

Vibrant Health

Change Your Habits, Change Your Life!

COMPLIMENTARY GUIDE

HABIT 12 OF 22 TAKING 100% RESPONSIBILITY



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

Devised by
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Introduction

With our compliments

This complimentary guide contains habit 12 (of 22) from our Vibrant Health Programme.

The full plan is the culmination of thousands of hours of research, condensed into an easy-to-use format of simple daily habits.

Habit 12 is entitled ~ **Taking 100% Responsibility.**

This is about stepping into your true power!

Taking complete responsibility for everything in your life, will change the way you go through the world and people around you will notice! It is the primary building block to creating a life of purpose, fulfilment, and joy.

It's operating with integrity.

We sincerely hope you get lots of value from this information and start using it immediately.

On behalf of myself and David, we wish you the very best of future health & happiness,

Stephen Kirkbride

Health & Wellness Mentor, Nutritionist, Healer,
Psychic Medium and Numerologist.



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).

The complimentary habit information starts on page 15; however, we highly recommend you read the preliminary sections (pages 4 – 13) to fully understand the 'bigger health picture' to get the most out of this guide.

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 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 help 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 programme 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 & 3 - 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 everything is connected and how it all fits together physically, emotionally, mentally, and spiritually. These are so important that we've included all 3 models (from the 22-habit programme) in full detail over the next 13 pages.



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.

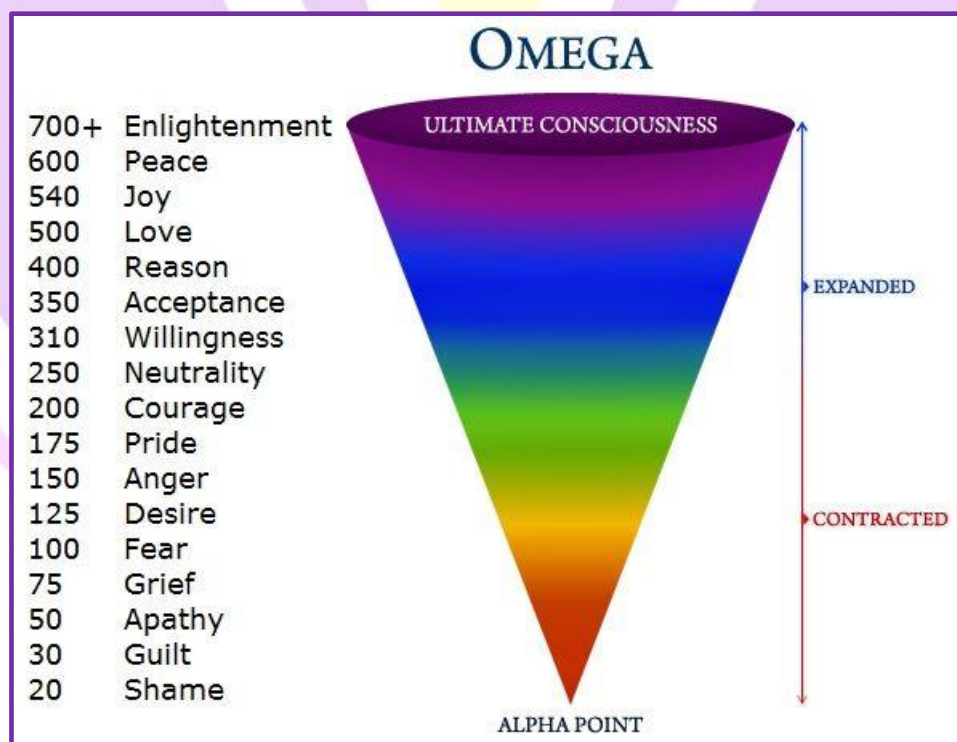


The Connecting Zone (as humans, we intuitively want and need to connect with others).

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!** 😊

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!

