



Feel *Good* Energy

All Day Energy +
Enhanced Mental Wellness



TODD KUSLIKIS
MMT, MPA



Feel *Good* Energy

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INTRODUCTION

Feel Good Energy: 7-Minute Daily Rituals To Revitalize Energy Levels & Enhance Mental Wellness

Welcome to Feel Good Energy! My name is Coach Todd, and I'm going to be your coach as you go through this informative and instructive guide for increasing the vitality in your everyday life. And the way I'm going to do that is by introducing you to some very powerful energy and vitality rituals that will reduce your chronic joint pain and eliminate that all-day "sluggish" feeling that plagues your body. This will leave you feeling refreshed, rejuvenated and ready to get back to living life exactly as you want!

You see, right now, you have energy in your body that is likely blocked. And that's one of the core reasons you are feeling pain and sluggishness. The energy and vitality rituals you are going to perform will help free those blockages.

Now, you may be wondering, what exactly is an "energy/vitality ritual"? An "energy/vitality ritual", also known as an "energy exercise," helps you release chronic joint pain and overcome fatigue.

Even though you may have never heard of these ideas, they've been around for centuries! Traditional Chinese Medicine recognized the relationship between the body's energy and pain for thousands of years. They call the energy within the body one's "chi" and the pathways through which the chi flowed were known as meridians.

Then came western medicine, which was able to refine these ideas with more advanced technology.



What Traditional Chinese Medicine (TCM) calls meridians, Western science calls the central and peripheral nervous system. I still will never forget the day I had one of the greatest insights of my health career. I was studying the nervous system in one of my nursing classes and looking at the nerves that controlled certain organs. I immediately stopped and pulled out one of my old TCM books from my backpack and opened to the section that talked about meridians. My eyes kept darting back and forth. The similarities between what we call the nervous system were so close to what TCM calls meridians. What Western science was just beginning to learn, TCM had known and practiced for thousands of years.

The pain we feel all starts with inflammation. Maybe we have some type of injury or sleep wrong on our neck and a small injury occurs. Inflammation occurs around the point of injury. The problem is that the inflammation doesn't leave and the muscle tissue around the area starts to "bind up". This binding up is called fibrosis. The fibrosis impinges on the body's nerves and creates pain and discomfort. TCM calls these points of fibrosis "energy blocks", and we often never address them for years or even our entire life. Sometimes they cause us pain, sometimes they don't. But they are still there. We have to release our bodies' natural cleaners to get rid of them. We have to release these blocks in the area in order to be filled with energy.

When "energy" is flowing freely, you experience no pain, no issues with mobility and feel vibrant and healthy. When it is blocked you feel sluggish and tired.

So how can you free your blocked energy, so that it can flow throughout your body like a surging, powerful river?



There are three principles I'm going to introduce you to -- principles that have not only helped me, but helped countless people release their impeded energy, reduce their pain significantly, and allow them to live an active, healthy, energetic life.

Now, if you don't fully understand these principles right now, don't worry. I'll go over each of them in greater detail in the follow-along videos for this program. Also, all three of them are integrated into the 7-minute rituals so you don't even need to think about them.

Yes, you read that correctly. We're going to use all three of the following principles in a ritual that will only take you 7 minutes a day!

Principle 1: Grounding

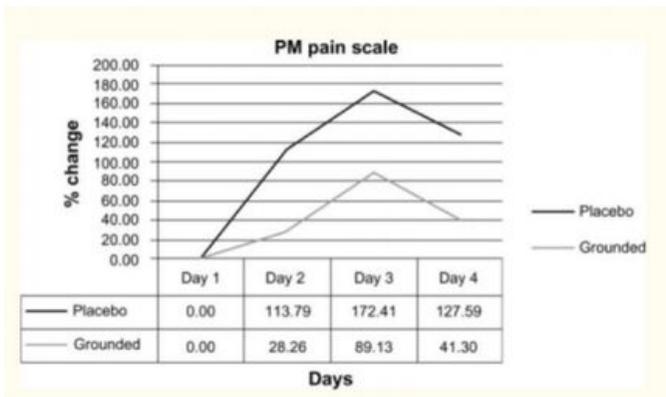
When you hear the term "grounding," what comes to mind? When I first heard it years ago, I thought it referred to when your parents wouldn't let you leave your house for a week. Yet it's an ancient and effective method for allowing positive energy to enter your body, simply by making contact with the most natural resource possible: the earth itself!

Grounding is standing barefoot so that your feet are in contact with the earth. The earth is endowed with electrons. When you place your bare feet on the earth, you allow those electrons to enter your body.

95% of the earth's population have insulated themselves from the earth by wearing shoes all day. When you remove your trusty tennies, you allow all of the natural elements from the earth to surge up through your feet into your body.

The relationship between your bare skin contact with the ground may sound silly, but scientific studies have shown this to be a legitimate tool for healing your body.

A study published to the Journal of Environmental and Public Health investigated the usefulness of grounding in different aspects of life. In one experiment, healthy adults practiced grounding exercises. Here is a chart that monitored their pain levels.



Source: www.ncbi.nlm.nih.gov

As you can see, the group that used grounding saw a reduction in pain.

But not only that, the study discovered that grounding “appears to improve sleep, normalize the day–night cortisol rhythm, reduce pain, reduce stress, shift the autonomic nervous system from sympathetic toward parasympathetic activation, increase heart rate variability, speed wound healing, and reduce blood viscosity.”

Why? Simply put, your body is kind of like a battery -- electrically charged from your head to your toe. And the earth is its natural conductor.



We need to train our bodies to relax -- not only when high-stress situations present themselves, but at all times throughout the day. If we can do that, our bodies and minds will greatly benefit. In 1975, cardiologist Herbert Benson described what he called the “relaxation response” -- the body’s ability to experience a decrease in heart rate, respiration rate, blood pressure, muscle tension, and oxygen consumption.

In fact, there are a lot more reasons to take that much needed “chill pill” when stress occurs. An article from the Huffington Post details 10 health benefits to relaxation. When you relax, you:

- 1) Protect your heart from high blood pressure, heart attacks and other heart problems
- 2) Lower your risk of catching a cold, due to the body’s ability to fight inflammation
- 3) Boost your memory due to increased proteins in the brain that have been linked to Alzheimer’s
- 4) Reduce your risk of stroke, partly due to the fact that people who handle stress well are often healthy in other ways like exercising regularly and not smoking
- 5) Protect yourself from depression as a result of well-regulated levels of serotonin and dopamine
- 6) Tend to make better decisions, because stressed out people tend to ignore the cons of the decision they’re about to make



7) Can stay slim, since stress makes it harder to resist comfort foods that tend to be high in fat and sugar

8) Reduce acne, because stress increases the amount of oil produced by the skin (researchers aren't exactly sure why this happens)

9) Keep your sex drive normal, because stress can deplete your libido levels (whether man or woman)

10) Lower your risk of breast cancer, because relaxing has been shown to delay the progression of the disease as well as speed up recovery

Of course, it's great to know that relaxing is great for your health; however, one cannot simply decide to relax. We need to employ relaxation techniques in order to get all of these benefits.

You're going to see some follow-along videos that you'll be able to use to help your body relax. Allowing yourself to deeply relax is the complete opposite of the "fight or flight" response, and much more beneficial for you.

From a more scientific standpoint, we need to help your fibrotic tissue "release" and free up impinged nerves.

Principle 3: Visualization

Now, we're going to get really deep into visualization in another section of the Feel Good Energy routine. You've got an entire Dictum section that is going to make you a master of visualization very soon! For now, consider this putting your toes in the water.



And in this portion, you will learn how the power of words can help shape your health on a physical level. Positive energy flowing throughout the body is important for helping the fibrotic tissues release and free up impinged nerves.

For now, though, I'd like to call your attention to the interesting names of the exercises. When you see them, you'll notice they're not your typical names for exercises. Lift the Earth? Spiraling Tornado? Why such odd names?

It has everything to do with visualization. I want you to really imagine you are embodying what the exercise names describe. So during the Lift the Earth exercise, that's what I want your mind's eye to be picturing. Envision yourself actually lifting the Earth. This will be central to your success with the program -- in other words, don't just "go through the motions". The mind is critically important for increasing energy.

Structure of the Rituals

As you progress through the 6-week course, you'll be moving on to different and more challenging exercises; however, the structure of the 7-minute rituals will not change. Those are laid out in a very specific way to maximize the benefit of the program.

These movements are specifically designed to increase energy and release joint pain. Every movement you're going to perform has been thoroughly researched and proven to free up those critical energy pathways in your body in order to create more mobility, help you build strength and move with less pain!



Each day is structured like this:

Warm Up -- During the warm up, you will use your “Power Move” at the start. We begin with this because this move will release powerful endorphins that will prime your body for an energy-filled day. And when you combine this with your dictums (we'll get to that in the dictums section), you are going to be fully charged and ready for the ritual!

