

**Vibrant Health**

*Change Your Habits, Change Your Life!*

# ADVANCED PLAN GUIDEBOOK



***22 Key Habits to Transform the Health & Well-being of Your Mind, Body & Spirit***

Devised by  
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& David Orrey**

[www.VibrantHealth.me.uk](http://www.VibrantHealth.me.uk)

## Introduction

### Thank You

I would sincerely like to thank you from the bottom of my heart for your trust in us, with this purchase.

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

This plan is the culmination of thousands of hours of research condensed into an easy to use format of daily habits.

You'll see from the various studies and references how several have cured many debilitating ailments.

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

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

Quite a bit of it is common sense but I'm giving you all the science, the research, the why's and obviously the how's, so you can easily apply it all.

**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 guide are with the sincerest intentions to genuinely help you enhance your health, well-being and make you feel good. It is the culmination of thousands of hours of research into books, published medical studies and the study of professional expertise. Vibrant health accepts no liability for the results of any actions you take following the information contained within. We strongly advise you to do your own research prior to the taking action steps and consult a medical professional if in doubt with any aspects.



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# Understanding What You Are?

## Spiritual beings

You may or may not know that you, me and everybody else 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 did 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.

I've also added it at the end of this manual as a single page if you wanted to print it off and to have it as a regular reminder of the rules!

**It's all energy**

Here's a little bit of science which is 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 we appear to be flesh and blood (we're actually 70% - 75% water), if you viewed yourself 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 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 vibration 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're all energetically drawn to new-born babies and small children because they are in a state of high vibration. It's the same for very 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.

Unfortunately, this high vibrational state starts to fade 😞.

### **Modern is slowly poisoning us, if we let it!**

Whether we like it or not, modern life in the western world 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
- 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 and what we're going to focus on.

### **You could join a tribe?**

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.

But, as we live in a modern world with many things lowering our vibration, we need to mitigate this stuff and adopt the right actions that raise our vibrations, until these actions become fixed habits.

## **Adopting the Right Mindset**

### **Health is your (& everyone else's) number 1 priority in Life**

When David and I are giving health related talks we ask the audience what their ultimate goal/possession would be, if there were absolutely no limits.

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 😊

### 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'd only put in quality petrol, oils and lubricants.
- You'd 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 very special care of it to make sure it always operates with a high performance.

As busy humans, we tend to put any old petrol in it, never bother to read the manual to fully understand how it works and don't really pay much attention to it, until something starts to go wrong!

### It's all about FEELING GOOD

We've already discussed how good health is always your number 1 priority in life.

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

Each habit will raise the vibration of your body each time you do it. You will feel good each time you do one, sometimes its subtle, sometimes it's obvious, sometimes it's exhilarating 😊.

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

## Habit & Discipline

### Using this plan is a 2-step process

David and I created this plan as 2 step process for each habit;





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

Hopefully you'll feel inspired to do each recommended habit until it become a fixed habit 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** (i.e. you don't have to think about it, you just do it)

So, once you've 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.

### **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. By repeating specific thoughts or actions you strengthen the neural pathways until they reach a point where conscious attention is no longer required. It then becomes stored in your subconscious mind as a fixed habit.

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

### **Only 66 days**

There's 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 ground (habit No 2) every single morning whatever the weather, we've done it for that long it would feel weird not doing it.

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



## Start with the most important and build

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

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

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

Remember, these are habits you are ingraining for life to make big enhancements in your health and wellbeing, just take your time and build up at a pace that is right for you.

## Finally

We've put a summary list and a tracker at the back that you can print off to help you plan and track as required.

I hope you feel absolutely wonderful and vibrant as you start adopting these habits 😊.

Ok, let's get started with Habit No 1....



## Habit No 1 ~ Optimal Hydration

*“All 11 habits will boost your health and vitality in a very positive way, However, **this one is the most important**, hence why its number 1.”*

### Why is this an essential habit?

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

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

### Potential benefit

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

So.... PLEASE PAY CLOSE ATTENTION 😊!

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

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

### Back to basics

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

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

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



## Quick story...

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

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

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

## I made this same mistake

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

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

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

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

## About you

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

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

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

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



## How much water should you drink daily?

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

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

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

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

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

## Foods high in water content (very important to know)

Recent research into hydration has discovered that plant-based water (from fruits, vegetables, roots and seeds) is better than just drinking water.

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

Adequately hydrating the cells of your body is what good hydration is all about as they in turn feed all the bodily systems and functions.

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

Foods high in gel water content:

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

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

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

**Other** ~ Ghee (a type of butter).

## Anecdote

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

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



## Weight Problems?

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

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

## Skin

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

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

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

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

## Recommended Daily Habits

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

## Additional toilet breaks

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

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



## Take salt too

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

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

## Useful links

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

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

Web: [www.drnanacohen.com](http://www.drnanacohen.com)

Web: [www.hydratationfoundation.org](http://www.hydratationfoundation.org)

## Recommended habit action steps

- i) Do your own further research as required.
- ii) Start a daily adequate hydration routine immediately, use the recommended list on page 13 as a guideline.
- iii) Experiment with amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

## Habit No 2 ~ Earthing

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

## What is Earthing?

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

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



## **The Problem!**

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

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

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

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

## **The earthing solution**

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

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

Have you ever wondered why you felt so good after your summer holiday on the beach?

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

## **Earthing indoors**

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

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

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

You can even get earthing sheets for you pets.

## **When to earth?**

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

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





## Adopting the Habit

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

## EMF References

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

## Useful links

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

Movie: [The earthing movie](#)

Earthing products: [www.groundology.co.uk](http://www.groundology.co.uk)

Earthing Research: [Further clinical research](#)

Case study: [Earthing technology used in Tour De France to help the riders recover better overnight.](#)

## Attention: Massage Therapists & Hands-On Healers

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

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

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

## References;

- i) Zucker M, Goodbye pain and inflammation: Massage table grounding pad relieves therapists overuse injuries: Dermascope 2016; 108-109  
<https://www.dermascope.com/scope-this/goodbye-pain-and-inflammation-massage-table-grounding-pad-relieves-therapist-s-overuse-injuries>



- ii) Oschman JL, Earthing a new perspective on the cause and prevention of therapist burnout, massage and bodywork 2016 74 – 81  
<https://www.abmp.com/textonlymags/article.php?article=1481>

### Suggestion for therapists/healers

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

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

### Final word

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

### Recommended habit action steps

- i) Do your own further research to fully understand the phenomenal benefits.
- ii) I would recommend you do it as often as practically possible every day.
- iii) Consider purchasing earthing products if circumstances permit.

## Habit No 3 ~ Intermittent Fasting

*"A little discipline with regards to your daily eating window (time between your first & last meal), can create a fantastic set of health benefits."*

### What is Fasting?

Glad you asked 😊 fasting is a voluntary abstention from eating food or drinking (except water, black tea/coffee) for a set period of time for health, weight management or spiritual reasons. The technical term is intermittent fasting.

This one is about a bit of discipline for some big rewards! Talking about big rewards, if you are looking for;

- ✓ **Weight loss/weight management without having to reduce calorie intake**
- ✓ **Eat anything you want (within reason),**
- ✓ **Still have binges**

**...this habit is the answer 😊!**



## So, what are the main benefits of fasting?

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

✓ **Improved body composition**

Fasting for periods of 12 hours or more has been shown to improve fat oxidation and fat-burning [1]. Fasting has also been shown to increase the body's secretion of human growth hormone [2], which aids in preserving muscle and burning body fat.

✓ **More energy**

It's been observed that all mammals tend to be active when hungry and sedentary when fed [1]. As counter intuitive as it might sound, energy levels tend to increase during extended fasts, due to a rise in the hormone adrenaline.

✓ **Gut health enhancement**

Fasting can protect the gut against the negative impacts of stress and can lead to increased microbial diversity and elevated rates of fermentation [4], making your gut and immune system stronger.

✓ **Appetite regulation**

Ghrelin, known as the "hunger hormone," is responsible for cravings and making us snack when we really shouldn't (we've all done it!). Leptin, on the other hand, is the hormone responsible for telling us that we're satisfied. Balancing these two hormones is one of the driving factors behind appetite regulation. Fasting has been shown to regulate ghrelin, which allows leptin to normalise and appetite to balance out [3].

✓ **Immune system stimulation**

Mouse models have shown promising results for autoimmune conditions, specifically Multiple Sclerosis [5] and Type 1 Diabetes [6]. It's hypothesized that fasting prompts the body to remove and replace damaged cells, as well as stimulate regeneration of damaged tissue.

✓ **Brain health benefits**

Periods of fasting can induce autophagy in your neurons, thus protecting nerve cells from degeneration [7]. Fasting also increases the secretion of the brain hormone BDNF which aids the growth of new nerve cells and the formation of new neural pathways that can improve brain function as a whole, specifically memory and learning [8].

✓ **Heart health improvements**

Fasting has been shown to improve a number of blood lipid markers indicative of heart health [9] including blood pressure, cholesterol, blood sugar, insulin sensitivity [10] and triglycerides.

✓ **Longevity and disease prevention**

Autophagy is a repair process in which cells cleanse and repair themselves by removing old and damaged proteins and replacing them with new ones. This process has been associated with anti-aging, longevity, and improved metabolic health, and becomes accelerated during periods of fasting. Autophagy has major implications for longevity and anti-aging because it keeps cells young, healthy, and functioning optimally [1].



## How to do it

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

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

The above example is my own normal fasting routine.

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

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

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

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

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

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

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

## What happens to your body?

During fasting, your body starts activating natural processes that create the benefits described on page 18.

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

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

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

## Fancy a binge?

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



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

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

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

So, you can just 'pig-out' all day Saturday, eat anything you want, when you want 😊.

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

### **Longer Fasts**

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

But baby steps first!

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

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

### **Useful links**

Book: **The Complete Guide to Fasting**, Jason Fung MD, Jimmy Moore

Book: **Obesity Code**, Jason Fung MD

Book: **The Longevity Diet**, Dr Valter Longo

### **References (relating to benefits of fasting on page 18)**

All taken from: **Fasting Decoded**, KION

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## Further Research

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

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

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

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

## Final word

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

## Recommended habit action steps

- i) Do your own further research to fully understand the process and benefits.
- ii) Start with baby steps, stay flexible and figure out what works best for you.
- iii) Consider getting into a regular fasting routine and perhaps try the odd longer fast.

## Habit No 4 ~ Optimal Breathing

*“You can go 3 weeks without food, you can go 3 days without water but if you go 3 minutes without breathing, you’re in TROUBLE!”*

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

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

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

## Heart Rate Variability (HRV)

Did you know a healthy heartbeat contains healthy irregularities?



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

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

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

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

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

Just hold that thought for a second!

### **Let's now talk about your autonomic nervous system**

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

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

Now your PNS is what I would term your 'rest and digest' response because it wants you to relax and optimise your immune system and your digestion.

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

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

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

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

So, getting a good balance between your PNS and SNS is important to your health.



## Back to HRV and Breathing

You've heard the saying 'Take a Deep Breath' when confronted by a stressful situation or been told to calm your breathing?

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

In a nutshell, by improving your breathing, you stimulate your PNS which improves your HRV which is good for your health 😊.

### Relaxed breathing scientific study

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

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

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

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

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

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

### Recommended habit & technique

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

The technique I recommend as follows;

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

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





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

### Recommended books

**'Chi Running'** ~ Danny Dreyer

**'The Oxygen Advantage'** ~ Patrick McEwan

### Study Reference

Indian Journal Medical Research 2013,  
PMCID PMC 3734683  
PMID 23760377

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

### Final word

Conscious breathing does wonders for both your physical and mental well-being. Just like meditation, this is a beautiful way to relax and connect with who you really are.

### Recommended habit action steps

- i) Do any further research that you feel is appropriate.
- ii) Practise the recommended technique (4 sec in, 2 sec hold, 4 sec exhale) and experiment with it too, to find out what works best for you.
- iii) Get into a daily routine of conscious breathing (up to 20 minutes if you can), it should be a very relaxing and enjoyable experience.
- iv) Consider combining it with meditation (habit 9).

## Habit No 5 ~ Quality Sleep

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

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

### Here's how....

- When you're sleep deprived, your metabolism slows down.
- The level of cortisol is then raised making you want to eat more.



- It also causes up to a 20% imbalance in Ghrelin (your hunger hormone) making you want to eat more.

### **It gets worse...**

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

### **My wake-up call!**

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

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

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

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

### **What about you?**

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

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

### **My home routine**

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

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

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

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



### 3 activities only

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

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

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

### Look at the additional bonuses...

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

### Improving your sleep quality

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

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

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

Although technology now allows us the option of 24-hour light/activity, we're still biologically programmed to just rest/sleep when it's dark (modern life has reprogrammed us, but not in a good way 😞).

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

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

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



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

## **Napping tips**

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

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

The second-best time is 3pm – 5pm.

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

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

## **Summary of good sleep practises/habits**

- ✓ Keep your bedroom cool
- ✓ Keep your bedroom as dark as you are comfortable with.
- ✓ Try not to exercise 3 hours before you sleep
- ✓ Don't drink caffeine after 4pm (or very little)
- ✓ Use a battery alarm clock and not a device (we recommend; Acctim Model 14112 silent sweep alarm clock)
- ✓ Remove all electronic devices from your bedroom by 9pm.
- ✓ Permanently remove the TV from the bedroom (bad habit!).
- ✓ Get into a routine of falling asleep as near to 10pm as you can.
- ✓ Adopt a sleep duration focused on a specific number of full 90-minute sleep cycles (as opposed to a set number of hours).

## **Recommended book**

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

## **References**

MacGill, Markus. "Obesity link to lack of sleep suggested by brain scans." Medical News Today, [www.medicalnewstoday.com/articles/264539.php](http://www.medicalnewstoday.com/articles/264539.php)



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

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### Final word

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

### Recommended habit action steps

- i) Do any further research that you feel is appropriate.
- ii) Change your sleeping environment in line with the recommendation list.
- iii) Change your bedtime routine to make it more conducive to quality sleep.
- iv) Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (see habit 11 for inspiration) 😊.

## Habit No 6 ~ Regular Laughter

*“Laughter is the best medicine! 😊”*

You've heard the above saying many times and it's scientifically proven as you'll now discover.

### Let's start with some research

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

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

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

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

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

In a nutshell...



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

## The multiple confirmed health benefits of laughter...

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

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

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

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

## Suggestions...let's get practical

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

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



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

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

- 😊 You tube videos of whatever makes you laugh
- 😊 You tube classic comedy clips
- 😊 Clips of favourite stand-up comedians
- 😊 Jokes (Facebook is full of humour related groups)
- 😊 Funny Meme's (social media has an endless supply)
- 😊 Baby laughter (loads of online clips) it's contagious to laugh along

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

## References

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

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

## Final word

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

## Recommended habit action steps

- i) Turn off any daily brainwashing programmes (often called 'the news' 😊).
- ii) Using the suggestions above to create an easily accessible file/catalogue (images, videos, books etc) of things that really make you laugh and feel great!
- iii) Make time to have at least one really good laugh every day.



## Habit No 7 ~ Good Gut Health Regime

*"All disease begins in the gut!" - Hippocrates*

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

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

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

### **My experience from unhealthy to healthy gut**

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

My not so healthy diet and general lifestyle around 2013 and the preceding years, was accompanied by high blood pressure, gout and acid reflux (as mentioned in a previous section).

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

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

Over the following weeks I started to feel better and my sleep improved considerably. However, my diet was still the same and the acid reflux was a continuing problem, so I started to research about the effects of food on the body.

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

Information that is essential to good health for everybody!

