

WELLBEING MATTERS

A Master Manual To Radiant Health and Wellbeing

www.wellbeingmatters.com.au

Full Synopsis based on Table of Contents

Introduction

The author introduces himself, and describes briefly his path from ill health as a child to the radiant health he has today. He assures his readers that they too can do the same, using the knowledge and practices he has researched and applied to his own wellbeing. The author posits that the physical, mental, emotional and spiritual realms are inter-connected and inter-dependent. Radiant health and wellbeing can only be achieved when all four are considered concurrently.

PART 1: PHYSICAL WELLBEING

Chapter 1: Man's Evolution and Diet

Early Beginnings

Man evolved over some 3.5 million years eating the diet of a hunter/gatherer – wild roots and vegetables, seeds, fruits, nuts, and some meat and fish. This is known as the Paleolithic diet.

Man Becomes a Farmer

6-12,000 years ago man changed his ways from hunter/gatherer, first to a herder, and then to a farmer.

How long does it take to adapt?

12,000 years is not long enough to change the precise chemical function of the body in an evolutionary sense. Our brains were able to reprogram themselves in this time, but not our bodies.

Stages in man's evolution if the 3.2 million years were a 24-hour clock

5 minutes and 24 seconds only. The refined products and sugar of today's diet represents the last 5 seconds.

A Grain Based Diet.

Grains are not among the 45 essential nutrients.

The Evolution of our Diet

The Paleolithic diet evolved when man became a farmer. This allowed more people to survive famines plus the addition of grains were able to feed more people. Grains were eaten unprocessed and unrefined. There was often a period of forced fasting.

Twentieth Century Diet

This diet added dairy, refined grains, sugar, potatoes and replaced traditional oils and fats with vegetable oils. Foods are available 24 hours a day.

What Is The Significance Of All This?

There is clear evidence that this diet negatively affects our health.

Nutritional/Metabolic Typing

Some minimal genetic adaptation to the grain/dairy based diet has taken place, allowing us to nutritionally type people into protein, carbohydrate and mixed types. Also some people are lactose intolerant and others lactose tolerant due to a recent genetic mutation.

Exercise 1.1 Becoming aware of what you are eating.

To determine how much of your diet is composed of these 20th Century foods.

Chapter 2: Metabolic Syndrome and Diabetes

Are We Healthier than our Ancestors?

Most humans have a greater life expectancy than ever before but they suffer from many more chronic and degenerative diseases. Our quality of life is getting worse.

Effects of Eating Carbohydrates

More than 50% of the western world is obese or overweight and likely to suffer cardiovascular disease, stroke, cancer and other degenerative diseases. The majority of these are suffering from metabolic syndrome (insulin resistance).

What do we eat?

Carbohydrates can be split into Paleolithic and modern carbohydrates. The former are health giving and the later are the opposite.

The Function of Insulin

Insulin's job is to facilitate the storage of excess nutrients by conversion of the glucose in the blood into energy or fat. Glucose not used for energy becomes fat. Low glucose triggers our appetite.

Insulin Resistance

Modern carbohydrates (carbs) overwhelm the insulin mechanism and causing us to overeat. Potatoes and grains are exactly the same as sugar to the body. It is the refining of grains that turns them from Paleolithic into "modern" carbs.

Aging

Low insulin is the common theme for those that live long healthy lives. Eat less and exercise more for healthy longevity.

How do we know if we have Metabolic Syndrome?

Simplest indicator is waist size. > 37 in/94 cm for men, and > 31.5 in/80 cm for women. Also high blood pressure, high cholesterol, little exercise, and a craving for sweet foods.

Degenerative Diseases and Metabolic Syndrome

Diseases caused include inflammation, osteoporosis, vitamin C mal-absorption, cardiovascular disease, stress, and cancer to name a few.

Controlling Blood Sugar.

Metabolic syndrome is easy to fix by changing your diet. If caught before permanent damage is done, anyone can have a fasting insulin level of a 12 year old.

Glycemic Index/Glycemic Load

The Glycemic Index (GI) rates foods for their insulin raising characteristics. Eat food with low Glycemic Load (GL).

