body

science

change

focus

intuition

attraction

harmony

physiology

Infallible Health

DAVID DI FRANCESCO and

JEANNA GABELLINI



Infallible Health

"Every Human Being is the author of their own health."

Buddha

DAVID DI FRANCESCO

and

JEANNA GABELLINI

Infallible Health





Congratulations on your decision to create infallible health. It's exciting! Starting now, you have the ability to experience immediate improvements with your body. It doesn't matter if you have small or big desires with your health, it takes the same amount of effort to manifest each ideal end result.

Our intention for you is that you take complete ownership of your health. We want you to look in the mirror and be smiling from the inside out. What does that mean? Your body will be functioning at a higher level. You'll have more energy, feel better, look better, have more strength and literally be vibrating with well-being. Sound good?

Decide now that you will begin to see and feel results immediately. Be looking for positive evidence of the changes in your body, both small and big.

This manual is designed to give you both of our perspectives.

David Di Francesco is a Physical Performance Coach with extensive knowledge of the science of mind and physiology. He's definitely not the typical guy you'd experience in the gym, although his clients get kick-butt results! He gets to the core of your mind, as well as your body.

Jeanna Gabellini is a Certified Personal & Professional Coach. Although, she's been certified as a personal trainer, her focus is on shifting people's habits of thought. The underlying principles of her teachings are, "Whatever you focus on, you'll get more of." If you focus on symptoms, pains or fat, you'll get more or

them. If you focus on well-being, guess what you'll get?

We believe that bringing you two perspectives will enable you to bridge the gap from where your health is now, to where you desire it to be with less effort. Both perspectives support each other and never contradict. Science and attraction principles work hand in glove when it comes to health.

We suggest using this home study course as if it were a live weekly class. Each week, read the chapter in this manual that corresponds with the audio recording of the same week. We highly recommend you get a partner, or several people, to join you in this process. They must be as committed to having what they want, as you. If not, do not let their energy take you off track. Support each other in "no kidding" making it to the end result.

The purpose and intent of this course is for you to be in the best body of your life, internally and externally, but we believe that you will leave with so much more than that. The process used in this course will support you in taking charge in other areas of your life as well. You will learn that you are your own best authority on what works best for you.

Let's get this show on the road. Enjoy the ride. Here we go!

In health,
David & Jeanna

Infallible Health —





"To wish to become well is a part of becoming well." Seneca

Every goal in your life that you achieved success with is because you believed it was possible. You decided to go after it and you took actions that you thought would support you. There is nothing different about achieving infallible health! It's the same exact process. Your body is not a mysterious thing with a mind of it's own. It obeys what you believe.

Do your best to see the creation of your perfectly aligned health as simply another goal you are deciding to achieve.

Jeanna Says:

One of the most important ingredients to having truly successful results with your health is to believe that you will succeed. All of your power is in your now... meaning this present moment. In every moment you have the ability to think new thoughts and make new choices.

You may feel as if you've been hitting your head against the wall prior to now. Your past actually does not have to impact your results now. However, you can learn about yourself by looking backward. You can be a detective about what works and doesn't work for you. But never use your past to beat yourself up. It's not even allowed to criticize yourself about what happened a minute ago. What value comes from criticism and negative self-talk?

Here is the foundation for all of the coaching and information I will be giving you. Everything is based on attraction principles or Law of Attraction (LOA). The concepts are simple and living them can take a bit of practice. It's a daily, hourly and even moment-to-moment practice. In fact, I'm still learning to live LOA in deeper ways after almost two decades of practice! If you look at it as improving your game, it can be fun.

The first step is to decide exactly what it is that you want. Many people focus on what they don't want. If you are carrying unwanted weight, what you really want is to be toned or a specific ideal weight. If your back hurts, what you do want is freedom of movement and perfect alignment in your spine and supporting muscles.

Second, you must put all of your focus into knowing what that goal will give you. This will get you excited about reaching the end result and therefore you'll be committed to the process of manifesting it. If you desire to be lighter, what will that give you? How will it change your life? You are defining the essence of what you want.

Whatever you focus on, ideal weight or too much weight, you will attract more of that to you. So, if your back is hurting and you are irritated at the pain it's causing you, the pain will stick around. But if you soothe your mind and emotions by saying that you know the pain will go away or you take actions to soothe it, you will be moving your focus to well being. Focusing on well-being will attract your body aligning with well being.

Have you ever noticed that the better something gets, the better it gets? Also, the worse it gets the worse it gets? It's because all of your attention is focused on things that either feel positive or negative and you get more of it. This is why it is so important that you manage your thoughts and focus.

The last step in this process is truly expecting your desired results. You have to chill out about the when, where, how and who. For some people, as soon as they declare a goal they get immediate clarity about how it will unfold. Other people can just feel the essence of their desire but have no clue how it will unfold, which is fine.

When you believe that you will manifest every health desire you have, you will be inspired to the perfect foods, movement and thoughts to guide you there. The challenge for some folks is to trust that! Never force yourself to eat, drink, believe a "fact" about health or take an action that does not feel good to you. This will only lead you down a path of more of the same.

David Says:

Let's get right to the point, I'm continuing my own work on Law of Attraction (LOA). I'm *not there* myself. In fact, I understand LOA as a <u>daily practice</u>. It isn't a 'goal' to be reached... but a way of 'being' in the present moment. I start off with this because I want to tell you I'm not some 'guru' speaking from the clouds above, but a fellow adventurer. I also mention this because one of the foundations of this program, which will be developed further as we progress, is the idea that just as I am the 'expert' in my life and experience, so too are you the best expert in your own life and experience. One of the major goals of this program is to assist you in developing the skills to listen to your own creation, your own thoughts, desires, dreams and yes, listening to what your body is 'telling' you.

And that last part is my unique voice in this program with Jeanna. My interests and learning is around science, physiology, and anatomy. You know, the 'observable' and the 'testable'. The fun part of this is that doesn't make it separate from LOA. As you change your thoughts about something, it will cause a completely different physiology in your body, and with it a different result in your life.

The best part is that you can actually make lasting changes that support what you desire, learning to 're-wire' your brain. Accomplish this re-wiring and not only will it end a lot of the frustration you may have experienced before, but you'll be able to attract so much faster and easier.

So, lets' get started!

Anatomy 101

I know I know, hard stuff huh? Well, not really, but it is important to understand because it has a direct bearing on understanding why you've gotten the results you have thus far and how things can change in BIG ways.

Brain

Your brain has many structures and functions, but we're going to concentrate on three main areas.

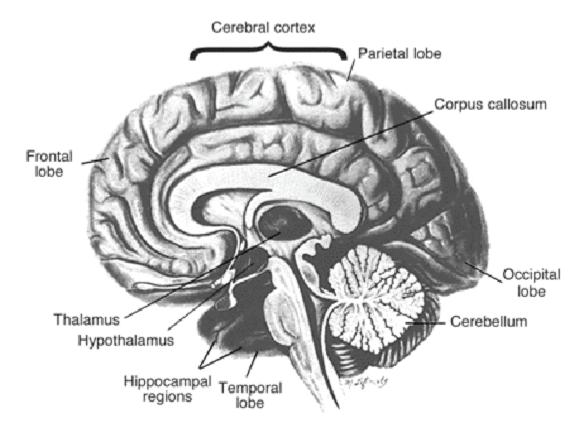
- 1. <u>The Brainstem</u>: This is the area just above the spinal chord and helps regulate functions such as blood pressure, respiration, breathing and our waking/sleep cycles. Our <u>involuntary</u> behavior rests here.
- 2. <u>The Midbrain</u>: This area, just above the Brainstem is the chemical brain. It is from this part of the brain that helps regulate all the chemical functions in the body. The hippocampus, amygdala, thalamus, hypothalamus, pituitary and pineal glands all reside in this part of the brain. These glands will figure prominently in my discussions with you.
- 3. <u>The Cerebral Cortex</u>: This is our conscious awareness... learning, remembering and <u>voluntary</u> behavior rests here.

Let's develop a bit more about the structures in the midbrain. I promise to keep it concise!

