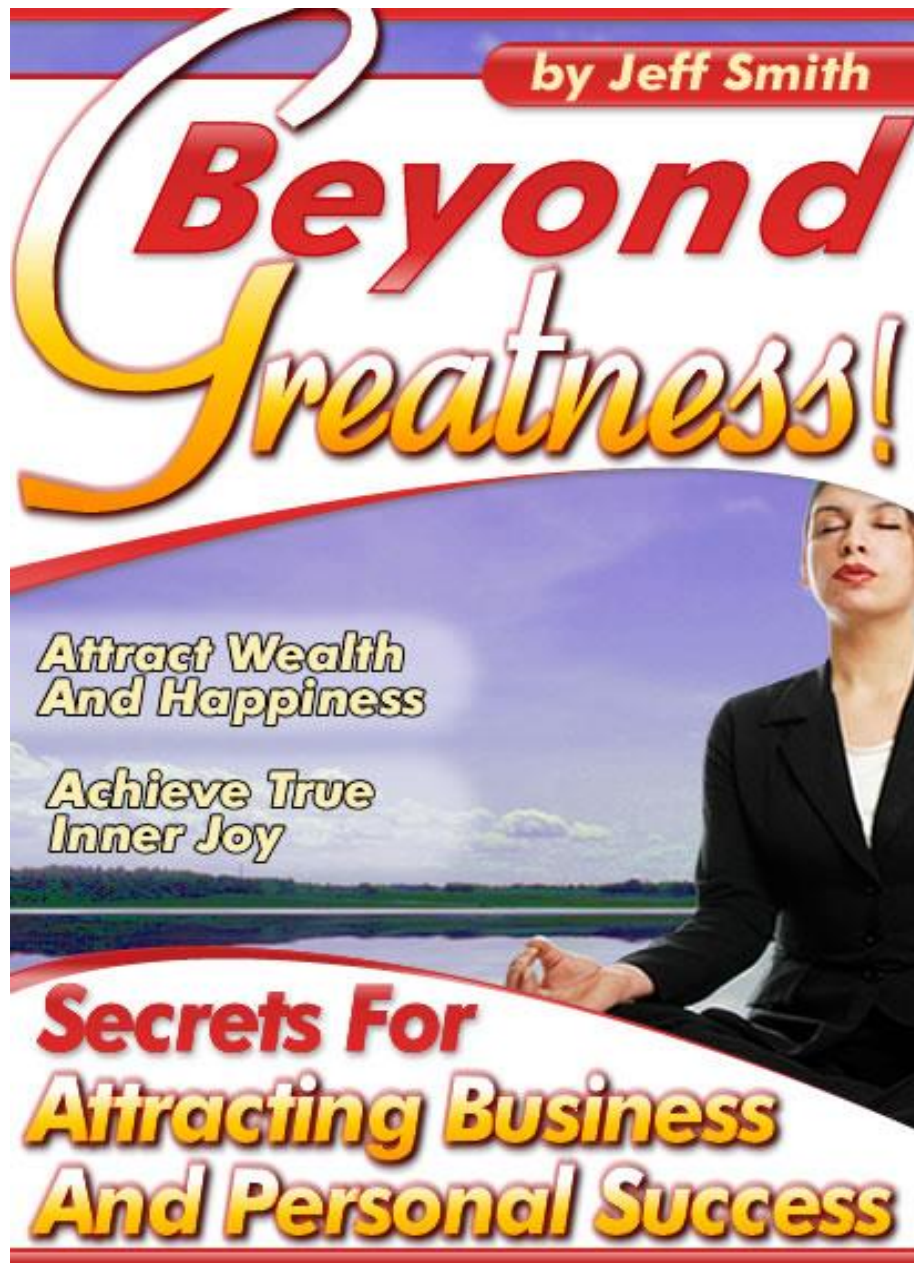


Beyond Greatness: Secrets For Attracting Business and Personal Success



Beyond Greatness: Secrets For Attracting Business and Personal Success

**BEYOND GREATNESS - SECRETS FOR
ATTRACTING BUSINESS AND PERSONAL
SUCCESS**

www.attractgreatness.com

UNLEASH Your Hidden Inner Potential

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INTRODUCTION



YOU ARE about to achieve Greatness!

It's time to STOP just existing. Turn mediocrity into exciting, meaningful, purpose-oriented achievements that bring great emotional, physical, social and financial fulfillment into your life.

Does this sound like a worthwhile achievement?

You may have come across information on...

- Personal improvement and motivation
- Goal setting and time management
- Personal power and confidence
- Health and Wellness

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What you are about to discover today is something **very different, very new**...a system that works (and not just for weeks, but for years)...information that finally unlocks the mystery to why we...

- Struggle to find the energy to improve ourselves
- Let our fears and uncertainties win out over getting what we want
- Have feelings of uselessness, frustration, anxiety and hopelessness
- Often experience short-term achievement only to drift back into past habits
- Grow increasingly dissatisfied with our lives as we get older
- Risk ending our lives with regrets that torment and frustrate us until our last breath

There are very real reasons why you can't find the energy to excel, be highly productive, to exercise and stay healthy or to keep up with your friends or those around you.

It's tough to stay positive, improve yourself and achieve greater things in life when you can barely crawl out of bed in the morning or feel defeated in life.

In fact, this information will also shed light on why you go through periods of limited creativity, motivation, sometimes not being able to drive your goals to the same degree as others can.

We explain exactly why, no matter how much you drive toward a goal you badly want, you have never (and will never) be able to achieve it.

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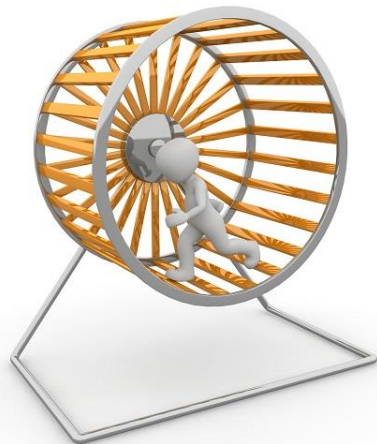
Do you continually TRY to be positive, change your life and improve your results but nothing seems to work?

Layer by layer we peel back the onion toward the core of Greatness unlike any other system or information you have read to date has done.

Put plainly, we **guarantee** that you will see the drive toward Greatness and achievement in your life in a different light after reviewing and applying the **8 *Pillars of Greatness*** and then quickly applying the **5 Steps To Greatness** – a simple to follow system that covers the entire range of steps you need to take to bring greatness into your life.

Where Are You Now?

Problem is that today you are working harder and harder, having less and less fun, you can't seem to make significant progress in improving relationships or your overall wealth?



Before long, you are a ***hamster on a wheel***; no matter how fast you run, you just can't seem to make any progress. Instead of achieving more with less effort, you are doing more and have less – at least in terms of inner satisfaction.

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No wonder we are an increasingly stressed-out society.

We measure ourselves on how long we can survive our turn on the hamster wheel as if it were a major achievement to be the last one standing. Everyone knows only the weak fall off the wheel.

It's a natural human response to become more stressed, more anxious, increasingly self-destructive, angry, unhealthy, unhappy and uncaring when we experience a perceived **loss of control**.

Sadly, the combination of self-destruction (emotional if not physical) and giving up hope are two behaviors common in today's society.

It's hard to believe this description applies to us, but see if this hasn't happened to you?

Have you stepped into your car and 30-minutes later ended somewhere and **not even remember how you got there?**

Unfortunately, for many, our lives have turned into one very long car ride, and when we step out 5, 10, 20 or even 50 years later – we sadly won't recall how in the world we ended up at this point.

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Humans possess an incredible ability to “hard-code” repetitive thoughts and behaviors into our brains. This is true to such an extent that we no longer have to use previous processing power within our brains to carry out basic behaviors.

How many times do you really think about every aspect of moving your leg forward to walk, or even every second of how you get to work in the morning?

Our ability to automate behaviors is positive because it allows us to master certain tasks freeing up room to learn new behaviors.

But what happens when we program ourselves into a pattern of frustration and limited achievement?

What Is Automated Acceptance?

Can you answer these two questions?

1. What is it that you want?
2. Will you know when you really have it?

These two seemingly simple questions are the two most important unanswered questions we have in our lives, yet we reach a point early in our lives when we stop asking ourselves these questions. We reach a point I call “*automated acceptance*” which simply means we stop living life, and instead, curl up and hide.

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By ignoring what we really want and therefore not having the peace of mind or satisfaction of actually achieving our inner purpose leads to all sorts of inner turmoil often resulting in emotional and physical health problems.

Is that really the way we want things to be?

“Automated Acceptance Does DIRECTLY Affect Your Health”

Let me ask you this, do you suffer from one or more of the following:

- heart problems
- substance abuse (or even substance over-indulgence)
- breathing problems or asthma
- digestive problems such as constant heartburn or acid reflux
- sleeplessness
- inability to control your temper with family, co-workers, or superiors
- lack of energy – resulting in lost productivity or enjoyment
- inability to relax and enjoy yourself or your family
- fear and anxiety about the future
- anxiety, feelings that we lack control

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Now don't be discouraged, you may be surprised to discover that these struggles have become almost **universal** across all of us regardless of race, religion or income level.

In short, we have an epidemic on our hands – it's the epidemic of "Under-Living". By continually settling for high levels of negative stress, unable to break out of negative patterns we place ourselves in high risk of many misunderstood health and wellness problems. Waiting until "under-living" takes its toll on our health is too late, we need to convince ourselves that we are currently undergoing so much pain that we act NOW!

YOU WILL ACHIEVE GREATNESS!

Inside this book, you are about to access a proven, tested, highly effective system for turning your life into a lightning-rod of greatness – and you control the entire journey.

Why The Information In This Manual Can Change Your Life

Today, you may think the obstacles to wealth, happiness, notoriety and health are a lack of skill or training, time, connections and networks, friends, even luck?

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Yet, the more we focus on filling in these gaps, we find we still have the nagging feeling that we should be accomplishing much more...indeed, that we could be accomplishing great things in our life, if not for some other unknown obstacles.

No doubt you have thought about success and wealth, perhaps even proactively learned about aspects of leadership, entrepreneurship, personal development, financial planning and training – yet there's still something missing isn't there?

Ask yourself these three questions:

- ✚ **Do you feel that there are creative desires within you that are unfulfilled?** We're not talking about being the next Picasso or Mozart, but rather that nagging feeling many of us have that we have creative energy within us that we never seem to find the time or way to get it out?
- ✚ **Are you making the best use of your talents and strengths?** Perhaps you lack clarity on what specifically those strengths are and how to put them to use, but many of us are burdened by the sense we are not fully using our talents.
- ✚ **Have you made an impact?** We all want to make an impact on the world, call it a legacy, imprint or lasting mark on the world we live in.

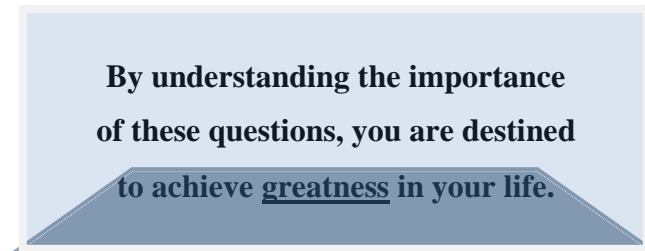
Do me a quick favor, this will help you tremendously too.

Head over to [THIS BLOG POST](#)...and scroll down to the bottom and leave these 2 things in the comments:

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1. Introduce yourself and a line or two about your background, and then...
2. Answers to the 3 questions from above – this is important, writing these answers will not only make a big impact on your life, it will help others as they work through this program as well

You may not be consciously aware of these questions, but at a sub-conscious level they rule every aspect of our lives including both inner fulfillment and achievement.



I'm hoping many of you are still able to see that there is a way to bring meaning back into your life while attracting more happiness, friendship, prestige and wealth into your life. In fact, I can describe the actual feeling of jumping off the hamster's wheel and taking back control in your life.

It's like stepping off an airplane into a tropical island paradise, for those of you who have been lucky enough to visit a beautiful island.

Think of the happiest day of our life?

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The birth of child, your wedding day, your son or daughter's wedding day, the day you were able to walk away from a job you hated, the day your doctor gave you a clean bill of health – or any other experience that you would categorize as sheer bliss!

What sort of person would you be?

Even better, what sorts of people would you attract into your life by giving out such a powerful force of positive energy?

How easy would it be to attract financial stability into your life with such positive energy and inner confidence?

**"Expect To
Experience Sheer
Bliss Each And
Everyday You
Wake Up For The
Rest Of Your Life"**

If you felt great all the time, why would you need alcohol, tobacco, sleeping pills, anxiety medication or any other artificial defense mechanisms we have become increasingly reliant on to get us through life?

It **really is** possible!

We've taken measures in the last few years that have allowed us to jump off that hamster wheel, awaken part of our lives, spirit, energy and results that we were hidden – even from ourselves.

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All of this has led to incredible happiness, peacefulness, control, relationships and financial gain – however there is one truly amazing thing we’ve learned, that ultimately proved to be the catalyst to our writing of this book...

Inner Change Precedes Changes In Our Life And Results

Much of what you see in self-improvement, personal coaching, business leadership, success training and overall improvement learning is focused on changing external aspects of ourselves.

You can improve your influence by increasing your compassion, understand how others operate and manipulation, yet this often does not work.

You can set goals to keep yourself motivated, any short-term success seems to always end in long-term failure.

In our lives we tend to quietly suffer, forming the opinion that something inherent within us is responsible for our under-achievement – “it must be me?” As someone who studies and coaches people on a wide scale however, we see patterns that indicate it is not just one single person but rather the entire area of how we chase after Greatness in our lives.

That’s when it became clear – it’s time for a major paradigm shift, Greatness can only be released, not something that we can impose upon ourselves.

Releasing Your Greatness

Your potential Greatness is **within you right now** – it's this system that will finally allow you to reach the tremendous potential present within you aligning your actions with your optimal interests, passions and inner purpose.

This all may sound “deep” or “philosophical”, let me assure you it is not. The system in this book is will lead you toward the most practical and meaningful results you have ever achieved in your life.

The fact that we already possess Greatness within us explains why we so often feel as though we are capable of more than we are currently achieving. If deep down we did not feel we had Greatness within us, why would we experience the frustration, inner turmoil, disappointment and unease of not achieving more?

So, if this Greatness is within us, how do we know “where” it is and how do we bring it to our consciousness so that we can begin to realize its benefits?

How do we remove the obstacles that stand in our way to finding and then releasing the endless energy and power associated with your inner greatness?

We will use many highly effective techniques to tap into both our true purpose and passion in life as well as the obstacles that stand in the way of realizing that passion.

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8 Pillars Of Greatness™

Greatness can mean many different things to different people, what we have tried to do for the purposes of this book is to expand the definition beyond merely being perceived as great to a more fulfilling goal of achieving and inner greatness in harmony with external perceptions.

Greatness, as defined in many dictionaries, defines someone who is admired, respected, exalted, and even renowned for particular achievements in their lives.

Is that enough of a definition to help us achieve greatness?

Think about it, if you had to give up your health, family, friends and dreams in pursuit of being admired or renowned in a certain area of accomplishment – is that the definition of greatness you want to aspire to?

History is riddled with examples of great men who have sacrificed their values (Tiger Woods, Lance Armstrong, Elvis Presley...just to name a few) to achieve such limited definitions of greatness.

Internal and External Greatness

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Instead, **true greatness** must be based on a harmony between internal values, energy and external accomplishment.

So, when we speak of the principles of greatness in this book, we take an *inside out* approach that accomplishes the external perceptions of greatness through internal achievements.

Take Wayne Gretzky as an example.

His respect and renowned status as “The Great One” is due more in part to his amazing self-confidence, passion, drive and dedication to the tradition, off-ice family commitment, giving and caring attitude, healthy lifestyle and energy as pure skill.

If we spend all of our time trying to “create” an outer image of greatness, we are doomed to failure in the end – the world cannot be fooled forever. Long-lasting, fulfilling greatness must come from within.

So, what can we do to turn our lives around and start projecting greatness immediately?

8 Pillars of Greatness™

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The 8 pillars of greatness™ represent characteristics drawn from personal experience, major achievements and years of research and interviews with high achievers who have achieved amazing accomplishment and balance in their lives.

Studying inner strength and greatness has been a personal passion of mine ever since I can remember. At the same time as Elvis, Lance Armstrong, Tiger Woods, Donald Trump, Jack Welch and other perceived “greats” were so obviously lacking in certain areas of their lives, others seemed to just project greatness – over the long term.

That started my study of what truly separated those that achieved their external perception of greatness completely in alignment with their life values from those that sought external greatness by sacrificing their own internal greatness.

Indeed, I’ve known these principles for some time, having achieved significant levels of success in my own life, only to realize other areas as still lacking. When working according to these principles, magical things happen.

When working outside of these principles and seeking fame, fortune or recognition without alignment with my inner strength and energy, without fail, the consequences have been less than desirable.

So, in a way, what I am sharing with you today with these 8 principles is a formula for complete inner peace, personal and public greatness – a system that has been proven over thousands of years and works without exception.

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If you want to improve your happiness, joy, achievement and personal power not to mention your bank account, focusing on the 8 Pillars of Greatness is the key.

Here are the **8 pillars of greatness™**:

1. Health & Energy
2. Living With Purpose
3. Curiosity – Childlike wonderment
4. Goals – Setting Big Goals
5. Certainty and Confidence
6. Fearlessness
7. Manage Stress
8. Action Oriented

My guess is that you have never come across a list that combines elements of health, creativity and personal development – that is why this system is so much different and so much more effective for those who follow the steps closely.

For many of you, this list may seem too challenging – almost impossible to achieve. You may have been hoping that there was one single, easy characteristic you could work on to turn your life around overnight.

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That clearly is not the case, and here's why? the best part of understanding the 8 Pillars of Greatness™ is that small, incremental improvements in these areas can lead to massive changes in your life.

Even better, each of the 8 pillars are interrelated, meaning that as you improve one area, you get the added benefit of improvement in many others.

Tell me you won't feel more confident, be more open to setting future goals and able to handle stress better if you could lose 10 lbs, and increase your energy by improving your health?

By understanding how to manage stress, turning it into a motivator rather than a blocking factor in your life, you can confidently overcome any situation building increased momentum and maintaining your energy and attraction as others fall by the wayside.

In just a few minutes you will be exposed to a simple yet powerful 5-step action plan that will help you refine your 8 Pillars reducing the negative thoughts, behaviors and happenings in your life to happy, positive alignment with the universe.

Before we unveil the 5-Step Action Plan To Greatness™, let's first understand why the 8 Pillars are so important to your success.

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1. Health and Energy



Health is essential to achieving greatness on two major levels – physiological and spiritual. These are both areas of major research past and future, too much certainly to cover in this book, however it is important to understand a

few basic facts about each.

- Several scientific studies have demonstrated that a person's well-being is linked strongly to positive self-perception, outlook towards others, immune system ability to fight disease and their ability to deal well with life's challenges. In fact, the American Psychological Association recently examined over 200 studies on this topic and concluded that not only is there a strong link between health, happiness and success, but that one's happiness also attracts additional success and achievement into your life – a spiraling effect if you will. ("The Benefits Of Frequent Positive Effect: Does Happiness Lead To Success" Psychological Bulletin 2005 Vol 131 No.6 Sonja Lyubomirsky and Laura King)
In fact, if you have ever listened to Dr. Robert Anthony, you will know that he has developed scientific explanations for why positive energy attracts positive energy – by flipping a switch for a few minutes each day you can radically change your life by attracting so much more greatness into your life.