Appropriate Eating Habits to Prevent Metabolic Syndrome

Eat small amounts of high GL foods, cut down calories from modern carbs, eat many small meals slowly, chew well, avoid refined foods, sugar, do not snack between meals, avoid breakfast cereals to name a few. Also avoid artificial sweeteners and low fat foods, eat fruits in moderation, no fruit juices, eat nuts if you have a sugar craving, no alcohol or caffeine, no HFCS (high fructose corn syrup), drink lots of water, and, last but not least, breathe fully and deeply all the time.

Fructose and its Glycemic Index

Fructose, especially HFCS, does not register in the body as food and does nothing to reduce ones appetite so it has a low GI. Nevertheless is responsible for high caloric intake and is found in many convenience foods.

Energy Sources

Man was designed to get most of his energy from fat, not from carbohydrates.

Feast Days

If a Paleolithic diet seems boring then have a Feast Day once per week as this gives the body time to recover before the next feast day.

Weight Management

High blood insulin misinforms the body that there is plenty of food, so the body will never use its precious fat supplies for energy, as they are reserved for a famine. Thus you can't lose weight if you are insulin resistant which explains why diets never work.

Leptin Resistance

Leptin lets you know when you have eaten enough. Insulin resistance and leptin resistance go hand in hand. If you have leptin resistance the only way you know that you have eaten enough is when your plate is empty. Leptin leads directly to high stress in the body, which, in turn, leads to high rates of degenerative illness such as inflammation and a compromised immune system.

Physical Exercise

Strenuous physical exercise is one of the best ways to counteract metabolic syndrome. It both increases blood flow and stretches the cells membranes making it less insulin resistant.

Supplements for Metabolic Syndrome

Most common are: chromium, blueberry leaves, gymnema sylbestre, cinnamon cassia bark, omega-3 essential fatty acids.

Fasting

Short regular periods of fasting, as oppose to cleansing are very effective for healing metabolic syndrome. Once a week for 24 hours is a good balance.

Exercise 2.1: Checking for Metabolic Syndrome (Insulin Resistance)

A self check for metabolic syndrome.

Chapter 3: Our Toxic Overload

This chapter focuses on the reality of living in a modern industrial world. We are surrounded by dozens of toxins in the air, in our water, in our food and in our houses. Some sources are flame retardants, car seat cushions, computer wires, pesticides, fast food wrappers, cleaners and disinfectants, fuel additives, heavy metals, phthalates in plastics, DDT, PCB, etc.

Drinking Water

Municipal drinking water is not to be trusted.

Bottled Drinking Water

Bottled water is expensive to buy and the bottles are expensive to manufacture. The plastic bottles are often toxic and a disposal problem. Water is often just filtered tap water.

Drinking Water Purification

Compares carbon filters, solid carbon block filters, reverse osmosis and distillation which all have some drawbacks. The author prefers distilled water with a post filter, added minerals, and a blessing said over it.

How much water should you drink?

Thirst reflex is pretty good so drink when thirsty. Drink more when sick or in hot climates. The thirst reflex diminishes with age so older people must consciously make sure they drink enough.

Taking a Shower

It is very important to filter shower water to remove chlorine. Not such a problem for baths.

Indoor Air and Dust Pollution

Our houses are many times more polluted than outdoor air. To minimize remove shoes when entering the house, keep windows open part of the time, repair any mold, allow your bed to air every day, sleep with an open window, replace carpets with solid flooring, vacuum regularly, have indoor plants and change filters on heating and ventilation systems regularly.

What not to do

Don't redecorate the nursery for a newborn baby. Carpets, paints, fabrics and upholstery all outgas VOC (volatile organic chemicals) and a newborn baby's brains are very, very sensitive to these. It is really

important not to expose the baby's immune system to toxins for the first few months of life. Note: issue discussed further in childhood vaccinations in chapter 5.

The Food We Eat

Fruits and vegetables are the healthiest foods we eat. If not organic they are laced with pesticides and fungicides. The author lists the "dirty dozen" vegetables that should always be purchased "organic". The author also lists the "cleanest dozen".

Germ

We get sick because our immune systems are compromised, not because there are germs in the air. There are always germs in the air. If you don't want to get ill then boost your immune system, don't try to kill the germs. The author notes there are some germs that have to be protected against such as salmonella and e-coli.