Vitality Stretchercises -- We'll be combining deep oxygenated breathing with stretching/mobility movements designed to increase vitality

Dynamic Isometrics -- Isometrics is a particular exercise discipline in which the body does not move. What you'll get from this technique is an increase in body strength and muscle tone critical to improving your energy and overall health.

Cool Down -- To bring the ritual to a close, you'll be doing some awesome “body shaking exercises” -- not only does this feel really good, but it breaks up that fibrotic tissue that keeps your energy bottled up at certain points throughout the body. And to finish the ritual, you once again will use your Power Move and say your dictums so that your battery is fully charged for the day!



Why Only 7 Minutes?

That's a question I've gotten many times about my Feel Good Energy course, so I thought it would be a good idea to address it right from the start.

The fact is, most people believe they simply don't have the time to invest in their physical health. We're all busy and constantly feel pulled in different directions. So I decided I would create a system that would be so easy to follow, you'd have to work really hard to find an excuse not to do it!

By making these rituals only 7 minutes, it holds you accountable, makes them easy to commit to, and ensures you'll start seeing the benefits in no time.

These rituals you're going to perform are going to incorporate all of the other aspects of the program. It's built in, so there's nothing you need to do; however, you're going to see a lot of the techniques follow the same logic and methodology.

For example, the follow-along videos will incorporate your "Unique Energy Move" (which you'll learn about soon), proper breathing techniques (there's an entire section on that), and so on. So it's important to take a glance at all of these sections before you start the rituals, so you're as prepared as possible for your daily exercises.



Ritual Guidelines

You'll be performing each week's unique ritual one time per day. Again, it's only 7 minutes, so this should be very easy to stick to! When you've completed the full 7 days (that's right, no days off!), you'll move on to the next "level."

Levels:

The different levels are designed to start you out in a very "beginner" mode and gradually move you along. Each week, you'll incorporate more advanced exercises, all designed to reduce your joint pain and increase your energy levels.

Breathing:

It will be important for you to employ proper breathing techniques during these rituals. Before you begin the Feel Good Energy program, take some time to read and watch the videos in the breathing section. These are going to be immensely helpful guides that break down why proper breathing is critical -- not just for this program, but your overall health --and how to retrain your body to reach its full breathing potential to optimize your health and wellness.



CHAPTER ONE

Mind of Life: Daily Dictums For Radiant Health

A big part of the Feel Good Energy routine is understanding the power your brain has to shape your health. And I'm not talking only of your mental health -- your mind has the power to affect the physical health of your body.

This is an often overlooked element of physical health in Western culture. Chalk it up to the need for instant gratification or obsessions over diet and exercise. Those are certainly important, of course; however, just as the right foods can make you healthier and reduce your pain, so too can the right type of positive language.

Essentially, what I'm talking about here is being happy. And being happy doesn't just help you smile at the mailman more often. Researchers are finding that happiness has a powerful influence, not only in the brain, but throughout the entire body. Richard Davidson, a professor of psychology and psychiatry at the University of Wisconsin, says that people who rate in the upper echelon of happiness on psychological tests develop about 50% more antibodies than average in response to flu vaccines -- "a very large difference," says Davidson.

And it's also been found that happiness, and other related mental states like optimism and hopefulness, "Appear to reduce the risk or limit the severity of cardiovascular disease, pulmonary disease, diabetes, hypertension, colds and upper-respiratory infections."



The Link Between Happiness And Energy

One question you may be asking at this point is, “What does being happy have to do with having energy?” And at first glance, they may seem like two completely disparate concepts. The truth is, science is finding out more and more that happiness creates energy!

Humans have basic needs like the need for food and water. If the body feels as if it’s under a threat of not receiving those things, we feel things like panic, anger, fear, etc., which depletes our energy.

Positive emotions like love, gratitude and hopefulness counteract those primal messages that we’re in danger. Therefore, if we can keep our “happy” levels up, that will keep those energy-sucking emotions at bay so that our body will feel up to any challenges the day has waiting for us!

Can We Really MAKE Ourselves Happy?

Happiness in itself is a fairly simple concept, right? But do we really have the ability to create our happiness, without resorting to handfuls of dangerous antidepressants?

Professor Davidson says it’s possible, and he’s seen it done!

While Davidson was in a lab observing a Buddhist Monk meditate, he noticed that the data streaming to his computer from electrodes attached to the monk’s skull showed the activity in the prefrontal lobe of the monk’s brain was shooting up very rapidly. The deeper the monk fell into his meditation, the higher the activity.



Davidson, who was studying the link between prefrontal-lobe activity and the bliss experienced by meditators, arrived at a conclusion he later published in the Proceedings of the National Academy of Sciences: happiness isn't simply a vague feeling; it's an actual, physical state of the brain. And it's a state you can induce deliberately.

So how can you do that? Well, this program is all about helping you transform your life in just a few minutes a day. That means we need to learn how to induce the state of happiness. And I'm going to show you exactly how to do that!

I'm going to teach you something that has been a pivotal tool for me -- not only in health and fitness, but in just about every aspect of my life. It's the power of dictums.

What Is A Dictum?

A dictum is a formal pronouncement from an authoritative source. And there's no need to involve your boss in this, because YOU are that authoritative source, even if you don't know it yet!

You can use dictums to overcome the frustrating joint pain coursing through your body. Simple, positive affirmations are proven to be an effective tool to helping you feel years younger, pain-free and full of energy. You just need to know how to do them!

That's right, I'm going to teach you the proper and effective way to talk to your body.



The Power of Positive Affirmations

This isn't the latest pseudoscience mumbo jumbo... it's cold, hard science. You should be talking to the joints causing you pain every day to help them feel better, and finally have the freedom to pursue all the wonderful activities you've been missing out on. It may sound crazy, but a little chit-chat with those joints of yours can go a long way!

You see, a positive attitude significantly helps in making you a healthier person. Science has shown that using positive affirmations is an unbelievably effective medicine... and it's as natural as can be!

A 2010 study from the University of Arizona studied the power of positive affirmations and found they can be a supplemental treatment for depressed and/or anxious patients. In fact, the study proved the affirmations were the most influential part of the recovery process.⁴

How Attitude Affects Your Pain

How could those affirmations be such a catalyst in the body's recovery process? The answer is all at once simple and profound: Your body is listening to you.

Researcher Cleve Backstair spent 36 years studying bio-communication in plant, animal and human cells, and what he discovered will change how you think about your own body.

In one of his experiments, he collected white blood cells from human donors and recorded the cells' reactions to different emotional states that the humans experienced.



When a subject felt a real, spontaneous emotion, the blood cells would elicit an electrical reaction. This would occur regardless of distance between the person and the blood cells that remained in the lab. If a subject experienced stress during their travels home, such as standing in a long line at the airport, the cells would react.

The research Backstair conducted concludes that there is a connection -- and inter-dependency -- throughout the human body. Through this, we can focus our energy into the physical healing of our own bodies!

Further research from Bowling Green University suggests that maintaining a positive attitude is connected to a shorter rehabilitation period for people with injuries.

And sports and exercise psychologists Robert Weinberg and Daniel Gould say that positive statements said to oneself are empowering and is beneficial during recovery. Using different "self-talk" techniques are proven to improve the rehabilitation process for people.

Who would have thought... after all the failed physical therapy sessions... all the long days missing out on walks, bike rides, and time spent with family... all your joints really needed was a little pep talk!

How To Use Dictums

You can use dictums to overcome the discomfort in your body's joints and make yourself a healthier person. So instead of constantly telling yourself your body hurts and is nothing but a burden on the life you want to live, you're going to turn that attitude around!



Now, there are specific techniques that will allow for maximum results from your dictums, which we'll go over now:

1) Say your dictums while standing, if possible. If you're unable to stand, that's alright, you can still do them while sitting. If you can stand comfortably, however, it's best to do so. Remember, when you say your dictums, YOU are the authoritative source. And there's a reason just about every important speech throughout human history has been given while standing: when we stand straight up straight and tall, we are telling others -- and more importantly, ourselves -- that we are an authority whose words truly matter.

2) Say your dictums with passion and excitement! This is no time to be reserved! You're making a pronouncement that your body feels good, you are healthy and strong, and you're ready for whatever life has waiting for you! Don't hold back. Speak with as much passion as you can muster. Even if you have to "fake it" a little bit at the beginning, that's alright. Speak as if you truly believe what you're saying with every fiber in your being. You'll start to believe it very soon.

3) Use your "Energy Move" when you say your dictum. You'll learn more about your "Energy Move" in a moment. So before you begin using our dictums, make sure you read up on that. For now, just know that you're going to be creating a move with your body that is uniquely yours which will flood your body with positivity and energy. And when it's time for you to say your dictums, bring out the "Energy Move"!