- · Hippocampus: A clearinghouse for memory. Think of it as your own hard-drive where all your experiences are stored. As you'll see in the weeks ahead, when you change your thoughts and memories, you'll literally be able to change your body's chemistry and results.
- · Amygdala: This structure is responsible for alerting our bodies when we're in a survival situation. Believe it or not, this happens even when we set goals for ourselves. We'll discuss this further in Week 2 when we discuss taking

'small steps'.

- Thalamus: The switchboard or air traffic control center that connects the brain with the body.
- · Hypothalamus: This is the 'headquarters' for the Pituitary Gland. The hypothalamus interprets through your thoughts and in partnership with the body, which chemical messengers need to be made.
- · Pituitary Gland: While the hypothalamus is headquarters, the Pituitary Gland is the chemical factory. Considered the master gland, this is where all the chemical messengers for the entire body are actually made... ready to be transported through the Thalamus to the body.
- · Pineal Gland: Regulates sleep and wakefulness. Also where two important neurotransmitters are produced... Serotonin (day neurotransmitter) and Melatonin (our nighttime neurotransmitter).



from niaaa.nih.gov

Anatomy class is now over! Let's now see how all this works together in support of Law of Attraction and our Beliefs.

I want you to take a moment and close your eyes. Now imagine you're running away from something. You're scared. Really frightened! Imagine your legs are pumping, trying to get away from what is behind you (don't actually move your legs). Running, running, running. Stay with this for about 30 seconds.

What happened? Well, your heart rate probably went up. You may have started breathing faster. Maybe even sweated a little bit. Your legs might even feel a little tired. You may have actually experienced a bit of fear.

The interesting thing is that you never left your chair! Your thoughts of running actually created a physical response.

What happened in your body? Let me walk you through using the anatomy we just discussed. Your thoughts of running away from something were 'imagined' in your Cerebral Cortex. Your Amygdala fired up because of the 'perception' of fear, and its corresponding survival instinct and the Pineal Gland created more Serotonin.

Next, the Cortex communicated with the Brainstem and the Midbrain that you needed supportive chemistry and actions to address this particular thought. Your hypothalamus signaled your pituitary gland to create chemical messengers around 'Fear'. Fear, let's look that up in the Hippocampus. Now what did I do when I last experienced Fear? Oh, found it! Here it is. That means chemical messengers to support faster breathing and faster heart rate as well as messengers to signal the muscles in the legs to contract.

Now the Pituitary Gland gets to work, creates these chemical messengers and sends them onto the Thalamus so they can be communicated to the body.

The various areas of your body, you heart, lungs, and legs receive these chemical messengers. And respond accordingly. Then to sustain continued support for the same future action, a feedback loop, the heart, lungs and muscles signal back to the brain through the Thalamus to send more of the same chemical messengers.

As long as the thought is there, the body will react to match it.

This process is how habits are conditioned. Any repetitive thought or action creates a chemical loop that gets stronger and stronger.

Now, this same type of process happens when you sit down to eat. Your thoughts create chemical messengers that determine how your body is going to react to the food you are eating. Your thoughts are also going to determine the results you get from exercise.

Not just the mind communicating with the body, the body communicates to the mind and can influence thought as well. The act of smiling or frowning when you're working out will determine the chemical messengers you create, the thoughts you have at the moment, and can influence the results you get. I know a Navy SEAL who actually got through some very tough points during Hell Week, a grueling 132 hours of constant training, simply through the action of smiling.

Experiment a little. Take a moment to think of fun things, sad things, happy thoughts and angry thoughts. See how your body actually FEELS and responds differently to each of these thoughts.

Now that you've experienced how your mind and thoughts can affect your body... let's see about the other way round. Let's see how your body causes you to think differently.

As you read this, slouch in your chair. Let your shoulders drop and sink into the chair. Put a frown on your face. Stay with this for a moment. What sorts of thoughts and emotions come up for you?

Now, sit up straight in your chair. Physically smile. Be with this for a bit. What kind of thoughts and emotions came up for you?

Your body, your movements and actions can also create thoughts and emotions. Your body and mind are connected.

You can control your experiences and attract what you desire with changes in thoughts and/or physical actions.

Exploration

Before we can give you a roadmap to infallible health, you need to clarify what your state of health is currently and then what you want it to be.

What are you currently experiencing with your body that is causing you pain or frustration? Most people find it easy to clarify their problems/issues with their health. We're going to look in the opposite direction now. What looks, feels and functions well with your body right now? What are your dominant thoughts about your health? You know, those thoughts that you gravitate to most through out your week.

Time to create the vision of what ideal health and fitness are for you. There are no

limits to the changes you'd like to see, feel and experience. There is no such thing as impossible, if you're committed to having what you want. We've seen people generate amazing results that some may call a *miracle*.

The process of seeing a mental image in your mind of your ideal body and

imagining what it will feel like to be in pristine health is key to your success. Do not under estimate the power of tapping into your future by blueprinting the goal in your mind. Now, in detail, describe your desired end result for this course. Go for it!

Practices for the week:

Take at least five minutes each day to envision your body and health the way you desire. You're getting in the mindset for this transformational journey. Imagine you have perfect health now. How would you feel, look and act? Would your posture be different?

You may want to create a vision board that depicts mental images of your desired body, health and mentality. Create a compelling vision that will excite you. Use pictures of anything that resonates with you.

Don't worry about eating or exercising different at this point. Do your best to relax into this process. Allow your body to correct itself. It is natural for you to be in perfect health. If you'd like a vision board that will pop up on your computer screen daily as a trigger, go to http://www.AttractionInActionVisionBoard.com



"My body is a reflection mostly of my thoughts I think. I am happy to understand the power of directing my thoughts, and I am looking forward to seeing physical changes in my body, which reflect my changes in my thinking. I feel good as I anticipate my improved size and shape - and I am confident that those changes are in progress. And, in the meantime, I am generally feeling so good that I am not unhappy with where I currently am. It is fun to think on purpose, and even more fun to see the results of those deliberately chosen thoughts. My body is very responsive to my thoughts. I like knowing that."

Abraham-Hicks, Money and the Law of Attraction

The great news about your health is that it is only impacted by the present moment and what you are thinking, feeling and doing right *now*. All of your power is in your now.

The beginning point is now. This is your point A. You must start the journey from here. You're on your way to point B. Everything you desire is waiting for you at point B. You do not want to resist point A. No matter your state of health at this moment, you must not make yourself wrong for being here. Resistance will hold you back rather than moving you toward your Point B vision.

Point A -> -> -> Point B

What is the easiest way to get from point A to point B? One step at a time. Small steps are just as powerful as BIG leaps. They both create movement forward. Small steps can seem slow at first, but momentum will be created and you will see results sooner than you imagined. Your job is not judge how fast or slow you experience results.

Focus on what is working, not what isn't working. Your body is amazing! There are so many things it is doing for you, even as you sit here and read this! You are taking in and releasing breath. Your heart is sending blood through your body. You have bones, muscles and ligaments that are holding you in your posture. Your eyes are reading this. Your skin is holding it all together. Your body is doing all of this and more without you even having to focus on it.

What is possible with a little focus on health? Begin to pay attention to the messages your body gives you. What feels good? What doesn't? Listen.

Your goal is to do what serves you best, not anyone else. Experiencing a body that works in harmony is not about doing anything perfect. It's about finding your personal path. There is no cookie cutter answer except to do what feels best to you. Even this takes practice. If you begin to fall back into old patterns, simply notice and then make a new choice.

Jeanna Says:

You are practicing new thoughts and habits that will move you up the emotional scale. You want to move one step at a time towards 100% faith that you and your body are in partnership. You'll be moving from frustration, powerlessness and apathy to joy, passion and freedom...one thought at a time.

In order to feel some freedom immediately, you'll have to let go of your preconceived beliefs about what it takes to have perfect health. These thoughts are impacting your health in every moment. If you believe that with age comes the decline of your body, health and energy, that is exactly what you'll experience.

What ever you believe about your body, you are right! It's a self-fulfilling prophecy. I believed I would experience an easy breezy pregnancy. I did. I enjoyed snow skiing in my first trimester, yoga and hikes throughout and waterskiing in my second and third trimester. I enjoyed all foods and wine. Imagine if I had listened to all of the rules and experiences of other people? I created my own joy filled experience.

