

Vibrant Health

Change Your Habits, Change Your Life!

COMPLIMENTARY GUIDE

HABIT 13 OF 22 EMOTIONAL FREEDOM



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 13 (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 **13** is entitled ~ **Emotional Freedom.**

This is the key to mental liberation!

As the most important advanced habit, this will help you to clear all that mental and emotional baggage that holds you back. This is the cornerstone of emotional and mental well-being.

It's all about letting go 😊.

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.

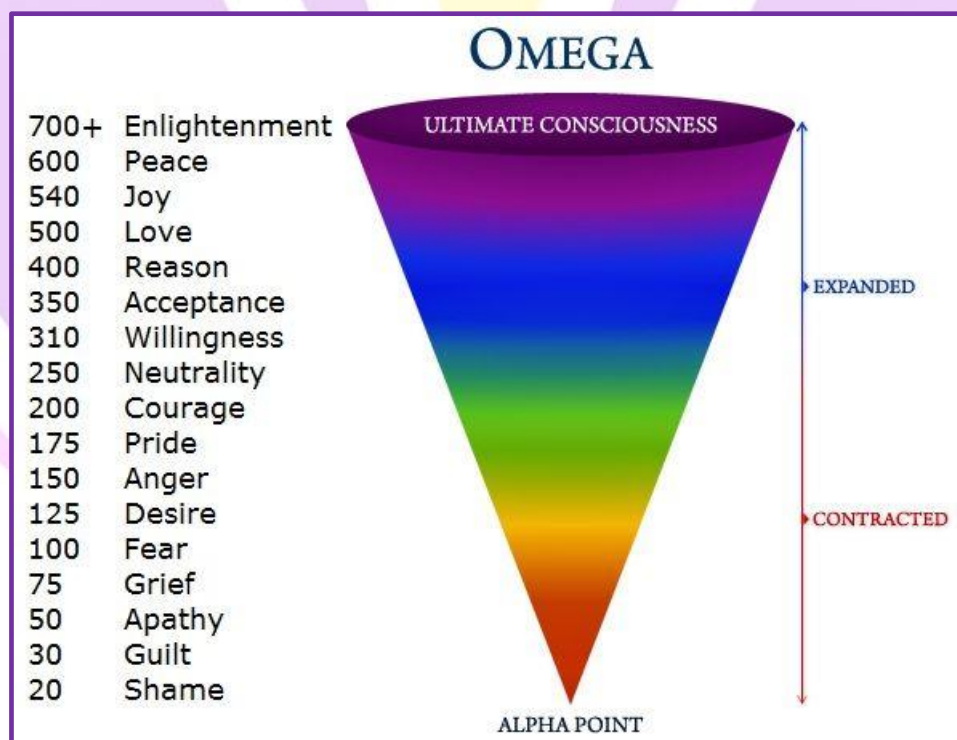


The Connecting Zone (as humans, we intuitively want and need to connect with others).

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!