4) When you say your dictum... Smile! It's been proven that smiling is extremely effective in improving your mood, energy and overall health. So when it's time to say your dictums, you need to be happy about them! Passion and excitement are great, and by smiling, you're also going to add a "joy" element to the exercise. Again, even if you have to tone it in a little bit at the beginning, that's fine. You'll be seeing the incredible results soon, as your joint pain starts to fade away and your energy levels surge. And that's worth smiling for!

When You Should Say Your Dictums

Truly, there's no limit to when you shouldn't say your dictums. The more you say them, the more you'll believe them, and the faster you're going to see the desired results.

At minimum, you need to say your dictums in the morning and the evening.

Why in the mornings and evenings? It's because your mind controls your body, so starting your day with these positive affirmations will set your body on the right path all day. It's amazing what happens when we set our minds to things. Have you ever had a task that really needed to be completed, and so you say to yourself, "OK, time to get this done."? It's because stating your intentions or goals aloud sets your mind to accomplishing it. So when you say your dictum at the beginning of the day, you're going to be wired to make what you've stated true, even if you don't realize it!

It's also great to say your dictums in the evenings, because your dictums will sink into your subconscious mind as you sleep. We process a lot of information when we are asleep. By saying your dictum before bed (in the correct ways mentioned above) you can pre-wire your mind and body for the entire night's sleep!



Your Daily Dictums

Repeat the following dictums 3 times... and remember, with passion! As you progress through the program, you'll use a different set of dictums. You'll also be stating these dictums during at the beginning and end of the 7 minute rituals.

5 Rewards of Using Dictums

These dictums are going to be unlike anything you've ever done before, but rest assured, they're going to change your life in ways you never expected. Here are 5 rewards you'll earn by using your daily dictums.

1) Pain-Free Body

Remember the research that Cleve Backstair conducted, where it was discovered that we can affect change in our physical body through our attitude. Well, these dictums will be the verbal manifestation of the attitude you're feeling! Again, even if you don't fully believe what you're saying at first, that's alright. Your mind will start to believe it and the body will respond in kind.

2) Health

The aforementioned study from the University of Arizona showed that positive affirmations were effective in treating anxiety and depression... and were even more effective than traditional healing methods! By saying your dictums every day, you will be telling your body that you are strong, vibrant and healthy!



3) Energy

Things like fear, stress, and anger all sap our body of energy. When we say our daily dictums, we are literally telling our bodies -- and the world -- that we are not going to allow those negative forces to affect us. And when we keep those negative feelings at bay, it leaves us with a full pool of energy from which we can draw throughout the day!

4) Love

Classic comedian Lucille Ball once said, "Love yourself and everything else falls into line. You really have to love yourself to get anything done in this world." These dictums are going to be daily reminders to love ourselves... that we have value, and so much to offer the world... and in turn, we'll be better suited to love those we care about, which brings more love to us. It's an infinite and wonderful loop.

5) Blessed & Fulfilled

We sometimes tend to focus far too much time and energy on what we don't have. And that attitude can lead to a negative outlook and a feeling of emptiness. With these daily dictums, we're going to remind ourselves how blessed we are just to be us. Everything and everyone in our lives is a blessing, and recognizing that will allow us to find a sense of fulfillment and complete contentment.

Your daily dictums are listed in Chapter Four along with your 7-minute exercise routine.



CHAPTER TWO

Breath of Life: Simple Breathing Techniques for Abundance of Energy

In this section of the *Feel Good Energy*, we're going to dive deeply into one of the most fundamental aspects of life: the way we breathe.

Now, you may think you don't need any assistance in this area. After all, you've been breathing your entire life and have gotten on perfectly fine without help, right?

Well, the truth is, there's a lot you may not know about proper breathing with regards to your overall health. And most of us do not exercise proper breathing in our daily lives.

Improper Breathing Consequences

Why should improper breathing matter to you?

Well, because the way you're breathing right now could be causing some real damage to your body. For example, your heart rate is directly connected to your breathing rate in a phenomenon called respiratory sinus arrhythmia (RSA). When you inhale, your heart rate increases and when you exhale, it decreases. Although scientists aren't yet sure why heart rate is linked to breathing, it's been suggested by some studies that this is a way for the human body to save energy. When you increase the efficiency of oxygen and carbon dioxide in the lungs, it allows more energy to be stored for later.

What do I mean by “proper breathing”? Let me begin by asking you a question: have you ever noticed how loudly a baby can cry and scream? If you’ve ever been on a long flight or tried to enjoy a nice dinner out with your family, you certainly know what I’m talking about. Those little bodies can produce such a loud noise! How is that possible? As it turns out, babies are experts at a technique called deep breathing, where a person breaths from their diaphragm. Most of us take shorter breaths from our chest, which results in “shallow breathing” and deprives us of all the benefits of deep breathing.

Why Proper Breathing Is So Important

There are a number of benefits to retraining your breathing patterns. If you can get more adept at diaphragmatic breathing, you’ll see your health improve a number of ways:

1. Deep breathing calms your anxiety. 18% of Americans struggle with anxiety. If you’re anxious, that speeds up your breathing, making it more and more shallow (meaning it doesn’t come from as deep as it should). This sends a signal to your brain that you’re not getting enough air, and you may begin to hyperventilate. Feeling anxious makes your sympathetic nervous system kick in and prepare for potential danger. Deep breathing, on the other hand, gives your brain the “all clear” signal and lets your body know it’s time to relax. When you’re able to do this, the normal symptoms of anxiety like rapid heart rate and shakiness are alleviated! You see, your body has a group of about 3,000 cells whose job it is to connect the type of breathing you’re doing to a particular state of being, like anxiety and relaxation. They’re responsible for the kind of breaths you take, so what we’re going to do in this section of *Feel Good Energy* is train your body right down to the cellular level so you can assuage your anxiety levels with some specific techniques!



2. Deep breathing is a natural pain reliever. You may have had someone at some point tell you that “you seem tense” during periods of stress or anxiety. Well, that’s because we are physically tensing our body up and putting ourselves in pain. Tensing for too long makes our muscles and joints ache, and is in fact one of the leading causes of mild muscle pain. When you experience deep breathing, your body releases endorphins -- hormones with inflammation-fighting capabilities that can decrease the pain you’re feeling throughout your body, particularly in your back and neck, where we carry most of our stress.

3. Deep breathing reduces stress. The term “fight or flight” is known as the stress response, referring to the moment the body confronts a potential danger. This can be largely beneficial in certain situations; the problem is, the “fight or flight” response is often triggered by issues involving work, money or family. This can result in higher blood pressure, a major risk factor for heart disease. The buildup of stress can also lead to anxiety and depression. In the 1970s, cardiologist Dr. Herbert Benson of Harvard Medical School developed what he calls the “relaxation response” -- a state of profound rest that helps the body respond to stressful situations. And a major focal point in his studies included using deep breathing to relieve stress.

4. Deep breathing boosts your energy. As I mentioned earlier, when we engage in shallow breathing from the chest, we prevent the body from getting enough oxygen, which makes the body tense. Prolonged stress throughout the day can leave us feeling completely drained at the end of the day. If we focus on deep breathing, on the other hand, our bodies will be more relaxed as we move along our day and won’t be completely zapped of energy. In addition, deep breathing reduces blood pressure and increases blood circulation, two factors directly connected with energy levels.

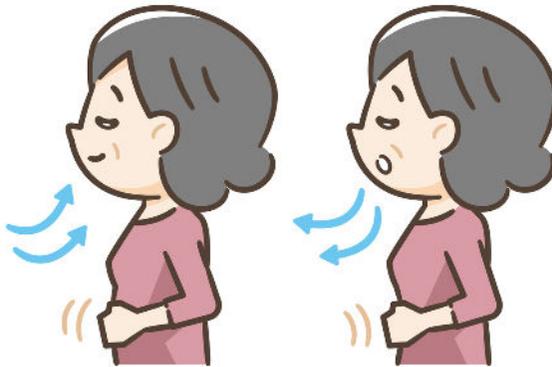
How to Use Deep Breathing

I'm going to show you how you can incorporate deep breathing into your daily ritual in simple, effective techniques, so that you can enjoy all of the benefits.

Belly Breathing

First, place your hands over your Tan Tien. What the heck is your Tan Tien, you ask? In ancient Chinese medicine, the Tan Tien is the area of the body through which energy can enter. The Tan Tien is broken into three sections: the upper, middle and lower Tan Tien, and it's the lower one that is most important for breathing. It's three finger-widths below your belly button.

So with your hands three finger-widths below your belly button, breathe into your hands. Inhale as your arms move inward during the exercise, and exhale as your arms move outward. You may need to try it a few times to really get the hang of it, but there should be a noticeable difference in your breathing pattern.





This is going to increase your oxygen intake, which will stimulate relaxation throughout the body (remember the connection between breath and relaxation).

Now, you may be wondering how long you're supposed to inhale/exhale. These are known as cycle times, and a lot of people recommend different ratios. Instead, we recommend focusing on the complete relaxation of the belly and letting your body find the natural rhythm for you.