If you believe you have to diet and exercise all the time in order to lose weight,

that will be your reality. What would you like your guidelines of health to be? What if you listen to what your body and intuition tell you versus the media, books and experts tell you? Your body knows how to serve up perfect health for you. The question is, "Are you getting in the way or are you letting your body do it's job?"

Ask yourself, "What feels like the next step for you to take to be in alignment with your health goals?" Everyone is different. Be sure the answer is coming from your heart and not those old misguided rules. Trust the answer you receive. Being in tune with your inner guidance takes practice. Most of us have gotten used to reacting to life rather than being in the driver's seat.

David Says:

It seems so easy to sit and set goals about what you desire and envision what you wish to attract. So why is it so hard to start living your new truth, or even make changes that you intuit you wish to do to attract your desires? One moment you decide you want to lose a bit of weight and the next you're sitting in front of the television with a whole bag of chips. What's with that?

The answer lies in an old 'friend' called the Fight or Flight response... also known as 'Survival Mode'. This response served us quite well in our early history. As I'll explain in a moment, it allowed mankind the opportunity to escape becoming a quick meal.

The reason this becomes important today, even though the likelihood of our truly needing survival mode is quite low, is that our brains <u>do not register a difference</u> in stressors. It only registers that a stressor is present and it kicks up Survival Mode. Whether you're standing in front of a lion, in front of an audience to give a speech, or deciding you need to loose 20 pounds, your mind is going to kick in with, "YIKES!"

See, the body and mind are designed to maintain balance, internal balance. Feelings of comfort, satisfaction and familiarity. When you decide to make changes in your life, or to change how you experience our life, it brings up the unknown. Your mind does not handle the unknown well. It brings discomfort and

sometimes fear depending on the extreme level of unknown.

That discomfort, even over 'minor' changes, causes your mind to work in ways to re-establish a level of comfort. In most cases, this is to return to what is known. That's one of the reasons people find it so hard to stick to a 'diet' and sit in front of a television with a bag of chips. When push comes to shove and the mind is trying to grapple with the unknown, it's going to fall back into the known. You know, those old habits and ways of doing things. That's what you 'know'. That's what you are comfortable with. The moment the mind feels stressors related to changing behavior or decisions, it does what it can to re-establish order and balance. Hence the 'sneaking treat' syndrome.

But with a bit of understanding about what is happening, you'll be able to trick the mind into supporting new behaviors. Later in this course we'll talk about actually 'rewiring' your mind to make things easier and more natural.

You see our Amygdala is responsible for 'Survival Mode'. That's your Fight or Flight response. This 'alarm' mechanism alerts your body for necessary action. One of the ways it accomplishes this is to slow down or stop other functions such as rational thought and creative thinking so it can maintain focus on one thing...your physical ability to run or fight.

So your Cerebral Cortex sort of shuts down. It doesn't really shut down. Let's just say it gets shouted down. The Midbrain with it's Amygdala just isn't paying attention. Your brain is concentrating all it's attention toward survival.

Even if it's nothing more than deciding to lose an extra five pounds, you suddenly find yourself saying, "Oh, what would one little treat hurt?" That's your mind trying to pull you back to what <u>you believe you are comfortable with</u>, like hanging onto those extra five pounds, and not listening as well to the conscious decision you had made about losing those five pounds.

Read that again. What you BELIEVE you are comfortable with.

Supportive change comes in two ways.

- 1. Re-wiring your thoughts (which we'll discuss later).
- 2. Through discovery! Living in the unknown. Being ok with being a bit

uncomfortable and staying with that. That part can be challenging. It isn't fun being uncomfortable.

That's where the trick comes in. It can be challenging to make major decisions in your life because there is such a distance from where you are to where you wish to be. Big distance generally means big fear. Most of us find it next to impossible to stay in fear mode for very long. So we 'slink' back to old habits and decisions just so we can get out of feeling that level of discomfort.

You're going to go into Survival Mode whether you're making big or small changes. That part doesn't matter. But the degree of fear that comes up for you is scalable and controllable...by you.

Big goals —> Fear —> Cortex restricted —> Failure

Small goal —> Fear bypassed —> Cortex engaged —> Success

So...

Break up your big goal into smaller chunks. And I don't mean small. I mean really small. The goal here is not to feel less fear, it's to feel totally supported in your decisions.

There is a process called <u>Kaizen</u>. It's the process through which great change is made through small steps. Really small steps. It's a way of circumventing the brain's built-in resistance to change and new behavior. It's literally breaking up your goals into such small steps that it's literally the only next step to take.

For instance, let's say you decide you want to lose weight. You've decided on the amount you want to lose and how you want to look. You've been using Law of Attraction and feel yourself attracted to different choices and behavior. Yet you find yourself constantly making the non-supportive choice (getting back to a level of comfort). You find yourself in cycles of guilt and blame.

Who needs that? So let's break down your goals so it becomes more supportive to breaking that cycle of guilt and blame.

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For some goals, we use Kaizen to break up the big goal into smaller <u>actions</u> . For instance, you want to have a million dollars in the bank. So rather than stressing out trying to attract a million dollars as a chunk, you break it down into much more supportive, non-fearful chunks. Is it \$100 a day? Or \$1 a day? The amount doesn't matter; this is simply to illustrate breaking down a goal into smaller supportive actions.	
You can do it that way.	
You can also use Kaizen to break up the big goal into smaller increments of <u>time</u> . For instance, lets say through your attraction, you feel like making changes to what and how you're eating. All of a sudden big fear comes up because you're thinking, "My gosh, I can't continue eating like this forever. It's too hard." So, break it up into time increments. "Today for breakfast I'm going to eat more enticing and healthy foods." Don't worry about next week, tomorrow, or even today's lunch. Your focus is on breakfast. Then, when lunch comes, do the same thing.	How would you like to go about creating your killer body and amazing health? What would feel good? What steps or changes come to mind to accomplish this? Who and what will assist you?
Believe me, small steps do add up to big results!	
<u>Exploration</u>	
What are some of your beliefs about health? What do you believe is good/bad for you? What do you believe about aging or hereditary conditions? Write them down so you can clearly see what is impacting your health.	

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For each of the steps/intuitive decisions you listed above break them down into one daily action.

What are 2-5 new habits that you will put begin to practice this week that will support you in total well being?

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"Be careful about reading health books. You may die of a misprint."

Mark Twain

As many people in the personal growth industry have said, "Most of all issues in our life are a result of low self-worth." We would agree. Self worth is also at the root of most health issues. It's an interesting topic, as some people would swear that they have high self-esteem. Then why would they be carrying extra pounds on their frame? Why would they manifest a heart attack or cancer or nagging back problems?

Stress causes your body to react as a warning system. It will create pain or other symptoms to alert you that you are out of alignment with your highest values. Stress can always be traced back to not feeling worthy enough to keep your life in balance. You've got to make it a priority to say no to things that don't feel good, say yes to things that fill your souls, choose a career you love and be in partnership with people who are delightful.

It pays to take good care of your heart, mind, body and soul. It directly impacts your health. A great place to start is to begin to notice your judgments about how things are good or bad. Things are not good or bad, they just exist. It's your perception of them that makes them right or wrong.

It is easy to judge foods, health care, exercise and your body. We are constantly fed (cute pun!) messages in the media every day about our health. And to make matters worse, they change their minds about what will kill or cure you. But is it really useful to judge everything that impacts your health? You can't make a solid choice about what you choose regarding health when you have labeled things as good or bad.

A more beneficial way of making choices about your body, self-image and health care is to check in with yourself about how each thing feels. An ice cream cone may sound fabulous on a hot day, but if you've labeled ice cream as "fattening" you won't choose what feels good to you. Or if you've labeled it "bad" and you eat it anyway, then you'll feel bad. If ice cream is appealing and you allowed yourself to eat and enjoy it, it'd be a positive experience for your mind and body.

Now let's address another area where some of you are very mean to yourself. Harshly judging how your body looks or being frustrated about your current state of health is a disease in and of itself. You already have manifested something you don't want and then you add to your pain by getting on your case about being out of shape or not healing your body faster. That's a double whammy!

Another thing you label is your body! If you had labeled it healthy, fit, beautiful and thriving, you wouldn't be doing this course. "I am fat", is a label. "I have arthritis", is a label. Whatever the label, you will be right. How about choosing labels you like?