### **Healthy Gut, Healthy You.**

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





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

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

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

### **Boosting my microbiota**

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

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

### **Kefir and fermented foods**

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

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

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

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

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

### **More about Kefir**

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



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

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

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

### Book Recommendation

[‘Healthy Gut, Healthy You’](#) Michael Ruscio

### Final word

You now know the importance of gut health and how to improve it. You'll feel better and your gut will thank you 😊

### Recommended habit action steps

- ✓ Carry out your own further research into the benefits of a healthy gut.
- ✓ Eat more live foods.
- ✓ Reduce the amount of processed food and alcohol.
- ✓ Incorporate foods that will boost your gut health (from the recommended list) into your daily diet

## Habit No 8 ~ Regular (Basic) Exercise

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

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

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

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

### Getting outdoors

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



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

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

It's also free 😊!

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

### **Bad 'modern day' habits**

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

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

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

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

### **Just 20 minutes a day**

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

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

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

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



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

### **Consider conscious walking**

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

To walk consciously, you are switching your brain chatter off and simply becoming fully aware of and noticing your surroundings as you go. Listen to your own footsteps and feeling the wind/rain/sun on your skin.

This will bring you into the moment, improve your experience and release more endorphins adding to the quality of your walk 😊.

### **Changing your mindset around exercise**

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

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

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

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

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

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

### **Book recommendation**

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

### **Final words**

The human body thrives on movement and exercise to boost its health and well-being.



Modern life is often not conducive to this, especially if you have a job sitting down all day and then the temptation of sitting on the sofa all evening with the multitude of entertainment options (Netflix, Amazon, Sky, internet et al).

### **Recommended habit action steps**

- ✓ Go for a walk (in nature if possible) every day for at least 20 minutes
- ✓ Walk instead of taking the car where practical
- ✓ Consciously park further away from your destination so you can walk further.

## **Habit No 9 ~ Daily Meditation**

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

Meditation is simply about quieting the mind as it does wonders for your mental, emotional and physical health.

I say anybody who doesn’t understand the benefit of meditation either hasn’t tried it or hasn’t turned off their mind and hit the spot just yet.

To bring more inner peace, blissful feelings, happiness and general well-being into your life (plus some physical benefits too), daily mediation is the habit to make it happen.

### **Harvard study**

A Harvard university study found that if you try to fix your mind on a single thing, it starts to wander after just 6 seconds.

Another study by The Norwegian University of Science & Technologies redeveloped a very old meditation technique called Non-Directive Meditation where you let your mind wander from one thought to another.

What they found is that you get a very high degree of mental and emotional processing.

It concluded that a wandering mind leads to a resting mind as you activate a rest mechanism which is as powerful as deep sleep.

### **Types of meditations**

Here are the main types of meditation;

1. Loving/Kindness Meditation
2. Body Scan Meditation



3. Mindfulness Meditation
4. Breath Awareness Meditation
5. Kundalini Yoga Meditation
6. Zen Meditation
7. Transcendental Meditation
8. Non-Directive (Mind Wandering) Meditation
9. Guided Meditation

The basic difference between them all is what you focus on during the meditation.

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

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

### **Meditation physical effects study**

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

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

That's the power of daily meditation.

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

Here's some examples;

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

### **Brainwaves**

Our normal awake state is known as the **beta** state and has a frequency range (oscillations per seconds) of 13 – 30 hertz.



The **alpha** state is what occurs at the beginning of meditation as you start to go into a more relaxed state of mind. This frequency range 8 – 12 hertz. This state helps to calm the nervous system, lower blood pressure and heart rate.

Below alpha state is the **theta** state, its frequency range is 4 – 7 hertz. This is the barely conscious state you go through just before dropping off to sleep and just after awakening. It is the border between the conscious and sub-conscious minds.

You can reach a theta state through deep meditation. It is a very beneficial state to enter as the mind is capable of deep and profound learning in this state and its very good for healing.

How do you get there? Lots of practise.

### **Recommended habit & Technique**

Make meditation a daily habit for at least 20 minutes.

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

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

**Which type** - experiment with the different types to discover one that you find works best for you.

### **Final words**

Don't worry if you have trouble turning your mind off at first, just let the thoughts pass through. It gets easier with practise.

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

### **Recommended habit action steps**

- ✓ Meditate for 20 minutes every day.
- ✓ Use the optimal breathing technique (habit 4) to reach a relaxed meditative state.
- ✓ Just let go 😊

## **Habit No 10 ~ Deep Gratitude**

*“Deep and profound gratitude will make you feel really good and bring a constant supply of positive experiences into your life 😊!”*



Please do not underestimate the power of this habit!!

When you really get into this habit, the people around will notice a positive difference in your energy field.

### **How does it work?**

This is deep, yet profound and very important to understand if you want more good stuff (feelings, experiences, serendipities) in your life 😊 so please pay close attention....

Now it doesn't matter whether you research theology, science or spiritual teachings, you'll pretty much conclude that there is a **creative energy** that pervades all matter (within every atom) in the universe. Quantum mechanics confirms to us, it's there.

Although this energy is known by many names such as universal intelligence, source, divine intelligence, 'all that Is,' the God Force or simply God (plus many others) we'll simply refer to it as the, creative energy.

Whether you know it or not, you are continually communicating with this creative energy through the vibration you are emitting (consciously or subconsciously) via your thoughts as your brain is a vibrational transmitter and receiver.

This creative energy then gives you the circumstances to receive what you are frequently asking for vibrationally. This is a universal law known as the Law of Attraction.

### **Let me give you an example:**

If you're always moaning and saying life is unfair, nothing good ever happens to me etc. Then guess what? That is what you are vibrationally communicating with the creative energy, which then receives your vibration and gives you the corresponding circumstances so you can have more of it!

Conversely, if you are vibrating the opposite most of the time, so let's say you have a positive energy and attitude along the lines of, I'm so lucky, everything always works out for me, I just love my life etc. The creative energy will then give you events and circumstances that will bring you more of that 😊.

Everyone knows someone who just seems to have all the luck right? There's no such thing as luck, the thoughts they are vibrationally transmitting, are in tune with positive experience's, so they get plenty more of them.

The law of attraction really is that simple.

### **Drum roll...**

An attitude of deep and profound gratitude for everything good in your life is a wonderful vibrational energy to emit as you are essentially transmitting a vibration of love and





abundance. The creative energy will then bring you experiences and circumstances to experience more of it 😊.

All you do is get into the daily habit of expressing deep and profound gratitude for everything good in your life.

It gets better...once you get into the swing of it, you can then start doing it with 'negative' experiences too as you realise that they are just little gifts (sent to teach you wisdom) wrapped in the appearance of negative energy. More of that later.

### **Cultivating your attitude of gratitude**

As an absolute minimum, I highly recommend you have a gratitude session every morning when you wake and every evening before you go to sleep.

In the morning either out loud if appropriate or silently in your mind, simply give deep and profound gratitude for all the good things in your life.

Just a simple statement beginning with "I'm so grateful for..." or "Thank you for..."

Example;

*Thank you for my beautiful family  
Thank you for my wonderful partner  
Thank you for the delicious food in my fridge  
Thank you for my lovely house  
Thank you for my vibrant health  
Thank you for my gorgeous dog called Pepe  
Thank you for all the money that flows into my life  
Thank you for all my fantastic friends  
Thank you for my fulfilling occupation*

In the evening, reflect on your day and express further gratitude, for example;

*I'm so grateful for the nutritious breakfast I had  
I'm so grateful for the smooth journey to work  
I'm so grateful for the beautiful weather today  
I'm so grateful for such an inspiring day at work  
I'm so grateful for all the people that made me laugh  
I'm so grateful for the cups of coffee my colleagues made me  
I'm so grateful for all the delicious food I ate  
I'm so grateful for the wonderful service I received in the cafe today  
I'm so grateful for all the kind drivers who let me into the traffic  
I'm so grateful for the delivery guy who was so friendly and made me feel good*

You can also be grateful for things that you want but haven't manifested yet, for example;

*I'm so grateful for tomorrow and what a wonderful day it's going to be  
I'm so grateful for my weight loss and gorgeous new figure  
I'm so grateful for my new found confidence and vitality*



*You can get more detailed too;*

*I'm so grateful for my perfect partner who is going to walk into my life when the time is right and make me so happy, I'm so excited at just the thought of it!*

### **Very important to understand**

By getting into the habit of daily expressions of profound gratitude, you automatically put yourself into a very good vibration whilst focusing on positive experiences.

As you think about each individual experience, you instinctively picture it in your mind as you say it and the creative energy then sends more of those experiences (similar to the vibration you are putting out) into your life.

This is essentially using the law of attraction to focus on and get what you want. Can I suggest you re-read the above paragraph, it the building block to getting whatever you really want in life 😊!

### **My gratitude awakening**

When I was younger, I like most people, took life for granted. As long as things generally went my way, I was happy.

Now, many years later, I'm very grateful indeed for everything on my life including every breath I take.

So, what changed?

In 2003 I was involved in a car accident which shook me up quite a bit. As I was recovering from the injuries, I noticed that I started listening to what people had to say.

Before the accident you could say I loved the sound of my own voice and rarely listened to others, during conversations I was effectively just waiting for them to shut up so I could talk again.

However, following the accident I found myself listening intently to others without interrupting or talking over them. My family would say things like "bloody hell, you're quiet, aren't you?" to which I would just smile.

### **What I noticed**

When I listened intently to people, I heard the usual jealousy, greed, anger, beauty, love and something I hadn't noticed before... 'bucket full's' of gratitude.' Quips like...

*"Gosh I've been lucky today"*

*"Bloody hell, you wouldn't believe it, the bus actually stopped for me when I was running for it"*

*"It's my lucky day, even the weather is behaving"*



*"It was great they kept an eye on our house when we went on holiday"*

*"Thanks for inviting me out, I've had a great night, cheers"*

*"Don't they do a great job to keep us all safe"*

*"Wow, they have sold me this great TV for £60 and its only 2 years old, I can't believe my luck"*

Now, can you see what I started observing?

Gratitude is expressed daily by most people without them realising it as It's unconscious gratitude (but still gratitude nevertheless which is good). What I'm encouraging you to do to is make conscious gratitude a fixed habit every single day.

### **Being grateful for 'negative' experiences**

It is very easy to get upset when something you perceive as negative happens.

However, if you can learn to change your perspective and actually express gratitude in these situations (because you know there's a gift in there somewhere), you will notice your life generally improves.

It's purely the law of attraction working in a positive way for you, rather than going into a lower vibration and attracting what's on that level, you are vibrating at a higher level to attract better experiences. It takes practise but your mindset is crucial.

### **My fantastic 'car breakdown' experience**

In the summer of 2018, I was driving to a video shoot to meet David when my car broke down. Fortunately, I managed to pull off to the side of the road and out of danger. I realised that I needed to call the breakdown services and cancel the video shoot, which I did.

As I'm well versed in the attitude of gratitude, I expressed my gratitude at being able to get the car into a safe place by the roadside and having a breakdown service dispatched to help me.

Next, I automatically looked at making the best of the situation. I had a book with me that I had just started so I picked it up and started reading it. I then had a wonderful 90 minutes sat in comfort reading a very engaging book on a beautiful summer's day.

Next the friendly breakdown service arrived, diagnosed the problem and took me home. I chatted with the guy for ages about what I do, and he wanted a numerology reading from me 😊.

All in all, I had a wonderful time reading a compelling book on a glorious day and picked up a bit of business in the bargain too. The car was quickly fixed by a local garage the next day. It turned into a very productive and relaxing afternoon and we did the video shoot another day instead.



## It's all in your mindset

The law of relativity states nothing is good or bad, big or small etc.... until you RELATE it to something else. In other words, it's merely your opinion.

Let me give you another example:

*David recently had 2 scheduled customers cancel appointments the day before they were due. Unbeknown to them, David was snowed under that week and was looking at ways (i.e. work longer days, work Saturday) to fit everything in. So, he was very happy and grateful that his schedule was unexpectedly eased, without having to do anything.*

He could have been negative and annoyed that the customers cancelled at short notice causing hassle and losing expected income, instead he was overjoyed and very grateful at how the universe had solved his scheduling issue for him 😊.

How you react to any situation is down to your mindset. Nothing is good or bad, it's only your thinking (opinion) that makes it so.

So, when something that is generally perceived as bad happens (let's say you lose your job), try saying/thinking like this;

*"Although I've just lost my job, I know it's for a very good reason and I just know I'll be delighted when it all plays out. I'm certain my dream job is now going to appear when its ready and I'm so grateful. I'm excited at just the thought of what the universe is going to give me instead and feel fantastic!"*

Just think about what you are broadcasting to the creative energy/universe if you express thoughts like that?

Of course, it takes practise and intellectual understanding of the process (which I'm giving you now) to do this but will make a profound difference to how you feel and what turns up in your life.

## Law of attraction gold (pay attention!)

The key is to focus on **what you want** and always (find a way to) **feel good** in any given situation, so you are vibrating good energy to the creative energy.

Practise turning everything that is perceived negative into a positive experience and watch your life enhance in beautiful ways 😊.

## The health benefits

When you feel genuinely grateful, your body relaxes, your blood pressure lowers (or stabilises if you have low blood pressure) your cortisone level reduces (that's the stress hormone) and your heart rate variability is boosted.

So, all in all, whilst gratitude is very beneficial to your emotional, mental and spiritual wellbeing it also beneficial to your physical wellbeing.



## Gratitude suggestion (every time you receive value)

Something that I've done for years now and suggest you do the same is thank the person who produced/wrote/broadcast anything of value that I've benefited or learned from.

This may be a book, a social media post or perhaps a you tube video.

If it's a book I own, I'll hand write a thank you note in the book. If it's a social media post or you tube video, I'll write a thank you note in the comments.

I recommend you getting into the habit of doing the same every time you engage with something created by someone else that you've enjoyed or benefitted in any way.

## Final words

The expression of genuine gratitude puts you in a good state of vibration with the universe and automatically puts you in a vibrational state to attract more good things into your life.

**I'm very grateful to you** for not only buying this package to improve your life, health and wellbeing but for making the effort to read this section. So, a sincere thank you to you, it's a WIN, WIN for us both 😊.

## Recommended habit action steps

- ✓ Have a gratitude session every morning when you wake and before you go to sleep, for everything about your day (it only takes a minute or two).
- ✓ Develop an attitude of gratitude for everything and say 'thank you' more.
- ✓ Write a list of the things you want in your life (you'll automatically visualise having them) and express gratitude for them every day.
- ✓ Practise turning perceived negative experiences in positive ones and expressing gratitude for the (gift) lesson.
- ✓ Always, always, always make sure you are **feeling good** when you do it.

## Habit No 11 ~ Regular Orgasm's

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

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

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



## It's simply about connecting

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

Not only will it give you immense natural pleasure as you know, I want you to regularly tap into and bathe in this energy, to enhance your health and wellbeing on many levels!

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

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

## Let's start with the basics.

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

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

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

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

## It is actually a doorway...

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

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

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

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

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



## **It is the elixir of life!**

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

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

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

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

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

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

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

## **There's a potential problem though for females!**

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

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

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

## **Its mostly in the mind for women**

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

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



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

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

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

### **Age, status or shape is not a barrier**

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

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

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

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

### **Would you like to look 7 years younger?**

You’ll love this (I hope)!

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

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

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

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

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

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





## Additional female advantage

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

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

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

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

## Discreet toys can help

My wife has a few sex toys and I often provide women with tips/advice around relationships and sexual pleasure, so I'm fairly well versed on the subject.