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- Over 31 Million Americans suffer from lower back pain, chronic pain significantly reduces our self-perception, energy, ability to focus and manage additional stress in our lives. In a recent study discovered that Yoga was superior to conventional exercise and treatments for lower back pain.
- Achieving greatness is a marathon, not a sprint. Just as running a marathon requires training, stamina, strength, endurance, nutrition and a positive outlook, your journey into greatness will require no less. It's a given, you need to take care of your body, which will help you to improve your mind and results.
- Health and energy cannot be wished as anyone who has struggled with positive thinking or setting goals to be happier will confirm. You may be able to change your life for a day or a week, but the reality is you will fall back into your old patterns as soon as something challenging happens in your life. There is only one way to increase your health and energy long term, that is to remove the obstacles that are interfering with your natural state of health and energy. It's a different way of looking at it – its not that you need to go out and “get” a healthier lifestyle, but rather, you need *to remove the obstacles that are preventing you from experiencing the natural health* that is part of being a human being. Yoga and Meditation are very important techniques you can use to understand and defeat those obstacles long-term.
- Finally, chances are you are operating at well less than ½ your total capacity due to a build up of toxins, a weak or non-existent immune system and a build-up of nasty critters in your body that have prospered

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in the face of nutritional and normal “good” critters impacted by stress and toxicity. So, the very first step to achieving greatness in your life is to cleanse your body and mind increasing your energy, improving your immune system, enhancing your outlook and ability to accomplish much more in the same amount of time.

You’re not going to believe some of the incredible health-related assistance we’re going to be able to give you in the following pages. Major health obstacles will be removed on your way to achieving greatness in your life.

2. Living On Purpose

Not only is it important to have a life purpose, to have a higher-level reason or goal that guides all subsequent actions, decisions, planning and living – but its also critical that you pick the RIGHT life purpose. For many of us, especially men, our job is our life purpose. I don’t think I’m going out on a limb here by saying that for many of us, having your job as your life purpose at some point in time becomes uncomfortable, causes us great anxiety and even crisis in certain lives. You’ve heard of the mid-life crisis, surely we don’t have to hit a “crisis” before we are able to re-align our life purpose.

History is riddled with examples of mis-aligned life purpose. An interesting model is Tony Schwartz who lost site of his life purpose when he acted as the writer behind Donald Trump’s tremendously successful “Art of the Deal” back in 1987. Though the book achieved great results, he went so far outside of his life purpose

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that he spent the next 7-years researching mind and body topics culminating in the writing of “What Really Matters” in 1995.

So much of what we define as “greatness” involves getting in touch with your true, righteous purpose in life. Its important to note that you already know you’re your purpose is. Your subconscious knows, it’s up to you to discover what your subconscious already well understands. Techniques in this book will help you find that purpose.

3. Goals – Setting Big Goals

There has been much written and researched on the topic of goals. We have two important points that simply do not appear in most of the information you will find on setting and achieving goals today.

First, your goals must align with your “Purpose” and be specific enough to provide you focus. In that way, your goals are really the operational glue that brings focus to your life’s “Purpose”

If your roadmap is wrong, it doesn’t matter if you stay on the road does it?

It could be argued that there has been way too much emphasis placed on goals while not near enough attention has been paid to discovering your inner beliefs, desires and purpose.

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I've known some incredibly efficient, forward-thinking people in my life that have ended up broke, unhappy with so much distance between them and their families it hurts to watch. It wasn't that they were bad at setting goals, but rather, they set goals on a path headed in the wrong direction. You need to constantly be re-aligning your goals with your "Purpose"

Second, too many people set small, incremental goals losing complete perspective on what they could actually achieve had they thought bigger.

Setting goals that eclipse your comfort zone, that seem ludicrous compared to where you are now have been called "leap" goals by marketing mogul Dan Kennedy. "Leap" goals overcome resistance in your life helping you build momentum and attract additional greatness into your life.

Finally, understand that your goals are tactical steps toward achieving your purpose in line with your beliefs. So, as we mentioned earlier, your subconscious mind already knows what your main purpose and ultimate goals are and are ready to guide you setting your short-term goals. You can't push this process. Until you know what your greater purpose is, you cannot force yourself to set goals that will lead to greatness.

Don't be stressed out about setting goals, instead work on finding your inner purpose and alignment. Know what you want and don't want, that will help you make decisions and gain motivation to really progress in your life.

4. Curiosity – Sense of Wonderment

Point to someone who we can attribute greatness, and you will see a curious individual who enlivens the insatiable need to learn, to know, to uncover, to investigate, to experience. Some have large book collections, are well read, while others have lived 10 lives worth of experience in one lifetime. Still, in each case, there is an underlying curiosity that propels them forward in an unstoppable momentum that can only lead to advancements well beyond what exists before they were born.

We are all born with this curiosity? God knows, with a 5-year old and a 7-year old in our house, they are more curious than every adult I know put together.

To flirt with greatness, we must re-discover that curious child. Let them out to do what they were first intended to do – learn and explore.

Why is this so important?

Think about it, when were you most curious, most interested, most plugged into what was around you?

Curiosity is one of the best ways we can tell when we are working towards the right things in life that will lead to greatness. If you are not curious, that indicates lack of interest which indicates you are not aligned properly with your inner purpose.

5. Certainty and Confidence

Quite often you'll hear someone say "He's a confident speaker" or "She has a real confidence problem" as people quickly judge the appearance of confidence in someone.

While the outward projection of confidence is important, control over what people see comes from within – your own inner confidence.

When we speak of confidence, we especially mean:

1. Confidence to understand and act on your true inner purpose
2. Confidence that you can handle anything that life throws at you
3. Confidence to respect and think for yourself
4. Confidence to apply your thinking, test it and not be afraid to fail
5. Confidence to exist in the face of ambiguity and uncertainty

We have more of many things in today's society – more technology, noise, entertainment, access to knowledge, experience, even opportunity. In the face of all of this *more* is one staggering less. Can you guess what it is?

How about *reflection and thinking*?

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When was the last time you set aside 30-minutes to just reflect or think? No TV, computer, family, friends, radio or stimulus of any kind – simply you and your grey matter getting to know one another?

Greatness in all areas of your life depends heavily on our ability to think for ourselves. To feed our knowledge, assess it against past experiences, brainstorm new ways of using the knowledge we have, coming up with small and large innovations in all areas of our lives.

Have you ever noticed that when you do finally take a holiday, vacation or break – after you have finally unwound, that you instantly come up with new ideas, new ways of looking at things? It used to happen to me all the time. I would work like a dog for 6-months, non-stop focused on one single goal head down hardly seeing around me at all. Then – a two week break around Christmas, after a few days of unwinding, suddenly everything around me looked different. I read articles and immediately I came up with new perspectives, ideas, and opportunities.

Suddenly I was a genius negotiator with the kids, and they enjoyed the stranger they hardly recognized as their father.

As you will learn later in this book, time alone is only one catalyst to inner reflection, add to that the ability to truly see inside yourself and suddenly you have the ability to turn just a few minutes of solitude into highly productive time each day.

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Time to reflect and think is one of the key enablers of moving beyond greatness. Having confidence enough to live in alignment with your reflection and thinking is the true picture of courage that will attract greatness to your life from this point on. While simple, freeing your mind and body to really think, reflect and be creative require some work. We have some techniques that will help you later in this book.

Let's quickly touch on certainty.

In this fast-moving world we come into contact with many people, messages and ideas – all vying for our attention. In order to handle our environment without becoming quickly overwhelmed, we create a set of filters – an index that lets us quickly make a decision about something or someone and move on.

One of the deeply held filters we all have is to value and trust consistency. The more we see someone act the same way, hold the same values, communicate the same messages, exhibit the same behavior – the more we support that person, and their message.

Achieving anything in life requires persistent, consistent action – you will see incredible improvements in your life if you learn to apply the underlying principle of consistency.

6. Focus

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Have you ever thought of yourself as the big thinker, someone who can multi-task, bouncing several balls in the air at once?

Many people take great pride in their ability to exist in the face of chaos – a chaos they very often create, or at the very least, permit to occur in their lives. Such a skill may be useful in juggling, controlling air traffic, parenting, and likely several other categories of roles we must play in life at different times.

However, you *can't expect to achieve great things* unless you are willing to build an **entirely new level of focus** into your very being.

First, you'll find that following the steps outlined later in this book will require a level of focus that you may not have previously practiced. That's good, you'll get the chance to practice your "focus muscle".

Second, the new awareness and plan you will have developed out of the pages of this book will provide you a plan for achieving greatness that depends heavily on focus. Whether you are involved in the reflective and relaxation part of the plan or in the planning a creativity portion, focus will be a primary tool through which you will get the job done.

Third, the good news is that once you get used to practicing focus and learn how powerful this tool can really be, the less effort you will need to put into it, the more

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automatic it will become. In addition, you will notice how “out of focus” our society has become. Not taking the time to really focus on what we see, touch, feel, learn, and do is having a massively negative impact on society and its individuals today – where you may not even notice this absence today, you surely will after practicing its principles in the coming weeks.

7. Fearlessness

High achievers have reached a level of fearlessness in their lives that for many of us, is frankly damn hard to understand.

How did Mother Teresa deal with so much misery, poverty, death, unfairness and cold-heartedness practicing her seemingly endless work helping the world’s most destitute?

Wasn’t she worried about disease, her own health, her own death?

Did she not fear her ability to handle such negativity in the face of such an uphill battle?

How do great people consistently sacrifice themselves for their cause and continue to be so calm, at peace and fearless in their decision?

Taking your life beyond greatness will depend on you understanding and managing your fear, replacing it with a sense of rationality developed from a unique ability to

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look upon your life as an outsider, handling the emotional response of fear that so often limits our perspective and accomplishment in life.

8. Stress Management

Everyone faces varying amounts of stress in their lives – no one is exempt. In fact, recent studies are demonstrating that stress can play a positive mental and physiological role in our lives. Benefits range from motivation, protection from harm and even enhanced immune response.

On the other side of the fence sits the dreaded chronic stress. Years of research demonstrated that the chemical reactions associated with chronic stress in your body can lead to many undesirable results.

Chronic stress has been shown to produce increased levels of cortisol, causes fluctuations and lowering of immune system, and reduces immunity to fatal diseases such as heart disease and cancers.

So, chronic stress, and our reaction to it, is the challenge. We must improve our ability to balance stress we have in our lives in such a way as to leverage its positives without being impacted by its negatives. Indeed, balancing our response to stress can be the single biggest improvement we can make in our lives resulting in massive results to our achievement and happiness.

9. Action Orientation

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Procrastination is seen by many as the fatal illness of the 19th and 20th centuries. There have been many examinations of what leads to inaction. The issue is that tackling procrastination by itself is impossible, will always lead to certain failure.

Lack of action is always a symptom of other imbalances in your life. It's not like you sit and consciously decide that you won't do this today. Have you ever created a list of things you won't do? A won't do list?

No, our intention, unless beaten down so severely that we have completely given up, is typically to act. Yet things seem to happen, something resists – it seems with the entire force of the universe, to block us from making progress. Now its not that we have completely given up on dealing with procrastination, quite the opposite, we aim to overcome this symptom by dealing with many of the causes including focusing on the right purpose, setting the correct action plan, overcoming fear and managing stress.

We argue here that procrastination can be useful as a tool to let us know when things are not in total balance. Recognizing, admitting and understanding the source of procrastination are the important steps then to re-directing your life toward an action-oriented living. Moving beyond greatness demands that we become conscious of procrastination and work through it.

Here are some proven methods to get things going moving beyond inaction caused by procrastination:

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- a) Take a first step – any step to get momentum going
- b) Commit to continuous improvement – learn, do and review
- c) Seek out constructive feedback and alter your course
- d) Ignore rejection as misplaced and misguided
- e) Understand that you are never down and out, there is always a next step
- f) Believe you will achieve your goals – visualize them as already realized
- g) Be confident that the control over action is completely within you

So there we have the 8 Pillars of Greatness™ - in effect the cheat sheet of what we want to strive for to transform our lives from mediocrity toward greatness and beyond.

It's incredibly important that we understand what these characteristics are, what we should be striving for, working toward guiding us in a direction that many may not have understood in the past.

It would be unfair and quite incomplete to simply know where we want to go without a clear path to getting there wouldn't it?

Perhaps if the list of objectives were less challenging, more familiar and required less of a journey from where we were today we might possess the ability to formulate our own path toward achieving the end result. My guess is that this is not

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the case for most of us as these are characteristics of greatness, not just the usual suspect concepts promising incremental self-improvement.

Such a powerful and expansive list as the 8 Pillars of Greatness™ demands some new ways of thinking that are new, beyond what you are used to in other methods that promise incremental improvements. That is indeed what you will find in the next chapters. Please do take the journey with us, at least review the material once before judging and give it a legitimate try – you will not regret it.

Unlocking Massive Potential: 5 Steps To Greatness

In our current lives, the odds are against us. We are locked in a lifelong battle between “under-living” and the person many of us truly want to be. You can see the top of the mountain, but don’t know how to reach it. Unfortunately, many of us leave this earth never having resolved this battle.

Think about that statement.

You are far more likely to leave this earth not having discovered the AMAZING potential for accomplishment, happiness, purpose and positive energy than to have.

For some, they will not have even realized their was potential far beyond what they could even conceive, while for many others, they will have lived lives of quite desparation, frutstrated by the inability to really grasp their vision of truly living life to the fullest.

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Have you ever found yourself in a situation where you were absolutely certain that you could have matched the actions of someone who ended up to be in a far better position than you?

I've had that feeling, many times as I supported many individual fortunes growing up in my 20's.

I'll give you a quick example that you may be able to relate to.

Growing up, my world was so full of opportunities, technologies, new prospects for moving well ahead of what my earlier generation was able to achieve – and yet there was one person that I was most comfortable with.

One person that I would have rather been than anyone else.

My great grandmother was already in her late 80's when I first have memories of visiting her about an hour's drive from home.

We would jump in the car as a family and look forward to the comforting stories she would tell, the cozy kitchen she mastered and the fiery spirit she exhibited about the current events of the day.

She lived past 100 years old, and to her very end she was able to be one of the most centered, self-confident, pleasant and happy people I have ever known.

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If I could only somehow inherit half of her spirit, confidence and happiness, I would be an incredibly lucky person, I often thought.

I'm sure you will agree, at more than one time in your life you felt envious, even jealous of someone else who seemed to easily achieve great things in their life with relative ease.

Often, its simply too painful to consider for long, but we should ask why?

Why were they able to step up and grab the same things you have wanted and thought someday you could achieve?

Bring Back Your Inner Child

Look what a child is able to achieve in the first few years of their lives:

1. Learn to live in a completely different environment outside the womb
2. Learn to smile and an interact with others
3. Figure out how to walk
4. Learn an entirely new language – from nothing!
5. Know colors, smells, sounds and what they mean
6. Understand how to get what they want
7. Achieve a sense of self
8. Become socialized to current values, beliefs, rules and mores
9. Learn to count and the alphabet

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10. Good sense of who to trust and who not to trust

All of this in the first few years of life. All with an infectious sense of enthusiasm, wild-eyed wonderment, hope, and peacefulness.

Doesn't it make you wonder what changed in our development to turn us into the exact opposite of what we were in childhood?

When we knew exactly what we wanted and went for it with an unstoppable focus and enthusiasm?

When you could intensely focus on something until the hours just simply slipped away?

I remember building mechano sets (the nuts/bolts and sheet metal pieces that have been largely replaced by Lego today), and completely losing track of time, oblivious to hunger, my parents persistent calls and even the most basic of human needs – going to the bathroom!

To this day, one of my biggest litmus tests to understand if I am “in tune” with my own inner passions, aligned with my purpose is how aware I am of the time.

If I am participating in an activity where time is not of consequence, then I'm in synchronization with my inner self and on track to be both more productive as well as much happier.

Take The Time Awareness Test

This is the point where you need to be honest with yourself. Ask yourself, how much of your day is made up of activities where you are so involved that you lose track of time?

Here's a test to figure out how in tune with your own inner passions, desires and beliefs – I think you will find the results very interesting.

Step 1. Pick 3 days over which you will monitor your activities. Ideally try to get a mix between a weekend (or day off your job) and at least one day at your job to get the best results.

Step 2. Arm yourself with a small notebook or sheet of paper that you separate into each of the 3 days. You can either use a separate notepage for each day or take one larger piece and draw 3 vertical columns, each with a title representing the next 3 days.

Step 3. Split each day into 3 categories – each with a horizontal line, each cell of the table will represent one of “Morning”, “Afternoon”, and “Evening”.

Step 4. Now, on the first day, you want to take note of each time you catch yourself thinking about the time. This could mean you look at the clock, your computer, cellphone or even wonder what time of day it is. Include thoughts such as “Is it

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break time yet?”, “Have I spent enough time on this activity?”, “Is it time for lunch?”, “When can I stop doing this activity?”, etc...

Every time you catch yourself in one of these “time awareness” moments, log the time and what activity you were doing when the thought entered your head. What you will end up with is a journal that clearly demonstrates your awareness of time. As mentioned earlier, your awareness of time has a strong link to how in (or out of) tune you are with your inner passions and purpose.

Step 5. Continue this exercise for the next two days and total up your results. If you are anywhere above 2-3 per day, then you have some work to do. In the past, I could barely get through an hour of my day without logging a result. Thankfully, this has changed markedly and most days I can achieve the under 3 per day goal.

Hopefully you followed the exercise above. Instead of being disappointed with the results though, a bad result is good in the sense that you can really make some significant changes in your life, achieve some really great things and experience a happiness that you may never have thought possible.

Stepping Up To Greatness

How do you increase the happiness and wonderment in your life?

How do you find a bigger purpose than earning a weekly paycheck or buying your next big-screen TV?

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What about the hidden potential you know is still within you, waiting for you to find the key, unlock the door and let all of the joy, wonderment and success in the world be yours.

What about reaching the **8 Pillars of Greatness** outlined in the previous section? Is there a way to dramatically improve your mastery of the 8 Pillars in a short period of time?

These are the questions that I wrestled with day and night for several months when I had hit the bottom.

It was more than 15-years ago when my health had completely fallen apart, my optimism for life was waning, my finances were in shambles and my life seemed to lack any purposeful direction.

What really drove me to action was a massive digestive problem that doctors just couldn't figure out – soon I felt like a walking pharmacy taking all sorts of medication for all sorts of symptoms – most of which defied any single prognosis.

Being young, active, otherwise healthy, I thought the worst – it must be something fatal, something that I will not recover from and soon fell into a trap of thinking about the end, when in fact, I hadn't even really started living yet.

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After months of struggling in this state, I was fortunate enough to have found an alternative doctor that began to quickly pinpoint the causes behind many symptoms and worked even harder to understand how I may have ended up in this state in the first place.

