & David

Health & Wellness Mentors



This is David btw 😊

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

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Understanding What You Are?

This section is crucial to help you get the most from the programme by understanding what you really are (energetically).

Spiritual beings

You may or may not know that you, me, and every other human on the planet are magnificent spiritual beings having a series of human experiences.

Why, you may ask?

In a phrase... **'soul evolution'**. You like everyone else, chose to be the person you are, along with the path you are currently on in this lifetime, as you knew it would present you with the lessons and challenges that your soul needs to allow it to evolve further.

Most people at this point usually say to me *"If I had a choice, I'm pretty sure I wouldn't have chosen this body and this life!"* 😊

I can assure you that you and everyone else, consciously chose (whilst in the spiritual realm) their current life before they were born. Now unless you are drawn towards the study of spiritual or philosophical pursuits, the chances are you could easily think life is just random and a one off.

To help you put things into perspective, here's a brilliant bit of wisdom entitled 'the rules for being human'...

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations and frustrations are more lessons? They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you've been accustomed to.



6. “There” is no better than “here.”

When your “there” has become a “here”, you will simply obtain another “there” that will again look better than “here.”

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the ‘Law of Attraction’.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

11. You will likely forget all this...but you can remember it whenever you want 😊.

These universal truths apply to every single human being and are a wonderful little guidance system to keep reminding us of who we are and how it (life) works.

We have also added it to the annex at the end as a single page if you wanted to print it off and have it as a regular reminder of the rules of life!

Let's go deeper...

Everything is just energy

Here's a little bit of science which is also important to understand (to lead us into the health stuff); everything in the universe is just energy vibrating at a certain frequency and that includes us as human beings.

Although the body you are sat in, appears to be physical flesh and blood (we are actually 70% - 75% water), if you viewed it under a powerful enough microscope you would see at a certain level, you are simply trillions of atoms vibrating.

Away from the microscope, you appear to be solid. This is the same with any seemingly solid object, it too is just vibrating atoms that give the appearance of solidity to our senses.



We are all born as high vibrational beings

When we are born, we have the pureness and high vibrations of a new body and soul just beginning its journey. This is the beauty of nature and evolution at work and if you were to measure the frequency, it would be very high indeed.

This is why we are all energetically drawn to new-born babies and small children because they are in a state of high vibration. It is the same for young animals, think puppies or kittens, they're adorable.

You could say every birth is a miracle of nature as each new-born has gone through a natural gestation and incubation period before entering the world independently.

Homeostasis

This high vibrational, optimal state is known as homeostasis, it is the default healthy setting of the body. As long as we have decent habits and generally nourish the body, it should stay in the high vibrational state of homeostasis.

Unfortunately, the vibrational state starts to diminish if we're not careful 😞.

The PROBLEM....

Modern day life is slowly poisoning us (if we allow it)!

Whether we like it or not, modern life in the western world particularly, is not conducive to good health, we're negatively bombarded from many directions which starts to lower our vibration and vitality.

The list is long but here are the common ones:

- Processed food
- Food additives (MSG, High fructose corn syrup, aspartame)
- EMF radiation (Wi-Fi, smart metres, devices)
- Air pollution
- Anxiety/Stress/Fear/Negativity/Guilt/Shame
- Vaccinations
- Prescription medication

Each element above has the effect of lowering your vibration and subsequently your health and vitality.

Making a conscious effort to reduce these effects and adopt habits to raise your vibration is the key. More importantly, all the good habits we're suggesting you do, will do this for you 😊.



You could also join a tribe for this!

If we all lived in the wild like indigenous people do, we wouldn't need to give health a second thought as we'd instinctively live in harmony with our surroundings. We'd only ingest natural foods and be away from vibrational lowering foods, devices and environments.

Tribes people just don't suffer from every day stress/fear/anxiety...hmmm!

Solution

As we're living in the modern world with many things lowering our natural vibration (which has the potential to lead to multiple potential health problems), we can mitigate this by adopting the right actions which naturally raise our vibration and health.

And we simply do this until these actions become fixed habits, then it's plain sailing 😊.

Adopting the Right Mindset

Good health is **always** your number 1 priority in life!

Here's why....

When David and I are giving health presentations, we ask the audience if they could have anything they want (and money is no object), what would they choose?

We usually get replies such as, a large mansion, a super yacht, huge log cabin in the woods, handsome rich partner etc.

We then point out that to fully enjoy any of it, the most important thing of all is to have good health. Of course, you can still have some enjoyment whilst in poor health but to fully enjoy anything in life, being in good health is essential and why it is your number 1 goal in life.

When your health is good, you feel good, your life flows much easier
and everything is more enjoyable 😊

As my spirit guide Qual says, "What does your wealth look like, without your health?" to emphasise the importance of prioritising your health.

Formula 1 racing car analogy!

I want you to start thinking of your body as though you were operating a high-performance formula 1 racing car.



- To get the best performance out of it you would only put in quality petrol, oils, and lubricants.
- You would make sure you understood how to get the best out of it and drive it accordingly.
- You would only drive it in suitable environments and take special care of it to make sure it always operates with a high performance. You would look after it!

As busy humans, we tend to put any old petrol in it (junk food), never really bother to read the manual to fully understand how it works (life is far too busy!) and we don't really pay much attention to it, until something starts to go wrong (Dr will fix it with a prescription!).

That tends to be the reality of modern life for a lot of people 😞!

Let's talk about **FEELING GOOD** 😊

We've established that good health is always your number 1 priority in life.

A natural consequence of good general health and wellbeing is **feeling good**. When you feel good, positive and happy, your vibration rises, and life becomes much easier and that's what this whole pack is about.

Each habit will incrementally raise the vibration of your body each time you do it. You will feel good each time you do a recommended action, sometimes its subtle, sometimes it's obvious, sometimes it's exhilarating, as you'll see 😊.

There'll be a combination of physical, emotional, and psychological wellbeing benefits. The more you do them, the better it is for your general health and the better you'll feel good.

Complete Health & Wellbeing Models 1 & 2 - IMPORTANT

When it comes to health and wellbeing, most people predominantly associate it with their physical body and their mental state of mind.

Our own philosophy is that we actually have **8 specific areas of health** (YES 8!) which we all need to continually nurture for complete health and wellbeing.

We use 3 visual images (models) to help you understand how it all fits together, here are the first 2;

Model 1 ~ Your 8 Health Buckets

The image on the following page is our own model that represents the 8 areas, each area is depicted by a bucket that has a very small but continual leak at the bottom.



It's obviously metaphorical, working on the basis that each bucket holds the water that lubricates and makes each of your 8 key areas run smoothly and healthily. However, each bucket slowly leaks and will eventually drain dry if neglected.

You job is to continually pay attention and nurture all 8 areas (i.e. keep topping up with water) using the recommended actions/habits, to maintain good health and wellbeing.

If you neglect any bucket(s), a part, or parts of you will eventually be running on empty and potentially start to create health problems/issues.

Each of the recommended habits in this programme enhances at least 1 primary bucket and also enhances multiple secondary buckets.

We'll point this out within each habit, so you fully understand the combined benefit for each action/habit that we recommend.

We'll also add the '8 Health Buckets' image below to the index at the end of this manual so you can print off as a visual reminder (highly recommended) if you wish.



Let's delve further into each bucket and zone...

The Tangible Zone (these are external to a degree, and what others can see)

1. **Physical health** ~ the most obvious one, all the essential habits (1 – 11) will help you take very good care of this.
2. **Financial health** ~ we only touch on this one directly with 1 habit (habit 22). It is obviously very important to nurture and look after your finances as we all live in world where we need money to live and thrive.
3. **Vocational health** ~ this is very important indeed, yet so often neglected. It can be your occupation and/or your passion(s) related to your highest values (habit 15 will help you establish your values). Your true vocation in life is what your soul longs to do, an inner urge and therefore it has a strong connection to your spiritual health. If you are doing what truly inspires you in accordance with your highest values, that is your main spiritual path in this lifetime.

It is important that what you do as your vocation (could be main job, secondary business, or hobby) gives you fulfilment, otherwise you can end up suppressing your life away, if you are just doing it for the money. If you are not fulfilled with your main job, you need to look at moving towards a vocation (you can start it part-time) that you would love to do, which is in accordance with your highest values.

It may take some time and planning (baby steps at first) to get there, but it will fill you with energy, enthusiasm, and joy when you align this part of you (neglecting this part is why so many people are lost and unfulfilled and dread Monday mornings!). When you're in tune with your vocational health, your emotional and mental wellbeing and fulfilment, will go through the roof 😊.

The Feel-Good Zone (The most important zone, the heart ❤️ of the operation, when you nurture and balance these 2 areas, you will **feel very good** about yourself and that is the number one aim of this whole programme).

4. **Emotional health** ~ this is how you feel at any given time and is the most important bucket of all 8. Every single one of the 22 habits will enhance your emotional health and make you feel that little bit better each time you do it. Habits 13, 14, 16, 17, 18, 19 & 20 are specifically designed to build your emotional health. With practise, they will get you feeling good all the time and that's when the magic happens 😊.
5. **Mental health** ~ this is how you internally see yourself and affects your confidence, self-esteem, and self-worth. It is the second most important bucket after emotional health and positively links to all 22 habits. Similar to emotional health above, habits 12, 13, 14, 16, 17, 18, 19 & 20 are specifically designed to build your self-image and confidence and make you feel really good about yourself.

When your **emotional and mental health** are in great shape, everything else will fall into place much more easily.

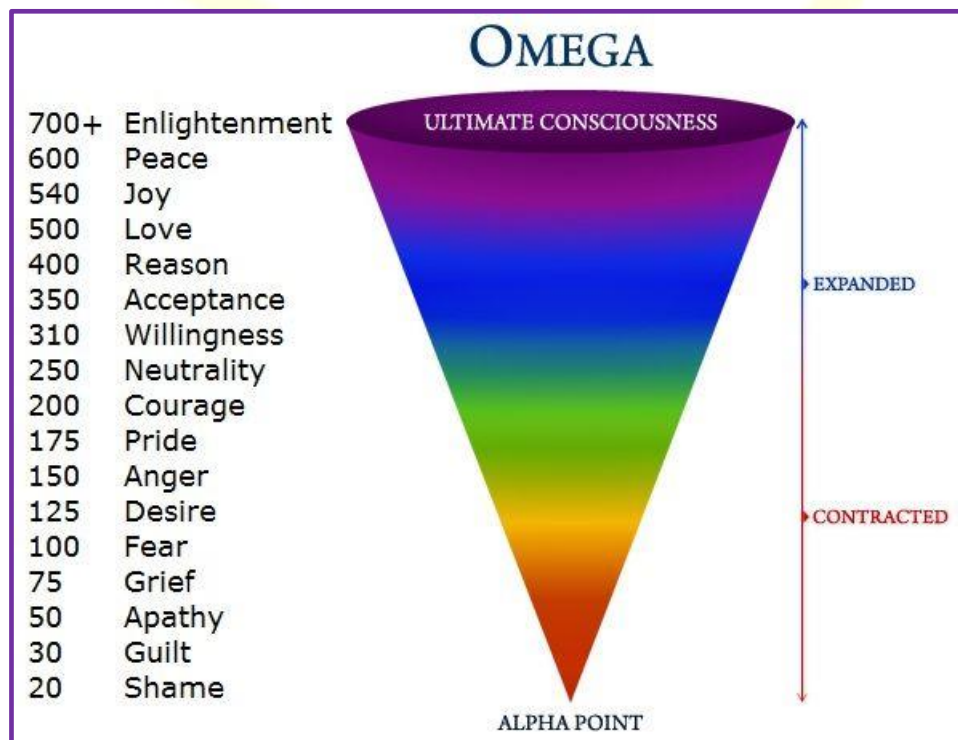


The Connecting Zone (as humans, we intuitively want and need to connect with others).

6. **Divine Sexual health** ~ this one isn't exclusively about sex with a partner, it applies to everyone and is about connecting to your divine creative power released through orgasm. It is about tapping into the glorious elixir of life and bathing in the divine life nourishing energy that creates everything in the universe. It is highly recommended to connect regularly with it (regardless of if you are in a relationship or not), habit 11 will help you fully understand and take care of this. You'll learn how it relates to the Emotional Vibration Chart (model 2) in a significant way.
7. **Social/Family health** ~ We all have a deep human need to feel wanted and accepted by other humans. Having a social circle of friends, work associates, like minded advocates and close family bonds are all important for your mental and emotional wellbeing. It is important to regularly connect and nourish these relationships to feel complete as a human being. Habit 21 will help you with this.
8. **Spiritual Health** ~ As the saying goes "for what profits a man if he gains the whole world and loses his soul?" Understanding you are a spiritual being having a human experience and acknowledging/connecting with a higher power is very important indeed for your spiritual health and your integrity as a human being.

Also...to feel genuinely fulfilled with your life, your spiritual health needs continually nurturing. Having a higher purpose/vocation (in line with your highest values) with the intention of benefitting fellow human beings and advancing humanity in some way (no matter how big or small), is nourishing for your soul and spiritual health. Taking care of your spiritual health will also help to keep you grounded and more fulfilled, habits 9, 12 – 15 and 17 - 21 will help you with this.

Model 2 ~ Emotional Vibration Chart (aka Map of Consciousness)



This chart is courtesy of the late Dr David R Hawkins MD who through extensive testing and research has mapped the range of human consciousness.

It is officially known as the 'Map of Consciousness,' however we're going to refer to it as the **Emotional Vibrational Chart** simply because that is easier to relate to in terms of health and getting you to focus on the key aspects.

It maps the 17 levels of human consciousness (each labelled as an emotion) on a scale of 1 – 1,000 which represents the levels of **energetic vibration** connected to the level of consciousness of each of the emotions.

You can see that the really good emotions of love, joy and peace are at the higher vibrational end of the scale and as we all know, feel really good. **That's where we all want to be!**

Conversely, fear, grief and guilt etc, are at the lower end of the chart and don't feel so good to experience.

Important distinction...

We can all pretty much experience the whole range of emotions briefly from time to time. For example: we can be deliriously happy or really angry, these are fleeting short term emotional experiences.

However, underlying all of this, we each have an average vibration calibrating somewhere between 0 – 1,000. Dr Hawkins established that around 75% of the world's population is below 200 and only a small handful of people (less than 20) are above 600. Quite surprising!

There have been just a small number who have calibrated at the very top of the scale (enlightenment), here's 3 you may have heard of Jesus, Buddha, Krishna!

Instead of using the phrase average vibration, let's call it **resting vibration**.

The most important aspect of all ~ the higher your resting vibration, the better you naturally feel!

Now, it is quite obvious looking at the chart, if you have a higher resting vibration of say love (500) you are generally going to feel much better than if you had a resting vibration of anger (150).

This whole programme is devised to incrementally raise your vibration through all the actions/habits to continually move you up the scale.

Although on the surface you could be mistaken for thinking this is just a health and wellbeing programme, it's actually a feel-good programme as the repeated actions/habits are designed to push you up that chart so you vibrate higher and naturally feel better 😊.

The higher your vibration, the more conducive the energetic environment for the cells of your body.



Key note:

You cannot make big leaps in your resting vibration, for example: you cannot just go from say anger to love quickly, you can experience them as individual emotions in quick succession, but you have to go through each level in turn.

The chart is for your intellectual understanding, **your job is to simply focus on the recommended actions and mindset** with each habit as they will incrementally raise your vibration, slowly but surely.

And, more importantly, this isn't a quick fix, it's an incremental action programme for your lifetime (or until even better information is discovered and supersedes any aspect), hence why we want to help you install them as fixed habits.

Please burn this into your brain

It's your thoughts and corresponding feelings that are the driver with all of this as they **emit an energy field which affects everything around you.**

You attract whatever is vibrating on the level you're vibrating at, so **the higher up you get** on the chart (ideally love, joy and peace), **the better the circumstances and events you experience** and most importantly, **the better you feel!** 😊

How to Get the Most from this Programme

David and I created this programme as a 2-step process to learn each habit;

1. First step, **learning**: the information on each habit is to educate you on the importance to your health and **why** you should adopt the habit.
2. Second step, **doing**: you then know exactly **what** and **how** to do it, until it becomes a deeply ingrained habit.

Hopefully, you'll feel inspired to do each recommended habit until it becomes fixed and subsequently automatic for you 😊.

It just takes a bit of discipline first

The best definition of discipline I have heard is 'giving yourself a command and following it.'

The difference between discipline and habit is this;

Discipline is making decisions and taking actions using your **conscious** mind.

Habit is carrying out actions using your **subconscious** mind as you no longer have to think about it, you just do it.



So, once you have learned and understood the benefits of each individual habit, you just need a bit of discipline to carry them out daily until they become a fixed habit.

...and voila 😊!

Habits

We are all creatures of habit as this is how the unconscious mind operates when we repeat an action enough times.

Scientifically speaking, every single thought or action creates an electrical impulse across the neural pathways of your brain to create what are known as synapses. By repeating specific thoughts or actions you strengthen the neural pathways/synapses until they reach a point where conscious attention is no longer required. It then becomes stored in your subconscious mind and body, as a fixed habit.

If you repeat an action long enough the brain will naturally and unconsciously want to keep doing it and that is the plan!

Only 66 days needed!

There is a lot of talk about a habit becoming fixed after just 21 days, but recent scientific studies show it takes 66 days to fully ingrain a habit subconsciously.

David and I do 'earthing' (habit No 2) every single morning whatever the weather, we have done it for that long (several years) it would feel weird not doing it.

The first week or two is where the most discipline is required. After 66 days, you will have done it that many times, it will feel like the most natural thing in the world. It will be like getting dressed or brushing your teeth, you don't have to think about it, you just do it.

Start with the most important and build

Just so you don't feel overwhelmed by taking on lots of new actions all at once. I recommend you read the whole manual first to understand all the different habits.

Then start adopting the habits that feel the most important to you. As you'll see, some will take time, planning and experimentation to find what works best. With others, you'll be able to dive straight in.

You may have heard the word 'Kaizen' it is the fusion of the two Japanese words: "Kai" and "Zen" which mean respectively "change" and "good". We can translate this to **continuous improvement** or continuous, better, and positive changes.

Remember, these are habits you are ingraining for life to make big enhancements in your health and wellbeing, raise your energy and make you feel good.

We've put a full summary list of actions along with a tracking log for all 22 habits in the annex, for you to print off as a quick guide and tracker.



The 11 Essential Habits

I (Stephen), will now take you through the first 11 habits which are primarily related to enhancing the health of your physical body. The secondary benefits relate to multiple aspects (buckets) as you'll see 😊.



Our advice

Take your time with this information. Please don't feel you have got to get doing all the habits every day, you have this information for a lifetime.

Initially, it more important to understand what each habit is, why its highly recommended and the best way to implement it.

So just go through them at a pace that is right for you and start to implement as your circumstances permit.

Perhaps give yourself a week or two as a goal to implement all 11 into your regular routine, use a bit of trial and error where required, to figure out what works best for you.

So, are you ready to get going?

Habit No 1 ~ Optimal Hydration

*"All the habits will boost your health and vitality in a very positive way, However, **this one is the most important**, hence why its number 1."*



Optimal Hydration

Why is this an essential habit?

You are made up of 70% - 75% water and pretty much all of your bodies systems and functions, particularly the cells, rely on good hydration. This habit, done well, has alleviated and cured multiple ailments and conditions for countless people as they were simply the effect of a dehydrated body.

(n.b. I'll give you the links and references at the end of this section, so you can check them out for yourself if you want to).



Potential benefit

This habit alone has the biggest potential to change your health and wellbeing significantly, within a very short space of time. It is very often the solution to beating fatigue, raising energy levels, helping with weight loss, making your skin glow, anti-aging, healing multiple ailments, the list goes on!

So.... PLEASE PAY CLOSE ATTENTION 😊!

I often say to people “you wouldn’t wash your car with coffee!” to make them focus on the fact that their body needs adequate daily hydration. This simply means drinking plenty of water and eating foods high in water content (highly recommended, you’ll see why).

Copious amounts of coffee, tea, fruit juices, fizzy drinks and alcohol all have a dehydrating effect so **do not** count towards hydration.

Back to basics

Your body is made up of around 75% water when you’re born which reduces a little as you age, but nevertheless a large part of you is water.

Your body is designed to function in a well hydrated state to provide optimum health and vitality for you. All your body’s cells need regular hydration to operate all of your bodily systems and functions in an efficient way.

If your body is dehydrated, the systems start to struggle which manifests as a myriad of ailments and conditions as the cells cry out for water.

Quick story...

We’re all creatures of habit, I know one lady who woke every morning and drank a cup of coffee with 2 slices of toast. She then went off to work where she was greeted with another coffee, a further coffee followed within the hour, then before you know it, it was mid-morning coffee break 😊!

We all love a coffee, I certainly do, the problem was, this lady was only drinking coffee most of the day and very little water or any food high in water content.

This resulted in a few minor health problems along with fatigue and several aches and pains. The irony is, that lack of adequate hydration often invokes fatigue and lethargy resulting in people drinking more coffee to get an energy boost!

I made this same mistake

Going back to 2013 before I became educated on the benefits of good hydration, I had some bad habits around health as I didn’t know any better at the time.



I didn't drink much water back then and perhaps a little too much alcohol! Anyway, I had high blood pressure, acid reflux and gout (ouch!) and was on several medications to treat them.

After changing to better health habits and making sure I'm adequately hydrated every day, they've all magically disappeared, and I feel fantastic for it. I made several habit changes and believe that hydration played a very big role in curing my ailments.

In addition to this, I no longer have 'brain fog' which is when you feel groggy and lack focus, usually when you wake up.

About you

Do you suffer from brain fog, lethargy, headaches, muscular aches and pains, weight problems, bloating, constipation, acid reflux, poor sleep, joint problems?

If you can answer yes to any of these conditions, it's highly likely you're under hydrated due to your current habits.

The problem with the medical industry is that they are trained to treat the symptom and not the cause. For example, the general advice for an acid reflux problem is to take an antacid tablet instead of looking at the cause of the problem (which is more often related to a lack of proper hydration) and treating that.

It is very easy to neglect in today's fast paced world where we seem to live in a habit loop of say...tea/coffee, carbonated soft drink, energy drink, some alcohol etc...which all contain water. As previously mentioned, they all have a dehydrating effect, so you need to counter this with good hydration.

How much water should you drink daily?

As a mid-fifties, UK based male measuring 1.83m, I drink (on its own) on a daily basis;

2.7 litres in Spring,
3.0 litres in summer,
2.7 litres in Autumn
2.2 litres in Winter.

This may seem a lot, but I find it very easy to do (habit) and it makes me feel super clean internally and super sharp mentally.

I'll give some recommended guidelines at the end of this section.

I also have a lot of food that is high in water content (includes a daily smoothie) as this is also important, so let's talk about that.

Food's high in water content (very important to know)

Recent research into hydration has discovered that plant-based water (from fruits, vegetables, roots and seeds) is even more hydrating than water.



The reason is it's already purified, alkaline, full of nutrients/minerals and structured in a way that is easier for the cells in your body to absorb.

Adequately hydrating the cells of your body is what good hydration is ultimately about as they are the 'building blocks' that make up your body.

The water in food is known as structured water or gel water.

Food's high in gel water content:

Vegetables ~ Cucumber, Lettuce, Celery, Radishes, Tomatoes, Peppers, Spinach, Broccoli, Carrots, Brussel Sprouts, Cauliflower.

Fruits ~ Watermelon, Strawberry, Pineapple, Apple, Grapes, Blueberries, Grapefruit, Raspberry, Kiwi, Pears, Cantaloupe.

Seeds ~ Chia, sunflower, Hemp, Pumpkin, Flaxseed (although they are individually small, they hold far more gel water than you think).

Other ~ Ghee (a type of butter).

Anecdote

In Chris McDougall's best-selling book 'Born to Run' he talks about a hidden tribe in the Sierra Madres desert called the Tarahumara, whose young men run 50-mile races for fun!

They fuel themselves before the race with chia seeds and fermented corn beer and then carry a pouch of chia seeds whilst on the run. Not a drop of liquid water in sight!

Weight Problems?

If you are overweight or have weight management problems, it could be that you are mistakenly confusing thirst signals from your body with hunger signals.

Adequate hydration is a pre-requisite for weight loss and it's highly recommended you drink a glass of water or two, before each meal.

Skin

The largest organ in your body is your skin. Now I suspect you spend money on expensive skin creams to help feed and protect your skin?

To be blunt, it's pure commercialism! You can achieve amazing skin just by good hydration as **it's an inside job**.

Although that may seem controversial, just think about what happens to a plum when it is dried out...it turns into a prune!

Wrinkles have a lot to do with dehydration!



Keep well hydrated at all times to age better.

If you want to make your skin glow further (whilst saving money), I recommend trying natural coconut oil (cold pressed) which you can find in every supermarket. It is high in water content and full of nutrients, it is one of nature's little gems and it has multiple health benefits too (just google it).

Recommended Daily Habits

- ✓ **Drink: 8oz – 16oz of water (1 or 2 standard glasses) when you get up each day**, this will hydrate you after the dehydrating effects of sleep. In particular it will hydrate your brain which is very important for focus.
- ✓ **Drink: 8oz – 16oz (1 or 2 standard glasses) of water before each meal**, this will also help with weight management.
- ✓ **Drink: additional water** at any other time you feel dehydrated and need to quench your thirst.
- ✓ **Eat: some of the listed vegetables, fruits and seeds** to top up with gel water, and/or blend some of the listed vegetables, fruits and seeds into a nice smoothie.

Additional toilet breaks

I'm astonished at the amount of people who respond with "I'll be going to the toilet all day if I drink all that water" as though it's a bad thing. Regular visits to the bathroom every 2 – 3 hours are what our bodies are designed to do to eliminate waste and promote good health.

It's only the bad habit of inadequate hydration that reduces the need for the toilet. If you worried about having to get up in the middle of the night to use the toilet, simply front load your water (i.e. drink more of it earlier in the day) and make sure you go just before bedtime.

Take salt too

Another essential requirement for your bodies optimum health to get the minerals it needs, is regular salt intake. I recommended avoiding normal table salt and instead take either sea salt, Himalayan salt or rock salt every day.

Take a pinch of it in a glass of water or smoothie, alternatively put a pinch directly on your tongue and wash it down with water. I put it in my daily smoothie and also take it separately with water each morning.

Useful links

Book: [Your Body's Many Cries for Water](#), Dr Fereydoon Batmanghelidj

Book: [Quench](#), Dana Cohen MD, Gina Bria



Web: www.drnanacohen.com

Web: www.hydratationfoundation.org

From the above listed links/books, you'll find multiple case studies of conditions that were cured by good hydration along with health boosting tips and suggestions.

Final word

The benefits of optimal hydration are huge, from beating fatigue, losing weight, eliminating pains, combatting premature aging, the list goes on!

Fall in love with water and foods high in water content (gel foods), **your body will love you for it** 😊.

Recommended habit action steps

- ✓ Start a daily adequate hydration routine immediately, using the recommended list on page 20 as a guideline.
- ✓ Getting into the habit of having water readily available by your side throughout the day (glass or water bottle).
- ✓ Experiment with different amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

Habit No 2 ~ Earthing

"Tesla proved over a hundred years ago that the earth holds an unlimited supply of natural energy, here's how to tap into it to boost your health and vitality."



11 Essential Habits Jigsaw ~ so far...

1 - You're optimally hydrating and powering your system with the essential fluid of life.



Earthing

What is Earthing?

Glad you asked, earthing (also referred to as grounding), is where we harness the electrical power of the earth to assist us towards better health and a stronger immune system.

Did you know, planet earth is an electrical planet that has a natural frequency known as the Schumann resonance. Humans are also electrical beings and our connection to the planet (which is simply the flow of electrons into our bodies) is vital for our health and wellbeing.

The Problem!

Unfortunately, due to modern living and the advent of rubber and plastic soled shoes along with insulated housing (carpets, mattresses etc) we've become very disconnected from the Earth.

It gets worse, our environment is full electromagnetic radiation (EMF's), from devices, mobile phone masts, TV broadcasts, Wi-Fi, power lines, domestic wiring etc.

All this electromagnetic radiation induces voltages in our bodies, disrupting the internal electrical communications, which are a vital part of the function of our body's systems.

This means all the electrical items within your home may be having a negative impact on your health, which is backed up by a lot of scientific evidence.

The earthing solution

Simply by walking barefoot on the earth you become grounded and receive electrons from the earth to boost your health.

Walking on grass, soil, concrete and the beach will earth you. Tarmac is non-conductive so doesn't work the same.

Have you ever wondered why you've felt so good after your summer holiday at the beach?

A large part of it is because you get lots of vitamin D from the sun and you spend a huge amount of time earthed (bare feet) to the planet. This combination has a very positive effect on your health and wellbeing as you're naturally energising your body.

Earthing indoors

Even if your daily life isn't conducive for earthing, let's say you live in a flat and it's difficult to get the opportunity to earth. Why not can bring the earth electrons to you!

You can purchase earthing products that will earth you in the home or workplace and even while you sleep with an earthing bedsheet.



David and I both sleep on an earthing bed sheet, so we're connected to the earth for several hours every night.

You can even get earthing sheets for your pets.

When to earth?

You can earth as much as you wish. The more time, the better, you can't overdo it.

The minimum I do daily, is a couple of 5-minute walks barefoot around my garden and all night on an earthing bedsheet. Some days, I'll spend a few hours barefoot in the garden, particularly in the summer.

Adopting the Habit

I wholeheartedly recommend you adopt the habit of walking barefoot in the garden twice a day as a minimum, perhaps early morning and in the evening.

Attention: Massage Therapists & Hands-On Healers

Grounding helped therapists who were experiencing higher stress to cope with those stressful situations by providing them with extra energy.

Grounding also helped those therapists who were experiencing higher levels of pain to become more relaxed with less anxiety, less depression and improved sleep.

These findings combined with the results of a prior study indicating improvements in inflammatory biomarkers, blood viscosity and heart rate variability (HRV) suggest that grounding is beneficial for therapists in multiple domains, improving health and quality of life.

Suggestion for therapists/healers

As a therapist/healer, you could purchase an ankle earthing strap that you plug in near to your treatment table/couch so you can wear it whilst working on the client.

Although your energy and healing power will already be enhanced through the habit of earthing, by being earthed during a treatment too, your healing can become even more powerful. Food for thought!

Useful links

Book: [Earthing, The most important health discovery ever!](#) by Clinton Ober, Stephen T Sinatra, Martin Zucker.

Movie: [The earthing movie](#)

Earthing products: www.groundology.co.uk



Earthing Research: Further clinical research

Case study: Earthing technology used in Tour De France to help the riders recover better overnight.

Therapist/healer study references;

- i) Zucker M, Goodbye pain and inflammation: Massage table grounding pad relieves therapists overuse injuries: *Dermascope* 2016; 108-109
- ii) Oshman JL, Earthing a new perspective on the cause and prevention of therapist burnout, *massage and bodywork* 2016 74 – 81

Earthing study references

1. Chevalier G, Sinatra ST, Oshman JL, et al. Earthing health implications of reconnecting the human body to the earth's surface electrons. *J. Environ Public Health* 2012.2012:291541.
2. Ober C, Sinatra ST, Zucker M. Earthing: The most important health discovery ever! 2nd edition Laguna Beach, CA. Basic Health Publications. Inc 2014.
3. Oshman JL, Chevalier G, Ober C. Biophysics of earthing (grounding) the human body. In: Rosch P, ed *Bioelectromagnetic and subtle energy medicine* 2nd edition, New York CRC Press 2015: 427-448.

Final word

Once you understand the benefit of earthing, it's an absolute 'no-brainer!' It's free, very simple to do and will make you feel good 😊.

Recommended habit action steps

- ✓ Watch the earthing movie at the first opportunity (very inspiring!)
- ✓ I would recommend you do it as often as practically possible every day.
- ✓ Consider purchasing earthing products if circumstances permit.



Habit No 3 ~ Intermittent Fasting

“A little discipline with regards to your daily eating window (time between your first and last meal), will produce a fantastic set of health benefits.”



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - You're energising your body with the incredible healing power of mother nature.

Intermittent Fasting

What is Fasting?

Fasting is a voluntary abstention from eating food or drinking (except water, black tea/coffee) for a set period of time for health, weight management or spiritual reasons.

The technical term is intermittent fasting.

This is about a bit of discipline for some big rewards! If you are looking for;

- ✓ **Weight loss/weight management (without the misery of regular diets)**
- ✓ **Eat anything you want (within reason),**
- ✓ **Still have binges**

...this habit is the answer 😊!

So, what are the main benefits of fasting?

Here's what the research says about the powerful health benefits of fasting;

- ✓ **Improved body composition**
Fasting for periods of 12 hours or more has been shown to improve fat oxidation and fat-burning. Fasting has also been shown to increase the body's secretion of human growth hormone, which aids in preserving muscle and burning body fat.
- ✓ **More energy**
It's been observed that all mammals tend to be active when hungry and sedentary when fed. As counter intuitive as it might sound, energy levels tend to increase during extended fasts, due to a rise in the hormone adrenaline.



✓ **Gut health enhancement**

Fasting can protect the gut against the negative impacts of stress and can lead to increased microbial diversity and elevated rates of fermentation, making your gut and immune system stronger.

✓ **Appetite regulation**

Ghrelin, known as the “hunger hormone,” is responsible for cravings and making us snack when we really shouldn’t (we’ve all done it!). Leptin, on the other hand, is the hormone responsible for telling us that we’re satisfied. Balancing these two hormones is one of the driving factors behind appetite regulation. Fasting has been shown to regulate ghrelin, which allows leptin to normalise and appetite to balance out.

✓ **Immune system stimulation**

Mouse models have shown promising results for autoimmune conditions, specifically Multiple Sclerosis and Type 1 Diabetes. It’s hypothesized that fasting prompts the body to remove and replace damaged cells, as well as stimulate regeneration of damaged tissue.

✓ **Brain health benefits**

Periods of fasting can induce autophagy in your neurons, thus protecting nerve cells from degeneration. Fasting also increases the secretion of the brain hormone BDNF which aids the growth of new nerve cells and the formation of new neural pathways that can improve brain function as a whole, specifically memory and learning.

✓ **Heart health improvements**

Fasting has been shown to improve a number of blood lipid markers indicative of heart health including blood pressure, cholesterol, blood sugar, insulin sensitivity and triglycerides.

✓ **Longevity and disease prevention**

Autophagy is a repair process in which cells cleanse and repair themselves by removing old and damaged proteins and replacing them with new ones. This process has been associated with anti-aging, longevity, and improved metabolic health, and becomes accelerated during periods of fasting. Autophagy has major implications for longevity and anti-aging because it keeps cells young, healthy, and functioning optimally.

How to do it

For each 24-hour period, you set a period of hours where you don’t eat anything;

Example: Let’s say from 7pm in the evening until 9am the following morning (14 hours). You then consume all your meals within the next period, 9am – 7pm (10 hours).

The above example is my own normal fasting routine.

I have my first meal at 9am and last meal finished by 7pm with 1 meal in between, so I eat 3 meals a day in this 10-hour window.

If you’re a beginner, consider a 12-14 fasting daily fast with a 10-12 hour eating window.



Once you've become accomplished with daily fasting, you may want to consider a longer fast period, say 16-18 hours.