Pollutants We Can't Control

There are many pollutants that we cannot avoid so the best defense for these is to eat lots of anti-oxidants and boost your immune systems. Take activated zeolite to remove heavy metals and other toxins from your body

Exercise 3.1 Remove toxins from your environment.

List of steps to take to remove toxins from your environment.

Chapter 4: Nutritional Issues

Acid/Alkali Balance

Acid/alkali is explained and then these principles are applied to the body, particularly the blood. To be healthy our body needs to be maintained at a specific pH for all our chemical reactions inside and outside the cell to function correctly. It is the ash residue of our food after digestion that makes us acid or alkali.

Sources of Acid and Alkali

A list of foods and their acidity/alkalinity illustrates which foods should be eaten to maintain a correct acid/alkali balance.

Health Effects

Our modern diet is very acidic and this is creating health problems. This is because our body will always neutralize acid in the blood and to do this it steals minerals from other parts of the body. This further causes health problems such as free radical damage, immune problems joint pain, osteoporosis and cardiovascular illness to mention a few. An acidic body also promotes unhealthy bacteria and fungus (candida).

Alkaline Water

There is belief that we should be drinking alkaline water. Most of the world's water is slightly acidic and we are adapted to this. However, alkaline water, made by special machines, it useful for very acidic people who are ill and those unable to change their diet for whatever reason.

There are three sources for alkaline water: machines, minerals or a water pot.

Testing your pH

Various ways to test your acid/alkali balance.

Minerals

If you are in danger of being acidic it is important to eat enough vegetables as they are the best source of bioavailable minerals.

Digestion

Discussion on how to improve digestion in the mouth, stomach and the intestines.

The Mouth

Chew well.

The Stomach

Acid levels in the stomach drop with age; thus make sure you take a digestive aid with hydrochloric acid, as you get older. If it appears that you have too much acid due to stress and/or diet do not take antacids, change your diet. Eat at regular times or eat a digestive before meals at no regular times.

The Intestines

Take digestive enzymes as you get older as the pancreas slowly stops producing enough enzymes.

Roughage

It is important to eat enough roughage. Both soluble and insoluble.

Intestinal Flora

Our stomach bacteria (flora) are responsible for much of our digestion and the functioning of our immune system. Modern antibiotics consumed as medicine and in our food (cows milk and other meat) destroy these bacteria as well as does an acidic digestive tract and body. Take probiotics on a regular basis.

Kefir, Sauerkraut, Yogurt

Great sources of lactic acid bacteria – the main constituent of our gut.

Fats and Essential Fatty Acids

This section address the need to alter the fats and oils that you traditionally consume. It also illustrates that fats we eat are not responsible for the fat on our body – carbohydrates do that.

Essential Fatty Acids

The ratio of omega-3 essential fatty acid to omega-6 essential fatty acid in the Paleolithic diet was 1 to 2. In our modern diet it is 1 to 6 to 1 to 20. This leads to severe inflammation in the body and many other problems.

The source of the omega-6 is vegetable oils, which must be dramatically reduced and replaced in our diet with olive, coconut and butter. Sources of omega-3, which must be increased, are flax seeds (ground up), chia seeds and oily fish.

Good Fats and Bad Fats

60% of heart attacks happen to people with normal cholesterol. The real culprit of heart attacks is inflammation, not the consumption of fats and high cholesterol foods. Avoid trans fats, usually found in foods that are deep-fried.

Healthy Eating and Nutrition

This chapter spells out in detail a modern version of the Paleolithic diet and ways to increase nutritional uptake in times of need such as illness or transition. It specifies the proportions of fruits and vegetables, proteins and grains, together with the types of these foods that should be eaten.

We Need a Variety of Whole Foods

As there are some 20,000 micronutrients, in addition to the 45 essential nutrients that are required by the body on a regular basis, it is important to eat a variety of whole foods.

Organic Foods are Best

Organic foods have 40% more nutrition than conventional foods plus no preservatives or pesticides.

Proteins and Fats

Proteins should also come from a variety of sources and with meat and fish being only a relatively small part of your diet. Better for the planet and your health. Fat and protein are almost always found together in nature and should be eaten as such – no low fat foods.