There were **two very major challenges**:

First, symptoms such as severe weight loss, a stomach that could barely digest the most basic of foods, near non-existent immune system, partial paralysis and numbness in my limbs, constant insomnia, blood sugar irregularities, just to name a few, were being caused by an overgrowth of bad bugs (yeast, parasites, and other nasties) that had not only taken over my stomach, but had resulted in an overtaxed pancreas, heart, liver, kidneys and lymphatic system. In short, my system was a paradise for all the bad stuff and was killing off all the good things that keep the human body in balance. I could no longer think clearly, remain positive, exercise or do most anything.

Second, though we could regain this balance through a combination of medicine and natural techniques, diet and exercise, I would most likely end up right back in the same spot if I didn't straighten out the "bad" stress in my life mainly due to frustration, fear, anxiety – much of which was due to a lack of understanding about what I should be pursuing. In other words, I needed to look within, find my purpose and regain focus, passion and courage back into my life.

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This was a **breakthrough** time in my life. How an otherwise healthy person (not overweight, young, non-smoker, active on no medication) could suddenly experience such a sudden decline – with the underlying cause being negative stress – was so eye opening, it changed my life forever.

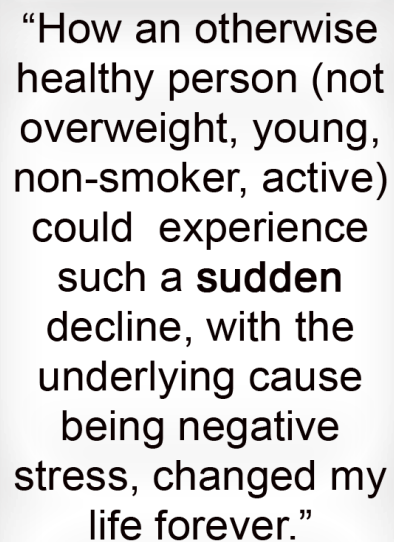
Even more shocking is how many others I have come to know that are going through similar experiences.

So please, if you find any similarities in the direction your life is heading, do be concerned that you could very well end up in the same situation when it takes an extreme toll on your health, relationships, and life.

Thankfully I made it through this experience, in the process I found a gift. In fact, it turned out that what I found as a result of this negative experience was the result I had secretly longed for over years.

I found out how to really know what I wanted – above all else, in this life.

I discovered what really made me happy and what didn't



“How an otherwise healthy person (not overweight, young, non-smoker, active) could experience such a **sudden** decline, with the underlying cause being negative stress, changed my life forever.”

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I uncovered the secret to feeling at peace each and every day of your life

I located the lifesource of inner courage, strength and fearlessness that I never realized I possessed.

And, I suddenly found a never-ending volcano of energy that surged within me, just waiting to erupt – and how to apply that energy in a balanced, measured and highly effective way to improve all the areas of my life.

In this chaotic time of my life there were four powerful steps that improved my life massively in a matter of a few months. In fact, if I had known these four steps from the beginning, chances are, it wouldn't have taken more than a few weeks to radically transform my floundering, purposeless and unhappy life into a healthy, vital and fun-filled journey.

After months of study, interviews, research and personal assessment, I can now confidently list these as the **5 Steps To Achieving Greatness**, and they are:

- 1. Clear The Waters**
- 2. Discovering & Living Your Purpose**
- 3. Breaking Through Stress & Fear**
- 4. Living *In-Focus***
- 5. Fuel Your Energy**

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Most self-improvement or how-to books will jump right into finding your purpose as the first and most important step toward improving your situation in life.

Not quite so fast.

You see, most of us are carrying a ton of baggage along with us. Years of living in emotional and physical turmoil has taken it's toll on our body leaving you the proud owner of a cesspool of toxicity and bad guys who own more of your body than you do.

No matter how motivated you are to change your life, how enthusiastic you are about making major improvements, you have to first start by cleaning house. That means getting your body back into ship shape for the change ahead.

Once your body is up to the challenge, we can work on purpose, only this time we're going to let you find your purpose – a purpose that already exists deep within you. You already know your purpose, it's simply a matter of uncovering it – so, for this step you need to learn ways to reach inside of yourself and understand what you really want, from the inside out.

Once you have achieved a level of physical health you may not have ever thought you could achieve and you understand your purpose, the exercise of breaking down fear, procrastination and maintaining a peak lifestyle will be the simple part – using this inside-out approach, greatness will last.

Introducing Yoga and Meditation

I'm guessing everyone reading this has heard about either yoga or meditation, and probably would right in saying that you have tried one or the other at some point in your life, correct?

In fact, I started with self-directed meditation back almost 10-years ago to help relax through the health challenges I was having.

At first, it can be frustrating as you can't seem to quite "get it" – and without any positive experience its tough to continue keeping faith and giving up your valuable time, so most of us drop out.

In the pages that follow, you are going to learn about an entirely new use of yoga and meditation – one that will not only make it much easier to learn, but also will help you to achieve such greatness in your life you will never want to stop the progress.

You see, we mentioned earlier that much of the frustration, disappointment, fear, anxiety, sadness and disappointment we feel in life is the direct result of not building our lifeplan from the inside out.

In the next sections of this book we are going to unveil a system to change your focus from outside-in to inside-out unleashing the amazing depth and power of your inner strength, creativity, heappiness and wealth creating power.

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Unlike most everything you read about yoga and meditation , we are going to be very specific about the exercises you should be using to work through each of the 5 Steps to Achieving Greatness.

As you work through each exercise and conquer one of the 5 Steps, you will find some incredible changes will occur in your life:

1. You will begin to feel an inner peace that radiates energy, happiness and personal magnetism
2. Your thinking will change from negative to positive, almost like magic
3. Suddenly, you will regain the sense of wonderment, fascination, and joy that you used to have as a child
4. Without explanation, other positive people and things will be **attracted** to you
5. Over time, you will erase many of your fears, remove the blockers that agonizingly limit your achievement today
6. Your health and wellness will improve leaving you more inner power to progress even further
7. After a brief period of confusion is overcome, you will experience an incredible feeling of clarity making decisions much easier enabling more action oriented behavior in your life
8. You will find that analyzing the past will become less important than looking into the future – an entirely new world will open up before you

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Once you uncover your purpose, you've got to find a way to manage stress and fear – the two most destructive forces that prey on the health and happiness of individuals in our society today. We'll learn to use techniques of meditation and yoga to objectively look at life in a way that reduces much of the fear and stress responses that turn your life upside down today.

Next, we need to learn ways to stay focused on our purpose. A major part of staying on course is to become more sensitive to the warning signs of straying off course. It's no good to stay in alignment with your purpose 75% of the time, we'll need to know how to live every day in line with our purpose.

Finally, we'll guide you through feeding your life force. We'll get to the bottom of why some people seem to have never-ending energy, an unlimited ability to fight off illness, an enviable supply of positive attitude, and a presence that attracts greatness to them. We'll look beyond diet and exercise to understand the impact of meditation and yoga on your health – and its role on your way to greatness.

Before going into the **5 Steps** in powerful detail, it's useful to understand the techniques we'll be highlighting on your journey to greatness – the steps that saved my life, and can have an impact beyond anything you believe today. Here's some surprising information you may not know about Yoga and Meditation.

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I'm sure you will agree that making substantial, positive, noticable changes in your life, energy and results will take a different approach to the one you are currently taking.

In my own case, once I decided to stop blaming things and people around me for my lack of results, stopped being the “victim” who never got what he wanted, and stopped sitting idly by expecting something to change, the answer became obvious.

Critical to putting all of these changes into action and attracting more greatness into my life was yoga and meditation.

Yoga: Brief History

As I approached the height of my sickness more than 10-years ago, I had time to reflect and think. Looking inward revealed an inner turmoil approach World War intensity sabotaging any chance of success in my life.

Not only was this inner turmoil impacting my own ability to achieve results, it was impacting every single contact, relationship and aspect of my life driving people and events away from me that should have been working in my favor.

It had to be stopped!

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No matter how much you try and change your circumstances or even your attitude consciously, its impossible to achieve the sort of dramatic shift I knew had to be made to improve my results.

It took a while, but eventually after a great deal of soul searching, studying and personal reflection, it became obvious that the change in my life had to come about *from the inside out* through self-awareness followed by internal change that would result in a major re-alignment of actions and behaviors in tune with what I discovered within.

The key to achieving happiness, confidence and success was indeed inside me all along. Yoga and meditation were the primary techniques I used to get at these hidden secrets.

Originally inscribed on fragile palm leaves, the early teachings of the yoga masters have all but disappeared. The origin of yoga, however, can be traced back at least 5,000 years. Attributed to the Indus-Saravati civilization in Northern India, yoga was first mentioned in the sacred texts, the Rig Veda, a compilation of rituals and songs used by the Vedic priests or Brahmins.

Throughout the years, the priests enhanced the original concept of yoga, recording their beliefs and practices in the Upanishads, a collection of over 200 scriptures. Of those scriptures, the Bhagavad Gîtâ, is the most well known. It was within this scripture that the priests internalized the Veda idea of ritual sacrifice, teaching

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instead, the sacrifice of the ego through self-knowledge, action (karma yoga) and wisdom (jnana yoga).

Throughout the years, yoga has undergone 4 major transformations. The earliest yoga teachings of the Vedas are considered a part of the pre-classical period while the first methodical presentation of Yoga was Patanjali's Yoga-Sûtras. The Yoga-Sûtras were actually written sometime in the second century. These teachings are considered classical yoga. According to Patanjali, "The study of the Eight Limbs of Yoga leads to the purification of the body, mind and the intellect."

Patanjali's teaching involved the stimulus of the "Kunalini Shakti" believed to be located at the base of the spine. His techniques were designed to raise this energy through a series of centers or Chakras corresponding to the various endocrine glands. When the power reaches the highest center (hypothalamus gland) which regulates the secretion of hormones, those secretions can be controlled and regulated. Scientifically, this process explains the success of using yoga to manage stress.

Patanjali's Eight Limbs were considered the steps to enlightenment, to be climbed one by one. Yama, the first of Patanjali's Eight Limbs set forth the expectation for conduct towards others. Nonviolence, truthfulness, non-covetousness, chastity and sexual moderation, and non-attachment to personal possessions are the traits learned and adopted in the first step.

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The second limb or Niyama, dictates our conduct toward self. These traits include cleanliness, purity in thought, speech and action, contentment, mental and physical discipline, simplicity, self study to achieve self realization and devotion or surrender to a higher power. The third limb, Asana, is actually posture. It is this step that most people associate with yoga and was the foundation for the introduction of Hatha yoga.

According to Patanjali, the asanas (yoga poses) are "spiritual doorways" that will transport one from a physical to a spiritual existence. Asana practice techniques include breathing (Ujjayi Pranayama), the placing of the gaze (Dristi) and the use of the appropriate body locks (Bandhas). The Asana's are the foundation of the Science of Yoga and focus on training the body and the mind.

Pranayama, the fourth of the Eight Limbs is breath control, resulting in mental calm and tranquility of the nervous system. The fifth step, Pratyahara is the directing and controlling of the senses towards the Source of all existence. Pratyahara emphasizes self control and your relationship with yourself. Dharana the sixth limb is the study of restraining the mind or concentration. To accomplish this, practitioners must focus the mind and all of the senses on a single point or task in which they are completely engrossed.

The Dhyana is meditation and the seventh of the eight limbs. When a yoga practitioner sustains and maintains the Dhrana or concentration, it becomes meditation. This is a feeling of extreme bliss, an uninterrupted flow of

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concentration wherein the body, breath, mind, intellect and ego lose their individual existence and merge into one state of being.

As you continue on the path of yoga, you will experience a greater sense of health, physical lightness, steadiness, balance, and serenity. Samadhi is the end of the yogic quest and the final stage of the eight limbs. In this state, the body and senses are at rest, as if asleep. The mind, however, is alert but in a state of relaxed awareness. Ultimately, this is where every serious practitioner of yoga longs to reach.

A few centuries after Patanjali, yoga masters renounced the teachings of the ancient Vedas and began to embrace the physical body as the means to achieve enlightenment. This change resulted in the creation of Tantra Yoga, a practice that used unconventional techniques to cleanse the body and mind to break the ties that bind us to our physical existence. It was the exploration of these physical-spiritual connections and body-centered practices that eventually led to the creation of Hatha Yoga.

It wasn't until the late 1800's and early 1900's that yoga masters began to travel west and the movement began to grow. In the 1920's, T. Krishnamacharya was traveling extensively in India giving yoga demonstrations and eventually opened the first Hatha yoga school. Three of his students, B.K.S. Lyengar, T.K.V. Desikachar and Pattabhi Jois would continue his teachings.

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It wasn't until 1947 when Indra Devi opened her school in Hollywood, California, that yoga came to the United States. Although traditional yoga was extremely difficult and required a lifelong commitment, today's yoga instructors have modified the earlier teachings to give us the yoga we know today. While many different schools exist, most use all or some of the 8 steps of Patanjali.

The most popular yoga styles today are: Bhakti , the path of devotion, Gyana, the path of knowledge, Raja, the path of wisdom, Karma, the path of action, Hatha, the path of physical self discipline, Mudra, the path of channeling life force, and Chakra, the path of energy forces.

As the benefits of practicing yoga continue to mount, some forms are actually evolving into a science. Studies have shown that Kriya yoga will lessen and prevent the decay of tissue while enhancing the evolution of the mind. Kundalini yoga is a system of elemental energy unification. Kundalini teaching begins at the seventh step in Asthanga yoga, meditation.

The meditation technique used in Kundalini yoga involves performing formless contemplation at different points including the pituitary and the hypothalamus glands. Breathing techniques, yoga poses or asanas are also included in Kundalini. Another recent variation is power yoga, in which practitioners take a more athletic approach and move rapidly from one pose to another. As yoga continues to evolve, its history will not only continue to impact its future, but ours as well.

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Here are a few common questions and answers most people have about Yoga and Meditation.

Q: What You Should Know About Yoga?

Many people still think that Yoga is a religion. Others believe it to be a kind of magic. Some associate Yoga with the rope trick, with snake-charming, fire-eating or sitting on nail-beds, lying on broken glass, walking on sharp swords, etc. Sometimes it is even linked to fortune telling, spiritualism, hypnotism and other "isms." In reality, *Yoga is a method, a system of physical, mental and spiritual development.*

Q: What is the meaning of the word "Yoga"?

A: The word *Yoga* is derived from the Sanskrit root "yuj," which means join, or union. The purpose of all Yogas is to unite man, the finite, with the Infinite, with Cosmic Consciousness, Truth, God, Light or whatever other name one chooses to call the Ultimate Reality. Yoga, as they say in India, is a marriage of spirit and matter.

Q: Is there only one Yoga?

A: Yoga has several branches or divisions, but the goal, the aim of all of them is the same—the achievement of a union with the Supreme Consciousness. In *Karma Yoga*, for instance, this is achieved through work and action; in *Jnana (or Gnani) Yoga*, through knowledge and study; in *Bhakti Yoga*, through devotion and selfless love; in *Mantra Yoga* through repetitions of certain invocations and sounds. *Raja Yoga* (Royal Yoga) is the Yoga of consciousness, the highest form of Yoga. Its

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practice usually starts with *Hatha Yoga* which gives the body the necessary health and strength to endure the hardships of the more advanced stages of training. *Hatha Yoga* is the Yoga of physical well-being. It consists of several steps and is preceded by the *Yama-Niyama*, the ten rules of the Yoga code of morality. The first stage is called *Asana*, or posture; the second is *Pranayama*, or breath control; the third is *Pratyahara* or nerve control; the fourth is *Dharana*, or mind control; the fifth is *Dhyana*, or meditation; and finally there is *Samadhi*, the state of ultimate bliss and spiritual enlightenment. Strictly speaking the last four stages of *Hatha Yoga* already merge into the realm of *Raja Yoga*.

Q: *What does "Hatha" mean?*

A: *Ha* stands for the sun and *tha* for the moon. The correct translation of *Hatha Yoga* would be solar and lunar Yoga, since it deals with the solar and lunar qualities of breath and Prana.

Q: *What is "Prana"?*

A: Prana is a subtle life energy existing in the air in fluid form. Everything living, from men to amoebae, from plants to animals, is charged with Prana. Without Prana there is no life.

Q: *What religion does a yogi profess?*

A: A yogi can belong to any religion or to none at all. In this case, he usually forms his own relationship with the Ultimate Reality once he has come closer to It.

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Q: If the goal of Yoga is a spiritual illumination, why then is so much attention given to the care of the body?

A: The yogis regard the human body as a temple of the Living Spirit and believe that as such it should be brought to the highest state of perfection. Also, the advanced practices of Yoga require great power of endurance. The body might not be able to stand the strain without special preparation.

Q: What is the origin of Yoga?

A: Yoga was originated in India several thousand years ago. According to the German Professor Max Mueller, Yoga is about 6,000 years old, but other sources suggest it is much older than that.

Q: Who originated Yoga?

A: This is not known. Patanjali, who lived about 200 B.C., is called the Father of Yoga because he was the first to put into writing what had until that time been handed down only verbally from master, or *guru*, to pupil, or *chela*.

Q: Can the average American take up Yoga for the improvement of his physical condition?

A: The Yoga postures, breathing and relaxation exercises can be taken up by anyone who wants to improve his physical or mental condition. One need not go into the more advanced stages of the training.

Q: Can Yoga cure disease?

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A: Yoga cannot cure anything. The healing work is done by nature. Yoga exercises can only help remove impurities and obstructions, so that nature may be given a chance to accomplish her task successfully.

Q: *What is the difference between Yoga exercises and other gymnastics?*

A: Yoga Asanas are an art applied to the anatomy of the living body, whereas gymnastics are a form of engineering applied to the muscles of the body. The aim of Yoga postures is not merely the superficial development of muscles. These postures tend to normalize the functions of the entire organism, to regulate the involuntary processes of respiration, circulation, digestion, elimination, metabolism, etc., and to affect the working of all the glands and organs, as well as the nervous system and the mind.

This result is achieved by doing deep breathing while the body is placed in various postures. Each of these exercises creates a different totality in the functional relationship within the organism. Hence, Yoga is able to influence man physically, mentally, morally and spiritually.

Yoga emphasizes the philosophy of exercise. Under its training one experiences a sense of awakening. All of one's capacities are heightened, and one achieves balance and stamina through these exercises, some of which are modeled after the movements of various animals. In Yoga, relaxation is taught as an art, breathing as a science, and mental control of the body as a means of harmonizing the body, mind, and spirit.

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In this technological age of economic and scientific achievements, it is quite remarkable to see that these yoga practices, which are thousands of years old, are still the only paths to the realization of the ultimate reality.

A person does not need to be searching for God to practice yoga. One only needs to have a desire to free oneself from the bonds that restrict oneself from being truly free. Once these bonds are broken, one realizes the true human potential, the true reality, thereby Attracting Greatness into your life.

Who Uses Yoga and Meditation? Surprise!

Celebrities and Yoga, the newest lifestyle craze.

How many times have you heard someone say "just take a deep breath?" Although the phrase is something that we tend to hear everyday, few people actually realize that when they do as they're told, they're actually practicing a very primitive form of yoga. Breathing is the key to relaxation, and one of the most important techniques in yoga. For decades, yoga has been dismissed as the exercise of choice for hippies, new age freaks and Buddhist monks.

In 2005, however, as people all over the world are realizing a deep desire for inner peace, yoga is finally getting the attention it deserves. Originating in India, early yoga practitioners were seeking serenity and a oneness with the Divine Power or source of our energy, While there are several different types of yoga styles, almost all them originated from Hatha Yoga and the main premise remains constant.