I also appreciate in busy households with lots of people around and thin internal walls, some women are nervous about using a sex toy.

So, here's a neat little trick...

There's a product called 'Hitachi Magic Wand' (from Ann Summers) which is a plug-in corded body massager which you can use to massage your body.

If anybody were to see it, it looks like a normal massager but doubles up as a very nice vibrator!

## 5 foods for better erections

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



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

### **Increasing the quality of your orgasm**

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

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

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

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

### **The Egyptian practise of 'ankhing' to utilise your powerful divine sexual energy**

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

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

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

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

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

### **The 7 'ankhing' steps**

Do whatever you need to bring yourself close to orgasm.

1. The moment you feel the sexual energy about to rise up your spine, take a very deep breath, filling your lungs about 90% full, then hold it.
2. Allow the sexual energy of the orgasm to come up your spine. But at the moment it reaches the fifth chakra (located just a couple of finger-widths above the sternum), with your willpower you must turn the flow of sexual energy 90 degrees out the back of the body.



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

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

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

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

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

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

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



## Recommendations & Reference

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

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

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

## Final words

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

Me and David have a friend who has 365 orgasms a year, it's part of her daily ritual, she doesn't start the day without one. In terms of her sexual health and well-being, she's most certainly got her 'ducks in a row!'

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

## Recommended habit action steps

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

## Bonus Habit ~ Magical Weight Management Device

*"This magical waistline regulator (£10 device) used with a bit of common-sense eating, is all you'll ever need to control your weight."*

This habit came about purely from my observations.

You may have already come across this magical device (revealed shortly) without realising it. But don't let its simplicity fool you, it works like a dream!

## First though, let's go back in time

I read a book a while ago called 'Gardening Through the Ages' which had photographs of gardeners from each decade throughout the 20<sup>th</sup> century.

What I observed was the gardeners and people in the background after 1980 looked to have a lot more body weight than all those in the pictures prior to 1980.



This got the cogs in my brain working overtime, so I started doing further research in other books with pictures spanning different decades and it became obvious that something had definitely changed from the 1980's onwards.

Of course, the rise of fast food and the vast choice of different foods available (some healthy, some not) also plays a big part in this.

### **Then...**

The penny dropped...the big contributing factor to this weight gain was staring me right in the face, in these pictures!

Elasticated waistbands became very popular around 1980!

The start of the obesity epidemic coincides with the widespread use of elastic waistbands!

The magical waistline regulator is a good old-fashioned belt!



### **Belts don't lie!**

In my view, elasticated waistbands are a major contributing factor to weight gain as you are simply unaware you are putting on weight.

I sincerely believe if we all went back to wearing normal belts, we would all be slimmer and healthier.

A belt keeps check of your waistline, you always know which hole/notch your belt is on.

If you need to move up a hole/notch as a little weight has crept on, you'll very quickly notice and adjust your eating habits accordingly. Within a few days or a week or two you would be back to the usual notch.

### **There's a psychological benefit too**

Every time you put your clothes on with a belt and you're still on the same hole/notch, you get a reminder that your waistline is still the same, which is good news 😊.

There's no nagging feeling that a few pounds have crept on, you're getting regular feedback about your waistline.

### **It's a cybernetic loop**

The process is known as a 'cybernetic loop' which is basically a feedback system to help you get what you desire.

Your thermostat controlled central heating system operates on the same principle. You set the thermostat temperature as required and if the sensor detects a drop below that temperature, it fires up the heating system to raise the temperature. Once it reaches the set temperature, it turns the heating system back off.



A belt as a cybernetic loop is quite appropriate as you loop it round your body to detect any unwanted weight gain and then react accordingly with adjusted eating and perhaps a bit of exercise until you're comfortably back to the usual hole/notch.

### **No fashion excuses**

You might not be in the habit of wearing belts. Perhaps you don't wear them for fashion reasons, I highly recommend you put your health priority above any fashion priorities 😊.

There are countless options and sizes for every style, type of clothing and season (I know, I've just googled it 😊).

It must be a fixed belt (i.e. not stretchable in any way) with a buckle and series of holes/notches. You know it makes sense!

### **Final words**

Not only does a belt keep a check on your waistline, it also gives you a regular psychological boost every time you put the clothes/belt on and you're still on the same hole/notch.

Putting on a few pounds now and again is just normal life, especially after a blowout/heavy weekend/holiday. This magical waistline regulator will soon have you back on track and prevent a big slow weight gain (that nobody wants) 😊.

### **Recommended habit action steps**

- i) Dig out all your belts and buy any extra you may need.
- ii) Start wearing them as much as possible.



## Habit No 12 ~ Optimising Your Diet

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

### Balanced diet

We obviously need to eat to fuel our body's and what we eat has a significant effect on our health. “You are what you eat” as the saying goes.

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

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

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

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

### Let's think in terms of fuel

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

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

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

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

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

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

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

### Live foods

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



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

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

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

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

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

### **Balance is the key**

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

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

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

### **Brain foods**

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

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

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

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

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

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





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

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

### **Alkaline diet (very important)**

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

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

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

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

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

### **Common acidic foods**

- Processed foods
- Refined Grains
- Meats
- Carbonated drinks (includes all energy drinks)
- Flavoured coffee (double whammy – caffeine & refined sugar)
- Artificial sweeteners
- Mechanically separated meats (gizzards, bowels, guts –treated with ammonia)

### **High alkaline foods**

- Lemons
- Watermelons, Mango, Papaya (rich in antioxidants)
- Asparagus (rich in amino acids)
- Cayenne Pepper (good for hormones)
- Grape, Banana, Berries (rich in antioxidants)
- Pineapple (rich in fibre, making you feel fuller)
- Fruit & Veg (pretty much all are high in alkaline)
- Apple Cider Vinegar (not really a food, good for adding to drinks like smoothies)



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

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

### **Always drink plenty of water**

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

Drinking normal water and gel foods (see habit 1) is great for your body's pH value. Also becoming dehydrated can lead to constipation as water is pulled from your bowels to critical areas like your brain, this causes your bowel to dry out and constipation ensues.

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

### **Book Recommendation**

[‘Foods That Harm, Foods That Heal’](#) Readers Digest

### **Final word**

Think like a caveman, if you can grow it or kill it, it is in harmonious vibration with your natural state. Do allow yourself a few treats and remember moderation and balance is the key 😊.

### **Recommended habit action steps**

- i) Do your own further research to fully understand the benefits of good nutrition and a balanced diet
- ii) Review your current shopping/dietary habits.
- iii) Look to add more live foods, brain foods and alkaline foods to your diet and make sure you've got a good balance. If it seems a big leap, just change a few things and do it gradually.

## **Habit No 13 ~ Nutritional Supplements**

*“A super powered dose of nature to supplement your diet.”*

A good balanced diet including plenty of the healthy foods discussed in habits 7 and 12 should give your body the majority of what it needs to function well and keep you healthy.



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

**Mineral Tissue Salts** ~ these support the general health and optimal function of the body by regulating muscular and cellular function, blood pressure, digestion, detoxification, nutrient absorption, and fluid balance. See links for more details.

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

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

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

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

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

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

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

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

**Avoid** or cut down as much as possible, diet carbonated drinks and artificial sweeteners. Both contain a substance called aspartame which is highly toxic. Instead of diet drinks, drink regular water if you can, perhaps add some fruit to flavour it. For sweeteners in hot drinks, try adding organic honey or Stevia.

## **Final words**

Nature has given us quite a few super-foods that are have multiple health benefits and are easy to obtain as most are available in the supermarket or health food shop. It would be wise to incorporate a few or all in your diet.



## Recommended habit action steps

- i) Starting with the links given, do your own further research as required.
- ii) Start to incorporate some of the recommended supplements into your diet as you see fit.
- iii) Experiment with them, perhaps try on/with different foods and establish your own routine/habit.

## Habit No 14 ~ Unconscious Exercise

*“This one’s a little gem with some (almost) effortless benefits 😊.”*

### It started with an experiment!

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

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



What happened next was totally unexpected.

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

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

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

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

### Free workout

I came to realise this was a simple way to get a free lower body workout and burn a few calories for pretty much zero effort!

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

Then they’ll have a light workout whilst reading or watching TV without paying much attention as its pretty much all done sub-consciously!



## Brain studies

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

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

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

## Your living room

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

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

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

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

## Fidgeting study

It gets better!

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

Would fidgeting protect their longevity?

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

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

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

## Study reference

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



## Useful link

Of course, there are multiple other benefits to using an exercise ball, see: [The benefits of an exercise ball](#)

## Final words

A very simple way to get an almost effortless workout as you don't even have to think about it, just put your feet on it. You can get a decent ball for around £10.00 and you're away 😊!

## Recommended habit action steps

- i) Do your own further research to look at the benefits of using an exercise ball.
- ii) If it resonates with you, go and buy one.
- iii) Put it somewhere (living room, office) where you can use it every day whilst sitting.
- iv) If you use it for other exercise/workouts, even better 😊.

## Habit No 15 ~ Circadian Rhythm Synchronising

*"When you sync your general routine with your circadian rhythm, you'll feel much more energised and productive!"*

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

### What is a circadian rhythm?

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

In a nutshell, your body is in tune with mother nature and the planets & stars (hence astrology affects us all), which as you know, all move in cycles.

This is why we sleep at night and are awake during the day.

### Body clocks

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



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

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

Our gut function is perfectly normal. We have a healthy hunger and a clear mind. In the afternoon we have a good amount of energy and in the evening, we are tired enough to go to sleep easily.

### **The science behind it**

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

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

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

### **My routine (working in tune with my circadian rhythm)**

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

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

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

### **Modern day bad habits**

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

- You have an eating window (time between first & last meal each day) bigger than 12 hours.
- You eat after 9pm.
- You are looking at screens emitting blue light (phone, tablet, laptop) after 9pm.
- Regularly going to bed very late.

Now, let's now look what happens with these bad habits;



**Eating** ~ If you have an eating window of more than 12 hours or eat after 9pm, you wake up thousands of cells and genes that have to go to work to help you digest the food.

This in turn will make it harder for you to get to sleep as you've stimulated parts of your body, that now have a job to do.

**Blue light devices** ~ the blue light emitted by your devices stimulate parts of your brain the same way daylight does. This gives you a cortisol spike which wakes up many of your body clocks and causes sleep problems. Cortisol spikes in-turn lead to weight gain (as it stimulates hunger)!

As previously recommended in habit 5 (quality sleep), **don't** take your device in the bedroom when you go to bed.

**Going to bed late** ~ as also mentioned in habit 5, the sweet spot for quality sleep is between 10pm – 2am. This is in tune with your circadian rhythm which wants you in a nice relaxed state ready to fall asleep easily when your head hits the pillow.

## Weight loss

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

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

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

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

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

## Obesity

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

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

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

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





## Good circadian practises

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

5 key daily actions;

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

**Want an occasional blowout?** Just go ahead, there'll be occasions when you're at a party or having a celebration and you don't want to be the boring one 😊. So have fun in moderation and just get back to the routine the day after.

## Recommended book

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

## Final word

The above book recommendation title, says it all, **lose weight, supercharge your energy and sleep well every night!** It's a natural energising rhythm and you just need to tweak your routine a little, to start getting the benefits 😊.

## Recommended habit action steps

- i) Do any further research as you feel is appropriate.
- ii) Take a good look at your current routine around eating, sleeping and using devices.
- iii) Make a commitment and start practising a new routine in line with the 5 key daily actions (if the adjustments seem huge, start with smaller steps and increase gradually).
- iv) Experiment with the key daily actions to find what works best for you.



## Habit No 16 ~ Nurturing Social Connections

*“We are profoundly social creatures with a deep need to reach out and connect!”*

Back in 2016 I came across a post of Facebook, it was a post with many energies attached. It simply said SOCIAL NEEDIA

This post hit me like a bullet between my eyes!

It highlighted to me our very strong human need to be social even when we're on our own.

### **It's a big deal**

You are reading this because your ancestors chose to be social 😊!

Research reveals that our need to connect with other people is even more fundamental than our need for food and shelter.

It also shows that our brains respond to social pain and pleasure just as powerfully as physical pain and pleasure, such is the desire and need to fit in.

Just let that sink in!

Being connected is very important for our emotional and mental well-being.

### **Social career**

Did you know that after leaving University following your final year, can have the same detrimental effect on you, as losing a close friend?

This is due to the number of social circles that are either wiped out or will never be the same again after your final day, when you move on.

The psychological result is that in the future, graduates reflect on their Uni days with many love and happy thoughts because of the amazing social element they attach to their memories of it.

Leaving the armed forces has a very similar effect. In fact, leaving any career/job where you've established friendships will create this effect.

We tend to think of the word 'social' as fun time, going out with friends and family etc and doing relaxing or pleasurable things. However, it's pretty evident that social interaction happens everywhere, anytime we connect with fellow humans.



## **Social empathy**

Feeling others pain when a sad or traumatic event happens is very natural. You can feel empathy towards another person (through social media) even if they are thousands of miles away and you've never met them. This is social empathy as we're all hard wired to connect and feel each other's joy and pain.

On a physical level we have some very powerful painkillers such as the synthetic opiate Morphine, however Morphine cannot take away social pain such as a broken heart.

Only social interaction can heal social pain!

When anyone is feeling left out, this is a social pain that scientists have linked to pain similar to that of drug withdrawal!

## **The deep need for social acceptance**

It is proven when children are being bullied the child's grades start to go down when they feel social isolation.

Also, in any team environment, the better the social interaction between members, the better the team tends to perform.

All good coaches/managers know this and place a high value on social bonding within team environments.

When we go to a party or event alone, pretty much everyone is hoping that they'll quickly get chatting and feel comfortable and accepted. When we do, we naturally feel good.

Our togetherness sets us apart from the animal kingdom. Although some animals and insects have social interactions, the human race is by far the most interconnected of all.

## **Social power**

Social power is seen worldwide from fans of every sport.

It doesn't matter what your creed, colour, race, age or gender is, when you are with fellow fans of your team, you're immediately accepted.

You are one of them and you feel it as you go through all the ups and downs of games together. The highs feel wonderful as you're all focusing on the same thing (google maharishi effect) which magnifies the good feeling.

From groups and common interest sites on social media to local clubs, groups and organisations in the real world, we love to interact with like-minded people who share our interests.

We love and crave to belong 😊.



Social power can also help to fight crime by spreading messages quickly across social networks.

### **We are social bunnies**

- 🐰 We love to think what others are thinking.
- 🐰 We love to be close to others.
- 🐰 We love helping out, when motivated.
- 🐰 We love watching out for others.
- 🐰 We love finding out
- 🐰 We love sharing news
- 🐰 We love caring
- 🐰 We love embracing

We are social animals and have a DEEP INNATE NEED to connect!

### **Recommended book**

[‘Social ~ Why Our Brains are Wired to Connect’](#), Matthew D. Lieberman

### **Final word**

The need to belong and be accepted has a major impact on our mental and emotional well-being. Just making the effort to say hello (real or virtual world) and being social, makes you (and usually the other person) feel good 😊.

### **Recommended habit action steps**

- i) Do any further research that you feel is appropriate.
- ii) Make an effort every day to engage with friends and even strangers (virtual & real world). Just to say hello and connect.
- iii) Look for opportunities to give someone a genuine compliment, you’ll both feel good 😊.



## Habit No 17 ~ Living in Harmony with Your Highest Values

*“If you live aligned and congruent with your highest values, you get the most out of life and the most fulfilment!”* Dr John DeMartini

### The key to an inspired and fulfilling life

You are not going to have an inspired and fulfilled life unless you fill your day with inspiring actions and that means structuring your life and living according to your **highest values**.