Whole Grains

Grains should be consumed unrefined and whole and only if you do not have metabolic syndrome.

Fruits and Vegetables

Guidelines on which to eat.

Herbs and Spices

Full of antioxidants and other healthy micronutrients.

Super Foods

Certain foods are considered super foods – they contain proportionately more micronutrients than other foods. These are prioritized with the recommendation that they are consumed, wherever possible, once per week.

Increased Nutritional Needs

At times we have increased nutritional needs such as when ill and when transitioning from an unhealthy diet to a healthier one. Our diet has to be supplemented in some way.

Juices

First step in supplementing our diet, especially when ill, is to juice fruits and vegetables in addition to our normal diet. Fresh juices (never store bought) act as a tonic as they are filled with micronutrients.

Whole-Food Supplements

Supplements made from a combination of concentrated whole foods can add significant bioavailable micronutrients to our diet.

Conventional Supplements

For specific illnesses a more concentrated form of specific vitamins and minerals are required. Otherwise use whole food supplements in preference. Most commercial vitamins are not synergistic, nor bioavailable, as are whole food supplements.

Chapter 5: Miscellaneous Health Issues

Full Deep Breathing

We all need to get oxygen into our cells otherwise they do not function well. Deep full breathing is the way to do this. It improves many aspects of our health. The majority of humans living in the industrialized world are stressed, and the first symptom of stress is to become chronic shallow breathers.

Physical Exercise and Aging

Exercise is the single most effective way to kick-start our health and roll back the aging process. Our ancestors spent at least 3 hours per day in strenuous activity. Our bodies were designed for this and if we don't exercise strenuously we will pay the consequences.

Many strategies for getting the exercise you need are described. If you are unable to exercise for any reason (after a stroke for example) the author discusses the Whole Body Vibration machines that may be a solution.

GMO Foods

Please avoid and go to www.foe.org for more information.

Artificial Sweeteners

These actually cause weight gain as these sweet tastes have been found to trigger insulin release which, as no real food arrives, makes your body think it is starving and you crave sugar.

Joint Health

Joint problems are very common when we do not exercise enough and do not eat the correct diet. Hyaluronic acid (HA) is needed to keep our joints lubricated. We have stopped chewing bones of the meat we eat and we rarely make stock from the bones. This traditionally is the major source of HA. The author has had trouble with his knees and shoulders over the years and a regime of high HA food and exercise is keeping his joints problem free. This regime also improves the complexion.

Prescription and Recreational Drugs

As complications with prescription drugs are the 3rd most common cause of death, the author is against most prescription drugs preferring to use foods to do his healing. He points out how pharmaceutical companies mislead the public in the way they report on drug trials.

The author points out that all recreational drugs (cigarettes, alcohol and narcotics) are very hard on the body and the mind. They invariably negatively affect our health.

Flu Vaccinations

Flu vaccinations are useless. They rarely target the actual strain of flu that is going around and even then they don't always work. Most vaccinations, including flu vaccine, contain compounds (often mercury) that are very dangerous to your health. Increasing your vitamin D intake and improving your immune system will prevent you getting the flu anyway, and even if you catch it, you won't die if you have a healthy immune system.

Children and Teenager's Lifestyle

The author recommends finding any way you can to wean your children away from a junk food diet, which is very difficult.

Children's Vaccinations

The increase in autism and other autoimmune diseases in babies are dramatic. The evidence clearly points to childhood vaccinations given at birth and in the first few months of life to being a major contributor to this epidemic. It also appears that early childhood vaccinations also cause SIDS (Sudden Infant Death Syndrome).

The baby's immune system is undeveloped at birth and slowly develops during the first few months of life. Vaccinations, as they are intended to do, trigger the immune system which, because it is undeveloped, overreacts inappropriately, and causes irreparable harm to the immature brain. Furthermore, the mercury, in the form of Thimerisol, added as a preservative to the vaccine lodges in the brain causing long-term problems.

Guidelines if you have vaccinated your Child

A set of guidelines of what you need to do to minimize the risk of harm from the vaccines.

Guidelines if you wish to vaccinate your Child

Some parents wish to vaccinate their children, often under pressure of the state. This is a set of guidelines that will minimize the harm to your child.