The ultimate goal in yoga is to achieve harmony and balance within oneself. Yoga techniques focus on opening your mind and setting it free. Practitioners of yoga

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claim instant results, many reporting improved posture, strength and clarity of the mind. Physicians have recently started recommending yoga to patients suffering from depression as well as anxiety and panic disorders.

In fact, when I finally was able to come back from my own sickness over 10-years ago, a major part of completely healing, preventing a recurrence was through yoga and meditation.

Adding to the popularity of yoga among the masses are the endorsements of our celebrities. When asked to name a celebrity that is currently practicing yoga, 9 out of 10 people will immediately respond, "Madonna." Probably the most famous person that has spoken out on the benefits of yoga, Madonna has been practicing for years. "Yoga is a metaphor for life. You have to take it really slowly. You can't rush. You can't skip to the next position. You find yourself in very humiliating situations, but you can't judge yourself. You just have to breathe, and let go. It is a workout for your mind, your body and your soul."

One look at this 40-year-old's body and yoga classes immediately had waiting lists. Madonna practices a form of yoga called Ashtanga which is an ancient and powerful discipline that cultivates holistic health. "I began practicing yoga after I had my daughter. I practiced for an hour and a half every day." she said in a 2002 interview for Longevity magazine. Madonna's daily yoga regime utilizes progressive techniques of breath and posture designed to cleanse, stretch and strengthen both the mind and body.

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Gweneth Paltrow is another practitioner of Ashtanga yoga. "Ashtanga yoga has completely changed me, " she told Marie Claire' in 2013. "I try to do it everyday and the effect is amazing. It's not just during the hours that I'm practicing. It's about how it filters through the rest of my life. It makes all the other bulls**t dissipate. Who I am has emerged and everything else has gone by the wayside." According to Marie Claire', Paltrow gets up at 4:00 am, six days a week to complete her yoga regime.

Mark Blanchard, the L.A. guru of Power (Ashtanga) yoga started his yoga studio 8 years ago in Encino California. A year later he moved to Studio City and in 2002 opened another location in Beverly Hills. Although Mark's dream was to own a studio that was "less about the politics of yoga (money, props, levels) and more about being accepting of all levels and financial circumstances," he immediately became a trainer to the stars.

Mark's client list includes Jennifer Lopez, Drew Barrymore, NBA All-Star Steve Smith, Andy Garcia, Donny and Marie Osmond, Jennifer Anniston and even Steve Ilg, 5 time Extreme Athlete World Champ and author of the book, "Total Body Transformation." Mark is currently marketing his video, "Progressive Power Yoga for all Fitness Levels".

What many people don't realize, however, is that yoga is actually a very personal form of exercise and there are probably a lot more A-listers than you think bending their bodies into unimaginable poses. One of the most unlikely practitioners is former NBA basketball player, Kareem Abdul-Jabbar.

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According to Abdul-Jabbar, yoga was the reason that he had fewer serious injuries than any of his teammates. "Basketball is an endurance sport, and you have to learn to control your breath, that's the essence of yoga, too. So I consciously began to use yoga techniques in my practice and playing. Americans are very good at cardiovascular endurance and strength, but flexibility is the missing element. This is why a lot of athletes get injured. I think that doing yoga really helped reduce the number and severity of the injuries I suffered during my career. As preventive medicine, it's unequaled. My friends and teammates think I made a deal with the devil. But it was yoga that made my training complete. There is no way I could have played as long as I did without yoga."

Another unlikely yoga candidate is singer/songwriter Sting. Sting has actually been practicing yoga for over 15 years and in the foreword to the book, *Jivamukti Yoga* wrote, "They say when the pupil is ready, the teacher will appear. My yoga journey began in 1990.

My first teacher, Danny (Paradise) walked into my studio in London and asked if I wanted to learn yoga. I had no idea what yoga was but I was intrigued enough to ask him to show me, which he did.

I was impressed by both his quiet confidence and the strength and flexibility that he demonstrated. I was even more impressed after I tried to emulate some of his movements. I had always thought of myself as fit. My job demands it. I was an athlete when I was younger and ran every day. But could I bend forward and lay

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my palms on the floor with straight legs? No way. Nor could I complete a simple sun salutation without huffing and puffing like an old train. This teacher's breath had been smooth and effortless. I asked him to come to my house the next day and teach me."

Jivamukti is a highly meditative but physically challenging form of yoga. Co founders of the Jivamukti Yoga Center in New York City, David Life and Sharon Gannon combine an Ashtanga background with a variety of ancient and spiritual teachings. The classes include chanting, meditation, readings, music and affirmations. Founded in 1986, the Jivamukti Center teaches over 2,000 students a week.

In a recent show on "Oprah" that touted the benefits of yoga, pop singer Ricky Martin admitted that he had recently started practicing yoga. "I'm learning yoga." Martin said, "It's fascinating. Once again, it's all about getting to know your "self." Connecting your heart and your mind in order for you to not make compulsive or obsessive decisions in life. Simplicity is the medicine."

Meg Ryan also announced that she's been practicing yoga for quite some time. "I started [yoga] about five years ago. I will say, definitely, it changed my life. It made me calmer. It puts you right in the place of witness - which is great." Ryan said. Christy Turlington, super model is also a yoga practitioner, "I was interested in cleaning my body on a deeper level. Yoga really purifies your organs and blood. You feel that. You feel that circulation of energy."

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Would you believe that even NFL football players practice yoga? The Miami Dolphins and Chicago Bulls have practiced yoga.

Other celebrities that list yoga as their exercise of choice include: Jerry Seinfeld, Shirley MacLaine, Candice Bergen, Raquel Welch, Tatum O'Neal, Olivia Newton-John, Charlie Sheen, Jamie Lee Curtis, Bianca Jagger, Emilio Estavez, Barbara Streisand, Nicholas Cage and Cameron Diaz. While yoga has obviously captured the attention of some of the best looking and most talented celebrities, luckily for the rest of us, the nearest class is probably just down the block.

Your quest may not be to achieve celebrity status, however the names included in this chapter are all extremely high achievers who understand the link between inner strength and the success they achieve in life. They have figured out the importance of using yoga and meditation to reduce internal tension, realize peace, happiness and more energy leading them to true Greatness..

So the time has now come to unveil the **5 Steps To Greatness™**. We will not only uncover “what” you need to do to achieve Greatness, but will take you through the actual steps and example techniques that will get you there.

All we ask is that you study all 5 steps and that you open your mind to practicing these steps for at least 1-month. One month will be enough for you to begin seeing and feeling a rebirth of control, energy and confidence in your life unlike anything you may have experienced in your life.

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Are you ready to commit to this journey?

Let us start by understanding how to discover your purpose.

"Cleaning House"

Before you even consider any other form of improvement in your life, you've got to deal with the toxicity that has almost certainly taken over various parts of your body including key organs such as your liver, lungs, heart and pancreas.

Even though you have decided that the time for achieving greatness has arrived and that you are about to embark on a journey of incredible excitement, meaning culminating in powerful changes to your life, the fact remains that the neglect and often unknowing impact of stress, anxiety, poor diet, and an increasingly hostile environment have left a lasting toll on your body resulting in drastic physical and mental deficiencies.

Imagine a poorly performing engine chugging along not able to get air for years, it's filter being completely choked with dust and debris. You give the engine a tune up and now try and run it at full throttle – problem is the engine is still unable to get enough air, at least until you change the air filter.

We're about to do the same thing, clearing the way for you to perform the other 4 Pillars of Greatness to your full capacity seeing amazing results.

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Remember when I mentioned back over 10-years ago the health struggles I had at a very young age. Until that point I ate reasonably well, exercised often, did not smoke, took only the casual drink, yet I was a walking disaster.

When I finally escaped the stupidity of the medical system proper and found an alternative practitioner and a doctor accepting of additional testing I found that...

1. I had very **high levels of cyanide and mercury** in my system – likely this came from years working in a poorly ventilated home improvement retail store stocking various synthetics, glues, chemicals and the like.
2. My entire system was over-burdened with a dramatic **overgrowth of yeast** causing massive digestive and nutritional issues and incredible levels of toxicity as my body tried to kill off the yeasties. (By the way, I was told by my internal health specialist – a bonehead throwback in the medical system – that yeast overgrowth was certainly a possibility but that they had no way of testing for it and therefore you had to end up near unconscious in a hospital bed before they can diagnose the problem)
3. Because my system was so toxic and so embattled with the fight with the yeast overgrowth, it hadn't the ability to fight everyday colds, flus and allergens we are faced with so I was in a constant state of ailment.
4. In addition to all of this, I had **picked up a parasite** (common when you either travel extensively, eat undercooked meats or have kids that may transfer the critters) invading my system making me even sicker all the while feeding off my system

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5. The end-result of all of this was that I was in a constant state of brain-fog, had the energy of a 100-year-old, crippled by a toxic pancreas and liver leaving me feeling symptoms reminiscent of a constant hang-over – and I was only in my late 20's!

I was at a 38 on the 0-40 scale for severity, with 0 being the most healthy and 40 being the worst.

I'm not saying you are at this stage – if you were you would certainly know it, but most everyone is at a much less than ideal reading on the scale and until you take action to get rid of these nasties, bring your system into a better balanced state, you will not be able to achieve the Greatness you seek.

Yeast Attacking You From the Inside

Candidiasis is the scientific name for any type of yeast infection. Though Candida yeasts are typically found in most healthy people, when left unchecked and multiplication occurs, these opportunistic pathogens play the main role in a number of different conditions and diseases that differ widely in terms of symptoms and outcomes.

Candida yeasts are very common and found in all people's intestinal tracts. Normally, these bacteria are kept in check by our immune systems and other beneficial intestinal bacteria. When slight or localized imbalance in Candida

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yeast occur a localized symptom such as thrush or vaginal yeast infection may occur.

That much information won't shock you, but what you are about to read will because you have most likely suffer from at least a low level, systemic yeast infection right now – male or female.

Many times the underlying balance of good and bad microorganisms is upset when the beneficial microbes are wiped out by antibiotic treatment. Other factors of systemic imbalance may be a weakened immune system (due to illness or stress) or the development of food or environmental sensitivities.

'Good and Bad' Bacteria: the Constant Battle

Candida are only one of many types of flora found within the human body. Yeast infections, including candida albicans occur when these potentially harmful flora outnumber the beneficial types of yeast and bacteria that also populate our bodies.

Over the last several years Candidiasis has been linked as a, if not the largest, contributing factor to a number of ailments. The range and diversity of symptoms vary so greatly from one person to another that diagnosis can be difficult.

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It stands to reason that a smaller imbalance of microbes will often have less pronounced symptoms, such as localized rash, thrush or minor skin irritation.

Some people suffer from significant digestive conditions such as acid reflux, heartburn, bloating and gas. Systemic yeast infections may also manifest itself as minor skin irritation while others may suddenly notice general fatigue or any number of seemingly unrelated symptoms. We've included a more complete description of common symptoms below.

What is a Systemic Yeast Infection (*Candida albicans*) ?

When a systemic yeast infection becomes extreme, a state of candidemia can manifest. This is most often seen in immuno-compromised individuals or in conjunction with immuno-suppressed conditions. This serious systemic yeast infection is commonly seen in oncology patients, particularly those have recently or are currently undergoing radiation therapy of some kind to treat their cancer.

A suppressed immune system tends to provide optimal conditions for *Candida* to get out of control. Unfortunately, many common treatments for infection (whether radiation treatments for cancer or antibiotics for treating bacterial infection) kill off beneficial microbes, which also increases the chances for dangerous levels of *Candida* to run rampant throughout the body.

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Alternatively, an overgrowth of yeast microbes in your gut can permeate throughout your body weakening your immune system making you susceptible to colds, flu and allergies.

When I was diagnosed with my systemic yeast infection I had suffered for more than 1-year with an incredible ability to pick up one cold after another, had suffered allergies that never had impacted me in my previous 30-years of life. My immune system was operating at less than half it's normal capacity.

Digestive Problems or Systemic Candida?

In the article '*Digestive Problems or System Yeast / Candida*' [1], Marcelle Pick, OB/GYN explains the digestion problems related to Candida yeast, how to treat these problems, as well as includes instructions for a yeast-free diet.

Signs of gastrointestinal yeast infection include oral thrush, constipation, diarrhea, inflammatory bowel disease (IBD), rectal itching, food sensitivities and flatulence.

Dr. Pick says she has treated many women with digestive symptoms, many of whom have been diagnosed with Irritable Bowel Syndrome, who were suffering from systemic yeast infection.

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In many of these cases cited by Dr. Pick the Candida were often accompanied by dysbiosis, an imbalance of bacteria in the intestines, secondary to yeast overgrowth, parasites and food or environmental sensitivities or other factors.

The Link Between Environmental Sensitivity and Candida

When the balance between beneficial microbes and Candida has been upset, Candida proliferates. At the point of a systemic yeast infection, Candida evolves from a relatively harmless form of microorganism to an invasive organism with long root-like structures able to penetrate the intestinal lining.

In the intestines these larger yeast structures act like straws which tend to introduce substances such as systemic allergens, irritants or poisons that would normally be blocked by the intestinal lining –sometimes called ‘leaky gut syndrome’.

Systemic yeast infections can quickly turn the tables on beneficial microorganisms and our immune system, which are responsible for keeping candida levels in check. Once yeast infection has gotten bad enough to affect large body systems, you’ll usually see many other opportunistic microbes taking advantage of the situation alongside Candida yeast.

In addition to all of the symptoms we have discussed, very many systemic yeast sufferers battle a constant cycle of toxicity that feels very similar to the

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morning after drinking too much alcohol even though they haven't touched a drop.

In fact, the body is at war with the yeast micro-organisms and does kill off a fair number which add a high level of toxicity to your body's filter system – your intestinal system, liver, kidneys and pancreas all suffer a great deal. Your system reacts as if you had been partying each night and you feel the effects in the morning.

Treating Yeast Infections with Probiotic Supplements

The good news is that whether treating a mild yeast imbalance such as what may be the underlying cause of recurring vaginal yeast infections, or treating a larger imbalance such as a systemic yeast infection, the treatment theory is consistent: reduce the intake of foods responsible for an increase in candida yeast, and increase the intake of foods responsible for providing beneficial microorganisms.

While there are many probiotic foods by which one can boost their 'good bacteria' levels in order to keep candida yeast in check, there are also several natural supplements designed to both eliminate opportunistic microbes while increasing and encouraging beneficial microbes.

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These candida related herbal supplements are usually named something with the root word ‘candida’ in the title and contain herbs known to discourage candida albicans. I highly recommend keeping a bottle of this type of herbal combination on hand if undergoing antibiotic treatment of any kind.

Personally speaking, I have experienced great relief from the side effects of antibiotic treatment by taking one of these anti-candida herbal supplements. Any time I take a round of antibiotics I also take regular doses of a probiotic supplement.

While I always encourage you to speak to your doctor and naturopath, two of the key candida remedies for me were:

[Candibactin BR:](#) A herbal supplement that fights candida overgrowth in your gut – be aware that there is a period of 1-2 days (on average) where candida “die-off” can make you feel sluggish or even as if you are suffering a “hangover” as your system fights and then eliminates this bacterial overgrowth

[Steady use of Probiotics – these being my favorite.](#) A steady probiotic dose enhances your gut functioning keeping you both physically and mentally healthy – and ready to accelerate your Greatness.

How Does a Systemic Yeast Infection Impact Your Body?

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The type and degree of yeast infection symptoms vary largely from one case to another. This is why underlying systemic yeast infection is often overlooked as the root cause of so many different health conditions

It should be noted that the following symptoms are also caused by a large number of causes other than Candida yeast infections. That said, a person suffering from a systemic yeast infection is likely to suffer from a number of the following symptoms.

Symptoms of Systemic Yeast Infection

General:

Lethargy

Fatigue

Migraine headaches

Dizziness

Weakness

Sensory disturbances

Chemical sensitivities

Respiratory problems

Muscle pain

Hypoglycemia

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Gastrointestinal:

Bloating
Gas
Diarrhea
Constipation
Oral thrush
Inflammatory Bowel Disease
Food sensitivities
Rectal itching

Genitourinary:

Vaginal yeast infections
Bladder inflammation
Chronic urinary tract infections
Cystitis
Chronically extreme or painful PMS symptoms

Dermatological:

Acne
Eczema
Hives

Mental and Emotional:

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Confusion

Irritability

Memory loss

Difficulty concentrating

Depression

Insomnia

How to Diagnose Candida Overgrowth

Beyond taking a personal inventory of signs and symptoms indicating an imbalance of Candida yeast levels, there is also the option have having a quick diagnostic stool test done. This will quickly determine if you have a systemic Candida infection.

If you have bee experiencing food sensitivities there are special blood tests like the RAST or ALCAT which can be used to rule out types of foods. The main difficulty in dealing with food sensitivity, as opposed to allergens, is that sensitivity symptoms may not appear for several hours after a food was ingested.

Though many doctors do not bother to focus on food sensitivities, still others swear impressive improvements in patients who avoided foods that were rated as being reactive in the test panels.

Treatment Options for Systemic Yeast Infection

Nearly every case of systemic yeast infection has secondary symptoms that tend to differ widely from case to case. For this reason, treatment for your particular case of yeast infection should be considered along with a general treatment for balancing Candida yeast levels systemically. Though treating underlying imbalance is the most effective method of treatment, one may speed relief from yeast infection by treating the specific areas affected, as each case depends.

I was fortunate enough to find a miracle alternative health provider in my home town that can track down these micro-organisms with amazing precision and have the entire problem licked with a combination of probiotics, nutritional plan and homeopathy as well as a simultaneous system cleanse to ease the tension on the filtering system of your body which has been under considerable stress for some time.

Take Control of Yeast by Making Changes in Your Diet

1. *Avoid yeast-containing foods:*

Beer, wine, and all other forms of alcohol

Breads, rolls, pretzels, pastries –choose Whole Grain / 100% Whole Wheat options when it comes to breads, though you may do best restricting breads

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altogether until marked improvement is seen. Then you can slowly work breads back into your diet, if you so desire.

Commercially prepared foods such as soups, dry roasted nuts, potato chips, soy sauce, cider, natural root beer, olives, sauerkraut

Vinegar or foods containing vinegar, such as mustard, salad dressings, pickles, barbeque sauce, mayonnaise

B-complex vitamins and selenium products, unless labeled “yeast-free”

2. Avoid mold-containing and mold-supporting foods:

Pickled, smoked or dried meats, fish, and poultry

Soy sauce, tamari, and miso

Cured pork bacon

Canned or prepared tomatoes (fresh tomatoes are fine)

All cheese, aged or fresh

Mushrooms

Tempeh

Peanuts, peanut products, and pistachios

Herbs and teas that may be moldy

Malt or foods containing malt

3. Avoid all concentrated sugars:

All processed sugar

Honey, maple syrup, brown sugar

Fruit juices (canned, bottled, or frozen) – substitute water

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Dried fruits

Anything containing high-fructose corn syrup

High glycemic index foods

There are many natural sweeteners that can be used in place of processed sugars. Stevia is an herbal sweetener that is hundreds of times sweeter than sugar yet produces none of the problems that sugar does, such as big increases in blood sugar levels.