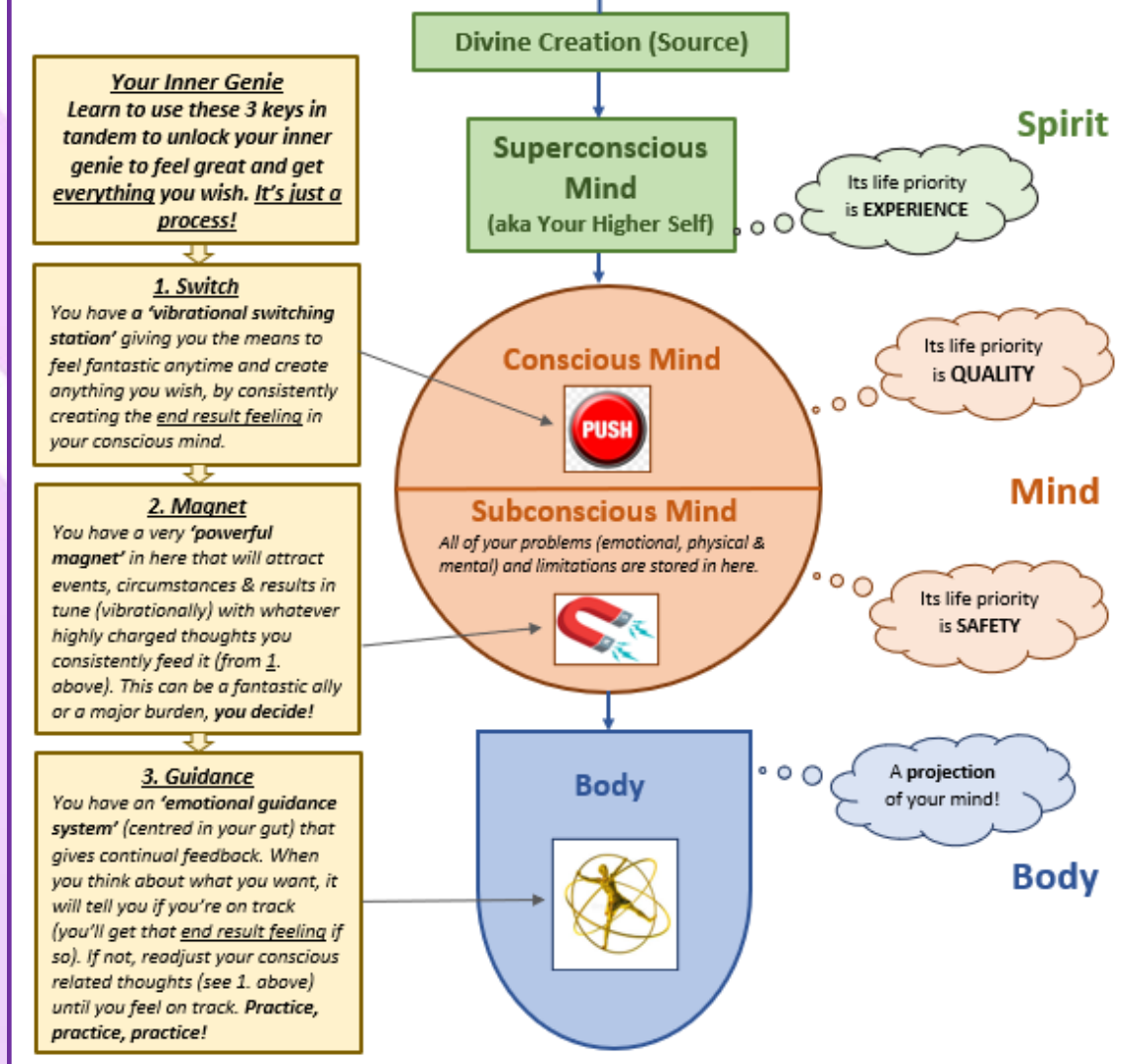
It just takes **understanding** and **discipline** until it becomes habitual.

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 13 ~ Emotional Freedom

“You’re never going to thrive, feel fulfilled and reach your true potential if you’re weighed down by emotional baggage.”



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 it's 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 TM

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.

Here's a Snapshot (page 37) 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 ~ Will help you step into your true power! This will help you to build a solid core of mental strength with integrity. It will change the way you go through the world and people around you will notice! It is primary building block to creating a life of purpose, fulfilment, and joy.

Habit 13 ~ Enclosed.

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.