Weight Management

The body is designed to handle famine. As soon as the body thinks it is starving it will turn all excess calories into fat – the FAT response. To lose weight one must not trigger the FAT response. Inadequate nutrition, dieting, toxicity, etc. can all make you put on fat.

Metabolic Syndrome and Weight Loss

If you suffer from metabolic syndrome then this must be rectified before you will lose any weight. Most diets cause loss of muscle mass, not fat mass, and the body immediately rebuilds these when you stop dieting.

Insufficient Calories

Triggers the FAT response as the body thinks you are starving.

Inadequate Nutrition

Even though you may be eating enough calories, the body still thinks you are starving and triggers the FAT response.

Emotional Weight Gain and Unconscious Beliefs

You need to do the emotional work as described in Part III.

Guidelines for Losing Weight

A list of 15 guidelines that will help you lose weight.

Toxicity

Explains that when you first start losing weight, toxins stored in the fat are released and these can cause a reaction but it won't last long.

Chapter 6: Epigenetics

It has been known for some time that our bodies manufacture proteins, the body's workers, from the genes in our DNA. Recently discovered is that there is a one-to-many relationship between the gene and the proteins that can be created, and not the one-to-one relationship it was thought to have. The specific proteins created promote either wellness or illness.

How it works

Describes the fascinating process of how the "sleeve" covering the DNA causes, depending on some signal, the different proteins to be created.

What Generates the Signals?

Depending on our state of mind the brain creates different neurochemicals which travel around the body in our blood. Some of these chemicals, when detected by our cells, promote the generation of health giving proteins and others the opposite.

Conscious Versus Subconscious Mind

The content of our subconscious mind, positive or negative, causes the brain to create the neurochemicals that in turn trigger the cells to create health giving or illness giving proteins respectively. The content of our unconscious mind turns out to have more effect on our health than our nutrition.

PART II: THE MENTAL WELLBEING

Chapter 1: Mental Wellbeing

How to keep the brain healthy.

General Recommendations

General nutritional recommendations and lifestyle habits to keep the brain active

Mental Illness

Describes the author's stepson's numerous bouts with psychosis and how the author enabled him to heal with Orthomolecular Therapy (mega doses of specific vitamins). Against the rules of the psychiatric hospital where he was ensconced, we gave him these with miraculous results and he now lives a normal life. This is miraculous as his psychiatrist expected him to live in an institution for the rest of his life.

Alzheimer's Disease

Latest research on this debilitating disease shows that the same vitamins that heal psychosis also heal Alzheimer's.

PART III: EMOTIONAL WELLBEING

This part of the book discusses psychological change. The knowledge is based on the author's personal journey, and what the author discovered along the way towards what he calls the radiant freedom of the mind. He illustrates how his journey is repeatable and everyone can reach the same state as Inge, his wife, and he have done.

Chapter 1: Understanding the Mind

Introduction to the mind, its basic parts and their function.

Searching for Happiness and Peace

Introduces the idea that we all want a life of happiness and peace. Normally we look outside ourselves for this instead of deep inside.

The Subconscious Mind

Introduction to the subconscious mind, which is responsible for our survival. It is automated, beneath the level of consciousness, non-discriminatory, non-judgmental, and robotic. It contains biological programs to maintain homeostasis, plus instinctive and learned programs.

The Conscious Mind

The conscious mind gives us our awareness of self and all the conscious mental facilities that that a human possesses.

Comparing the two minds

The conscious mind is compared to the unconscious mind. The specific qualities of each are compared under the following categories: purpose, awareness and control, power and speed, manner of response, and the ability to change the content and function.

The Unconscious

The unconscious, also known as the shadow, is part of the subconscious mind. It is where the mind places automated programs that have significant negative emotional content. This allows us to survive dangerous situations when our minds must be clear – such as escaping a tiger in times gone by.

Triggers

These unconscious programs execute automatically when they are triggered by events in our life. They have considerable force behind them and, due to the speed of the subconscious in which the unconscious lives, frequently cause uncontrolled outbursts.

The Tyranny of the Mind

The tyranny of the mind is the reality that no matter how hard we try and how many resolutions we make consciously, we are usually unable to control our emotional reactions when triggered.