For the times when sugar is desired, choosing a natural form like granulated fructose or 'raw sugar' can make a difference. You can find these as 'sugar in the raw' in many grocery stores or take your pick from the bulk dry goods at better natural food markets. I prefer using granulated fructose because the sweetness is light and the powder quickly dissolves. It's still sugar, so try not to go wild with it, but it's closer to fruit than traditional refined sugar.

Foods to Include in a Candida-Balancing Diet

Aim to include protein at every meal, including beef, chicken, fish, turkey, eggs, and shellfish. Organic is best, but fresh is essential.

All fresh vegetables - a large variety, raw or lightly steamed, is best; be sure to include dark green leafy vegetables.

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Complex carbohydrates, including grains (couscous, buckwheat, rice, barley, millet), whole grain oatmeal, beans (kidney, lima, red beans), and some types of pasta (whole wheat, spelt, rice, corn). Don't get too many carbs, a 15 grams per meal maximum is a good rule.

Include unprocessed nuts and seeds, except peanuts as they are prone to mould.

Unrefined olive, sesame, safflower and corn oils (be sure to keep them in the refrigerator after opening to prevent spoiling).

Lemon juice with oil for salad dressing - this may be a prepared product, but be Yogurt and Kefir. You can now find organic yogurt and its drinkable cousin, kefir, at many grocery stores.

Is Your Diet Probiotic?

Probiotics are live microorganisms that work to keep potentially-bad microbes like Candida yeast in check. Some common sources of probiotic organisms are yogurt and kefir. Organic varieties of yogurt will offer more diversity in the types of live yogurt cultures, and taste quite a bit better without all that 'modified food starch', but any yogurt is better than no yogurt so long as it's not over sweetened.

Kefir is great because you can drink it with breakfast or throughout the day as a constant, not to mention delicious, source of powerful probiotic microbes. Try

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mixing kefir with fresh fruit for a delicious snack or desert. Many standard chain grocery stores now carry kefir in plain as well as several fruit flavors like strawberry, raspberry, blueberry and even pomegranite!

Candida ‘Die Off’: Symptoms of Healing

In some cases of treatment where large levels of Candida yeast have been destroyed, a condition referred to as ‘die off’ can occur. Known as a ‘health crisis’ in some circles, this die off period basically refers to a short period of discomfort or change that may seem like a worsening of symptoms, yet is part of a deeper healing process. Symptoms of die-off may include nausea, differences in stools (most notably diarrhea), headache, general feelings of being unwell – similar to a hangover from an alcohol induced night out - with proper attention to cleanse and flushing you system these can be kept under control and typically pass within the first week.

Take Action

If you notice an increase in symptoms of yeast infection as noted above, take action right away before things get further out of balance. Many times a few simple adjustments to diet can right the balance.

Systemic yeast infection is always the result of imbalance between the good and bad types of microbes. The good news is that creating balance is as simple

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as adding probiotic foods to your diet and/or cutting down on yeast-containing foods like bread, beer and any other foods high in carbs and low in nutrients.

There are many simple ways to increase natural beneficial bacteria which keep Candida yeast and other potentially harmful bacteria in check. The first place to start is adding and/or removing a few things from your diet as discussed above.

When in doubt, increase your intake of probiotic foods and herbal supplements. Every extra serving of yogurt or kefir (or avoided-sweet for that matter) does its share toward keeping the good microbes in control!

You Mean I Have Parasites?

Studies vary widely on the rate of infection for parasites – some come in at 1-in-6 of us while others, such as a study of outpatients at the Gastroenterology Clinic in New York, suggest a 74% incidence of parasites was found, though no contributing evidence is offered.

One survey of public health laboratories reported an infection rate of 15.6% in general specimens examined. Yet another diagnostic laboratory found that 30% of specimens tested positive for parasites.

Still others will suggest that parasitic infections are far more common, and that many are missed because they are small or unknown varieties that are not tested – sort of out-of-site-out-of-mind.

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Dr. Ross Anderson, N.D. says, “I believe the single most undiagnosed health challenge in the history of the human race is parasites. I realize that is a pretty brave statement, but it is based on my 20 years of experience with more than 20,000 patients.

"In terms of numbers there are more parasitic infections acquired in this country than in Africa.", said Dr. Frank Nova, Chief of the Laboratory for Parasitic Diseases of the National Institute of Health.

How do People Get Parasites?

Typically a parasitic infection occurs when infected food is ingested. This usually means raw or undercooked meat, any food that has had contact with fecal matter. When the food is in the stomach, the acid may not be enough to kill off harmful bacteria in the food. Worms, eggs or other forms of harmful bacteria not destroyed by stomach acid are allowed to pass into the digestive tract where they begin to develop.

Many parasites are passed from the food chain to our GI tracts where larvae can reproduce and travel throughout the circulatory system. One of the most well known of this type is a condition known as trichinosis caused by roundworm that is ingested from eating infected meat, particularly pork.

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Infested poultry, beef, fish will actually produce different kinds of worms. Once the worms begin growing they produce many eggs until a living colony is formed in the intestines. This is when symptoms of parasitic infection tend to make themselves apparent.

Aside from food-borne parasites, we may also become infected by drinking water, children or adults who have poor hand-washing practices or even from other people who are infected, but may not be aware or have undergone treatment.

The bottom line is that parasites are widespread, are NOT just contracted in third-world countries and are often contracted by parents or teachers of children.

Symptoms of Parasitic Infection

Many doctors believe that parasites may be responsible for a number of other health problems. Dr. SkyeWeintraub, a Naturopathic physician, says, "*Many parasites go undetected because they are not producing serious symptoms.* It is easy to attribute feeling ill to other causes because parasitic infections look like lots of other conditions. I have seen other health problems disappear once the body has become parasite-free."

Due to constant exposure to parasites, it's estimated that most of us will suffer from some type of parasitic infection during our lifetime. While some symptoms are obvious signs of infection, some are less obvious and include

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such general symptoms as fatigue. The following is a list of symptoms related to parasitic infestation:

- Constipation or diarrhea
- Stomach cramps
- Gas and bloating
- Frequent heartburn or acid reflux
- Sudden or increased allergic reactions
- Joint and muscle aches and pains
- Anemia
- Various skin conditions
- Nervousness
- Sleep disturbances
- Chronic fatigue

Factors in Developing Parasites

It has been shown that there are a number of factors that must be present for a person to become susceptible to parasitic worm infection. In some people the acidity of their digestive juices may not be of sufficient strength to destroy harmful organisms.

A breakdown in the digestive system due to other causes including infections, a breakdown in the intestinal wall coating, and even stress which impacts our ability to get rid of parasites in the normal fashion.

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Multiple parasite infection is likely to occur if there is any type of parasitic infection because the same factors that allow one type to happen are also attractive to other types of parasites. Many times a systemic parasite infection happens in conjunction with a systemic yeast infection, as the conditions of a yeast-infected digestive tract are perfect for the proliferation of worms.

Types of Parasites

Most parasites are microscopic, with the exception of worms. Though some worms are microscopic, most are larger and easily visible to the human eye. The classes of parasites are:

protozoa (amoebas, Giardia, Plasmodium)

cestodes (tapeworms)

nematodes (pinworms, hookworms, roundworms)

trematodes (flukes)

Though cases of most parasitic infection can quickly be cured with prescribed medicine or homeopathic remedies, it is also possible for parasites to manifest in more serious cases of infection.

One example is the liver fluke. This nematode lives in the liver's bile ducts and infects about 30 millions people. This type of parasite, like most, is contracted by eating infected food. In the case of liver flukes, this usually means

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undercooked or raw fish. The liver fluke can live for 1 to 20 years. Infection by liver flukes is not self-limiting. As such, this type of parasitic infection can be fatal.

However, in almost every case a steady treatment of homeopathic, herbal or drug treatments will get rid of the parasite so long as you kill off not only the adult parasites but the cycle of eggs as well which means staying on the course of treatment for at least 6-8 weeks, sometimes longer.

Diagnosing Parasitic Infection

There are a number of tests that can be performed in order to determine if you are suffering from a parasitic infection. The most common types of parasites can quickly be tested for by submitting a stool sample for laboratory analysis. Many of these can be done in the privacy of your home and sent to testing facilities. For less common types of parasites, there are a variety of blood tests available.

In addition, trained alternative health providers can also detect the presence of parasites using energy testing methods such as something called Contact Reflex Analysis. Put simply, Contact Reflex Analysis is a method that uses your body's reflex (often the muscle in your arm as you hold it out straight) to determine the source of a health problem and the best course of response.

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Based on the principle of energy flowing through our bodies, the Contact Reflex Analysis works by a trained practitioner using one hand to apply slight pressure to the patient's outstretched arm while touching various energy points on your body. When energy is flowing properly and freely through the energy point, your arm is able to resist, when the practitioner touches a point that is NOT healthy, your arm muscle will go very weak and the source of the problem is found.

There are points for yeast, parasites, viruses, bacterial infections, allergies and various other health conditions. My own practitioner uses CRA as his main technique for discovering underlying balance-affecting conditions and it works incredibly well. (Note, this technique is NOT a substitute for medical diagnosis, but can be used after medical diagnosis has been done).

Treatment of Parasitic Infection

To properly heal your body must be rid of all parasites. Naturally, one must eliminate every type of infection which is occurring in conjunction with a known parasite like worms. For example, treat yeast infection with herbal yeast treatments while you treat a parasitic condition such as worms.

A common way to dispel any worms is to take an herbal supplement specifically for the purging of such parasites. Before treating a parasite infection any other infections present must be treated. For example, if a person is suffering from a systemic yeast infection as well as worms, treatment for the yeast infection should begin first.

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The Role of Fasting and Treatment of Parasitic Infection

The optimal technique for using herbs to expel worm parasites is to fast for at least 24 hours prior to taking the expellant medicine.

Not only does fasting pool the body's energy reserves for doing battle with the parasites, but after about 24 hours without the intake of new food, the body enters a state of ketosis in which it becomes highly effective at targeting diseased or dead tissue and cannibalizing it.

If left to its own devices, the body is capable of killing of any cancerous or pre-cancerous cells long before resorting to destruction of healthy tissue. In fact, where many people worry that fasting may destroy muscle tissues, it has been shown that only after a period of multiple weeks does fasting result in damage to healthy tissue.

Treating Parasitic Infection

Caution should be exercised when treating parasites with herbal homeopathic medicines. Though many people have reported safe and effective use of natural treatments of parasites, it is wise to consult a doctor before undergoing homeopathic treatment of parasitic infection.

Western medicine has a variety of prescription drugs for the treatment of parasitic infestations. Some commonly used antihelminthic drugs include

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albendazole (Albenza), mebendazole (Vermox), niclosamide (Niclocide), oxamniquine (Vansil), praziquantel (Biltricide), pyrantel (Antiminth), pyantel pamoate (Antiminth) and thiabendazole (Mintezol).

Herbal Supplements to Purge Parasites

Once treatment of any underlying infection has begun, one can typically treat parasite infection by taking herbal supplements specifically for this purpose. Once such an herbal medicine is taken the worms are simply expelled over a short period of time.

Once the parasites have been purged from your system it's a good idea to strengthen your resistance to re-infection by increasing probiotic foods that help keep potentially harmful bacteria and other parasites in check.

Adding organic yogurt or drinkable yogurt like kefir is a great way to increase the friendly bacteria found in the body. There are also herbs available in convenient formulas specifically for providing and promoting high levels of probiotic elements. By taking these natural supplements one can easily improve their levels of friendly flora, which in turn prevents the occurrence of parasites.

Continued Treatment of Parasites

The main suggestion by health care professionals is to keep the possibility of parasitic infestation low by avoiding uncooked or undercooked meats and fish.

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Another way to increase overall resistance to parasites is to increase pro-biotic food intake to stock up on beneficial microorganisms known to kill harmful bacteria, as well as support overall immune system health through a balanced diet and regular exercise.

Admittedly, nobody likes to deal with the possibility that their system is loaded with candida or is suffering from a parasite infection, but the reason we mention it here today is because more than 70% of the North American and Western European population are suffering from these issues right now! Without addressing these chronic issues, you will have trouble advancing and improve your life in the ways you would like.

By dealing with yeast and parasites within your system you will have ‘cleaned house’, all ready to begin your journey onward toward greatness.

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Discovering Your Purpose

If there is one universal word that would best describe the current generation of unhappy, stressed-out, self-focused, fearful, medicated citizens it would be **lost**.

It's not that we are lost in terms of a daily, weekly or even yearly plan, but rather, we operate with less and less awareness of what we really want. We've lost the baseline of core values, beliefs and inner purpose from which to measure life's small and large decisions.

Who are you really? What should you be doing with your life? Are you really doing the right things with your time and energy?

Here's the big question, if you were to leave this earth tomorrow, what would your biggest regret be? What would you have left unfinished?

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Now for the big one, if you were exactly where you are in 5-years, how would you feel about yourself and your life? What about 10-years? You see, the feelings of dissatisfaction, regret and anxiety don't go away with time, they only fester and get worse.

Without a sense of purpose each decision in life becomes monumentally difficult often resulting in guilt, anxiety and regret. Lacking purpose means we lack congruency – we skip through life making tactical moves without understanding our own inner beliefs.

Where would you look to find this purpose, this inner-truth that is to guide you through your transformation toward greatness?

A common mistake we all make is to look outside of ourselves for the answer. Surely someone will inspire you, teach you, guide you or show you the way – then you will have found the internal purpose that will magically guide you toward greatness.

For those that have not given up, many are dreamers that get lost in a fantasy that somehow purpose will come to them – that someone somewhere will turn on the light enlightening you to a big “what” that will bring truth and purpose to your life.

Not only is this approach faulty and will inevitably lead to unhappiness, it can be quite dangerous. By handing over our definition of happiness and living over to

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someone else, we leave ourselves wide open to manipulation – something that happens in more cases than not. We are manipulated (knowingly or unknowingly) everyday of our lives by relatives, friends, advertising, groups with a cause, politicians, the media and many, many others.

Without a firm, focused sense of purpose chances are you will end up living your life in line with someone else's purpose – do you really want to leave your entire life's happiness in the hands of someone else?

We always have an image of ourselves, the question is who's image is it? Furthermore, your image impacts heavily society around you and how other respond. If you find you are attracting sub-optimal people into your life, take a look at the image that you are projecting.

AS I DO UNTO, AS IS DONE UNTO ME

I remember many years ago working in retail sales to earn my way through school how often your attitude in customer service literally created the way a customer behaved toward you. I had learned this very early on, and so had few, if any real disagreements with customers. Yet others who had a very negative, ego-driven self-image would constantly find themselves in disagreements and fights in the course of their work.

For many months I struggled to understand why the same customer would be so nice to me but would react so negatively to my co-worker, until it hit me, he is

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responsible for immediately creating the exact reaction he feared most by his behavior.

Surely he didn't want to induce this negative reaction, but he wasn't able to understand what his inside was really seeking, that was a peaceful, fulfilling and positive customer experience.

Continuing to look outside for signs of your purpose will lead to a lifetime of frustration and imbalance. As humans, we are influenced on an hourly basis by things that we want, that we feel are justified in pursuing.

Our challenge is that we have developed an image of ourselves in a light that protects us, that stick-handles through the many challenges in life we are unable to handle rather than charging ahead toward our purpose.

As a result, we see life through rose colored glasses – missing out on important perspectives choosing instead experiences, analysis, and decisions that align with this erroneous self-image we have constructed.

INSIDE OUT

To experience true greatness combining happiness with high achievement, you need to first come to terms with what is inside of you. You must uncover the truth within you. While this can be challenging and at times, uncomfortable, it is a

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necessary step in unleashing the most amazing power source you could have ever imagined.

By replacing the daily charade of living lives of untruth, incongruent with your inner purpose and passion, you will have immediately tapped into the fuel of inner peace.

So, as a first step on your journey toward greatness, its important that we look inside of ourselves, discover what your inner spirit is screaming for and understanding how to live more in tune with your inner thoughts and feelings.

Sounds easy enough, doesn't it? The challenge, as you may have already figured out, is to calm your mind enough to really tune in to your underlying truth. Its like standing on a busy street corner in New York City, Paris or London and thinking clearly about something other than getting across the street without getting killed!

I struggled a great deal with calming my mind. I love to think. I enjoy learning. The more stimulus coming into my mind the better, multi-tasking was something that made me feel much more productive – a way to outwork my competition and get ahead.

Turns out it had the complete opposite impact, only resulting in less effectiveness, greater feelings of being detached from my true purpose – whatever that was.

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It was only after hitting bottom with severe health problems, mental exhaustion, troubled relationship that I figured it out – I need time to listen.. No, it wasn't a teacher, doctor, boss or family member I needed to listen to, it was myself.

Somewhere along the way I had lost track of who I was, what my purpose was and what I really wanted to achieve with my time and energy.

Living life at a hectic pace is addictive, it fools your mind into thinking you are accomplishing great things all the while covering up feelings of anxiety, fear and regret associated with not living in line with your Purpose...**until you hit the wall!**

SHARING A MIRACLE

I still consider it a miracle to have first discovered Meditation and then Yoga, both tools that dramatically turned my life around. These disciplines allowed me to become aware of my inner purpose – something I always knew was there, but didn't know how to access.

If you are struggling to unlock the door to your passion, purpose and truth, then your life is about to be changed too.

I'll admit when I first tried meditation and later yoga, I was desperate to find any way to escape and relax. I had no idea what I was about to unlock and find deeply buried within myself. My goal was detachment, not insight.

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I cannot explain it any other way than by saying this...it was like getting to know an entirely different person, a person that had kindness, thoughtfulness, strength, power and peacefulness beyond belief.

Today, when people ask me for advice on overcoming life's challenges or on advancing the next stage of happiness or success in their lives I recommend the same process, starting with the first, and **most important** step of all – calming the mind and looking inward through meditation

Exercise #1 – Learning To Breathe Properly

Since you know how to do deep breathing while asleep, a simple method of learning to do it during wakefulness should be to simulate sleep.

Lie down, close your eyes, relax the whole body, drop the chin and imagine that you are asleep, thus letting your breathing become deeper and deeper. The next time you happen to be in a room with someone who is fast asleep, listen for a while to his or her respiration; you will quickly notice the difference, both in sound and rhythm, between the "waking" and the "sleeping" breath.

In Yoga deep breathing, you start filling the lower part of the lungs first, then you fill the middle and upper part. When exhaling you first empty the upper part of the lungs, then the middle, and last of all the lower part.

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This process, however, is not divided into three separate actions. Inhalation is done in one smooth continuous flow just as one might pour water in filling a glass. First the bottom is filled, then the middle, and finally the upper portion. But the process itself—pouring in order to fill the entire glass—is an uninterrupted one. *But you must do it slowly and in a most relaxed manner. No effort or strain should ever be exerted. This is very important.*

You then become aware of the function of your own diaphragm. You expand the flanks when inhaling and contract them when exhaling. The lower part of the rib cage naturally expands first when you breathe in and is compressed last when you let the air out.

This too should be done gently, *without any force or strain. The chest remains motionless and passive* during the entire process of respiration. *Only* the ribs expand during inhalation and contract during exhalation. *To use force during inhalation is completely wrong.* One should do it with ease, without any tension or strain whatever. In deep breathing, exhalation is as important as inhalation because it eliminates poisonous matter. The lower part of our lungs seldom are sufficiently emptied, and tend to accumulate air saturated with waste products, for with ordinary breathing we never expel enough of the carbon dioxide our system throws off even if we do inhale enough oxygen.