This section is all about restructuring your life to fulfil your highest values.

### There are 3 stages

This habit is ultimately about stage 3 (monitoring actions) but stages 1 and 2 are critical precursors to helping you establish and adjust your life in accordance with your highest values.

The 3 stages are as follows;

Stage 1 ~ is **determining** your values

Stage 2 ~ is **aligning** your values with your actions

Stage 3 ~ is **monitoring** your actions

### What is a value?

Simply put, it is whatever matters a lot to you.

There will be certain thing in your life that you value highly and other things that have a low value to you.

Your life at any given point is a reflection of your values. Now, that may be a good thing if you're in alignment or it might indicate that you need to re-align them, if you don't like what you see!

Only you will know.

Values are very personal; you see the world differently to everybody else and understanding your values will help you understand why you do what you do.

### Key differentiator

High value ~ If you have a high value on something, you don't need motivating to do it or take care of it.



E.g. Let's say you have young children, you don't need motivating to take care of them.

Low value ~ If you have a low value on something, you'll likely put it off or get round to it eventually (but only if you have to).

E.g. If you have a low value on gardening, you'll probably make a token effort to every so often or pay someone else to do it.

## Hierarchy of values

We all have a hierarchy of values whether we are aware of it or not. The higher on the list, the more value we place on it.

Examples;

If you value watching TV more than housework, you're likely to enjoy your downtime but probably live in an untidy house some of the time.

If you value having the latest fashion item more than saving & investing, you'll look great but you're unlikely to have much money left at the end of the month and little in savings.

If you value socialising and eating out more than exercising, you're likely to have a great social life but maybe not got the body you desire.

If you value spending time with your kids more than working on your business, you'll likely to have a wonderful family life but the business never really takes off.

**Important** ~ there is no right or wrong value, it is only about what matters most to you, so you can focus on doing the things that are most enjoyable, inspiring, and fulfilling.

So, let's figure out what matters most to you.

## Stage 1 – Determining your values (13 questions)

The following 13 carefully crafted questions will help you determine what your highest values are (N.b. we've also put this exercise at the end of the guidebook).

*Reference: these questions are taken from the website of Dr John DeMartini (we've put the link is at the end of this section if you want to do it online).*

### 1. How do you fill your space?

Look carefully at 3 items that fill your personal or professional space. What 3 items do you see.... Do you see certificates, awards, art, paintings, crafts. Do you have business magazines, fashion magazines? Books? Pictures of family, you, friends? Write down concise answers of what 3 things fill your space?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_



## 2. How do you spend your time?

Look carefully and accurately at how you spend your time. What 3 things do you spend most of your time on.... With your waking hours, do you spend 9 hours working? 3 hours socialising? 3 hours with your children? 2 hours studying? 2 watching TV etc. Write down concise answers of what 3 things you spend the most time doing?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

## 3. How do you spend your energy and what energises you most?

You will always have energy for things that inspire you and that are high on your values list. Have a look at where you feel most enthused in your day to day activity.... Is it being of service at work? Is it solving problems and helping people? Is it socialising? Shopping? Is it cooking for loved ones? Is it working out? What are the 3 actions you love to spend your energy on, that energise you?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

## 4. How do you spend your money (most important things)?

You'll always spend money on things you truly value or are highly important. What are the most important things you spend money on.... Is it your home and security? Is it clothes & appearance? Is it your business and its development? Is it social activities & entertainment? Is it education? What are the 3 most important and consistent things you spend money on?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

## 5. Where are you most organised?

You will spend time organising things that are most important to you. So, in what areas of your life do you have the most order and organisation.... Do you have an organised social calendar? Do you have an organised set of finances? Do you have an organised workout schedule? Do you have an organised eating regime? Which 3 areas of your life stand out as the most organised?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

## 6. Where are you the most reliable & disciplined?

If something is important to you, you'll be dedicated to doing it without the need to be motivated. What are the 3 things you are most disciplined & focused on doing.... Is it your studies? Is it your workout routine? Is it your appearance? Is it your business activities? Is it your dietary & eating regime? Is it your family attention? What 3 things are you most disciplined, reliable and focused on?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_



### 7. What do you inwardly think about most?

Your mind will repeatedly focus on the things that mean something to you, related to your highest values. What are the dominant things you inwardly focus on.... Is it an ideal family environment? Is it having/building your dream business? Is it having a fantastic social circle and great social life? Is it falling in love with your dream partner? What 3 things do you focus on the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 8. What do you visualise and realise most?

What do you visualise most about that you would love your life to be like, that is gradually showing fruits and coming into your reality.... Is it the family lifestyle you dream about? Is it travelling the world? Is it becoming the leader in your field of expertise? Is it socialising with great people? Is it continually expanding your knowledge & wisdom? What 3 things do you visualise the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 9. What do you internally dialogue with yourself most about?

What are the things you internally dialogue with yourself that are most meaningful to you. What do you keep talking to yourself most about that you desire to come true and are gradually coming true... What are the 3 conversations you talk to yourself most about that are slowly but surely coming true?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 10. What do you talk about the most in social settings?

Everybody wants to talk about things that are important to them. What are the subjects that you want to bring up in yours or others conversation, that nobody has to remind you about. You become alive and an extrovert when the conversation turns to something that is important to you... So, what are the 3 things you always want to talk about in conversations?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 11. What inspires you or are you inspired by most?

What is common to all those things, insights, individuals, experiences and events that have repeatedly inspired you.... Is it great moments of your own? Is it great moments of other individuals? Is it when someone conquers an amazing challenge? Is it when you achieved an amazing goal? Is it when you hear an amazing song or a moving piece of music? So, what 3 things inspire you the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_





## 12. What are your most consistent long-term goals?

You are most willing to stretch yourself and act towards goals that have the most meaning to you.... So, what are the 3 most consistent long-term goals that you have persisted working on that have stood the test of time?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

## 13. What do you love learning, reading or studying about the most?

You'll always have time and energy for topics that inspire you....What topics do you find yourself thinking or talking about the most? When you enter a bookstore, what sections do you make a beeline for? Which sections of the newspaper do you turn to first? What type of TV documentaries are you drawn to?.... So, what 3 topics are the most meaningful to you?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

**Hopefully** you now have 39 answers (values) if you managed to find 3 for each question.

Now I want you to look at all your values and group them together, as you'll notice that many values (something you value highly) appear multiple times.

If you have a set of coloured pens, highlight all the multiple values in a specific colour or alternatively, write a number against them so you can collate all the data (repeating values only) into a table as follows;

Top 10 Values Example	
1	Vibrant health & being in great shape
2	Spending quality time with my family
3	Building a successful part-time business
4	Financial security
5	Developing my spirituality
6	Travelling to new places
7	Socialising with friends
8	Watching and playing sport
9	Meditating and walks in nature
10	Starting a community project
11 +	

Using the blank list or the copy at the end of the guidebook, go ahead and compile your table, starting with the highest value (the value that appeared most) and then the 2<sup>nd</sup> highest value and so on;



Your Top 10+ Values	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

You have now determined your values, the top few specifically are what you value the most in your life.

This is very important information, as you'll know from doing the exercise, these are the values that excite you, inspire you and energise you that you don't need motivating to do or engage with.

So, what we are going to do is align and prioritise your life around them!

### Stage 2 - Aligning your values

You already know that your highest values are what give you the most joy, fulfilment, excitement, motivation, and purpose in your life.

So, it makes absolute sense to gradually align and mould your life around them to bring them into your reality as much as possible.

How do you do it? Glad you asked 😊

Let's take the top 3 from the example;

1	Vibrant health & being in great shape
2	Spending quality time with my family
3	Building a successful part-time business

Because these 3 things are so meaningful to you, we need to adjust your schedule to allow them to happen because you know **how wonderful and energised you'll be when you're living in alignment with your highest values** 😊.

You essentially build the related actions into your routine, so you start to live a life with purpose and fulfilment, based around your highest values.

Here's how...



## The practically (top 3 examples)

For No 1 (Vibrant health) ~ you could spend 1 hour every single day following all the habits in this pack, say 30 minutes in the morning and 30 minutes in the evening. Every habit raises your vibration a little each time you do it, your mind, body and soul is uplifted, and you feel better every day and very good about yourself.

For No 2 (Time with family) ~ you decree that between the hours of 4pm – 7pm every day is 100% devoted to family time which includes sitting down to a family meal. Every Sunday is family day where the whole family goes out and does an activity. You feel wonderful as you are spending quality time with your loving family every single day.

For No 3 (Building a part-time business) ~ let's say you are inspired to build a small business that can be developed into a bigger business and lead to financial security. You devote 2 hours every day to working on and building this business. You feel good as you are following your heart and your inspiration and building something meaningful that you believe in.

With all 3 examples, its about small actions steps continually worked on daily, to move you in the direction you are already motivated to go.

## Leveraging your time

Let's say you spend 2 hours a week doing the gardening or the washing/ironing but if you worked on your business instead for those 2 hours, you could provide a service that would bring £60.

The gardening/washing still needs doing but you find a local business that will take care of it for say £30.

You now get the chore done that you aren't particularly motivated to do and you get to do the action that is high on your value list and you make money 😊.

This is called leveraging where you delegate (outsource) the things you don't particularly want to do so you can focus on the things that are high on your values list and bring you joy and fulfilment!

If you aren't in a financial position to outsource, just do a little bit each day on your highest values, 30 mins or an hour daily and build up the momentum. Just like all the habits, baby steps accumulate a lot quicker than you imagine.

Piggy banks become Biggy banks!

You would not believe how long it took to put this 22-habit plan together in total (research, writing, filming, editing etc) but it was achieved in this manner, the habit of working on it every day.

**You are restructuring your life to fulfil your highest values 😊.**



### Stage 3 ~ Your 8 health needs (buckets)

This is the daily habit, but I'll come back to that shortly.

The illustration below is our own model which shows the 8 key health areas we all need to pay attention to.

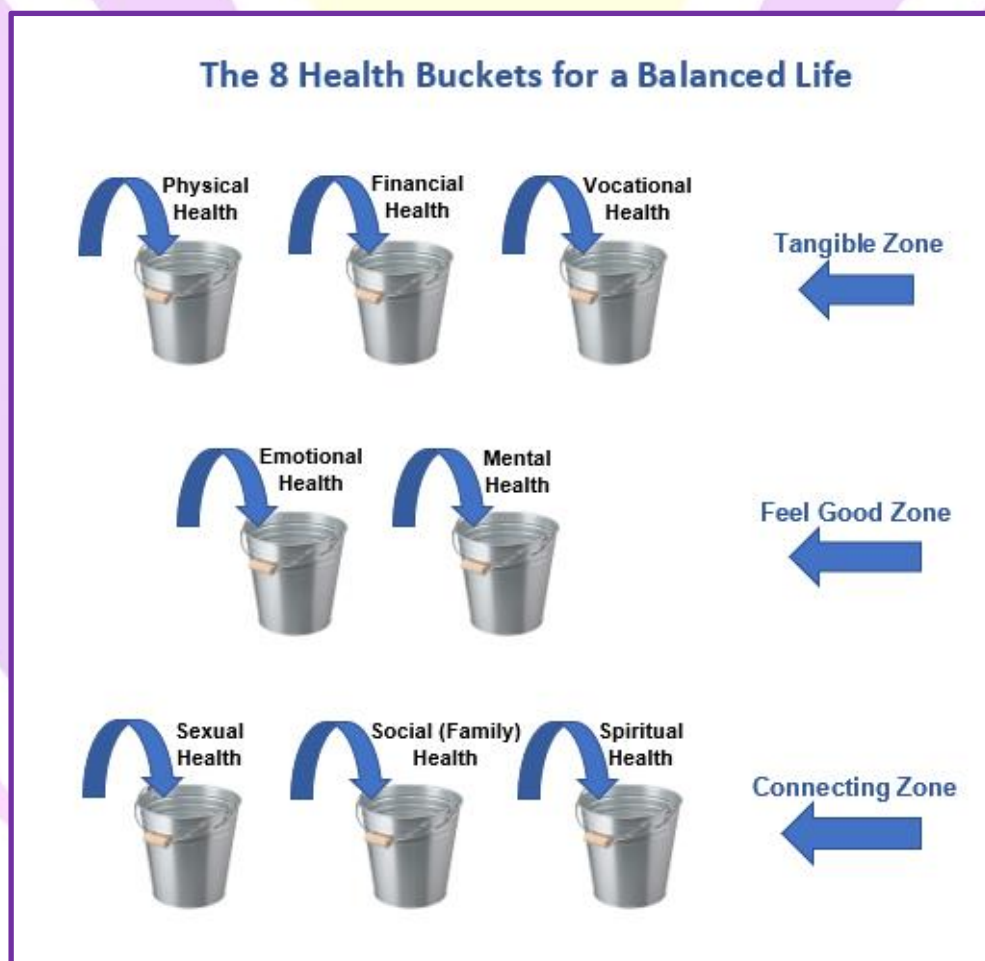
We've identified these 8 areas as essential pieces of a jigsaw that you need to continually nurture and balance for the complete health and well-being of your mind, body & spirit.

### Analogy

We use the analogy of 8 individual buckets to represent the 8 key health areas.

Each bucket holds everything specific to that health area and whatever you put in each bucket (related actions, thoughts) affects your health in that area.

We want you to also imagine that each bucket also has a soakaway bottom which means you've got to continually put in positive inputs to keep that section healthy.



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

1. **Physical health** ~ the most obvious one, a lot of the habits (1 – 15) in this plan will help you take very good care of this.
2. **Financial health** ~ we only touch on this one (financial management) in our coaching programme and not within this plan. 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** ~ very important indeed, this is your occupation and/or passion you follow (related to your highest values). This also has a strong connection to your spiritual health as if you are doing what inspires you in accordance with your highest values, that is your spiritual path.

It is important that what you do as your vocation (could be main job or secondary business) 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 do (if you've really understood this habit so far, you will instinctively know this is an absolute must for your emotional well-being) 😊. This habit, particularly stage 1 ~ the value determination, will help you, take your time and get it right.

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

4. **Emotional Health** ~ this is the most important bucket of the 8. Doing the 22 habits and nurturing the other 7 buckets (all interrelated as you'll see in the accompanying video) will automatically enhance your emotional health. Habits 17, 18, 19, 20, 21, 22 and the Law of Attraction bonus (LOA) are specifically designed to build your emotional (& mental) health. You'll know when it's working well, as you will automatically feel very good 😊.
5. **Mental health** ~ this is the second most important bucket. When your mental health (how you internally view yourself) is good, your emotional health will naturally benefit to. Similar to emotional health above, habits 18, 19, 20, 21, 22 and the LOA bonus are all designed to help you really build up your self-image and confidence and make you feel good about yourself.

When your emotional and mental health are in great shape, everything else will fall into place much more easily (watch bonus LOA bonus video to fully understand).



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

6. **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 if you are in a relationship or not), habit 11 will take care of this.
7. **Social/Family health** ~ We all have a deep human need to feel wanted and accepted by other humans. Having a social circle of good friends and close family connections is important for your mental and emotional well-being and it's important to regularly connect and nourish these relationships. Habit 16 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 for your spiritual health (habits 9 & 10 will help with this).

**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.

### The daily habit

Finally 😊!

You now know your highest values (from stage 1) and what you need to do to align your life (stage 2) in accordance with them.

You also know the 8 key health areas that need continually nurturing.

The daily habit is to look at the 8 areas every single day and ask the question "**did I nurture my (insert all buckets in turn) health today?**"

This gets you to continually focus on all 8 areas as you are looking to make incremental improvements in all 8 areas to lead a really fulfilling and meaningful existence.