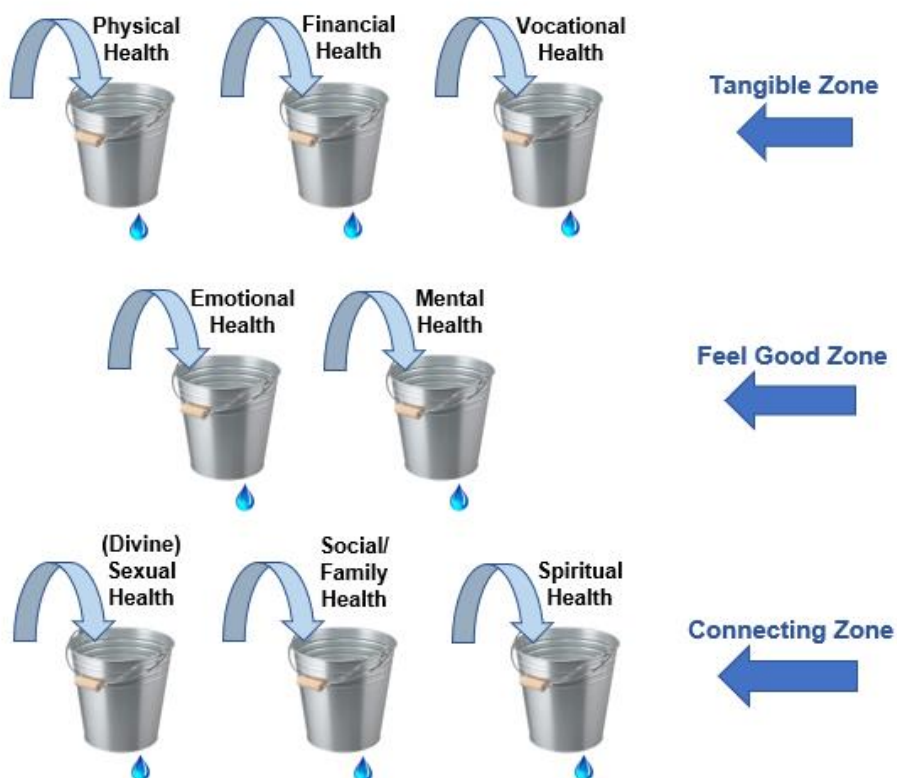
11. You will likely forget all this...but you can remember it whenever you want 😊.



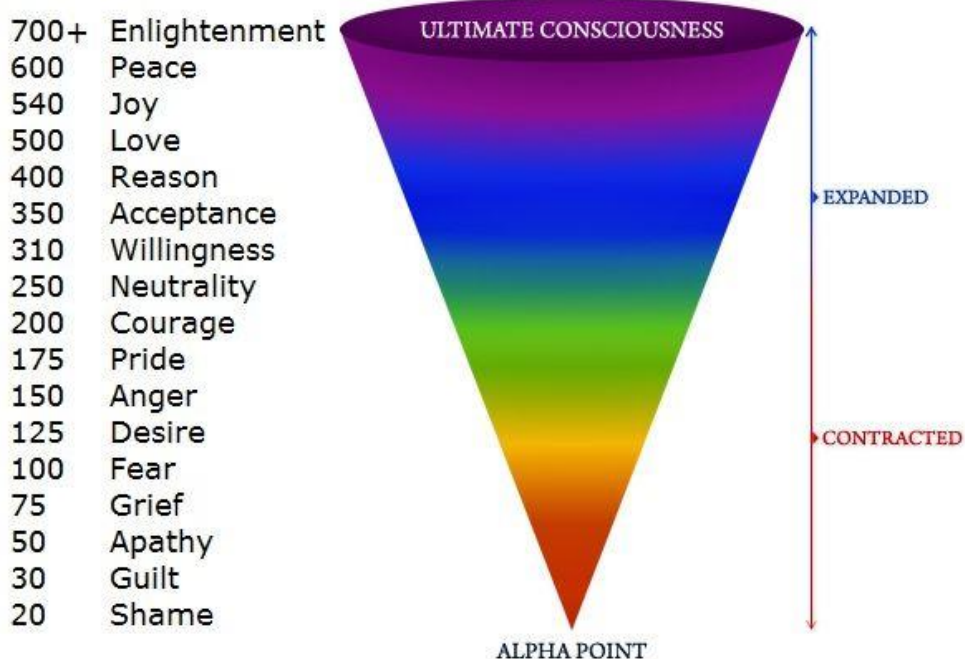
Complete Health & Wellbeing Models

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.**