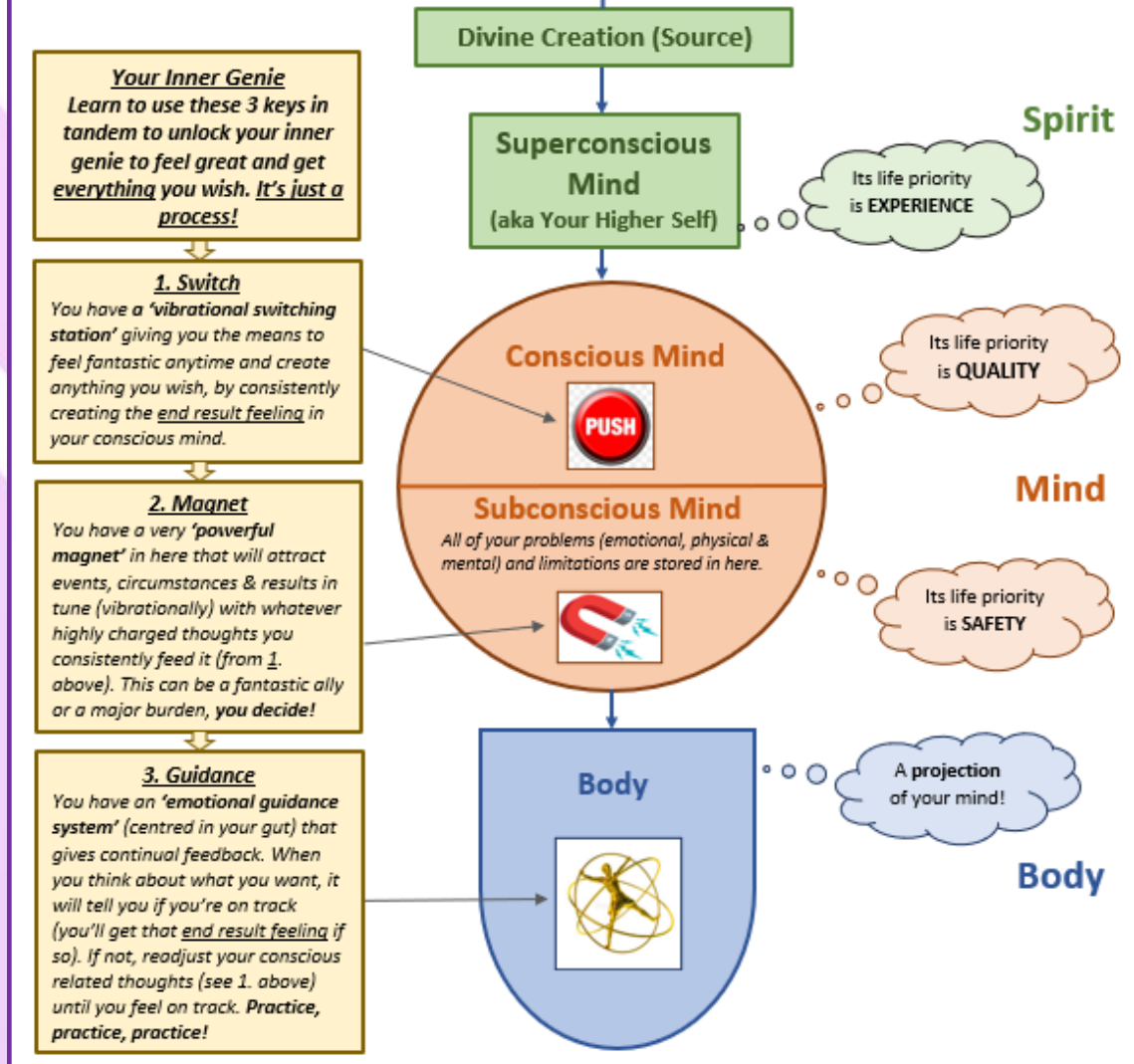
It just takes **understanding** and **discipline** until it becomes habitual.

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.

How to Get the Most from this Habit

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

1. First step, **learning**: the information on the habit is to educate you on the importance to your health and **why** you should adopt it.
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 the recommended actions until the habit 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.

So, are you ready to get going?



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?”

Here's a Snapshot (page 30) of the Full Vibrant Health Programme (the other 21 habits)



Vibrant Health Essential Plan

The 11 Essential Habits...

Habit 1 ~ This one is a game-changer (most important habit!). From combating ageing, aiding weight loss, eliminating pains/allergies, becoming more energised and focused, this habit is essential to good health and vitality.

Habit 2 ~ A beautiful gift from nature. Utilising an unlimited source of healing energy to nourish your body and boost your immune system. Plugging into this free healing energy is very simple indeed, we've been doing this daily for over 5 years.

Habit 3 ~ This one is weight loss/management heaven 😊! Once you understand how your body's natural systems function best, you can work with them to aid weight loss/management and boost your immune system and general health. This has multiple benefits for you.