If it's say, your financial health, you may only need to look at it once a week or once a month, it's what suits you. For other things such as physical health, emotional health & mental health, you need to be working on them every single day.

By going through all 8 every single day, nothing gets neglected as you are always mindful of how they stand. This will also help you plan things as you know what you need to work on



## References

The [Determine Your Values Exercise](#) (Stage 1) is taken from the website of Dr John Demartini. You can get the fuller version there and a graphical analysis

## Recommended book

[‘The Breakthrough Experience ~ A Revolutionary Approach to Personal Transformation’](#) Dr John F Demartini

## Final words

Structure your life to fulfil your highest values and you’ll live with purpose, inspiration and joy 😊!

## Recommended habit action steps

- i) Carry out any further research you feel necessary.
- ii) One off ~ Put some time aside to go through the Determining Your Values exercise (stage 1). It is recommended that you periodically revisit this exercise. Take your time.
- iii) One off ~ Put some time aside to go through the Aligning Your Values exercise (stage 2) and make the necessary adjustments. Take as long as you need, it’s important to get this right.
- iv) Daily ~ Scan through all 8 of your emotional buckets and check you are nurturing each one and make plans as appropriate.
- v) (Recommended) Use a journal or tracking system to keep a log of everything so you can revisit and readjust as necessary to make sure your values are aligned, and your 8 buckets are continually being nurtured.

## Habit No 18 ~ Feel Good Now

*“This is your **number one goal** at all times!”*

Just to clarify, this one is about naturally feeling good (not chemically induced 😊).

*IMPORTANT: Your ultimate goal is to always **feel good now** or feel better. This is where the real magic happens (also see the Law of Attraction bonus habit for the expanded version).*

This habit is about continually raising your vibration to a level where you sing in the shower, dance around the house and feel great on a normal day!

Would you like that?



It's not that hard, we're going to clean out the crap (programming), give you lots of tools to make you feel good now and then help you turn it into a habit, to the point it happens naturally.

## **Rewiring the brain**

Modern life generally programmes us to fear things and focus on what detrimentally could happen.

Just look at the news, its around 90% bad news that creates unfounded fear and anxiety, getting huge numbers of people to focus on the negative aspect.

The influence goes even deeper as everyone then discusses it, adding more energy and creating more negativity.

Most people are carrying a negative ball of energy without realising it, this effects their vibration and how they go through the world.

What we are going to do it rewire your brain by turning that negative ball into a positive ball of energy.

It's simple, we do lots of small simple tasks that make us feel good and keep doing them until it becomes a desirable habit.

Not only do we feel good doing them (and that's the aim), we incrementally rewire the brain to feel good as our default state.

## **A bit of neuroscience (simplified)**

This is how all habits work...

We all have billions of neurons in the brain and every single action we take, sends impulses through a set of neurons.

The more that we do a singular action, the stronger the impulse and the stronger that set of corresponding neurons become.

Imagine a single strand of cotton fixed between 2 points, it isn't very strong on its own and could easily be broken.

If we add another strand, the combined strength is a little harder to break.

Now if we add dozens and dozens of strands and keep adding them one at a time, these little thin strands combined, eventually turn into a rope that is extremely hard to break.

This is why habits become subconscious after a period of time (science says 66 days to become fixed) as the neural pathways become so strong and hard to break.





When you get to this point, you don't have to think about if you should do it or not. You subconsciously/instinctively want to do it, just like getting dressed in the morning or brushing your teeth.

With this feel good habit, we are going to rewire your neural pathways to override any negative energy and install feel good emotions.

### **Your in-built guidance system**

You have an incredible guidance system in your body which tells you how you are doing at any point.

It tells you when things are not right with your body.

It tells you when you are cold, when you are too hot, when you are happy, when you are sad and so on.

It constantly tells you if you are on track or not, with where you want to be, if you pay attention to it.

Have you guessed what it is?

It is **your emotions** of course, they are your internal guidance system.

We'll refer to it as your **emotional guidance system** (EGS) and its very important to work in harmony with it, if you want to feel happy, pretty much all the time (which is just a habit) and ultimately achieve what you truly desire.

The bonus habit (law of attraction) is linked very closely to this habit as using your emotions in the right way, is the key to living a life of fulfilment, joy and happiness.

### **Emotional vibrations**

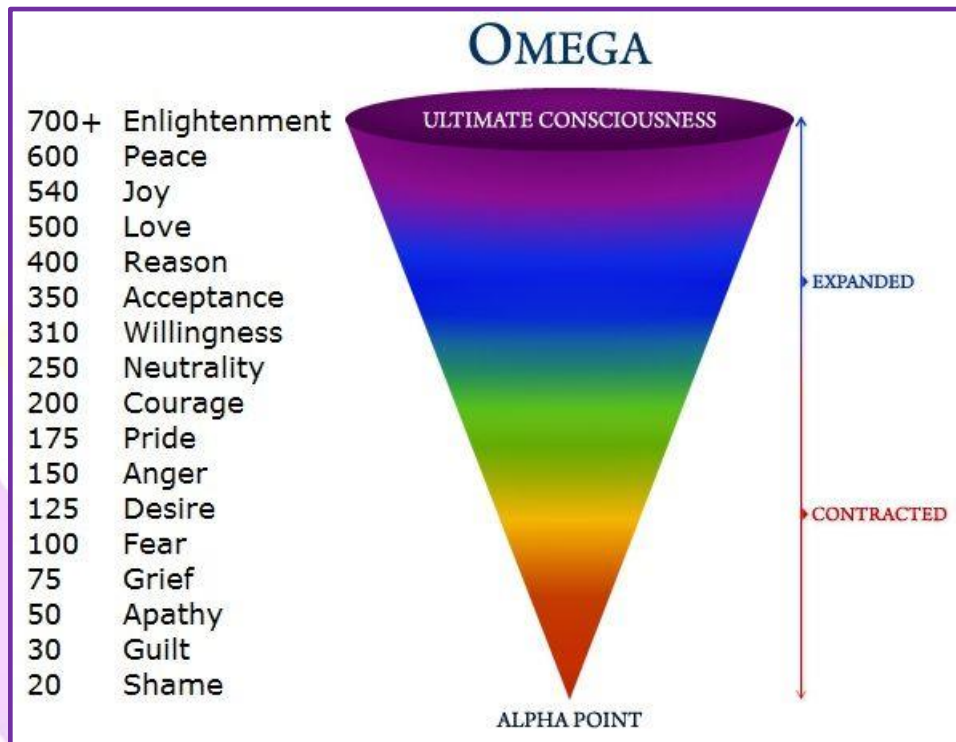
Emotions, like everything else in the universe are just energy that have a vibrational frequency.

Different emotions have different frequencies, e.g. happiness and joy have a much higher frequency than sadness and depression.

The higher the frequency, the better you feel.

On the next page is a basic chart to show you the general range of human emotions;





You can see from the chart that love, joy and peace are at the higher vibrational end and as we all know, feel really good.

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

***Important distinction...***

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

However, underlying all this, we each have an average vibration somewhere between 0 – 1,000. The general consensus that (not sure how it is worked out) is the average person across the planet is around 175 – 200 on the chart.

Instead of using 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).

***Key note:***

You cannot make big leaps in emotional vibrations, e.g. you cannot just go from anger to love very quickly. You have to move incrementally upwards by continually raising your vibration, slowly but surely.



Hence, it's about creating the habit and continually working on it.

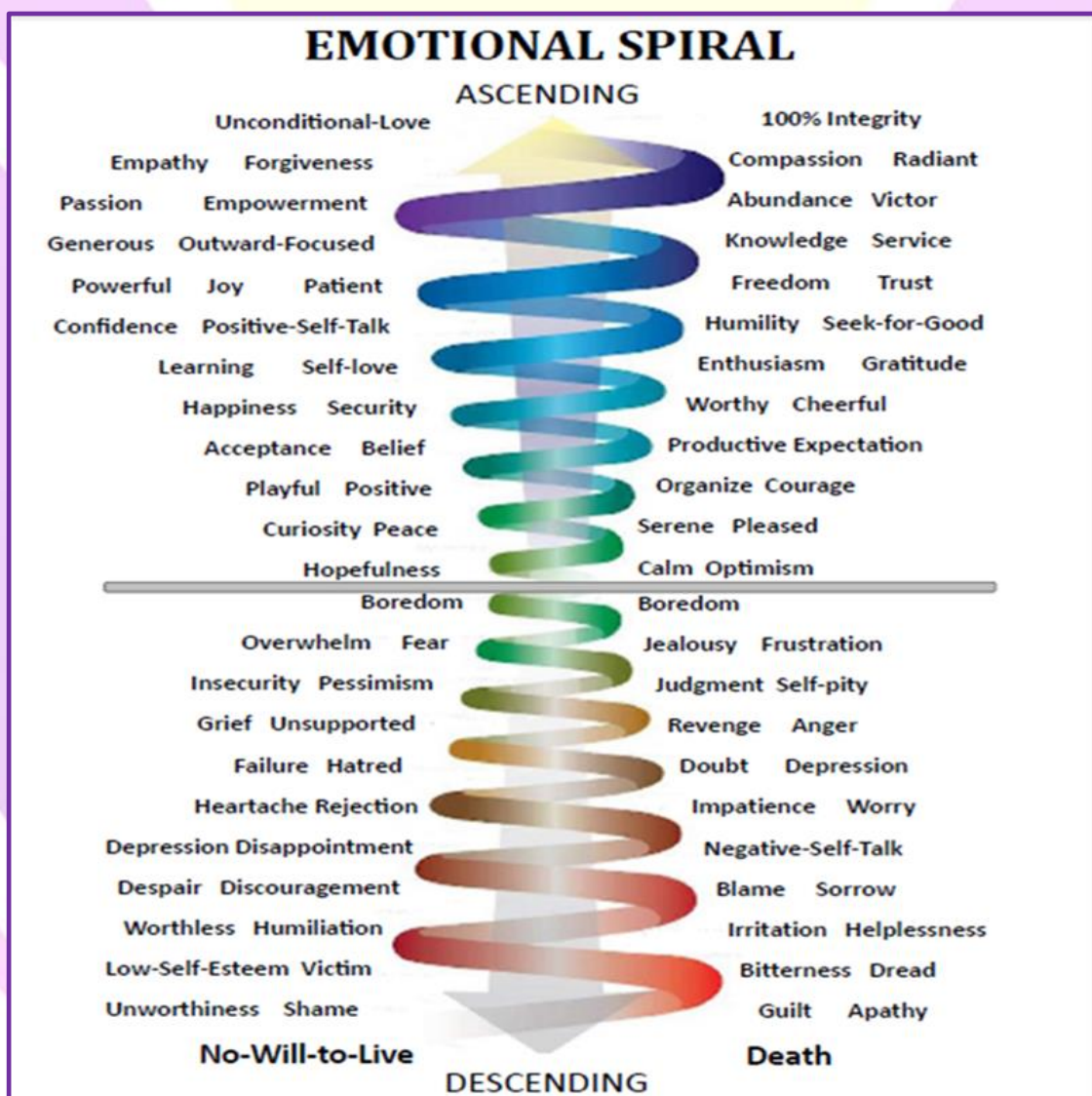
### So, how do you raise your resting vibration?

I'm sure you're already ahead of me!

You simply do the activities (continually) that raise your vibration.

Me and David call this **GOING UP THE SPIRAL**. The chart below shows a spiral of activities that either raise (top half) or lower (bottom half) your vibration.

What you need to do is focus on the top half activities, so you are continually going up the spiral.



### Practical activities

Remember we're building neural pathways in the brain around the activities that raise our vibration and make us feel good.



It is very hard to feel good if your body isn't feeling good, hence why the first 15 habits are based around enhancing your physical health and well-being.

And then, the final 7 habits are all based more around mental and emotional well-being to build on this with the aim of making you feel absolutely wonderful 😊!

We are good to you 😊!

So, let's get practical, in addition to the top half of the emotional spiral chart, here is a list of recommended activities to raise your vibration;

- ✓ Eating good food (habits 7, 12, 13)
- ✓ Getting out in the sun and go for a walk in nature (habit 8)
- ✓ Laugh regularly, many times a day (habit 6)
- ✓ Any exercise you enjoy, you'll feel better (habits 8 & 14)
- ✓ Have an orgasm or two (habit 11)
- ✓ Let go with Ho'oponopono (habit 22)
- ✓ Meditate (habit 9)
- ✓ Play uplifting music
- ✓ Do some cooking
- ✓ Dance to the music you play
- ✓ Play with your pets
- ✓ Do some gardening (you're connecting with nature)
- ✓ Rebounding (mini trampoline) it stimulates all the cells in your body
- ✓ Dream building, create a vision book or board of all the things that inspire you
- ✓ Have a massage, sauna or other enjoyable treatment
- ✓ Hug someone/everyone 😊
- ✓ Something creative ~ craft work, woodwork, pottery.
- ✓ Visit nice local places that inspire you
- ✓ Meet with friends (who uplift you) for coffee



- ✓ Give lots of gratitude (habit 10)

### Emotional freedom tool

If you are really struggling, let's say you suffer from depression and can't even bring yourself to do any of the practical list, here's a great tool.

It is known as the **Emotional Freedom Technique (EFT)** or Tapping.

Founded by Gary Craig, it integrates the Chinese meridian system into the therapy process by simply tapping on certain meridian points with your fingertips. It has the power to change how you feel in minutes, brilliant tool.

This [4-minute video](#) with Jessica Ortner will show you how easy it is to use.

You can also download Gary Craig's free ebook: [The Unseen Therapist](#)

### Final word

Your number one goal at all times **feel good now** or feel even better. All the real magic happens in your life when you are feeling really good 😊!

Practise doing lots of things every day that make you feel good to incrementally raise your vibration. Over time, you'll gradually rewire your brain to automatically feel good.

### Recommended habit action steps

- i) Print off the 2 illustrations and place somewhere to give you a daily reminder.
- ii) Continually focus on going up the spiral
- iii) Do enjoyable activities that make you feel really good.
- iv) Smile and laugh all day long, because you can 😊!

## Habit No 19 ~ Taking 100% Responsibility

*"You are **100% responsible** for everything in your life, with **NO exceptions!**"*

This one is the key to mental liberation!

This simple but powerful truth and subsequent habit is the cornerstone of inner strength and the basis to do anything you want.

Are you ready?



## The Law of Attraction

You may want to come back to read this section again after you've read the law of attraction bonus habit section and watched the accompanying video.

The reason being, it shows you in more detail about how the law of attraction works, but more importantly, it explains the fundamental truth which is;

**'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 (you are continually transmitting a vibration whether you know it or not), 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 whole plan is designed 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), there is only one way to go .

## 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 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.

👍 Anyone who takes 100% responsibility for everything, **has all the power!**

The choice is victim power or personal power!

N.b. If you've created circumstances you don't like and accept 100% responsibility for them knowing you've created it, you also know you can create better circumstances using the same law (everything you need to know is contained in this plan, cos we love you ❤️ 😊).

## True leaders take responsibility

We all admire and respect anyone who can hold their hand up and say, "Yes, it's my fault" or "I'll 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.

As soon as responsibility is accepted, it brings **closure** to that incident/event and things can move forward.

You've generally then got other tasks to perform to resolve whatever it is but there's no guilt or inner conflict, you have a clear conscience and can move forward with clarity.

The best bit, nobody can really argue with someone who accepts 100% responsibility as there's basically nothing to argue about.

### **Add some humour**

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. Not easy but very powerful and liberating when you do it.

This takes the sting (negative energy) out of it and makes dealing with the situation far easier.