Smile Breathing

Another technique I'd like to show you is Smile Breathing. I learned this technique awhile ago and every time I've used it, it's been integral in helping boost my energy, lift my mood and calm any anxiety I may have been feeling.

Start by simply observing where you feel your breath in your body. Take deep breath by inhaling through the nose. Hold for 1-2 seconds, and exhale through the nostrils. Hold the exhale for another 1-2 seconds. On the second inhale, allow a big smile to enter your mind -- an inner smile (I always like to think of something that brings me immense joy during this part, like my family!), hold for another 1-2 seconds, exhale through the nostrils again. Continue breathing just like this. Keep that happy thought vivid in your mind as your inner smile brightens and spreads throughout your entire body.

Now, allow the inner smile that has penetrated every inch of your body to finally represent itself outwardly. Bring your smile muscles up as you continue to feel and observe your breath. Breathe in calmly, and breathe out a smile.



You'll notice that your entire body starts to relax and feel good. I want you to feel a complete calmness, and the idea that your entire body is smiling.

Even just one minute of smile breathing can be enough to boost your happiness and energy levels for the entire day! Again, it's one of my absolute favorite exercises because it nourishes the body, mind and soul.

2-to-1 Breathing

This is a terrific technique to employ at points in the day where you begin to feel particularly stressed: sitting in traffic, trying to finish something at work, or perhaps while undertaking a long, daunting task or chore. If you're able to master this, you'll be able to eliminate your stress and the truncated, shallow breathing that our bodies do when we feel like we're in a "fight-or-flight" situation.

Begin with your eyes open but relaxed. Place your hands on your Tan Tien and take a breath in through your diaphragm. Breathe through your nose. You should feel your stomach expanding as your lungs fill with air. The idea of the 2-to-1 breathing technique is that you should exhale for about twice as long as you inhale. We all have different lung capacities so there's no "set" time for how long your breaths should be. I typically do about 5 seconds inhaling, and 10 seconds exhaling. Again, you want to focus on your breath and where you're feeling it in your body. Don't hold at the top or the bottom of the breath; simply roll smoothly into the next breath.

If you can do this just a few times, you can melt away the energy-draining stress you're experiencing in moments.



CHAPTER THREE

Position of Life: How To Create Your Own Energy Move To Flood Your Body With Energy In 5 Seconds or Less

This is going to be a very important portion of the Feel Good Energy routine. If you've already read through the above material, you know that you're going to use your Energy Move in your 7-minute daily rituals. This sections explain it in more detail.

Physiology Affects Our State

Take a look at your posture right now. It doesn't matter whether you're standing or sitting, just take stock of how you're positioned. Is your back straight? Are your shoulder square? Do you feel confident and ready to take on the day's challenges?

If the answer to these questions is no, don't worry. Most people would have to answer that way, too. You may not realize it, but the way you configure your posture has A LOT to do with how much energy you have, how confident you feel, and full of certainty in what you want to accomplish.

One of my favorite speakers and mentors, Tony Robbins, talks extensively about this. He calls it getting into a "state of certainty," where you aren't passive, unsure or self-conscious. You're a decision maker. You're calling the shots.

Robbins says the difference between a state of certainty and uncertainty can be measured in a tiny change in one's posture. That's right, your physical state affects your mental state. When you stand tall, confident, and excited about life, you actually change how you feel at a cellular level.



Think about a time in your life where there was a crisis and someone else stepped in and solved it. What went through your head as you watched them step up and take control. You probably thought, “Wow, that person’s an alpha. They’re so confident. I wish I were lucky enough to be that confident.” Guess what? You can be, and it’s literally a decision you can make right now, at this very moment.

You Have The Ability To Prime Your Environment

Staying with Tony Robbins, he is a huge proponent of “priming” your environment. In other words, you can set yourself up to have a positive attitude where you are excited, eager and full of energy. It’s something we should all be practicing every single day, because as it turns out, we are being primed subconsciously by things we’re not even aware of.

In one of Robbins’ interviews, he talks about a study that was conducted on the street that showed just how powerful priming can be. He was referring to a real study conducted by Yale University in 2008. An actor walked up to someone and simply asked them to hold a cup of coffee for a moment so the actor could reach into their pocket for something. Once the actor retrieved the item from his pocket, he took the coffee back, thanked the person and walked away. This was done with two groups: 100 people who were asked to hold iced coffee, and 100 people who were asked to hold hot coffee.

Later, the same coffee-holding subject who held the coffee was asked to read a few paragraphs about a fictional character. The coffee-holder was then asked to describe the character’s traits.

Here's the amazing part: 80% of the people who earlier were asked to hold iced coffee described the character as cold and mean. 81% of the people who were asked to hold hot coffee described the character as warm, gentle and nice.

Incredible, isn't it? A seemingly innocuous incident -- something as small as the temperature of a stranger's coffee -- has the ability to prime our attitudes throughout the day. With that kind of power, how much more energized, confident, and happy could you become if you learned to harness it?

Your Very Own “Energy Move”

Now, you're going to harness that power by creating an Energy Move for you to use every single day, in order to “prime your state.”

It's largely up to you what your Energy Move is going to be, but there are a couple things you definitely want to make sure of:

1) Stand up. This is no time for slouching in a chair or laying down. This is your ENERGY MOVE! It's going to prime you for a day of confidence, vigor and positive, powerful energy. So stand up tall and proud!

2) Smile. If you read through the above section, you'll recall how powerful smiling can be. It's been proven that smiling is extremely effective in improving your mood, energy and overall health. So when it's time for your Energy Move, let's see those teeth!

Now it's up to you to create the best Energy Move for you to ingrain into your own life! So what will it be? Here are a few examples:

- 
- Huge grin + fist pump
 - Hands up in the air
 - Clapping hands 3 times
 - Chanting the word "YES!" 3 times

Follow the videos in the video library for an in-depth look at how to create the perfect Energy Move for you!

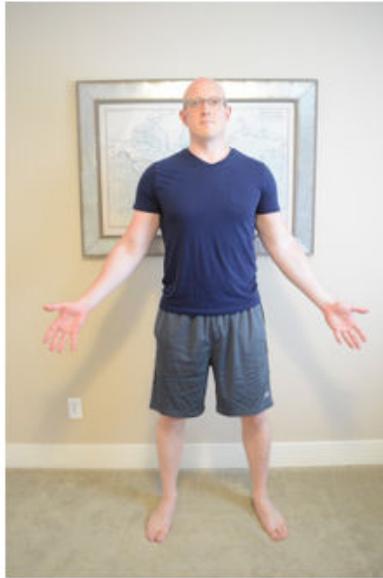
CHAPTER FOUR
Exercise Routines

Level 1: 7 Minute Ritual (Week 1)

Warm Up

Power Move with Dictums - 30 seconds

Power Posture: Full Embrace - 60 seconds



This is the main power posture. You will begin in your neutral stance. Slightly tilt your arms outward while keeping your elbows tucked in and your palms facing forward. Make sure you're keeping your shoulders nice and relaxed. Too much tension over time can create impingements in your fibrotic tissue.

Also, make sure you're not leaned forward or backward and keep your chin forward. Breathe deeply inward and outward. When we breathe deeply in this position, it opens all of the energy pathways in your body. Too often, we stand with our arms crossed, or leaning on one side. Here, we're completely balanced and open to free up all of those energy pathways.

Vitality Stretcherizes

Lift the Earth/Pull the Sky - 60 seconds



Start in a neutral stance with your feet shoulder-width apart and knees slightly bent. It's going to be very important to visualize in these exercises. So in this exercise, visualize pulling up the earth as you breathe in and bring your hands up to your chest and then reach to the sky. When your hands are all the way up, your shoulders should be relaxed -- not up toward your ears. Visualize in your mind's eye pulling the sky down as you bring your hands down. You shouldn't be tensing your muscles at any point in this exercise. Just imagine lifting the earth up and pulling the sky down.

Spiraling Tornado - 60 seconds



Begin in a neutral stance with a neutral spine. Have your feet shoulder-width apart and your knees slightly bent. Allow your right hand to float up and across your body as your torso turns while your left hand turns behind you. Keep your eyes on the tips of your right fingers, or just beyond them. You should feel a stretch all the way throughout your back and your legs. Bring your body back to a neutral stance and repeat with the other side. Over time, you'll be able to float your hands up higher. Visualize yourself as a powerful tornado churning around. Don't tense your body at any point, but picture a spiraling tornado and the powerful movement it creates.