If, on the other hand, the lower part of the lungs are properly expanded and contracted, the circulation in the liver and spleen, which are thus "massaged" by the diaphragm, are greatly benefited.

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Another important thing to remember is that while doing deep breathing *the spine should be kept straight*, so as not to impair the free flow of the life-force, or *Prana*. This also helps to develop correct posture.

When you sit down on the floor with your legs crossed, visualize a stream running through you in a straight line, starting at the top of your head and continuing into the ground. Imagine, too, that this is the axis around which your body has been molded. This will help you learn to sit up straight without being stiff and tense. You should, in fact, feel comfortable and relaxed as you sit this way.

Your First Deep Breath

Now as you sit down on your exercise mat, get ready to start your first real lesson in deep breathing. If for some reason you are unable to sit on the floor, you may sit on a chair or else stand up. Deep breathing can also be done lying down, provided the spine is kept straight. But normally we should do it while sitting cross-legged.

Again, first check your posture. The spine should be straight, the head erect, hands on knees, eyes closed. Now concentrate on the pharyngeal space at the back wall of your mouth and, slightly contracting its muscles, begin to draw in the air through that space as if you were using a suction pump. Do it slowly and steadily, letting the pumping sound be clearly heard. Don't use the nostrils; remember that they remain inactive during the entire respiration process. When inhaling let your ribs expand sideways like an accordion—beginning with the lower ones, of course. Remember the chest and shoulders should remain motionless.

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The entire inhalation should be done gently and effortlessly. When it has been completed pause for a second or two, holding the breath. Then slowly begin breathing out. The exhalation is usually not as passive as the inhalation. You use a slight, a very slight, pressure to push the air out—although it feels as though you pressed it against the throat like a hydraulic press. The upper ribs are now contracted first, the nostrils remain inactive and the chest and shoulders motionless. At the end of the exhalation, pull in the stomach a little so as to push out all the air. You have just taken your first deep breath.

The beginner should not try to take too full a breath at once. Start by breathing to the count of four. Then hold the breath, counting to two, and start slowly exhaling, again to the count of four. Breathing in and out to an equal number of beats is called rhythmic breathing. You allow four beats to fill your lungs, two to retain the breath, and four to breathe out. The respiration should be timed in such a way that at the end of the four beats you have *completed the exhalation*. Don't just stop at the end of the count when there is still air to be expelled. You should adjust your breathing to the timing. Repeat, but do not take more than 5 or 6 deep breaths at one time during the first week.

This is enough for one day. You shouldn't do more even if you are enjoying it. Be careful not to overdo the breathing, especially inhalation, as this may lead to unpleasant results such as dizziness, nausea, headaches, even fainting spells due to hyperventilation caused by a sudden, excessive intake of oxygen. You should not invite unnecessary trouble instead of getting full benefit out of these lessons.

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I've often heard people almost instantly talk about "discovering their lungs" or "finding their breath for the first time"

If you want to see how the ribs expand during inhalation and contract during exhalation, watch yourself in the mirror. The chest should then remain uncovered, of course, at least to the waistline. It should also be a joy to you to "discover your lungs," and to know that you can consciously take a deep breath and direct it to any part of your body you desire.

Exercise #2 – Meditation To Relax

Remember the famous line from the Sienfeld television show,...

"So, tell us what your show will be about"

"Nothing, our show is about nothing"

In many ways, meditation is the same, it is a way to quiet your conscious mind in order to let your mind go where it wants, relaxes and lets your true creativity, thoughts and energy through without judgment.

By focusing on one thing such as breathing, an object, a word, a mantra, a light or a sound, you block most everything else out of your mind. Eventually, your mind

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will become habituated to the single stimulus, and you enter a phase of total calm, peace and are able to experience a sense of looking at yourself from afar.

How you view meditation and yoga will have a great deal to do with the results you see back in the beginning. Instead of thinking of this as a task you have to do, think of it as your private time, time that you have earned and have coming to you. A time when nothing in this world could interfere with your existence.

Its essential that you give yourself permission to completely tune everyone else out – including family, friends, your closest pet, etc...

It may seem selfish and counterproductive, you may struggle because your ego leads you to believe the world cannot do without you for even a brief period of time, but before you can help anyone else you must first help yourself.

Be ok with locking yourself away from everyone and everything else. Give yourself that luxury because that is what it is and you deserve it.

So let us begin.

Start by finding a quiet place where you can avoid noise, bright light or other distracting events.

A key aspect of meditation is controlled breathing. So, begin by sitting in a comfortable position and breathing deeply until you can't take anymore air in.

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Hold your breath for 3 seconds and exhale slowly, but completely squeezing your last breath out by pushing out on your stomach completely emptying your diaphragm.

Take another breath, hold it for 3 seconds, and exhale.

Do this 5 times in total and then begin the following:

1. Feel your skull relaxing
2. Feel your jaw relaxing
3. Feel your neck and shoulders letting go

If you are having any trouble, imagine a warm ray of sunshine working its way down your body.

4. Feel your chest and arms relax
5. Now your lungs and stomach, let them relax
6. Relax your thighs, your knees and your calves
7. Let your ankles and feet relax
8. Finally, make sure your fingers and toes are relaxed

Now feel entirely relaxed, this is your time all to yourself – letting your mind completely wander freely.

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As thoughts enter your head, thank them for appearing, but politely dismiss them as if they are just passing right through you. See them coming and watch them leaving. If you are just starting meditation, you will notice that your mind will be filled with thoughts, its ok, don't be hard on yourself, just politely dismiss them and get on with focusing on your breathing.

After 15-minutes, you should feel a level of relaxation that you may not have experienced before. That's positive – this is your first step toward self-realization, self-discovery and experiencing greatness in your life.

ESPECIALLY IMPORTANT!

Do not bypass this extremely important step on your road to greatness. All subsequent steps and techniques will NOT be effective without understanding how good it feels to enter a new realm of relaxation – and experience the control of knowing you can “go there” anytime you wish.

Exercise 3 – Focusing On Your Purpose

After 1-2 weeks practicing Exercises 1&2, you are ready to move on to Exercise 3. What we are doing here is building on the relaxed state you are now achieving in Exercises 1&2 toward finding our own inner paradise, a place in our mind where it is completely safe, euphoric – the secret place where you will find the answers to your most pressing questions, including your inner purpose.

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Critical to the success of this exercise and finding your inner purpose is that you understand and truly believe that your inner purpose is sitting within you just waiting for you to recognize it.

Anyone I've tried these exercises with in the past who truly believes and expects to find their inner purpose have done so, resulting in fundamental changes in their life.

Let's begin

Start by visualizing 1 or 2 of your favorite places or experiences. Everyone has them, those times or places where you will never get out of your mind, where you felt at total peace and harmony, relaxed like never before, happier than you have ever been.

Perhaps you are surrounded by lush forest and mountains, at one with nature or you feel the warmth of the sun beating down on you as you listen to the quiet pounding of the surf on a secluded island beach. How about good times with your family, your kids, your parents – think back to a time in your childhood when you felt completely safe, when your main focus in life was to seek enjoyment and excitement.

It's important that you not only recall these experiences as distant memories, but you want to recall details – smells, sounds, pictures in your mind, who else was around, can you imagine yourself in that exact situation again?

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This exercise will combine relaxation with picturing yourself in your paradise. What can be more powerful in your life than being able to put yourself in this **extremely peaceful** and happy place anytime, anywhere you want!

I have two places that I use often. The first is a family cottage on a warm summers day when I was surrounded by sheer paradise – sunshine on the water, the sound of loons in the distance, waves gently touching the shore stones, everyone in my family sleeping and I alone in a chair so amazingly relaxed that I doubt I could have raised an arm or leg until this special time came to an end.

A second experience lying at a luxurious pool off the Pacific Coast of Florida was very similar. Perfectly relaxed, at one with nature, total euphoria marked this point in time.

Now its your turn, can you visualize your special place, time or event? What were the sounds, smells? How did you feel – what did it feel like to be totally relaxed, happy and in tune with everything around you?

Once you have that special place, please begin Exercise #1 – bringing yourself into a deep relaxation.

Once you are in that deeply relaxed state, slowly introduce your paradise visualization to your mind. Imagine yourself in that scene – you can even try creating a movie and casting yourself as the lead character.

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You want to feel just as you felt in the past at this best time in your life. You want to hear the sounds, see the sights, smell the smells and enjoy the experience thoroughly. Stay there, give yourself permission to enter this point of paradise anytime you wish.

Once you are in your paradise location, you have reached a point of inner truth. You are now in a place that will allow your mind to communicate honestly your true feelings, beliefs and inner purpose.

Start by gently asking yourself these questions:

- How do I feel right now?
- What do I enjoy the most in this paradise?
- What would I try to accomplish if I knew I couldn't fail?
- Who else do you notice within your paradise and what do you like about them the most?
- How does the world look in your paradise? How are people interacting? What does it feel like?
- Ask yourself, "What is your purpose in this paradise?" "What unique aspects do you possess that can help bring your paradise about?"
- How can I live more in tune in my everyday life with the scene in my paradise?
- What changes can I make in my life to live more in tune with my inner self?

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Don't judge any of your thoughts, let your thinking be as large as it wants to be. You are not looking for a specific answer or specific thing at this point, you are simply enabling your inner purpose to come out.

Try this several times over a matter of weeks, you will begin to become enlightened. The answers you get may at times make no sense. At other times you may feel frustrated by the lack of any seeming progress. Still other times you may hit a breakthrough.

Exercise #4: Yoga Asana - *Prasarita Padottanasana*

While many westerners relate yoga only to the poses of the third stage, it is actually much much more. The asanas (poses) however, are essential to the practice of yoga and for many are a good place to start. Following is an easy asana that will help you to begin to understand how yoga can benefit you and how yoga can help you discover your inner purpose.

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Prasarita Padottanasana (Spread Foot Forward Bend)

From Tadasana, step the feet 4-4 ½ inches apart. Outer edges of the feet parallel. Quadriceps pulled up to keep the knees firm. Go over with the hands on your hips and then bring palms flat to the floor in line with the feet. If this is not possible, use a block or blanket under the hands to raise the floor up to your palms. Keep the low back concave and look up with the eyes, head and neck. Hold this pose for 1-minute to start working your way up to 5-minutes and eventually, 10-minutes.

More important than getting any single monumental enlightenment is the ongoing, hidden, subconscious benefit you will begin to see impact your life. By reaching your inner paradise and asking your inner truth to come out, you will be empowering your inner self to begin to re-align your outer life – the re-balancing that many of us so desperately seek.

Continue to practice these two exercises – ideally twice daily for several weeks, like most people, you will experience some amazing results and be well on your way to building greatness into your life.

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Many successful names in sport, entertainment, business, religion have organized their life entirely around a clear life purpose.

As communicated in Jack Canfield's "The Success Principles", Anthony Robbins has a very powerful life purpose:

"To humbly serve the Lord by being a loving, playful, powerful and passionate example of the absolute joy that is available to us the moment we rejoice in God's gifts and sincerely love and serve all of his creations"

It's clear that in Robbins' life purpose he serves a greater power and is crystal clear on the guiding principles of love, playfulness, power and passion which steer all of his life plans.

Remember, begin with the end in mind. Be clear about your purpose. Your life purpose should create excitement, happiness and peacefulness for you.

When you envision yourself having achieved your life purpose, you should feel calm, joy, fulfillment and a peacefulness that eclipses all other feelings in your life.

Congratulate yourself, if you accomplished nothing more than the first two exercises and continued to practice these techniques for the rest of your days, you will see incredible changes take place in both yourself, your actions and in how the universe reacts to you.

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You should be elated! You should jump up and down for joy! The techniques we just described have changed many lives – including my own.

Now, with your permission, we can go even further toward greatness.

Along the way, we need to deal with the dreaded stress and fear factors – here's how we do that.

‘

Stress Can Be Deadly

Don't Wait Until it's Too Late.

For many of us, the definition of the word stress: “*A state of extreme difficulty, pressure, or strain*” makes it a term that we could easily use to describe every single day of our lives. As a matter of fact, as we continue to race to “beat the clock” and live up to the expectations that society has placed on our lives, for most of us, stress has become a four-letter word. We can't seem to avoid it, we can't seem to ignore it and we're definitely a long way from being able to control it.

What few of us realize, however, is that unmanaged stress can wreck havoc on our relationships, our finances, our careers and most importantly, our health. While in certain cases stress can have a positive impact, more often than not the results of stress in our lives are negative and can be **deadly**. Before we can attempt to dissect the impact of stress on our personal and professional lives, we need to have an understanding of what exactly it is and how our bodies naturally react to it.

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There are actually two types of instinctive responses to stress which, according to our definition is a state of extreme difficulty, pressure or strain. One short-term and one long-term. The short term response to stress is the Fight or Flight theory introduced by Walter Canon in 1932. According to Canon, when humans receive a shock or perceive a threat, our bodies react quickly by releasing hormones to ensure survival.

These hormones help us either run faster or fight harder. Heart rate and blood pressure increase thereby delivering more oxygen and blood sugar to important muscles. The hormones increase sweating in an attempt to cool the muscles and keep them working efficiently. They divert blood away from the skin to reduce blood loss if the body is damaged and help us focus our attention on the immediate threat with the exclusion of everything else.

While all of these reactions seem to be of a positive nature, they can also have negative results. These hormones also make us anxious, jumpy and excitable, reducing our ability to work effectively with others. If your heart is pounding and your hands are trembling, it's extremely difficult to do anything with precision or control. Focusing only on the threat itself and getting away from or overcoming it can often blind us to other possibilities or other dangers.

While most of us have experienced the Fight or Flight response at some time in our lives, we know it can be manifested not only in cases of life-threatening danger but also when we simply encounter something unexpected. Quite often, this response happens on a daily basis just at an intensity level that is so low we don't always

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know its happening. In our everyday lives, this response is not productive and can often create more problems than we had in the first place.

The long-term instinctive response to stress is called the General Adaption Syndrome and may be more well-known to the working class as “burnout.” This theory is one that was presented by Hans Seyle and basically suggests that when pushed to the extreme, humans react in three stages.

In the first stage, we react to the stress. This may be identified as nervousness, frustration, or even anger. In the second phase, we tend to calm down and attempt to adapt to the situation. In the third phase, if we haven't been able to overcome the stressor, our resistance declines and we eventually give in, shut down or burn out.

In a normal day, most stress does not appear as a threat to our survival but rather as small hindrances that detract from our ability to be productive. Too little time, too many responsibilities, not enough money, and sometimes just too much stimulus will all impact our performance as we attempt to cope with everything that is suddenly heaped on our plates.

The amount of stress that a person feels usually depends on how serious they think the situation is and how equipped they feel they are to handle it. The effects of long-term or repetitive stress can have a disastrous impact on many aspects of our lives. When finding ourselves dealing with stress the first impact we usually see is on our behavior. When we find ourselves under pressure, some people look for immediate relief from chemicals such as cigarettes, alcohol or drugs.

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Others tend to lose sleep and begin to ignore basic health requirements such as eating properly and exercising. We tend to be more prone to accidents, overeating, and impulsive behavior. We're often grumpy, easily irritated and quick to anger. The physiological effects of stress on our bodies is an area that has undergone tremendous research. The link between stress and heart disease has been proven time and time again. If stress levels remain high, our bodies continue to react to the threat by keeping hormone levels high as well.

If our heart rate and blood pressure are up, we're putting tension on the arteries. Potentially causing long-term damage which eventually leads to scarring and thickening of the arterial walls reducing the supply of blood and oxygen to the heart. It is when our bodies reach this point that heart attacks are common and the Fight or Flight response can be deadly.

Constant or high levels of stress have also been shown to affect the immune system, making us more susceptible to infections such as colds and the flu. Stress has been shown to cause headaches, irritable bowel syndrome, rheumatoid arthritis and even cancer. Stress has always been associated with mental health problems such as anxiety disorders and depression.

Stress will also cause dryness of the mouth, excessive perspiration, dilation of the pupils, hot/cold spells, breathing difficulty and numbness of the limbs. Nightmares, asthma, dizziness and loss of sex drive can also be health problems that are caused by constant or high levels of stress.

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Poor health will quickly impact our personal and professional lives, often adding to the level of stress we're under. In our jobs, stress will cause performance to decrease. An inability to focus, complete tasks and interact with co-workers are just a few of the ways stress can impact our professional lives. Socially, we'll find ourselves limiting interactions with friends and relatives or as our behaviors begin to change, they'll start limiting their interaction with us.

In most cases, people under stress will react aggressively to challenges, others will simply submit. Either reaction, when brought on by stress, will have negative consequences. Emotionally, we may find ourselves feeling moody, lonely, guilty, bored, or apathetic. Self esteem and self confidence drops.

While we can all probably think of someone close to us that is experiencing the negative impact of too much stress in their lives, we probably also know someone that has been able to get it under control. The three keys to managing the stress in your life are feeling involved and committed to life, your career and your relationships, being open to change and feeling in control. A positive attitude is a must.

As we mentioned in the first paragraph, stress can have a positive and/or negative influence in your life. The key to coping with stress is to take it seriously and make up your mind today to start managing it. As research in the area of stress proves; your mind, your body and your environment are all aspects of your life that you **do** have to power to control. Don't wait until it's too late.

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Beating Stress With Yoga and Meditation

According to the American Academy of Family Physicians, two-thirds of the office visits to family physicians are prompted by stress related symptoms. Exercise has always been touted as an excellent way to burn extra calories and counter the negative effects of prolonged or high stress levels.

Recently, yoga and meditation has moved to the forefront as the exercise of choice for effectively managing and alleviating stress and its negative impact on our bodies and our lives. Stress is a common condition that generates chemical and hormonal reactions in the body. While this isn't a negative thing in moderation, it only makes sense that our minds and bodies are not equipped to run at these levels continuously.

Recent research has shown that the stress response is both biochemical and physiological. It is now known that the brain is the master gland and the hypothalamus controls all of the hormones and chemicals that are released into the body. Consequently, if the brain senses a stressful situation, it immediately

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releases the necessary hormones and chemicals it believes necessary to counteract the potential stressor.

In most cases of immediate danger, the brain shuts down the release of these chemicals as soon as the threat passes. In everyday life, however, stress doesn't always go away and consequently, if the brain perceives the threat to still be viable, the hormones and chemicals are continuously released. To put it bluntly, it's not the stress itself that ends up causing our health problems, but rather our mind and our body's attempt to overcome it.

Keep in mind that in cases of prolonged stress, the hormones and chemicals being released are not as strong as during a potential life-threatening situation. While you may not consciously feel a rush of adrenaline, the fact is, your brain could still be releasing hormones and chemicals that can still cause long term damage.

Some studies suggest that stress responses are also triggered by psychological factors which could be as simple as the loss of someone to discuss our frustrations with or the perceived loss of control. The key to controlling and managing the negative impact of stress in our lives, is being able to control our stress responses. There is growing evidence that exercise can and will improve mental well-being.

While most of these studies were conducted on aerobic activities, yoga research and its impact on mental and physical health is getting much more attention. In fact, Jane Fonda, the queen of aerobics is now a yoga practitioner. In early 1990, a review of the literature of yoga research concluded that Hatha yoga had “potential

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as a useful intervention for improved physical well-being, reducing anxiety, and enhancing personal development”. The review also stated that when practiced regularly, yoga could be helpful in reducing anxiety, enhancing self concept and improving one's own feelings of physical health.