Beliefs and Unconscious Programs

Many of the unconscious programs are tied to beliefs that we hold about ourselves and these were set in childhood due to the interaction with our parents and family.

Exercise 1.1 Identify triggers

Identification of our individual triggers.

Chapter 2: The Workings of the Shadow

More detail on the workings of the unconscious mind.

How Unconscious Programs are Created

Explains how and why unconscious programs are created in childhood when children are forced by parents and circumstances to “stuff” down their feelings. How to tell the difference between emotions arising from the unconscious, and those that arise as a natural reaction to circumstance, is clearly explained.

The Real Law of Attraction

Explains how, as Carl Jung pointed out, all parts of our unconscious need to have self-expression. We attract to ourselves situations that will trigger our unconscious programs. It is as if we have a DVD player inside us with each DVD being an unconscious program and all these DVDs need to have their play button pressed from time to time. The more intense the program on the DVD, the more frequently it needs to be played. This is the real law of attraction. It attracts both positive and negative equally.

Exercise 2.1: What are you attracting?

Discover which of your DVDs you are attracting into your life.

Projection

When we are triggered it is natural, but counterproductive, to blame the person or the situation that triggered us and to believe that “they are doing it to you”. This is called projection and this happens because it is usually too painful to take the responsibility for what happens.

Accountability

This is defined as taking full responsibility for each and every thing that you experience in life and having no blame, only gratitude, towards the person or situation that triggered you.

The Inter-Unconscious Conspiracy

Many negative interactions, especially in relationships, are the result of A triggering B and B mutually triggering A in return.

The Illusion of Choice

We believe that as fully functioning adult human beings we have choices as to what we choose in our lives. Unfortunately due to the nature of our unconscious, of which we are consciously unaware, It is continually working to create situations where the play buttons on our DVDs are pressed, choice is an illusion.

Blessing or Curse?

If we accept that we humans are here on this planet to evolve and grow, then every time we are triggered we have a clear opportunity to grow. Thus the functioning of the mind is a blessing, not a curse.

Exercise 2.2 Becoming Accountable for Triggers

Self-explanatory

Chapter 3: Towards Emotional Integrity

Explores the challenges facing each and every one of us when we become accountable and set out to alter our unconscious programming.

The Difficulties of Change

Change is difficult otherwise we would all change. Change is possible, as Inge and the author have learned, but it is not intuitive and we have to go about it in an indirect way.

Hidden Agreements and other Fears

Relationships are often based on mutual hidden agreements. Such as “I will take care of you if you give me sex” and “I will give you sex if you take care of me”. This is why people often are resistant to change even if they desire it as change would break one or more of these hidden agreements.

The Resistance of the Ego

The ego resists change even though the status quo is dysfunctional. It is just human nature. We need to be aware of the ego and must resist if we are to bring about personal change

The Author's Breakthrough

The author uses his own experience to explain how change comes about. His personal story illustrates many of the problems that an individual faces when setting foot on the path towards change. Coming from a childhood of illness and emotional pain, he explains how he searched and searched for both spiritual and emotional tools that would facilitate the change of his unconscious programs. This was to stop the emotional pain and give some meaning to his life. However it was, in spite of many experiences, both wonderful and painful, ultimately unsuccessful. He created a congruent life that on the surface worked very well, but the surface simply hid the real problems.

The author explains how he was very lucky, through a brilliant therapist, to find the process that brings about change. Through this process he dropped, over a short period, 60% of his unconscious programming. Totally

gone and never to return. The process is surprisingly simple and involves getting in touch with and feeling the deepest emotions that are buried with the unconscious programs. Simple, but it turns out to be difficult to do.

Confirmation

After his breakthrough the author researched whether his experience was unique or was it a general principle that everyone could apply to himself or herself. He found that Eugene Gendlin had researched successful therapy outcomes, and found that, using practices similar to his experience, could guarantee a 95% success rate. It is repeatable and effective. Further confirmation came when Inge and he met and found that they had arrived at the same understanding through different routes.

Appropriate Responses

So what would be an appropriate response to a trigger? This is described.