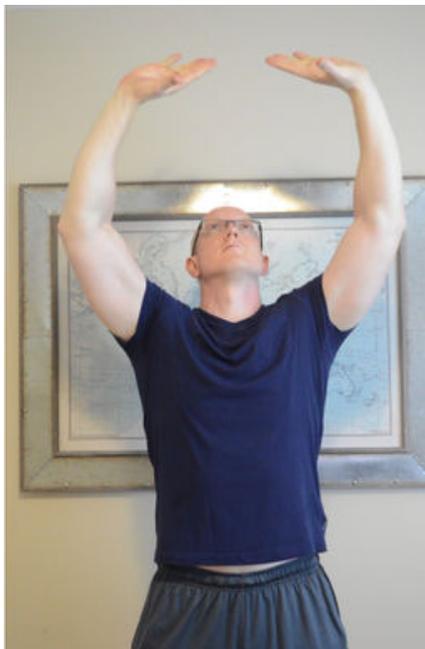
Dynamic Isometrics

Embrace the Hurricane - 30 seconds



Begin in a neutral stance: feet shoulder-width apart and knees slightly bent, neutral spine, shoulders relaxed and head neutral. Imagine you're on a beach, and you see a hurricane coming in. You see the sand blowing toward you and large waves rush the shore. Turn your hands into fists and face them out, palms forward. As you picture the hurricane approaching, tense your entire body -- chest, core, arms, legs, etc. Hold that for a few seconds and imagine being in the eye of the hurricane, holding your ground, and relax. The hurricane has passed. As you do this over and over, you'll begin to notice different places where you weren't tensing, and you can begin to focus on them. This exercise will allow blood flow into your capillaries, the branching blood vessels that form a network between the arterioles and venules. When you tense your body, the capillaries are bound and there's less blood flow. Then as you relax, the blood flow rushes out, much like pinching a garden hose.

Crashing Ceiling - 30 seconds



Start in a neutral stance. Bring your hands up above your head and imagine the ceiling and everything above you is crashing down. And when your hands are above your head, you need to hold it all up so you don't get crushed! Tense your muscles as you breathe in, hold for a few seconds, then relax and breathe out. Now, if you can't reach your hands above your head, that's alright! Bring them up as high as you can, just make sure your shoulders stay relaxed.

Coiled Spring - 30 seconds



Begin in your neutral stance. Bring your hands just outside your hips, palms facing in. Squeeze your legs together without actually moving them, and in your mind's eye, imagine the coiled energy of a spring. Visualize your legs condensing together even though they're not moving. You are the spring, so as you condense, allow shrink a little bit. Your body should be slightly tilted as you "coil up." Tense your whole body for a few seconds, then relax. Repeat the exercise, this time tilted to the other side (imagine coiling clockwise, then counterclockwise).

Cool Down

Full Body Shaking - 60 seconds



This exercise will release all of the tense muscle that may have built up during your ritual. Begin with your body in a neutral stance. Begin loosely shaking your body by bending your knees -- that's where the movement is coming from. Your whole body should be shaking. If you have pain in your knees, just give a slight bend. You want to focus on completely relaxing your body. And in fact, you should feel relaxed even though your body is moving the entire time. Notice the tension in your neck, shoulders, torso, arms and legs loosen the more you shake.

Power Move with Dictums - 30 seconds



Daily Dictums for Radiant Health: Week 1

I am free from pain, stiffness and fatigue.

Health and vitality flow throughout my body.

I am full of life and energy.

I am greatly loved.

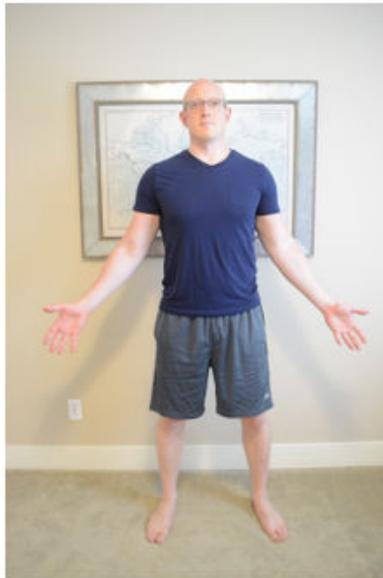
I am abundantly blessed.

Level 2: 7 Minute Ritual (Week 2)

Warm Up

Power Move with Dictums - 30 seconds

Power Posture: Full Embrace - 60 seconds



Stand in your neutral stance. Begin with your arms out to your side, slightly bent at the elbows with your elbows turned in. Your palms should be facing outward. A lot of times we tend to tense our shoulders when we have our arms in this position, so make sure to keep your shoulders nice and relaxed. You also want to make sure your chin is neutral; not too far forward. During this open posture, breathe in and out. The purpose of this posture is to be as open as possible. As you breathe in, visualize your breath filling your entire body, all the way to your toes and fingers.

Vitality Stretcherizes

Push the Ocean/Pull the Ocean - 60 seconds



Begin in a neutral stance. Image that you're right in the middle of an ocean that's about waist-deep. With your arms bent at your sides, push the entire ocean away from you, breathing out as you do so. You aren't tensing your muscles at all during this exercise at all. Pull your arms back in and visualize pulling the entire ocean back to you, inhaling as you do so. Again, your main focus should be on the imagery in your head of pushing and pulling the ocean.

Twisting Balloon - 60 seconds



Begin in your neutral stance. Imagine you are holding a large balloon with both arms, almost like you're hugging it. Wrap your arms around the balloon in a staggered position. Twist your body and breathe in, and visualize your balloon expanding as if you're breathing air into it. As you breathe out, the balloon contracts as if the air is coming out. Then twist to the other side as you breathe in, expanding the balloon, and breathe out, so it contracts again. Make sure you keep your shoulders relaxed throughout the exercise.

Dynamic Isometrics

Hug the Tree - 30 seconds



Begin in a neutral stance. Imagine you're standing right in front of a large tree. This tree is just large enough to get your arms around. Wrap your arms around the tree almost as if you're giving it a bear hug. Hug it as hard and tight as you can, almost as though you're condensing the tree with how hard you're hugging it. So you will be tensing your arms as much as possible for a few seconds, and then relax your arms and allow the tree to expand again. Make sure to keep your shoulders down for this exercise.

Chambered Squeezes - 30 seconds



Stand in your neutral position. Begin with your hands in fists down to your hips with your elbows tucked in. Take a breath in and squeeze your entire body for a few seconds, then relax. As you do this exercise, you may notice that you're squeezing your hands and arms, but are ignoring other parts of your body. Just make sure you're tensing your entire body. Again, it's important to keep your shoulders down throughout this exercise.

Y Pose - 30 seconds



Begin in a neutral stance, but this time with your feet a little closer together than shoulder-width. Your knees should still be slightly bent. Bring your arms up into a Y position and tilt your head slightly upward. For this exercise, visualize yourself as a stake firmly in the ground. As you breathe in, tense your entire body. In this moment, you're made of solid steel. Nothing can move you, nothing can break you. Hold for a few seconds, then relax your body and exhale. This is another full-body squeeze, so make sure you're squeezing every part of your body.

Squeeze the Earth - 30 seconds



Begin in your neutral stance. Bring your hands out a bit at about thigh-height and imagine the earth is right out in front of you and you're squeezing it all together. Visualize yourself being so strong that you can condense the entire earth, and as you do so, squeeze the entire part of your body. You should especially feel the tension in the muscles critical to the visualization, in this case, your arms and the inside part of your thigh, known as the adductors. Squeeze the earth together as you inhale, and tighten every part of your body for a few seconds, then relax. Try to take note of any parts of the body that aren't being squeezed.

Cool Down

Full Body Twisting - 60 seconds



This will be a fun exercise you can use to cool down. Begin in your neutral stance and twist your body so that your arms flail completely freely. You should feel completely relaxed. Lead with your hips and allow the spine to follow. You should feel a stretch all throughout your body. If your arms start slapping your back or chest, that's great! That means you're nice and relaxed.

Power Move with Dictums - 30 seconds



Daily Dictums for Radiant Health: Week 2

My body is pain-free.

I feel amazing.

Every cell inside me radiates vitality.

I am surrounded by love.

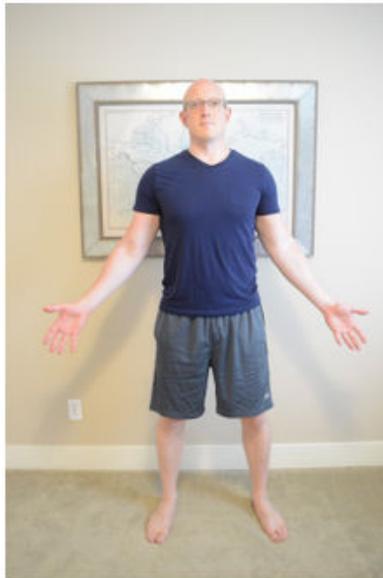
I am deeply fulfilled.