### **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 and will give you an inner strength and self-respect.

### **Recommended habit action steps**

- i) Do any further research you feel necessary.
- ii) Take 100% responsibility for everything you ever do/create.
- iii) Ask yourself at the end of every day, "did I take 100% responsibility for everything I did today?"



## Habit No 20 ~ Emotional Balance

*“Emotional balance is the ability of the mind and body to maintain equilibrium and flexibility in the face of challenge and change!”*

Emotions are quite simply the physical reaction within the body (feelings) to the thoughts in our head.

What happens next, depends on the individual's level of emotional control (balance).

Remaining calm and in control whilst experiencing emotions, is beautiful trait and very good for your inner peace and harmony 😊.

### How it works

Our minds automatically make an association between thoughts and corresponding feelings (emotions), which makes us act in a certain way.

A positive association between a thought and its corresponding feeling is desirable and encouraged, as it makes us feel good 😊.

Its only really the negative association between a thought and an automatic negative (unwanted) feeling that needs to be controlled, otherwise it can have a big impact on our happiness and general state of being.

The extreme end of the spectrum for example is anger management issues, where something triggers a major emotional outburst.

As you'll know from habit 18, your general goal at all times is to feel good now or feel better now and when you master it (so that it becomes habitual), your life will be filled with a lot more joy, love and bliss 😊.

However, negative emotions are still part of life, it is how you deal with them that is important.

### Dealing with negative emotions

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. All suppressing does is store them ready to come out a later time, just waiting for the right trigger.





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 reacting to it.

Also ~ regular practise of the laughter habit (No 6), meditation habit (No 9) and the mental/emotional health related habits (18, 19, 21 & 22) will all naturally enhance your ability to remain emotionally balanced.

### **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, e.g. **“I’m a little angry about that...”** without becoming the emotion.

You may want to use the optimal breathing technique (habit 4) to reach a relaxed meditative 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 as quickly as possible, as that is where all the good stuff is 😊.



## Practise the habit

Sometimes it will take a lot of effort to remain balanced if the emotional reaction 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, instead send them a 'like' or 'love-heart' and show respect instead.

**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.

With practise it gets easier and easier and you'll feel good for remaining balanced when most people would react.

If you are struggling at all, you could create an alter ego (see habit 21) 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.

## Expert level

Two very good examples of professionals who are very good at not reacting are politicians and lawyers. Both are highly trained to deal with antagonising situations without reacting, so they are always in control.

The big test comes when you're involved in more serious event that causes a fair bit of inconvenience, for example, minor traffic accident, your flight being delayed/cancelled or have 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

['Emotional Balance: The Path to Inner Peace and Harmony'](#) Dr Roy Martina

## Final words

When you're emotionally unbalanced, your emotions control you.

When you are emotionally balanced, you control your emotions and exude an air of calmness (and everybody thinks you're cool 😊)!



## Recommended habit action steps

- i) Practise becoming aware of your emotions throughout the day.
- ii) Practise acknowledging, accepting, and releasing any negative emotional states.
- iii) Just let go 😊

## Habit No 21 ~ Letting Go

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

This habit is very important for your inner peace and harmony.

In fact, if you wish to lead a serene and happy life with no regrets, this final habit of the 22 is the key to mental liberation.

This one is pure psychology, its about how you perceive past/present/future events/outcomes in your mind and how you deal with the associated thoughts.

There are 2 key elements;

**Letting go** of the past and things you can’t control

**Detaching** from the outcome

There are several other complementary habits in this plan to help you with this one, particularly meditation (No 9) and regular orgasms (No 11) but we’re also going to give you some great transformational tools too!

### What happens when we hold on to stuff (mentally)?

Our bodies are designed to operate in a high vibrational state with energy coursing through our meridians making us feel great and able to do anything.

When all is well, we are in a state of vibrant health and well-being, we are energetically **‘at ease.’**

When there is a problem (physical or psychological) with our 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!



## Psychological ailments

A lot of physical ailments are created from poor eating, health and lifestyle habits as you know. They are reasonably easy to turn around (if not too severe) with plans such as this 😊!.

More worryingly however, is that a lot of physical ailments are caused psychologically when the person continually holds onto negative energy that eats away.

Such things as anger turned inwards and continually suppressed will eventually manifest as disease and can show in many forms, such as cancer.

Some would say, its only thoughts...but as you'll see in the bonus habit (law of attraction), everything is energy, including your thoughts and repeated thoughts are very powerful indeed.

Having and constantly dwelling on very negative intense thoughts will cause something negative to manifest as that's how the law of attraction works.

### No wonder we're all so stressed!

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?

If you've done the values exercise on habit 17, you'll know it's about (i.e. being happy, healthy and fulfilled) living according to your highest values (and saying b\*\*\*\*\*s to other people's expectations 😊).

### Wonderful wisdom from above

Myself and David often touch base with loving higher dimensional beings (HDB) through channellings and receive messages, wisdom and advice.

And as they are in a higher dimension and more spiritually 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 3<sup>rd</sup> dimension (where we are) and can see what we're all doing and collectively/individually thinking and feeling.

A constant bit of wisdom/advice that comes from many different HDB's 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.

## 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 all constantly trying to paddle up stream against the flow, so 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 way to really make it, is to roll up our sleeves and work hard.

They say...

*"Stop paddling and 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 you to let go and **go with the flow**.

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 with the figs in it, 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) lighter!

## **Detachment**

Whereas letting go is about releasing thoughts and emotions around something that is causing any sort of stress or anxiety. Detachment is about not placing expectations on the outcome and 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 plan chock full of first-class information to genuinely help someone skyrocket their physical and mental health & well-being and potentially change their life beyond recognition.*

*Let's also assume you want to sell thousands (even millions) of copies as you passionately want to raise the health & well-being 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.*

The **Detached** way would be... *we'll make a concerted effort to get this out to a lot of people who may want it...if we sell a thousand or a million it will be absolutely fantastic...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....either way, we ultimately can't control it, it will be whatever its meant to be and we're cool with that!*

That is detachment from the outcome in a harmonious way. If the results are good, you'll feel fantastic, if the results aren't so good, so what, it doesn't matter as you're not placing expectation on the outcome that creates 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™**

Myself & David have created this as another simple tool to help you detach.

The key to getting what you really want....



As you'll see from the law of attraction bonus habit, is intensely focusing on something you really want is a very good thing.

The more intense your thoughts, the better it is, as you are magnifying the thought vibration.

So, the key is to visualise what you want and create **Super Heightened Intense Thoughts** of having it.

This sends out a very strong vibration out into the universe and the divine picks this up and starts to move things (events & circumstances) to bring it to you.

Now, the key to stress & 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 vibration of what you want, but you should **never** use them for the outcome, as that just creates stress and anxiety.

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 it.*

I sincerely hope you are smiling right now... as this acronym will make it more memorable, it works very well, please use it 😊!

### **Another brilliant tool**

If you've never heard of Ho'oponopono, let me introduce you to it. This is a phenomenal and very simple tool for powerful self-transformation.

I'm going to give you an overview of where it came from and its incredible power. It reveals some important spiritual truths and how it links into very closely to habit 19 (responsibility).

### **What is Ho'oponopono**

It is an extremely powerful self-transformation technique that originated from Hawaii and was originally taught by a lady called Mornah Nalamaku Simeona.



You could actually say, the miracle self-healing and self-improvement powers of Ho'oponopono practise.

When you read the story in a moment of Dr. Ihaleakala Hew Len and what he did in a mental institute using the powers of Ho'oponopono, you may think of it as a true miracle.

### ***The Dr Hew Len Story***

*Dr Hew Len was the most avid student of Mornah Simeona and the first person who got documented and confirmed proof of the healing miracles of the Ho'oponopono process.*

*Dr Hew Len observed Ho'oponopono healing powers himself when Mornah Simeona healed his daughter from painful bleeding shingles (skin disease) that she suffered from for more than a decade without anyone or anything helping.*

*With complete conviction in the process after experiencing the healing transformation of his daughter, Dr Hew Len paid the utmost attention to her teaching and simplified the Ho'oponopono process even further with amazing results.*

*From 1984 ~ 1987 he worked as a staff psychologist for Hawaii State Hospital overseeing high security unit housing male criminally insane patients. We're talking the worst of the worst – you don't turn your back on these guys!*

*They committed murders, rapes, assaults and due to their degree of "insanity" were locked into a psychiatric high security facility. Violence against each other and staff members was prominent.*

*Fast forward to 1987 (3 years later), restraints were no longer used in this facility. Violence almost ceased to exist, only involving mostly new patients. New off-site activities were introduced to former very violent patients.*

*The spirit and energy in the unit was greatly improved and eventually the whole unit was closed because there was no need for it. People were healed and released or moved into other non-violent wards.*

*This was all documented, described by multiple witnesses and personnel. So how did such miraculous change take place in this hospital?*

### ***PAY CLOSE ATTENTION!***

*According to Dr Hew Len:*

- *He did not do any therapy or counselling with patients (no direct contact)!*
- *He did not attend any staff conferences on patients!*

*He simply practised the Ho'oponopono process on a daily basis that included accepting 100% of responsibility for everything being experienced by him.*





*Dr Hew Len practised the Ho'oponopono process every day and this process caused the most miraculous transformation within the most challenging environment.*

### **So, what exactly is Ho'oponopono and how does it work?**

*When asked how exactly he managed to heal these violent patients without actually seeing each of them in person, his answer was:*

***"I didn't heal them. I healed the part of myself that created them".***

*The above phrase is the revelation and also explains the transformational power of Ho'oponopono!*

*Let's delve a little deeper into the true meaning:*

*You are 100% responsible for everything in your life. Absolutely everything.*

*You attract everything that shows up in your life whether you perceive it as good or bad (this is how creation works via the law of attraction).*

*If you've had people come into your life and do things to you that you perceive as very negative, you created it, all of it. You are 100% responsible for it, remember habit 19 (responsibility)?*

*You may have created it all subconsciously as everyone of us has some subconscious garbage that will create unwanted stuff, if left unchecked.*

*N.b. The subconscious mind runs all your bodily systems and pretty much your whole life based on its programming via your beliefs, thoughts, perceptions etc.*

*The good news is...if you created it, you can also clear it...using Ho'oponopono 😊!*

*This is achieved by a regular clearing process which is the simple Ho'oponopono practise.*

*The Ho'oponopono clearing process consists of continuous repetitions of the following 4 phrases:*

**'I'm sorry'  
'Please forgive me'  
'I Love You'  
'Thank you'**

*These 4 phrases repeated whilst being mindful of the circumstance you wish to clear, will ignite the self-transformation process.*

*This is exactly what Dr Hew Len did to invite divine transformation powers for his surroundings whilst working at the Hawaiian mental hospital.*



*Remember habit 7 (Gratitude) how genuine deep gratitude puts you in to a beautiful energetic vibration with the divine?*

*These 4 phases when genuinely expressed, also put you in a beautiful energetic vibration that communicates directly with the divine.*

### **How do you do it?**

*You just repeatedly say them like a mantra and the cleaning process happens.*

*You are communicating with divine creation that everything (including you and the circumstances you wish to clear) is created from.*

*Just do it for as long as feels right for you, it could be a few minutes a day until the circumstances start to clear.*

*You can use it to clear unwanted life situations, places, relationships, financial situations. Take 100% responsibility for the circumstances, start clearing and let divinity do the rest.*

*If you have a person in your life whose behaviour is causing you problems, rather than trying to change them, work on yourself using Ho'oponopono instead!*

*Ho'oponopono clearing is letting go and letting the divine take care of it.*

*To reemphasise this wonderful transformational tool, let's leave the final word to Dr Hew Len...*

***"I didn't heal them; I healed the part of myself that created them"***

### **Book recommendations & web references**

Book: '[Letting Go ~ The Pathway to Surrender](#)' David R. Hawkins MD PhD

Book: '[Let Go Now ~ Embracing Detachment as a Path to Freedom](#)' Karen Casey

Website: [Abraham Hicks](#) Beautiful wisdom from high dimensional beings to help you understand the bigger picture and get more from your life.

Video: [Ho'oponopono](#) A reminder of what it is, accompanied with soothing music and written words to guide you and help you understand the process.

### **Final words**

We can all make 'mountains out of molehills' in our minds and create stress and anxiety that is not conducive with health and well-being.



Being able to let go of all the mental clutter and detach from outcomes is a highly recommended practise and habit. It holds the key to mental liberation and inner peace.

### Recommended habit action steps

- i) Do any further research you feel is necessary.
- ii) Experiment with the different techniques and practise letting go every day.
- iii) Practise detaching from outcomes, remember to not give a SHIT 😊.
- iv) Use Ho'oponopono to clear situations you don't want.

## Habit No 22 ~ Self-Confidence

*"The most beautiful thing you can wear is confidence 😊!"*

Here's a trait that changes how we go through the world, especially when we have plenty of it, as we're more likely to follow our dreams and attempt more things.

Confidence is something that can be taught fairly easily, all it then takes is practise and nurturing!

You can't really have too much confidence (as long as it doesn't slip into arrogance).

### My crash course

I gave myself a crash course on public speaking using my bedroom mirror as I'd never done it before, that was back in 2016.

Now I love speaking at events and on live social media.

When I was first practising, I also noticed I became different in ways which were new to me.

I would strike up conversations in supermarkets and engage a lot more with random strangers.

I actually began to walk with an air of confidence as my whole demeanour changed.

### Outer confidence

One of the easiest ways to increase your self-confidence is to act more confident with your body language.

If you imagine a cord running up your spine and out the top of your head and fixed to an imaginary hook above you.



Now imagine the cord is gently pulling the back of your head, this will naturally pull your shoulders back and lift your chin up.

Now, add eye contact (don't stare though), breath slowly and talk normally but from your diaphragm (gives you a deeper voice) and you'll have a more confident posture.

Even if you aren't feeling so confident inside, your body language will still give off an air of confidence.

Practise doing this in the mirror until it becomes a habitual way to hold yourself and see how long it takes for others around you to notice!

### **Inner confidence**

We have incredible minds that can create anything we want with practise.

And the beauty of it is, our subconscious mind cannot distinguish between reality and something vividly imagined.

So, try this exercise now;

1. Close your eyes and remember a time when you felt really confident. Return to that scene in your mind and see what you saw, hear what you heard and feel how good you felt (n.b. if nothing comes to mind, imagine what it would be like to have amazing confidence, power and self-belief).
2. As you keep going through this memory, make the colours brighter, the sounds richer and the feelings stronger. Now amplify the experience in your mind so you feel absolutely fantastic and super confident.
3. As you feel all those amplified good feelings, squeeze your thumb and forefinger of either hand together. Now just bathe in all those wonderful feelings of self-confidence.
4. Now release your thumb and forefinger and open your eyes.
5. Wait a few seconds and squeeze your thumb and forefinger together again and you should trigger all those wonderful feelings of self-confidence again.

What you have done is set an anchor (squeezing your thumb and forefinger) that creates the internal feelings of self-confidence.

So, when you want to give yourself a boost of confidence, say before a meeting or before giving a speech, just fire the trigger and you'll evoke those good internal feelings of confidence.

The more you practise this exercise, the stronger the anchor and associated good feelings will be 😊.



## **Borrowing confidence (genius)**

You'll love this one!

Here's another way to bring in confidence very easily, you may actually use this already as many people do, some consciously but many subconsciously.

The subconscious way is a routine or physical garment that puts you into an altered (more confident) state.

A good example is a salesman whose demeanour changes as soon as he/she puts on a business suit. Or a doctor, who becomes more authoritative and confident as soon as the gown goes on.