They key is to begin to pay attention to what would feel good to you versus labeling things as a result of what your history has shown you, or the media or medical industry has said. This will take some practice. Most us have been brain washed and filled with fears about all the bad stuff that could happen to our health. Yikes!

Jeanna Says:

Living by rules that you and your inner expert choose together, based on what feels good, is very empowering. Your body is designed for well being. Relaxing your fears about doing "the right or wrong things" for your body will help your body recover from disease or unwanted pounds more easily.

I really had to walk my talk about living by "my rules" when I was pregnant. Everyone gave me their unsolicited advice, rules and what to expect when expecting. I kept reminding myself that they meant well and then went back to living my life by pre-paving positive expectations for my pregnancy.

If I had listened to the advice of friends, websites, books and the media, I would've been sitting on my butt, not doing much of anything with a restricted diet. That didn't sound very appealing to me!

I ate and drank whatever I wanted. I did any activity that felt good, including waterskiing in my seventh month. Some of my family and friends were concerned for me. I reassured them that I felt safe and comfortable with what I was doing. In fact, I really enjoyed my pregnancy.

My main focus was choosing foods and activities that I enjoyed. Whether you are a female or male, pregnant or not, this is the key to your perfect health. Listen to your body. It will always guide you down your perfect path.

David Says:

One of the biggest challenges I see people create for themselves when trying to attract something different, more loving and more supportive for their bodies is around the issue of comparison.

It seems almost automatic to view what you're attracting now, and the comparison of where you're at now. If you could look at that impassively, that would be one thing, but invariably you end up passing judgment on yourself for not having that experience in your life "right now". You may kick yourself for all of the perceived mistakes or errors you've made in the past.

This serves nothing other than to make you feel upset, aggravated, sad, depressed or even angry. Those feelings also have the habit of actually frustrating the process of attraction itself. You cannot attract anything different than what you're feeling or thinking NOW. So going down that comparison path only assists in continuing tp create the present circumstances, the very circumstances you're wishing to change.

From the mind and physical standpoint, these feelings that are habitually felt, release certain chemicals, which cause physical reactions and feelings in the body. The body then instructs the brain to support the current physical instructions to continue to release those same chemicals. You literally create an emotional dependency akin to a chemical dependency.

Habits:

Let's discuss habits and their role in the brain. When we are first learning to walk, our brain has not yet wired itself to support the action. Not having done this yet, usually our first attempts result in our falling. Our brain registers this, and begins the release of neurotransmitters, whose role is to pass on important information to the synapses. In this case the information is transmitted to our legs and body of how to walk and create movement to make the next attempt easier. As the attempts continue, the brain starts to wire itself to more effectively pass these neurotransmitters to the appropriate synapses until such time as we've successfully completed the action, in this case walking. Continual walking strengthens this neurotransmitter highway.

The same thing occurs with emotions and feelings. When you habitually fall into a particular emotion, whether it is joy or sadness, your brain releases certain neurotransmitters to support that feeling and begins to lay highways to make it easier to 'recreate' in the future. Habitual thoughts and emotions make those paths stronger, and it's why you create emotional habits too.

We literally hard-wire ourselves to think and feel certain ways. Over time this can actually create what's called 'belief', as in "I'm not worthy", or "I can't really have this".

But there is hope. There is a way to make what you desire to attract to you come easier over time, just like learning to walk. It's called neuroplasticity and it's your ability to literally change the neurotransmitter highways from unsupportive thoughts and emotions, to more loving and supportive, thus creating a more open path to attracting what you desire.

As you think new emotions and thoughts, your brain, just as always starts laying down and strengthening the neuropathways to support those emotions. The brain also begins to 'tear up' or loosen those neuropathways that are not used as frequently, if at all.

For instance, if you previously felt self-judgment, and decided to give that up and start loving yourself more, your brain would begin to construct the path for love, and begin to tear up the old path of self-judgment. Over time, you'll find it easier

to not fall into the 'habit' of judgment and far easier to lovingly support yourself.

So not only can the old, non-supportive habits be released...new, more supportive and loving habits can be created. So have patience with yourself. Your body and mind are not at odds with you. They want to support whatever you desire. Give them time and they'll come through for you!

Exploration

Most everyone is living by health rules. It's important to be conscious of your current rules. Some are so automatic that you don't even realize what you're doing. Some of your rules make a positive impact on your health and you feel good following them. Jeanna walks everyday. It's one of her daily actions that clears her mind and gives her energy. She should stick to that action because it serves her well.

Some rules may make you feel fearful, deprived or guilty. These would be the ones you'd be best off to release.

kercise?			

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Disease?
Vhat about medicine or medical procedures?
When thinking of what you wish to attract for your health and body, list here the motions, thoughts and feelings which no longer support you and that you wish to elease.

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List here the emotions thoughts and feelings that do support the new view of yourself and that you wish to feel more often.

Now consider, going forward from this point. Don't worry about what happened before. When you feel those emotions that don't serve you popping up, transition to emotions and thoughts that support your health goals. You may not have belief in your body and emotions yet, and it may not feel natural or comfortable, but remember this is a process, not a light switch. Letting go of old habits and creating new supportive ones can take some time but it doesn't take forever either. Each time you do this, you strengthen your positive emotions, and release the emotions that no longer serve you. Each time it'll be a little easier.

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"You can either hold yourself up to the unrealistic standards of others, or ignore them and concentrate on being happy with yourself as you are."

Jeph Jacques

Every moment that you breathe is the present. The present moment is your "now". It's happening right now. Whoops! There it went. Now you have a new moment. All of your power is in this present moment. You can only create your future by what you are focusing on now.

You can't do a thing about your past except to learn from it and be at peace with the gifts it has given you. If you look at the past or future with fear, regret, or uncertainty, you are paddling upstream in a strong current and going nowhere fast.

The fastest way to get to where you want is to become neutral, or even at peace, with your current state of health. Yes, we know that you want it to be different but it won't support you to resist what is so. The key to creating infallible health is to play on the journey as if it's a game — a game of exploration to find your perfect strategy for winning. Unlike Olympic athletes, you do not have to make extreme sacrifices to get the gold! You get to choose thoughts and actions that are fun and uplifting.

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Jeanna Says:

Dealing with pain, chronic symptoms and extra weight can be emotionally devastating and draining. Our immediate reaction to pain is to brace ourselves and become tense. Breathing into the pain, whether physical or emotional, is the first step to releasing it. Nobody enjoys health issues. Begin right now to acknowledge what is so. Yes, acknowledge the truth about what's not working and how it feels. Take a quick inventory.

There it is, all out on the table. What do you want to do with it? You've been living with this for a while now. How about making peace with your current state of health? It's got to be better than resisting it and punishing yourself. Breathe in and imagine bringing in the feeling of peace throughout your entire body. Release your breath and with it, begin to release any negative emotions you have regarding your body.

This body has served you well under physical and emotional abuse. It's been your servant. It follows your focus, no matter what you are thinking. It's simply obeying your thoughts. Think stressful thoughts and it gives you stressful signals. If you decide to climb a mountain, it will support you both up and down, quite easily. Think the journey is hard and your body will respond with cramps, muscle fatigue and joint problems. You get to decide how you want to feel about your body!

That magnificent body of yours is always in transition to a new place. What if you were more excited about where it was headed? You are in control of that end destination. I have said this millions of times, and will continue to do so. You must make a solid decision about the health you desire and it will be so. It is law.

Have you made a decision to be a good friend to your body? Have you made the decision to have more peace in your life? Have you decided that you are worthy of a body that feels and looks great? Have you decided to let go of all negative labels that refer to your body or who you are? Have you decided to let of your physical pains and symptoms? Have you decided to address the negative thoughts that cause you misalignment with your health in the first place?

You can truly have fun with the process of creating infallible health if you understand that you are powerful in every moment. If you had the power to create

an unhealthy body, you have the power to completely reverse it. Now, that is exciting!

We believe in this process and your ability to change right now. Believe that change is occurring in this moment, even when you can't see the physical evidence. There is a time buffer with the Law of Attraction. Thank goodness! If all of your fears manifested as soon as you thought them, life would be a nightmare!