Level 3: 7 Minute Ritual (Week 3)

Warm Up

Power Move with Dictums - 30 seconds

Power Posture: Full Embrace - 60 seconds



Stand in your neutral stance. Begin with your arms out to your side, slightly bent at the elbows with your elbows turned in. Your palms should be facing outward. A lot of times we tend to tense our shoulders when we have our arms in this position, so make sure to keep your shoulders nice and relaxed. You also want to make sure your chin is neutral; not too far forward. During this open posture, breathe in and out. The purpose of this posture is to be as open as possible. As you breathe in, visualize your breath filling your entire body, all the way to your toes and fingers.

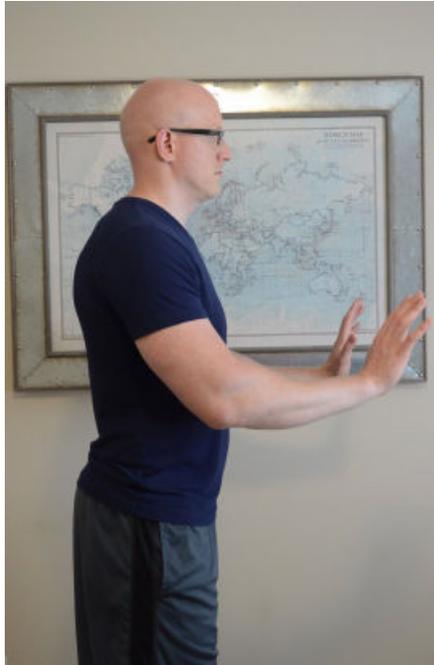
Vitality Stretchcizes

Lift the Tree/Drop the Tree - 60 seconds



Begin in your neutral stance. Imagine you're standing in front of a tree that's just wide enough for you to wrap your arms around with your fingers almost touching. Take a deep breath and visualize yourself lifting the tree out of the ground. Don't tense any muscles; instead, simply imagine the tension and follow the motion, making sure to keep your shoulders relaxed. Once you've lifted the tree on a deep breath in, exhale and drop the tree. If you'd like, you can drop your hands as if you're letting it go completely, or keep them wrapped around the tree. It's up to you!

Push the Wall - 60 seconds



Begin in your neutral stance. Imagine you're standing right in front of a wall. Take a nice deep breath in. In your mind's eye, imagine pushing that wall away while you exhale. There's no need to tense your muscles, but visualize the tension that would occur if you were to push away a strong, sturdy wall. Once you're able to push the wall over, relax the tension you have in your mind.

Dynamic Isometrics

Lift the Boulder - 30 seconds



Begin in your neutral stance and imagine on a low table just in front of you, there's a large boulder that you're going to lift. Now, you don't need to look directly downward; only slightly if at all. Bend down slightly and wrap your arms around this enormous boulder, and pick it up. Visualize how massive a 1,000 pound boulder would be and the amount of strength it would require to lift it. You'd have to draw strength from your entire body: arms, legs, core, etc., so be sure to tense your entire body as you lift it up. Take a deep breath in as you do so. Then when you drop it, relax your body and exhale.

Belly Squeezes - 30 seconds



Begin in your neutral position. Place your hands over your belly, about 6-12 inches away from your stomach. As you breathe in, squeeze your entire body, with particular focus on your stomach. In fact, imagine as you squeeze, your hands are making your stomach tighter and tighter. Your entire body should be tense. After a few seconds, breathe out and relax.

High Prayer Squeezes - 30 seconds



Begin in your neutral stance. Bring your hands above your head and press them together, as if they were in prayer. Take a deep breath in and squeeze them together as tightly as you can. Even though your hands are above your head, your shoulders should be relaxed; make it a point to keep them as low as you can. Tense your entire body so you're squeezing from above your head all the way to your toes. After a few seconds, exhale and relax. If you're unable to bring your hands over your head, that's alright! Just bring them as high as you comfortably can and keep them together in that prayer pose.

Separating the Earth - 30 seconds



Begin in your neutral stance. Bring your hands slightly out to your side. In this exercise, you're going to imagine actually splitting the earth in half, right underneath you. As you breathe in, bend down slightly and feel the pressure of your feet push outward against the floor. So you should feel a lot of tension on the outside leg muscles. Tense your entire body, but make sure to focus on the outer leg muscles. Visualize pulling the earth apart as if you yourself were creating an earthquake right under yourself! After a few seconds, relax and breathe out. You can stand straight back up if you'd like.

Cool Down

Full Body Drops - 60 seconds



This will be another fun shaking exercises to break up any fibrotic tissue that's been building up. Begin in your neutral stance. In a controlled motion, push your hips forward in a swinging motion so that you are brought off of your heels onto your toes. As you do this, allow your hips to swing your arms up. When you drop your hips, completely relax so that your arms drop back. This free movement will be great for opening up the energy pathways from head to toe. Make sure you're completely relaxed. And if bringing yourself off your heels is too much, no problem, just go as far as you're comfortably able to and make sure to relax your entire body.

Power Move with Dictums - 30 seconds



Daily Dictums for Radiant Health: Week 3

I am healed from all sickness, disease and pain.

I feel strong and radiant.

I live each day with excitement and passion.

I give tremendous love to everyone I meet.

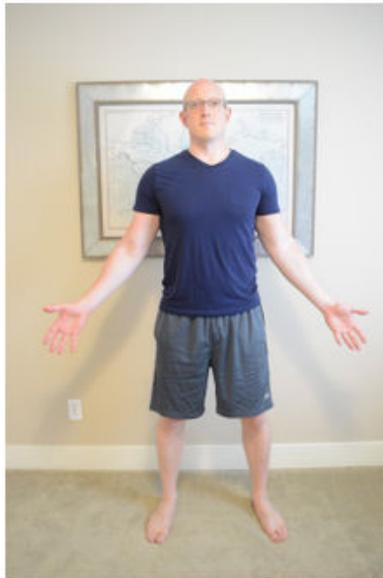
I am a blessing to those around me.

Level 4: 7 Minute Ritual (Week 4)

Warm Up

Power Move with Dictums - 30 seconds

Power Posture: Full Embrace - 60 seconds



Stand in your neutral stance. Begin with your arms out to your side, slightly bent at the elbows with your elbows turned in. Your palms should be facing outward. A lot of times we tend to tense our shoulders when we have our arms in this position, so make sure to keep your shoulders nice and relaxed. You also want to make sure your chin is neutral; not too far forward. During this open posture, breathe in and out. The purpose of this posture is to be as open as possible. As you breathe in, visualize your breath filling your entire body, all the way to your toes and fingers.

Vitality Stretchcizes

Fountain of Life- 30 seconds



Begin in your neutral stance, feet shoulder-width apart, neutral spine and knees slightly bent. Breathe in and bring your hands up. As you do, imagine a powerful fountain up toward your body. Visualize bringing up this rush of water with your hands. Bring your hands over your head, and once they get above your head, imagine the fountain dissipates and sprays out. Breathe out as you allow the fountain to spray out and bring your hands back down. Make sure to keep your shoulders relaxed the entire time. Don't worry about tensing any muscles during this exercise. As you raise the water up, try to bring yourself up slightly -- no more than an inch or so. And when it dissipates, bring yourself back down.

Carrying the Spinning Earth - 60 seconds



Begin in your neutral stance. Place your hands out to your sides with your elbows bent and palms facing upward. Imagine you are holding the earth in your hands. The visualization here is critical: imagine the immense weight of the earth as you're holding it up. You're not going to tense any part of your body, but your mind's eye can feel how heavy it is. Begin to turn as the earth spins and feel the weight as you turn with it. Remember, this isn't simply turning like you would when you reach for something. Imagine the weight of the earth on your body because that will force energy to come flowing up, because your body will need to match what your mind is telling it! Rotate to each side as you spin with the earth.

Dynamic Isometrics

Stop the Walls - 30 seconds



Begin in your neutral stance. Imagine you're in a room that's closing in. The walls are getting closer and closer and you've got to stop them! Place your arms outward, palms out, and breathe in. Visualize how much strength it would require to stop these walls from crushing you. You'll have a lot of tension in your arms, sure, but you're also going to be squeezing your entire body -- legs, back, core, etc. After a few seconds of holding the walls, breathe out and relax. Keep your shoulders relaxed during this exercise. If you're unable to bring your hands all the way out to your sides, you can put them about 45 degrees out in front of you, or whatever is the most comfortable. Over time, though, try to get them out to the sides as that promotes good rotation in the arms and shoulders.

Push the Boulder - 30 seconds



Begin in your neutral stance. Imagine there is an enormous boulder sitting right in front of you. It's 10 tons at least, and YOU have to move it! Place your arms out in front of you and push. Now, visualize you're really moving that boulder. You should be squeezing your entire body to move this giant rock. Feel it in your arms, chest, legs, core... all over your body! After a few seconds of pushing, breathe out and relax. Make sure to keep your shoulders down throughout the exercise!

Condensing the Body - 30 seconds



Begin in your neutral stance. Raise your hands up and then tense your body and as if you are condensing it downwards toward the Earth. You will feel a pressure downwards. Even though your hands are up, don't let your shoulders shrug up. Maintain this tensed position as you are breathing in and then completely relax as you breathe out. Let your arms fall back down towards your side.