It's a psychological confidence switch that turns on the person they need/want/are expected to be.

The conscious way to do this is to create an alter ego!

### **Alter ego**

This is pure psychology, yet simple and brilliant!

You would be very surprised at the amount of very successful people who use this technique.

So, if you're having any trouble at all being the person you need/want to outwardly display in a specific setting...

Or, you need to be more charismatic or let's say authoritative but it isn't really you, just show up as somebody else (you imagine you are them) who you know would breeze through the situation!

Example; Let's say you've got a presentation to give at work and are feeling nervous, you could use Oprah Winfrey as your alter ego as it would be a walk in the park for her!

Here's what you do;

1. Pick somebody you really admire who has the confidence and charisma you would like to emulate.
2. Think of a time when they exhibited the skill you wish to display.
3. Now run through the memory of your alter ego performing that particular skill. Repeat this several times in your mind.
4. Now (in your mind), hover over your alter ego and float into their body and synchronise with their posture. See through their eyes, hear through their ears and feel how confident they feel.



5. Now run through the memory of them performing the skill from the inside to get a general sense of your alter ego's experience. Do this a few times to embed it deeply.

The final piece of the jigsaw is to have what is referred to as a totem.

A totem is simply an item that you wear or carry that represents your alter ego so when you wear it, carry it or touch it, you become your alter ego.

If it was say, Oprah, you could carry a small picture of her in your purse/wallet and touch it whenever you wanted to tap into her as your alter ego.

### **My alter ego**

You've probably already seen me using my alter ego without realising it. The best bit of all is that nobody knows about an alter ego unless you tell them!

My alter ego is **Batman**.

Notice the t-shirt I'm wearing in all the accompanying videos?

This is my totem, when I put it on, I step into the energy of "na na na na na na na na na na na na na na BATMAN" 😊!

I hope you just sang the theme tune 😊.

### **Book recommendations & video resource**

['Instant Confidence ~ The Power to Go For Anything You Want'](#) Paul McKenna

['Alter Ego ~ The Power of Secret Identities to Transform Your Life'](#) Todd Herman

Video: [Instant Confidence Guided Hypnosis](#) ~ Paul McKenna ~ Just get comfortable, shut your eyes and let Paul enhance your confidence through guided hypnosis, very relaxing indeed.

### **Final words**

Whether you want to be confident in business, romance or life in general, the more you have, the easier life tends to be, to move you in the direction you desire.

Use these powerful tools to create all the confidence and motivation you need. The more you practise, the more confident you'll become.



## Recommended habit action steps

- i) Check out the video link (great free resource you can use as many times as you wish).
- ii) Build yourself an alter ego (or multiple alter ego's if you want, there's no limit) ready to use whenever you feel it is to your advantage.
- iii) Practise displaying a confident posture.
- iv) Practise the inner confidence routine.

## Bonus Habit ~ The Law of Attraction

*"This is the key to getting everything you could ever dream of **PLEASE PAY ATTENTION** 😊!"*

### The bad news

You have been using the law of attraction every day of your life, whether you know it or not.

### The good news

If you don't like any particular aspect of your current life or there are specific things you would like to have, once you understand and practise this process, you can use it to get whatever you do want 😊.

It's like having an Aladdin's lamp at your fingertips.

**Warning:** It may take a little practise to get into the full swing of it (to override years of programming), but just like all the other habits, doing it incrementally will make it easier and easier.

Once it becomes second nature and a fixed habit, getting what you want will be a very enjoyable process indeed 😊.

You'll notice a big similarity to habit 18 (feel good) as that is the basis to the law of attraction.

Are you ready?

### What is the Law of Attraction?

In a nutshell... **"You get (in life) whatever you think about most of the time."**

If you want to know what you've been predominantly thinking about, just look around you, there's your answer.



Let's break this down.

### **Some basic physics**

As you already know from a previous habit, everything in the universe is just energy vibrating at a certain frequency.

Your thoughts are electrical in nature and have a high frequency.

Your brain is a powerful transmitter that is constantly sending out powerful frequencies to the universe, via your thoughts.

You've heard the phrase like attracts like, this is a simple way to scientifically explain that similar frequencies attract each other.

Examples;

Think of a radio, you tune it into a certain frequency, and it connects with whatever is on that frequency, as it's in tune with it.

If you take two water droplets on a surface and gently push them towards each other, when they get close, they'll attract each other (like a magnet) and merge as they're on the same frequency.

Try it with two different substances, like water and oil and they'll repel as they are on different frequencies.

Back to your brain...

It is constantly sending out powerful thoughts and bringing into your experience, circumstances and events related to what you are predominantly thinking about!

It doesn't matter if you are sending lots of positive or negative thoughts, you get whatever is on the general frequency you are emitting. This is the law of attraction.

### **Think of your brain as a powerful magnet**

If you are attracting into your life circumstances and events that you don't particularly like, you simply need to adjust what you are broadcasting to the universe. You'll know exactly how to do this in a few minutes 😊.

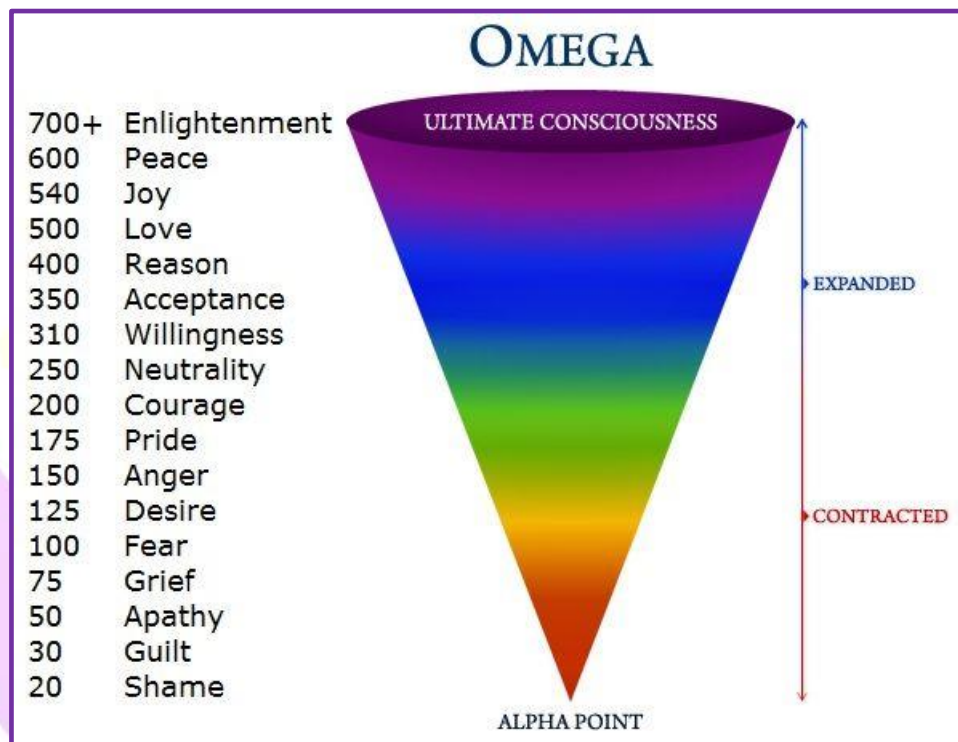
The universal language is frequency, you attract whatever you are in vibrational (frequency) alignment with.

So whatever frequency you are putting out most of the time, will dictate what you'll attract into your life.

Let's go visual and back to the emotional frequency chart that we used in habit 18.







Looking at the chart above, if you are vibrating at a level of 200 - 250 (courage – neutrality) most of the time, you will attract events and circumstances that will bring you more of that (courage – neutrality).

If you raised your vibration to emit a level of 500 – 540 (love – joy) most of the time, you will attract events and circumstances that will bring you more love and joy 😊.

Are you getting it?

**You attract whatever is on your vibrational level!**

If you want the good stuff (we all do of course!) all you need to do is focus on raising your level of vibration to where the good stuff is, and you'll start attracting it!

### **Why feeling good is so important**

You'll now see the close connection between this and habit 18 (feeling good) as feeling good is a higher vibration than say, feeling sad, grief, anger etc.

And as you know, you attract whatever is on the level you are emitting most of the time, hence why your number one goal at all times (emphasised in habit 18) is to **feel good now**.

Got it!

Ok, let's talk about emotions.

How do you know when you are feeling good?



Your body tells you, via your emotions. Your emotions are your internal guidance system that tell you how you are feeling at any one time.

This bit is really important;

**Your brain is the transmitter (to the universe) of the frequency that your body is experiencing through your emotions.**

To get the good stuff, you put your body into a feel-good state (most of the time) using your emotions, so your brain can transmit this high vibration to the universe.

**Key distinctions**

Your **brain** is effectively a magnet, it will attract circumstances and events into your life that are on the same frequency that it is emitting, most of the time – law of attraction.

It is also your vibrational switching station as you use your brain to switch frequencies by consciously changing its focus through your thoughts.

E.g. if you think of sad things, your emotions will create a lower frequency than if you think of really happy things which will immediately raise your vibration.

Your **emotions** are your internal guidance system that continually tell you how you are feeling and if you are on the right track.

Your **brain** is the boss, it does the focusing on what you want by you consciously choosing your thoughts of what you want.

So, think of your **emotions** as your feedback system, that tells you if you are vibrating on the right level.

When your brain focuses on what you really desire and you feel absolutely wonderful, you are right on track 😊.

That is how to use the law of attraction.

**What is it that you really want?**

Me and David do this exercise in workshops, we ask the attendees if there were no barriers (monetary or otherwise) and you could have anything at all, what would you have?

The typical answers are along the following lines of;

***‘Dream house’  
‘Super yacht’  
‘Gorgeous partner’  
‘Cottage in the woods’  
‘Million pounds in the bank’***



We then play devil's advocate by asking **why** they want the dream house, super yacht etc.

And each time, they give an answer (security, freedom etc) we keep asking **why** that until we have a common denominator with everyone.

Can you guess what it is?

The underlying reason for anything that you ever desire is to **feel good (...great, fantastic, wonderful, ecstatic etc)** as that is what you associate with having it.

The tangible aspect of having it is very desirable but ultimately, it's an **emotional need to feel good** that is the driver.

The mistake many people make when pursuing goals and dreams is to postpone the good feeling (without realising) until they have it.

They desire the object and how they'll feel fantastic when they get it and then go through a struggle of trying to achieve it and start feeling a little dejected here and there.

What happens?

When they start feeling dejected or feeling they might never get it, they inadvertently start broadcasting this to the universe. This then lowers their vibration and the law of attraction starts to bring them whatever is on that frequency.

**This is why your goal is always to feel good now or feel better, at all times.**

If you practise that and really get in tune with it (just a habit) you're going to feel great anyway, going about your daily life. Not a bad philosophy hey!

### **Here's the actual process**

Let's say you want to meet your perfect partner.

First of all, you need to get yourself in a really good state (that's imperative) using the activities from habit 18.

Sit down and write (using pen and paper) a general description of your perfect partner describing all the qualities, that you would like. E.g.

*I want a beautiful partner that makes me incredibly happy, we are madly in love with each other.*

*We laugh together, have great sex, share adventures, and have a wonderful fun and loving relationship.*

*I don't know how and when we'll meet but I know it's going to happen when the time is just right. I am so excited at the thought of it!*

As you read over it and visualise/fantasise about attracting this into your life, pay attention to your feelings.



You want your emotions to be on fire at the mere thought of having this relationship. Act as though it has already come true, so you feel absolutely wonderful.

Tweak the wording as necessary to create the best feeling you possibly can with your emotions.

That is the feeling that you need to broadcast to the universe most of the time.

### **No deadline!**

Do not ever put a time frame on it, the universe knows far more than you do and will create the circumstances and events to bring it to you when the timing is perfect.

Your job is to broadcast the high emotional state of already having it, as often and as long as possible.

I would suggest reading the description every day and dwelling on it, all the time. If you've got it right, why wouldn't you want to dwell on it, as **it makes you feel great just thinking about it 😊!**

**Your emotions are your guidance system**, they will tell you how you are doing.

They will continually tell you if you are on track. If you're not quite feeling it one day, go back to the description and tweak it again so you get back to that peak state of feeling wonderful (as though you already have it).

That is how you use the law of attraction.

### **Summary**

1. Decide what you want.
2. Write out a detailed description.
3. Tweak as necessary to get into a fantastic emotional vibration as you think about it and feel what it would be like having it. Bathe in this wonderful feeling.
4. Transmit this emotional state as often as you can (daydream about it all day).
5. Use your emotions to check if you are on track.
6. No deadline – let the universe decide when it comes.

### **Book recommendation**

**'Ask and It Is Given ~ Learning to Manifest Your Desires'**: Esther & Gerry Hicks



## Final words

You get what you think about most of the time, make sure it is on something you really desire and the thought of having it makes you feel wonderful.

Your goal is to always **feel good now!**

## Recommended habit action steps

- i) Reread habit 18 to focus on continually going up the spiral.
- ii) Pick something you really want, write a description and go for it.
- iii) Practise, practise, practise, and enjoy all those wonderful feelings 😊!

## Advanced Plan Summary

I hope you're not overwhelmed with all the action steps!

Its easier to adopt the habits than you think, you could start with a few and then add more until you've got them all covered.

To help you implement these habits, we've added some useful tools on the following few pages;

1. **Recommended Action Steps ~ Summary (all 24 habits)**
2. **33 Day ~ Habit Progress Tracker/Checklist**  
(just print off 2 pages and you have a 66-day tracker)
3. **Emotional Frequency & Emotional Spiral Charts**
4. **Determining & Aligning Your Values Exercise.**



## Recommended Action Steps ~ Summary

### Habit 1 ~ Optimal Hydration

- i) Do your own further research as required.
- ii) Start a daily adequate hydration routine immediately, use the recommended list on page 13 as a guideline.
- iii) Experiment with amounts of liquid water, different gel foods, timings etc, to figure what routine works best for you.

### Habit 2 ~ Earthing

- i) Do your own further research to fully understand the phenomenal benefits.
- ii) I recommend earth as often as practically can every day.
- iii) Consider purchasing earthing products if circumstances permit.

### Habit 3 ~ Intermittent Fasting

- i) Do your own further research to fully understand the process and benefits.
- ii) Start with baby steps (say a 12-hour eating window), experiment with different time windows and figure out what works best for you and stick to it.
- iii) Consider getting into a regular fasting routine and perhaps try the odd longer fast for a day or two.

### Habit 4 ~ Optimal Breathing

- i) Do any further research that you feel is appropriate.
- ii) Practise the recommended technique (4 sec in, 2 sec hold, 4 sec exhale) and experiment with it too, to find out what works best for you.
- iii) Get into a daily routine of conscious breathing (up to 20 minutes if you can), it should be a very relaxing and enjoyable experience.
- iv) Consider combining it with meditation (habit 9).

### Habit 5 ~ Quality Sleep

- i) Do any further research that you feel is appropriate.
- ii) Change your sleeping environment in line with the recommendation list.
- iii) Change your bedtime routine to make it more conducive to quality sleep.
- iv) Use the additional bedroom time (without electronic stimulation) to nourish your mind and body (see habit 11 for inspiration) 😊.

### Habit 6 ~ Regular (Daily) Laughter

- i) Turn off any daily miserable 'brainwashing' programmes (often referred to as 'the news' 😞).
- ii) Using the suggestions to create an easily accessible file/catalogue (images, videos, books etc) of things that really make you laugh.
- iii) Make time to have at least one really good laugh every day 😊.