99.99% of all creation happens before you see it. It's like a surprise party. You may not know there is anything being planned and then it happens. There have been plans, food, gifts and people being organized for weeks to make this happen, even though you weren't aware of any of the fabulous efforts.

If you believe your health desires will manifest, you will be able to fully enjoy your journey.

David Says:

It happens all the time. We think of a goal, what we wish to attract, and in a sort of 'instant gratification' moment, look around and say, "Well, where is it?" We all do it. I even catch myself. Where's that Ferrari? LOL

Remember that attraction works from our current point of focus. And while we certainly can effect the pace and speed of what we wish to attract; by thinking and feeling more loving and supportive thoughts and emotions, we can't change the fact that we create from *this* moment. The NOW, not some future imagined place.

You're working with the brain and body you've 'created' to date.

It's a process. Sigh. I know I wish it weren't so, but it is. But know and believe that your power to attract more supportively is in the NOW, so this process is actually great news! You have no power to attract from the past, a past which no longer exists. And certainly, the future isn't any more a 'reality' either. It's this present moment, where your power of choice is and you quite literally have the framework right in front of you to attract anything you desire.

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Think of an artist sitting in front of a blank canvas. This moment all possibilities exist for you. You have the options of continuing to create that which you don't wish to attract, or that which you wish to attract, it's a blank canvas. What types of colors, brush strokes, even subject are you going to paint? And in the truest beauty of what we can attract, we have the time to appreciate the process and make changes along the way.

Yes, ultimately the painting gets completed, but it's the process where true ability to make choices resides.

Changing our thoughts, feelings, beliefs and actions does take time. While in this moment, this NOW, a completely different you can be attracted. It's coming to you, not you to it. And it does so by you <u>matching</u> the thoughts, feelings, emotions and actions to the 'you' you wish to attract.

The Science of Mental Rehearsal:

In the process of Law of Attraction, you attract to you that which you currently 'are'. If you've chosen to attract something differently for your health and body, even though it may not yet be observable, you must hold in your emotions, feelings and thoughts that it is true for you now. It's in this way that you attract the new state.

Remember, your brain does not discern the difference between physical reality and what you perceive as 'reality' (dreams). It only operates from your current thoughts and emotions, visible or not, releasing the appropriate chemicals to continue those thoughts and to take supportive actions.

Athletes use this every day through a process called Mental Rehearsal. Literally taking a moment and rehearsing the <u>successful</u> physical action they're about to make. Their brains, registering this 'reality' then release the appropriate chemicals for the supportive actions about to take place... the chemicals needed to contract the muscles in the legs let's say, or the heart and lungs to work at the appropriate levels of intensity. Testing has shown that athletes, who mentally rehearse actions, actually perform far more successfully than those athletes who don't.

You attract in the same manner. Think of yourself as lean and healthy. Holding that thought causes your brain to release supportive chemistry to help your body take supportive actions to 'create' that in your observable reality. Literally attracting TO you, that which you desire. But the obverse is true too. Think of yourself as unhealthy, overweight or underweight and your brain has no choice but to create from the present state of focus. It releases those chemicals to continue those thoughts and feelings, and for our bodies to take actions in support of that. Also, literally attracting TO us, that which we desire (which with this example is more of the same, unhealthy, overweight or underweight). The brain and body have no choice. It can only create from what you're currently thinking and feeling.

Exploration

Think of yourself as the 'new you', that which you've decided you wish to attract at this point. How do you imagine yourself thinking in this state? What are you feeling? What types of things are you doing?

Now, like that athlete, or if you prefer think of yourself as an actor, put yourself in the 'role' you've written down in the previous exercise. Imagine yourself thinking those same thoughts. Feeling those same feelings. Imagine and rehearse what it's like to take those physical actions you've written down. Hold this for a few minutes and become in your mind that person you wish to attract. Repeat this every day.

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/hat is fabulous about your body right now?
/hat is fabulous about your life?
/hat is fabulous about who you are?

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Emotional Creation and the Chemistry of Food

"I love to eat. Food is my friend. I always choose well. I know what to do. There is a lot of variety in my life. *My body knows what to do with it.* I'm coming more and more into alignment. It feels good to eat. It feels good to feel my body. Food is for family. Food is for entertainment. Food is for refreshment. Entertainment is a big part of food. Food is for frolicking. Food is for celebration. Food is for love. Food is about love. Food is about maintaining this magnificent vessel. Food is my friend. I adore my body. *My body is so good to me.* My body knows what to do. I'm so in alignment. I am so connected to Source. My Source adores what I am eating.

> My Source has inspired this eating. My Inner Being is eating through me.

My Inner Being is adoring what I am eating. My Inner Being is maintaining the energy of my body. My metabolism is carefully attended to. My machine is functioning perfectly. I'm fueling it just right. It's performing just right. My moments are powerful moments. Life is so good to me. Food is my friend. Food is fuel. Food is fun. Food is so good. My body is so stable. My body is so sure. It is made of up so much intelligence. It knows what to do. I am in alignment with all of this. Life is so good. When do we eat!?"

Abraham-Hicks

Food is the fuel your body needs to run like an efficient machine. The body can create energy from any food. Your emotions literally change the way your body uses the fuel. Again, it's important to be deliberate about the way you think when eating.

Jeanna Says:

In my early thirties, I went through two phases of cravings. One was my daily cheesecake phase. I made and bought cheesecake to eat almost daily. I loved to cook, so I experimented with a different type of cheesecake each week. I'd eat a slice or two everyday.

After I had my fill (after months!) of cheesecake, I got into chocolate covered macaroons. They had to be fresh and I'd drive miles to buy them! Oh, sooo good!

The interesting thing about these two foods are, that most people who are into having a ripped body (lean and muscle bound) would stay away from them. I worked out at the gym five days a week and ate until my heart was content. I also drank as many margaritas and glasses of wine that I desired throughout my week.

My body stayed lean because I truly loved these foods and enjoyed every bite and sip. I also was clear about the body I desired. So, guess what? These foods did not impact my body fat. My body processed everything I ate and drank efficiently, using only what it needed, eliminating the rest. I also eat as much (or more!) than most men I know. I always have and still do.

I enjoy food. It brings me extreme pleasure. Because of the positive emotions I experience, the chemistry of the food supports the health I desire. All you have to do is remember this equation: Food = Good. When you begin to tap into your inner guidance and trust your body, you will always choose the perfect foods and in the perfect quantities to support your well being and pleasure.

Let's say you're receiving the impulse to eat a hamburger and french fries but it's 11am and you just ate a few hours ago. If you allow yourself to follow that guidance and you feel good about it, your body will literally respond to that food in a way that not even a scientist could figure out, generating all the energy you need. But if you ate it and felt guilty about it, your body would respond very poorly.

It may take a while for you to grow into the belief that your diet is not something you have to constantly control and be cautious of. Your thoughts are the only thing you need to be aware of. Food = Good! Your emotions are literally controlling the process of your food digesting. Even how you eliminate your food is controlled by your emotions and thoughts.

David Says:

One of the important issues we've already gone over in this course is the role your thoughts and emotions have in the particular chemistry you create for your body.

This week, I want to continue on that theme with regards specifically to food, and

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to cover some important background material.

The Sugar - Stress Cycle

Sugar isn't just about the sugar in your diet; all carbohydrates you eat are converted into a simple sugar called <u>glycogen</u>. This includes grains, pasta and potatoes, but also fruits and vegetables. With some exceptions, plant based foods (foods grown in some way) are carbohydrates. Animal based foods are protein (fish, poultry, and beef are examples). Legumes and beans are among the exceptions. They share the qualities of a protein and a carbohydrate.

You can't make glycogen in your body. Glycogen is critically important for many reasons, not least of which is that it's the only fuel your brain can use for energy. When you ingest a carbohydrate, it begins to break down and causes a spike in your blood sugar levels. Your body registers this, and asks the pancreas to release insulin to bring blood sugar levels back to normal.

The amount of insulin released is determined by how high the blood sugar levels are. When you repeatedly ingest too much sugar, refined carbohydrates or simply over-eat, your pancreas actually 'learns' to continue to work, dripping insulin on an almost continual basis and ultimately leading to lowering blood sugar too much. Now with 'low blood sugar' you will feel irritable, tired, stressed out and hungry and very likely, that hunger will cause you to pick up something sweet to feel better, repeating the cycle over and over.