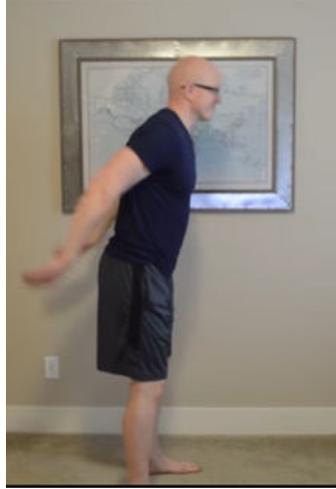
Ripping the Earth - 30 seconds



Begin in your neutral stance with your shoulders relaxed. Bring your hands out in front of your body slightly. Your heels are going to stay in place but you are going to imagine that the front of your feet are pulling apart and ripping up the Earth. It's as if your feet are trying to rotate outwards. Rip the Earth apart as you breathe in and then breathe out as you relax.

Cool Down

Full Body Release- 60 seconds



Stand with your feet shoulder width apart, knees bent and shoulders relaxed. Come down in a mini squat position and then explode upwards as your hands float up. Imagine you are releasing negative energy out as you lift up. Start with your weight in your heels and as you move upwards, your weight will shift to the balls of your feet. You are using your hips and momentum to move your arms. Your arms are not using any strength.

Power Move with Dictums - 30 seconds



Daily Dictums for Radiant Health: Week 4

All my joints are strong and free from pain.

My body is a precious temple.

I am filled with vitality.

I love others with an overwhelming love.

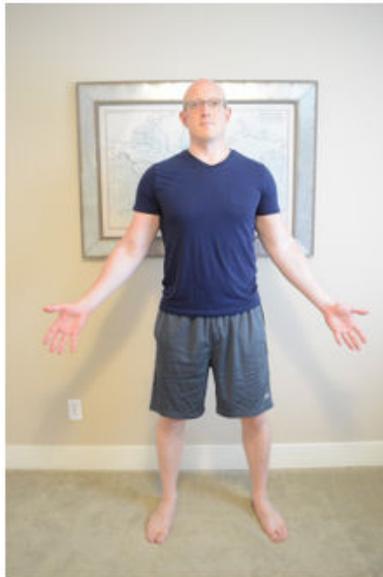
I have endless joy and fulfillment.

Level 5: 7 Minute Ritual (Week 5)

Warm Up

Power Move with Dictums - 30 seconds

Power Posture: Full Embrace - 60 seconds



Stand in your neutral stance. Begin with your arms out to your side, slightly bent at the elbows with your elbows turned in. Your palms should be facing outward. A lot of times we tend to tense our shoulders when we have our arms in this position, so make sure to keep your shoulders nice and relaxed. You also want to make sure your chin is neutral; not too far forward. During this open posture, breathe in and out. The purpose of this posture is to be as open as possible. As you breathe in, visualize your breath filling your entire body, all the way to your toes and fingers.

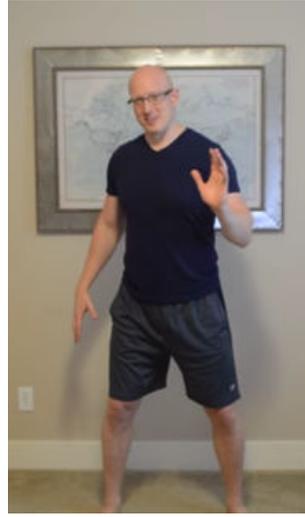
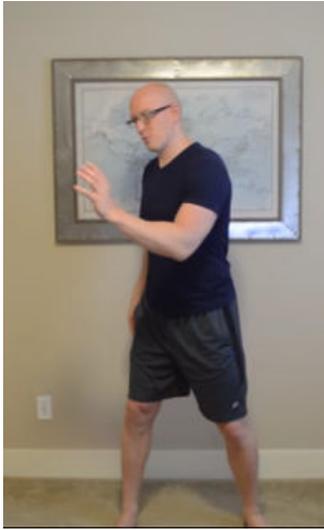
Vitality Stretchercizes

Bring Down from Heaven - 30 seconds



Begin in your neutral stance, feet shoulder-width apart, neutral spine and knees slightly bent. Breathe in and bring your hands up towards the heavens. Imagine bringing down the sky as you breathe out. The whole sky is coming down on you. You are relaxed but you are pulling down the heavens. Your arms move up and down and as you breathe deeply.

Push the Clouds - 30 seconds



Begin in your neutral stance, feet shoulder-width apart, neutral spine and knees slightly bent. Imagine that you are so large that your upper body is up in the clouds. With your arms you are going to push the clouds to the side, clearing your path. These clouds are heavy and keep moving back in your way, but you will keep rotating to push them away with your arms. Your shoulders are going to remain relaxed. Use your hips to through your rotate your spine.

Dynamic Isometrics

Close the Grand Canyon - 30 seconds



Begin in your neutral stance. Imagine you are a huge giant. Go ahead and get into the Grand Canyon. With your hands, you are going to grab the sides of the canyon and you are going to now pull the sides together. As you pull the canyon together, you are going to tension your entire body and breathe out. You need to use all your muscles to pull the canyon together. Tension and then relax.

Ball Squeezes - 30 seconds



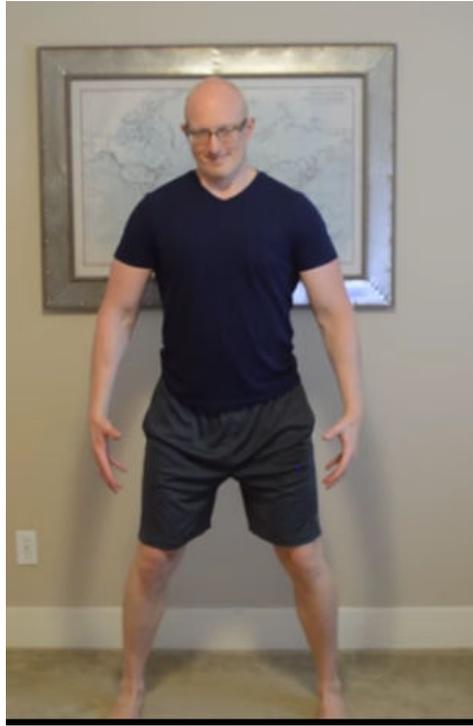
Begin in your neutral stance. Imagine you're holding a ball in front of you. Your elbows will be inline with your torso. As you breathe in, your whole body is going to tense but you are going to imagine if you are trying to pop the ball you are holding. Visualize the air pressure in the ball condensing. After you squeeze it all out, breathe out and relax.

Wide X's - 30 seconds



Begin in your neutral stance but get your feet into a wide stance. Your knees will be wider than your hips but slightly bent. Bring your arms up so your body is in an X position. In this position, tense all your muscles in your body as you breathe in and hold this X pose. Breathe out and completely relax your arms down.

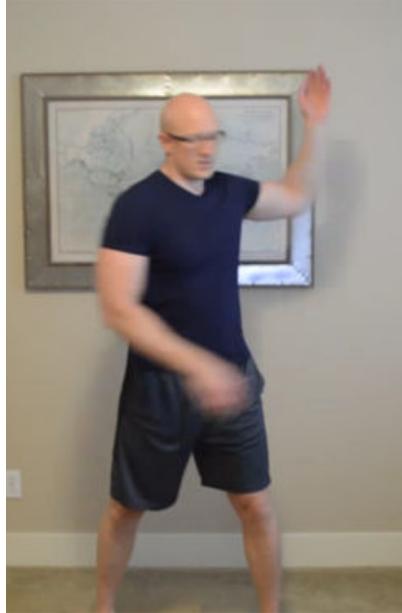
Squeezing the Earth- 30 seconds



Begin in your neutral stance with your feet a little wider than hip width apart. Bring your arms slightly out in front of you and then you are going to use your mind's eye to imagine squeezing the Earth with your hands and feet. You will feel pressure on the insides of your feet and inner thighs. Don't allow your knees to collapse in. You may feel your inner thighs, glutes, and core working. Tension and then completely relax.

Cool Down

Full Body Slashes- 60 seconds



Stand in your neutral stance with your arms relaxed. As you twist your body to the side, let your arm float up. Begin to twist to the other direction and let your arm slash down. You are going to use momentum to move your arms as you twist through your spine. You want to let your full body relax as you move through the motion. Every time you slash your arm down, breathe out.

Power Move with Dictums - 30 seconds



Daily Dictums for Radiant Health: Week 5

I have been given the gift of a pain-free body.

My body is full of health.

Every cell in my body radiates life and energy.

I am filled with God's love.