Of course, the good news is that you sleep for a large part of your fasting window, so it is easier than most people perceive, once you get into the swing of it.

The key is simply to discipline yourself to not eat after your eating period ends (avoid snacking while watching late evening tv!) until it becomes a fixed habit.

Important: If you're looking to lose weight, it's not a good combination to do fasting and reduce calorie intake as it can negatively affect your sex hormones. Just concentrate on consuming your normal intake of calories and your body will take care of the rest.

Allowable consumption: during your fasting period you can have as much water as you like along with tea and coffee (preferably without milk/cream). Herbal teas are good too.

What happens to your body?

During fasting, your body starts activating natural processes that create the benefits described on page 25 and 26.

One of those activations is called ketosis, this is a metabolic process that starts to burn stored fat when it runs out of glucose for energy.

With diet and calorie restriction, you're activating your metabolism to slow down. Now of course, calorie restriction will help you lose weight initially but unless you want to spend your whole life dieting (nobody wants that!), it's not a long-term solution.

Regular intermittent fasting on the other hand, activates multiple bodily processes that are conducive to weight loss/management and multiple health benefits.

Fancy a binge?

Fasting is very flexible; you can just choose your fasting hours to suit your objectives and lifestyle.

Let's say you've got a big social event coming and you want to have a big blow-out with everyone else there.

Just take a day off fasting and start again the following day.

If you want a regular binge, say once a week, just pick a set day and do it. So, let's say you fast with discipline 6 days a week from Sunday – Friday and then on the Saturday you can have anything you want at any time.

So, you can just 'pig-out' all day Saturday, eat anything you want, when you want 😊 as long as you are disciplined on the other 6 days.

Now you'll likely gain a few pounds by the end of that 24 hours, however by getting back to your disciplined fasting routine the next day, your body will very quickly get back to its normal composition.



Longer Fasts

Once you are comfortable with intermittent fasts, you may want to try occasional longer periods of say 24hours, 36 hours or even 3 days. But baby steps first!

I've personally been intermittently fasting since 2017 and it has helped me with my sleep and bowel movements. Yes, I feel super clean.

I've even done a 5 day fast, it took a bit of discipline as you go through certain physical and mental states along the way, but I felt great for doing it.

Further Research

I would like to mention something about an Italian doctor called Dr Valter Longo who is the author of the book called "**The Longevity Diet**".

Firstly, I will mention that I found out about Dr Longo by reading books by Dr Michael Mosley's 5:2 diet books.

By far the most powerful story I have read about fasting was in Dr Longo's book, it is a story by Jenni Russell (Times of London, 22nd April 2015).

The story is on pages 206-207 and entitled: '**Fasting Transformed Me After Medicine Failed**' very powerful!

Useful links

Book: [The Complete Guide to Fasting](#), Jason Fung MD, Jimmy Moore

Book: [Obesity Code](#), Jason Fung MD

Book: [The Longevity Diet](#), Dr Valter Longo

References (relating to benefits of fasting on pages 25-26)

All taken from the: **Fasting decoded guide**, published by [KION](#)

Final word

Once you understand the multiple health benefits of fasting, it's another 'no-brainer' especially if you're looking for weight loss/management and/or general health improvement.

Recommended habit action steps

- ✓ Start with baby steps, stay flexible and figure out what works best for you.
- ✓ Adopt a consistent **fixed eating window** as part of your daily routine.
- ✓ Try the odd longer fasting period.



Habit No 4 ~ Deep Breathing

"You can go 3 weeks without food, you can go 3 days without water but if you go 3 minutes without breathing, you're in TROUBLE!"



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.

Deep Breathing

We all take breathing for granted and most of us are what I call shallow breathers. What I mean by that is we are mainly using the upper part of your lungs and not your full lung capacity like we're meant to, it's what I call sub-optimal breathing.

I believe breathing this way is akin to fast food for your lungs when you consider the benefit of optimal breathing. As we on average take around 23,040 breaths every day, this can have a big impact on your health.

I'm going to go a little technical here so that you understand what is actually happening in your body when you adopt this habit.

Heart Rate Variability (HRV)

Did you know a healthy heartbeat contains healthy irregularities?

Let us say your resting heart rate is 60 beats per minute, you could be forgiven for assuming that it beats 60 equal beats at one per second, like a clock.

However, there is a variation in the intervals between your heartbeats. The interval between your successive heartbeats can be, for example, 0.85 seconds between two succeeding beats and 1.35 seconds between another two, depending on what bodily function/system is being used at the time.

HRV is measured in milliseconds and you can feel the difference, try this;

Place a finger gently on your neck or wrist and find your pulse. You should feel that the longest intervals take place when you exhale, and the shortest intervals when you inhale.



Your HRV tends to be higher when you are fit and healthy, and your breathing has a direct link to it.

Just hold that thought for a second!

Let's now talk about your autonomic nervous system

This is a little technical but bear with me.... you have two sub-systems which operate different functions. There's the Parasympathetic Nervous System (PNS) and the Sympathetic Nervous System (SNS).

Put simply, your SNS is always looking for emergencies or what we more commonly refer to as the **'fight or flight'** response.

Now your PNS is what I would term your 'rest and restore' response system because it wants you to relax whilst it repairs and restores your bodily systems to their optimal working state.

Now in an ideal world we would be relaxed most of the time with only occasional spiking from the SNS when dealing with high stress or an emergency. Sadly, most people aren't living in an ideal world (too much negative stimulation!) and this leads to an unhealthy imbalance between the PNS and SNS.

Emotions at the lower end of the spectrum such as worry, anxiety, fear, anger and depression are sure fire ways to unbalance the two systems and release cortisol which is the stress hormone.

Recent studies have found that when your fight or flight response (SNS) goes into overdrive and too much is produced over a prolonged period, it can cause the following health issues;

- Acid reflux
- Muscular pain
- High blood pressure
- Rapid weight gain
- Lack of sex drive
- Mood swings (which often show as depression/anxiety)
- Osteoporosis

So, **getting a good balance between your PNS and SNS is very important for both your physical and mental health.** Too much stimulation of your SNS over the long term will start to manifest as major disease/illness as the body is not designed to operate in this mode for prolonged periods.

Back to HRV and Breathing

You've heard the saying **'take a deep breath'** when confronted by a stressful situation or been told to calm your breathing?

This is very sound advice as it automatically activates your PNS which has a good effect on your HRV.



In a nutshell, by improving your breathing with slower and deeper breaths, you stimulate your PNS which improves your HRV and subsequently puts you more into rest and restore mode, which is very good indeed for your health 😊.

Relaxed breathing scientific study

The Indian journal of medical research carried out a breathing study in 2013.

Pranayama meaning breath-control is an ancient technique involving slow and rhythmic breathing.

The study found that regular practise of pranayama activates the PNS and decreases/deactivates SNS activity. It also improves cardiovascular and respiratory functions and decreases the stress and strains on the body.

Regular practise of pranayama has also shown to reduce blood pressure.

All the subjects in the study were asked to do was to take 6 nasal breaths per minute for a 20-minute period. This equates to a deep breath (inhale/exhale) every 10 seconds.

The researchers found that the subjects bio markers changed (positively) almost immediately when they started the relaxed breathing.

Nasal breathing

In the summer of 2018, I read a book called Chi Running by Danny Dreyer.

Chi running is a relaxed way of running during which you breath only through your nostrils.

My first thoughts about it were, how on earth do you do that when your body naturally wants to breathe through the mouth to take in more oxygen?

I tried it a few times but wasn't able to run far with my mouth closed. Anyway, intrigued by this, I then attended a workshop in 2019 and what I learned was incredible and led to me becoming a regular nasal breather for the amazing benefits.

In 2020, I then discovered a ground-breaking book called 'Breathe' by James Nestor. In the book I discovered many of his followers were taping up their mouths before going to sleep, so they were nasal breathing all night.

So, amazed by what they experienced I tried it myself and was very impressed...

My energy levels increased along with a heightened sex drive, my whole body seemed to operate more efficiently.

The science behind nasal beathing

These benefits can be put down to the role of **nitric oxide** as more is created in your system when you just breathe through your nose.



Nobel prize winner Dr Louis Ignarro discovered that nitric oxide functions as widespread signalling molecule throughout the body. The main benefits include;

- ✓ A lowering of blood pressure and improving blood flow to organs.
- ✓ A healthier heart and arteries.
- ✓ Good for learning, memory, and recall.
- ✓ Aids the digestion process.
- ✓ Promotes erectile function and sexual arousal.
- ✓ Protects the skin against ionising radiation from the sun.

Men suffering erectile dysfunction were found to have low levels of nitric oxide.

Bad news – high sugar and/or highly processed foods lower nitric oxide levels in the body. Also, Dr Ignarro says don't use mouthwash as it wipes out essential friendly bacteria within the mouth which affects the processing of nitric oxide.

Good news – both root and leafy vegetables raise levels of nitric oxide in the body.

So, in essence, having more energy from a better functioning system along with a better memory and sexual arousal capacity is all in your hands through nasal breathing and a decent diet!

Start right now

As you've been reading this section you've probably been paying attention to your breathing to check if you automatically breathe through your mouth. Yes?

If it's something you're not familiar with, I recommend your just start slowly for a few minutes each day and then build it up over say 3/4 weeks to 20 minutes a day.

After a few months you'll be able to sleep overnight with your mouth taped up (if you wish 😊).

Nasal breathing is also a great way to relax and lead you into a meditation (habit 9) and enter some very blissful states, we highly recommend combining the two habits daily.

You'll find that when you need to concentrate very carefully, for example: threading a needle, you instinctively start breathing through your nose as it calms your system and makes the task easier.

The increased air resistance through nasal breathing increases the vacuum in the lungs and helps us draw in 20% more oxygen giving the heart and lungs a further workout too 😊.

Recommended habit & technique

I wholeheartedly recommend you start a relaxed breathing habit every day for 20 minutes if you can or for as long as you can. If you're pushed for time, why not combine it with meditation habit (No 9).



The technique I recommend as follows;

- Sit in a comfortable position (where you won't be disturbed) and close your eyes.
- Breath in deeply through your nose (fill your lungs) for a period of 4 seconds,
- Hold it for 2 seconds,
- Breath out through your nose for a period of 4 seconds.

If you are uncomfortable with nasal breathing, it's fine to breathe through your mouth. This habit will help you become mindful of your breathing, something we often take for granted.

Warning, there are unavoidable side effects, you won't be able to stop yourself feeling good and very relaxed 😊!

Recommended books

[‘Chi Running’](#) ~ Danny Dreyer

[‘The Oxygen Advantage’](#) ~ Patrick McEwan

[‘Breathe’](#) ~ James Nestor

Study References

Indian Journal Medical Research 2013,
PMCID PMC 3734683
PMID 23760377

A V Turankar, A D Joshi, S Jaint, B N Vallish, S B Patel, P R Mane, S R Sinha, S A Turanka.

Article: **‘How to breathe your way to better memory and sleep’** – Caroline Williams, New Scientist 8th Jan 2020.

Final word

Conscious breathing, especially nasal breathing does wonders for both your physical health and mental wellbeing. Just like meditation, this is a beautiful way to feel better, relax and connect with who you really are.

Recommended habit action steps

- ✓ Practise the recommended technique (4 seconds in, 2 seconds hold, 4 seconds exhale), experiment and find out what works best for you.
- ✓ Get into a daily routine of conscious nasal breathing as often as you can, if even if it is just the odd deep nasal breathe, throughout the day.
- ✓ Consider combining it with meditation (habit 9).



Habit No 5 ~ Quality Sleep

“You spend around 30% of your life asleep to recharge your body and the quality of your sleep has a profound effect on how you go through life!”



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – **You're optimally breathing to help your body & mind function more efficiently.**

Quality Sleep

This is your second most important habit after hydration (habit 1)!

Did you know that poor sleep patterns and lack of sleep are linked to weight gain!!!

Here's how....

- When you're sleep deprived, your metabolism slows down.
- The level of cortisol is then raised making you want to eat more.
- It also causes up to a 20% imbalance in Ghrelin (your hunger hormone) making you want to eat more.

It gets worse...

- If you lose 90 mins of regular sleep, it is akin to drinking alcohol before making decisions as you lose up to 30% of your brain power.
- It slows down your reaction time by 33% (think car accidents etc).
- Lack of sleep can affect you on 3 levels, physically, emotionally, and cognitively.



My wake-up call!

Firstly, I'd like to say that I sleep very well each night because I know (in terms of the environment) how to get a good night's sleep.

This wasn't always the case as I often used my phone and tablet late at night until I became aware of the dangers and then studied the subject in depth.

The blue light emitted from devices is known to affect people's ability to fall asleep by interfering with their natural body clocks.

I discovered this in 2014 and happy to say I've generally had very good sleep since then because I have a cut-off point at 9pm every night. After 9pm I don't watch any screens at all, the TV goes off and any devices are put away until the following morning.

What about you?

Important: Do you watch TV, Netflix, Amazon, YouTube etc in the bedroom on a TV set after 9pm, or with your device perched on the bedside table after 9pm?

If you answered Yes, you are setting yourself up for a poor night's sleep and the potential issues highlighted at the start of this section.

My home routine

To maximise the sleep quality for myself and everyone else in the house, here's the routine;

By 9pm latest, all devices are moved to a spot 51 feet from the bedrooms (that's the furthest distance we can get in the house).

We use old fashioned alarm clocks so there's no phone alarms allowed in the bedroom as this would enhance the Wi-Fi signal next to the bed (also disruptive to health).

I'll give you details shortly of the alarm clock I use and recommend (silent sweep).

3 activities only

To help maximise your health and wellbeing with regular good quality sleep, your bedroom should only be used for 3 things...

- ✓ Sleeping
- ✓ Sex
- ✓ Reading (paper-based media only)

It may feel like a trip back in time prior to the 90's 😊 but your health will benefit massively from it. We'll all know this deep down and besides, all the messages, news, and other rubbish we've become so embroiled in, will still be waiting for you in the morning.



Look at the additional bonuses...

- ✓ Your quality and (most likely) duration of sleep will increase.
- ✓ You're likely to read more paper books (great for your mental health)
- ✓ You're likely to talk more and connect with your partner
- ✓ And you're likely to have lots more sex (assuming your partner adopts the routine too) which has multiple health benefits (see habit 11 for more!).

Improving your sleep quality

Research shows that humans get the most beneficial sleep between **10pm – 2am**. This is the sweet spot and it's all to do with us being connected to mother nature and synchronising her natural cycles with your natural cycles (known as your circadian rhythm, more on that later).

To aid this, your bedroom ideally should be a place of darkness during these hours not lit up like a busy fairground with electronic devices.

When we lived in caves back in the day, we naturally slept in tune with mother nature by going to sleep when it was dark and getting up when the sun came up.

Although technology now allows us the option of 24-hour light/activity, we're still biologically programmed to just rest/sleep when it's dark (modern life has gradually reprogrammed us away from our natural sleep cycle 😞).

So, even if you are getting lots of undisturbed sleep between 2am – 9am, you're still missing the quality sweet spot from 10pm – 2am.

Did you know that you generally sleep in 90-minute cycles, so if you can naturally wake up at the end of a 90-minute cycle, you will feel more refreshed!

To put that into perspective, 6 hours sleep = 4 cycles, 7.5 hours sleep = 5 cycles, 9 hours sleep = 6 cycles. The ideal regular sleep duration should equate to a certain number of consecutive 90-minute cycles (for example: 4, 5 or 6) depending on what duration feels best for you.

And we all know that when it comes to sleep, there's no better feeling than naturally waking up and feeling refreshed and energised ready for the day ahead 😊.

Napping tips

If you're needing a nap to re-energise;

The best time to nap is between **1pm – 3pm**.

The second-best time is **3pm – 5pm**.

If you would like a power boost (trick used by the elite);



Make a fresh black coffee, put some ice cubes in it to cool it down, drink it quickly and take a nap for 25 – 35 minutes. When you wake, you'll be supercharged for the next 4 hours!

Summary of good sleep practises/habits

- ✓ Keep your bedroom cool.
- ✓ Keep your bedroom as dark as you are comfortable with.
- ✓ Try not to exercise 3 hours before you sleep.
- ✓ Don't drink caffeine after 6pm (or very little).
- ✓ Use a battery alarm clock and not a device (we recommend; [Acctim Model 14112 silent sweep alarm clock](#)).
- ✓ Remove all electronic devices from your bedroom by 9pm.
- ✓ Permanently remove the TV from the bedroom (bad habit!).
- ✓ Get into a routine of falling asleep as near to 10pm as you can.
- ✓ Adopt a sleep duration focused on a specific number of full 90-minute sleep cycles (as opposed to a set number of hours).

Circadian Rhythm Synchronising

Let's go up a notch and talk about the importance of your circadian rhythm.

It was in 2018 when I first discovered that humans, animals, and plants all have a circadian rhythm.

What is a circadian rhythm?

Circadian rhythms (or codes) are physical, mental, and behavioural changes that follow a daily cycle. They respond primarily to light and darkness in the environment of living organisms.

In a nutshell, your body is naturally in tune with the rhythm of mother nature and all the planets and stars (hence astrology affects us all).

This is why we generally sleep at night and are awake during the day. When you synchronise your general routine with your circadian rhythm, you'll feel much more energised and productive!

Conversely, this is why regular night shift workers have a propensity for weight gain and potential health problems as they're very often out of tune with their circadian rhythm.



Body clocks

You have more than one body clock. In fact, every single cell in your body has its own body clock.

Each cell contains a biological clock and is programmed to turn on and off thousands of genes at different times of the day and night to help your body function efficiently. These genes influence every aspect of our health.

For instance, when we are healthy and in tune with our circadian rhythm, we generally have a good night's sleep and, in the morning, we wake up feeling fresh and energised.

We have a healthy appetite and a clear mind. In the afternoon we have a good amount of energy and in the evening, we are tired enough to go to sleep easily.

The science behind it

Before we get into the benefits such as weight loss, good healthy sleep, and healthy digestion, I will touch very briefly on the science aspect, if you want to research it further.

The 2017 Nobel prize recognised the important impact your circadian rhythm has on your health. More importantly, the negative impact if you're out of tune!

The Salk Institute for Biological Studies have carried out a lot of work on the effects of our circadian rhythms and associated health benefits. They have produced many medical articles, notes and reviews that you can find online.

My routine (working in tune with my circadian rhythm)

After discovering this information, I changed my routine to have it working in my best health interests, as follows;

I don't eat any food after 7pm and don't look at any screens (phone, tablet, laptop, TV) after 9pm.

I'm tucked up in bed by 10pm and awake at 5.30am feeling fresh as a daisy.

'Modern day' bad habits and the effect on your health

It is very easy to put your circadian rhythm out of balance, as follows...

- **You are looking at screens emitting blue light (phone, tablet, laptop, TV) after 9pm and doing it in the bedroom;**

The blue light stimulates parts of your brain the same way daylight does. This gives you a cortisol spike which wakes up many of your body clocks, causing sleep problems. Cortisol spikes in-turn lead to weight gain as they stimulate hunger.



➤ **You eat after 9pm;**

You wake up thousands of cells and genes that must now go to work to help you digest the food. This will make it harder to go to sleep as parts of your body that naturally want to rest at this time of day, are now stimulated into action.

➤ **You regularly go to bed quite late;**

As previously mentioned, the sweet spot for quality sleep is between 10pm – 2am in tune with your circadian rhythm. If you are regularly missing out on a lot of this 4-hour window, you deprive your body of quality refreshing sleep which can deplete your energy levels and focus.

Weight loss

Harvard scientists and Spanish weight loss nutritionists found that individuals who spread their calories over a long period of time (meaning that they eat the same number of calories but later into the night) **did not lose much weight.**

However, people who ate bigger meals during the day and refrained from eating at night (6pm cut off) actually lost a substantial amount of weight.

This means that regardless of which kind of calorie restricting diet you follow...

WHEN YOU EAT is just as important as WHAT YOU EAT.

Have you noticed since we have all become addicted to screens, we've collectively become fatter and have worse sleep patterns from all the blue light in our bedrooms 😞.

Obesity

Disrupting your circadian rhythm is a major contributor to obesity as reduced/poor sleep confuses the brain hormone (ghrelin) that regulates hunger.

Your brain cannot predict how long you are going to stay awake and since being awake requires more energy than sleeping, it produces more of the hunger hormone.

Also, we crave energy dense foods when we are over tired and over eating, and these foods consequently increase the chances of obesity.

Sleep deprivation also makes us lethargic and less active, which also contributes to fat storage.

Good circadian practises

Think a little like a caveman (generally)...be awake and up when the sun comes up and get to bed and sleep when it gets dark.



5 key daily actions;

1. **Get up around the same time every day** ~ the earlier the better as when daylight hits your eyes in the morning, it stimulates your systems. Just get up and start your day (ever notice that you actually feel more sluggish later in the day after a long lie in at the weekend?).
2. **Have an early eating cut-off time** (say 7pm), the earlier the better.
3. **Don't engage with any blue light emitting device after a certain time** (say 9pm), again, the earlier the better.
4. **Keep all blue light emitting devices out of the bedroom** (no excuses, use an old-fashioned alarm clock).
5. **Get to bed by 10pm or as close to it as possible** (10pm – 2am is when you get the best quality sleep).

Want an occasional late-night session?

Of course, you do! Just go ahead, there'll be occasions when you're at a party or having a celebration and you don't want to be the boring one 😊. So have fun in moderation and just get back to the routine the day after.

Final word

Adopt as many of the good sleep practises/habits as you can. Your body, mind and general health will love you for it and you'll feel more energised.

Always work in sync with your circadian rhythm for multiple additional benefits and sleep well 😊.

Recommended books

['Sleep Smarter'](#), Shawn Stevenson

['The Circadian Code ~ Lose Weight, Supercharge Your Energy & Sleep Well Every Night'](#) ~ Satchin Panda

References

MacGill, Markus. "Obesity link to lack of sleep suggested by brain scans." Medical News Today, article 264539 written 7th Aug 2013.

D. F. Kripke et al "Mortality associated with sleep duration and insomnia." Archives of general psychiatry 59 No2 (2002) 131 – 36.



C. Cajochen et al, "Evening exposure to a light emitting diode (LED) backlit computer screen affects circadian physiology and cognitive performance." Journal of Applied Physiology 110 No5 (2011): 1432 – 38.

Recommended habit action steps

- ✓ Look at your current routine (around eating, sleeping, and using devices) and adjust your sleeping environment in line with the recommendations.
- ✓ Adjust your daily routine in line with the 5 recommended circadian actions to make it more conducive to quality sleep.
- ✓ Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (read paper-based materials or see habit 11 for inspiration) 😊.

Habit No 6 ~ Regular Laughter

"Laughter is the best medicine! 😊"



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.

Regular Laughter

Let's start with some research.

In 2005 a study was carried out at the University of Maryland School of Medicine. The researchers looked at the effects of laughter on the endothelium, this is the inner lining of the blood vessels.



They found that it is conceivable that laughing is important to maintaining a healthy endothelium and reduce the risk of cardiovascular disease.

Laughter can reduce the levels of stress hormones in the body such as cortisol, epinephrine and adrenaline.

These hormones can cause multiple health issues including, weight gain, heart strain and sleep issues.

However, laughter releases endorphins which acts as an antidote to stress hormones.

In a nutshell...

'Stress is a killer; Laughter is a healer!'

The multiple confirmed health benefits of laughter...

Professor William Fry and his team at Stanford University carried out multiple studies on humour and laughter over 30 years. Here are the conclusions,

- 😊 Laughter provides enjoyable exercise both toning and relaxing muscles.
- 😊 Laughter is an internal organ massage and leaves our insides feeling invigorated and alert.
- 😊 Laughter helps us stay healthy (releases endorphins that work wonders) and even assists in managing pain or illness.
- 😊 Laughter helps to protect us from colds and viruses as it increases the levels of an antibody (Immunoglobulin A) in the nose and respiratory passages.
- 😊 Laughter increases levels of natural killer cells and antibodies to boost the immune system.
- 😊 Laughter stimulates the production of lymphocytes containing T-cells that fight cancer cells.
- 😊 Laughter engages every major system in the body.
- 😊 Laughter reduces the levels of stress hormones.
- 😊 Laughter enhances problem solving skills.
- 😊 Laughter brings us closer to other people.
- 😊 Laughter activates our tear glands to brighten our eyes.
- 😊 Laughter raises our vibration and makes us FEEL GOOD 😊!



Not only are there multiple health benefits to laughing but you get to feel good every time and its FREE 😊.

We should all be laughing more, and don't we know it!

Suggestions...let's get practical

Hopefully you'll have a few opportunities to have a good laugh through the natural course of your day.

✓ **Aim to have at least one good belly laugh every day.**

This is a habit you can't really overdo, it's simply about creating an environment that allows you to have a good laugh(s) every day.

Spend a bit of time putting together a laughter package, perhaps find places with an endless supply of humour that makes you laugh, this could be...

- 😊 You tube videos of whatever makes you laugh.
- 😊 You tube classic comedy clips.
- 😊 Clips of favourite stand-up comedians.
- 😊 Jokes (Facebook is full of humour related groups).
- 😊 Funny Meme's (social media has an endless supply).
- 😊 Baby laughter (loads of online clips) impossible not to laugh with them.
- 😊 Contagious laughter videos online.

It's whatever works for you, just bookmark/join/save different media that you know will make you laugh and visit regularly.

Try not to laugh or smile!

Coming up is a link to the 'man laughing on a train' video that has been very popular on social media, it was done to promote a campaign called "Choose Happiness."

Concentrating on his pad with his earphones in, he starts laughing very loudly at what he's watching, this captures the attention of everyone in the carriage who instinctively all start smiling and laughing too. View [here](#).

Pattern breaker

If you're having a bad day, where you're just not feeling it and your vibration is lower than normal, you can disrupt this lower vibration with what is known as a pattern breaker.



Find something from your memory bank that had you in fits of laughter at some point in your life. Something that was so funny that even the thought of it now, makes you laugh and feel good.

Then, when you're feeling a little low, just think about that event, the associated neurons in your brain will automatically fire and recreate the feel-good emotions connected to it.

Use it as an instant way to raise your vibration any time you want to feel good 😊.

References

'University of Maryland Medical Centre (2005), University of Maryland School of Medicine shows laughter helps blood vessels function better' (7 March) study summary available [here](#)

Here's a webcast with Professor William Fry explaining ['The Science of Laughter'](#)

Final word

This habit is similar to habit 11 in that it is naturally very pleasurable, and you should want to do it, not just for the health benefits but you get to feel really good as a consequence, there's no downside 😊!

Recommended habit action steps

- ✓ Turn off the daily negative brainwashing programmes (aka 'the news' 😊).
- ✓ Using the practical suggestions to create an easily accessible file/catalogue (images, videos, books etc) of things that make you laugh and feel great 😊!
- ✓ Make time to have at least one really good belly laugh every day 😊.
- ✓ Create a powerful pattern breaker and to use when needed 😊.



Habit No 7 ~ Gut Health Regime

"All disease begins in the gut!" - Hippocrates



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- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – **You're feeling good as you laugh your way daily to multiple health benefits 😊.**

Gut Health Regime

Regarded as the father of modern medicine, Hippocrates suggested more than 2000 years ago that all disease begins in the gut.

Technically he was incorrect in suggesting this, however, scientific evidence shows that many chronic metabolic diseases do.

Nevertheless, what is undeniable, your gut bacteria and the integrity of your gut lining strongly affect your health.

My experience from unhealthy to healthy gut

In the past I had a few bad habits in terms of health, I regularly drank plenty of alcohol and ate a lot of what I deem as 'dead' foods such as crisps and biscuits (as opposed to live foods such as fruit and vegetables, which are living and pulsing with enzymes before purchase/consumption).

As previously mentioned, my not so healthy diet and general lifestyle around 2013 and the preceding years, was accompanied by high blood pressure, gout, and acid reflux.

These ailments brought me a lot of discomfort, so I started searching for ways to ease them. On the 29th Dec 2013 you could say I had a massive knee jerk reaction as I gave up alcohol on the spot.



My family were amazed that I gave it up between Christmas and new year when I was known for liking a drink. When I say 'knee-jerk' reaction, I poured £200 worth of booze straight down the sink, I was that focused and serious about changing my ways.

Over the following weeks I started to feel better, and my sleep improved considerably.

However, my diet was still the same and the acid reflux was a continuing problem, so I started to research about the effects of food on the body.

I was on a mission and became a bit of a GUT DETECTIVE and discovered some very good information that made a profound difference on my health 😊.

Information that is essential to good health for everybody!

Healthy Gut, Healthy You.

I discovered facts about the environment of our guts which is called the GUT MICROBIOTA, here are some facts about the body's microbiota.

The human microbiota is made up of trillions of cells, these are microorganisms including bacteria, viruses, and fungi. Much of this microbiota resides in the gut.

The number of microorganisms living inside the gastrointestinal tract equate to around 4lbs of mass. These microorganisms are very important for your immunity, general health and the effects on your brain and behaviour. Some scientists are even calling our gut 'our second brain'.

Most important of all, it's the food that passes through your gut that determines the health of your microbiota, which subsequently has a big effect on your overall health.

Boosting my microbiota

After discovering that what you eat has a profound effect on many key elements of your health and how your body functions, I started to change my diet.

It was time to cut back on what I call dead (processed) foods and increase the amount of live (grown in nature) food into my diet. And even more importantly, to eat foods that are specifically good for my gut health.

Kefir and fermented foods

It was later in 2014 when I discovered Kefir and fermented foods and in a relatively short time my medical conditions became a thing of the past. I haven't taken any medication since.

You've probably heard the phrase 'healthy bacteria' or 'healthy bugs' through marketing campaigns, usually for live yoghurts. Healthy bacteria/bugs are simply referring to bacteria that is beneficial for your gut microbiota to help it function effectively.



Here's a list of recommended foods teaming with healthy bugs to boost your microbiota;

- ✓ Kefir
- ✓ Live yoghurt
- ✓ Kimchi
- ✓ Kombucha
- ✓ Sauerkraut
- ✓ Radish
- ✓ Pickled foods (cucumber, garlic, beetroot)
- ✓ Natto Miso

I very highly recommend you get several or all of these foods into your diet.

You'll find them all on the shelves of any decent sized supermarket. The kefir and live yoghurt are generally in the milk/yoghurt aisle. Radishes in the salad aisle and the rest are generally in the pickled food aisle.

More about Kefir

I put this one at the top of the list based on the number of healthy bugs it contains which is over 50!

It is the ultimate super food in my opinion. You can buy it off the shelf in the supermarket or buy some kefir grains and make your own.

I've been making my own since 2014 and have it every day, usually in a smoothie. I give it to my dog too.

Did you know...the core of an apple is also teaming with healthy bugs. You can just eat it or blend into a smoothie.

Book Recommendation

['Healthy Gut, Healthy You'](#) Michael Ruscio

Final word

The title of the book recommendation says it all, 'Healthy Gut, Healthy You 😊!'

Recommended habit action steps

- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate gut friendly foods (from the recommended list) into your diet.



Habit No 8 ~ Regular (Basic) Exercise

“Walking is the best possible exercise. Exercise equals endorphins. Endorphins make you happy 😊”



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- 4 – **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – **You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 – You're supercharging your health & immune system with a focused gut health routine.

Regular (Basic) Exercise

Exercise is one of those things that some people love, some people tolerate, and some people loathe. But the most important aspect, that we all know is that exercise in some form, is very good for our health and wellbeing.

If you enjoy it and exercise regularly then that's wonderful, you'll already be receiving the health and wellbeing benefits. The more you can do, the merrier!

If you do very little or no exercise, then this habit is very important for you.

Getting outdoors

This habit is simply about getting outdoors every day and going for a walk, in nature where possible. If you live in the city, just head for the nearest park.

Research tells us that just by walking in nature you experience the following;

- ✓ A boost in energy levels
- ✓ A reduction in stress levels
- ✓ A reduction in anxiety/depression
- ✓ A feeling of calmness and positivity
- ✓ Improved cognitive functions
- ✓ Burning calories
- ✓ **A feeling of wellbeing (enhanced by vitamin D from the sun)**



It's also free 😊!

The elite families have always made it a daily habit to go for a walk on their estates. as they understand the importance from a health and wellbeing point of view.

Whether it's doing a form of exercise or just getting out for a walk, it will flood your system with endorphins and serotonin, the feel-good hormones 😊.

Bad 'modern day' habits

I'm concerned about the growing amount of people using their cars when they could have easily walked to their destination in minutes.

I regularly see this with supermarket car parks and school runs. I understand the convenience of it and sometimes it's completely practical, however there are many times when the journey could have easily been done on foot.

With school runs, there's a double bonus as both the parents and the kids can become fitter just by walking to school every day.

In my health talks, I often refer to the car as the British umbrella as huge numbers of people automatically revert to it when it's raining. My answer is buying more umbrellas and tell the kids to put their coats on.

Just 20 minutes a day

I personally walk the kids to school every week day, no matter what the weather. We notch up 7,600 steps per day just on the school run. What a positive impact on our health and wellbeing that we don't even have to think about, as it's a habit.

If you need to take your kids to school by car for practical reasons, find 20 minutes somewhere else in the day to walk (in nature if possible). This alone will improve your health markers and give you the benefits highlighted in the 'getting outdoors' paragraph.

Just 20 minutes a day will reduce the risk of type 2 diabetes, help maintain a healthy weight and lower the risk of heart disease. It's also the lowest risk of injury of all activities and aids hydration (movement helps the internal hydration process in your cells).

If you have kids, try and take them with you as often as you can. I appreciate it's not always the easiest thing as they'll see it as boring but with child obesity on the rise it could make a significant difference to their health.

If 20 minutes is a bit of a stretch due to time or health reasons, start with 10 minutes and build from there.



Consider conscious walking

Most people are in such a rush to get where they are going, they aren't paying much attention, they're on autopilot which is walking unconsciously. This is often head down, back arched, staring at a mobile phone screen.

To walk consciously, you are switching your brain chatter off and simply becoming fully aware of and noticing your surroundings as you go.

Breathe deeply, listen to your own footsteps, and feel the wind/rain/sun on your skin. This will bring you into the moment and improve the experience 😊.

Changing your mindset around exercise

In the busy lives we all lead nowadays, we often do activities on autopilot for convenience, let me give you an example;

Notice when you're next going into a supermarket car park or a retail park how most people try and park as close as possible to where they intend to go.

Now this seems obvious, however from my experience, you can actually get there quicker if you park more centrally in the car park.

The reason is that as most people go for the closest spaces, so it often takes a little bit longer to park (as more activity in that area) whereas more central spaces tend to be easier and quicker to park.

So, you'll often find you can get into the shop quicker by parking slightly further away and walking the rest (smiling at the other people still parking up as you pass them). More importantly, you're getting more exercise into the bargain and feel better 😊.

Why not make it a habit to park further away from where you're going and walking the rest of the way? All the extra steps with habits like this add up to more calories consumed and more feel-good chemicals in your bloodstream!

Track your steps (suggestion)

There are many phone applications (apps) that will track the number of steps you take.

I personally use a tracker watch so I don't have to take my phone/gadget with me every time I do exercise.

By setting a daily target of say 8,000 steps, you then have an incentive to get out and walk to make sure you hit your target.

Its infectious, not only does it get you into the habit of doing a certain amount of daily exercise, but you also feel good when you hit your target 😊.

Its, win, win as they say!