Eating in General

Your emotional state and thoughts play a large role in the supportive chemistry your brain creates. As examples, feelings of fear have one type of chemical messengers, feelings of anger have another, while feelings of joy have yet another.

Have you ever noticed when feeling angry, that you may not have been as hungry as before? Or if you ate while stressed, you ended up with an upset stomach? On the other hand, stress perhaps made you feel especially hungry for something sweet and happiness may make you feel real hungry, or attracted to different foods.

That's chemistry in action! You see, the feeling of anger releases certain chemical messengers, some temper appetite, lower the level of digestive enzymes in the stomach, increase levels of stomach acids, increase heart rate, increase blood flow going to the limbs, and so on. Happiness releases a different set of chemical messengers, this time those that cause more blood to flow to the stomach, lower stomach acids, increase levels of digestive enzymes, and increas levels of appetite.

So, while the types of food you eat DO have their own unique chemistry in your body, the way you think and feel has a large say in how these foods will be treated.

You can literally eat the same food, but by thinking differently and feeling a whole different set of emotions your body WILL release different sets of chemical messengers and will treat the food (and subsequent calories) far differently. A carbohydrate is still a carbohydrate, and a protein still a protein... BUT, how the body will utilize that carbohydrate and protein can be affected by your very thoughts and emotions.

It could mean the difference between whether those calories will be stored (in the form of fat) or shuttled to muscle to be burned away through physical action.

Exploration:

This coming week, instead of the traditional 'diet' journal, make an

emotional/thought journal. Note for each meal your predominant emotional state at the time.

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Now, if you feel the predominant emotional state you're feeling is not one you wish to continue, change it and list here anything you may notice that chang with regards to things like appetite, foods, indigestion, etc.	
Each day this week, begin to appreciate your body from head to toe. Begin a op of your head and work your way down. Look at what this magnificent machine does for you on a daily basis. You can do this in the shower, while brushing your teeth, driving or create a gratitude journal specifically for your Begin by listing at least twenty things here. Writing is your greatest point of found is very powerful!	body.

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"What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease." George Dennison Prentice, Prenticeana

Keep your Exploration notes from Class 5 handy, as you will be referring to them during this week's class.

In Class 5, we discussed how your thoughts and emotions play a large role (not a singular role, but a large role) in how your body treats and uses the foods you eat. This week we're going to have you tune into what your body desires for fuel. You'll also be focusing on what the food you eat is telling you and causing you to feel.

You'll need to drop all prior knowledge of diets and nutrition in order to fully let in this lesson. Believe it or not, you are more knowledgeable about what your body needs than nutritionists. Why? Because when you are paying attention to how your inner guidance and body (a great partnership, indeed!) are feeling, you will be led to exactly what you need at any given moment.

Many times, the guidance may not make sense to you. But you must leave the *controlling* part of your mind behind and bring in the *intuitive* mind. This requires you to trust yourself more than anyone or anything else. Now that is freedom!

In order to hear what your intuition is guiding you toward, you will have to check in with yourself. If you have been one of those people who goes on automatic pilot when you eat, this will be a new habit. You will need to tune into when, what and how much you eat.

Jeanna Says:

There is amazing power in trusting yourself above anything else in this Universe. When you trust yourself, you never have to worry about being misled by any other information. Something will either feel aligned with you or not. This is the ultimate gift. You must learn to trust what you hear and feel from within. We all have the ability to tap into our inner expert on any topic.

I remember when I was taking a class to become certified to coach using behavioral assessments, there was a formula used to figure out the assessments (even though in real life a computer would do this for me!). The formula was a bit confusing to me.

One day the instructor asked me for the answers to the homework given the week before. I answered correctly. He asked me to explain how I used the formula to get my answer. I told him I didn't use the formula and that I used my intuition to achieve my answer! This same thing happened to me over and over when I went through ground school for my pilot's license. Even if my mental mind did not completely understand the information, my inner guidance always came up with the correct answer.

Sometimes, we tend to rely heavily on data, experts and books rather than tapping into the highest wisdom of all... our intuition! It's always right and has far more possibilities for solutions than looking outside of yourself for the perfect answer. This is not to say that information out in the world is wrong. But you get to be the one in charge of determining which information feels best to you at any particular moment. What feels and works best for you may change from moment to moment, so don't get too attached to what worked in your past.

Let's say you're receiving the impulse to eat a cheeseburger and french fries but it's 10:30am and you just ate a few hours ago. If you allow yourself to follow that guidance and you feel good about it, your body will literally respond to that food in a way that not even a scientist could, assimilating it in the perfect way your body needs. But if you ate it and felt guilty, your body would respond poorly to that same cheeseburger and fries.

All you need to remember is that when you are feeling at ease and connected,

your body will guide you to the perfect foods for you. Trust it, even if it doesn't make sense and goes against all that you've heard about food from the experts. Secondly, there is no such thing as a bad food choice unless you believe it is. And if you think it's bad for you, for goodness sake, don't put it in your mouth!

In order to successfully use your intuition for choosing your foods, you'll also have to drop any comparisons. You can't compare your diet today to what you ate yesterday. It's a different day and you may have different needs. You'll also have to let go of comparing your choices of food and quantities to what any other human is eating. Pay attention to only you and how you feel.

David Says:

Are there foods you simply love? You enjoy them and they always make you feel good? Not only a physical feeling of well being, it can even be tied to an emotional connection. For me, my Grandma used to make the most awesome Oatmeal Raisin cookies. Whenever I see these cookies today, they really make me smile.

When you eat certain foods, which ones make you feel good and which do not? This is an important point in attracting better health and a body you enjoy living in! Everything around you has a chemical signature, and a level of energy. A lot of the actions and foods in your life right now are supportive of what you've thus far created.

Feel 'bad' about yourself, and that lower energy signature attracts the same – lower energy foods and actions, such as high appetite, feeling tired a lot and sitting while watching television.

But when you envision, through Law of Attraction something different for yourself, you are changing YOUR OWN LEVEL OF ENERGY. Attracting (or being attracted to) supportive foods and actions that match this. Unfortunately, being so busy in our lives, we don't pay attention to what we're feeling and thinking and fall back on old habits.

When you're attracting something new for yourself and creating a higher level of

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personal energy, yet continue eating lower energy foods, or not taking higher energy actions, this will create 'dissonance'. Literally your thoughts, feelings and emotions are not matching your actions. This dissonance can create feelings of anger ("oh, why did I do that") or guilt ("see, I can't stick to anything").

It's important to stay tuned in and pay attention to what you're thinking and feeling. As you do so, you will find yourself letting go of foods that 'just don't feel right anymore' and find yourself eating differently (and likely what we would consider more healthy in observation). You'll likely see changes in your appetite, won't feel as hungry all the time, and will fill up faster during meals (resulting in eating less).

Remember, this is a process. You're 'training' your Law of Attraction muscles, just as you are with your brain and body. There may be some disparity between thoughts you're having, and choices you're making. Over time, you will begin to notice that you're making more supportive choices to the new higher energy 'you'.

Exploration

Make a list of all those foods, which in your attractive state (the level of health ar body you're now creating), are now no longer a match for you.
More often than not, are you willing to let them go?

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body you're now creating), are now a match to your higher level of energy.	

Make a list of all those foods, which in your attractive state (the level of health and

More often than not, are you willing to add or continue to eat these foods? ____

Throughout your week, tune into your body before, during and after you eat. Listen to what foods your body is calling out to and honor your intuition. Eat when you are hungry and stop when you are satisfied. Notice your energy level and how you feel after you eat. Be present while eating. You are not judging any part of your choices. You are simply noticing how you're feeling.

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"You could stand here sick with ten illnesses today, and tomorrow have no evidence of any of them. Your body has the ability to replenish itself that fast. But most of you do not have the ability to change your thoughts that fast. So the amount of time that it takes between sickness and wellness is only the amount of time that it takes for me to figure out how to let it in – for me to figure out how to feel good, when I'm looking at something that makes me feel bad."

Abraham-Hicks

We've been in heavy discussion these past several weeks regarding food. Beginning this week, we're going to shift your focus to physical action. Our bodies naturally love to move. It increases our oxygen intake and this assists both our body and mind in achieving balance and health.