Scenarios

This section outlines 6 different ways a particular inter-unconscious interaction could take place from the most unconscious to the most conscious. The most unconscious reaction is full of blame and victimhood. In the most conscious there is nothing to trigger.

These scenarios are designed to allow readers to understand the evolution of consciousness and where they are emotionally in any situation.

Tyranny of the Mind Freedom Scale

The 6 scenarios described in the previous section are tabulated into scale. This allows you to judge how much awareness you are bringing to any emotional situation.

Exercise 3.1 Using the Freedom Scale

To analyze where one is on the freedom scale for a particular problem.

Action and Reaction

Between every trigger and the reaction to that trigger there is a moment in time. The first step to becoming accountable and having choices is to understand that this moment in time gives the possibility of making better choices.

Sometimes you react outwardly and sometimes you don't

The author explains that when he meditated and performed other exercises then he was able to take advantage of this moment in time mentioned above. Spiritual practices seem to enable one to live with one's wounds, but, his experience was that the wounds were not healed.

Chapter 4: Denial

This chapter drills deeper into the working of the mind.

What is Denial?

Denial is when we have unconscious programs that we are never aware of. They are hidden from view completely. This is because we have individually developed strategies that hide them from ourselves.

Projection

Denied programs need to be projected even though we are not aware of them.

Illness

Illness is the usual form that denied unconscious programs use to be projected. They are projected onto the body and make us ill. The form of the illness is related to the psychological issue that is being denied.

Degrees of Denial

Some programs are fully denied, others can manifest as chronic illness such as persistent anger or irritation.

Hidden Programs and Personal Myths

Many denied programs are brought about by the individual holding a persistent myth about themselves that facilitates the denial. This results in us acting out particular roles that continually allows us to unconsciously stuff down our feelings.

Roles

The personal myths mentioned above usually manifest as a specific role the individual takes on in life. There are many of these and the author describes 34 of them from “aesthetic” to “workaholic” that he has observed and documented. The author explains how roles facilitate our denial, using examples of the roles he has played in his own life.

Role Example: OverPositive

The role is examined in detail to cement the concept of roles.

The Frog and the Scorpion

The story of the Frog and the Scorpion crossing the river is a classic example of the role trumping rational behavior.

Consequences

Describes the long-term consequences of living ones life in a particular role. Even though it is very difficult for us individually to see our own roles, they are often blatantly apparent to others.

Exercise 4.1 Identify personal myths and their roles

Self-explanatory.

Chapter 5: Strategies for Change

This chapter moves from theory and understanding to practice. All the steps necessary to achieve radiant freedom of the mind are explained in detail

Reacting to Triggers

A reaction to a trigger involves both the story you tell yourself and the emotional reaction.

The Story

The story is anything and everything that we tell ourselves about our emotional reaction to a particular trigger.

The Story Trap

Inge and the author both discovered separately that change happens when one feels the feelings that were triggered to the exclusion of the story. This is why change does not happen spontaneously as we have usually been trained to suppress the feelings and focus on the story.

Refining the Story

The story will change and evolve as we move up the freedom scale as we become more aware. However it is still the story and will prevent change.

Experiencing the Feeling

This is where the gold is mined as long as we drop the story.

Getting out of the Head

We are praised for our brains not our emotions, thus it is hard to get out of the head where the story lives.

Tricks of the Mind

Techniques to get out of the mind and thus out of the story and into the feelings.

Layers of Feeling

There are primal feelings, such as fear, and there are constructs of the mind, such as feeling stupid. The mind constructs are just more subtle forms of the story.

Releasing your Feelings

Feelings were moved to the unconscious when you, the child, were not allowed to express feelings outwardly. Re-experiencing then, in the way the child would, leads to their release.

Using the Breath

The breath is a wonderful tool. Concentrating on your breath takes you into the feeling and out of the story.

Exercise 5.1 Full natural breathing

Practice breathing.

Exercise 5.2 Getting in touch with feelings

Practicing using the breath and getting in touch with the feelings to the exclusion of the story.

Dealing with Illness

Illness is more difficult to deal with. The solution is to feel the feelings that arise as a result of the illness.

Chronic Emotions and Chronic Illness

Chronic emotions and feelings are dealt with in similar way. Re-experience the feelings that they evoke.