Unconscious exercise tools

Here's a couple of little gems with some (almost) effortless benefits!

1. Exercise ball

It started with an experiment!

I did this in my own home to see what happened...

I placed a 55cm exercise ball (aka yoga or gym ball) in the middle of my living room, out of curiosity.



What happened next was totally unexpected.

Every time somebody went into the living room to watch TV or read, they automatically put their feet on the ball (whilst sat on the sofa) and started moving the ball around with their feet.

The thing is, they didn't even realise they were doing this, it was subconscious. Sometimes it lasted for an hour or two.

On another occasion, I brought it into the room when David and myself were having a meeting, as I wanted to explain my experiment to David.

Anyway, I left it in the room with David while I went to put the kettle on and when I came back into the room, he was sat on it bouncing 😊. Its infectious, you can't leave it alone when its right in front of you.

Generally, you would either lay down or sit up on your sofa or chair to watch TV. Either way, your legs are going to be fairly static.

Now if you are just resting your feet on the exercise ball, something magical starts to happen after about 30 seconds.

You automatically start to move the ball with your feet, it happens every time, its irresistible 😊!

It works best if you just leave the ball around, so it is always nearby when you sit down (unconscious temptation). However, if you like having the living room very neat, simply hide it away and get into the habit of bringing it out when you're relaxing in there.

2. Mini trampoline

Also known as a rebounder, this is an exercise tool with fantastic benefits;

- ✓ Burns calories.
- ✓ Boosts your immune system.
- ✓ Strengthens your core.
- ✓ Stimulate your lymphatic system.
- ✓ Improves your posture.



Like the exercise ball, you can leave it around and jump on for 5 minutes here and there (whilst the kettle's boiling) and have some fun.

This is brilliant for kids exercise as they can't resist regularly jumping on it, I walked in on my grandson bouncing on mine, whilst playing video games 😊.

You'll find yourself using it without even thinking about it, so will the kids!

Unconscious workout

I came to realise both tools were a simple way to get a workout and burn a few calories for very little effort!

People are just drawn to play with both without really noticing.

So, you and the kids can watch TV and get a workout without paying much attention as your sub-conscious takes care of it 😊!

Brain studies

Now let me explain, I have read many studies showing how exercise is beneficial to the human brain and this includes light exercise.

Our brains are more like Play-Doh than Porcelain. It is an adaptable organ that can be moulded by input in much the same way as a muscle can be sculpted by lifting dumbbells.

The more you use it, the stronger and more flexible it becomes.

Fidgeting study

It gets better!

In 2016 a major study was published involving 12,776 British women who were followed closely to identify one thing and one thing only.

Would fidgeting protect their longevity?

The study concluded **IT DID**. Women who sat for 7 hours a day or more were associated with a whopping 43% increase in the risk for all-cause mortality.

Compare this to women who fell into the middle or even high categories of fidgeting. They had no greater risk of dying even when they sat for 7 hours or more each day.

Remember the optimal hydration habit (habit 1), light movement or just fidgeting also helps transport the water through the fascia around your body and into your cells where it's needed.



Study reference

Hagger-Johnson, G et al “Sitting Time; Fidgeting and All-Cause Mortality in the UK Women’s Cohort Study” American Journal of Preventative Medicine 50, no 2 (2016) 154 – 160.

Book recommendation

[‘Spark, How Exercise Will Improve the Performance of Your Brain’](#) Dr John J Ratey, Eric Hagerman.

Final words

The human body thrives on movement and exercise to boost its health and wellbeing. Whether it’s just a short walk, make sure it becomes a daily habit.

To supplement this (or if your circumstances prevent regular exercise) consider purchasing an exercise ball and/or a mini trampoline.

Recommended habit action steps

- ✓ Do some simple exercise every day to suit your circumstances (walking for 20 minutes daily is ideal).
- ✓ Set a daily target and track your progress.
- ✓ Always walk where practical, instead of taking the car.



Habit No 9 ~ Meditation

“You should meditate for 20 minutes every day unless you don’t have time, in which case you should do it for an hour 😊!” - Zen master saying.



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- 4 – **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – **You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 – You're supercharging your health & immune system with a focused gut health routine.
- 8 – **You're boosting your general health and wellbeing with regular exercise.**

Meditation

This one is another **game changer!**

If you only ever did 3 of the habits (we sincerely hope you do them all 😊), this is the 3rd big one, along with optimal hydration (habit 1) and quality sleep (habit 5).

Meditation is simply about quieting the mind and disconnecting from your sensory environment.

It is all about surrendering and slowing down your brain waves to reach a relaxed state that will **do wonders for your mental, emotional, spiritual, and physical health.**

Your body will also go into healing and repair mode if you can reach a deep enough relaxed state. It takes practise at first if you're not familiar with it but is very rewarding indeed.

Survival or Creation ~ states of mind

This part is quite important for you to understand to give you a reference of what you are trying to achieve with meditation.

We basically operate in 2 states of mind, **survival** or **creation**. Your prevailing brain wave state at any given time dictates which one you are in.



Survival state is focused on just getting by and is lower vibrational, whilst creation state is embracing and engaging life, which is higher vibrational.

Most people spend a lot of their waking state in survival which is energy depleting and wearing on the body. Too much time in survival mode starts to have a detrimental effect on the health of the body over the long term.











Creation state is very conducive to the body, it promotes repair, regeneration and restoration of your body and mind.

Meditation is the simple process to help you get into **creation mode**.

Brain waves

The creation state and all the health benefits that come from meditation are all to do with your brain wave state.

The following chart shows the 5 brain wave states;

		GAMMA Intense Concentration and Learning
		BETA Problem-solving and Engaging
		ALPHA Relaxing and Recharging
		THETA Dreaming, "Auto-Pilot" States, Learning
		DELTA Deep, Dreamless Sleep

The highest frequency (oscillations per seconds) of brain wave is **Gamma** which ranges from 30 – 100 hertz. This state can be described as peak performance or ‘in the zone’ and fully engaged in a task.

Our normal awake state is known as the **beta** state and has a frequency range of 13 – 30 hertz. Beta, splits into low, medium, and high bands.

The **alpha** state is what occurs at the beginning of meditation as you disconnect from your (sensory) environment and turn off your thoughts. This frequency range is 8 – 12 hertz. **Alpha** state helps to calm the nervous system, lower blood pressure and heart rate.



Below alpha state is the **theta** state, its frequency range is 4 – 7 hertz. This is the barely conscious state you go through just before dropping off to sleep and just after awakening. This is also a state of heightened suggestibility.

The lowest brain wave state is **delta**, its frequency range is 0.5 – 4 hertz. This is where very deep dreamless sleep occurs and is very good for healing.

The aim of meditation

High beta brain waves happen when you are stressed and anxious and your mind is constantly engaged in problems and how to get through each day.

High **Beta** is prime survival mode and very detrimental to health over the long term.

Between **Beta** and **Alpha** is where your analytical (thinking) mind lies. This is where you think and analyse and have thousands of thoughts every day.

All the good health related benefits of rest, regeneration and restoration happen when your brain goes from **Beta** and into **Alpha, Theta** or **Delta** as you can see from the graphic on page 55.

The **purpose of meditation is to get beyond your analytical mind**. In other words, disconnect from the sensory world of **Beta** and go within to move into **Alpha** and beyond.

Just getting into **Alpha** through meditation, will make a big difference to your general wellbeing, happiness and feeling of inner peace.

Alpha brain waves not only boost creativity, but they also act as a **natural anti-depressant** by helping the release of the feel-good neurotransmitter **serotonin**.

If you get into **Theta** and **Delta** states, the health benefits get even better 😊.

Your objective at all times is to get past the analytical mind (turn it off) and into the **Alpha** state as a minimum. With practice and perseverance, you can reach **Theta** and **Delta**.

General technique

Aim for a minimum of 20 minutes every day.

Where – just find a quiet relaxing place (indoor or outdoor) where you won't be disturbed.

Body position – whatever feels most comfortable, you can sit on the ground or on a seat, whatever feels best for you.

Eyes closed – this is important as you want to switch off your sensory environment.



Thoughts – don't pay any attention to thoughts as you begin, just observe, and let them go. As your brain waves reduce in frequency (as you move out of Beta), they'll naturally subside.

Focus – place your focus on your breathing and take long slow breaths through your nose.

Best time – you are most receptive (to reaching **Alpha**) when you wake in the morning or just before you go to bed. However, you can do it anytime that suits.

Summary – you're detaching from all sensory input, letting go of all thoughts whilst focusing on your breathing. As your brain waves reduce in the first few minutes, you'll move from **Beta** to **Alpha** and into a very relaxed state of being.

Types of meditations

Here are the main types of traditional meditation;

1. Loving/Kindness Meditation
2. Body Scan Meditation
3. Mindfulness Meditation
4. Breath Awareness Meditation
5. Kundalini Yoga Meditation
6. Zen Meditation
7. Transcendental Meditation
8. Non-Directive (Mind Wandering) Meditation
9. Guided Meditation
10. Activity Meditation

The basic difference between them all is what you focus on as you start the meditation. The aim is to **just let go** and drift into the **Alpha** state and that place of inner bliss.

It is my belief that all meditations lead to the same goal, so there's plenty to choose from. I personally prefer the mind wandering and guided meditations.

A guided meditation is listening to a voice which guides you with gentle instructions throughout the meditation. As part of this programme, you'll find a guided meditation that I've done for you to help you with this very relaxing habit 😊.

Transcendental meditation is a good way to get into the really deep states and benefits of **Theta** and **Delta**.

Activity meditation is the exception to having your eyes closed, this is an activity that fully engages you, so you effectively go into a trance. We'll discuss further on page 58.

Meditation physical effects study

The International Journal of Neuroscience published a paper on a 5-year daily meditation study carried out on 30-year-old subjects.



What they found at the end of the study was an improvement of skin elasticity, vision, memory, immune system function and auditory function in addition to the emotional/mental benefits of increased calmness, serenity, and general wellbeing.

That's the power of daily meditation!

Did you know that you've been in many meditative states and were blissfully unaware?

Here's some examples;

1. After driving, you can only remember some of the journey. Your subconscious did the driving whilst your mind drifted in and out of meditative states.
2. Whilst watching TV or a device and someone asks you a question and you don't hear it as you're fully engaged in your world. They then physically stand in front of you to get your attention and break the engagement/trance you're in, this is a meditative state.
3. Fishermen watching their float are often in a deep meditative state, oblivious to the world around them.

Activity meditations

This is simply doing an activity that completely engages your mind in a good way, so you tune out the rest of the world.

Its effectively a trance state, also referred to as 'being in the zone.'

It could be painting, writing, walking the dog, or even cutting the grass. If you can lose yourself completely in a task and feel contented/fulfilled doing it, that is a form of activity meditation and very good for your mental wellbeing.

Final words

All the Zen masters, Buddhist monks and very high vibrational people (600+ on the chart) all spend a lot of time meditating every day because the rewards are huge!

Above all, enjoy it, it should be a very pleasant experience where you can just lose yourself and drift into some very nice states that nourish your mind, body, and soul 😊.

Recommended habit action steps

- ✓ Aim to meditate for at least 20 minutes every day.
- ✓ Use nasal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Experiment with different types and figure out what works best for you.
- ✓ Just let go 😊!



Habit No 10 ~ Quality Nutrition

“Rule of thumb ~ *If you can grow it or kill it, consider it is in tune with your body!*”



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 – You're supercharging your health & immune system with a focused gut health routine.
- 8 – You're boosting your general health and wellbeing with regular exercise.**
- 9 – You're tapping into the serenity of inner peace, blissful states, and mindfulness.

Quality Nutrition

For a balanced diet, we obviously need to eat to fuel our body. What we eat has a significant effect on our health, **“You are what you eat”** as the saying goes.

The body has **7 essential requirements** ~ nutrients, vitamins, minerals, proteins, fats, water, and carbohydrates to function efficiently.

We all know that if we consistently eat too much of the wrong stuff and not give the body what it needs, we'll likely gain weight, feel sluggish and have far less energy.

If we do it for too long, our health is likely to suffer leading to ailments and disease.

By the way, there's nothing wrong with the occasional lovely juicy pizza, a nice muffin, or some cream cakes. Moderation is the key here 😊.

Let's think in terms of fuel

Do remember the Formula 1 racing analogy I gave you back on page 8?

If you continually think of food in terms of fuelling your body with essential requirements for optimal performance, it will change how you view food.



Do you remember the paragraph about energy on page 6 (I'm testing you now 😊)?

Let's recap ~ everything in the universe is energy, it's all made of vibrating atoms, the only difference between any 2 items/objects is the combination of atoms.

And, like attracts like on a vibrational level. In other words, similar vibrating items/objects attract each other as they are in vibrational harmony.

So, if we look at the human body which is made up of living tissue and around 70% - 75% water, the best fuel (food) we could give it, is **live** foods that are high in water content.

Because...live food with high water content is **in vibrational harmony with your body!**

Live foods

In our health talks, I place food in 2 categories, living or dead.

Live food is basically something that was living before being harvested/killed, such as cauliflower, tomato, carrot, chicken etc. They are pulsing with enzymes.

Dead foods are essentially processed foods such as biscuits, cakes, potato chips.

The difference is, if you leave live food it deteriorates (starts dying) and becomes unfit for consumption within a few days. Whereas dead food (if left in a packet) will often look the same weeks later.

The ingredients in dead foods have been changed from their natural state into a processed state.

However, when you eat live foods, your body thrives as they are full of the essentials that your body needs for nourishment and healthy functioning.

Balance is the key

If you always think in terms of fuelling your body for optimal performance, you should naturally gravitate towards live foods.

If you currently eat a lot of dead foods, start making a few tweaks and gradually introduce more live foods.

Of course, remember to eat plenty of the live/fermented foods mentioned in habit 7 as they are teaming with good bacteria that your gut will love.

You don't need to go crazy and switch completely to live foods (unless you want to), the key is to make your general diet predominantly live foods and reduce the amount of processed (dead) foods.



Alkaline diet (very important)

The pH scale ranges from 1 (highly acidic) to 14 (highly alkaline), while your body's pH usually hovers between 7.35 and 7.4.

According to Nobel prize winner Dr Otto Warburg "No disease, including cancer can exist in an alkaline environment".

Unfortunately, most of the foods that people consume today are full of sugar, preservatives, and genetically modified organisms. These all contribute to acidity in the body which if left unchecked, greatly increases the potential for ill health and disease.

The most alkaline foods are vegetables, as well as some fruits, grains, nuts, and alkaline water. Helping your body neutralize some of its acidity is crucial for maintaining your overall health.

Common acidic foods

Processed foods

Refined Grains

Meats

Carbonated drinks (includes all energy drinks)

Flavoured coffee (double whammy – caffeine & refined sugar)

Artificial sweeteners

Mechanically separated meats (gizzards, bowels, guts –treated with ammonia)

High alkaline foods

Lemons

Watermelons, Mango, Papaya (rich in antioxidants)

Asparagus (rich in amino acids)

Cayenne Pepper (good for hormones)

Grape, Banana, Berries (rich in antioxidants)

Pineapple (rich in fibre, making you feel fuller)

Fruit & Veg (pretty much all are high in alkaline)

Apple Cider Vinegar (not really a food, good for adding to drinks like smoothies)

Notice a direct correlation between **live foods** and **alkaline foods!**

Now we all love the odd acidic food, I certainly do! As always, the key is about getting a good balance to make sure you are getting plenty of alkaline foods in your diet.

My personal diet is around 70% alkaline and 30% acid.

Brain foods

Here are a few foods that are proven to be good for helping your brain to function (among other things) and should be considered as part of a healthy balanced diet;

Dark chocolate ~ with at least 70% cocoa content, (so swap milk chocolate for dark). The cacao flavonoids are said to encourage neuron and blood vessel growth in parts of the brain associated with memory and learning.



Turmeric ~ this is a bit of a super-food, it helps digest fats, maintains healthy blood sugar and benefits the healthy functioning of the brain.

Curcumin ~ it has been proven to support working memory, calmness and satisfaction in coping with mental strain.

Omega 3's ~ oily fish (mackerel, sardines, salmon) is a good source of omega 3 along with (vegetarian friendly) flax seed and chia seeds. All of these helps build membranes around each cell in the body. Studies have found that high levels of omega 3 increases blood flow to the brain.

Berries ~ (all berries including blueberries, strawberries, blackberries) like dark chocolate, many berries contain flavonoid antioxidants which help reduce inflammation and oxidative stress. Other positive effects include improved communication between brain cells, increased plasticity which helps brain cells form new connections boosting memory and learning.

Eggs ~ they are a good source of vitamin B6, vitamin B12 and folic acid. Recent research suggests these vitamins may help prevent brain shrinkage and delay cognitive decline.

Peanuts ~ they have excellent nutritional qualities. They contain plenty of unsaturated fat and protein to keep your energy levels up throughout the day. They also contain high levels of vitamin E and resveratrol. Resveratrol is an antioxidant which according to research, can help prevent cancers, inflammation and neurological diseases including Parkinson's and Alzheimer's.

Nutritional Supplements

A good balanced diet including plenty of the healthy foods discussed in habit 7 and above, should give your body the majority of what it needs to function well and keep you healthy.

To enhance this even further, here is a list of recommended natural supplements (click on each hyperlink for more info) for you to consider;

[Mineral Tissue Salts](#) ~ these support the general health and optimal function of the body by regulating muscular and cellular function, blood pressure, digestion, detoxification, nutrient absorption, and fluid balance.

[Himalayan Rock Salt](#) ~ Excellent for electrolyte balance and supports general health and functioning of the body. It is known to be the cleanest in the world – also has healthful and therapeutic properties that made it beneficial for use in bath soaks and body scrubs, to name a few applications.

[Organic Inulin](#) ~ A high fibre pre-biotic made from Jerusalem Artichoke. Great for digestive health, I personally add it to smoothies.

[Chia Seeds](#) ~ A wonderful super food, here's why; those little seeds have everything from nutrients, vitamins, minerals, protein, antioxidants to omega 3 fats, fibre and carbohydrates. Pretty much everything you need in each seed 😊.



Ground Almonds ~ Full of nutrients, antioxidants and Vitamin E, another food with a multitude of health benefits.

Apple Cider Vinegar ~ Has a very good alkalising effect on the body and a multitude of health properties from antioxidant effects and anti-bacterial properties. May also help lower blood sugar levels and aid weight loss.

Flax Seed ~ Another super food full of nutrients, protein, fibre and omega 3 fats with a multitude of health properties.

Coconut Oil (cold pressed) ~ A super-duper food, this one has numerous health properties and uses like protecting and moisturising your skin, a great cooking oil, toothpaste alternative, great for healing cuts.... the list just goes on, it has multiple health benefits when ingested and also multiple benefits externally. It is now common on every supermarket shelf 😊.

Vitamin C ~ If you are feeling run down or have cold or flu like symptoms, this powerful antioxidant will help boost your immune system. Multiple health benefits.

Always drink plenty of water (habit 1)

I would consider avoiding or cutting down on carbonated, sports and energy drinks as these lead to dehydration which cause your body to become acidic.

Drinking normal water and gel foods is great for your body's pH value. Becoming dehydrated can lead to constipation as water is pulled from your bowels to critical areas like your brain, this causes your bowel to dry out and constipation ensues.

Also, movement (just fidgeting) or mild exercise is good for your body as it engages your bodies systems. If you can raise a sweat you are also helping to lower the acidic level of your body, as body sweat is acidic.

Avoid or cut down as much as possible, diet carbonated drinks and artificial sweeteners. Both contain a substance called aspartame which is highly toxic.

Instead of diet drinks, drink regular water if you can, perhaps add some fruit to flavour it. For sweeteners in hot drinks, try adding organic honey or Stevia.

Book Recommendation

'Foods That Harm, Foods That Heal' Readers Digest

Final word

Think like a caveman, if you can grow it or kill it, it is in harmonious vibration with your natural state.

Nature has kindly given us a lot of very healthy and nutritious foods that are easy to obtain from supermarkets and health food shops, incorporate plenty in your diet.



Recommended habit action steps

- ✓ Do your own further research to fully understand the benefits of good nutrition and a balanced diet.
- ✓ Review your current shopping/dietary habits.
- ✓ Start to incorporate more **live foods**, **alkaline foods**, **brain foods** and **nutritional supplements** into your diet.
- ✓ Regularly check that you're paying attention to each category and cutting down on dead foods.

Habit No 11 ~ Regular Orgasms

"The orgasm is a doorway to the divine, it gives the experienter a momentary glimpse of self-realisation."



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - You're energising your body with the incredible healing power of mother nature.
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
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- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 - You're feeling good as you laugh your way daily to multiple health benefits 😊.
- 7 - You're supercharging your health & immune system with a focused gut health routine.
- 8 - You're boosting your general health and wellbeing with regular exercise.
- 9 - You're tapping into the serenity of inner peace, blissful states and mindfulness.
- 10 - You're nourishing and energising your body with high vibrational foods.

Regular Orgasms

This one is likely to charge your perception of the 'big O' when you fully appreciate what it really is!

Some of the habits in this pack might take a bit of discipline to make them habitual, this one however, should be very easy indeed.

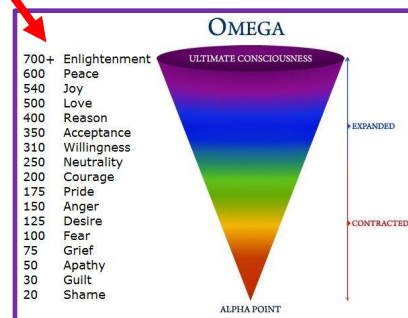


Your doorway to the divine

You are now familiar with the emotional frequency chart (right) and how everybody's resting vibration is somewhere on that chart.

...And how the majority of the population (75% - 80%) are below the 200 mark.

The orgasm gives you a momentary glimpse of what it's like at the **top of the chart!**



It's simply about connecting

It doesn't matter if you're in a relationship or 'flying solo' this one is about understanding what the orgasm really is (as explained both above and below) and regularly connecting with the beautiful divine energy of it, to experience the multiple benefits.

Not only will it give you immense natural pleasure as you know, by regularly tapping into and bathing in this energy, you'll enhance your health and wellbeing on many levels!

You might be surprised at the additional proven benefits of an orgasm!

It doesn't get better than this one 😊!!!

Let's start with the basics.

We all know that we're biologically programmed to instinctively procreate to continue the human species.

And to make sure this happens; our creator has given us a very strong impulse and desire to want to copulate with the opposite sex. This is achieved by making the whole experience very natural and pleasurable, so we generally don't need much persuasion.

And as you know, for conception to take place, the male obviously needs to ejaculate, therefore (in the vast majority of cases) you can't have conception without the male orgasm.

As every male who has had sex or who has masturbated knows, the impulse to reach orgasm is incredibly strong. This very powerful impulsive desire is what ensures the continuation of the human species.

It is actually a doorway...

The orgasm is a doorway which gives the experiencer a glimpse of self-realisation (of who you really are). At the point of orgasm, you experience a very brief window of no time and no ego, as you momentarily enter a truly blissful state (at the **top** of the chart Emotional Vibration Chart!).



For a few brief moments you engage with who you really are (a multi-dimensional, divine being) as you experience your own blissful divinity. Wisdom says the key to inner peace is completely letting go and being in the moment.

Now humans usually have a hard time doing this as our brains are so active, except during that brief window of an orgasm. At the point of orgasm, none of us have any problems with letting go and just being in that moment!

Next time you're about to climax, just observe yourself and what is happening to your attention. I guarantee you that just before and during the orgasm you won't be thinking about tomorrows to do list or about putting the washing on 😊.

I'm certain, you'll be fully present, bathing in that blissful divine energy (and that's how it should be 😊).

It is the elixir of life!

It is the ultimate natural high we can experience as humans that, like an addiction, makes us want to experience it again and again, throughout our lifetime.

The craving of sex to experience the orgasm is not actually about the other person but about your urge to self-realise. By that I mean experience the blissful state of your own divine nature.

The tantra masters say that if you could experience the orgasm for much longer instead of just a few moments, sex would become a doorway for enlightened self-realisation, rather than just a pleasure-seeking activity.

They say if you could experience a continual orgasm for 7 minutes (imagine that 😊), you would be free from the craving of sex for months.

And if you could experience it for 3 hours continuously, you would be free of the craving of sex forever!

In a nutshell, the orgasm is a very beautiful and divine experience that allows you to momentarily experience who you truly are (a powerful divine soul, temporarily having a human experience).

It is pure divinity and tapping into this beautiful divine power has multiple benefits for your health and wellbeing as I'll shortly explain.

There's a potential problem though for females!

Often through religious teachings and strict upbringings, society has damned women for thousands of years making them feel ashamed to feel pleasure through sex and orgasm. Leaving them to believe that sex is purely for conception purposes and not for pleasure.

It has made them feel ashamed of wanting to explore their sexuality and experiment with themselves, which is a perfectly natural and instinctive act.



Thankfully in modern times, women are much more liberated and aware. However, hurtful words such as Frigid, Shy, Fat or Too Old has turned a lot of women away from sex and the pleasure of the orgasm through associated feeling of shame and embarrassment.

It's mostly in the mind for women

Female experts pretty much agree that having an orgasm is 90% in the mind for women. Letting go of all that mental chatter (use the meditation and breathing habits to aid this) is pretty important for a lot of women to be in the mood for arousal.

In effect, it's about turning your brain off (letting go of mental clutter) so you can become sexually turned on and ready (giving yourself permission) to experience pleasure.

It is your God given right and your strongest impulse to want to experience orgasms, so there should never be any shame attached to it. Shame can also lead to a condition called "Sexual Anhedonia" where a person cannot feel pleasure from an orgasm.

This is why I've dedicated quite a bit of space to explain what an orgasm really is (energetically) to help you fully understand the beauty of it and why you should regularly connect with it, regardless of (upper) age, status or shape.

There are multiple benefits (physical, emotional, mental and spiritual), hence you are encouraged to go there as frequently as you desire.

Age, status or shape is not a barrier

Regardless of your age, your relationship status or physical condition, I urge you to connect or reconnect with your body and its divine right to experience beautiful and blissful orgasms.

If for any reason you have any reservations due to conditioning from your upbringing or religious beliefs, I'm giving you permission right now to release those conditioning thoughts immediately and start reconnecting with your divinity.

I say there is a global epidemic of under-orgasmic women and want to widely educate and reverse this epidemic!

So, let's change the tone and talk about the benefits...

Would you like to look 7 years younger?

You'll love this (I hope)!

Based on a scientific study, Dr Oz says that 200 orgasms a year can make you appear 7 years younger!

I've been telling women for a few years now, that you can buy all the expensive face creams you want, but it's an inside job.



In other words, your outside appearance is a reflection of what's going on inside you, from the foods you eat and the general energies (via orgasm, meditation, stress etc) that you stir up.

Regular orgasms bathe you in divine energy and put a glint in your eye 😊.

Apart from the obvious feeling of exhilarating pleasure, orgasms also reduce stress, lower anxiety/depression, relieve pain and make you a nicer person. You can also utilise the divine energy to rejuvenate your health and vitality on several levels (will explain how shortly).

There isn't a downside, apart from maybe having to buy lots of batteries 😊.

Additional female advantage

Did you know the female vagina has around 8,000 nerve endings whilst the penis and scrotum have only 3,000!

So, ladies get the lion's share of nerve endings and have the capacity for more pleasure, yet 96% of men are happy with their orgasms and the majority masturbate without a care in the world.

Conversely, a fair proportion of women are not fully embracing their divine power and experiencing regular beautiful orgasms.

If you're under-orgasmic, regardless of whether you're in a relationship or not, it's down to you to start reconnecting.

5 foods for better erections

Nature can be very beneficial for stimulating erections...

1. **Garlic** ~ Allicin in garlic helps keep your blood vessels and arteries clean which helps improve blood flow to the penis.
2. **Ginseng** ~ During a double-blind placebo-controlled study, they discovered men suffering from performance issues reported bigger and stronger erections after taking ginseng.
3. **Ginkgo leaves** ~ a University of California study found that ginkgo leaves have a similar effect to garlic in improving the blood flow to the penis by expanding blood vessels.
4. **Ginger** ~ a study at Aga Khan University Medical College found that ginger has a similar effect to both garlic and ginkgo leaves in expanding blood vessels to help blood flow faster to the penis.
5. **Green Tea** ~ it contains an ingredient known as EGCG which can be particularly good for strengthening the blood vessels in the penis.



Notice how all 5 begin with a 'G'! To help remember them, perhaps think natural foods beginning with G means **G**reat big penis 😊!

Increasing the quality of your orgasm

Your breathing can make a big difference to the intensity and quality of your orgasm.

You'll notice generally that your breathing changes depending what type of activity you are doing. For example: if you're relaxed your breathing will be quite slow, if you're anxious your heart will beat faster, and you'll breathe faster.

As you become more sexually aroused and are getting close to orgasm, your breathing rate will automatically speed up.

When you're on the cusp of the big 'O', pay attention to your breathing and slow it right down by taking long slow nasal breaths. The slowness of breath will open deeper and deeper vistas of pleasure, as the orgasm washes over you.

Try the Egyptian practise of 'ankhing' to utilise your powerful divine sexual energy

The Egyptians believed that the sexual energy from an orgasm was the key to eternal life (they understood it as the divine life force) and believed that we only had a finite amount of this energy.

Whereas the majority of people just let go at the point of orgasm and never give a second thought as to where that energy goes, the Egyptians devised a technique to utilise this sexual energy.

If you pay conscious attention to what happens to your sexual energy at the point of orgasm, you'll notice it travels up your spine and dissipates out the top of your head.

The Egyptians believed that if this energy was controlled and not just left to dissipate, you can bathe your body in it and use it to rejuvenate every cell in your body.

They were looking for ways to harness this energy and ultimately achieve eternal life through this process. We'll just concentrate on using it for rejuvenating your cells for health and wellbeing purposes. Are you ready?

The 7 'ankhing' steps

Do whatever you need to bring yourself close to orgasm.

1. The moment you feel the sexual energy about to rise up your spine, take a very deep nasal breath, filling your lungs about 90% full, then hold it.
2. Allow the sexual energy of the orgasm to come up your spine. But at the moment it reaches the fifth chakra (located at the base of your throat), with



your willpower you must turn the flow of sexual energy 90 degrees out the back of the body.

It will then automatically continue inside the *ankh* tube (see symbol above). It will slowly turn until it passes exactly through the eighth chakra (located one hand-length above the head) at 90 degrees to the vertical. It will then continue to curve around until it returns to the fifth chakra, where it began, only this time in the front of the body.

Even if you don't understand what was just said, it will happen automatically if you get it started out the back of the body at the fifth chakra, and it will automatically come back around to the front of the body and reconnect at the fifth chakra. You just have to make it turn 90 degrees so that it begins.

It will often slow down as it approaches its point of origin, the fifth chakra. When it approaches the fifth chakra from the front of the body, there is sometimes a jolt as it reconnects with this chakra again. All this takes place while you are holding your first breath.

3. The instant the sexual energy reconnects with its source, the fifth chakra, take in the full breath. You had filled your lungs only 90% full, so now you fill your lungs as completely as you can.
4. Now exhale very, very slowly. The sexual energy will continue on around the *ankh* channel as long as you are exhaling. When you reach the bottom of this breath, you will continue to breathe very deeply, but a change happens here.
5. Continue to breathe deeply until you feel the relaxation begin to spread throughout your body. Then relax your breath to your normal rate. Feel every cell becoming rejuvenated by this life-force energy. Let this energy reach down into the deepest physical levels of your body structure even past the cellular level. Feel how this beautiful energy surrounds your very being and brings health to your body, mind and heart.
6. Once the relaxation begins, slow your breath down to a normal shallow breathing.
7. If possible, allow yourself to completely relax or even sleep for a while afterward.

It might seem strange at first. You're simply using your imagination and will to direct the divine energy out of your upper back through the imaginary ankh tube.

This will take a bit of practise, but the more you do, the more divine healing energy will flow through you to rejuvenate you mentally, emotionally, and physically.

Have a go and enjoy the experience. If for any reason this practise does not feel right, stop, and return to normal.



Book recommendations & Reference

Book: '[Pussy, A Reclamation](#)' Regina Thomashaver

Book: '[Love Your Lady Landscape](#)' Lisa Lister

Ankling method (from): '**The Ancient Secret of the Flower of Life – volume two**' ~ Drunvalo Melchizedek

Final words

As you can see, having an orgasm isn't just about sex, it is tapping into the top of the emotional frequency chart and bathing in your own divine power.

David and I have a friend who has 365 orgasms a year, it's part of her daily ritual, she doesn't start the day without one.

Go and connect with that beautiful divine power inside you as often as you feel the urge, it will do wonders for your physical, mental and emotional health 😊.

Recommended habit action steps

- ✓ Do any further research as required to fully understand the divine power of the orgasm and the multiple benefits to your health and wellbeing.
- ✓ Experiment with different techniques, to see if you can enhance your experience.
- ✓ Make time in your routine for as many as you desire 😊.



The 11 Advanced Habits

I (David), will now take you through habits 12 - 22 which are primarily related to enhancing the health of your mind and soul. The secondary benefits relate to all 8 buckets 😊.



There is some very powerful information and tools coming up!

These habits and their related tools are designed to free your mind, define/redefine your true purpose and inspire you to follow your heart and create the life you want to live.

Our advice

Once again, take your time with this information.

It's written in a chronological sequence in a way that is like pieces of a **jigsaw puzzle** that you assemble through the daily habits.

- ✓ We start by taking stock. (12)
- ✓ Then we give you the knowledge and tools to deal with any lifetime and/or current issues troubling you. (13, 14)
- ✓ Then we focus on what you really (i.e., your soul) want. (15)
- ✓ Then, we'll focus on creating a mindset and vibration for you to thrive. (16 – 19)
- ✓ Finally, we'll give you some additional tools to enhance it all. (20 – 22)

We're taking care of all 8 buckets and giving you the actions, tools and processes to incrementally nourish your mind, body and soul through a set of daily habits.

Cherry pick?

Whereas we highly recommend you do all of the essential habits, with these advanced habits, you might not need some of them as you may already be doing well or are quite proficient in certain areas. Only you will know as you go through them.

What we suggest is that you read through them all first to understand what each one is, and then start implementing them as required.

Some involve processes (for example: questionnaires) that you need to go through first, before you can implement it as a daily habit.

Once again, please take your time, this is powerful **life changing stuff**, broken down into processes, useful tools and a set of habits.

You've got this information for a lifetime, so work through it at a pace that right for you.



Advanced Habits Prologue

We are now going to add 1 more crucial model which will connect everything together in the advanced habits.