Have you ever noticed that cats and dogs love to stretch upon waking? Humans are the same! Getting these bodies in motion creates an awareness of our inner and outer world. Even simple movement is beneficial. We feel more alive when we move.

Jeanna Says:

One of the most impactful life coaches I ever hired taught me to breathe for emotional grounding. Several people in my life have told me that they noticed I was shallow breather. I even noticed that many times I wasn't breathing at all!

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Breathing is the fuel that keeps your body alive. You can go days with out food but not an hour without breath. Your well-being depends on consistent breathing too. When you take deep and deliberate breaths, it grounds and connects you to your inner guidance and all that is good in this world.

When I first began skydiving, my instructors could sense that I was nervous. They would look into my eyes and mimic the type of deep breaths they wanted me to take. As soon as took several deep breaths, I would come back into my body. I felt instantly more at ease and present. When you are present you have more control and focus over everything in your life.

Body movement and breathing directly impact each other. Top athletes know this better than anyone. You'll get tired very quickly if you're taking short hollow breaths. One of the coolest things about physical action is that it causes you to breathe more efficiently with less effort.

Even if you are taking a walk, not even strenuous, you will take deeper breaths than if you were just sitting at your desk. You can also sustain that type of breathing over a longer period of time when you are in action. This causes you to feel extremely aligned and alive. No wonder even a short walk can impact your attitude in such a positive way!

More bonuses: Fat burns in the presence of oxygen! So breathe whether you are moving or not. It's good for your mental, emotional, physical and spiritual wellbeing. If you ever experience emotional or physical pain, breathing into it will cause the pain to lessen.

The mind-body connection is important for several reasons. When you are breathing you can be tuned into any misalignment in your thinking. This will allow you to correct your course before you run into any serious contrast in your life or body. When you don't pay attention to how you feel, then that misalignment can manifest in your body in the form of weight gain or loss, pain, disease or infection.

Take a nice deep breath – breathe in...and ahhhh, let it out with a sigh. Again, deeply breathe in through your nose and then let it out through your nose. Repeat couple more times – in and out, in and out. I bet you feel better already!

David Says:

We're going to have another short anatomy lesson, this time regarding muscular structure.

Muscle

Muscles are divided into two broad categories:

- · Involuntary Muscle These are the type of muscles associated with your organs, such as your esophagus and heart.
- · Skeletal Muscle These are the muscles that are attached to the bones through tendons and ligaments. These are the muscles you 'see' when you flex and move.

Breaking it down a bit further:

· Mitochondria – This structure is inside each muscle cell and where ATP is created. ATP transports the energy we derive from our food to the cells of our body for movement.

Think of muscles as a rechargeable battery. After the battery has been used and depleted of its energy, it is recharged so it can be used again. The same goes for our muscles. After we've depleted our stores of energy in the muscle, Mitochondria inside the muscle creates ATP (energy transports) so that our muscles can be used again.

Fat is burned inside the mitochondria of the muscle. That's right, your muscles are literally the little 'furnaces' that burn body fat from your body converting fat into energy (movement).

Such movement can be divided into either Stamina (cardiovascular) or Strength Training. BOTH have value. Strength training allows your body to strengthen the actual muscular structure of the body, and stamina training increases the capacity and effectiveness of your muscles to use energy. The more you wish to 'burn fat', enhanced through stamina training, you would also be well served with some strength training to support the enhanced muscular structure that the stamina training has created.

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NOTE: This does not mean that training your muscles will necessarily cause large muscles. The choices of exercises, resistance, time and movements, along with a host of other inputs will determine how your muscles will look. Don't be afraid to include some strength training. Educate yourself on the best movements and their execution, that will allow you to create the type of body you're attracting. Form literally follows function. Lean, toned muscles are created via some types of strength training and movement, while large, bulging muscles can be created with other types of movements. But one thing is for sure... every person who desires to get leaner and lose body fat would be well served to enhance the fat burning furnaces of their body... the muscles.

Physical movement is also tied to the emotional, thoughts and chemistry of the human body. In fact, execution of physical movement cannot be completed without the complete participation of the mind.

Physical movement can be effected through thought, and in a feedback loop, direct the brain to think and feel certain things. In your desire to attract something different for your health and body, you will need to pay attention to how your thoughts affect your body and visa/versa.

Exploration

Sitting in your chair, think of an emotion such as sadness. Hold onto that emotion and in the space below, list some observations of how your body feels, what your posture is like, and how you are breathing.

In a similar way, think of a higher energy. Think of a memory that causes you to tap into an emotion such as elation, joy or appreciation. As you feel that emotion notice how your body feels, what your posture is like and how you are breathing.

Observe how your mind affects your body with its thoughts (and supportive chemistry) and how your body can support your mind (in a different, but no less supportive chemistry).

The physical portion of the feedback loop is part of what we call the endorphin rush benefit of movement and exercise. Endorphins are neurotransmitters produced during strenuous exercise in the Pituitary Gland and the Hypothalamus (remember Class 1?) At the level of molecular structure, endorphins closely resemble opiates, and cause similar feelings of well being (a great reliever of stress) as well as a mild analgesic (painkiller).

NOTE: In some studies it's been discovered that in acupuncture, the insertion of a needle in certain areas of the body, can also result in the release of endorphins, and may be one reason why devotees say it decreases their physical pain.

Consciously pay attention to your breathing this week. You may want to post sticky notes around your house, car and office that remind to you to breathe deeply. Notice the impact that deliberate breathing has in your life.

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"In silence and movement you can show the reflection of people."

Marcel Marceau

Just like as in Class 6 with food, you get to be your own best expert when it comes to the movements you choose to do or not do with your body! Yipppeee! No more forcing yourself to do anything that isn't inspired and fun. You get to be in control and let go of all prior rules and judgments about exercising. All body movement serves you, especially if it's fun!

Jeanna Says:

Do you need to exercise every day? No. There is nothing you ever *need* to do except to feel good. So, if and when you do exercise or move your body, it must be something you want to do. Never, ever take action unless it's inspired.

You may even need to change your perspective on exercising. I like to just refer to physical action as body movement, sports or adventure. I love to hike, waterski, snowski, walk, kayak, lift weights, and practce yoga. I walk almost every day because it clears my head and grounds me. Yoga has a similar affect on me. The key is that I only do things I like, when they feel good. If my mate wants to go for a walk at 5am, I tell him, "Heck, NO!" I like to walk about 8 or 9am. I listen to my natural rhythms.

Intuitive movement is simply about tuning in to your body and honoring what it says. It's about dropping all the should's, have-to's and guilt. If a movement creates pain or feels likes drudgery, then stop. You can also ask your body for what you

need. When I was in my eighth month of pregnancy, my belly was getting very big and many of my movements became impaired. When I would sit down to begin a yoga session, I'd ask my body to relax and make room for movement. Within minutes, I'd ease into comfort and have the energy to do an entire hour of yoga!

Pregnancy was a great teacher for me because there are so many rules out there about what you should and shouldn't do. I became masterful at intuitive movement and trusting my inner guidance. I waterskiied through my seventh month because it felt good. At eight months, it didn't feel as good so I put my skis away for a couple of months. Your body knows more than anyone else. Trust it and you'll have incredible health.

What does your body crave? When? At what pace? What movements give you pleasure? Are there particular people who make fabulous company for you while doing the action?

It's important to do you movements with people that feel good, in places that feel good and add in any extras that add to your experience. Music is loved by many when moving. What else would make your experience great? You get to have it your way!

David Says:

This course is about becoming in-tune (intuitive) with your own body and thoughts. When it comes to physical movement and exercise we often get wrapped up in expectations and old beliefs. Even marketing can get in the way. We can see one infomercial after another hawking THE exercise equipment that's going to make all your dreams come true for the ideal body.

Working with Law of Attraction, aligning your thoughts and emotions, you CAN experience effective physical change in your body without needing to take physical action. Depending on where you're at in the strength of your 'Law of Attraction Muscles', creating your ideal body without physical action could take some time. More time than perhaps you have patience for.

More importantly, as you raise the energy of your beliefs of yourself, your health

and body, you will feel an 'attraction' to a matching level of action. So don't be too surprised to feel yourself wanting to move around a bit more rather than sit or lie down all the time.