Because the stress response is a condition that includes both the mind and the body, the effects will be both physical and psychological. When the stress response is ongoing, serious health problems become the result, consequently, it is extremely important that we learn how to control these responses. Yoga and meditation has been recommended and studied in its relationship to stress and although actual scientific studies are difficult, researchers are claiming highly beneficial results when using yoga and meditation techniques to alleviate stress and the negative effects it has on our health and well-being.

In some studies, the head-low yoga position was shown to reduce epinephrine and norepinephrine levels of the heart and blood, acting in a sense as a tranquilizer.

REDUCING STRESS REQUIRES MORE THAN PHYSICAL EXERCISE

The interesting key, however, lies in the research that suggests that it is not just physical activity that helps reduce stress but the physiological adaptations that yoga provides. Increased self esteem and body image, a sense of achievement, as well as self confidence and social interaction, are important tools when attempting to manage the stress responses of both the mind and the body.

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Perhaps the dual role of Yoga and Meditation in managing stress in our lives is best summarized by Iyengar in *Yoga – The Path To Holistic Health* as requiring “...a balanced combination of active and passive practice” where passive practice involves relaxation, emotional calming and improvement of self-image while active practice involves a much more proactive training of your mind and body to improve stamina and its ability to defend against stresses.

Some of the most beneficial aspects of Yoga, in fact, include the sense of hope that things in our lives are improving and that ultimately, we do have control over what is happening in our lives, relationships, families and careers. One of the items that is a cause of stress is often our perception that we do not have the necessary tools to cope with a situation or problem.

It is believed that a combination of physical postures, breathing exercises and meditation is the best solution for dealing with the present day needs of our lives. Embracing the ethics and morality of the traditional yoga texts also lays a groundwork for moderate, compassionate living which for some, in and of itself, could eliminate stress altogether.

Modern studies prove that exercise is indeed stress reducing but to recognize and stop the effects of the stress response before it reaches dangerous levels we have to be trained in self-observation. In that sense, daily yoga practice provides the opportunity to experience and learn the sensations of our body, equipping us with the tools we need to recognize we are reacting to stress.

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The heart and soul of yoga and meditation is self-awareness and therefore it only makes sense that yoga and meditation is the chosen tool for behavior modification

Make no mistake, symptoms such as sleeplessness, irritability, constant exhaustion, digestive problems, incontinence, susceptibility to colds, and overall malaise can improve rather miraculously after a few months of practicing yoga and meditation on a regular basis.

Even more shocking is the natural ability your body has to heal itself, in fact, reversing damage that has been done over years of neglect and overt impacts from stress and anxiety.

I made mention earlier in this book how I required at least two – and later in life often 6-8 ant-acid tablets each night in order to catch a few hours sleep right from the earliest age I could remember. My digestive system had been a mess for over 20-years! Physiologically speaking, this meant severe bloating, inflammation, scarring and a thinning of the intestinal lining in some areas.

Yet, within 6-months of practicing the very techniques outlined in this book, not only have I been without ant-acids for over 6-years now, I can eat and drink things I could never have digested in the past with little or no impact whatsoever on my digestive system.

You can experience this same sort of regeneration too – if you commit to following these steps exactly as they are outlined in this book.

Yoga and Meditation Techniques For Managing Stress

Here are some of the most effective techniques you can use to begin managing stress in your life as well as strengthening your emotional and physiological systems to withstand negative stress in our lives.

Exercise #1: Back To Breathing Properly.

There's no need to repeat the entire process of breathing properly in this section, refer back to Exercise 1 in "Finding Your Purpose" for a powerful, simple method of breathing properly. As we mentioned, becoming aware of your breathing will have **immediate benefits** to each of the 4 Pillars of Greatness™

Exercise #2: The Basic Started Yoga Pose – Lotus

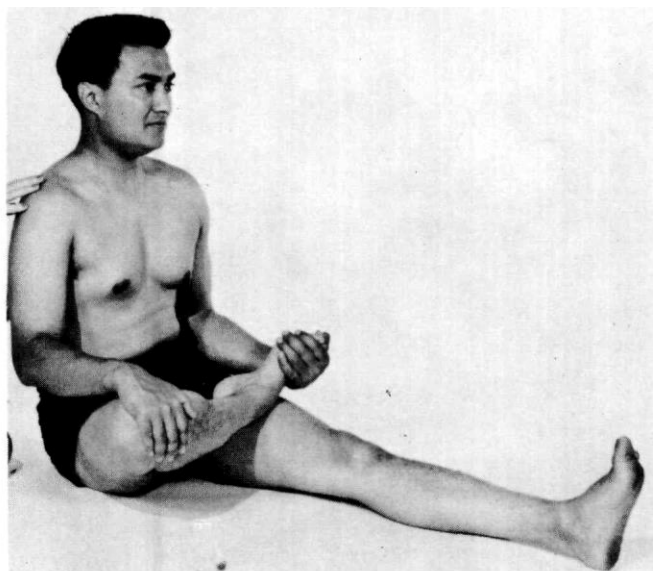
As a preliminary exercise, place your left sole against the right thigh, then begin to make a bouncing up and down movement with your left knee as though it were made of rubber; the moment you push the knee down to the floor, up it bounces again. Do this bouncing in fast successive movements so that the leg resembles the wing of a flying bird. This will stretch and limber up the rigid ligaments and

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muscles and help you gradually to assume the Lotus Pose. First bounce the right knee, then reverse legs and bounce the left knee.

A variation on this bouncing is done as follows: Keep the right foot *on* the left thigh instead of placing it against the thigh, then start bouncing the right knee. If the bouncing knee easily touches the floor, then bend the left knee, take hold of the left foot with both hands, gently glide it *over* the crossed right leg and place it on

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Practice for the Lotus Pose: (a) Place right foot on left thigh; start bouncing right knee until it touches the floor, (b) Next, bend left knee, grasp left foot with both hands and glide over right leg. (Photo by John Field)

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Gloria Swanson relaxing in the Lotus Pose.

the right thigh. Now both legs are symmetrically crossed and you are sitting in the Lotus Pose.

The hands should be kept on the knees with the palms open, and the thumb and second finger of each hand should touch, forming a letter O.

It often happens that new pupils, who had never suspected they could do it, are able to assume this posture during their first lesson. But mostly it takes time

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before people are able to master the Lotus Pose. So keep on practicing the knee bouncing daily until eventually your knee does hit the floor. This will be a sign that your legs are sufficiently limber for the Lotus Pose.

The Lotus Pose, or *Padmāsana*, is one of the basic Yoga postures. The others are the Headstand, the Shoulderstand, the Plough, the Cobra, the Twist and the Stretching Postures. There are also the Stomach Lift, *Yoga Mudra* and the Reverse Pose. The last two are not called Asanas, or postures, but *Mudras*, meaning gestures, while the Stomach Lift is called *Uddyiana Bandha*—*Bandha* meaning restraint or contraction.

For thousands of years the *Padmāsana* has been assumed in India not only by the rishis and yogis, but by ordinary people as well. Because of its calming effect upon the mind and the nerves, it has become a classical pose for concentration and meditation. Many Indians, especially in the South, also habitually sit in this pose when working, reading, writing or eating. It makes it easy to keep the spine erect, which as I have already said is a must. In the West, the Lotus Posture is often called the Buddha Pose, since most paintings and sculptures of the Enlightened One represent him seated in the Lotus Posture, with the hands on the knees or on the upturned heels.

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Exercise #3: Mountain Pose

An excellent asana to relieve stress for beginners is the Tadasa or Mountain pose.



Tadasa (Mountain)

Feet together, big toes and inner heels touching. Balance your weight on each foot evenly between the front and back, right and left. Contract the quadriceps to lift the kneecaps. Bring the navel to the back and lengthen the tail bone downwards. Lift your sternum and roll the shoulders back and down. Head level, throat soft, eyes passive. Keep breathing easily from the diaphragm.

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This passive practice asana will help to reduce negative stress, increase your circulation and respiratory function and in time, will also improve your immune system and ability to deal with stress.

Tadasana Urdhva Hastasana

This asana stresses a calm, standing position with arms raised above your head and is good for reducing stress, increasing your self-confidence as well as improving posture, circulation and strengthens abdomen muscles.

To practice this asana, follow these steps:

1. Starting with bare feet, stand straight, feet flat on a smooth floor, shoulders square in an erect posture. Lift our chest while pushing in your buttocks.
2. As you exhale, lift your arms straight over your head, fully extended with your palms facing each other.
3. Extend your arms in parallel to each other reaching the tips of your fingers toward the sky, you should feel some simple stretching on the sides of your abdomen.
4. Turn your arms 90-degrees so that your palms both face forwards, taking deep, even breaths, hold this asana for 20-seconds.

It's important to remember that while specific asanas can be extremely helpful, to truly benefit from the teachings of yoga, one must learn, study, and incorporate as many of the Eight Limbs as possible.

Exercise #4: Final Meditation

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A major reason we have trouble dealing with stress in our lives is that we develop a scarcity mentality – we feel it is necessary to compete and beat everyone else in order to achieve greatness.

To help overcome this attitude and displace the stress in our lives caused by “hating” or trying to beat everyone around us, it is always good to close with a simple meditation assuring ourselves of the abundance in our lives.

We simply sit down in the Lotus Pose, or else cross-legged, close the eyes and take a few deep breaths. Then we sit very still, trying to direct our thoughts to the Infinite Light which is Truth, Love, and is beyond form, beyond our understanding. We try to realize that It is everywhere, both outside us and within us; that we, as human beings, are the carriers of the Divine Light here on earth, that it dwells in our hearts, and that we should let this Spirit shine through our eyes, speak through our words, be felt through our deeds.

Then we send a thought of peace and love to all those around us, to our family, our friends, those whom we love, those whom we don't love, to all living beings on this earth and beyond. At the end we all say aloud:

*From the unreal to the Real,
From the darkness to Light,
From death to Immortality
OM
Shanti, shanti, shanti.*

OM is the sacred sound of the Hindus, and *Shanti* means peace in Sanskrit.

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You may also say any other prayer, or use your own wording —this is up to you. But I suggest that at least once a day you remind yourself that you are of divine origin and that you are on this earth to bring love, peace, and goodness to all living creatures. Let these feelings and energy into your life and suddenly you will begin to believe in the “abundance” of positive energy and greatness rather than the “scarcity” you must use so much energy to chase.

You now have 4 proven exercises to bring stress under control in your life. Armed with your greater Purpose and methods for managing stress, you are well on your way to attracting Greatness.

But we’re not done yet, there is one other major obstacle that stands between you and achieving great things in your life, even though it’s closely aligned with stress, we must deal with fear on its own.

Fear and Stress: How one relates to the other

Fear, be it real or perceived, is one of the major causes of stress. Fear is instinctive to both humans and animals and in most cases, can protect us from potentially life-threatening situations. More often than not, however, our fears are ungrounded perceptions based upon our inability to accept, react or overcome an obstacle in our lives.

A much bigger issue arises when we choose to not face our fears, but to avoid them, to create diversions that push those fears into our subconscious where we have created the illusion that they are gone forever.

Pushing fears to our subconscious has the opposite effect, a sort of “haunting” impact on our conscious that increases over time. Fear builds reaching chronic levels leading to constant worrying, manifesting itself as depression, anxiety, or even panic attacks or terror.

Not only does this paralyze you from taking action, but it fogs your judgement, eats away at you working against your effectiveness in business and life in general.

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Quite often, irrational fears can take over our lives, creating subsequent situations that begin to cause stress. Continued or extremely high levels of stress ultimately lead to poor mental and physical health. Our bodies instinctively identify fear as a sign of danger. Our minds are often unable to determine whether or not the danger is real and instantly prepare for survival. Our heart rates quicken, blood pressure rises, breathing increases, and muscles tense. In most cases, our bodies will begin to perspire and all unnecessary digestive and reproductive organs are shut down to conserve energy.

In potentially life-threatening situations, these reactions are necessary and welcome. In the earlier days of our civilization, they were, quite simply, responsible for our survival. In today's society, however, our fears tend to be more related to a loss of control than a need to protect ourselves in a physical sense. Today, we fear criticism, rejection, failure, and situations that threaten our financial security, relationships and/or careers.

Unfortunately, our body responds to these psychological threats in the same way that it responds to a physical threat. If you can recall the first time you ever had to speak in public, for example, most people will remember palms sweating, muscles tensing, and heart thumping. As our mind and body realize that there is actually no physical danger, our physiological system slowly returns to normal. In the case of public speaking mentioned above, most of you will remember that once you started talking and were able to relax, all the physical symptoms disappeared.

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Although it only takes our body a second to react to a threat, it can take minutes and even hours for it to unwind and recover. In normal situations, this process would have no negative impact upon our health. In today's society, however, rather than it being an occasional occurrence, the Fight or Flight syndrome may be triggered several times a day or for some people, several times an hour.

If the body doesn't have time to recover in between these perceived threats, our physiological systems are always running in a state of crisis. Because we've gotten used to these feelings, we tend to ignore them or dismiss them as normal.

When our bodies are expected to perform on high alert constantly, the stress begins to take its toll on our mental capabilities, physical health and behavior.

Depression, hostility, anger, irrationality and lack of focus are the direct result.

Physically, our bodies begin to ache, digestion suffers and insomnia prevails. In many cases, high blood pressure, allergies, and a higher susceptibility to illness and infections become common. Fear is unavoidable, the way we react to it, however is not. The key to managing fear and thereby controlling the negative impact of stress that results, lies in understanding it and realizing that we can control it.

Studies of the physiological responses have shown that although the reaction to fear is natural and instinctive, thinking and relating differently to the object of fear can influence whether or not the responses are initiated. As humans, however, we tend to get caught up in the belief that we are at the mercy of external events.

While we often seek to minimize or eliminate the effects of stress by managing our

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environments, we are often too afraid or too lazy to try and understand the mentality that created it in the first place.

In most cases, it is not the situation itself that causes fear but the way in which we perceive the end result. If we perceive the situation to be a threat, it will potentially cause us to fear it. Realizing that we cannot change the world but we can change our judgments and interpretations of it can, in fact, give us much greater control over our inner responses. We are always given the choice to decide whether we perceive a situation as a threat or a challenge. Therefore, it is up to us to decide whether it's something we fear or welcome.

Learning to manage our perceptions and control how our minds and bodies react to certain stimulus will have an amazing impact on the level of fear and thereby stress that we experience in our lives. Understanding fear and reacting correctly in spite of it are two entirely different things. Fear is illogical and it affects us both emotionally and physically. In some cases, we believe fear is survival. In reality, however, fear does not make us stronger, it makes us weaker.

It doesn't lead to improved judgment but rather often detracts from it. Fear may keep us alive in life-threatening situations but in the everyday course of events, it tends to remove us from reality. Fear doesn't help us focus on anything more than the object of itself, consequently we lose the ability to think rationally outside of the very moment of impending doom that we're sensing.

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Fear does not increase our performance but rather creates obstacles that don't allow us to do our best. Fear, in fact, is erratic. It's the little voice inside of us that makes the decision to run. It's conditioned, learned behavior and it was created unconsciously when we didn't realize we were creating it.

Although our conscious mind is a powerful tool, it's not nearly as connected to our bodies as our subconscious. To overcome fear and relieve the negative effects of stress in our lives, it is essential that we become mentally disciplined. In the same way that we train our bodies for athletic competition, we must learn to train our minds to reflexively take control of situations. When we trust ourselves enough to stop trying to manipulate everything with the conscious mind, success and the ability to overcome our fears will follow.

Because of the way our systems are wired, we all struggle with fear. We find ourselves engaged in an emotional response before we can even rationally judge what that response should be. If we can get to a point of understanding how fear leads to panic and the way we relate to it, it's possible to train ourselves to end the cycle, thereby eliminating the negative effects of stress that irrational fear brings. Fear is not something to be conquered but rather understood and accepted.

GREATNESS TIP!

Focus on recognizing, understanding and defeating fear in your life as the most important achievements you can make to attract more greatness into your life

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Here is a question that will make you think. Have you ever noticed that in many cases, it is not intelligence, education, savvy, or wisdom that identifies a very successful person?

Really, think about it?

In 9 cases out of 10 you will find the MAJOR difference between someone who has really “lived” their life to the fullest and someone who consistently doesn’t live up to their own dreams, expectations or potential – it is the ability, even willingness to tackle fear and negative stress head-on.

Be honest, haven’t you thought of things you would do, people you would talk to, experiences you would try or actions you would have taken where the little voice inside of you said – “yes but if you do it, you may get hurt or embarrassed?”

It happens to all of us, I’ve missed opportunities because of fear as I am sure you have. The difference is now I recognize the “little voice”, I understand what is causing the fear and more often than not, overcome it and continue to experience life the way I want.

Before you can conquer fear, you must learn to recognize and face it head-on, in the next section we’ll give you a surefire way to beat fear in your life.

Using Yoga to Face Your Fears

As fear continues to manifest itself both internally and externally in our lives, our society is realizing that it is not something that will go away. With each new terrorist threat, serial murder or child abduction, we are becoming increasingly fearful of our own neighbors, our communities and even our government. With every layoff, bankruptcy or corporate merger, we are becoming increasingly fearful for our financial stability and the welfare of our families.

Fear produces anxiety. Anxiety produces stress. Stress results in physical and mental illnesses. In extreme cases, fear can be crippling. In everyday life, fear can become an obstacle that prevents us from attaining peace, happiness and success. As we begin to understand more about our psyche and the mind's ability to control the reactions of our bodies, yoga is fast becoming one of the most popular and effective ways to battle the fears that are slowly taking over our subconscious minds.

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Whatever its manifestations, wherever its apparent location, fear is a psychic state, of course, reacting upon the individual in several ways: as, in the nerves, in mental moods, in a single impulse, in a chronic habit, in a **totally unbalanced condition**. The reaction has always a good intention, meaning, in each case, "Take care! Danger!" You will see that this is so if you will look for a moment at three comprehensive kinds of fear fear of self, fear for self, fear for others. Fear of self is indirectly fear for self danger. Fear for others signifies foresensed or forepictured distress to self because of anticipated misfortune to others.

Giving in to fear robs you of the life you are destined to have. It affects your mind and body's ability to perform. Fear, unchecked, will spoil your hopes and dreams. Fear is a master and unfortunately, we have allowed ourselves to become its slave. The principles and philosophies of yoga are, however, giving the power back to the people. Yoga is teaching us that we do have the power to control our minds, our bodies and ultimately our destiny.

There are but two ways in which so-called normal fear, acting in the guise of reason, may be annihilated: by the substitution of reason for fear, and by the assurance of the white life. Taking the second option will result in certain failure since you cannot fool yourself into thinking there is no fear or pain in life. So then, we are left with the first option – understanding how to substitute reason in the face of fear.

Yoga “masters” have earned their titles because they have mastered their minds and their fears. They are people who are living lives of reason, balance – without the

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normal panic response toward fear. They have realized that fear is not a natural part of their existence but rather a byproduct of the mind. And they have learned to control their minds. Using this type of self-mastery, they are able to mobilize their powerful innate drive for self-preservation and create the energy and focus necessary to find a solution to any problem. The greater this self-mastery, the greater our ability to face any situation without fear.