Our 3 models to help you fully understand the programme and how it all connects, are;

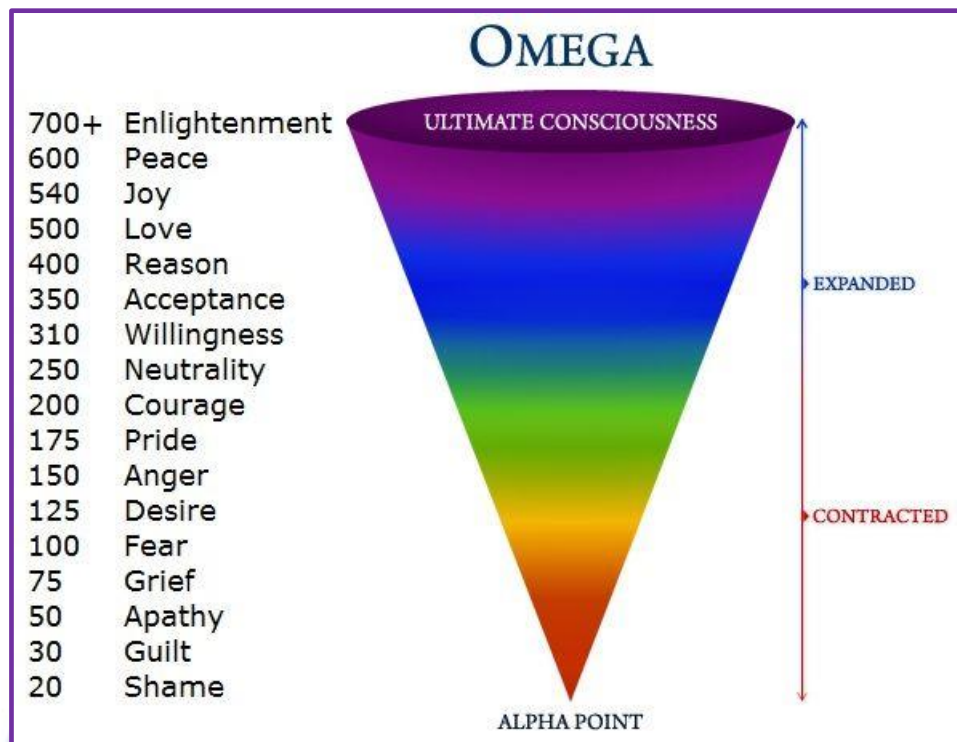
1. **'Your 8 Health Buckets'** Chart (which you've seen on page 10)
2. **'Emotional Vibration'** Chart (which you've seen on page 12)
3. **'Mind, Body, Spirit Connection'** Chart (introduced shortly)

Here's a quick recap of just the charts for 1 & 2;

Model 1 ~ Your 8 Health Buckets



Model 2 ~ Emotional Vibration Chart (aka Map of Consciousness)



Model 3 ~ Your Mind, Body, Spirit Connection Chart

As the advanced habits are designed for your mind and spirit, the following chart will help you fully understand how it all connects.

Once you fully grasp the core elements and how they interact, you'll have the blueprint and the know-how of how to solve any mental problems/issues and create anything you want 😊.

This is big stuff!

You and everybody else are born with all the faculties required, its understanding on a deep level how they work and then using the recommended tools and actions in the advanced habits to make them work harmoniously for you.

The bad news... these faculties can create misery in your life if just left to their own devices.

The good news... you can use these same faculties to clear any mental debris and create a life of absolute joy, fulfilment, and wonder, it is entirely up to you!

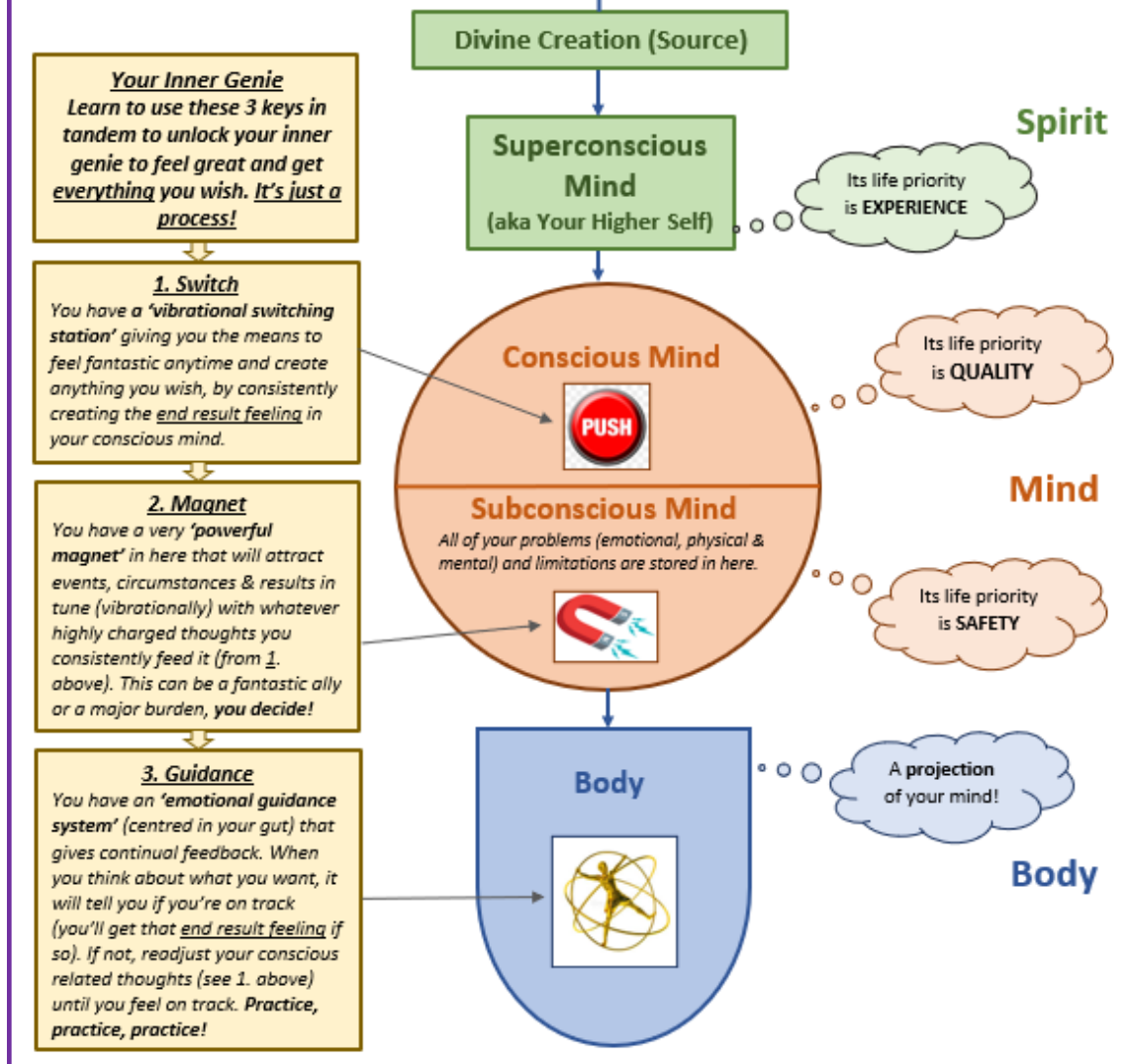
It just takes **understanding** and **discipline** until it becomes habitual.

Here's the chart...



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**



Let's add all the details...

I'm going into a lot of detail here as this is **very important information to understand, as nobody ever teaches us this stuff.**

When you do understand the interactions between the mind, body and spirit, it's like having the **rule book** to get the best out of your life!

Divine creation (Source) ~ this invisible power has multiple names, some other common ones are divine intelligence, universal intelligence, divine consciousness, all that is, we prefer to refer to it as **source**.

This power is the fabric of the universe which pervades everything and thus everything originates from and returns to it, including us as humans.



We know from quantum mechanics that this divine power connects everything in the universe. Some people call it home as we are instinctively drawn back there on some level.

Superconscious Mind ~ this is more commonly referred to as 'your higher' self and is the connection between divine source and your subconscious mind. It is the programme designer for your life, it is very wise and knows what is best for you.

Its priority is **experience** of being a human as it knows you came here to experience the wonderful duality of the 3rd dimension to learn the lessons you agreed to (prior to incarnation), to evolve your soul.

It doesn't distinguish between good and bad circumstances the way you consciously do. It knows all circumstances, no matter how you perceive them, are ultimately beneficial for your experience and soul growth and that you asked for these experiences on some level prior to birth.

In its wisdom, it knows that if you weren't equipped with the faculties to deal with an experience, you wouldn't have it in the first place.

Conscious Mind ~ This is obviously where your awareness is (i.e. your thoughts and your will) whilst you go about your day making multiple decisions.

The key priority of your conscious mind is **quality** of life as you undoubtedly wish for the very best of circumstances and make choices as best you can, that will give you the best life within your general capability.

Your conscious minds can handle around 40 to 50 bits of information per second but most of the time its nearer 10 – 15 bits per second.

Subconscious Mind ~ 'This is the 'biggie' and where most of your problems and real power are stored!'

We're going deep...

Your subconscious mind is a vast storage base that will store everything your 5 senses consciously and unconsciously experience in your lifetime.

At birth it also holds information on your ancestors (going back several generations) and their issues which you brought in, through your DNA.

It has the knowledge/programming to efficiently operate and regulate all of your bodily systems (known as autonomic nervous system) 24 hours a day, every day, as it never sleeps. It processes around 11-15 million bits of data every second.

Apart from knowledge of your ancestors and the programmes/knowledge to efficiently operate and regulate all of your systems, it is otherwise, pretty much a blank slate at birth, ready to soak up **everything** (to use as/when/if required).



Then...

As you go through life, every thought, action and deed you ever experience, whether conscious of it or not, gets soaked up and stored in here too, let's call it **data**.

All the programming (over your lifetime) from your parents, teachers, bosses, co-workers, friends, partners, strangers, media, TV etc, all gets stored in here too.

Your belief systems, negative experiences and trauma's all get stored in here too. The more emotionally charged the experience, the bigger the imprint on your subconscious mind!

More emotionally charged = higher energy = bigger imprint!

Its priority for you is your **safety** and **security**. It basically runs the show based on the data it holds. Whatever the dominant thoughts and programmes you have soaked up; will generally dictate how you act and what you experience in your life, because...

All of this information constantly going in forms your **unconscious blueprint** from which all of your decisions and experiences stem from.

This bit is crucial to understand!

...you can only make decisions based on the **quality** of data you hold.

Metaphorically speaking, it operates similar to a computer meaning that the outer experience (how you consciously perceive it) is a reflection of the quality of the data in the operating system (your subconscious mind) that's running all your programmes.

Garbage In, Garbage Out (GIGO) as they say in computer terminology, but it's up to you ultimately, what goes in there.

Here's the (potential) problem...

Your mind with all its thoughts, creates corresponding emotions (feelings) in the body. The core feelings we all hold are the cumulative effect of thousands of thoughts.

As emotional beings, we become addicted to the chemically induced feeling (emotion) in our bodies. This is great if you are very positive and experience lots of nice emotions (habits 17 – 19 will help you achieve this 😊).

However, if the feelings are generally negative, most people tend to suppress these feelings by pushing them back down and then escape from them by using some means of diversion (food, drink, sex, drugs etc).

This suppressed energy accumulates over time and seeks expression through physical, emotional, and behavioural disorders.

In a nutshell...



Pretty much all of your problems (physical, emotional, and mental) originate from past trauma's, negative thought patterns and associated suppressed emotions (feelings) stored in your subconscious mind.

All this stored information plus the ongoing information you absorb from your environment will affect your beliefs which will affect how you think, feel, and perceive reality.

Hard wiring...

If you run a certain thought through your mind enough times, let's say anxiety, you hard wire the associated emotional feeling into your cells over time and then become chemically addicted to that feeling (even though it's **not** a good feeling).

Your emotions are the end product of past experiences, but you **can't** create a new future holding onto the emotions of the past.

All of your suffering is caused by your thoughts.

So negative thoughts create associated low vibrational emotions which become hard wired into your body and you become addicted without realising (you subconsciously create circumstances to get more of it), even though it is something you don't want.

If you don't know how to consciously break this negative thought/emotion cycle, the thoughts will continue the suffering.

The good news...

You can release and heal these underlying issues/problems by working with your subconscious, habits 13 and 14 cover this 😊.

Then you can rewire your brain with positively charged thoughts and hard wire associated high vibrational emotions that make you feel really good, habits 17 – 19 cover this 😊.

You then can become addicted to the feel-good emotions and **that's what you want!**

This is very big stuff, and you'll see its value as we progress through the habits.

Let's just touch on the mechanics for a second...

IMPORTANT I want to make a clear distinction, so you understand how issues and problems are stored in your subconscious mind.

There are universal laws which govern everything, one of these is called 'The Law of Cause & Effect' which I'm sure you've heard of. It states that every effect in the universe has an underlying cause that created it.



So, when you experience any physical, emotional, or mental issue/problem in your life, you are experiencing an **effect**. If this was caused by obvious external source (e.g., you got stung by a bee on the arm and it swelled up) you know what the cause is.

However, if you are experiencing an issue/problem that has no obvious cause, it's almost certain the underlying cause, is suppressed emotional energy from the repeated thought patterns (based on data/programming) in your subconscious, seeking expression.

When I say not obvious, what I mean is that it's not obvious as to the cause, based on the effect that you're experiencing. Examples;

... **You are feeling down and depressed** but there's no logical reason as your life is reasonably comfortable by normal standards.

... **You feel fatigued most of the time**, but your life is pretty normal.

... **You have aching in your joints**, but you don't really do anything excessive to create this.

... **You are very irritable with big mood swings** for no obvious reason.

Many major ailments/diseases such as cancers, autoimmune diseases are generally manifestations resulting from a combination of poor health choices (or lack of awareness) and suppressed emotional energy from negative data programmes, repeatedly playing in the subconscious over a period of time.

I don't want to get into a medical debate but do want you to understand two key aspects;

- i) issues like cancers and diseases are effects.
- ii) the medical world pretty much only deals with treating effects as that's the way it generally operates.

Now of course, medical expertise is very important indeed. However, we're going to give you the preventative knowledge and the tools to continually input positive subconscious data/programming and most importantly, **release** any negatively charged emotional energy, before it can create any issues.

Prevention is better than the cure, as they say!

Its ultimately about mental freedom so you feel lighter and happier 😊.

The grand illusion (that will blow your mind!)

Final piece of the subconscious element...

There is no **'out there'**, everything comes from within you!

Quantum physicists will say that you are both the observer and the observed. In other words, when you believe you are looking at the outside world, you are actually observing yourself 😊.



Crazy, right? Here's how...

The cerebral cortex in your brain interprets the input from your 5 senses.

Your 5 senses turn all sensory input into electrical impulses for the neocortex to decode and interpret.

So, your brain (neocortex) is observing the electrical impulses that are also in your brain. **It's all inside you** 😊.

There is **no** outside, what you perceive as reality is merely your brain interpreting the electrical impulses (also inside your brain) from your senses.

You create your own reality from inside you, based on your thoughts, beliefs and perceptions, that are all stored in your subconscious mind!

...And when you understand how to change something you don't want and how to attract something you do want, you hold all **the keys to the kingdom** 😊!

It's all in the advanced habits.

Change your programming (that's what we're going to help you do), **you change your life!**

Body ~ This one is simple (you'll be pleased to know 😊).

As you will have seen with habit 2 (earthing), your body is naturally in tune with mother earth as it is biologically grown following a natural seed/egg fertilisation process.

The body comes into its own existence at birth in a state of very high vibration (hence why we're all naturally drawn to babies as there is a pureness in their energy field). The body is newly grown through the miracle of nature and the soul has recently entered into the body from a higher (spirit) dimension, ready to begin a new (life) journey in the 3rd dimension.

It has its own DNA blueprint which dictates what you look like, your size, shape, characteristics, and personality.

Now you're ready to make sense of and explore the world. Your mind makes the decisions (both consciously or unconsciously), and your body follows.

Then as you go through life and start interacting with the world, all the data from your experiences start to imprint on subconscious mind, which subsequently begins to shape your world and your perception of it.

Your body is both an instrument of your conscious (it carries out your commands) and a projection of your subconscious mind as the way you act, feel, communicate, look, dress etc, is a reflection of it.



The 3 keys to Your Inner Genie – (this is the life-changing bit 😊)

Although your subconscious mind can take you to some dark places if left unchecked, you also have an inner genie that can make all of your dreams come true, but more importantly, make you feel happy and fulfilled as a **default setting** 😊.

As previously mentioned, the same faculties (Your Inner Genie) that creates all your issues/problems, also makes your dreams come true. The only difference is **how you programme it**, to get what you want!

Are you ready? This is powerful!

The 3 keys to Your Inner Genie use basic metaphors to simplify the process. Here goes (in a logical order for understanding purposes)...

Key 2 ~ **The Magnet** (in your subconscious mind)

Your subconscious mind can be likened to a powerful **magnet**. In the subconscious section in the previous pages, we discussed how highly energised negative suppressed emotions seek outwardly expression that attract negative circumstances (problems and issues etc) as that's the vibration it is being **'charged up'** with.



The magnet can also be imbued with highly charged positive emotional energy which then attracts very positive circumstances and events.

Think of your subconscious mind as just a powerful magnet waiting for your emotional input to charge it, so it can attract to you, **corresponding events and circumstances that are in vibrational alignment** with the emotional energy you consistently give it.

Its ready and waiting to give you what you wish, you just need to emotionally charge it accordingly, through your conscious thoughts (key 1)!

Key 1 ~ **The Switch** (in your conscious mind)

You are emitting a vibrational energy at all times, as you already know. Your conscious mind has a vibrational switch in it that enables you to consciously change your vibration in a split second by changing your thoughts. Let me give you a couple of examples...



i) Imagine you're having a really bad day at work and it feels like the world is against you, you feel miserable. Your partner then rings you and says "great news, I just checked last night's lottery numbers and we've won £111,000.00 😊"

ii) You've just finished packing for your annual holiday, the whole family are really excited, the taxi is picking you in an hour and then the phone rings, It's the travel operator calling to say they've just gone into administration and have been forced to cancel all holidays with immediate effect!

In both scenarios, what happened to your vibration?



In scenario i) you went from a low energy vibration to an ecstatic vibration in an instant.

In scenario ii) you went from an excited high vibration to a despondent low vibration in an instant.

As you consciously processed the information in both scenarios, you instinctively switched your vibration according to your perception of events.

The key element here is that **you can consciously choose and change your vibration by simply changing your thoughts.**

So, as you have a powerful magnet (your subconscious) that will attract whatever you emotionally charge it with, it would make absolute sense, to charge it with the positive emotion of **what you want!**

The **switch**, like the magnet is metaphorical, it signifies you consciously switching on the right emotional vibration to attract whatever it is you want.

We'll cover how to do this within the advanced habits.

Key 3 ~ **Emotional Guidance System** (in your gut)

This is simply the emotional feeling in your body, which is generally strongest in the gut.



To imbue the magnet with highly charged emotional energy, you have to use your feelings to find the sweet spot.

So, you consciously choose circumstances you really want, so just the mere thought of them makes you very excited indeed (you feel highly charged positive emotions). You basically tweak the thoughts as necessary to really dial up the emotions, so you feel absolutely wonderful as though you already have it.

That's it, you're programming the magnet, so it starts to emit that excited frequency to attract to you events and circumstances in line with what you want, to bring it to you.

You need to do this continually (i.e. think about it all the time or as often as you remember), to keep the magnet charged up with highly emotional positive energy.

You are basically turning the emotional feeling (of having what you want) it into your default setting, until you get what you want.

If you're on track each time you think about it, you should get the same original feelings in your gut, this confirms if you're still on track.

If the feelings are not quite hitting the spot, you need to consciously tweak your thoughts to reignite the original excited feeling. You do this continually.

Your feelings are your **emotional guidance system**.



When you think about what you want, your feelings will tell you if you're on track or not, so you can adjust, as necessary to keep that powerfully charged emotional feeling.

Summary

The 3 keys of **Your Inner Genie** are what is known as the Law of Attraction.

The magnet (key 2) works automatically with whatever emotional vibration you feed it; you don't need to do anything with it.

You only have to consciously decide what you want and how it will make you feel when you have it (key 1) and then use your emotional guidance system (key 3) to check if you're on track and adjust accordingly, until you have it.

All you are doing is...

Using your conscious mind to decide on what you want and place your focus on a scenario where you already have it (key 1) and then paying attention to the corresponding feelings in your gut (key 3) to make sure it feels wonderful (as though you already have it).

Whilst doing this process, you simply tweak the experience (as necessary) in your conscious to really tune up the feeling, so it feels amazing, as though you already have it.

That's it, you don't need to do anything with key 2 as that will work automatically based on the electromagnetic (electro = thought, magnetic = feeling) vibration it is receiving from the combination of keys 1 & 3.

The advanced habits are designed to naturally help you use these 3 keys 😊.

The Law of Attraction module will walk you through this process in detail.



Habit No 12 ~ Taking 100% Responsibility!

*“You are **100% responsible** for everything in your life, with **NO exceptions whatsoever!**”*



This one is about mental strength, integrity and maturity and stepping into your full power!

If you wish to live a life of purpose, joy and fulfilment, taking 100% responsibility for everything in your life, is absolutely paramount, with no exceptions.

You'll see as we go through the advanced habits that everything that has ever happened to you in your life (good or bad), **you created it** through the law of attraction.

Important distinction... certain negative events and past trauma's may not have been your fault (as you may have unconsciously created them) so you are not to blame. However, they are **still your responsibility** to deal with moving forward.

By acknowledging them and starting to deal with them (all the tools you need are in the advanced habits) allows you to initiate the healing process for your mind, body and soul.

So, we all have the option to take full responsibility for everything in our lives and hold the balance of power (and ultimately create whatever we want) or we can play the victim and give away our power.

It's your choice but I highly recommend the former 😊!

Easy to play the blame game!

It is very easy to fall into the trap of blaming external circumstances, it can be very tempting to play the innocent victim.

You can blame your upbringing, the recession, the Government, your medical conditions etc, but you'll always find people in very similar circumstances who became a great success.

Blame is the world's greatest excuse; it keeps us limited and small without feeling guilty but there is a cost – the loss of our freedom!

So, 'we're kicking the crutches away' so to speak, because when you take 100% responsibility for everything in your life, **you also take full control!**



You may not like the circumstances that you're currently experiencing or how you got there, but you can change what happens next by accepting you are responsible for it and more importantly, you can decide where you go from here.

If you play the victim and blame game, you've got to wait for circumstances outside of your control (i.e., the economy, the Government, the cure etc) to turn in your favour!

So, let's step up a gear.

The Law of Attraction

Here's the law of attraction put succinctly;

'You attract everything that shows up in your life'

Whether you perceive any circumstance as good or bad is irrelevant.

You attract everything through your vibration (mostly subconsciously), that you are continually transmitting to the universal quantum field. So whatever vibration you are consistently putting out will attract circumstances and events on that corresponding wavelength.

It has to, as this is a universal law that you've been using since your first breath.

*Note – this programme is designed to use the law of attraction for your benefit so every single action from every habit, **raises your vibration that little bit more** each time you do it, so you feel better and attract better things into your life.*

So, whatever shows up in your life, YOU CREATED IT.

And, when you take 100% responsibility for everything in your life (as you're the creator), you're in full control from that point 😊.

No more victimhood

Once you fully understand and embrace this universal truth that you created everything that shows up in your life (via the law of attraction) and you then take 100% responsibility for it, you can never play the victim ever again!

And of course, that is a very good thing indeed!

🗨️ Anybody who plays the victim, gives their power away to outside influences and then has to wait for external circumstances to change for them to recover/progress.

👍 Anyone who takes 100% responsibility for everything no matter what, has the opportunity to change what they don't like and **has full control over their future!**

The choice is victimhood or personal power!

N.b. If you've created circumstances you don't like, accept 100% responsibility for them, and use this programme to start creating what you would like to show up in your life!



Making Changes

If you have circumstances in your life that are very difficult and troubling, acknowledge the situation, take full responsibility for dealing with it and make a firm decision to change it.

When you've had enough and say (and really mean) **'I don't care what it takes, I'm going to sort it once and for all!'**

That is the kind of energy you need to implement change.

Sometimes you have to surrender or give something up you don't want, it might be a relationship, business, property or perhaps a friendship.

It can be very hard to let go if you've invested a lot of energy into the situation but if the negative energy around the situation is causing you more hassle, you must seriously consider removing the situation, no matter what it takes. It's your (mental) freedom and happiness at stake.

***My situation;** over 20 years ago, I found myself in a precarious situation financially and was owed a lot of money. It was very stressful to say the least as I was in danger of losing my house.*

After some research, I realised the entity that owed me the money was a little unscrupulous and it would likely end up costing me a lot of additional money in legal fees to pursue without any guarantee of getting the money. My legal representative advised me to let it go to save further stress and anxiety from a situation that had already caused months of unrest.

Long story short, I filed for bankruptcy and it was wonderful 😊!

I had a misguided notion that bankruptcy would be a nightmare, the world would judge me, everyone would talk about it and I would spend years trying to recover.

Here's what happened;

I walked out of the court that day 'floating on air' feeling fantastic as I walked back to my house in the sunshine.

All the anguish, stress and anxiety had dissolved in an instant with the bankruptcy order in my hand.

I had never felt so mentally free since childhood. All the heavy baggage I'd been carrying for months had now gone 😊.

I did eventually lose my house around a year later, but I got a better one, although it was rented and not owned.

Here's the important bit...



Life continued as normal and got even better for me as the baggage was gone. The rest of the world was so busy dealing with its own stuff, it was almost as though no one even noticed.

There was me, with this misguided perception of all these negative things happened if I went bankrupt, yet it turned out to be a very good decision.

It resolved the situation and the associated anguish and gave me a fresh start and life carried on and I recovered far quicker than I imagined 😊!

Very often, the perception of what will happen if you make a drastic change or big decision is very different from the reality.

If the situation is eating away at you and it can't be resolved, do whatever it takes to remove it as your mental freedom is far more important than continuing with the stress and anxiety of the situation (I'm talking from personal experience).

Don't worry about what anybody else thinks as they are far too wrapped up in their own lives and issues.

Life always continues, with the advanced habits and tools, you can do anything no matter what life throws at you!

Big life decisions

If you find yourself in a situation that you don't like which requires a big decision (break up, divorce, close a business, bankruptcy etc) you've got to stand back and look at the situation from both sides...

Side 1. Can I realistically turn this situation around (assuming you want to)?

Side 2. Should I let go completely and remove the situation, whatever it takes?

A good way to make a big decision if not quite sure, is what I call the 'Sliding Doors' question.

It's based on the film Sliding Doors which simultaneously plays out 2 scenarios where the lead character in one scenario just manages to get on the London tube train and in the other, she misses it as the sliding doors close just before she can step on.

In one scenario she gets home to find her partner cheating on her and in the other scenario she doesn't. The sliding doors represent the difference between the 2 different realities playing out.

Using the sliding doors as an analogy, look at the situation you want to resolve and ask yourself the following question;

'if I could go back in time to the moment just before it started (relationship, business, friendship etc), would I still want it to happen or would I choose an alternative reality (sliding door)?'



Answer the question **with your heart**.

The answer you get in your heart will help to decide whether to try and resolve the situation or remove it no matter what it takes.

True leaders and decent people always take full responsibility.

We all admire and respect anyone who can hold their hand up and say, “Yes, it’s my fault” or “I take full responsibility.”

If you stop and think about it, you actually feel good when you accept blame or responsibility in front of other people. It shows strength of character and maturity.

As soon as responsibility is accepted, it brings immediate mental relief and ‘draws a line in the sand’ so things can then move forward.

The best bit, nobody can really argue with someone who accepts 100% responsibility as there’s basically nothing to argue about.

Add some humour if you can

There will be times when things go wrong in a big way and you’ve got to deal with it.

You can’t turn back the clock, so look at making the best of the situation. Obviously take 100% responsibility for it, but if you can, also laugh at the situation, as it takes the stress out of it too.

I call it laughing up front 😊!

Instead of laughing about it in the future when there is no more pain associated with it, choose to laugh at it when it happens. You’ve got to deal with it so may as well make the best of the situation. Not always easy but very powerful and liberating if you can do it.

This takes the sting (negative energy) out of it and makes dealing with the situation far easier. And (very important) you grow as a person each time you do it!

Book recommendation

[‘Taking Responsibility ~ Self Reliance and the Accountable Life’](#) Nathaniel Brandon

Final words

Taking 100% responsibility for everything in your life is a very responsible attitude and will help you achieve far more in your life. It is mentally liberating; you’ll also feel good about yourself as it will boost your inner strength and self-respect.



Recommended habit action steps

- ✓ Do a stock take of your current life circumstances to check if you are playing the victim in any part of your life.
- ✓ Take 100% responsibility for everything you ever do/create from this point.
- ✓ Apologise immediately and accept full responsibility for any actions that cause any problems for other people.
- ✓ Ask yourself at the end of every day, “did I take 100% responsibility for everything I did today?”

Habit No 13 ~ Emotional Freedom

“You’re never going to thrive, feel fulfilled and reach your true potential if you’re weighed down by emotional baggage.”



11 Advanced Habits Jigsaw ~ so far...

12 - You're taking complete responsibility for everything in life.

Emotional Freedom

This one is huge!

So, after starting to take full responsibility (Habit 12) for everything in your life, we're now going to focus on releasing any mental and emotional clutter.

We carry around a huge reservoir of accumulated negative feelings, attitudes, and beliefs. The accumulated build up can make us miserable and create more issues.

In the advanced habits prologue, I laboured the point about how your subconscious mind can create big physical, emotional, and mental problems if negative data and emotions are allowed to run amok.

You must become a master to your emotions rather than a slave to them.

This habit and habit 14 will give you the processes and tools to release and clear out any garbage (suppressed negative emotions) that are holding you back or causing any issues/problems.



This is absolutely fundamental for your mental and emotional freedom, more commonly referred to as inner peace.

It's not so much what happens to you in life, it's all about how you perceive the events and how you deal with the associated thoughts and emotions, that matters.

Did you know – kinesiology confirms that a negative feeling instantly causes a **50% loss** in your body's muscle power as it lowers your vibration!

Surrendering - this is the key to fulfilment and inner peace.

There are 3 key elements to emotional freedom;

Letting go of the negative feelings and emotions.

Forgiveness for everyone and every negative circumstance.

Detachment from all outcomes.

There are several other complementary habits in this plan to help you with emotional freedom and letting go. In particular, optimal breathing (No 4), regular laughter (No 6), meditation (No 9) and regular orgasms (No 11 – the ultimate in letting go) but we're also going to give you some great transformational tools too!

What happens when we hold on to stuff (mentally)?

As discussed in the prologue, our bodies are designed to operate in a high vibrational state with energy coursing through our meridians (energy systems) making us feel great and able to do anything.

When all is well, we are in a state of vibrant health and wellbeing and energy flows freely throughout our meridians, we are energetically '**at ease.**'

When there is a problem (physical or psychological) in our meridian energy systems, it ultimately creates a blockage and the energy can't flow freely, this is known as '**dis-ease.**'

Now you know where the word originates from!

1. Letting Go

There's no wonder we're all so stressed due to modern living expectations!

With modern living, it's as though we all need to be super human just to keep up. Do you feel like that?

The demands and general expectations these days are just crazy, to say the least!



Add the fear of missing out (FOMO) and there's no wonder why so many people are full of stress and anxiety, as they constantly feel like they have to keep up.

The real question is...keep up with what?

When you do the values exercise in habit 15, you'll fully understand it's all about being happy, healthy, and fulfilled by living according to your highest values (and saying b*****s to other people's expectations 😊).

Here's the mechanism of letting go

First of all, it is very important to acknowledge that negative experiences are simply part of the human condition and we must look at them **without judgment**.

There are 3 steps to letting go...

- i. Beware of any negative feeling as it comes up and simply focus on the energy behind it and nothing else.
- ii. Don't judge it or modify it in anyway, just surrender to it and allow it to be there, all you are doing is observing it.
- iii. Now just breathe deeply and slowly through your nose and allow the energy behind it to dissolve as you relax with each out breath.

It's as simple as that.

It is resistance that keeps the feeling going. By acknowledging it, letting it be without attaching any judgement or trying to modify it, will automatically start to dissipate the energy behind it.

If it is a highly charged emotional feeling coming up, just keep doing the 3 steps until it all dissipates. Each time will dissolve the energy that little bit more.

Use this technique for any emotions or inner conflicts that are bothering you.

Wonderful wisdom about letting go (from above)

Stephen and I often touch base with loving higher dimensional beings (HDB) through channellings and receive wonderful wisdom and advice.

And as they are in a higher dimension and more spiritually and intellectually advanced, they are certainly worth listening to for guidance (if the last two sentences sound weird, just go with it 😊).

They effortlessly tune into the 3rd dimension (where we are) and can see what we're all doing and collectively/individually thinking and feeling.

A constant bit of advice that comes from them is for us to slow down and just let go.

They all tell us we're so busy with life trying to get so much done and get ahead, we're in danger of missing the beauty of it.



I think we all instinctively know this!

Rowing boat analogy

This one comes from a collective called Abraham Hicks (excellent resource btw, will put a link at the end).

They tell us (in an analogical way) that humans generally are constantly trying to paddle up stream against the flow, there's no wonder so many of us struggle.

They say we seem to be obsessed with being so busy all the time and we tend to believe that the only way to really make it, is to roll up our sleeves and work hard.

Their advice...

"Stop paddling and just go with the flow, you don't even need to turn the boat around, just lift your oars out of the water, the flowing river will turn you and take you where you need to be, just let go and go with the flow..."

*...everything you could possibly want is **downstream.**"*



Why not cut out a picture of rowing boat and stick on your bathroom mirror or near your desk to remind yourself, when you come up against any resistance in your life, just let go and **go with the flow**, it always sorts itself out.

They also say the only time that humans fully let go is at the moment of orgasm and nobody has a problem letting go then 😊!

Monkey and the sweet jar analogy

There was a group of monkey hunters in the jungle who put some tasty figs in fixed jars as traps to catch a few monkeys.

There monkeys would smell, then see the figs and get very excited.

They would come and squeeze their hand through the neck of the jar and grab the figs.

The problem was that they couldn't get their clenched hand full of figs, back through the neck of the jar.

The hunters waited for a few of them to get their hands in and then jumped out the bushes, ready to catch them.

The monkeys who took their hands out of the jar empty handed, managed to run away from the hunters.

The greedy monkeys who wouldn't let go, all got captured!



The moral of the story: If you hold on to tightly because you're too invested in things happening a certain way, you could end up creating a lot more stress and anxiety that creates bigger potential problems.

Don't be stubborn and keep banging your head against the proverbial brick wall if it's just not happening with something, recognise when it's time to let something go.

You'll know when you've made the right decision as you'll immediately feel (mentally/emotionally) lighter!

2. Forgiveness

“You release the past or by loving it”

This is very powerful!

Every time you dwell on a bad experience or think of yourself as a victim, you add more energy to the negative emotions inside you.

Think of it as a negative ball of energy trapped inside you, hindering you.

In habit 12 we talked about taking 100% responsibility for everything that happens in your life. It is also very important that you also unconditionally forgive anybody who has done wrong to you in some way.

With **heartfelt forgiveness** your victim identity starts to dissolve and your true power through emotional release starts to emerge!

It may be very hard at first, but each time you do it, you are dissolving that little more of the **negative ball of energy inside you.**

Although it may seem completely justified to bear a grudge if someone has done something very bad to you, stop immediately.

Look for the good in the situation. Remember the rules for life from page 5 and how life is a series of lessons. Focus on the lesson and see what good you can find in the event.

A grudge is just negative emotional energy in you and when you hold it against someone else (no matter how justified) you are simply reinforcing that negative energy inside of you and harming yourself! Metaphorically speaking...

