

The Most Powerful

GOAL

**Achievement System
in the World**



Master Your Physiology – Master Your Life



What We Covered Last Month:



The Psychology of Success:

- The Life Changing Power of Positive Thought.
- The Destructive Power of Negative Thought.
- How to Improve Your Self-Worth & Earning Potential.
- Mind Over Matter Experiments.
- How to Master Your Mind With Minimal Effort.
- Create a Powerful Success Mindset on Autopilot.

Master Your Physiology – Master Your Life



What You Will Learn Today:



Master Your Physiology – Transform Your Life:

- Energy is a Vitally Important Topic for Success.
- How the Mind and Body Influence Each Other.
- The Effects of Food and Exercise on Your Mind.
- 7 Questions That Can Give You More Energy.
- Postures, Voice & Gestures Influence Your Energy.
- Meditation to Combat Stress & Increase Wellbeing.
- A Checklist to Optimise and Maintain Your Energy.

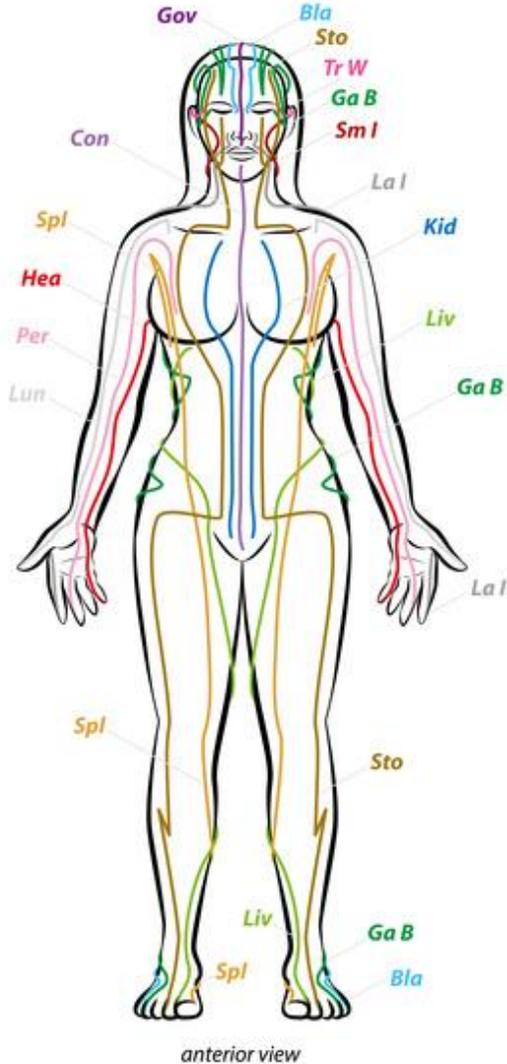
Why These Are Important:

- Increase your energy and brainpower!
- Improve your career and relationships!
- Get anything you want more easily!

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The Body's Energy System – according to oriental medicine



- Chi (or Prana) Enters the Body at Chakras (swirling vortexes).
- It Flows Around the Body Along Pathways Known As Meridians.
- Can be Manipulated at Positions Known As Acupuncture Points.
- These Were First Viewed in the Laboratory in the 1960s.
- Observed Using Doppler Ultrasound and Thermal Imaging.
- They Are Noticeably Different from Other Points on the Body.
- Have High-Density “nerve bundles” & muscle “trigger points.”
- Disturbances in the Flow of Chi Can Cause Physical Problems.
- Our Thoughts Can Disrupt the Flow of Chi & Affect Our Body.
- Food and Exercise Influence the Flow of Chi & Thus Our Health.
- Our Mind Affects Our Body and Our Body Affects Our Mind.
- Our Health Determines Our Brain Power/What We Can Achieve.
- Optimise Your Health and Be More Successful at Everything You Do!

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Edgar Cayce's System for Optimising Health – C.A.R.E



Edgar Cayce (1877-1945)

C - CIRCULATION:

- Without adequate exercise (even if you eat quality food) the nutrients in your food may not be reaching the cells of the body where they are transformed into energy.
- Your brain may not be receiving adequate nutrients and blood flow for optimal performance.
- Without proper circulation, the body's ability to heal itself is also severely impaired.
- Your circulation must operate effectively for optimal health, energy and brain power.

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Edgar Cayce's System for Optimising Health – C.A.R.E



Edgar Cayce (1877-1945)

A - ASSIMILATION:

- This is your body's ability to digest and distribute food.
- Even if you eat quality natural unprocessed foods, there may be conditions existing in your body that prevents your food being properly assimilated.
- Edgar Cayce suggested that our diet consist of 20% acid-producing and 80% alkaline-producing foods, as well as eight glasses of water daily.
- If you are not getting nutrients effectively from your food, you will have less energy and vitality than you could have.