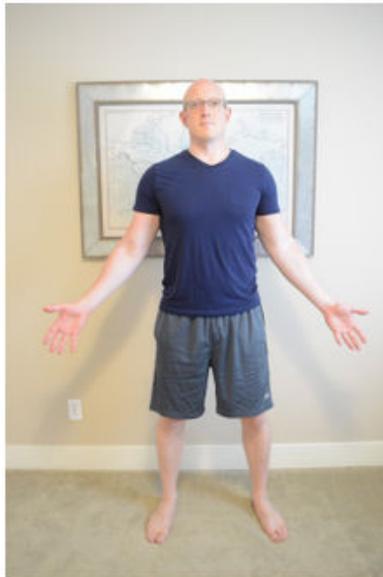
I am blessed every day of my life.

Level 6: 7 Minute Ritual (Week 6)

Warm Up

Power Move with Dictums - 30 seconds

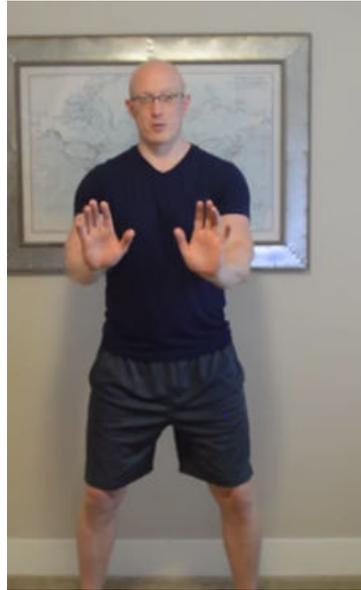
Power Posture: Full Embrace - 60 seconds



Stand in your neutral stance. Begin with your arms out to your side, slightly bent at the elbows with your elbows turned in. Your palms should be facing outward. A lot of times we tend to tense our shoulders when we have our arms in this position, so make sure to keep your shoulders nice and relaxed. You also want to make sure your chin is neutral; not too far forward. During this open posture, breathe in and out. The purpose of this posture is to be as open as possible. As you breathe in, visualize your breath filling your entire body, all the way to your toes and fingers.

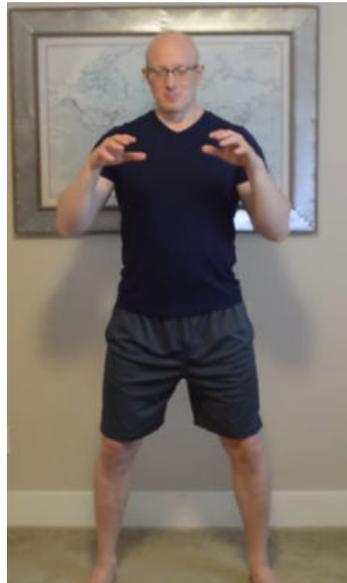
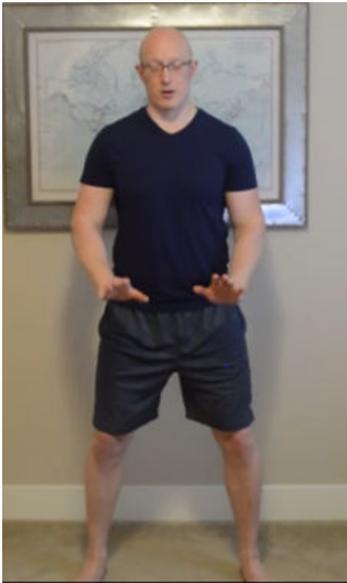
Vitality Stretchercizes

Departing Hands / Returning Hands- 30 seconds



Begin in your neutral stance, feet shoulder-width apart, neutral spine and knees slightly bent. Keep your shoulders relaxed. Breathe out as your hands float out and breathe in as they float back in towards your body. You are imagining that your arms are strong and heavy but you aren't tensing them. Keep feeling as if you have really heavy hands but you aren't using your muscles to move them. You are using your mind and energy to keep them up. Elbows stay low as you go in and out.

Rising Hands / Falling Hands- 30 seconds



Begin in your neutral stance, feet shoulder-width apart, neutral spine and knees slightly bent. Breathe in as you float your hands up towards the ceiling and then breathe out as they float back now. I want you to imagine that your hands are heavy as cement and instead of using your strength to lift them up, you will use your mind's eye and energy. Visualize that the hands float up easily while keeping your shoulders flexed and elbows tucked in.

Dynamic Isometrics

Lift the House - 30 seconds



Begin in your neutral stance. Imagine you're lifting an entire house up. Reach under with your hands (you don't need to bend over all the way; a slight bend will do just fine). Breathe in, lift up and recruit all your muscles to tense as you do so. Remember, it's a giant, heavy house so it's going to take all of your strength to lift it! So you should be tense from head to toe. Visualize you need to hold it up so someone trapped underneath it can crawl out while you have it lifted. After a few seconds of holding, drop the house and breathe out.

Double Ball Squeezes - 30 seconds



Begin in your neutral stance. Imagine you have two large balls that you're holding underneath your arms. Bring your arms out to the side and have them wrap around the tops of the balls so that they're pinned between your arms and your sides. You're going to try and pop the balls by squeezing them as hard as you can. Take a breath in and tense every part of your body in order to generate enough strength to pop them! You should be squeezing everything from your legs to your core and back, but pay particular attention to your arms as you try to pop the balls. After a few seconds of squeezing, drop the balls, relax and breathe out.

Wide Crashing Ceiling - 30 seconds



Begin in your neutral stance, but with your feet wider than shoulder-width apart. Bring your hands up over your head. This will be similar to the crashing ceiling exercise we did before, but this time we're going to be holding from a wider base. Take a breath in and feel the pressure of the ceiling crashing down on you. Hold your hands against the ceiling and recruit all of your muscles to keep it from crushing you. You should feel tension from your arms over your head all the way down to your feet. Visualize that you must use every ounce of strength you have in order to prevent the ceiling from crushing you. After a few seconds, relax your muscles and breathe out.

Wide Squeezing the Earth - 30 seconds



Again, begin in your neutral stance but with your feet wider than shoulder-width apart. Bring your hands out to your sides, about 6 inches from your thighs. Imagine you're holding the earth and you're going to squeeze it together. Breathe in and squeeze as hard as you can. Tense every part of your body, paying particular attention to your arms and the inside muscles of your legs. You've got the whole world in your control, so visualize the earth 100 feet below you condensing because of the force you're using with your body. After a few seconds of squeezing, release the earth and exhale.

Cool Down

Full Body X's - 60 seconds



Stand in your neutral stance. Similar to the other shaking exercises, you'll be using your torso to get your hands up. This time, instead of them coming straight up, they'll be making an X above your head. Bend down and drop your hips slightly, and then swing them forward to generate movement in the rest of your body. You should be brought off your heels and onto your toes with the momentum generated in your hips. Allow your arms to swing all the way up over your head into an X. Then allow your body to drop back to the starting position and repeat. Alternate which hand is on top of the other when you create the X with your arms. If you're unable to get your arms all the way over your head, or you can't drop your hips very low, that's fine! You can bring your arms to an X at your chest and work your way up.

Power Move with Dictums - 30 seconds



Daily Dictums for Radiant Health: Week 6

I have authority over my body.

I speak life and health into my body right now.

I command all fatigue to leave my body.

Pure love has filled my body, mind and spirit.

I am filled with joy and peace.

Exercise Log

WEEK 1

Exercise	Hold	Completed
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Posture: Full Embrace	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Lift the Earth/Pull the Sky	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Spiraling Tornado	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Embrace the Hurricane	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Crashing Ceiling -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Coiled Spring	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Full Body Shaking	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

WEEK 2

Exercise	Hold	Completed
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Posture: Full Embrace	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Push the Ocean/Pull the Ocean	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Twisting Balloon	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Hug the Tree	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Chambered Squeezes	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Y Pose	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Squeeze the Earth	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Full Body Twisting	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

WEEK 3

Exercise	Hold	Completed
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Posture: Full Embrace	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Lift the Tree/Drop the Tree	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Push the Wall	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Lift the Boulder	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Belly Squeezes	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
High Prayer Squeezes	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Separating the Earth	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Full Body Drops	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

WEEK 4

Exercise	Hold	Completed
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Posture: Full Embrace	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Fountain of Life	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Carrying the Spinning Earth	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Stop the Walls	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Push the Boulder	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Condensing the Body	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ripping the Earth	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Full Body Release	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

WEEK 5

Exercise	Hold	Completed
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Posture: Full Embrace	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Bring Down from Heaven	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Push the Clouds	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Close the Grand Canyon	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Ball Squeezes	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wide X's	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Squeezing the Earth	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Full Body Slashes-	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

WEEK 6

Exercise	Hold	Completed
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Posture: Full Embrace	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Departing Hands / Returning Hands	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Rising Hands / Falling Hands	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Lift the House	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Double Ball Squeezes	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wide Crashing Ceiling	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Wide Squeezing the Earth	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Full Body X's -	60 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Power Move with Dictums -	30 seconds	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>