‘A grudge is like taking the poison and expecting the other person to die’

Never ever think or plot revenge as the other person will create karma around what they did, so the universe will create the circumstances for them to make amends.

You can heal from all the negative emotional energy of victimhood with just **3 incredibly powerful words** to the person who has wronged you...

‘I Forgive You’



If you can say it directly to them, that's wonderful, if that isn't appropriate, you can do it in private, just imagine the event and say it out loud and feel the emotional energy dissolve.

If you can sincerely wish them all the very best and with unconditional love, it's even more powerful.

This is simply about emotional liberation by releasing from you, the negative energy attachment to that person and the associated event.

The science

Scientific studies confirm that anger and resentment have a negative effect on the body from the flow of energy, the emotions, and the synchronicity of the brain hemispheres.

The Stanford University Forgiveness Project from 2003 taught groups to let go of bitterness towards each other, which had arisen through their religious beliefs and upbringing.

The study confirmed that cardiac health and physical stamina significantly improved when the subjects let go of bitterness towards their so-called enemies.

Forgiveness literally healed their hearts!

The project confirmed that '**anger kills the angry person, not the so-called enemy.**'

My forgiveness story

Back in 2009 when I operated a newly formed property investment business alongside my established financial services business. I got a very big lesson to say the least!

Turns out a gentleman from a subsidiary organisation connected to the property business played on my trust and subsequent naivety. He basically manipulated external circumstances to control large amounts of investors' funds and disappeared.

Long story short, the fallout from this not only curtailed the property investment business but also took out my established financial services business creating a nightmare.

In a matter of weeks, I'd effectively lost both businesses worth £250k + and still had to deal with the fallout from upset staff to angry investors and much more and it was pretty obvious who had caused it all, but I was the fall guy 😞.

This was very hard to take at the time. However, I have completely forgiven the guy and can now fully see the lesson that I needed to learn. I have no emotional attachment anymore and can laugh at my own naivety that created it all 😊.



Phenomenal example of forgiveness (that just showed up)

As I sat down to start creating the detachment section a few minutes ago, I had a quick look at social media and the following story showed up on my timeline (talk about synchronicity 😊) and just had to share.

One of the group of lads who beat me up when I was 14 was sentenced to prison today for murder.

I was out walking with my girlfriend at the time when him and his mate a few years above me, bashed me for about 30 minutes straight as I pleaded with passers-by to help me.

I remember the fear it instilled in me after for years. I was always scared of going places, getting on busses, the metro trains etc.

I've lived with vengeful thoughts all my life of what I'd do if I saw or came across either of them again, and to find out today how his life has turned out is no surprise.

This news came about to me when I was invited into an old school Facebook group and someone shared the article of his sentence.

Lo and behold there is the other one who did the most damage to me commenting and interacting with people about the news of his old friend being sentenced.

The rage instantly hit me, adrenalin started pumping, and I must of wrote out 3 messages of pure hatred. It's the first time I've seen his name in 20+ years.

As I was typing I clicked his profile, and what I was met with absolutely shocked me....

He was not what I expected at all; he was what looked like a fantastic dad to 4 awesome kids.

Although writing the messages out made me feel better, I never pressed the send button and deleted them all.

You see that lad who broke my jaw, he wasn't raised properly. He didn't have the best of starts or best of guidance. He was let down.

Over time it looks like he has managed to put that right and do things the right way now he's matured enough to guide himself.

So, Mr PN I forgive you for what you did. Your actions as horrific as they were, spurred me on to build my body from an early age which helped me out more than you could ever know.

So, I thank you, and no hard feelings, and hope you live a good life and continue to be a great Dad.



I share this with you all not for sympathy, not to look like a good guy or to make him feel bad ...

I want you to consider forgiving a horrific act someone has done to you as a child. And consider perhaps with a better upbringing, would they have done such a thing?

Because the relief at letting this poison go... it's worth it.

Wow, that is very powerful, the lad recognised the incident ultimately benefitted him (as life is a series of lessons!) and was able to let go of the emotional pain and forgive him!

It's also very poignant that he refers to the emotional anguish as poison as that's what it is if you keep it inside (remember the grudge definition from page 93).

Writing 'it' down helps massively

The guy, in above example, also mentioned how he wrote out 3 messages of pure hatred but didn't send them!

This is also a very powerful technique when you have a grievance with someone. By writing out how you feel, allows you to really express it.

As you write down something that is very important to you, you automatically engage all 4 parts of your brain;

- i) **left brain** (deals with; words, logic, rational)
- ii) **right brain**, (deals with; symbols, patterns)
- iii) **midbrain** (deals with; emotions)
- iv) **brain stem** (deals with; physical stimulation)

Writing harmonises all 4 parts of your brain to really 'nail' the message you wish to get across, as you can tweak it, until it feels right.

Because you're accessing all 4 areas of the brain, you're able to bring all the associated feelings and emotions into a focal point.

Once you've done it and got '**it**' **all out** onto the paper (we highly recommend pen and paper, its more powerful), do **not** send it (just like the lad in the example)!

Tear up the paper whilst saying the words, "**I forgive You.**" Then throw away or burn the pieces (release).

You will most probably find that (like the lad in the example) that once you've written it, you no longer need to send it anyway.

The act of writing it down allows you to completely express all the anguish, hurt, pain and any other associated emotion with the original event and **get it out of your system.**



It's the act of expressing that instigates the release/letting go of all the negative emotions (poison) that you've been holding on to.

Forgive everybody that you have the slightest anger and resentment for. See them as a mirror of you that is giving you a lesson to learn.

Write them all a note/letter expressing what you felt and how you forgive them and thank them for the lesson you received.

This is emotional maturity and mental freedom!

Freely cry your eyes out

There's likely to be a lot of tears when you let go of strong negative emotions.

This is a very good thing indeed; tears are part of the body's natural release mechanism when it comes to expressing deep emotions.

If you think about it, you always feel better when you cry, so **cry your eyes out as much as you need to**. Every tear is releasing more pain and negative emotion.

'With true forgiveness your victim identity dissolves, you feel better, and your true power emerges!'

3. Detachment

Wisdom of the sages... **'Attachments are the primary cause of suffering'**

Whereas letting go and forgiving are about releasing thoughts and emotions around something that is causing/caused any sort of stress or anxiety. Detachment is about not placing expectations on the outcome of something and just letting it be.

It is about detaching from the outcome of something that you cannot control.

Let me give you a 'random' example;

Let's say you are writing a vibrant health programme chock full of first-class information to genuinely help someone skyrocket their all-round health and wellbeing and potentially change their life beyond recognition.

Let's also assume you want to sell thousands (maybe tens of 1,000's) of copies as you passionately want to raise the health and wellbeing of humanity as much as you possibly can.

The (mentally) **Attached** way might be... *we've got to sell dozens every day, thousands every month, otherwise we've failed. Got to push, all day, all night!*

The **Detached** way would be... *we'll make a concerted effort to get this out to a lot of people who may really benefit from it...if we sell a thousand or a hundred thousand it will be absolutely fantastic!*



However... if we only sell a dozen and it makes a massive difference to a couple of people who consistently use all 22 habits...then it will have been a great success for those 2 people.... either way, we ultimately can't control it, it will be whatever its meant to be and we're cool with that!

That is detachment from the outcome in a harmonious way. If the results are good, you'll feel fantastic, if the results aren't so good, so what, it doesn't matter as **you're not placing expectation** on the outcome that could create disappointment.

It takes practise to detach but it's a very nice (psychological) place to be.

Here's another tool for you...

The 'Super Heightened Intense Thoughts' METHOD™

Stephen and I have created this as another simple tool to help you detach.

The key to getting what you really want....

With references to the law of attraction module and associated advanced habits, we discuss how intensely focusing on something you really want, is the key.

The more emotionally intense your positive thoughts, the better it is, as you are magnifying the positive thought vibration and corresponding feel-good emotion.

So, the key is to visualise what you want and create **Super Heightened Intense Thoughts** of having it, to get your body in the peak emotional state as though you are experiencing it.

This sends a very strong vibration out into the universe and the divine picks this up and starts to move things (events and circumstances) to bring it to you.

Now, the key to stress and anxiety...

Is to then expect things to happen a certain way, in a certain timeframe etc...and then get really anxious and upset when the outcome doesn't go the way you are expecting.

The law of attraction doesn't work that way, the universe decides when and how it will happen and all the circumstances around it.

This is the big mistake... **Super Heightened Intense Thoughts (SHIT)** are absolutely key for magnifying the emotional vibration of what you want, but you should **never** use them in relation to how things should play out, as that just creates stress and anxiety if it doesn't happen the way you expect.

Let's summarise;

When you don't give a **SHIT** about the outcome, you remove all stress and anxiety and increase the chances of it happening.

That is how to detach 😊!



Important distinction: Not giving a SHIT doesn't mean you don't care about it, of course you care about it. It just means you won't allow any perceived negative outcomes to influence how you feel as you are mentally detached from what happens.

I sincerely hope you are smiling right now... as this acronym will make it more memorable, it works very well, please use it 😊!

Detaching from negative emotions on a daily basis

Being joyful, happy and emotionally balanced is a very nice state indeed and this plan is designed to give you all the habits and tools to work towards and achieve this.

However, **it's not a destination**, it's a continuous process as negative emotions are still a part of life, regardless of how emotionally balanced you may be.

We all pretty much experience the whole gamut of emotions over a period of time.

Suppressing emotions is not good, as it doesn't deal with them. As you know, suppressing emotions just stores them, ready to come out a later time when the right 'trigger' is pressed.

The trick is to **acknowledge** and **accept** all negative emotions.

Its normal and human to be **sad** sometimes
Its normal and human to be **angry** sometimes
Its normal and human to be **negative** sometimes
Its normal and human to be **selfish** sometimes
Its normal and human to be **judgmental** sometimes
Its normal and human to be **mad** sometimes
Its normal and human to be **awkward** sometimes
Its normal and human to be **grumpy** sometimes
Its normal and human to be **argumentative** sometimes
Its normal and human to be **jealous** sometimes
Its normal and human to be **bitchy** sometimes

...and so on!

When you acknowledge and accept a negative emotion you are basically recognising it is there, and then you can deal with it.

Emotional balance is simply recognising, acknowledging and accepting a negative emotion and **not** reacting to it.

Feel the emotion and let it dissipate, without judging or reacting to it.

Processing a negative emotion

The simplest way to process the emotion is to take a deep breath as soon as you recognise it.



To help, you may want to verbalise it, for example: **“I’m a little angry about that...”** without becoming the emotion.

You may want to use the optimal breathing technique (habit 4) to **take a deep breath** and reach a more relaxed state.... inhale for 4 seconds, hold for 2 seconds, exhale for 4 seconds.

At the same time, perhaps imagine the energy of it, dissipating out through your feet and into the earth.

You could adopt the mindset; ‘it’s just emotional energy passing through me, I choose not to react’

Remember, you are always looking to return to a state of feeling good (see habits 17 - 19) as quickly as possible, as that is where all the good stuff is 😊.

Practising emotional balance and control

Sometimes it will take a lot of effort to remain balanced if the emotional trigger is strong.

However, you can practise in everyday situations;

Traffic ~ if you drive, make a conscious effort to never react with your voice or body language if you encounter bad driving.

Social media ~ if you don’t agree with a comment or article and it’s something that has the potential to wind you up, don’t react, show respect instead and send them a ‘like’ or better still, a ‘love-heart.’ That is emotional maturity!

Phone call ~ you call a service provider and wait ages to get to the right person and feel messed around. Instead of voicing your frustration (in words or tonality), just be very friendly, respectful, and courteous (they’re only human).

With practise it gets easier and easier, and you’ll feel good for remaining balanced when most people would instinctively react.

If you are struggling at all, you could create an alter ego (see habit 16) to deal with it!

Perhaps imagine you are James Bond or Wonder Woman, neither of those would let any every day incident bother them, they’d just deal with it and calmly carry on.

Trauma and deeply suppressed emotions

If you have been through some very harsh experiences with a lot of suppressed emotional pain and trauma attached, it is going to take a while to release.

Just start the process and forgive a little each time, you’ll start to dissolve the negative energy a little bit more each time you do it.

Use all the tools and suggestions in this habit and habit 14 to keep releasing and clearing the negative energy.



Regularly declutter your environment to feel lighter

Did you know that your home environment is a reflection of your inner world?

You have an energetic connection with everything around you (as everything in the universe is energetically connected).

We all know that when we have a spring clean and declutter, we always feel better!

You should regularly declutter your home environment and only have items in your home environment that uplift you and make you feel good.

Get rid of any items/stuff that doesn't please you when you look at them as they lower your vibration. Regardless of what you paid for them, protect your energy, and sell, give away or bin them.

Expert level

Two very good examples of professionals who are very good at not reacting to highly charged situations are politicians and lawyers. Both are highly trained to deal with antagonising situations without reacting, so they are always in full control.

The big test comes when you're involved in a more serious event that causes a fair bit of inconvenience, for example, minor traffic accident, your flight being delayed/cancelled or having some property stolen.

If you can keep a very calm presence of mind and your emotions under control and still act rationally and courteously, that is mastery of your emotions.

Book recommendation

Book: '[Letting Go ~ The Pathway to Surrender](#)' David R. Hawkins MD PhD

Book: '[Emotional Balance: The Path to Inner Peace and Harmony](#)' Dr Roy Martina

Final words

I'll leave them to Buddha...

Judge nothing, you will be **happy**.
Forgive everyone, you will be **happier**.
Love everything, you will be **happiest**.

Beautiful wisdom 😊.



Recommended habit action steps (using the tools and methods from this section)

- ✓ Let go of everything that bothers you.
- ✓ Unconditionally forgive everyone (past and present) who has wronged you.
- ✓ Detach from all outcomes, and just let them be.
- ✓ Practice the above 3 everyday (don't go to bed with any tension)
- ✓ Acknowledge, accept, and release any negative emotional states that crop up during your normal day.

Habit No 14 ~ Emotional Release (Tools)

"Some simple, yet game-changing tools to help you release negative emotions and free your mind!"



11 Advanced Habits Jigsaw ~ so far...

12 - You're taking complete responsibility for everything in life.

13 - You're starting to let go of all the mental baggage that serves no purpose.

Emotional Release (Tools)

Here are some wonderful transformational tools!

Following on from habit 13, this habit continues the theme of emotional freedom by giving you 3 very effective tools to release and transmute negative energy, as this is so important to your mental and emotional wellbeing.

Important – these tools are for everyday use. Habits 13 and 14 are designed to help you clear out any suppressed emotions and emotional baggage you currently have **and** just as important, to help you clear any future negative emotions as they occur.

Use them every day (as required) as part of your daily routine.

They are all very simple and easy to do, and very powerful indeed. We'll add the links at the end of each section so you can use and experiment with the techniques straightaway, plus do any further research you feel necessary.

All 3 tools have benefitted huge numbers of people as you'll see.



Tool 1 ~ Emotional Freedom Technique (EFT)

This is a very simple, yet brilliant tool!

EFT, often referred to as **tapping**, is a powerful stress relief technique combining the principles of ancient Chinese acupressure and modern psychology.

It's referred to as tapping, as all you do is lightly tap on specific meridian points with your fingertips.

It helps to release the suppressed emotional energy that impairs the flow of life force energy through the body's acupuncture meridians.

It's a scientifically proven technique that works to **rewire the brain by sending calming signals to the amygdala**, the stress centre of the brain, allowing both the body and brain to release limitations from negative experiences, emotions, thoughts and much more that hold us back from creating the life we want.

How it works

The basic tapping technique requires you to focus on a negative emotion you wish to clear. This can be a fear, a worry, or any unresolved problem. While maintaining your mental focus on this issue, you use your fingertips to gently tap 5-7 times on 9 specific meridian points (as shown on the image) of the body.

Tapping on the meridian points (the same as used in acupressure) sends a calming signal to the brain, letting your brain know it's safe to relax.

Tapping regulates the nervous system and boosts the immune system by putting the body back into the parasympathetic nervous system response (a rest and restoration state).

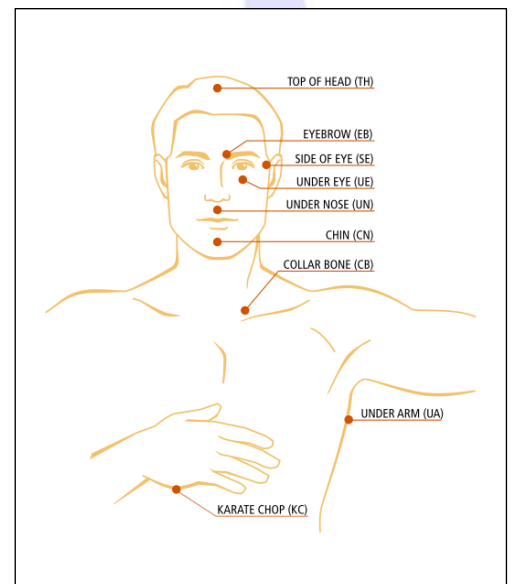
This allows the immune system, digestive system, reproductive system, and endocrine system to function as it should.

It has the power to change how you feel in minutes, **brilliant healing tool!**

EFT Resources

Gary Craig, the founder of EFT has written a book called '**The Unseen Therapist - One Ultimate Therapy for Everything**' you can download a free copy as an eBook [here](#)

This [4-minute video](#) with Jessica Ortner will demonstrate exactly how to use the technique.



Tool 2 ~ Ho'oponopono

The unusual name Ho'oponopono is of Hawaiian origin and effectively means creating order and balance to heal a situation.

It is a very simple and powerful transformational tool for healing thoughts and memories (and the underlying emotional energy) that are holding you back.

I'm going to give you an overview of where it came from and its incredible power. It also reveals some important spiritual truths and links very closely with habit 12 (100% responsibility).

Before that, there's something very important to understand...

How you create your reality

On a quantum mechanics level, there is only one consciousness that we are all part of. Yes, we consciously experience ourselves individually, but at the quantum level, we are all energetically connected to this one consciousness which is divine creation (source).

Going back to the mind, body, spirit connection chart in the prologue, we discussed how your subconscious mind is effectively a powerful magnet (storing endless programmes/data) bringing your reality into existence.

This means that everything you're experiencing in your life, **you are creating it from within**. On a quantum level, as discussed in the prologue, there isn't actually an out there, as what you are experiencing is from within you, projected outwards into your reality.

To recap, everything you are experiencing is merely electrical impulses in your neural pathways that the brain interprets as your reality.

I know that is heavy stuff 😊!

However, once you understand and fully accept this, you realise that everything that shows up in your life, **you have created it**.

As Dr Hew Len (whom I'm about to introduce you to) says "have you ever noticed that when you have a problem, you are always there? 😊"

Now that is funny on one level but actually quite profound...

Because when you take 100% responsibility (habit 12) for everything in your life that you don't like, you have the opportunity through Ho'oponopono to clear it and heal it from your life.... and it is a very simple process.

This is an incredibly powerful tool for your day-to-day life!



What is Ho'oponopono

It is a self-transformation technique that originated from Hawaii and was originally taught by a lady called Mornah Nalamaku Simeona.

You could actually say; the miracle self-healing and self-improvement powers of Ho'oponopono.

When you read the story in a moment of Dr. Ihaleakala Hew Len and what he did in a mental institute using the powers of Ho'oponopono, you may think of it as a true miracle.

The Dr Hew Len Story

Dr Hew Len was the most avid student of Mornah Simeona and the first person who got documented and confirmed proof of the healing miracles of the Ho'oponopono process.

Dr Hew Len observed Ho'oponopono healing powers himself when Mornah Simeona healed his daughter from painful bleeding shingles (skin disease) that she suffered from for more than a decade without anyone or anything helping.

With complete conviction in the process after experiencing the transformational healing of his daughter, Dr Hew Len paid the utmost attention to her teaching and simplified the Ho'oponopono process even further with amazing results.

From 1984 ~ 1987 he worked as a staff psychologist for Hawaii State Hospital overseeing the high security unit housing male criminally insane patients. We're talking the worst of the worst – you don't turn your back on these guys!

They committed murders, rapes, assaults and due to their degree of "insanity" were locked into a psychiatric high security facility. Violence against each other and staff members was prominent.

Fast forward to 1987 (3 years later), restraints were no longer used in this facility. Violence almost ceased to exist, only involving mostly new patients. New off-site activities were introduced to former very violent patients.

The spirit and energy in the unit was greatly improved and eventually the whole unit was closed because there was no need for it. People were healed and released or moved into other non-violent wards.

This was all documented, described by multiple witnesses and personnel. So how did such miraculous change take place in this hospital?

PAY CLOSE ATTENTION!

According to Dr Hew Len:

- He did not do any therapy or counselling with patients (no direct contact)!
- He did not attend any staff conferences on patients!



He simply practised the Ho'oponopono process on a daily basis that included accepting 100% of responsibility for everything being experienced by him.

He understood that **part of him** (the data deep within his subconscious mind) had created this experience into his reality and he had the tools to resolve and heal it.

So, Dr Hew Len practised the Ho'oponopono process every day for around 3 months, and it created the most miraculous transformation within the most challenging environment.

Let's go deeper, so you understand how it works

When asked how exactly he managed to heal these violent patients without actually seeing each of them in person, his answer was:

'I didn't heal them. I healed the part of myself that created them'.

The above phrase is the revelation and also explains the transformational power of Ho'oponopono!

When you fully understand and accept that you create everything that shows up in your life as you are energetically connected to the problem (via the divine consciousness), you can resolve it by working on the part of **you** that created it.

You don't have to try and fix the other person or the situation, all you have to do is clear the part of you that created/attracted it on some energetic level, subconsciously.

The good news is that, when you clear the part of you responsible for the problem, it also clears the other person of it as you're energetically connected (aka entangled) to it via the divine consciousness.

This is how he could heal patients that he never consulted or spent time with. He would read their medical files and use the Ho'oponopono process to heal the energetic connection (between him and the patients) that caused their behaviour.

It is referred to as a clearing or cleaning process as you are clearing/cleaning the negative subconscious data/programme that brought the problem into your reality.

Here's how you perform Ho'oponopono

1. Decide what issue/problem you want to resolve.
2. As you feel the negative energy come up as you think about the issue/problem, focus on your subconscious mind (as that's where its stored).
3. Now continually repeat the following 4 phrases:

'I'm sorry'
'Please forgive me'
'I Love You'
'Thank you'



Notes;

You are petitioning divine creation (as this is where you are energetically connected with the problem) whilst focusing on the problem stored in your subconscious mind.

You repeat the 4 phrases continually as a mantra (very easy to do) until the problem is resolved. Do it as often as you can, multiple times a day (it becomes almost autopilot after a while) for as long as it takes.

Saying the 4 phrases with feeling, automatically puts you into a healing vibration and starts to heal the problem.

Uses

You can use Ho'oponopono to clear unwanted life situations, places, relationships, financial situations.

If you have a person in your life whose behaviour is causing you problems, **rather than trying to change them, work on yourself** using Ho'oponopono instead!

Always take 100% responsibility for all the circumstances in your life as you created them and start clearing the circumstances/things you don't like and let divinity do the rest.

To reemphasise this simple and wonderful transformational tool, let's leave the final word to Dr Hew Len...

"I didn't heal them; I healed the part of myself that created them"

Ho'oponopono resources

Interview ~ with Dr Hew Len, its over 9 short videos, click [here](#)

Guided video ~ this beautiful guided [Ho'oponopono video](#) is accompanied by soothing music and written words, to guide you and also help you understand the process.

Ho'oponopono course ~ If you want to study it and learn directly from Dr Hew Len, you can do an online video course (around \$40) click [here](#) for details.

Tool 3 ~ EcoMeditation

This is simply the combination of EFT and Meditation.

As you know, we highly recommend the practise of meditation as a habit (No 9) and of course EFT, as a tool for emotional freedom.

This EcoMeditation is a tool developed by a guy named Dawson Church. It is a guided meditation by Dawson that simply uses EFT to help you relax into a deep meditative state.



The studies show fantastic benefits from significant reductions in stress, anxiety and cortisol levels to increases in happiness, immunity and gamma brain waves (elevated states).

We highly recommend you give it a try and its free 😊 click [here](#) to access it.

Book recommendations and web reference

Book: '[At Zero ~ The Quest for Miracles Through Ho'oponopono](#)' Joe Vitale

Book: '[Mind to Matter ~ The Astonishing Science of How Your Brain Creates Material Reality](#)' Dawson Church

Website: [Abraham Hicks](#) Beautiful wisdom from high dimensional beings to help you understand the bigger picture and get more from your life.

Final words

We can all make 'mountains out of molehills' in our minds and create stress and anxiety that is not conducive with health and wellbeing.

Being able to continually let go of all the mental clutter and detach from outcomes is a highly recommended practise. It holds the key to mental liberation and inner peace.

Recommended habit action steps

- ✓ Try all 3 tools to familiarise yourself with each process.
- ✓ Experiment with the different techniques to find out what works best for you.
- ✓ As you notice any emotional tension or negative energy rising up as you go about your day, acknowledge it and release it.
- ✓ Take some time at the end of each day to reflect on your day and release any negative energy from the day. Make it a daily ritual.
- ✓ Use these tools every day to... **Release, Release, Release!**



Habit No 15 ~ Authenticity & Values

"It is essential that you live authentically and aligned to your highest values, to live an inspired and fulfilment life!"



11 Advanced Habits Jigsaw ~ so far...

12 - You're taking complete responsibility for everything in life.

13 - You're starting to let go of all the mental baggage that serves no purpose.

14 - You're using the release tools to keep emotionally balanced and free.

Authenticity & Values

This is the key to an inspired and fulfilling life.

The only way to a truly inspired and fulfilled life is to be your **authentic self** and fill your day with inspiring actions that are structured according to your **highest values**.

This habit is all about soul searching for some very important answers.

It is about going inside to truly understand who you are and figure out what really makes your heart sing, fills you with joy, motivation and enthusiasm.

Authenticity

When Stephen and I do numerology readings for customers, we take their date of birth and full name and then tell them all about themselves.

They're very often shocked at how we know them so well having just met them. Now the whole purpose of the reading is to tell them all about themselves and confirm their true personality, hidden talents, strengths, natural skills and outline their potential.

My purpose isn't here to sell the benefits of numerology 😊, it is to make the point that all this information is encoded within everybody's birth name and date of birth (ok, I'll get to the point...).

In a nutshell, your birth name and date of birth represent an energetic blueprint of the authentic you (your personality, traits, skills, talents, flaws, karma, soul urge etc) that you have pre-chosen for this lifetime, so the authentic you is fully equipped to deal with all the lessons and challenges you are going to receive.



We all choose (prior to incarnating), who we are going to be, along with the corresponding life path which will provide us with the lessons our soul wishes to experience and learn from.

Think of it as a video preview (where you choose the next appropriate lifetime for your soul), then just prior to birth you have your memory wiped so you can learn from a blank slate, so to speak, so you're not encumbered with pre-existing memories and wisdom.

Right, I'm finally getting to the point 😊...

You possess a set of character traits, specific personality, natural skills, talents, flaws and a soul urge **that is completely unique to you.**

That is your **authentic self**.

When you are your authentic self, your heart and soul line up and it just feels right and life flows.

One important aspect I've already mentioned is **soul urge**, this is what your soul came here to do as its main contribution in this lifetime.

Instead of soul urge, we are now going to call it your **vocation**. Simply put, this is your main purpose (your natural inner drive), it is what your soul came to express as its main purpose during this lifetime.

It could be through your main job, pastime, hobby, life project or simply viewed as your main contribution to the world/humanity.

There are no parameters

It doesn't necessarily mean it's going to be something ground-breaking!

Your soul already knows that humanity is ultimately all one collective consciousness, one family and your soul wants to contribute in some way to the collective, through you.

Your vocation might be to be a wonderful parent or foster carer so you can nurture and inspire children to live rich and fulfilling lives. You may dedicate a big chunk of your life to growing delicious vegetables and herbs to help feed and nourish your community.

You may want to build a thriving business that creates a lot of service for the community or dedicate a part of your life to the wellbeing of animals.

It can be absolutely anything, only you know in your heart and soul. You may be doing it already in a big way or small way. Only you can know!

My journey

In the modern world a lot of people are lost. I personally went through a period like this in 2016 where what I was doing professionally (financial services) just wasn't giving me fulfilment any longer. After 19 years in that profession, there was an undeniable void, an emptiness, something was missing.



It was around that time I met Stephen and started to wake up in a big, spiritual way.

Within a few months I quit financial services and without planning it, I ended up working outdoors in nature (tree surgery, gardening, landscaping) and also started doing numerology readings part-time with Stephen around that time.

Within a few weeks of starting to work outdoors, I realised it was giving me the fulfilment and satisfaction (filling the void) that I'd been missing for a long time 😊 and I'm still doing it as write this in 2021.

Also, the part-time numerology with Stephen was also allowing me to help others get more from their life as I'm naturally drawn (soul urge) to want to help others through my knowledge (Stephen is the same btw).

The numerology effectively replaced the financial advice where I previously helped others, but now in a different way. The new path (numerology) simply replaced the old one (financial advice) and feels right 😊.

This very programme is simply an extension of that same urge to sincerely want to help other through the knowledge I/we possess.

I had to follow my inner urge to figure out what my **heart and soul** wants to do.

So, back to you.

You may be on the right path, you may be completely lost or anywhere in between!

It doesn't really matter as the past has departed and we're only concerned about making sure you're on the right path moving forward.

I'm now going to take you through an exercise to help you discover or rediscover your true values. These are what really motivates, enthuses, and inspires you, they are what drive that inner urge of your authentic self, your heart and soul.

Once you've identified them, if you're not fully on the right track, you can incrementally start to align your life with them, so you can begin to live a life of purpose and fulfilment.

Authenticity is being your true self, values give you the means to express your heart and soul.

Your Highest Values ~ 3 stages

Stages 1 and 2 are parts of an exercise to help you establish your highest values and stage 3 is then working with them daily (the habit).

The 3 stages are as follows;

Stage 1 ~ is **determining** your highest values.

Stage 2 ~ is **aligning** your highest values with your actions.



Stage 3 ~ is **monitoring** your actions.

What is a value?

Simply put, it is something that matters a lot to you.

There will be certain things in your life that you value highly and other things that have a low value to you.

Your life at any given point is a reflection of your values. Now, that may be a good thing if you're in alignment or it might indicate that you need to re-align them, if you don't like what you see!

Only you will know.

Values are very personal; you see the world differently to everybody else and understanding your values will help you understand why you do what you do.

Key differentiator

High value ~ If you have a high value on something, you don't need motivating to do it or take care of it.

E.g. Let's say you have young children, you don't need motivating to take care of them as they are naturally highly valued by you.

Low value ~ If you have a low value on something, you'll likely put it off or get round to it eventually (but only if you have to).

E.g. If you have a low value on gardening, you'll probably make a token effort to do it every so often or pay someone else to do it.

Hierarchy of values

We all have a hierarchy of values whether we are aware of it or not. The higher on the list, the more value we place on it.

Examples;

If you value watching TV more than housework, you're likely to enjoy your downtime but probably live in an untidy house some of the time.

If you value having the latest fashion item more than saving and investing, you'll look great but you're unlikely to have much money left at the end of the month and little in savings.

If you value socialising and eating out more than exercising, you're likely to have a great social life but maybe haven't got the body you desire.



If you value spending time with your kids more than working on your part-time business, you'll likely to have a wonderful family life but the business never really takes off.

Important ~ there is no right or wrong value, it is only about **what matters most to you**, so you can focus on doing the things that are most important, enjoyable, inspiring, and fulfilling.

So, let's figure out what matters most to you.

Stage 1 – Determining your values (13 questions)

The following 13 carefully crafted questions will help you determine what your highest values are (N.b. we've also put this exercise at the end of the guidebook).

Reference: these questions are taken from the website of Dr John DeMartini who created this (we've put the link is at the end of this section if you want to do the original online version).

1. How do you fill your space?

Look carefully at 3 items that fill your personal or professional space. What 3 items do you see.... Do you see certificates, awards, art, paintings, crafts? Do you have business magazines, fashion magazines? Books? Pictures of family, yourself, friends? Write down concise answers of what 3 things mostly fill your space?

1 _____ 2 _____ 3 _____

2. How do you spend your time?

Look carefully and accurately at how you spend your time. What 3 things do you spend most of your time on.... With your waking hours, do you spend 9 hours working? 3 hours socialising? 3 hours with your children? 2 hours studying? 2 watching TV etc. Write down concise answers of what 3 things you spend the most time doing?

1 _____ 2 _____ 3 _____

3. How do you spend your energy and what energises you most?

You will always have energy for things that inspire you and that are high on your values list. Have a look at where you feel most enthused in your day-to-day activity.... Is it being of service at work? Is it solving problems and helping people? Is it socialising? Shopping? Is it cooking for loved ones? Is it working out? What are the 3 actions you love to spend your energy on, that energise you?

1 _____ 2 _____ 3 _____



4. How do you spend your money (most important things)?

You'll always spend money on things you truly value or are highly important. What are the most important things you spend money on...? Is it your home and security? Is it clothes and appearance? Is it your business and its development? Is it social activities and entertainment? Is it education? What are the 3 most important and consistent things you spend money on?

1 _____ 2 _____ 3 _____

5. Where are you most organised?

You will spend time organising things that are most important to you. So, in what areas of your life do you have the most order and organisation... Do you have an organised social calendar? Do you have an organised set of finances? Do you have an organised workout schedule? Do you have an organised eating regime? Which 3 areas of your life stand out as the most organised?

1 _____ 2 _____ 3 _____

6. Where are you the most reliable and disciplined?

If something is important to you, you'll be dedicated to doing it without the need to be motivated. What are the 3 things you are most disciplined and focused on doing... Is it your studies? Is it your workout routine? Is it your appearance? Is it your business activities? Is it your dietary and eating regime? Is it your family attention? What 3 things are you most disciplined, reliable, and focused on?

1 _____ 2 _____ 3 _____

7. What do you inwardly think about most?

Your mind will repeatedly focus on the things that mean something to you, related to your highest values. What are the dominant things you inwardly focus on...? Is it an ideal family environment? Is it having/building your dream business? Is it having a fantastic social circle and great social life? Is it falling in love with your dream partner? What 3 things do you focus on the most?

1 _____ 2 _____ 3 _____

8. What do you visualise and realise most?

What do you visualise most about that you would love your life to be like, that is gradually showing fruits and coming into your reality...? Is it the family lifestyle you dream about? Is it travelling the world? Is it becoming the leader in your field of expertise? Is it socialising with great people? Is it continually expanding your knowledge and wisdom? What 3 things do you visualise the most?

1 _____ 2 _____ 3 _____



9. What do you internally dialogue with yourself most about?

What are the things you internally dialogue with yourself that are most meaningful to you? What do you keep talking to yourself most about that you desire to come true and are gradually coming true...? What are the 3 conversations you talk to yourself most about that are slowly but surely coming true?

1 _____ 2 _____ 3 _____

10. What do you talk about the most in social settings?

Everybody wants to talk about things that are important to them. What are the subjects that you want to bring up in yours or others conversation, that nobody has to remind you about? You become alive and an extrovert when the conversation turns to something that is really important to you... So, what are the 3 things you always want to talk about in conversations?