Ongoing Practice

Doing this work alone can be daunting. This section discusses where you can get support for this practice.

Other Healing Modalities

This section describes other modalities that can support this process of change.

The Metrics of Change

The process of change takes time and it helps to have tools to measure ones progress. Here are some guidelines, plus an inventory form, to permanently record, using the freedom scale and other information your progress. The Emotional Health Inventory form is included as an appendix and can also be downloaded from our website.

Exercise 5.3 Creating an Emotional Health Inventory.

Self-explanatory.

Chapter 6: Breathe and Heal

This chapter is written by Inge, the author's wife and collaborator. It explains the Breathe and Heal philosophy that she uses with her clients. This practice applies the principles for change that have been described in this part of the book.

Overview

Principle is: **Breathing > Feeling > Releasing > Clearing > Healing**

Breathing

Breath is the tool that facilitates this process and gets one in touch with ones feelings.

Feeling, Releasing and Clearing

From the feelings we can release and clear them. Releasing old feelings clears them out.

Accountability

This is the key to any change happening.

Chapter 7: Additional Tools

A set of specific tools to help discover the hidden parts of ourselves, to trigger the positive side of the Law of Attraction, and to facilitate change.

Examining Your Mythology

How our personal myths can hold us back from the possibility of change.

Focusing on Outcomes Part 1: The Transformation Matrix

Description of a tool to trigger the unconscious into revealing itself using positive affirmations. This is to be performed 21 times over 13 days.

Focusing on Outcomes Part 2: Creating a Goal

Creating specific goals with specific time constraints designed to encourage the Law of Attraction.

Accountable Communication

Rules for interaction that will maximize accountability and facilitate the process of change.

Holosync

Holosync is a technique the author recommends that uses binaural sound to enhance meditation by altering the way the brain hemispheres communicate and other brain changes.

Chapter 8: Miscellany

(3 miscellaneous topics)

Love and Sexuality

A set of guidelines to facilitate a healthy (heterosexual) love life and that honors the feelings and the wounds of the participants. In this way the process of change for the individual is never sabotaged but is accelerated.

The Importance of Communication

Communication and openness are the keys.

The Roles You Play

Being aware of bringing the roles you play in life into the bedroom.

Good Lovemaking

Clear and explicit guidelines that that the author has found are universal.

Bringing up Children

What it takes to bring up physically and emotionally sound children.

Parenting is Not Naturally Intuitive

From the author's experience we all have to learn how to be good parents.

Parenting Guidelines

A set of 13 guidelines for good parenting.

Drugs and Addictions

A discussion of why anti-depressants, cigarettes, alcohol and recreational drugs do much harm, both physically and emotionally.

PART IV: SPIRITUAL WELLBEING

Healing the author's unconscious programming allowed him to find and reveal his true self, his soul, in ways that no amount of meditation and spiritual practice could.

Chapter 1: Discovering and Revealing Your Soul

What, in the author's opinion, are the values and qualities of a spiritual person.

Adopting Values

We adopt values that we believe are spiritual. Unfortunately these are often empty shells that allow us to live in relative harmony in spite of our unconscious programming. They are often just another role that we adopt like a new skin. These skins we wear hide our essence from ourselves and from others.

Shedding our Skin

The spiritual warrior must continually shed these skins and all the ones beneath them to get to the essence

Living in the Light

As we shed skin after skin, layer after layer, old identity after old identity, our true light shines forth.

The Trap of False Promise

There are many traps on this journey that can divert us from our path and they need to be avoided.

Living in the Timeless Moment

The “now” moment is available to us all when we are no longer triggered by our unconscious programs. It is within reach of each and every one of us.

The Power of the Human Mind

We focus on the negative when we need to focus on the incredible power of the human mind to always give us exactly what we need. This book is about making the enormous power of the mind work for you in the positive side of the Law of Attraction.

Conclusion

We are spiritual beings having a human experience and our purpose is to bring the Light to ourselves and to all those around us.

Appendix 1: Recommended Reading and Resources

Appendix 2: Emotional Health Inventory

Appendix 3: Ten Essential Steps to Take Immediately.

The ten most essential steps to take now for you to have radiant health and wellbeing.