

Synopsis

Wellbeing Matters A Personal Guide to Radiant Health!

Introduction

This book is a compendium of the lessons and the secrets that I have learned on my journey from physical, emotional and spiritual pain to a life of ease and flow and radiant wellbeing. Everything in this book I have experienced directly.

I have included physical, mental, emotional, and spiritual health, as they are in my experience totally interconnected and interdependent.

All chapters include exercises that you can do to help on your journey.

Part I

Chapter 1 - Man's Evolution and Diet

You learn how the hunter- gatherer diet humans ate for 3.2 million years has changed dramatically in the last 12,000 years, and especially in the last 50 years. I make the argument that our bodies have not had time to adapt to this change, which is seriously compromising our health.

Chapter 2 – Metabolic Syndrome

You will learn that Metabolic Syndrome, or insulin resistance, is one of the most serious health problems facing the developed world. It is directly related to diet and lifestyle, and is thought to be the cause of many of the serious degenerative diseases our culture takes for granted, such as heart disease and cancer. It is impossible to lose weight when insulin resistant.

You will learn how very simple changes in your diet, and in your lifestyle, will prevent or completely heal this syndrome.

Chapter 3 – Our Toxic Overload

You will learn how toxic substances in your environment affect you and how you can minimise them. Topics covered include clean drinking water, indoor pollution, food contamination, and germs and molds.

Chapter 4 – Nutritional Issues

In this chapter you will learn about some of the major nutritional issues we, as a culture, face today. These include maintaining the acid/alkali balance, digestion and internal flora, fats – good and bad, avoiding inflammation and how supplements can help.

Chapter 5 – Miscellaneous Health Issues

You will learn about some health issues that you need to be concerned with. It includes shallow breathing, physical exercise and ageing, GMO foods, artificial sweeteners, joint health, mental illness, prescription and recreational drugs, vaccinations, and losing weight.

Chapter 6 – Epigenetics

In this chapter I summarise the findings of Bruce Lipton illustrating how our health is directly related to the beliefs that we hold in our subconscious mind. How changing our unconscious programming is more effective than nutrition for our wellbeing.

Part II – Mental Wellbeing

Chapter 1 – Mental Health

In this chapter I share with you some suggestions as how you can keep your brain healthy and functioning efficiently.

Part III – Emotional Wellbeing

Chapter 1 – Understanding the Mind

In this chapter you will learn about the mind. You will know the difference between the conscious mind, the subconscious and the unconscious mind or shadow. You will learn how programs in the unconscious are triggered by events, situations and thoughts leading to painful negative emotions being released.

Chapter 2 – The Shadow at Work

In this chapter you will learn how we attract emotionally painful situations to ourselves. Accountability is introduced as the first step in the healing of these programs. You will learn about projection, the Inter-Unconscious Conspiracy, the illusion of choice and whether this is a blessing or curse.

Chapter 3 – Towards Emotional Integrity

You will learn about the difficulty of making emotional changes. I describe how I dramatically changed my emotional reality some years ago, and show evidence that my experience was not some fluke but is repeatable by every one of you. I categorize the possible reactions to triggers and tabulate them in the Freedom Scale. Your reaction in any situation can be measured against this scale.

Chapter 4– Denial

You will learn how you hide, or deny, your emotional reality and how this can make us ill. I show you how we all act out one or more roles as a means of avoidance. A number of common roles are discussed.

Chapter 5 – Strategies for Change

You will learn how to heal your emotional self. I explain the difference between your feelings and the story that gave rise to them. You will distinguish between core feelings and creations of the mind. I will show you how the breath is a wonderful tool to aid in this process and explain how the Emotional Inventory can be used to gauge your progress of emotional healing.

Chapter 6 – Breathe and Heal

Inge explains her technique called “Breathe and Heal”. It includes breathing, feeling, releasing and clearing negative emotions and becoming accountable and whole.

Chapter 7 – Additional Tools

This chapter introduces a number of tools to help explore and reveal your negative emotions. These include personal myths and the Transformation Matrix. It also includes tools you can use to help you specify the outcomes you desire in your life and how to manifest them.

Chapter 8 – Miscellany

These did not fit in the flow of things but are important: Love and sexuality, bringing up healthy children, and drugs and addictions.

Part IV

Chapter 1 – Uncovering the Soul

You will learn that we are all truly spiritual beings hiding our souls behind our distorted emotional reality. I will explain how healing our deep negative emotions, and becoming accountable and authentic, allows our true selves to shine through radiating light, compassion and peace. I explain how the human mind is incredibly powerful and can create a life of radiant health for you and your loved ones.

Appendix 1:Recommended Reading and Resources

Appendix 2: Emotional Health Inventory

Appendix 3: Ten Essential Steps to Take Immediately

I list the ten most important actions you can take today to create a life of radiant health.