1 _____ 2 _____ 3 _____

11. What inspires you or are you inspired by most?

What is common to all those things, insights, individuals, experiences, and events that have repeatedly inspired you.... Is it great moments of your own? Is it great moments of other individuals? Is it when someone conquers an amazing challenge? Is it when you achieved an amazing goal? Is it when you hear an amazing song or a moving piece of music? So, what 3 things inspire you the most?

1 _____ 2 _____ 3 _____

12. What are your most consistent long-term goals?

You are most willing to stretch yourself and act towards goals that have the most meaning to you.... So, what are the 3 most consistent long-term goals that you have persisted working on that have stood the test of time?

1 _____ 2 _____ 3 _____

13. What do you love learning, reading or studying about the most?

You'll always have time and energy for topics that inspire you.... What topics do you find yourself thinking or talking about the most? When you enter a bookstore, what sections do you make a beeline for? Which sections of the newspaper do you turn to first? What type of TV documentaries are you drawn to?.... So, what 3 topics are the most meaningful to you?

1 _____ 2 _____ 3 _____



Hopefully, you now have 39 answers (values) if you managed to find 3 for each question.

Collating the data

Now I want you to look at all your values and group them together, as you'll likely notice that several values (something you value very highly) will appear multiple times.

If you have a set of coloured pens, perhaps highlight all the multiple values in a specific colour or alternatively, write a number against them so you can collate all the data.

Now collate all your answers into a table, starting with the highest value (the value that appeared most frequently) and then the 2nd highest value and so on as shown in the example on the following page;

Your Highest Values Example	
1	Vibrant health and being in great shape
2	Spending quality time with my family
3	Building a successful part-time business
4	Financial security
5	Developing my spirituality
6	Travelling to a new place every 6 months
7	Socialising with friends
8	Watching and playing sport
9	Meditating and walks in nature
10	Starting a community project
11 +	...and so on.

Using the blank list below or the one at the end of the guidebook, now go ahead and compile your table of values from your answers to the 13 questions;

Your Highest Values	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

You have now determined your highest values, the top few specifically are what you value the most in your life.



This is very important information, as you'll know from doing the exercise, these are the values that excite you, inspire you and energise you that you don't need motivating to do or engage with.

So, what we are going to do is align and prioritise your life around them!

Stage 2 - Aligning your values

You understand that your highest values are what give you the most joy, fulfilment, excitement, motivation, and purpose in your life.

So, it makes absolute sense to start aligning and moulding your life around them to bring them into your reality as much as possible.

How do you do it? Glad you asked 😊...

Let's take the top 3 from the example;

1	Vibrant health and being in great shape
2	Spending quality time with my family
3	Building a successful part-time business

Because these 3 things are so meaningful to you, we need to adjust your general routine to accommodate them, because you know **how fulfilling and energised they'll make you feel, when you're continually in full alignment with them** 😊.

You essentially build the related actions into your routine, so you start to live a life with purpose and fulfilment, based around what matters most to you.

Here are some practical examples of how you could do this (based on the 3 values above)...

For No 1 (Vibrant health) ~ you could spend 1 hour every single day following all the habits in this pack, say 30 minutes in the morning and 30 minutes in the evening. Every habit raises your vibration a little each time you do it, your mind, body and soul is uplifted, and you feel better every day and very good about yourself which uplifts every other area of your life.

For No 2 (Quality time with family) ~ you decree that between the hours of 4pm – 7pm every day is 100% devoted to family time which includes sitting down to a family meal. Every Sunday is family day where the whole family goes out and does an activity. You feel wonderful as you are spending quality time with your loving family every single day. You're never more than 21 hours away from your next devoted family slot which fills your heart with joy.

For No 3 (Building a part-time business) ~ let's say you are inspired to build a small business doing something you are passionate about, that can be developed into a bigger business that leads to financial security. You devote 2 hours every day to working on and building this business. You feel good as you are following your heart and you're inspired to build something meaningful that you really believe in and it progresses that little bit further every single day.



With all 3 examples, it's about small actions steps continually worked on daily, to move you in the direction you are already motivated and inspired to go.

Even if you can only devote 20 minutes a day working on something, these 20 minutes will add up if you develop the habit and be persistent. It shouldn't be too hard to develop the habit and discipline if it is something you value very highly!

Leveraging your time

As we all know, life is busier than ever so it can be a challenge, fitting it all in.

Leveraging your time is how you **reprioritise your routine** so you can devote more time to doing your highest values but still get everything that is necessary, done.

Here's how it works...

Let's say you spend 3 hours a week doing the gardening or the washing/ironing but if you worked on your business instead for those 3 hours, you could provide a service that would bring in say £95.

The gardening/washing still needs doing but you find a local business or businesses that will take care of it all for say £50.

You now get all the chores done that you aren't particularly motivated to do and you get to do the action that is high on your value list, you make a profit and you feel good for creating work for others, it's a win for all concerned 😊.

This is called **leveraging your time**.

You delegate (outsource) the things you don't particularly want to do so you can focus on the things that are high on your values list and bring you more inspiration, joy and fulfilment!

If you aren't in a financial position to outsource, just do a little bit each day on your highest values, just 30 mins or an hour daily and build up the momentum. Just like all the habits, baby steps accumulate a lot quicker than you imagine.

Piggy banks become Biggy banks as they say!

You would not believe how long it took to put this 22-habit plan together in total (research, writing, filming, editing etc) but it was achieved in this exact manner. Starting with a plan and the habit of working on it every day until completed!

Put a plan together (to reprioritise your routine)

Once you have the values list completed, you need to sit down and look at how you can **reprioritise your current routine** to align it with your highest values. Put a plan together and start implementing the changes until you are in full alignment.

Take your time, it could take weeks or months, it doesn't matter as long as you have a plan and are moving in that direction, as this is where your heart and soul wants to go!



We highly recommend that you keep the exercises, action plan and some sort of tracking system in a journal and treat it as an ongoing high priority project.

You are restructuring your life to fulfil your highest values 😊.

Re-evaluate regularly

We recommend you do the exercise in stage 1 and 2 regularly (perhaps once a year) to see if any of your highest values have changed, so you can make adjustments as required.

Stage 3 ~ Monitoring your daily actions

This part is the daily habit.

Recap

- i) You've determined your highest values from the exercise (stage 1).
- ii) You put a plan together to reprioritise your routine so you can start aligning your life with your highest values (stage 2).

Daily monitoring

The first part is to monitor your highest value activity. Look at each of your highest values in turn and ask yourself the following...

“Did I nurture my *(insert each highest value in turn)* today?”

This gets you to continually focus on all your highest values so you can make incremental adjustments and improvements as required, so you are always in full alignment.

You may only need to look at certain values every so often, you'll know what is appropriate. By monitoring regularly, nothing gets neglected as you are always mindful of how they all stand.

This will also help you plan things as you know what you need to work on or nurture at any particular time.

References

The [Determine Your Values Exercise](#) (Stage 1) is taken from the website of Dr John DeMartini. You can get the fuller version there and a graphical analysis chart.



Recommended book

[‘The Breakthrough Experience ~ A Revolutionary Approach to Personal Transformation’](#) Dr John F DeMartini

Final words

Always be your authentic self and structure your life to fulfil your highest values and you’ll live with purpose, inspiration, and joy 😊!

Recommended habit action steps

- ✓ Complete the **Determining Your Values exercise** (stage 1), take your time.
- ✓ Complete the **Aligning Your Values exercise** (stage 2) take your time.
- ✓ Put a **Reprioritising Your Routine action plan** together (stage 2) to start aligning your routine with your highest values.
- ✓ **Monitor it all daily**, looking at each value in turn. Adjust, as necessary.
- ✓ Re-evaluate periodically (perhaps annually) with stage 1 and 2 exercises.

Habit No 16 ~ Self-Esteem & Self-Confidence

“The most beautiful thing you can wear is confidence 😊!”



11 Advanced Habits Jigsaw ~ so far...

12 - You’re taking complete responsibility for everything in life.

13 - **You’re starting to let go of all the mental baggage that serves no purpose.**

14 - You’re using the release tools to keep emotionally balanced and free.

15 – **You’re starting to build your life around authenticity and your highest values.**

Self Esteem & Self Confidence

Self-esteem and self-confidence are both traits that completely change how we go through the world, especially when we have plenty of them, as we’re more likely to follow our dreams and attempt more things.



Both self-esteem and self-confidence are something that can be taught fairly easily, all it then takes is practise and nurturing!

You can't really have too much of either (as long as it doesn't slip into arrogance).

What's the difference?

Self-esteem is an internal evaluation of yourself, it's a measure of how much you, like, admire and respect yourself, a sense of your own personal value.

Self Confidence is a measure of your faith and trust in your ability to perform and 'hold your own' in day-to-day circumstances.

They generally go hand in hand, when your self-esteem is good, you tend to be pretty confident too, hence good levels in both are important for your mental and emotional wellbeing.

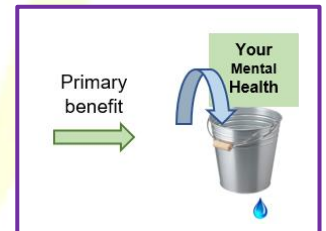
Building self-esteem

This whole programme of 22 habits is compiled with a lot of emphasis on building your self-esteem by working directly and indirectly with your mental and emotional health.

Both your mental and emotional health will naturally improve as you use the recommended tools and do the habits throughout the programme.

Your body will start to feel better through the essential habits and your self-esteem will directly benefit from several of the advanced habits.

In particular, habits 12, 13, 14, 17, 18 19 which are depicted as having mental health as a primary bucket.



So, for the rest of this habit, we're going to concentrate solely on self-confidence and give you several tools to build it up as far as you desire.

Outer confidence

One of the easiest ways to increase your outer confidence quickly is to act more confident with your body language.

If you imagine a cord running up your spine and out the top of your head and fixed to an imaginary hook above you.

Now imagine the cord is gently pulling your head slightly backwards, this will naturally pull your shoulders back and lift your chin up.

Now, add eye contact (don't stare though), breath slowly and talk normally but from your diaphragm (gives you a deeper voice) and you'll have a more confident posture.



Even if you aren't feeling so confident inside, your body language will still give off an air of confidence.

Practise doing this in the mirror until it becomes an habitual way to hold yourself and see how long it takes for others around you to notice!

This is sometimes referred to as 'fake it until you make it,' as externally you'll appear more confident, and people will generally treat you slightly differently (in a more positive way) which then adds a little boost to your inner confidence.

Inner confidence

We have incredible minds that can create anything we want with practised thought.

And the beauty of it is, our subconscious mind cannot distinguish between reality and something vividly imagined.

So, try this exercise now;

1. Close your eyes and remember a time when you felt really confident, where you could do no wrong and you were just buzzing with confidence. Return to that scene in your mind and see what you saw, hear what you heard and feel how good you felt (n.b. if nothing comes to mind, imagine what it would be like to have amazing confidence, power, and self-belief).
2. As you keep going through this memory, make the colours brighter, the sounds richer and the feelings stronger. Now amplify the experience in your mind so you feel absolutely fantastic and super confident. Then amplify again so your whole body is charged with exhilarating supreme confidence.
3. As you feel all those amplified wonderful confident feelings reach a peak, squeeze your thumb and forefinger (of either hand) together. Now just bathe in all those wonderful feelings of self-confidence.
4. Now release your thumb and forefinger and open your eyes.
5. Wait a few seconds and squeeze your thumb and forefinger together again and you should trigger all those wonderful feelings of self-confidence again.

What you have done is created an anchor (squeezing together your thumb and forefinger) that recreates those internal feelings of self-confidence when pressed together.

So, when you want to give yourself a boost of confidence, say before a meeting, maybe before giving a speech or perhaps just before leaving the house, just press your thumb and forefinger together to trigger the anchor and you'll evoke those good internal feelings of confidence.

The more you practise this exercise in your mind, the stronger the anchor and the associated good feelings will be.

You've now got strong confident feelings available on tap, ready to trigger 😊!



Borrowing confidence (genius)

You'll love this one!

Here's another way to bring in confidence very easily, you may actually use this already, subconsciously.

The subconscious way is a physical garment or uniform that puts you into an altered (more confident) state.

A good example is a salesman whose demeanour changes as soon as he/she puts on a business suit. Or a doctor, who becomes more authoritative and confident as soon as the gown goes on.

You'd be surprised how much extra confidence some people have when they put on their work uniform, as opposed to how less confident they are, outside of a working environment.

It's a psychological confidence switch that automatically turns them into the person they need/want/are expected to be.

The conscious way to do this is to create an alter ego...

Alter ego

This is pure psychology, simple yet brilliant!

You would be very surprised at the amount of very successful people who use this technique.

So, if you're having any trouble at all being the person you need/want to outwardly display in a specific setting...

Or you need to be more charismatic or let's say authoritative, but it isn't really you, just show up as somebody else (you just imagine you are them) who you know would breeze through the situation!

Example; Let's say you've got a presentation to give at work and are feeling nervous, you could use Oprah Winfrey as your alter ego as it would be a walk in the park for her!

Here's what you do;

1. Pick somebody you really admire who has the confidence and charisma you would like to emulate.
2. Think of a time when they exhibited the skill you wish to display.
3. Now run through the memory of your alter ego performing that particular skill and repeat this several times in your mind.



4. Now (in your mind), hover over your alter ego and float into their body and synchronise with their posture. See through their eyes, hear through their ears and feel how confident they feel doing the task.
5. Now run through the memory of them performing the skill from the inside to get a general sense of your alter ego's experience. Do this a few times to embed it deeply.

The final piece of the jigsaw is to have what is referred to as a totem.

A totem is simply an item that you wear or carry that represents your alter ego so when you wear it, carry it, or touch it, you become your alter ego.

If your alter ego was Oprah, you could carry a small picture of her in your purse/wallet and touch it whenever you wanted to tap into her energy, and switch into your alter ego.

The best bit of all is that nobody has a clue about an alter ego, unless you tell them!

Stephen's alter ego

You may have seen Stephen using an alter ego on some of the videos without realising it. His alter ego is **Batman**.

He'll openly wear a batman t-shirt in some of his videos as he's happy for people to see it. If he didn't want people to see it, he could wear it underneath a shirt but still feel like he was Batman and borrow his energy.

You can pick any alter ego you desire from famous people, someone you personally know and admire or even fictional characters. There are no limits!

Just step into their energy and let them deal with the situation. Not only is it a very good way to significantly boost your self-confidence, but you can also have a lot of fun with this too. You can be anybody you want 😊.

Video resource (highly recommended)

Video: [Instant Confidence Guided Hypnosis](#) ~ Paul McKenna ~ Just get comfortable, shut your eyes and let Paul enhance your confidence through guided hypnosis, very enjoyable and relaxing indeed.

Book recommendations

['Instant Confidence ~ The Power to Go For Anything You Want'](#) Paul McKenna

['Alter Ego ~ The Power of Secret Identities to Transform Your Life'](#) Todd Herman



Final words

Whether you want to be confident in business, romance or life in general, the more you have, the easier life tends to be, to move you in the direction you desire.

Use these powerful tools to create all the confidence you need. The more you practise, the more confident you'll become.

Recommended habit action steps

- ✓ **Check out the video resource** (great free resource you can use as many times as you wish).
- ✓ **Create an inner confidence anchor** to have an immediate boost on tap.
- ✓ **Consider building yourself an alter ego** (or multiple alter egos if you want, there's no limit) ready to use whenever you feel it is to your advantage.
- ✓ **Practise displaying a confident posture.**

Habit No 17 ~ Feel Good Now

*"This is your **number one goal** at all times!"*



11 Advanced Habits Jigsaw ~ so far...

12 - You're taking complete responsibility for everything in life.

13 - You're starting to let go of all the mental baggage that serves no purpose.

14 - You're using the release tools to keep emotionally balanced and free.

15 - You're starting to build your life around authenticity and your highest values.

16 - You're building up your self-esteem & self-confidence.

We're now going to set up the neurological hardware in your brain!

Right, it's time to change up gears, the next 6 habits are the really good stuff!

We're going to help you rewire the neurons in your brain to automatically help you raise your vibration and make you feel very good 😊.

This particular habit is **very important** indeed.



Pay attention...

Watch any young child go about their day, they live in the moment, it's all fun, pleasure and engagement in everything they do. They live in wonder, never bored, have endless enthusiasm and curiosity for everything. They haven't developed an analytical brain yet, so they just absorb the world around them without judgment.

You and I and everyone else used to be like that, then we started to grow up in a world that spends a lot of time focusing on the negative. We then began to take on responsibilities and gradually started to become mentally burdened with stuff.

The key point here... we are all born as high vibrational beings, full of wonder, full of energy and enthusiasm, feeling good is our natural state.

Then without consciously realising, the trials and tribulations of the modern world around pulls us down into a lower vibration where things don't quite feel so good.

The bad news is that we've all subconsciously learned how to be miserable by letting the outside world dictate our thoughts and behaviours 😞.

The good news, it's only a matter of changing your mindset coupled with the right habits to get back to feeling good as your natural (default) setting 😊.

Just to clarify, this one is about naturally feeling good (not chemically induced 😊).

IMPORTANT: Your continuous goal from this moment is to always feel good now or feel better. This is where the real magic happens.

Here's why...

How You Think and How You Feel ~ Create Your Reality

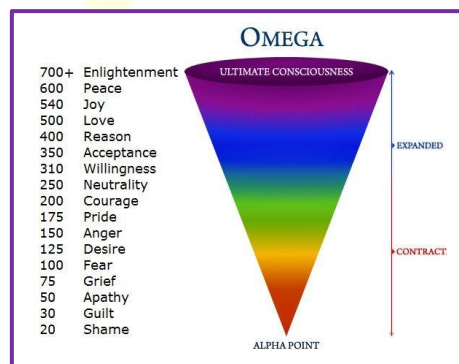
So, if you are feeling pretty low, stressed or anxious most of the time, that is what you'll create more of, as the reality you're creating is simply a reflection of the vibration you are emitting.

This is what the Emotional Vibration Chart depicts (right), Your energy output attracts more of the same frequency back to you in related events and circumstances.

Conversely, if you are feeling joyful, fulfilled and positive most of the time, you'll create a reality that reflects that instead, and everybody will call you lucky as everything just seems to go well for you!

You are continually broadcasting an electromagnetic energy vibration that is saying to the universe **'more of this please!'**

Remember the magnet (key 2) in subconscious mind from the Mind, Body, Spirit connection chart?



It will pull in the same energy (via related circumstances and events) that you are energetically broadcasting out.

So, it's an absolute 'no-brainer,' if you want a joyful, fulfilled, and positive life, you just broadcast that instead.

Simple, right?

Easier said than done 😊!

This is why this habit along with habits 18 and 19 are all about rewiring your brain so you think and feel at a higher vibrational level, where all the good stuff is.

Please read the above sentence again, I want to make sure you really get this!

When you think differently, you feel differently, and you act differently.

We're not interested in your current circumstances (unless they make you feel wonderful 😊).

We're only interested in making you feel fantastic and inspired **now** (regardless of your circumstances) so you can broadcast that to the universe and attract more of it.

It's just a process that you turn into a habit 😊!

Feeling is everything!

Everything you want is actually a feeling!

It's not the big house, the ideal job, the perfect partner, the luxury holiday, the big bank account, it's the feeling that these will give you when you have them, that you ultimately want.

It's all an inside job.

If you can create the future feeling now (as though you already had the object/thing you want) and broadcast that to the universe, your life is going to start to look different and most importantly you'll start to feel fantastic as you get good at it 😊.

Its learning to reprogramme and rewire your brain and body to think/feel this way. This is putting Your Inner Genie to work for you 😊.

Rewiring your brain

The reality is that modern life generally programmes us to fear things and focus on what could go wrong.

Just look at the news, it's around 95% bad news that creates unfounded fear and anxiety, getting huge numbers of people to focus on the negative aspect.



The influence goes even deeper as everyone then discusses it, adding more energy and creating more negativity.

Most people are carrying (subconsciously) a negative ball of energy without realising it, this impacts their vibration and how they feel and go about their day.

What we are going to do is give you the tools and processes to tap into Your Inner Genie and start **rewiring your brain**. This will start to diminish that negative ball and gradually turn it into a positive ball of energy, so your vibration increases.

We initially focus on and do lots of enjoyable simple tasks that make us feel good and we keep doing them until **feeling good becomes a fixed habit**.

The feel-good actions make our bodies feel good (your emotional guidance system [key 3] tells you when you nail it 😊) and then the associated neural connections in the brain start to make strong connections.

As you develop the habit, your neural connections get stronger and stronger as you are incrementally rewiring the brain to feel good as your default state.

At some point (when these feel-good states are hardwired) you'll notice that instead of feeling lousy and thinking of all your problems and what can go wrong (like most people), your newly rewired neurons now trigger feel good states instead!



By performing feel good actions until they become a fixed habit, you hard wire the emotional feel-good states, that now become your default setting 😊.

A bit of neuroscience (simplified)

This is how all habits work...

We all have billions of neurons in the brain and every single thought we take, sends an impulse through a set of neurons which makes associated connections.

The more that we do a singular action, the stronger the impulse and the stronger that set of associated neurons become.

Imagine a single strand of cotton fixed between 2 points, it isn't very strong on its own and could easily be broken.

If we add another strand, the combined strength is a little harder to break.

Now if we add dozens and dozens of strands and keep adding them one at a time, these little thin strands combined, eventually turn into a rope (metaphorically) that is extremely hard to break.

This is why repeated actions become fixed habits after a period of time (science says 66 days to become fixed) as the neural pathways in the subconscious become so strong, the body then automatically knows what to do.



It is scientifically known as **neuroplasticity** which is the flexibility of the brain to rewire itself, based on newly repeated input.

It's all just chemicals in your brain

All those feel-good emotions in your body are actually a chemical reaction from the limbic system in your brain. The **limbic system** is the part of the brain that creates our behavioural and emotional responses.

Emotions are sensations felt in the body which are triggered by the **chemicals** created in the limbic system, in response to **stimuli** (thoughts, environment).

Here are the 4 key feel-good chemicals that you want to flood your system with;

Happiness Chemicals and how to hack them

<p>DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins 	<p>OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none">• Playing with a dog• Playing with a baby• Holding hand• Hugging your family• Give compliment 
<p>SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling 	<p>ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none">• Laughter exercise• Essential oils• Watch a comedy• Dark chocolate• Exercising 

So that's what we're aiming for, let's talk about the HOW?

Going up the emotional spiral

Emotions, like everything else in the universe are just energy that have a vibrational frequency.



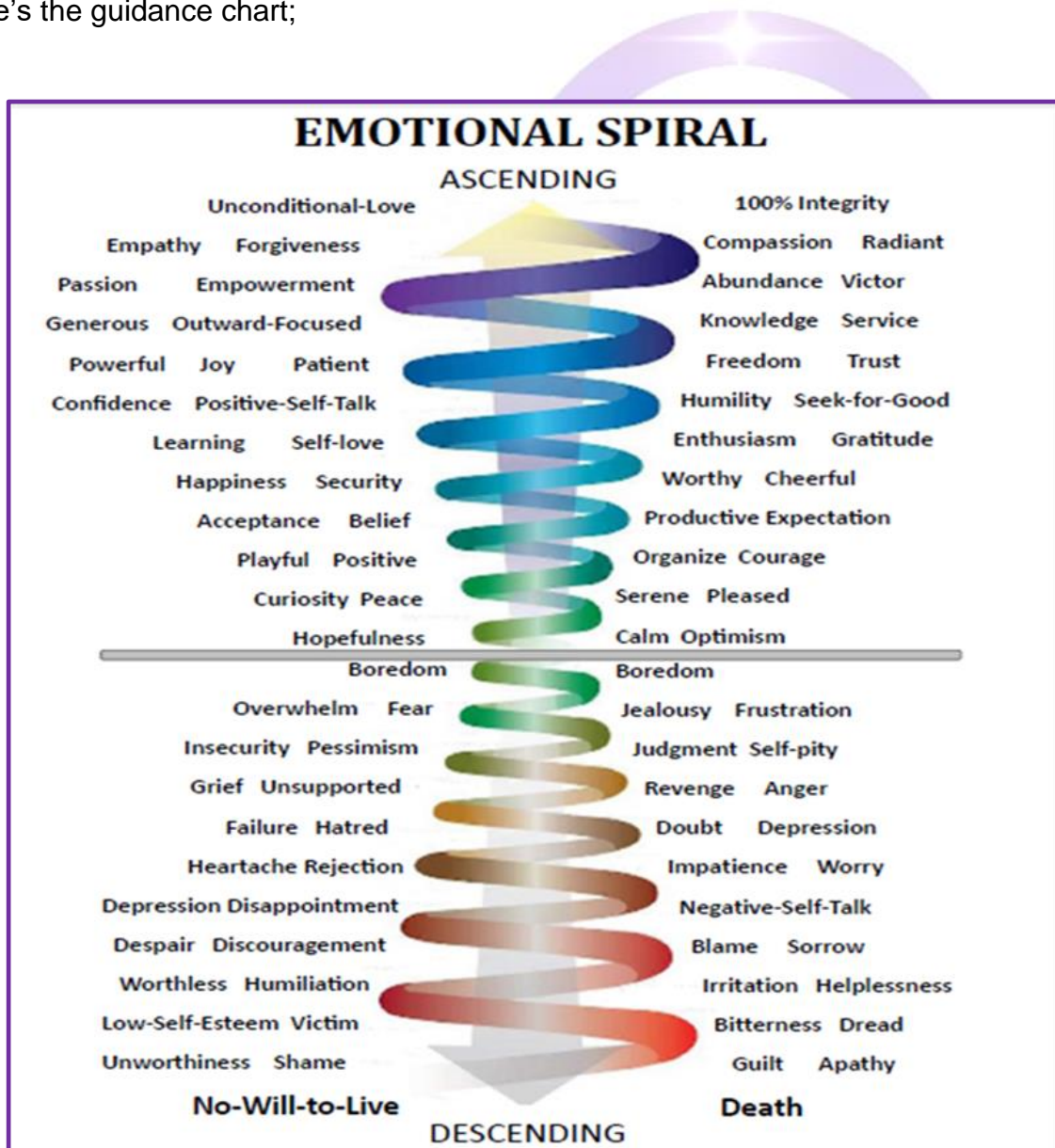
As you already know from the Emotional Frequency Chart, the higher the frequency, the better you feel.

You can effectively categorise actions and associated emotions as positive or negative on the basis that positive actions raise your vibration and make you feel good and negative actions lower your vibration and make you feel not so good.

We like to think of the range of feelings as the emotional spiral as you're either going up the spiral (higher vibration/trigger happy chemicals) or down the spiral (lower vibration/inhibit happy chemicals) with every action and thought.

We like to refer to it as **going up the spiral**, as that's where your focus needs to be.

Here's the guidance chart;



Let's get practical

It is very hard to feel good if your body isn't generally feeling good (health wise), hence why the 11 essential habits are based around enhancing your physical health.

Then, the first 5 advanced habits are building a foundation for the other 6 to create a strong mental and emotional core with the aim of making you feel absolutely wonderful 😊!

We are good to you 😊!

So, let's get practical, in addition to the top half of the emotional spiral chart, here is a list of recommended activities to raise your vibration, so you **feel good**;

- ✓ Eating good nutritious food (habit 7)
- ✓ Getting out in the sun and go for a walk in nature (habit 8)
- ✓ Laugh regularly (a good belly laugh), many times a day (habit 6)
- ✓ Any exercise you enjoy, you'll feel better (habits 8)
- ✓ Have an orgasm or two (habit 11)
- ✓ Let go with EFT or Ho'oponopono (habit 14)
- ✓ Meditate (habit 9)
- ✓ Play uplifting music that fills you with joy
- ✓ Play your favourite piece of music for an instant feel-good boost
- ✓ Do some cooking
- ✓ Dance to the music you love
- ✓ Play with your pets
- ✓ Do some gardening (you're connecting with nature)
- ✓ Do some rebounding (mini trampoline) it stimulates all the cells in your body
- ✓ Dream building, create a vision book or board of all the things that inspire you
- ✓ Have a massage, sauna or other enjoyable treatment
- ✓ Hug someone/everyone 😊
- ✓ Something creative ~ craft work, woodwork, pottery.



- ✓ Visit nice local places that inspire you
- ✓ Meet with friends (who uplift you) for coffee
- ✓ Watch the sunset
- ✓ Go to the beach
- ✓ Watch a fun movie or comedy classic
- ✓ Pay compliments at every opportunity
- ✓ Treat yourself for no reason
- ✓ Do random acts of kindness
- ✓ Treat others because you can
- ✓ Show lots of gratitude and appreciation for everything you receive (habit 10)
- ✓ **Anything that fills you with feel-good chemicals**

Create your own list of activities that make you feel good.

If you find yourself feeling low energy at any time, just do something on this list to raise your vibration.

Immediate mood enhancer (to lift your vibration)

This is highly recommended.

You may have days or periods where you're feeling low, when you catch yourself in one of these, you need an 'emotional state breaker.'

This is simply something quick and uplifting that will immediately break the lower vibrational state and make you feel better very quickly.

Your favourite piece of music is a very good one. However, you also need to be able to do it in all circumstances, so you may need another tool in your armoury to cover any time you can't play your desired music.

Here's mine... I personally start whistling the theme tune from 'The Great Escape' movie. It's a very famous theme tune but it has a very strong feel-good emotional attachment for me...

In the early years of my military career, I was part of a gymnastics display team and one of the theme tunes we would display to was from the Great Escape due to the military connection.



We would practise for hours ready for a public display. Then on the day, we would enter the arena in formation to music and then line up ready for the first display routine. It would then go silent as all eyes were upon us.

As the first few notes from the Great Escape theme tune were broadcast over the arena speaker system, I would feel a rush of adrenaline and excitement in my body as this was the marker to start the routine.

I have a wonderful association with that theme tune and immediately get that feel-good response if I hear it or whistle it.

If ever I catch myself in a low spot for any reason, I just start whistling the Great Escape theme tune and I immediately snap out the lower feeling into a feel-good vibration. If I can't whistle it (say stuck in a library 😊) I just play it in my head.

What's your immediate mood enhancer going to be... come up with something that will work in the same way for you.

Final word

Your number one goal at all times is to **feel good now** or feel even better to raise your vibration. All the real magic happens (vibrationally) in your life when you are feeling really good 😊!

Practise doing lots of things every day that make you feel good to raise your vibration. Over time, you'll incrementally rewire your brain to automatically feel good and that's what you'll broadcast to the universe and attract like for like 😊.

Recommended habit action steps

- ✓ Print off the '**Emotional Spiral**' and '**Happy Chemicals**' illustrations and place somewhere to give you a daily reminder.
- ✓ Create an immediate mood enhancer.
- ✓ Continually focus on going up the spiral and feeling good.
- ✓ Make time every day for enjoyable activities that make you feel really good.
- ✓ Practise smiling and laughing all day long, because you can 😊!



Habit No 18 ~ Positive Expectation

*“The greatest discovery of all time is that a person can change his future by merely changing his **attitude**.” Oprah Winfrey*



11 Advanced Habits Jigsaw ~ so far...

12 - You're taking complete responsibility for everything in life.

13 - **You're starting to let go of all the mental baggage that serves no purpose.**

14 - You're using the release tools to keep emotionally balanced and free.

15 - **You're starting to build your life around authenticity and your highest values.**

16 - You're building up your self-esteem & self-confidence.

17 - **You're hardwiring a feel-good foundation into your DNA.**

Positive Expectation

Now we're going to build on the way you **think** and the vibration behind it.

Habit 17 is about the process of conditioning (hardwiring) your body to feel good as often as possible.

This habit is building on that by doing the same process with your mind, so you condition it to have positive expectations and expect the best in everything.

Positive **thoughts** create positive **feelings** which create inspired **actions!**

More rewiring

We touched on neuroplasticity in habit 17 which refers to the process of rewiring the neurons in the brain, as they are flexible and easily changed.

In other words, you can rewire your brain to work in your best interests as opposed to letting it be influenced by the world around you.

By rewiring your general thought process, we can turn the general theme of your thoughts (as you go about your day) into a very positive ball of energy, so your vibration increases significantly, and you feel good.

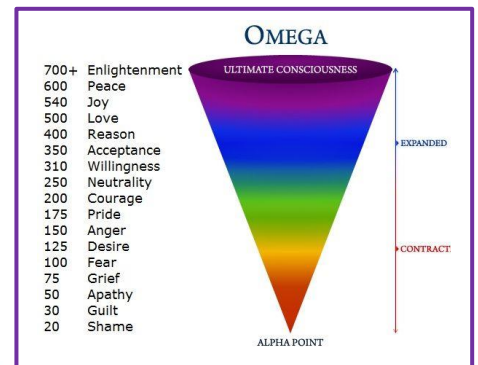
As your conscious mind is your **vibrational switching station** (as you have the ability to choose your thoughts) it makes complete sense to



broadcast high vibrational thoughts as much as possible, so that you not only feel very good, but attract corresponding events and circumstances 😊.

So, if you look at the **Emotional Frequency Chart** and were to consistently work on projecting thoughts of love (500), joy (540) and peace (600), it will start to make a significant difference to how you go through the world.

Regardless of current circumstances, when you align your thoughts with love, joy and peace, your thought vibration will increase significantly, you will feel really good and you will start to attract events and circumstances on that level.



Intellectually, **it's an absolute no-brainer!**

All you've got to do now is put the process into practise until it becomes hardwired and watch your life improve and how the people around you wonder what's changed in you 😊!

Inertia

It takes some mental discipline to think at a higher vibrational level if circumstances around you are not that conducive to begin with.

It's all about inertia, it takes more of an effort to get started and then gets easier and easier as your neurons become familiar with it.

Metaphorically, it's a bit like pushing a broken-down vehicle, it takes a lot of effort to initially get it moving, then it gets easier once you have some momentum.

At some point, the positive high vibrational mindset becomes hardwired as a habit and then you don't even have to think about it anymore 😊.

We are reprogramming (rewiring) your mind with a **mindset of positive expectation.**

Beautiful mindset

To lead you into the mindset exercises for this habit, I want to start with an inspirational story to get you thinking differently...

*In the **Ubuntu tribe of South Africa**, when someone does something wrong, they take the person to the centre of the village.*

There the tribe surrounds the individual for two days, while members of the tribe speak of all the good that they have done in their lifetime.

The tribe believes each person is good, yet sometimes people make mistakes, which are actually cries for help. They unite in this ritual to encourage the person to reconnect with his/her true nature.



The belief is that unity and affirmation are more powerful to change behaviour than shaming or punishment.

Wow! Imagine what a different world we'd live in if we all had that attitude!

What if instead of immediately judging and blaming, we all took the time to find out the underlying reason for any misdemeanour and tried to help instead.

The world would transform very quickly, crimes and misdemeanours would reduce to very little, and most people would be pretty happy and content as others genuinely cared and looked out for each other's wellbeing. Everybody would feel more loved.

Until that happens (we believe it's only a matter of time), you can do your bit by seeing the best in every person and circumstance. Just lead by example and act in a way that you would like everybody to follow.

For now, if **you** and **I** both act this way, the higher vibrations of our well-meaning intentions will start to positively ripple outwards and who knows where it ends!

Perhaps, world peace one day 😊!

Proactive attitude

As you know, you get to consciously choose your thoughts and attitude any time you wish.