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Edgar Cayce's System for Optimising Health – C.A.R.E



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R - RELAXATION:

- Research has proved you NEED 7-9 hours sleep each night. This is VITAL if you wish to perform at a high level. Most high-performers get plenty of sleep. Over a long period of time, lack of sleep can have serious health consequences.
- Relaxation also means having enough time for recreation so that mind and body are both allowed to relax fully.
- Give yourself opportunities to de-stress and relax through recreational activities that you enjoy and help you unwind.

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Edgar Cayce's System for Optimising Health – C.A.R.E



Edgar Cayce (1877-1945)

E - ELIMINATION:

- If your body is not eliminating the toxins that build up in it, then your health and your brain will not operate at optimum efficiency.
- It's important that all the cells of the body are receiving nutrients that can be converted into energy. But it is also equally important that the cells are able to eliminate toxic wastes so they are carried away from the cells effectively.
- If toxins build up in the cells and are not eliminated, then this can lead to all sorts of chronic conditions.

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Body Posture Affects Memory Recall and Mood – a study

Conducted by San Francisco State University

- The study investigated the effect of posture (ie: sitting in a slouched or upright position) on the recall of either negative memories or positive memories.
- 216 college students sat in either a slouched or an erect position while recalling negative memories and then in a second step, recalling positive memories.
- They then sat in the opposite body position while recalling negative and then positive memories.

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Body Posture Affects Memory Recall and Mood – a study

Results from the Study

- 86% of the students reported that it was easier to recall negative memories in the collapsed position than in the erect position.
- 87% of the students reported that it was easier to recall positive images in the erect position than in the collapsed position.
- For those who were most depressed in the previous 2 years, there were no differences in recalling positive or negative memories in either positions.

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Body Posture Affects Memory Recall and Mood – a study

Conclusion

- You should sit more upright at work and at home as a strategy to increase positive affects and decrease depression.

➤ **Your posture affects your mind, emotions, thoughts, actions and results!**

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Brendon Burchard

- founder of High Performance Institute

*“High Performance means excelling and succeeding above and beyond standard norms **consistently over the long-term**”*

High Performance Habits:

- ✓ High Performance vs Peak Performance
- ✓ Have Greater Success, Fulfilment, Aliveness and Joy
- ✓ Win Back Time – activities that waste time & energy
- ✓ Dramatically Increase Productivity (work smart)
- ✓ Take Energisation Breaks - every 60 to 90 minutes
- ✓ Improve Your Health - reduce stress and burnout
- ✓ Have Greater Focus - Get More Done and Faster
- ✓ Achieve Far Higher Success – than 95% of people

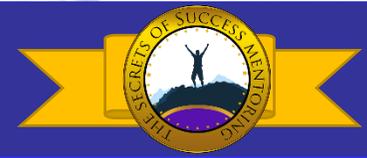
High Performance Energy Questions – a recap...



1. On a scale of 1-10 how much physical and mental energy have you had in the past 3 months? Why is that?
2. Think about a time in the past when your mental and physical energy were at their best. Why was that?
3. In the areas of nutrition, exercise, wellness and sleep - what habits do you have that support your energy and health?
4. What routines do you have for recharging daily, weekly, monthly, yearly? What would make you feel more vibrant?
5. Are there any areas of your life that are particularly stressful or draining energetically? If so, what do you do for stress management?
6. What would you take on if you had 3 times more energy?
7. If you became more committed to your optimal health, what would you immediately start and stop doing?

Brendon Burchard *“The power plant doesn’t have energy – it generates it”*

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Posture, Voice, Gestures & Expressions – affect your energy

Science has proved that your posture, voice, gestures and facial expressions affect your thoughts, emotions, actions and results!

1. What do you want your posture, voice, gestures and facial expressions ***to portray about you to the world?***
2. Do you feel that is what is already being portrayed?
3. If not, what do you need to start doing with your posture, voice, gestures, and expressions ***for the world to perceive you the way you want?***
4. What do you need to stop doing?

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Meditation – practiced daily by millions of highly successful people



meditation

Benefits of Meditation:

- Reduces Stress and Improves Cardiovascular Health.
- Increases Your Sense of Well-being.
- Increases a Sense of Connectedness and Empathy.
- Strengthens and Improves Your Relationships.
- Improves Your Ability to Focus.
- Helps You Make Better Decisions.
- Boosts Your Creativity.
- Helps People Overcome Addictions.
- Enhances Your Immune System.
- Helps You to Achieve the "Flow" State.
- Reduces Physical and Emotional Pain.
- Enhances Spiritual Awareness.

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Release Meditation – relax your body & mind & let go of stress

Release Meditation Technique:

1. Sit in a comfortable position.
2. Close your eyes and become fully present.
3. Take 10 deep breaths – in through nose - out through mouth.
4. Sense your body and just focus on releasing any tension.
5. Now just sit with eyes closed and repeat the word “release”.
6. Your intention is that every time you repeat the word “release” you are releasing all thoughts, stress, and tension in life.