Habit 4 ~ The gateway to relaxation & rejuvenation. You unconsciously do this one already at times, however, when you put your focus on it and do it consciously, the stresses and strains of everyday life will just melt away 😊. Multiple health benefits!

Habit 5 ~ Use this to fully recharge your body every single day (2nd most important habit). This is the bedrock of good health and vitality that modern day life can play havoc with, if you're not careful. This will positively affect every area of your life when you adopt this with a bit of discipline.

Habit 6 ~ Will make you feel great 😊. It's fun, very natural and offers multiple health benefits from stimulating your immune system, effortlessly toning your muscles to filling your blood stream with endorphins.

Habit 7 ~ Will supercharge your health and immune system. This is paramount to give you a solid core for your health, vitality, and well-being. This is about taking good care of your inside, so it is reflected outwardly in your energy and vibration.

Habit 8 ~ Will also fill you with lovely endorphins 😊. From boosting your energy levels, making you feel positive about yourself to burning a few calories, this one has a multitude of health and well-being benefits for minimal effort (you can even do it whilst watching TV!).

Habit 9 ~ This is a little bit of nirvana for you. Combining relaxation and restoration, it will do absolute wonders for your physical, mental, and emotional well-being. We've included some audio bonus's so you can completely lose yourself in a beautiful way.

Habit 10 ~ Is 'high grade' fuel to nourish your body. If your body could communicate directly with you about its vital needs, to maximise your potential for vibrant health and wellbeing, this habit takes care of those very important needs.

Habit 11 ~ Is the elixir of the gods 😊!! This one is the most uplifting, exhilarating, and energising habit you could possibly do! This is about connecting on the deepest level of your being. It will make you smile and put a twinkle in your eye when you do it!

Vibrant Health Advanced Plan

The 11 Advanced Habits...

Habit 12 ~ Enclosed.

Habit 13 ~ Is the key to mental liberation! As the most important advanced habit this will help you clear all that mental and emotional baggage that holds you back. This is the cornerstone of emotional and mental well-being to help you build the foundation to then do anything you wish.

Habit 14 ~ Is the key emotional freedom. This will help you to remove any anxiety & stress from your life within seconds! These very simple, yet very powerful tools (you'll master them in minutes), will help you remain calm, relaxed and in control, no matter what life throws at you.

Habit 15 ~ Will help you nourish your soul and live authentically (very important indeed). The real authentic you has many desires your heart longs to fulfil. This will help you discover/reconfirm what they are and structure your life around them to naturally express your heart and soul, so you live a life of inspiration, enthusiasm, and joy 😊.

Habit 16 ~ This will magnify your self-belief and self-worth. Going through life with a good level of self-belief will naturally open more doors for you. This habit will help you develop it and give you the tools to be able to instantly tap into it, whenever you need it. You'll feel powerful 😊!

Habit 17 ~ Will make you feel fantastic and put a spring in your step! This is the very foundation of feeling happy and full of zest for life (it will bring out your inner child). These simple actions will fill you with endorphins and positively rewire your brain to make you feel wonderful 😊!

Habit 18 ~ Will give you a natural pair of rose-tinted spectacles 😊. Building on habit 17, this will also help to rewire your brain to expect and attract the very best. Your energy levels and vibration will significantly increase, and you'll see the world very differently (in a very positive way).

Habit 19 ~ Will help you attract what you truly want! Working closely with habits 17 & 18, this one will not only rewire your brain but more importantly your body to naturally attract what you really want. The natural side effect is that you will feel wonderful (the more you do it, the better you feel) 😊.

Habit 20 ~ Will nourish your soul and make you instantly feel good. This very simple practise of deeply connecting will automatically raise your vibration and bring a constant supply of positive experiences into your life.

Habit 21 ~ Will nourish your heart's desire to connect. As social creatures we all have a deep psychological need to feel connected as humans as it is fundamental to our emotional and mental well-being. This will help you nurture and feel those deep connections you instinctively desire.

Habit 22 ~ Will help you feel and attract more abundance! Whether it is financial or intangible riches, these exercises will naturally help you **feel** more abundant and subsequently attract more of what you desire, to you.



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.