What the vast majority of people do who are towards the lower end of the **Emotional Vibrational Chart** is allow external circumstances to dictate how they think and feel (this is not a judgment, it's a scientifically documented natural process).

Important to understand (the reason why people continually suffer)...

The core problem with people who are well below the 200 threshold on the scale is that they are in **survival mode**. In other words, they are constantly living in fear (of all the nasty things in the news) to some degree.

Living in fear automatically creates a level of stress and the body's stress response is to flood the system with cortisol to help them cope (cortisol release is the body's natural fight or flight response).

So, imagine you have a major life-threatening problem... **let's say a tiger is about to jump out the bushes and eat you**. In that event, cortisol is a good thing, as it gives you the stimulus in your system (the fight or flight response) and effectively 'tunnel vision' so you can focus purely on the problem and deal with it appropriately, to save your life.

Here's the bigger problem...

When you're constantly going in and out of fear and stress in your everyday life, the continual cortisol release keeps you focused on your day-to-day problems.



Because your system is being over stimulated with cortisol and there is no tiger (or immediate threat) to deal with, **your focus becomes fixated on your problems** as that is what the body is equipped to do under stress.

We're not biologically equipped to live under constant stress, its only meant to be a temporary state to help you deal with the immediate threat!

But, when you're living in continual stress, it is very hard to see past your immediate problems due to the continual cortisol stimulus, creating a **self-defeating cycle**.

It keeps you stuck, as you're putting out the same low vibration and attracting the same circumstances.

This is why most people in those circumstances are praying for some major luck like winning the lottery or being rescued by a rich knight in shining armour. If they don't change their thinking, their only realistic way out is by some external luck or circumstance.

As you know from all the information so far, a happy, content, fulfilling life, attracting circumstances you desire, **is an inside job** it's up to you.

You must always choose **high vibrational thoughts** and **corresponding feel-good emotions** (in line with what you wish to attract) regardless of the current circumstances.

Positive outlook

With all the negativity in the modern world, it is very easy to dwell on what can go wrong instead of everything going well.

Here's a great way to focus on the best outcomes as you think about/plan your dreams/goals and your day-to-day tasks.

Start using these 2 phrases as you think about what outcomes you want...

1. **Wouldn't it be nice if...**
2. **What would it take...**

Both of these phrases automatically get you to focus on what you want, which invokes a good corresponding (expectant) vibration in you.

You are saying them to the universe (divine creation) and as you know, it always gives you corresponding circumstances and events that match your general vibration.

1. Wouldn't it be nice if... this is for the general upcoming events and tasks in your everyday life. Examples;

*"Wouldn't it be nice if... **the traffic was light today and an enjoyable journey.**"*

*"Wouldn't it be nice if... **I have a really productive and fulfilling day at work.**"*

*"Wouldn't it be nice if... **everybody I meet today is smiling and courteous.**"*



"Wouldn't it be nice if... I have a wonderful time with friends over coffee."

"Wouldn't it be nice if... today's exercise was really enjoyable and fun."

"Wouldn't it be nice if... people pay me lots of sincere compliments today."

"Wouldn't it be nice if... everything works out brilliantly for me today."

If you go about your day with this attitude, your vibration is going to be very high 😊!

2. What would it take... this is for your core desires, goals and dreams, all the things you want to happen in your life. Examples;

What would it take... to meet a wonderful loving partner who adores me?"

What would it take... to get swept off my feet and fall in love?"

What would it take... to have a flourishing business that fills me with joy?

What would it take... to love my body and just ooze sex appeal?"

What would it take... to find the perfect job that gives me total fulfilment?"

What would it take... to live in my dream house in the country?"

What would it take... to stay in great shape with minimum effort?

Just approaching your life with this energy and attitude will uplift you and make you feel good 😊 as long as you **feel the emotion of having it** (that's vital) as you say it.

This approach/outlook on life is purely to raise your vibration through feeling and expectation as **you're dwelling on what you want**.

Whatever you do, **do not judge the circumstances** ever, if your day doesn't quite go to plan.

Keep your vibe high at all times and use the detachment/release tools (habits 13/14) if appropriate. You are forming the habit of positive mindset/expectation and rewiring your brain accordingly.

Sunny side of the street

This is the name that Stephen and I came up with, for a process that always sees the positive in every situation.

It's the sunny disposition if you like, as opposed to taking the dim view of something.

Here's how it started...



One of Stephen's Facebook friends posted a picture of the view from his office window with the caption **"What a miserable, depressing day, looking out the window!"**

The picture showed a plastic wheelie bin next to a brick wall and an iron gate with dark clouds in the background and lots of rain.

Stephen responded with...

"Here's what I see... dedicated skilled tradesmen to build that wall so neatly. First class craftsmanship to create such elegant cast iron gates. The very best of design and injection moulding to produce such a functional and user-friendly wheelie bin. And without rain, there is no wine, beer or champagne!"

This caused quite a stir as lots of people then responded in a very positive way, commenting how it changed their perception completely, in a good way!

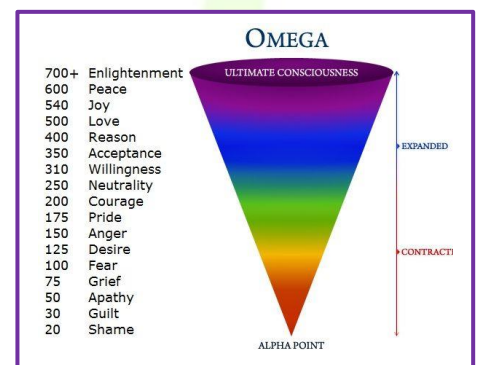
Seeing the **sunny side of the street** is a very nice attitude to have 😊.

Your attitude to life

How you choose to view events and circumstances is completely up to you. When you look for the best in any observation or situation and only see the good or expect the best, you raise your vibration accordingly and feel better.

Like everything that is beneficial in this programme, its simply about adopting these simple actions until they become fixed and hardwired as a habit.

We recommend you print off a few of these small charts to stick around your environment as a constant reminder that by adopting a positive mindset, expecting beneficial outcomes and always looking for the good in any situation, your vibration goes up the chart and you feel good 😊.



The spirit of Ubuntu

Going back to our friends (and wisdom teachers!) in the Ubuntu tribe, here are the basic principles of Ubuntu:

- ✓ Practice compassion, forgiveness, mercy, pardon, reconciliation, and grace.
- ✓ Value the life of every human being.
- ✓ Recognise that every individual's behaviour affects every other individual, because we are all energetically united.
- ✓ Place a high premium on dignity, humaneness, and respect.
- ✓ Shift confrontation to mediation.
- ✓ Maintain positive attitudes and shared concerns.
- ✓ Establish harmony and dignity while maintaining fair restitution, rather than retributive justice.
- ✓ Favour reconciliation over estrangement.
- ✓ Promote mutual understanding and learning rather than shaming and punishing.



- ✓ Use face-to-face facilitation for understanding and resolution, rather than debate or victory won by the most powerful.
- ✓ Sustain civil communication and conduct.

Ubuntu means love, **truth**, peace, happiness, eternal optimism, inner goodness, etc.

Ubuntu is the essence of a human being, the divine spark of goodness inherent within each being.

Food for thought... there is so much love, respect and integrity in their principles but more importantly, notice the underlying vibrations and where they sit on the Emotional Frequency Chart. They're all in the range from willingness to peace 😊.

The vibrational essence of their principles is absolutely wonderful and very admirable.

Final word

I'll leave the final word to Mahatma Gandhi;

*“Keep your **thoughts positive** because your thoughts become your words.
Keep your **words positive** because your words become your behaviour.
Keep your **behaviour positive** because your behaviour becomes your habits.
Keep your **habits positive** because your habits become your values.
Keep your **values positive** because your values become your destiny.”*

Recommended habit action steps

- ✓ Practise and develop a positive mindset to always look for and expect the best in any situation.
- ✓ Do a daily “**Wouldn't it be nice...**” routine to set up your day.
- ✓ Write a regular “**What would it take...**” list for all your desires.
- ✓ Practise and develop a ‘**Sunny side of the street**’ disposition and mentality.
- ✓ Imbue your communications with the vibration of love, joy and peace.



Habit No 19 ~ Programming for Success

“As you’re the director and star of the **movie of your life**, it’s completely up to you what happens!”



11 Advanced Habits Jigsaw ~ so far...

- 12 - You're taking complete responsibility for everything in life.
- 13 - You're starting to let go of all the mental baggage that serves no purpose.**
- 14 - You're using the release tools to keep emotionally balanced and free.
- 15 – You're starting to build your life around authenticity and your highest values.**
- 16 - You're building up your self-esteem & self-confidence.
- 17 – You're hardwiring a feel-good foundation into your DNA.**
- 18 – You're hardwiring a mindset of positive expectation into your DNA.

Programming for Success

This is part 3 of your high vibe triangle 😊!

Habits **17**, **18** and **19** are all closely linked to get your body, mind and expectations all working together in a high vibrational (feel good) way.

Habit 17 is to condition your body to feel good, habit 18 is to condition your mind to naturally expect the best, so they both raise your vibration and makes you feel good.

Habit 19 builds on those two foundations by identifying and writing down what you would to like to feel/experience, so the universe knows exactly what you want.

It will condition your mind and body to experience events playing out in an ideal/perfect way (prior to the actual event), by **mentally and emotionally rehearsing them**.

This is for everything from small daily experiences to big events in your life, whatever is important to you.

1. Scripting the outcome

This process is for the really important events/goals in your life.

It is often referred to as **scripting** as you are effectively writing the script for an important upcoming event in your life.



As you know, you communicate with the universe via your vibrations (from your thoughts and feelings) that you continually broadcast and in turn, the universe gives you back events and circumstances in line with your vibration.

So, if you have an important event coming up, you obviously want it to go a certain way, but rather than leave things to chance, you can mentally rehearse how you would like it to play out, so you **evoke the feelings you would like to feel** from the imagined ideal outcome.

By doing this, you are telling the universe **what you want to feel** by broadcasting (via associated thoughts and intense good feelings) the vibrational outcome you would like.

Start by writing it down...

Pick an important event or big goal that you would like to happen.

Write down a detailed script of how you want everything to go (perfect scenario). Just imagine you are writing the script for a movie director to direct your scene (obviously you are the central character here) and you need to convey all the emotion of it.

N.b. As described in habit 13, the process of writing by hand engages the 4 key parts of your brain to enhance the emotional elements of it (very important!).

Then you rehearse the scene/event it in your mind whilst feeling how you want it to feel throughout the scene/event. Here's an example;

Let's say you have a **romantic date** scheduled; the script may go something like this...

As I gaze in the bedroom mirror, I look and feel fantastic, I think to myself "he's going to be blown away 😊!" As I enter the venue, I notice in my peripheral vision lots of people staring at me in admiration, I feel very hot indeed!

I spot my date waiting by the bar and head towards him, he looks up, sees me and his jaw just drops to the floor! He seems in awe of my appearance and tells me how stunning I look. I've never felt so attractive!

We sit down to the most fantastic dinner, the conversation just flows, we laugh and share many stories. He's kind, thoughtful, romantic, funny, it was effortless talking to him, it was though we were in a world of our own and no one else was in the room.

He is everything I could wish for in a partner, we spent the whole night staring into each other's eyes, this is the 'first date' I'd always dreamed of. Although I didn't want the night to end, we eventually kissed goodnight and arranged to meet again in 2 days. As he was walking away, he kept turning his head to look and smile at me, which made me feel absolutely wonderful 😊.

Now rehearse it

As you rehearse it, pick the thoughts, feeling and behaviours you want and **feel all the good feelings/emotions as intensely as you possibly can.**



You go through it in your mind as though it is happening to you NOW. You live as though that reality is happening in the present moment.

Just lose yourself in it, tweak it and fine tune it as much as you want, to really ramp up the emotions.

Your aim is to feel absolutely wonderful as you rehearse the experience in your mind, it's as though your body is going through the experience for real (your subconscious mind doesn't know the difference between reality and vividly imagined scenarios).

When it comes to the actual event, there will be a familiarity in your mind and body as you've vibrationally already experienced the thoughts and feelings/emotions you desire.

This will make the event much easier when it happens and just as importantly, you've already put out a phenomenal vibration to the universe, who will reciprocate a matching energy.

It's just like rehearsing for a play or say a presentation, if you've rehearsed it multiple times, your level of confidence and belief increases dramatically, and it will show in your body language and energy.

How many times should you rehearse it?

All the time 😊!

This is crucial to understand...

If the event is very important to you and you've written out the script of your perfect scenario and ramped up the emotions that make you feel absolutely wonderful as though its already happening, **why wouldn't you want to rehearse it all the time?**

You feel fantastic when you rehearse it which means you're continually putting out a corresponding vibration to the universe that is saying **'this is what I want!'**

It's a win, win scenario 😊, you go around feeling fantastic in a phenomenal state of vibration.

I know they told you in school not to daydream, but we're giving you permission to daydream as much as you want 😊, if you use it for this purpose!

You can daydream (or call it fantasise if you prefer!) about it in just a few seconds, so rehearse, daydream away, as much as you like.

Here's the caution though...

When the event comes, if you've rehearsed it very well and put yourself into a fantastic vibration, you're going to be emitting this vibe to those around you.

However, you still have to **detach from the outcome** (remember habit 13!), although you've rehearsed how you wish it to be and feel, you can't control other's actions.



Your job is to vibrate high by feeling as good as you can (as though the outcome has already happened) but still go with the flow.

So, if you think that Paul has to be 'the one' because that's how you rehearsed it, you will likely try and force the situation (easily done).

What you don't know is that although Paul seems like the obvious one, his vibration might be slightly out of alignment with you, however Luke who you are going to bump into at work tomorrow, is in perfect vibrational alignment with you, he's single, even better looking and is already hoping to get your number!

This is where the phrase "**Man plans and God laughs**" comes from, as you don't know what the universe has in store for you.

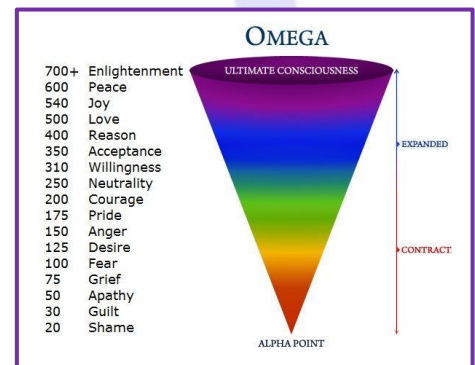
When things line up vibrationally for you, you'll know it's right, you'll feel it in your gut.

Your job is to **get into the best emotional feel-good vibration** you possibly can as often as you can, **let go** (of attaching to any predetermined outcomes) and **just allow events to flow**.

Don't ever put a deadline on events, feel as good as you possibly can when you think about it and let the universe decide who/what comes into your reality and when the right time is. You'll instinctively know.

This process is simply using the law of attraction. Play around with it, once you really get into it, you'll find it very enjoyable 😊.

Feeling good/great/wonderful is always your highest Priority at all times!



Influencing your day

This process is more for your upcoming day-to-day events that you would like to go very favourably for you.

It's a combination of the positive expectation tools from habit 18 and scripting. Although, you don't need to write it down, unless you want to.

Let's say you have an important business presentation due tomorrow in a different town that is an hour's drive away.

You identify the key elements of your day that will have the most impact, this might be;

1. The drive there, getting parked and finding the premises.
2. Walking into the reception, making a good first impression.
3. Giving a good presentation that engages everyone present.
4. Getting a commitment to work together (your objective).



What you now do, is create a scene for each one in your mind or on paper (choose what works for you) going exactly as you would like.

1. You imagine... *a smooth enjoyable journey where the traffic is flowing nicely, you make good time, and all the other motorists are very courteous. You find the location very easily and there are plenty of parking spaces to choose from.*

2. You imagine... *walking into the reception and immediately feel very welcome as you are made to feel important. You are introduced to the key people who are very engaging and seem very keen to hear you present.*

3. You imagine... *giving a very smooth and confident presentation that completely engages your audience, you've effectively got them hanging on your every word. At the end of the presentation, you get a rapturous applause, and everyone is smiling and very warm towards you.*

4. You imagine... *the key decision makers are very keen to work with you immediately and are ready to sign the agreement. Your walk out of the building feeling 10 foot tall and have a very pleasant drive home feeling fantastic.*

You can rehearse this in a few minutes, you identify the **key components** that signify the individual success's (i.e. arriving on time, very warm welcome, engaged audience, lots of smiles, agreeing the deal, walking out feeling 10 foot tall).

Just as with the scripting, you create the scene in your mind and add the emotion of how you want it to **feel** on the day.

As usual, tweak it and ramp up the emotion so it **feels like it has already happened** when you think about it.

Suggestion

At the end of each day whilst putting a to do list together or planning your diary for the following day, use the 'influencing your day' process to run through the day.

Imagine it going exactly how you would want it, light traffic, everyone smiling and courteous, the day flows beautifully, and you come home full of energy and satisfied 😊.

You will influence events on a quantum level but most importantly (I know I keep labouring the point 😊) **you will feel good** which **raises your vibration** and by law, you'll attract better circumstances into your life.

The accumulative effect of developing this habit will make a significant difference to your life once you get into the habit of rehearsing the emotional 'feel-good' outcomes that you want.

There'll come a point with the combination of these 3 habits (17/18/19), where you'll only ever feel/think/expect the best in all circumstances and by universal law, you'll then attract/experience the best circumstances frequently 😊.



Negative experiences (it's just an illusion)

If you experience any negative events along the way, you should get excited!

This is **expert level feel-good**...

Let's continue the earlier 'influencing your day' example on page 144.

Now on the way to the important presentation, your car breaks down and there's no way you'll make it that day.

Most people would get upset and frustrated but **you're going to get excited!**

Here's why...

You've planned and rehearsed the presentation so well; you feel and vibrate like you've already got the sales contract that you really desire.

Now that you've broken down, you can't pitch today and know that the chances of getting another pitch/sale with that company is very slim.

Anyway, you get towed to a car dealership so your car can be repaired. Whilst sat in the waiting room you strike up a general conversation with the other person in the room.

*You're chatting for a while when they ask what you do. You explain your expertise and what you offer when they say, **"I run a big company and we're looking for just that service, would you be able to come to my office sometime and explain it further."***

This person already likes and trusts you and has pretty much made the decision to have your service as long as the deal is fair.

Bingo!

You have been putting out such a good vibration that you attracted the breakdown to help you land the bigger fish (the universe works in mysterious ways 😊!), that is how vibration and the law of attraction works!

If you insist on events going to your precise expectation, you'll get angry and frustrated if something curtails it (remember detachment from habit 13!).

But if you get excited instead in anticipation of what the universe has in store for you, you'll keep your vibration very high and who knows what you'll get!!!

This of course takes practise and is at the 'expert level' but makes absolute sense when you think in terms of vibration and using the law of attraction.

This is what the elite do and teach their kids, they understand vibration and the law of attraction.

Practise getting excited at what others would deem as negative, it'll freak them out 😊!



Final word

From your big dreams to the everyday events that matter to you, mentally rehearse the outcome you sincerely want and bathe in the associated feel-good emotions, as though its already happened.

Book recommendation

[‘Ask and It Is Given ~ Learning to Manifest Your Desires’](#): Esther and Gerry Hicks

Recommended habit action steps

- ✓ Write down a list of all your dreams and goals. Review regularly.
- ✓ Write out a script for each dream/goal and **continually rehearse** the thoughts, feelings and behaviours as though each one has happened.
- ✓ Do a daily ‘influence your day’ process rehearsal of the following day’s events.
- ✓ Practise getting excited when something is ‘perceived’ to go wrong.

Habit No 20 ~ Gratitude & Appreciation

“Profound gratitude and appreciation will make you feel really good and bring a constant supply of positive experiences into your life 😊!”



11 Advanced Habits Jigsaw ~ so far...

12 - You're taking complete responsibility for everything in life.

13 - You're starting to let go of all the mental baggage that serves no purpose.

14 - You're using the release tools to keep emotionally balanced and free.

15 – You're starting to build your life around authenticity and your highest values.

16 - You're building up your self-esteem & self-confidence.

17 – You're hardwiring a feel-good foundation into your DNA.

18 – You're hardwiring a mindset of positive expectation into your DNA.

19 – You're conditioning your mind to feel success with everything you do.



Deep Gratitude & Appreciation

This is the icing on the 'high vibration cake' following on from the feel-good habits of 17, 18, 19.

Deep gratitude and appreciation are in the same vibrational ball park as love (500).

When you sincerely express them, you automatically put yourself into a vibration that says to the universe **'more of this please.'**

And it's very easy to do 😊!

A simple attitude of gratitude

An attitude of deep gratitude and appreciation for everything in your life is a simple way to instantly raise your energy and attract more good things.

You'll automatically feel good too because you're connecting with a high vibration 😊.

All you've got to do is go about your day expressing deep and profound gratitude for **everything** in your life.

Daily routine

As an absolute minimum, I highly recommend you have a gratitude session every morning when you wake up and every evening before you go to sleep. It only takes a couple of minutes at the most.

In the morning either out loud if appropriate or silently in your mind, simply give deep and profound gratitude for all the good things in your life.

Just a simple statement beginning with "I'm so grateful for..." or "Thank you for..."

Example;

*Thank you for my beautiful family.
Thank you for my wonderful partner.
Thank you for the delicious food in my fridge.
Thank you for my lovely house.
Thank you for my vibrant health.
Thank you for my gorgeous dog called Pepe.
Thank you for all the money that flows into my life.
Thank you for all my fantastic friends.
Thank you for my fulfilling occupation.
Thank you for my wonderful colleagues.
Thank you for all my great neighbours.*

In the evening, reflect on your day and express further gratitude, for example;

I'm so grateful for the nutritious breakfast I had.



*I'm so grateful for the smooth journey to work.
I'm so grateful for the beautiful weather today.
I'm so grateful for such an inspiring day at work.
I'm so grateful for all the people that made me laugh.
I'm so grateful for the cups of coffee my colleagues made me.
I'm so grateful for all the delicious food I ate.
I'm so grateful for the wonderful service I received in the cafe today.
I'm so grateful for all the kind drivers who let me into the traffic.
I'm so grateful for the delivery guy who was so friendly and made me feel good.
I'm so grateful for all being alive.*

You can also be grateful for things that you want but haven't happened yet, but you wish to attract, for example;

*I'm so grateful for tomorrow and what a wonderful day it's going to be.
I'm so grateful for my weight loss and gorgeous new figure.
I'm so grateful for my new found confidence and vitality.
I'm so grateful for all the beautiful compliments I regularly receive.
I'm so grateful for the unexpected sums of money that keep showing up.*

You can get more detailed too and combine it with (habit 19) scripting;

I'm so grateful for my perfect partner who is going to walk into my life when the time is right and make me so happy, I'm so excited at just the thought of it!

I'm so happy and grateful for finding the perfect family home that we all adore in such a friendly and helpful community.

Look for opportunities to express it

As you go about your day, be grateful and appreciative of any acts other people do for you (for example: serving you, holding doors, letting you into the traffic lane etc), no matter how big or small.

Notice the world around you and be grateful and appreciative of everything that brings you joy (flowers, nature, art, trees, sunshine) or makes your life easier in any way at all (transport, roads, appliances, gadgets).

Be grateful for absolutely everything that uplifts or adds to your life in any way.

Here's the advanced part

Once you really get into the swing of it, you can even do it with 'negative' experiences too.

Similar to the example in habit 19, you realise that perceived negative experiences are just little gifts (sent to teach you wisdom or give you something better) wrapped in the appearance of negative energy. Here's some examples;



I am very grateful for the traffic jam as it gave me the opportunity to be in the moment and notice the beautiful world around me.

I am very grateful for the rude lady in the shop as it made me realise that I was in such a great mood and in complete control of my emotions.

*I am very grateful for missing the train as it made me realise what a brilliant and efficient service it is and reminded me 'sh*t happens' and just to let go and go with the flow.*

This is gratitude mastery when you can be thankful for all the events that are generally deemed as negative.

Putting yourself into the high vibration through gratitude and appreciation when most people would react in a low vibrational way, is a skill worth acquiring 😊!

Practise it, people will notice!

Stephen's fantastic 'car breakdown' experience

In the summer of 2018, Stephen was driving over to my house to record some videos when his car broke down. Fortunately, he managed to pull off to the side of the road safely and called the breakdown services.

Being well versed in the attitude of gratitude, he expressed his gratitude at being able to get the car into a safe place by the roadside and having a breakdown service available to sort the problem.

As he knew that he would be there for at least an hour, he looked at making the best of the situation. Fortunately, he had a book with him (that he'd recently started) so he picked it up and continued reading it. He spent the next 90 minutes fully engaged in his book on a beautiful summer's day by the roadside.

Next the friendly breakdown service arrived, diagnosed the problem, and took him home. Whilst chatting with the breakdown guy about what he did, the guy wanted to purchase a numerology reading from us 😊.

All in all, he had a wonderful time reading a compelling book on a glorious day and picked up a bit of business in the bargain too. The car was quickly fixed by a local garage the next day. It turned into a very productive and relaxing afternoon and we did the video shoot another day instead. Very grateful indeed!

It's all about your mindset

The universal law of relativity states nothing is good or bad, big or small etc.... until you **relate** it to something else.

In other words, it's merely your opinion which you get to choose.

Here's another example of my own experience:



In 2019 I had 2 scheduled customers cancel appointments the day before they were due.

Unbeknown to them, I was snowed under that week and contemplating ways (i.e. work longer days, work Saturday) to fit everything in. So, I was very happy and grateful that my schedule was unexpectedly eased, without having to do anything.

In the past I would have been a little annoyed that the customers cancelled at short notice causing hassle and the loss of expected income.

However, I've learned to always see the positive and express gratitude no matter what, as it puts me in a high vibration, and I know to just let things flow (as the universe may have better stuff in store for me that I'm unaware of!) 😊.

How you react to any situation is up to you. Nothing is good or bad, it's only your thinking (opinion) that makes it so.

So, when something that is generally perceived as bad happens (let's say you lose your job), perhaps try saying/thinking like this;

“Although I've just lost my job, I know it's for a very good reason and I just know I'll be delighted when it all plays out. I'm certain my dream job is now going to appear when its ready and I'm so grateful. I'm excited at just the thought of what the universe is going to give me instead!”

Just think about what you are broadcasting vibrationally to the universe if you can express grateful thoughts like that?

Of course, it takes practise to do this, but will make a profound difference to how you feel and what turns up in your life if you do.

The health benefits

When you feel genuinely grateful, your body relaxes, your blood pressure lowers (or stabilises if you have low blood pressure) your cortisone level reduces (that's the stress hormone), and your heart rate variability is boosted.

So, all in all, whilst gratitude is very beneficial to your emotional, mental and spiritual wellbeing it also very beneficial to your physical wellbeing.

Gratitude suggestion (every time you receive value)

Something that Stephen has done for years (which I've started doing) is to always thank any person who produced/wrote/broadcasts anything of value, that he's benefitted or learned from in any way.

This may be a book, a social media post or perhaps a you tube video.

If it's a book, he'll hand write a thank you note on the book (energetically powerful).



If it's a social media post or you tube video, he'll write a thank you note in the comments and click the like/love button. A genuine comment of gratitude is always nice for the recipient and it puts you in a good vibration too 😊.

Final words

Gratitude is healing to your emotions as it comes from the heart. Whatever you appreciate and give thanks for, will increase in your life.

We're very grateful to you for buying this programme to improve your health and wellbeing. So, a sincere thank you from us.

Recommended habit action steps

- ✓ Have a gratitude session every morning when you wake and before you go to sleep, for everything about your day (it only takes a minute or two).
- ✓ Develop an attitude of gratitude for **everything** in the world around you that uplifts you or makes your life richer in any way.
- ✓ Practise turning perceived negative experiences in positive ones and expressing gratitude for the (hidden gift) lesson.
- ✓ Look for opportunities all day long to express gratitude and appreciation.

Habit No 21 ~ Socially Connecting

*"We are profoundly social creatures with a deep need to reach out and connect with others to **nourish our hearts & souls!**"*



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- 14 - You're using the release tools to keep emotionally balanced and free.
- 15 – You're starting to build your life around authenticity and your highest values.**
- 16 - You're building up your self-esteem & self-confidence.
- 17 – You're hardwiring a feel-good foundation into your DNA.**
- 18 – You're hardwiring a mindset of positive expectation into your DNA.
- 19 – You're conditioning your mind to feel success with everything you do.**
- 20 – You're expressing gratitude & appreciation for everything good in your life.



Socially connecting

You are reading this because your ancestors chose to be social 😊!

Research reveals that our need to connect with other people is even more fundamental than our need for food and shelter.

It also shows that our brains respond to social pain and pleasure just as powerfully as physical pain and pleasure, such is our inherent desire and need to fit in.

Just let that sink in!

Being connected is very important for our emotional and mental wellbeing.

Social media has changed the landscape dramatically in the last decade or so. You don't have to leave your residence to connect with friends and colleagues around the world.

There are some very good attributes to social media with the opportunities it provides to connect. However, we're going to concentrate more on the physical (in person) aspect of social connection.

Social career

Did you know that after leaving University following the final year, can have the same detrimental effect, as losing a close friend?

This is due to the number of social circles that are either wiped out or will never be the same again after the final day.

The psychological result is that in the future, graduates reflect on their Uni days with many loving and happy thoughts because of the amazing social element they attach to their memories of it.

Leaving the armed forces has a very similar effect. In fact, leaving any career/job where you've established friendships can create this effect.

We tend to think of the word 'social' as fun time, going out with friends and family etc and doing relaxing or pleasurable things. However, it's pretty evident that social interaction happens everywhere, anytime we connect with fellow humans.

Social empathy

Feeling others pain when a sad or traumatic event happens is very natural. You can feel empathy towards another person (through social media) even if they are thousands of miles away and you've never met them. This is social empathy as **we're all hard wired to connect and feel each other's joy and pain.**

On a physical level we have some very powerful painkillers such as the synthetic opiate Morphine, however Morphine cannot take away social pain such as a broken heart.



Only social interaction can heal social pain!

When anyone is feeling left out, this is a social pain that scientists have linked to pain similar to that of drug withdrawal!

The deep need for social acceptance

It is proven when children are being bullied the child's grades start to go down when they feel social isolation.

Also, in any team environment, the better the social interaction between members, the better the team tends to perform.

All good coaches/managers know this and place a high value on social bonding within team environments.

When we go to a party or an event alone, pretty much everyone is hoping that they'll quickly get chatting and feel comfortable and accepted. When we do, we naturally feel good.

Our togetherness sets us apart from the animal kingdom. Although some animals and insects have social interactions, the human race is by far the most interconnected of all.

Social power

Social power is seen worldwide from fans of every sport.

It doesn't matter what your creed, colour, race, age or gender is, when you are with fellow fans of your team, you're immediately accepted.

You are one of them and you feel it as you go through all the ups and downs of games together.

The highs of the event are what makes it so addictive and enjoyable as you're all energetically focusing on the same thing and magnifying the high vibration of the good moments, this heightened energy makes it feel even more euphoric.

As we're all affected by the energy of the environment around us (people and objects), lots of people vibrating on the same wavelength in one place will have a big effect on everyone else.

Music events

Logically, you could play your favourite band or song anytime through your device, it has never been easier for pretty much instant access to any music.

You can sit at home in comfort and just enjoy it. You don't have to pay a high price for your ticket, pay for the cost of transport and parking, queue for ages to get in and pay over the odds for refreshments when you're there.



So why are music events and festivals so popular?

Like sports events, it's the magnified energy of the crowd that feels wonderful, that you can't experience on your own!

We all have pieces of music that makes us feel wonderful, which puts us in a high vibration. Now magnify that by 10,000 or 20,000 people all around you, all vibrating on the same wavelength!

It feels euphoric 😊!

Being on a vibrational high around other people on the same vibrational high, enhances the experience massively. It's a sea of high vibrational energy that you are bathing in, that feels wonderful and energising!

We love and crave to belong.

Like the sports fan and music examples, when we're around others with whom we share interests, we magnify the vibrational experience.

If it's just you and your best friend chatting about a common interest, you'll feel good as your vibration is enhanced by their similar vibration, as you're in close proximity.

If it's a group of friends or colleagues with a shared interest, the same effect applies when you're together and on a similar wavelength.

We look forward to meeting up with friends or going to sports matches or music events as just the thought of it, it triggers the feel-good emotions that we've experienced with them in the past.

Random acts of kindness

Pretty much everybody is moved by a video they see on social media where somebody does a completely random act of kindness to help another person.

Its compelling to watch, you have to watch until the end as there is something beautiful about watching one human selflessly helping another human in a meaningful way.

There is something inherent within us as humans that makes us feel very good when we selflessly help another person without looking for reward.

Receiving an act of kindness or giving an act of kindness, **both feel good.**

Whether it's a sincere compliment or a simple act of kindness, we should all make an effort to do it regularly.

Its nourishment for your heart and soul.



We are natural social bunnies

- 🐰 We love to think what others are thinking.
- 🐰 We love to be close to others.
- 🐰 We love helping out and being kind to others.
- 🐰 We love watching out for others.
- 🐰 We love finding out.
- 🐰 We love sharing news.
- 🐰 We love caring.
- 🐰 We love embracing.
- 🐰 We love being part of something.

We are very social animals and have a **DEEP INNATE NEED** to connect!

Recommended book

['Social ~ Why Our Brains are Wired to Connect'](#), Matthew D. Lieberman

Final word

The need to belong and be accepted is not only nourishing for your heart and soul, it also has a major impact on your mental and emotional wellbeing too.

Just making the effort to say hello (real or virtual world) and being social, makes you (and the other person) feel good 😊.

Recommended habit action steps

- ✓ Make an effort every day to engage with friends and even strangers (virtual and real world). Just to say hello and connect.
- ✓ Make an effort to engage with everybody you come across (at the checkout, at work, on the phone, in the store).
- ✓ Look for opportunities to give someone a genuine compliment, you'll both feel good 😊.
- ✓ Look for opportunities to give random act of kindness, because it's a beautiful and soul nourishing thing to do.



Habit No 22 ~ Abundance Mindset

“Abundance is not something we acquire, but something we tune into!”
Wayne Dyer



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- 12 - You're taking complete responsibility for everything in life.
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- 17 - **You're hardwiring a feel-good foundation into your DNA.**
- 18 - You're hardwiring a mindset of positive expectation into your DNA.
- 19 - **You're conditioning your mind to feel success with everything you do.**
- 20 - You're expressing gratitude & appreciation for everything good in your life.
- 21 - **You're proactively connecting with others to nourish your heart & soul.**

Abundance Mindset

Feeling abundant, regardless of what you actually have in monetary terms, is very important for your sense of security and wellbeing.

As our world is organised in such a way that we need a certain amount of money to function and live a decent life, it is very important that we pay attention to our finances and financial health.

Although this habit is focused on financial health, the real focus is on financial mindset as that will dictate the amount of money that flows to you and how much of it you keep.

It is very easy to be seduced by the thought that more money will solve all your problems. This is a myth as I'll shortly demonstrate.

As it happens, I'm actually quite well positioned to talk about this habit as I was a regulated financial adviser for many years. This gave me a good grounding in not only the strategies for building wealth but also the mindset required.

And it's the mindset that is far more important than the strategies!

Let me demonstrate.



The big MONEY question?

Would having more money solve all of your problems?