### Habit 7 ~ Good Gut Health Regime

- i) Carry out your own further research into the benefits of a healthy gut.
- ii) Eat more live foods.
- iii) Reduce the amount of processed food and alcohol.
- iv) Incorporate foods that will boost your gut health (from the recommended list) into your daily diet

### Habit 8 ~ Regular (basic) Exercise

- i) Go for a walk (in nature if possible) every day for at least 20 minutes
- ii) Walk instead of taking the car where practical
- iii) Consciously park further away from your destination so you can walk further.

### Habit 9 ~ Daily Meditation

- i) Meditate for 20 minutes every day.
- ii) Use the optimal breathing technique (habit 4) to reach a relaxed meditative state.
- iii) Just let go 😊

### Habit 10 ~ Deep Gratitude

- i) Have a gratitude session every morning when you wake and before you go to sleep, for everything about your day (it only takes a minute or two).
- ii) Develop an attitude of gratitude for everything and say 'thank you' more.
- iii) Write a list of the things you want in your life (you'll automatically visualise having them) and express gratitude for them every day.
- iv) Practise turning perceived negative experiences in positive ones and expressing gratitude for the (gift) lesson.
- v) Always, always, always make sure you are **feeling good** when you do it.

### Habit 11 ~ Regular Orgasm's

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

### Bonus Habit ~ Magical Weight Management Device

- i) Dig out all your belts and buy any extra you may need.
- ii) Start wearing them every day if you can.

### Habit 12 ~ Optimising Your Diet

- i) Do your own further research to fully understand the benefits of good nutrition and a balanced diet
- ii) Review your current shopping/dietary habits.
- iii) Look to add more live foods, brain foods and alkaline foods to your diet and make sure you've got a good balance.



### Habit 13 ~ Nutritional Supplements

- i) Starting with the links given, do your own further research as required.
- ii) Start to incorporate some of the recommended supplements into your diet as you see fit.
- iii) Experiment with them, try on/with different foods and establish your own routine/habit.

### Habit 14 ~ Unconscious Exercise

- i) Do your own further research to look at the benefits of using an exercise ball.
- ii) If it resonates with you, go and buy one.
- iii) Put it somewhere (living room, office) where you can use it every day whilst sitting.
- iv) If you use it for other exercise/workouts, even better 😊.

### Habit 15 ~ Circadian Rhythm Synchronising

- i) Do any further research as you feel is appropriate.
- ii) Take a good look at your current routine around eating, sleeping and using devices.
- iii) Make a commitment and start practising a new routine in line with the 5 key daily actions (if the adjustments seem huge, start with smaller steps and increase gradually).
- iv) Experiment with the key daily actions to find what works best for you.

### Habit 16 ~ Nurturing Social Connections

- i) Do any further research that you feel is appropriate.
- ii) Make an effort every day to engage with friends and even strangers (virtual & real world). Just to say hello and connect.
- iii) Look for opportunities to give someone a genuine compliment, you'll both feel good 😊.

### Habit 17 ~ Living in Harmony with Your Highest Values

- i) Carry out any further research you feel necessary.
- ii) One off ~ Put some time aside to go through the Determining Your Values exercise (stage 1). It is recommended that you periodically revisit this exercise.
- iii) One off ~ Put some time aside to go through the Aligning Your Values exercise (stage 2) and make the necessary adjustments. Take as long as you need, it's important to get this right.
- iv) Daily ~ Scan through all 8 of your emotional buckets and check you are nurturing each one and make plans as appropriate.
- v) (Recommended) Use a journal or tracking system to keep a log of everything so you can revisit and readjust as necessary to make sure your values are aligned, and your 8 buckets are continually being nurtured.





### Habit 18 ~ Feel Good Now

- i) Print off the 2 illustrations and place somewhere to give you a daily reminder.
- ii) Continually focus on going up the spiral
- iii) Do enjoyable activities that make you feel really good.
- iv) Smile and laugh all day long, because you can 😊!

### Habit 19 ~ Taking 100% Responsibility

- i) Do any further research you feel necessary.
- ii) Take 100% responsibility for everything you do and create.
- iii) Ask yourself at the end of every day, "did I take 100% responsibility for everything I did today?"

### Habit 20 ~ Emotional Balance

- i) Practise becoming aware of your emotions throughout the day.
- ii) Practise acknowledging, accepting and releasing any negative emotional states.
- iii) Just let go 😊

### Habit 21 ~ Letting Go

- i) Check out the video link (great free resource you can use as many times as you wish).
- ii) Build yourself an alter ego (or multiple alter ego's if you want, there's no limit) ready to use whenever you feel it is to your advantage.
- iii) Practise displaying a confident posture.
- iv) Practise the inner confidence routine.

### Habit 22 ~ Self-Confidence

- i) Do any further research you feel is necessary.
- ii) Experiment with the different techniques and practise letting go every day.
- iii) Practise detaching from outcomes, remember to not give a SHIT 😊.
- iv) Use Ho'oponopono to clear situations you don't want.

### Bonus Habit 2 ~ The Law of Attraction

- i) Reread habit 18 to focus on continually going up the spiral.
- ii) Pick something you really want, write a description and go for it.
- iii) Practise, practise, practise, and enjoy all those wonderful feelings 😊!



✓ 33 Day ~ Essential Habit Progress Tracker/Checklist

	Hydration	Earthing	Fasting	Breathing	Sleep	Laughter	Gut Health	Exercise	meditation	Gratitude	Orgasm	Belt
	1	2	3	4	5	6	7	8	9	10	11	B
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✓ 33 Day ~ Advanced Habit Progress Tracker/Checklist

	Optimise Diet	Nutrition Supplement	Exercise Ball	Circadian Rhythm	Social Connection	Highest Values	Feel Good Now	100% Response	Emotional Balance	Letting Go	Self Confidence	Law of Attraction
	12	13	14	15	16	17	18	19	20	21	22	B
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# The Rules for Being Human

## 1. You will receive a body.

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

## 2. You will learn lessons.

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

## 3. There are no mistakes, only lessons.

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

## 4. A lesson is repeated until learned.

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

## 5. Learning lessons does not end.

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

## 6. "There" is no better than "here."

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

## 7. Others are merely mirrors of you.

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

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

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

## 9. Life is exactly what you think it is.

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

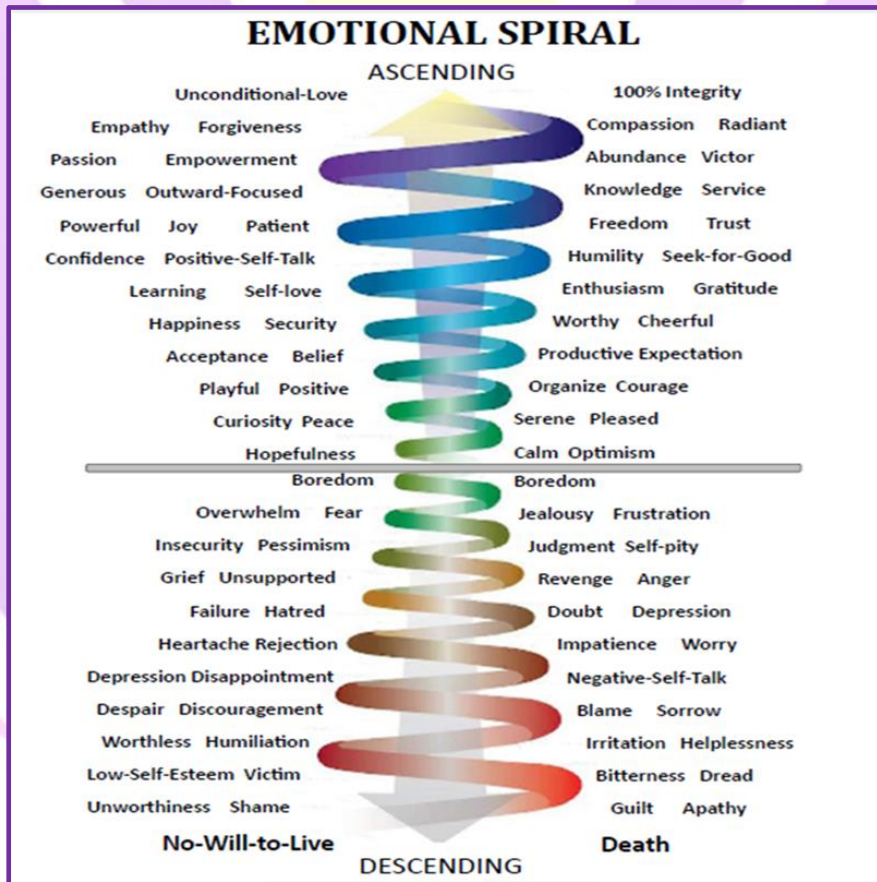
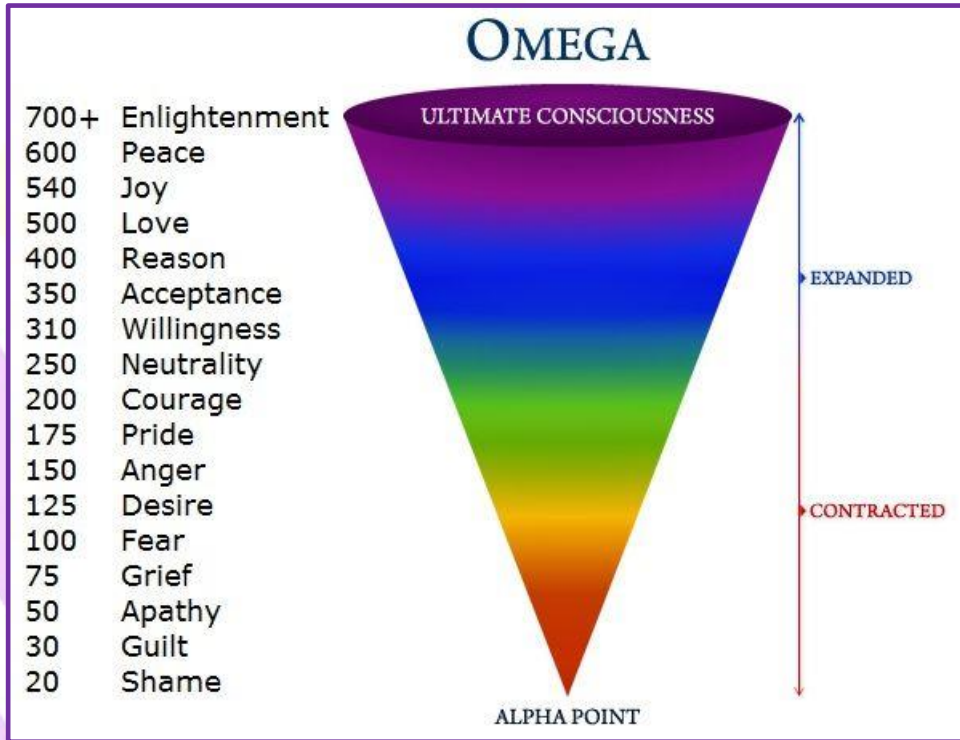
## 10. Your answers lie inside you.

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

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



# Emotional Frequency & Spiral Charts



## Determining Your Values Exercise

The following 13 carefully crafted questions will help you determine what your highest values are.

### 1. How do you fill your space?

Look carefully at 3 items that fill your personal or professional space. What 3 items do you see.... Do you see certificates, awards, art, paintings, crafts. Do you have business magazines, fashion magazines? Books? Pictures of family, you, friends? Write down concise answers of what 3 things fill your space?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 2. How do you spend your time?

Look carefully and accurately at how you spend your time. What 3 things do you spend most of your time on.... With your waking hours, do you spend 9 hours working? 3 hours socialising? 3 hours with your children? 2 hours studying? 2 watching TV etc. Write down concise answers of what 3 things you spend the most time doing?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 3. How do you spend your energy and what energises you most?

You will always have energy for things that inspire you and that are high on your values list. Have a look at where you feel most enthused in your day to day activity.... Is it being of service at work? Is it solving problems and helping people? Is it socialising? Shopping? Is it cooking for loved ones? Is it working out? What are the 3 actions you love to spend your energy on, that energise you?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 4. How do you spend your money (most important things)?

You'll always spend money on things you truly value or are highly important. What are the most important things you spend money on.... Is it your home and security? Is it clothes & appearance? Is it your business and its development? Is it social activities & entertainment? Is it education? What are the 3 most important and consistent things you spend money on?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_



### 5. Where are you most organised?

You will spend time organising things that are most important to you. So, in what areas of your life do you have the most order and organisation.... Do you have an organised social calendar? Do you have an organised set of finances? Do you have an organised workout schedule? Do you have an organised eating regime? Which 3 areas of your life stand out as the most organised?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 6. Where are you the most reliable & disciplined?

If something is important to you, you'll be dedicated to doing it without the need to be motivated. What are the 3 things you are most disciplined & focused on doing.... Is it your studies? Is it your workout routine? Is it your appearance? Is it your business activities? Is it your dietary & eating regime? Is it your family attention? What 3 things are you most disciplined, reliable and focused on?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 7. What do you inwardly think about most?

Your mind will repeatedly focus on the things that mean something to you, related to your highest values. What are the dominant things you inwardly focus on.... Is it an ideal family environment? Is it having/building your dream business? Is it having a fantastic social circle and great social life? Is it falling in love with your dream partner? What 3 things do you focus on the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 8. What do you visualise and realise most?

What do you visualise most about that you would love your life to be like, that is gradually showing fruits and coming into your reality... Is it the family lifestyle you dream about? Is it travelling the world? Is it becoming the leader in your field of expertise? Is it socialising with great people? Is it continually expanding your knowledge & wisdom? What 3 things do you visualise the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 9. What do you internally dialogue with yourself most about?

What are the things you internally dialogue with yourself that are most meaningful to you. What do you keep talking to yourself most about that you desire to come true and are gradually coming true... What are the 3 conversations you talk to yourself most about that are slowly but surely coming true?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_



### 10. What do you talk about the most in social settings?

Everybody wants to talk about things that are important to them. What are the subjects that you want to bring up in yours or others conversation, that nobody has to remind you about. You become alive and an extrovert when the conversation turns to something that is important to you... So, what are the 3 things you always want to talk about in conversations?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 11. What inspires you or are you inspired by most?

What is common to all those things, insights, individuals, experiences and events that have repeatedly inspired you.... Is it great moments of your own? Is it great moments of other individuals? Is it when someone conquers an amazing challenge? Is it when you achieved an amazing goal? Is it when you hear an amazing song or a moving piece of music? So, what 3 things inspire you the most?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 12. What are your most consistent long-term goals?

You are most willing to stretch yourself and act towards goals that have the most meaning to you.... So, what are the 3 most consistent long term goals that you have persisted working on that have stood the test of time?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

### 13. What do you love learning, reading or studying about the most?

You'll always have time and energy for topics that inspire you....What topics do you find yourself thinking or talking about the most? When you enter a bookstore, what sections do you make a beeline for? Which sections of the newspaper do you turn to first? What type of TV documentaries are you drawn to?.... So, what 3 topics are the most meaningful to you?

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

**Hopefully**, you now have 39 answers (values) if you managed to find 3 for each question.

Now I want you to look at all your values and group them together, as you'll notice that many values (something you value highly) appear multiple times.

If you have a set of coloured pens, highlight all the multiple values in a specific colour or alternatively, write a number against them so you can collate all the data (repeating values only) into a table on the following page;





Now go ahead and compile your table starting with the highest value (the value that appeared most) and then the 2<sup>nd</sup> highest value and so on;

<b>Your Top 10+ Values</b>	
1	
2	
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You have now determined your values, the top few specifically are what you value the most in your life 😊.