Now, as to the type of movement or exercise you may feel attracted to, it is most important to remain true TO YOUR OWN DESIRES AND BELIEFS. Most folks are going to naturally be attracted to certain things. While some thoroughly enjoy swimming, others are deathly afraid of the water. Climbing or hiking are enjoyable for some; others might enjoy walking, playing tennis or golf. Some people enjoy weightlifting while another whole group think and believe it completely 'un fun'.

And these two points are the critical thing to remember here. First, as we've discussed throughout this seminar, your thoughts and beliefs have a great say in how your body and health react and what you attract and create. That doesn't change with physical action. If you're stuck in a cycle of an action you do not enjoy, you will not be creating a supportive chemistry to effect the change you desire. The second part of this is the following:

"Do what you love, and your body will follow".

It's hard to do things you don't enjoy, and to be honest, it's not something I recommend for people who want to make lasting change in their life and their bodies. This is also about making you the 'expert' of your own body, and it's important to strengthen, build and support your 'intuitive muscles'. You do this by listening to yourself, what your body and mind are telling you and taking the appropriate actions. That does not come about if you are pulled out of your 'power' into the belief system or needs of someone else. While others are wonderful to bounce ideas off of, or to get guidance, knowledge or support from, it needs to be in a way that honors your desires for yourself, not theirs. Be aware of this as you get thoughts and recommendations from others. Are they 'telling' you what they believe? Are they supporting where you are telling them you wish to go?

Follow your heart. It won't let you down.

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Allowing yourself to trust that Law of Attraction is an ongoing process. What you think and feel right now may change in the days, weeks and months ahead (your energy is constantly going higher and stronger). Write down the current movements, exercises and physical actions (even inaction) which you feel and believe no longer serve the 'new' you?
Are you willing to let them go?
Now, holding in your thoughts the new healthier and fit 'you', write down those movements, exercises and physical actions you currently feel attracted to. Also include any that you may have never done before but now think you might like to try and learn.

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Are you willing to include these in your life now?
Are you willing to look into classes or courses or 'doing' to learn new movement that are truly for you?
Be aware this week as you move your body. Notice how you feel before, during and after.
Are you still taking daily inventory about what you appreciate with your body? What are 10 things that are working well?

Living in the Now & Living in the Real World

"You are on a journey; let it be fun, not an ordeal. You can drive from the West Coast to the East Coast in three days at breakneck speed and miss all of the sights & splendor this country has to offer; or you could take three weeks and enjoy yourself. Take your time, and be confident that you will reach your destination (goal) a happier, healthier person for the effort expended on your own behalf."

Harvey & Marilyn Diamond, Fit for Life

You've now got all the tools you need to live in a mind and body that thrive. In order for you to completely transform into a person who trusts yourself to have consistent infallible health, you'll need to practice.

Every day is new and you start from there. If you're going to look backwards, into your past, look at the progress you've made in both your thinking and healing. Even if you feel like you've fallen into a negative hole, you are never far from where you left off. Cut yourself some slack and come back to what you want.

Remember these easy steps:

- 1. Acknowledge where you are currently in mind, spirit and health.
- 2. Decide what your compelling vision will be and focus on it.
- 3. Be in gratitude for what is working well with your health.
- 4. Change your beliefs and your body will change.
- 5. There is nothing you can't heal. Your body can transform into anything you wish. It's in partnership with you.

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- 6. Tune into your inner expert for what, when and how much food and movement is best for you.
- 7. There are no rules when it comes to health, only that you make choices that feel good. Being at peace is the key to infallible health.
- 8. Health is your natural state of being. Allow your body to align with well-being.

The vision we both hold for you is that you will find much more than an amazing body in this journey. You will unlock the door to many other desires you've been chasing and in an easy and relaxed manner. You will live more fully in your power. You will trust yourself and the attraction process deeply. We totally believe in you and this process.

Jeanna Says:

You're more than ready to soar! Living in peace and a body that is in perfect working order depend on you knowing your power and worth. It's fascinating that infallible health is truly driven by your emotions and focus. It's so much easier than we've all made it out to be.

Thank goodness you no longer have to suffer with any condition you don't want. You get to be at choice and in charge of your well-being. You're self-reliant! You don't have to have a hyper focus on health, what you eat or how much you exercise. You simply get to relax and let yourself move towards that which pleases you in life.

If you eliminated most of the stress in your life and trusted your body to be well, do you know that your body would transform very quickly to exactly that which you desire? It doesn't take a lot of effort in your mind or otherwise. Be at ease and there will be no disease!

It will be important to set up structures or daily practices to remind you to stay on purpose with your health goals. Anything that causes you to breathe intentionally, tune in to your inner guidance with choices and be present when eating and moving is what you want to embrace. Your reminders can be as simple as a note on your computer screen. You can also continue doing a gratitude journal, hire a

coach, take classes, read books, use a buddy or mastermind group for support and do visualizations that have you engaged with your compelling vision.

Health goals work the same as attracting any desire. You decide what you want, line up your beliefs with it, follow your intuition, only take action when it's inspired and enjoy the journey. You actually have to let it be easy and let go of controlling. When you do that, you'll actually feel more in control!

David Says:

Let's make this short and sweet!!

- 1. You are doing your best... cut yourself a break every now and then! ©
- 2. Look for the best you can do, not what is perfect or optimum or 'must' do.
- 3. Begin to trust in yourself. You do have what it takes, you can accomplish this. You simply need to allow yourself the time to rediscover that.
- 4. Understand that with LOA it's not simply "DO" that makes the difference, it's the "BE". 'Be' in thought, feeling and emotion that which you desire and the supportive actions will wrap around you.
- 5. Never give up on yourself. LOA is a process. Stay on the path and over the course of time YOU WILL GET TO YOUR DESIRES.
- 6. There truly is no 'destination'. We are continually changing our goals, discovering something new, reaching for something better. Allow yourself the flexibility to do just that.
- 7. Have some fun with this! Have fun with your life!

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	<u>Exploration</u>
the shifts you made, e	us, beliefs and health when you began this course. What are ven if small? Write them down, as it locks them in your nt to focus on what is working well!
anything that you can	you? Tap into your inner guidance on this one. Is there focus on or an inspired action to take that will have you your health desires? What is it?

	– Infallible Health

Who is Jeanna Gabellini?

Jeanna Gabellini, CPCC, is a master coach, speaker and author of several programs and books including *The Art of Practice, Speed Dial The UniverseTM*, *Mind GamesTM*, *The Prosperity Game Home Study Course*, *The Magnetizing Money CourseTM*, and Financial FortuneTM. She has instructed tens of thousands in person, on the radio and in teleconferences on how to get exactly what they want by using the Law of Attraction.

Her newest book is *Life Lessons for Mastering the Law of Attraction*, co-authored with Eva Gregory, Jack Canfield and Mark Victor Hansen.

Jeanna is regularly featured the media and is a recognized authority on the Law of Attraction. As co-host of *The Jeanna and Eva Show*, she has interviewed some of the most successful motivational experts today.

In 1998, she was one of the first coaches in the world — and the youngest — to receive the designation of Master Certified Coach by the International Coach Federation. Jeanna has served on the board of both the Personal & Professional Coaching Association and the International Coach Federation.

She is known as the Extreme Abundance Coach, bringing both strategy and outrageous laughs to business teams and individuals. She teaches her clients how to go big with a ton of fun!

Jeanna delivers keynote addresses, workshops, seminars and teleconferences both nationally and internationally.

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Who is David Di Francesco?

David Di Francesco is a Human Performance Coach with a certification in sports nutrition.

Selected one of the top 5 Fitness Coaches in L.A., David works with clients out of his own facility in Southern California, along with conducting training clinics, workshops and seminars across the country.

A sought after expert, David's training methods have been used by men and women around the globe. David has coached individuals in over 15 countries, and through his newsletter and teleconferences to people in over 50 different nations. A regular contributor to several magazines, print and online he is also the author of several books including, *The Warrior's PathTM*, *Warrior WorkoutTM* coauthored with Steven Mosley, and the soon to be published *The Living WarriorTM*.

David's training theories and methods have also been successfully utilized by current members, or those training to enter the Navy SEALs, Rangers, FBI, Marines, Army and various Law Enforcement and Fire Academies.

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Notes