Most people answer YES, which is quite understandable for the majority of people.

Most people are probably doing ok generally and have a reasonable existence but having more money would potentially make a very nice difference to their life. More money would mean they can do more, have more and feel more secure, right?

The real answer to the question is...

It depends on your financial blueprint!

Let me explain;

There are countless stories of lottery winners, celebrities and sports stars who earn millions and lose it all.

There are also huge numbers of people who earn big salaries, get big pay rises and bonus's and still have nothing to show for it (just memories from a good time!).

Conversely...

There are many people who earn a modest amount of money yet accumulate a small fortune.

I always had a saying when I worked in financial services "Don't judge people's wealth from the outside" as the reality of their financial situation (that I would see looking at their paperwork), was often very different to the perception of their wealth looking at their environment.

It's not the amount of money you earn or your circumstances that determine how you'll fair financially, it's all dictated by your **financial blueprint**.

If you're not happy with your finances, change your financial blueprint.

Let's go deeper...

What is your financial blueprint?

Your financial blueprint is your core set of beliefs around money, stored in your subconscious mind.

You've been conditioned from a young age to think about money in a certain way. This usually starts with verbal programming from your parents "money doesn't grow on trees," "you've got to work hard to earn money" etc.

This programming conditions you into a set of money beliefs which makes you automatically think about it in a certain way.



Your thoughts (dictated by your blueprint) lead to feelings, which lead to actions, which lead to your results.

Your money blueprint single-handedly determines your financial life!

Examples (do you remember the values examples in habit 15)...

If you value having the latest fashion item more than saving, you'll look great but probably not have much, if any, money saved up.

If you're in the habit of spending what's in your bank account, more money won't make any difference as you'll find ways to spend it all.

This is how the financial blueprint works.

If you are someone who is in the habit of spending everything, it doesn't matter how much you earn, you'll still spend as this is in accordance with your subconscious financial blueprint.

To change or improve your financial situation, you need to change your blueprint accordingly.

Changing your blueprint

There are 2 key parts here;

- i) Changing your money management habits to enhance your financial situation.
- ii) Changing your emotions and feelings around abundance to attract more.

The combination of these habits will change your financial blueprint in line with what you desire and put it all on autopilot once it becomes habitual 😊.

Money management

I'm going to keep this section simple (I've written books on it 😊) as I want to concentrate mainly on the mindset element.

I'll add some excellent resources at the end of this section if you want to take it further.

Keeping it very simple....

The simplest strategy for accumulating wealth and long-term financial freedom is to take 10% of everything you earn and invest it. This is known as **"The Richest Man in Babylon Principle."**

You take 10% of your net monthly income and put it to one side to be invested to make you money. It cannot be used for anything else except for growing more.



Use the other 90% to live on, this includes saving for any big purchases (new car, holiday etc).

Ideally you should have multiple pots that you divide your monthly income into. It could be something like this...

- 10% for long term financial freedom account.**
- 10% for savings to spend account (new car, holiday, home improvements).**
- 5% education account (learn new things).**
- 5% fun (treat yourself, guilt free indulgence).**
- 70% day to day living (mortgage/rent/utilities/bills/food/everything else)**

With this example...

The first **10%** takes care of your **long-term financial freedom**, 10% income wisely invested over a few years accumulates to a lot more than you think.

The second **10%** takes care of your big expenses (save to spend) as you've always got the money for the big one-off luxury expenses.

5% takes care of your educational needs for developing/learning if that's important.

5% takes care of your indulgence so you can regularly treat yourself, guilt free and things like that should be part of your life 😊.

Then you have **70%** for everything else.

This is obviously just a generic example; you may feel education isn't required but you'd like to give 5% away each month to worthy causes. Its whatever matters to you.

Using percentages is key to this as its always proportional to your earnings. You can obviously change the percentages at any time.

I sense a potential problem though!

What if I can't afford to put 10% into a long-term savings account, I hear you ask?

Glad you asked (as most people ask this question) 😊!

This bit is crucial, pay close attention...

If you're not in a position to put in 10% per month because of current commitments, that is a reflection of your financial blueprint.

That's not a judgment it's an observation, because if you were never taught this stuff (very few are), you're doing the best you can.

To change it, we need to **start** changing your financial blueprint slowly to get some momentum in the right direction.



Here's the **big mistake** most people make...

They say (deluding themselves) "when I have more money, I'll start saving some."

However, because they have an unconscious financial blueprint that always spends what they have, they never have any to save!

So, the answer is to start saving some money, even if it is very small. If you can't save 10%, try 5%, or 1% or even 0.5% as long as you save something.

The amount doesn't matter at this stage, **it is the process and habit of doing it that matters.**

Once you start doing it, your financial blueprint is now changing for the better as you're developing the mindset and habit of saving.

When you start saving money even when you don't have a lot to save, you start feeling good every time money you put some into your savings account.

Here's the magic... the universe picks up on this vibrationally (feelings) noting that you're looking after money and what happens next is it starts to send you more events and circumstances to allow more money to flow your way (it's our old friend the 'law of attraction' at work) 😊!

As time moves forward and more comes your way, you can start to increase the percentage as appropriate, and let it start accumulating. The more you accumulate, the better you feel and the more you get.

This is how it works vibrationally. You've heard the saying "the rich get richer" or "money goes to money." What they are referring to is vibrational alignment, you attract what you emit vibrationally.

People who make a lot of money instinctively expect to make a lot of money which automatically opens the vibrational gateway for it to flow to them.

It's all vibration (because everything, including you, me and money are all just energy at a sub-atomic level).

If you already save, see if you can increase it or start with as much as you can afford and make it a habit and let the universe do the rest 😊.

Finding more money with an overhaul

The easiest way to make some extra cash is to do an overhaul of your finances. This takes a bit of effort but just like doing a house spring clean, will make you feel better as you're making sure they're as efficient as possible.

Simply grab your bank statements and financial paperwork and go through all your expenses.

1. **Start by reviewing the big items;** mortgages, insurances, loans and enquire to see if there are any better deals around to reduce your monthly amounts.



2. Then go through fixed monthly costs; utilities, phone contracts, subscriptions and see if there are better deals. Make sure you actually need all the items, perhaps ditch the gym membership and exercise in nature instead.

3. Then non-fixed essentials; food, petrol, transport, clothes and see if there are obvious ways to reduce these amounts or set a monthly budget. Perhaps a clothes budget and cut down on takeaways.

4. Entertainment and luxury items; this is basically everything else. Pay attention to how much you are spending in each area and look at ways to reduce stuff. For example: Cinema once a month instead of twice a month, nails done every other month instead of monthly.

You might be alarmed at first discovering where all your money goes but you'll feel better as you'll feel more in control. It's simply decluttering your finances.

Doing this exercise can save quite a bit of money, I seen clients save hundreds of pounds a month by shopping around and making a few adjustments.

Hopefully, this will create some surplus 'seed' money for you to put in your long-term financial freedom account. I use the term seed as the idea is to plant it (invest it) and grow more 😊 for you.

Keeping a close eye on your monthly finances and developing the habit of saving a percentage every month will start to build a solid financial blueprint.

Now we need to accelerate it.

Mindset emotions and feelings

Like all the advanced habits, your feelings and emotions around money are crucial!

Feeling abundant is the emotional signature you need to transmit to the universe.

When you feel and emit a vibration of financial control and abundance, the universe will send you more events and circumstances to give you more of it.

Here are some tools to help you create this mindset. The first 2 are adapted from the book "**Ask and It Is Given**," I'll add the link at the end of the section.

Tool 1. The full wallet/purse

Place £100 in your purse or wallet, it is not for spending but for you to keep there all of the time.

Now every time you touch your purse or wallet remember you have a surplus £100 in there, feel grateful that it is there and enjoy the extra sense of security it gives you.

As you go about your day, take a note of all the things you could purchase with that £100. If you see something in a department store, you can remind yourself that if you



really wanted to, you *could* just buy it with the £100. Or, if passing a nice restaurant, you *could* go in for a delicious meal if you really wanted to.

By holding the £100 and not spending it, you receive the vibrational advantage (of its spending power) every time you think about it.

If you've mentally spent it 8 times, you have effectively received the vibrational advantage of spending £800.

Each time you acknowledge that you have the power in your purse/wallet to spend the money, but you hold on to it, you add to your sense of financial wellbeing.

The discipline of not spending it when you have the option, will incrementally enhance your abundance vibration.

To ramp it up further, you could up the amount to £200 or £300, this will increase your abundance vibration and sense of financial wellbeing even further, as you've maintained your discipline, whilst increasing your spending power potential.

This is simple, but very powerful 😊.

Tool 2. The prosperity game

This one is fun and vibrationally very powerful too!

You have an imaginary bank account, and you need to spend all of the imaginary money that you will receive each day from the universe.

I would recommend using a spreadsheet or online accounting package if you have access, otherwise a simple notebook will suffice.

On day 1 you'll receive £1,000 to spend
On day 2 you'll receive £2,000 to spend
On day 3 you'll receive £3,000 to spend
On day 4 you'll receive £4,000 to spend
On day 33 you'll receive £33,000 to spend
On day 111 you'll receive £111,000 to spend and so on

If you did this for a whole year, you would have received and spent in excess of £66million imaginary pounds 😊.

The aim is to spend it all every day and note on the spreadsheet or notebook what you spent it on. You can roll some over and spend on the next day but its best to spend it all each day as you have more coming tomorrow!

You will be benefitting by increasing your ability to imagine. You'll discover, as you play the game for a few weeks, that it takes real concentration and imagination to spend that much money.

It's fun, you'll find yourself reaching for new ideas and over time, you will feel an expansion of your own desire and expectation, even though it's all imaginary.



As a consequence, by having to continually come up with new ways to spend it, these wonderful expanding ideas that the game evokes from you, will enhance your abundance vibration as you're focusing on abundant thought processes 😊.

It's up to you how long you play it for, just focus on the fun and spirit of the game and you'll see a big shift in your mindset and financial blueprint.

Tool 3. Put a number 8 in your purse/wallet

This is a nice numerology trick to bring more abundance to you, Stephen and I both use it and tell all our clients to do it.

The number 8 is the infinity symbol rotated 90 degrees and has the energetic vibration of abundance. The Chinese are obsessed with the 8 number for this reason.

Simply **handwrite** the number 8 on a small piece of paper and place it in your purse or wallet. Also do the same with your phone, stick it in the casing or on the casing.

(If you meet with us in person, feel free to ask us to show ours to you).

Also place them on any other items related to money or business, for example: laptop, pad, appointment diary, desk etc.

Consciously adding the number 8 will imbue the items with an abundance vibration.

That's it, you've now enhanced the abundance vibration around you.

Recommended books

['The Richest Man in Babylon'](#) ~ George S Clason

['The Secrets of the Millionaire Mind'](#) ~ **Think Rich to Get Rich'**, T Harv Eker

Final word

A financial abundance mindset will help you gain control over your money and attract more to you.

Always remember though, money is just a tool to enhance your life and make it more comfortable, real happiness and fulfilment are an inside job!

Recommended habit action steps

- ✓ Have a thorough review of your financial affairs and see what funds you can free up (consider using professional advice).
- ✓ Switch to/set up a percentage-based investment/savings plan that you contribute to every month (make sure you regularly reward/spoil yourself).
- ✓ Use the mindset tools to develop your abundance mindset.
- ✓ Regularly check your finances to make sure they're working as best as they can for you.



Advanced Plan Annex

After 164 pages of powerful information, here's all the pertinent information to help you implement all these recommended actions steps and habits.

Here's the list;

- **Recommended Action Steps Summary (all 22 habits)**
- **33 Day ~ Essential Habit Progress Tracker/Checklist**
(just print off 2 pages and you have a 66-day tracker)
- **33 Day ~ Advanced Habit Progress Tracker/Checklist**
(just print off 2 pages and you have a 66-day tracker)
- **The Rules for Being Human**
- **Rowing Boat Image & Emotional Frequency Spiral**
- **Your 8 Health Buckets & Emotional Frequency Charts**
- **Mind, Body, Spirit Connection Chart**
- **Determining & Aligning Your Values Exercise.**



Recommended Action Steps ~ Summary

Habit 1 ~ Optimal Hydration

- ✓ Start a daily adequate hydration routine immediately, using the recommended list on page 20 as a guideline.
- ✓ Getting into the habit of having water readily available by your side throughout the day (glass or water bottle).
- ✓ Experiment with amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

Habit 2 ~ Earthing

- ✓ Watch the earthing movie at the first opportunity (very inspiring!)
- ✓ I would recommend you do it as often as practically possible every day.
- ✓ Consider purchasing earthing products if circumstances permit.

Habit 3 ~ Intermittent Fasting

- ✓ Start with baby steps, stay flexible and figure out what works best for you.
- ✓ Adopt a consistent **fixed eating window** as part of your daily routine.
- ✓ Try the odd longer fasting period.

Habit 4 ~ Deep Breathing

- ✓ Practise the recommended technique (4 seconds in, 2 seconds hold, 4 seconds exhale), experiment and find out what works best for you.
- ✓ Get into a daily routine of conscious nasal breathing as often as you can, if even if it is just the odd deep nasal breathe, throughout the day.
- ✓ Consider combining it with meditation (habit 9).

Habit 5 ~ Quality Sleep

- ✓ Look at your current routine (around eating, sleeping, and using devices) and adjust your sleeping environment in line with the recommendations.
- ✓ Adjust your daily routine in line with the 5 recommended circadian actions to make it more conducive to quality sleep.
- ✓ Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (read paper-based materials or see habit 11 for inspiration) 😊.

Habit 6 ~ Regular (Daily) Laughter

- ✓ Turn off any daily brainwashing programmes (aka 'the news' 😊).
- ✓ Using the practical suggestions to create an easily accessible file/catalogue (images, videos, books etc) of things that make you laugh and feel great!
- ✓ Make time to have at least one really good belly laugh every day.
- ✓ Create a powerful pattern breaker and to use when needed.



Habit 7 ~ Good Gut Health Regime

- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate gut friendly foods (from the recommended list) into your diet.

Habit 8 ~ Regular (basic) Exercise

- ✓ Do some simple exercise every day to suit your circumstances (walking for 20 minutes daily is ideal).
- ✓ Set a daily target and track your progress.
- ✓ Always walk where practical, instead of taking the car.

Habit 9 ~ Daily Meditation

- ✓ Aim to meditate for at least 20 minutes every day.
- ✓ Use nasal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Experiment with different types and figure out what works best for you.
- ✓ Just let go 😊!

Habit 10 ~ Deep Gratitude

- ✓ Do your own further research to fully understand the benefits of good nutrition and a balanced diet.
- ✓ Review your current shopping/dietary habits.
- ✓ Start to incorporate more **live foods, alkaline foods, brain foods** and **nutritional supplements** into your diet.
- ✓ Regularly check that you're paying attention to each category and cutting down on dead foods.

Habit 11 ~ Regular Orgasm's

- ✓ Do any further research as required to fully understand the divine power of the orgasm and the multiple benefits to your health and wellbeing.
- ✓ Experiment with different techniques, to see if you can enhance your experience.
- ✓ Make time in your routine for as many as you desire 😊.

Habit 12 ~ Taking 100% Responsibility!

- ✓ Do a stock take of your current life circumstances to check if you are playing the victim in any part of your life.
- ✓ Take 100% responsibility for everything you ever do/create from this point.
- ✓ Apologise immediately and accept full responsibility for any actions that cause any problems for other people.
- ✓ Ask yourself at the end of every day, "did I take 100% responsibility for everything I did today?"



Habit 13 ~ Emotional Freedom

- ✓ Let go of everything that bothers you.
- ✓ Unconditionally forgive everyone (past and present) who has wronged you.
- ✓ Detach from all outcomes, and just let them be.
- ✓ Practice the above 3 everyday (don't go to bed with any tension)
- ✓ Acknowledge, accept, and release any negative emotional states that crop up during your normal day.

Habit 14 ~ Emotional Release (Tools)

- ✓ Try all 3 tools to familiarise yourself with each process.
- ✓ Experiment with the different techniques to find out what works best for you.
- ✓ As you notice any emotional tension or negative energy rising up as you go about your day, acknowledge it and release it.
- ✓ Take some time at the end of each day to reflect on your day and release any negative energy from the day. Make it a daily ritual.
- ✓ Use these tools every day to... **Release, Release, Release!**

Habit 15 ~ Authenticity & Values

- ✓ Complete the **Determining Your Values exercise** (stage 1), take your time.
- ✓ Complete the **Aligning Your Values exercise** (stage 2) take your time.
- ✓ Put a **Reprioritising Your Routine action plan** (stage 2) to start aligning your routine with your highest values.
- ✓ **Monitor it all daily**, looking at each value in turn. Adjust, as necessary.
- ✓ Re-evaluate periodically (perhaps annually) with stage 1 and 2 exercises.

Habit 16 ~ Self-Esteem & Self-Confidence

- ✓ **Check out the video resource** (great free resource you can use as many times as you wish).
- ✓ **Create an inner confidence anchor** to have an immediate boost on tap.
- ✓ **Consider building yourself an alter ego** (or multiple alter ego's if you want, there's no limit) ready to use whenever you feel it is to your advantage.
- ✓ **Practise displaying a confident posture.**

Habit 17 ~ Feel Good Now

- ✓ Print off the '**Emotional Spiral**' & '**Happy Chemicals**' illustrations and place somewhere to give you a daily reminder.
- ✓ Create an immediate mood enhancer.
- ✓ Continually focus on going up the spiral and feeling good.
- ✓ Make time every day for enjoyable activities that make you feel really good.
- ✓ Practise smiling and laughing all day long, because you can 😊!



Habit 18 ~ Positive Expectation

- ✓ Practise and develop a positive mindset to always look for and expect the best in any situation.
- ✓ Do a daily “**Wouldn’t it be nice...**” routine to set up your day.
- ✓ Write a regular “**What would it take...**” list for all your desires.
- ✓ Practise and develop a ‘**Sunny side of the street**’ disposition and mentality.
- ✓ Imbue your communications with the vibration of love, joy and peace.

Habit 19 ~ Programming for Success

- ✓ Write down a list of all your dreams and goals. Review regularly.
- ✓ Write out a script for each dream/goal and **continually rehearse** the thoughts, feelings and behaviours as though each one has happened.
- ✓ Do a daily ‘influence your day’ process rehearsal of the following day’s events.
- ✓ Practise getting excited when something is ‘perceived’ to go wrong.

Habit 20 ~ Gratitude & Appreciation

- ✓ Have a gratitude session every morning when you wake and before you go to sleep, for everything about your day (it only takes a minute or two).
- ✓ Develop an attitude of gratitude for **everything** in the world around you that uplifts you or makes your life richer in any way.
- ✓ Practise turning perceived negative experiences in positive ones and expressing gratitude for the (hidden gift) lesson.
- ✓ Look for opportunities all day long to express gratitude and appreciation.

Habit 21 ~ Socially Connecting

- ✓ Make an effort every day to engage with friends and even strangers (virtual and real world). Just to say hello and connect.
- ✓ Make an effort to engage with everybody you come across (at the checkout, at work, on the phone, in the store).
- ✓ Look for opportunities to give someone a genuine compliment, you’ll both feel good 😊.
- ✓ Look for opportunities to give random act of kindness, because it’s a beautiful and soul nourishing thing to do.

Habit 22 ~ Abundance Mindset

- ✓ Have a thorough review of your financial affairs and see what funds you can free up (consider using professional advice).
- ✓ Switch to/set up a percentage-based investment/savings plan that you contribute to every month (make sure you regularly reward/spoil yourself).
- ✓ Use the mindset tools to develop your abundance mindset.
- ✓ Regularly check your finances to make sure they’re working as best as they can for you.



✓ 33 Day ~ Essential Habit Progress Tracker/Checklist

	Hydration	Earthing	Fasting	Breathing	Sleep	Laughter	Gut Health	Exercise	Meditation	Nutrition	Orgasm	
	1	2	3	4	5	6	7	8	9	10	11	
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✓ 33 Day ~ Advanced Habit Progress Tracker/Checklist

	100% Responsible	Emotional Freedom	Emotional Release	Authenticity & Values	Self-Esteem/ Confidence	Feel Good Now	Positive expectation	Programme for Success	Gratitude/ Appreciation	Socially Connecting	Abundance Mindset	
	12	13	14	15	16	17	18	19	20	21	22	
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The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

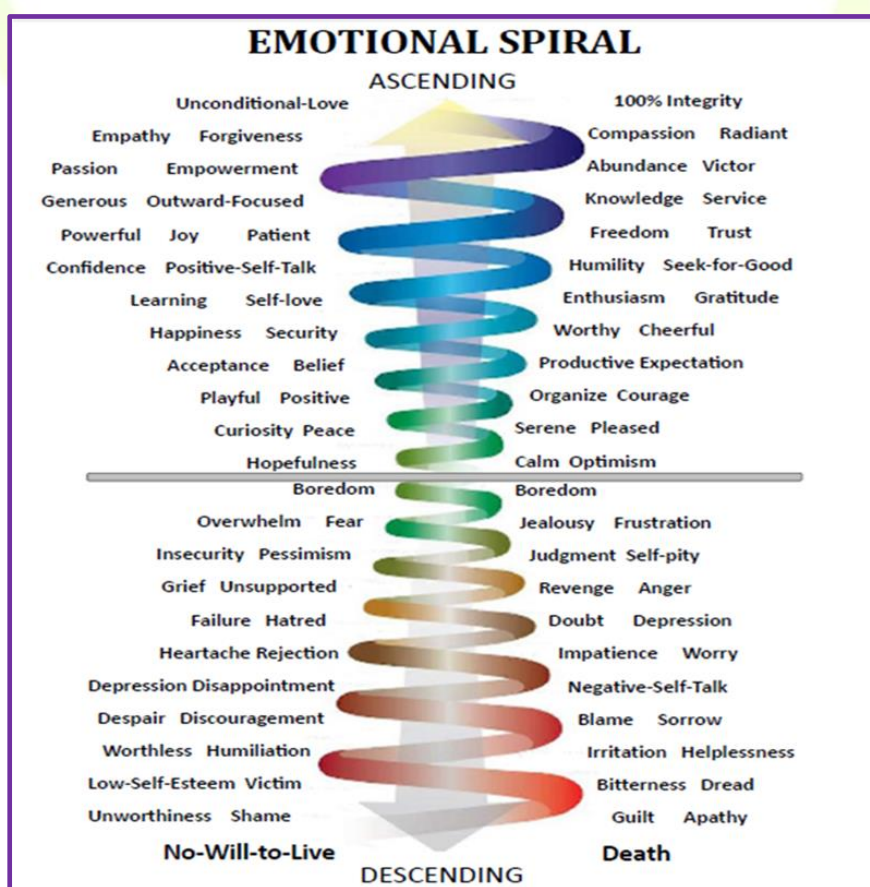
10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

11. You will likely forget all this...but you can remember it whenever you want 😊.

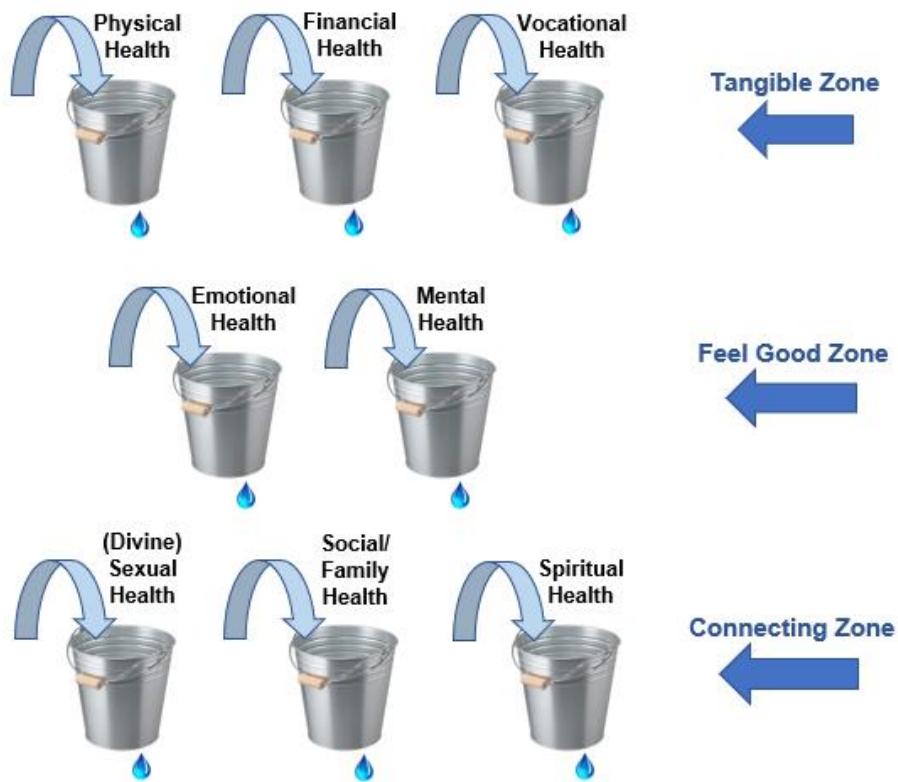


Key Charts & Visual Aids



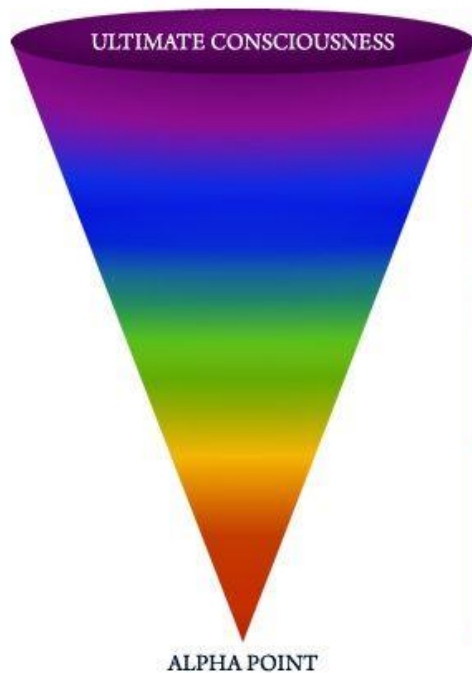
Your 8 Health Buckets

(each has a continual, very small leak)



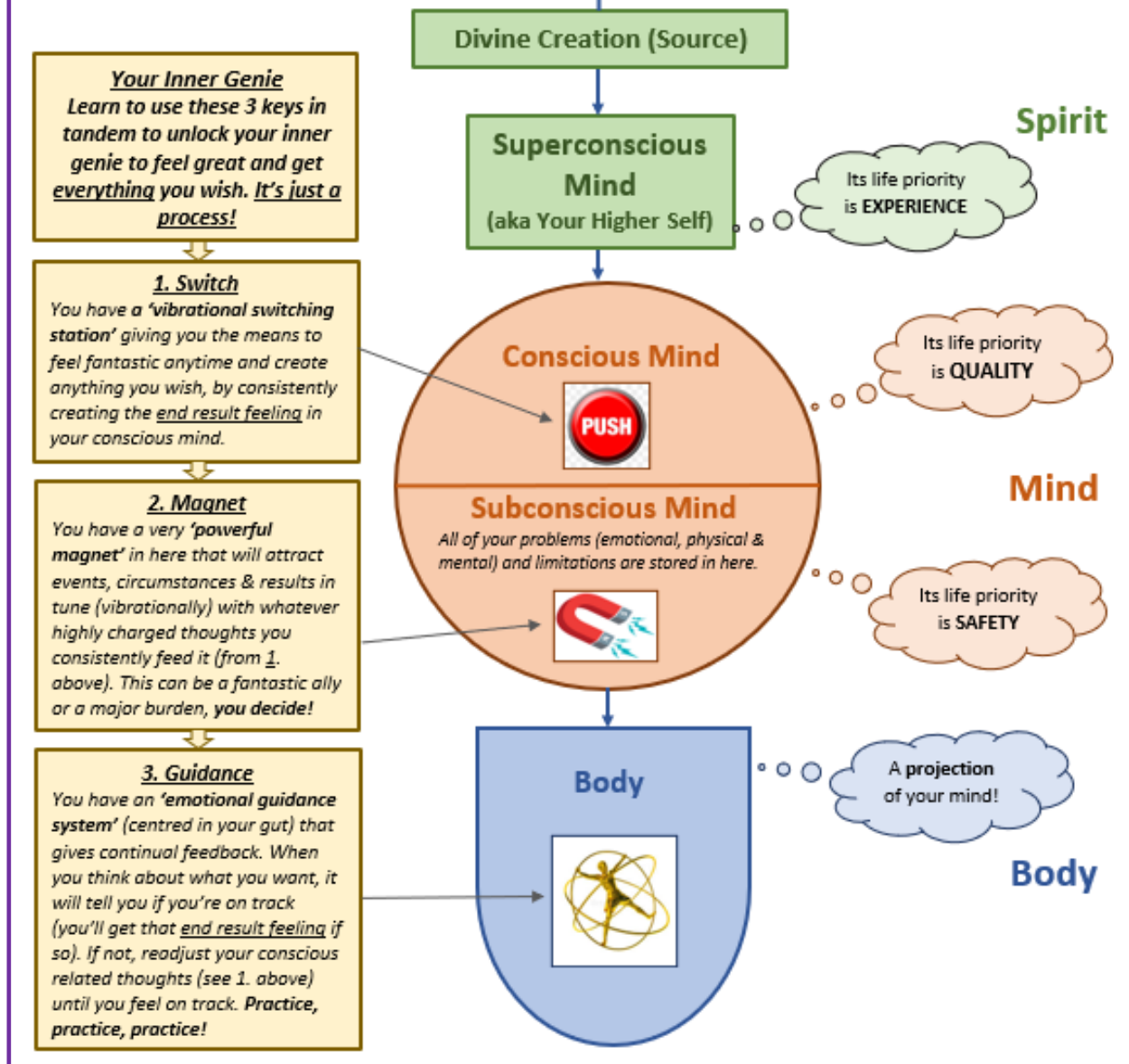
OMEGA

- 700+ Enlightenment
- 600 Peace
- 540 Joy
- 500 Love
- 400 Reason
- 350 Acceptance
- 310 Willingness
- 250 Neutrality
- 200 Courage
- 175 Pride
- 150 Anger
- 125 Desire
- 100 Fear
- 75 Grief
- 50 Apathy
- 30 Guilt
- 20 Shame



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**



Determining Your Values Exercise

The following 13 carefully crafted questions will help you determine what your highest values are.

1. How do you fill your space?

Look carefully at 3 items that fill your personal or professional space. What 3 items do you see.... Do you see certificates, awards, art, paintings, crafts? Do you have business magazines, fashion magazines? Books? Pictures of family, you, friends? Write down concise answers of what 3 things fill your space?

1 _____ 2 _____ 3 _____

2. How do you spend your time?

Look carefully and accurately at how you spend your time. What 3 things do you spend most of your time on.... With your waking hours, do you spend 9 hours working? 3 hours socialising? 3 hours with your children? 2 hours studying? 2 watching TV etc. Write down concise answers of what 3 things you spend the most time doing?

1 _____ 2 _____ 3 _____

3. How do you spend your energy and what energises you most?

You will always have energy for things that inspire you and that are high on your values list. Have a look at where you feel most enthused in your day-to-day activity.... Is it being of service at work? Is it solving problems and helping people? Is it socialising? Shopping? Is it cooking for loved ones? Is it working out? What are the 3 actions you love to spend your energy on, that energise you?

1 _____ 2 _____ 3 _____

4. How do you spend your money (most important things)?

You'll always spend money on things you truly value or are highly important. What are the most important things you spend money on...? Is it your home and security? Is it clothes and appearance? Is it your business and its development? Is it social activities and entertainment? Is it education? What are the 3 most important and consistent things you spend money on?

1 _____ 2 _____ 3 _____



5. Where are you most organised?

You will spend time organising things that are most important to you. So, in what areas of your life do you have the most order and organisation.... Do you have an organised social calendar? Do you have an organised set of finances? Do you have an organised workout schedule? Do you have an organised eating regime? Which 3 areas of your life stand out as the most organised?

1 _____ 2 _____ 3 _____

6. Where are you the most reliable & disciplined?

If something is important to you, you'll be dedicated to doing it without the need to be motivated. What are the 3 things you are most disciplined and focused on doing.... Is it your studies? Is it your workout routine? Is it your appearance? Is it your business activities? Is it your dietary and eating regime? Is it your family attention? What 3 things are you most disciplined, reliable and focused on?

1 _____ 2 _____ 3 _____

7. What do you inwardly think about most?

Your mind will repeatedly focus on the things that mean something to you, related to your highest values. What are the dominant things you inwardly focus on...? Is it an ideal family environment? Is it having/building your dream business? Is it having a fantastic social circle and great social life? Is it falling in love with your dream partner? What 3 things do you focus on the most?

1 _____ 2 _____ 3 _____

8. What do you visualise and realise most?

What do you visualise most about that you would love your life to be like, that is gradually showing fruits and coming into your reality...? Is it the family lifestyle you dream about? Is it travelling the world? Is it becoming the leader in your field of expertise? Is it socialising with great people? Is it continually expanding your knowledge and wisdom? What 3 things do you visualise the most?

1 _____ 2 _____ 3 _____

9. What do you internally dialogue with yourself most about?

What are the things you internally dialogue with yourself that are most meaningful to you? What do you keep talking to yourself most about that you desire to come true and are gradually coming true...? What are the 3 conversations you talk to yourself most about that are slowly but surely coming true?

1 _____ 2 _____ 3 _____



10. What do you talk about the most in social settings?

Everybody wants to talk about things that are important to them. What are the subjects that you want to bring up in yours or others conversation, that nobody has to remind you about? You become alive and an extrovert when the conversation turns to something that is important to you... So, what are the 3 things you always want to talk about in conversations?

1 _____ 2 _____ 3 _____

11. What inspires you or are you inspired by most?

What is common to all those things, insights, individuals, experiences and events that have repeatedly inspired you.... Is it great moments of your own? Is it great moments of other individuals? Is it when someone conquers an amazing challenge? Is it when you achieved an amazing goal? Is it when you hear an amazing song or a moving piece of music? So, what 3 things inspire you the most?

1 _____ 2 _____ 3 _____

12. What are your most consistent long-term goals?

You are most willing to stretch yourself and act towards goals that have the most meaning to you.... So, what are the 3 most consistent long-term goals that you have persisted working on that have stood the test of time?

1 _____ 2 _____ 3 _____

13. What do you love learning, reading or studying about the most?

You'll always have time and energy for topics that inspire you.... What topics do you find yourself thinking or talking about the most? When you enter a bookstore, what sections do you make a beeline for? Which sections of the newspaper do you turn to first? What type of TV documentaries are you drawn to?.... So, what 3 topics are the most meaningful to you?

1 _____ 2 _____ 3 _____

Hopefully, you now have 39 answers (values) if you managed to find 3 for each question.

Now I want you to look at all your values and group them together, you'll notice that many values (something you value highly) appear multiple times.

If you have a set of coloured pens, highlight all the multiple values in a specific colour or alternatively, write a number against them so you can collate all the data (repeating values only) into a table on the following page;



Now go ahead and compile your table starting with the highest value (the value that appeared most) and then the 2nd highest value and so on;

Your Top 10+ Values	
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You have now determined your values, the top few specifically are what you value the most in your life 😊.