Test this for just 2 minutes...and see how you feel!

Meditate for 10-20 minutes daily and see how that feels

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High Performance Habits – energy checklist

Rest + Exercise

- ✓ Walk outside every day for at least 30 minutes.
- ✓ Sleep 8-9 hours per night. If you miss that target, nap or meditate during the day to catch up.
- ✓ Do two 60-minute cardio activities per week (consult your doctor).
- ✓ Do two 20-40 minute intense workouts per week (strength based or H.I.T).
- ✓ Meditate once or twice daily for 15-20 mins. OR use a Mind Machines (eg Light & Sound).

Diet + Nutrition

- ✓ Eat a whole food diet, heavy in organic plant-based foods.
- ✓ Absolute must: Get tested for food allergies.
- ✓ Take a food-based multi vitamin, and vitamin D, B-complex, magnesium, and Omega-3. See your nutritionist for additional supplements.
- ✓ Drink health shakes for breakfast or snacks.
- ✓ Drink 3-5 litres of water per day and avoid all sugary drinks, alcohol, and caffeine.
- ✓ Limit white starches and heavily processed breads/carbs.

Daily Energising

- ✓ Every 60-90 minutes, stand up, move and stretch. For example:
- ✓ 20 arm crosses, 20 arm circles each arm, 40 knee-highs (marching in place), 20 seconds patting your lower back, 10 deep breaths while bouncing on toes.
- ✓ Focus on speaking and gesturing with passion.
- ✓ Stay standing more often.
- ✓ Hug and engage others physically more often.
- ✓ Try to make people smile or laugh more often.
- ✓ Focus on being fully present.
- ✓ Keep a gratitude journal.

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What We Have Covered Today:



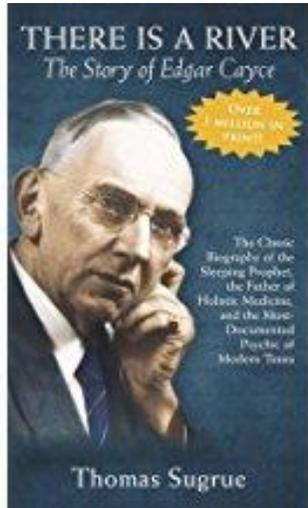
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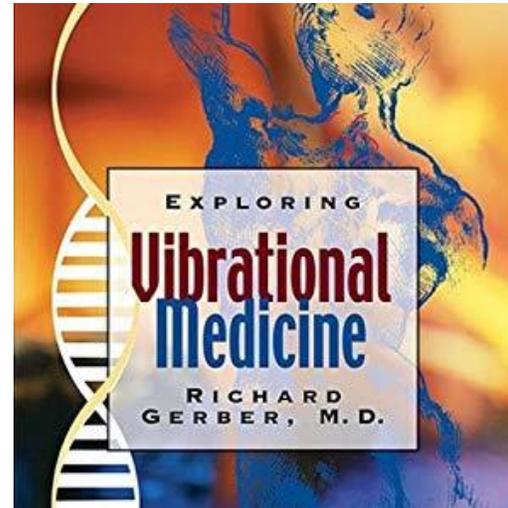
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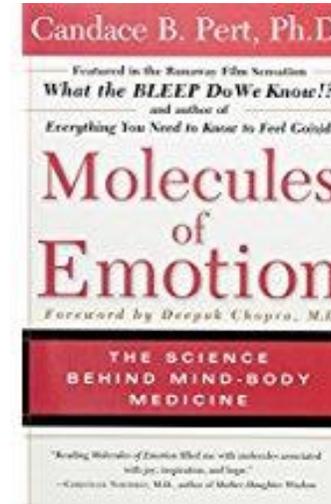
Recommended Resources:



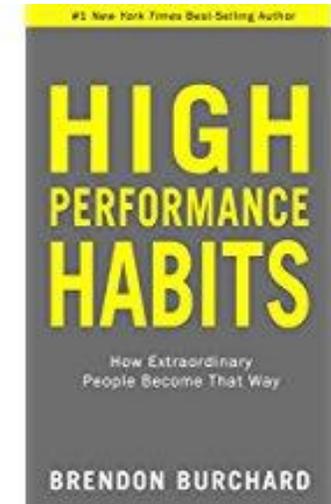
Edgar Cayce



Dr Richard Gerber



Dr Candace Pert



Brendon Burchard

- **The Story of Edgar Cayce: There is a River** by Thomas Sugrue
- **Exploring Vibrational Medicine (Audiobook)** by Dr Richard Gerber
- **Molecules of Emotion – the Science Behind Mind-Body Medicine** by Dr Candace Pert
- **High Performance Habits** by Brendon Burchard

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Over to You...



Questions & Answers

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