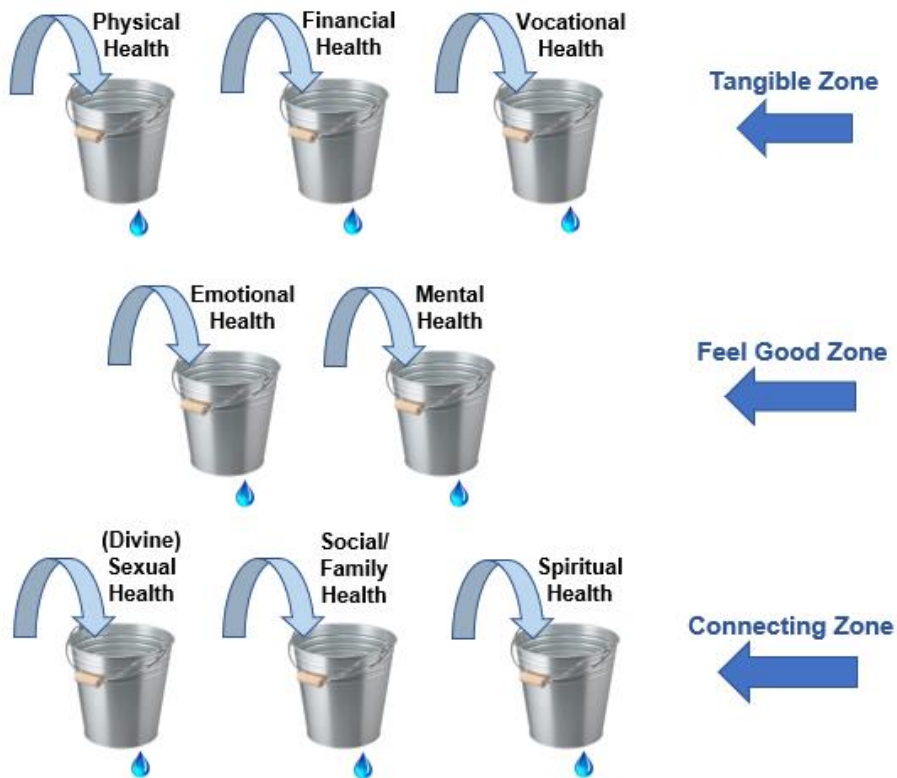
11. You will likely forget all this...but you can remember it whenever you want 😊.



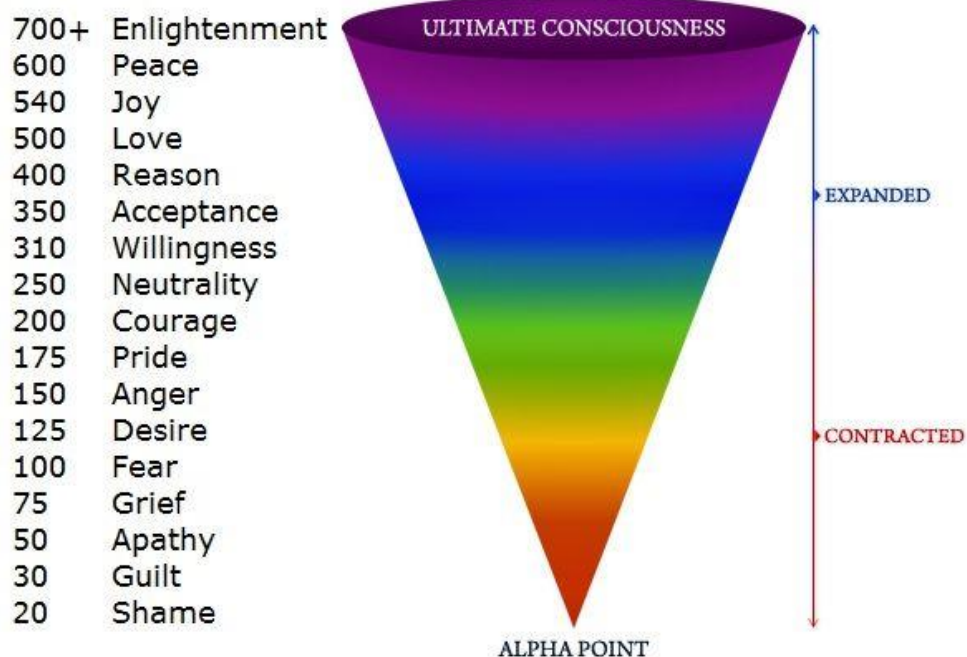
Complete Health & Wellbeing Models

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA



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.**