FEAR VERSUS DANGER

Yoga has been proven to counteract the physiological effects that external influences can have on our minds and bodies. Fear can be either real or perceived. More often than not, fear triggered by an external cause (one outside of our bodies) is real. The danger, however, may not be. For example, let's say you're walking down a path in the woods and suddenly are face-to-face with a coiled rattlesnake.

That fear is an external fear that is real. Your mind senses the fear and immediately calls your body into action. The result is that you are able to get away from the snake quickly. Now, imagine yourself walking down the same path and suddenly you hear a rustling in the leaves on the ground. Although you actually see no snake, your mind perceives the potential danger and reacts as if you had seen the snake. This response, real or perceived, results in the same physiological changes to your body that ensure your survival.

I do not say there is no such thing as fear. Fear does exist. But it exists in your life by your permission only, not because it is needful as a warning against "evil."

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Fear is induced by unduly magnifying actual danger, or by conjuring up fictitious dangers through excessive and misdirected psychical reactions. This also may be taken as a signal of danger, but it is a falsely-intentioned witness, for it is not needed, is hostile to the individual because it threatens self-control and it absorbs life's forces in useless and destructive work when they ought to be engaged in creating values.

The practice of yoga is the practice of being able to control the mind and to be in the moment. In the example above, a yoga practitioner would have been able to react calmly and with presence. Someone unfamiliar to yoga may have panicked. The example of the snake can also be used to explain fears that originate internally. The perceived fear of the snake was internal. A snake did not really exist, however, your mind called upon prior knowledge to make the decision that given the rustling leaves and the fact that you were in the woods, meant that a snake could be present.

While yoga can teach us how to control our body's reactions to external fear, it can also teach us how to respond to and manage internal fears. Internal fears can actually be the most dangerous to our health, happiness and success. An internal fear is quite simply that little voice in your head that is constantly warning you of perceived danger. The majority of the time these dangers are based in ego and although our ego is meant as a protection device, it can ultimately destroy us. The philosophies of yoga are based upon our ability to **detach from the outcome**, to

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plunge ahead, despite the inner turmoil of our minds. Yoga can be used to overcome these fears.

The practice of yoga allows us to focus our minds on the task at hand, accomplishing it to the best of our ability. Once we're able to realize it is the task itself rather than the result or the outcome, we're able to understand that our fears are ungrounded. It is the actual “doing” that we take pride in, rather than the result. Detaching from the outcome is extremely important when managing fear. In the example of the snake, it is not the fact that a snake is in the path that causes fear. It is the possible outcome of the snake being in the path.

Normally, we fear snakes because they can be dangerous. If we're bitten, we could face death. It is therefore our fear of the outcome of the snake being in the path (death or injury) that creates the fear. Not the snake itself. In our everyday lives, it is usually the perceived fears that hold us back and keep us from reaching our true potential. In our careers, our fears can manifest quickly based on the perception of how we're doing our jobs or how others feel we're performing.

If we're not comfortable in a situation or feel challenged in any way, our fear is of failure. It is this fear that most often ruins careers, relationships and lives. In many instances, a fear of failure will paralyze us into inaction. Our minds decide that not even attempting a task is better than failing.

My business is helping people to share their knowledge with the world through their own written, audio, video or personally delivered information products. I see

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this fear reaction at play every single day – its what prevents the more than 80% of our population from living the dream of writing their own book. Almost entirely, this fear is based on the possibility of failure.

Ironically, the more we want something, the more enjoyment and fulfillment we will get from something, the more value we place on it and the more pain we associate with NOT reaching the goal. If we cannot master fear, quite simply we will NEVER realize the things we really want in life. Is that the way to live life?

CONTROLLING FEAR AT THE ROOT

There are 3 stages to controlling your fears:

1. Identifying and Admitting Your Fear
2. Learning To Control Your Fear Response
3. Total Mastery Of Fear

Many of us recognize that we have a fear of heights, a fear of snakes, a fear of flying or other common, socially acceptable fears.

Yet, all of us harbor other fears that we have lost sight of. It may be a fear of inadequacy, a fear of failure, a fear of death or illness, or even a fear of failing to live up to a value or belief instilled in your life as you were growing up.

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To discover these fears, we must look much deeper as they may be hidden deep disguised by defenses such as selfishness, emotional illnesses, substance abuse or other substitute habits such as over-eating or smoking.

Conscious attention to discovering fears can be combined with Yoga and Relaxation techniques including meditation – when you are ready to let your fears come to the surface, you will have access to, and be able to overcome, those fears.

Now it's time to control your feelings of fear.

There are many ways to help face and control your feelings of fear, starting with basic breathing exercises.

When dealing with past or current fear, start by mastering deep abdominal breathing.

Next, practice basic and progressive muscle relaxation where you allow each muscle from your head and face down to your toes.

Another technique that we find works extremely well is to draw on a visualization of an especially peaceful place – somewhere you have felt completely relaxed, happy and at peace with yourself.

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While it's simple to understand how yoga breathing techniques, meditation and asanas can help us control how our bodies physically react in fearful situations, it's a little more difficult to fathom the effect yoga can have on the internal fears we all carry around with us.

It is the second limb of Patanjali's Eight Limb theory that explores and explains how yoga can impact those crippling thoughts. This limb dictates our conduct toward our self. The fears that are internal come from a lack of self-confidence, self-esteem or self-awareness. As you study the second limb, you'll begin to understand the power that you actually have over these doubts and consequently as you become more self-aware and more connected to that power, you'll find that the fears that may have paralyzed you in the past, have simply become tasks that need to be accomplished. Nothing more, nothing less.

Yoga meditation, breathing and asanas (poses) are all designed to take the yoga practitioner deep within himself, to the place of power that removes all fear, self-doubt, and self-loathing. Yoga is the answer to a longer, healthier, successful and peaceful life. Yoga restores the power that we have given up in our lives. Yoga is the ultimate answer to helping you realize that by detaching from the outcome, your fears are no longer fears but challenges.

There are several yoga asanas (poses) to help alleviate your susceptibility to anxiety, fear and worry. Following is one to get you started.

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Utthita Trikonasana (Triangle)

Begin with the feet apart 4- 4 1/2 inches. Turn the right leg out and the left leg in as in Trikonasana. Stretch the arms apart at the shoulders with palms facing down. Pressing weight into the outer edge of your left foot heel, release the front thigh down to a 90 degree angle. Place the right arm directly behind and perpendicular to the right shin. Stretch the flank from the outer heel through the top fingertips. Use a block or blanket under the bottom palm if reaching to the floor is difficult.

Continue to alternate sides.

Fear is only our enemy to the extent that we don't face it. Learning to face our fears gives us the confidence that we can deal with anything that comes up – that we no longer have to bury fear deep within us.

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The most destructive form of fear is chronic worry most of which is caused by a lack of confidence in ourselves to deal with fear in our lives.

By mastering our response to fear, living life head-on we can eliminate most of the worry that gets in the way of our business and life success.

How to Overcome Lack of Focus

In our society, as we constantly jump from one task to another and continually cram our calendars with activities, we often find ourselves in situations where our focus is nonexistent. Most of us are simply happy to get through the day, irregardless of what it took to get us there. It is this lack of (or inability to) focus that is creating havoc in our lives.

Tasks unfinished, poor performance, the inability to get a good night sleep, and a general feeling of helplessness and chaos are all symptoms of our struggle to clear our minds of clutter and focus on the item immediately before us.

Oddly enough, we continually place ourselves into no-win situations by wanting to be part of everything, but really achieving very little because we do not ever pay attention to what we really want.

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Choosing to not pay attention to someone else is one error in judgment, not paying attention to your own purpose, reactions to situations and needs is unforgivable, yet a common occurrence.

So, how do you improve your concentration, your ability to pay attention to your inner voice and finally achieve the kind of focus exhibited by the greatest achievers in the world?

The great news is that focus and concentration are learned skills and can be improved over a short period of time. With the right techniques you can improve your ability to focus in as little as a few days with significant improvements in 4-6 weeks.

Even better, you have some very powerful mediation techniques that can transition someone with the shortest of attention spans into someone who can focus better than 99% of the population.

Not only will you experience a newly refreshed peace of mind but you will be amazed at how much more productive, motivated and happy you are when you can focus intently on your objectives.

ACHIEVING THE POWER OF FOCUS

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There are two important aspects of achieving a heightened degree of focus: designing your object of focus and improving your ability to remain focused.

Many people I know have tried to improve their concentration, they understand a weakness in their life is the ability to stick with something resisting the desire to jump ship and transfer their energy toward something else.

Unfortunately, no matter how hard they work, they will not be successful because they have not designed the object of their focus well enough.

We purposely discuss achieving a greater ability to focus after the exercises on recognizing your inner purpose and overcoming objections to achieving your purpose because these steps are essential to selecting your object of focus.

“Begin with the end in mind” said Stephen Covey within the pages of the “7 Habits of Highly Successful People”, a critical ability if you are to master the fourth step of Achieving Greatness.

SELECTING YOUR OBJECT OF FOCUS

Have you ever noticed that you have no problem focusing on things you are interested in, passionate about or that are in line with the way you would like to live?

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So, the inability to bring greater focus in your life is not an inherent limitation you have as a human being, but rather a signal that your object of focus is either poorly defined or not in alignment with your inner purpose.

It comes as no surprise then that we need to go back to the exercise in discovering your passion and pull from that exercise the specific areas of focus that will align with achieving our overall goal in life.

In traditional business language, your Purpose is the strategy for your life, identifying objects of focus become milestones on the project plan toward achieving your life's strategy.

If you experience boredom or tend to procrastinate leading to poor focus or limited concentration then you may not be able to find a better symptom that tells you to re-examine your purpose and passion.

PATIENCE

The opposite challenge to lacking an underlying purpose or passion is failing to manage your time between multiple key areas of focus in your life.

Here are some sample objectives that you may have in your life...

1. To make 75% of my diet organic fruit and vegetables improving my health, tone and weight.

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2. To turn at least 10 other people into transformed, happier people through my personal coaching.
3. Have spent at least 8-hours each week teaching my kids the fundamentals of personal development, self-confidence and business principles

For this example, I'll use these three. You may have five or six, the point is that you must manage your time around giving solid, focused attention to each of these over the course of a day or week.

You have identified these core objectives aligned with fundamental, deeply held beliefs and purpose in your life so make sure you do not defeat yourself by ignoring one or two at the expense of the others.

One approach you can take is to create a weekly schedule where you pay complete attention to each area, that way you will not allow other weekly activities to infringe on your focus.

When you are able to increase concentration, your brain gets stronger. New things are learned more quickly and effectively, vastly improving the quality of life. The breathing exercises, that are a foundation of yoga, push more oxygen through the walls of the lungs resulting in an immediate increase in mental clarity and a higher level of concentration and attention.

While all of the Eight Limbs in yoga contribute to our ability to focus, it is the sixth step or Dharana that begins the study of restraining the mind. In the practice of

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Dharana, you learn how to keep your mind from wandering and to turn it inwards to the self. To accomplish this, practitioners are taught to focus the mind and all of the senses on a single point or task in which they are completely engrossed. When this step is near perfection, the student will naturally find themselves at the seventh step or Dhyana, which is meditation.

Meditation focuses and clarifies the mind better than any other activity, It improves creativity, concentration, mental alertness and memory. Practiced on a daily basis, it will enable you to think more clearly and positively and to be at peace with yourself. The healing effects of meditation are just now being recognized by the medical community but in the challenging situations that we face in our lives today, focus is the key to success.

To be focused is to have a clear and uncluttered mind which is the basic philosophy of yoga training. Imagine if you will, a normal day in your professional life. Your calendar is jammed with meeting after meeting. As you move robot-like from one room to the next, your mind begins to wander. Rather than staying in the moment and accomplishing the task before you, you're already thinking ahead to the next meeting, the project waiting after that meeting or even possibly where you need to be when you leave your job.

It is ridiculous for us to believe that we can ever be performing at our potential if we're constantly thinking ahead or behind. That however, is the only way many of us can cope with the demands of our personal and professional lives. The yoga practitioner, however, has the ability to tune out all of the clutter and talk that we

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hear going on in our heads. He's able to block distractions and focus all of his energy and ability in one place until that task is accomplished. Yoga actually creates a harmony between the left and right sides of the brain.

Yoga exercise improves the health of the entire circulatory system. It stretches the body's major blood vessels, keeping them free flowing and elastic while it oxygenates the blood and pushes nutrients to all vessels and capillaries. Improved circulation supplies the brain with more oxygen, improving alertness, memory and concentration. Yoga, in a sense, fine tunes and optimizes the body to complement the functioning of the mind.

The physiological benefits of yoga will also improve focus and concentration. If we feel better and our body is functioning at its peak, stress is reduced and the voices in our heads start to quiet automatically. If there are no worries, no anxieties and no fears in our lives, our minds are free to concentrate on the important tasks at hand.

The results of improved focus and concentration in our lives and relationships can be phenomenal. Listening skills and communication skills will improve which could have a positive effect on relationships with friends, families and co-workers. Imagine the relief of completing tasks rather than simply putting them off. The peace and serenity that improved focus and concentration can bring to our life will also enhance our performance, providing financial security and success.

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Laser-guided focus also has a tremendous impact on those around you. Who are the people you most admire? What about the people that typically establish a loyal following, have lots of friends and contacts and charisma? Typically, these people are highly focused – perhaps you do not always agree with them, but being focused draws people to you and your cause giving you an aura of influence that will be very beneficial in your life.

One of the most common forms of yoga is Ashtang Yoga. One of the eight basic features is Dharna and Dhyan – which represent concentrating and meditating. Along with breathing exercises (give the term Pranayama), the physical postures called Asanas, and Yama, Niyama, Pratayahara and Samadhi all dealing with spiritual and guidelines for living life in tune with one's spirituality and nature.

Indeed, Dharna involves various methods of concentration and focus that progressively build over time and can lead into deeper states of meditation. One will find that as you follow these exercises regularly, you will gain an almost limitless ability to focus - and that focus will be in line with your inner spirit.

Exercise 1: Focus and Concentration

Begin by sitting quietly in a peaceful location and counting backward from 60. Maintain your focus on the count – that should be all you are thinking about. If this doesn't work immediately for you, lower the number to 40. Once you begin to improve your focus you will find you can increase the number to much higher levels.

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Exercise 2: Meditation – The Third Eye (Trataka)

A common concept in yoga and meditation is to understand the 7 Chakras (rings of consciousness) – located at multiple points of the body. The sixth Chakra is known as the third eye or “Aagya Chakra” which can become the center for concentration, intuition and internal awareness.

The mystical third eye is a point located at the center of our forehead just above the place between our eyes. As in all forms of meditation and yoga, energy flows through the different Chakras – focusing energy on the sixth Chakra, or the third eye, will help to improve your concentration, focus and attention.

The third eye meditation is a very effective way to gain a meditative state – even for those who normally have great challenge with meditation.

Begin by sitting comfortably and still with your back and straight as possible. Close your eyes and begin with 3 deep inhale, exhale breaths.

With your eyes closed, let your eyes drift toward the magical spot just above and behind your eyes at the center of your forehead. While it sounds challenging to find the right spot, you will notice a natural resting place for your eyes as you focus them on the back and middle of your forehead.

Once you have reached the focus point, begin counting backward from 60. As you do so you will notice that a calm overcomes you and you may even notice a

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tingling or warmth in the middle of your forehead as you attract energy to your third eye. Subtle sense to this effect is positive but be sure to break out of your meditation if the symptoms become too strong or painful.

For the first try, perform this exercise a few times – within a week you can extend the time to 10-minutes working your way to 20-minutes over the next 6-weeks.

Another variant of this meditation is to use a candle at eye level and stare at the flame for a few minutes then close your eyes imaging the flame in the same place as your third eye – just above and behind your eyes in the middle of your forehead.

Exercise 3: Yoga Asana

An excellent yoga asana for increasing concentration is the Vrksasana or the Tree.



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Vrksasana (Tree)

From the Tadasana, bring the right leg into the Baddha Konasana against the inner left thigh. Keep the pelvic rims level. Raise the arms overhead with the palms together. Lean against a wall to help balance when beginning. Alternate sides.

Exercise 3: Headstand

A more challenging, but highly effective yoga asana for improving focus and concentration is the headstand. This asana is effective in supplying both blood and oxygen to the brain increasing its function.

Step 1: Start on your knees on a comfortable yoga mat, lock your hands onto your elbows and put your hands together placing your fingers between each other – in a locked position. You should now have a triangle with your arms.

Step 2: Place your hand and arms on the floor and put the top of your head on the mat with your hands touching the back of your head.

Step 3. Stretch out your legs until they are straight, toes still touching the ground so that your body represents an upside down “V”

Step 4. Keeping your legs and neck as straight as possible, tip toe your legs closer to your head to begin transferring weight from your legs to your head.

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Step 5. At the last minute, bend your knees and pump your hips and legs up into the sky.

Step 6. Straighten your legs to get full extension.

Step 7. Ensure that only a small amount of weight is supported by your head and neck, instead more than 90% of your weight should be supported by your elbows and arms.

At first, you may only be able to maintain the asana for a few seconds, but over time, you will be able to extend this into minutes. A good goal to shoot for is about 10-minutes.

Increasing Your Health and Energy Through Yoga

It's clear, to achieve greatness in your life you need to stay healthy and to operate in a zone of optimal energy.

The good news is that living On Purpose, managing stress, reducing fear and staying on-focus will provide a natural energy and drive you will find you've never tapped into before.

As with anything – your car, your house – to keep things working properly, you need a maintenance plan. The same thing goes with staying healthy and living with optimal energy. Yoga and meditation work great as methods to keep everything working optimally in your life.

Although yoga therapy hasn't been widely studied in clinical situations in the United States, over 5,000 years of use in India has been enough to get doctors here interested. The National Institute of Health is currently funding trials for the treatment of insomnia and multiple sclerosis with yoga and according to Nicole Nisly, MD, Associate Professor of Internal Medicine at the University of Iowa, "in

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mild cases of asthma and high blood pressure, yoga can reduce the need for medication. Yoga can also be useful in helping people cope with diabetes, Parkinson's disease, cerebral palsy, and ADHD (attention deficit hyperactivity disorder.)"

When practiced regularly, yoga techniques will tone muscles, improve posture, movement and balance. While almost all exercise can be beneficial, practicing yoga ultimately leads to long-term health and well-being.

Doctors in the United States and overseas have recently begun studies to determine whether or not yoga actually offers health benefits that go beyond the concept of general physical fitness. Some of their early research proves that a regular yoga regimen including the asanas, deep breathing and meditation offer relief for asthma, arthritis and chronic back pain.

Yoga is a system of spiritual, mental and physical training that is suitable for people of all ages and physical ability. The word yoga is actually derived from the Sanskrit and means union. The philosophy of yoga in all forms, is the union of the body, the mind and the soul together as one with the universe. Yoga settles the mind, enhancing mental clarity and concentration while reducing stress, fear and anxiety.

Yoga and meditation is the quickly becoming one of the most popular forms of self-help therapy available today. While most of us in the West see yoga as a means of physical fitness, there is much evidence to prove that yoga can have an

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extremely beneficial impact on a variety of health conditions. Specific yoga exercises are quickly becoming popular treatments for a variety of diseases.

The goal in yoga training is to strengthen the body, increase flexibility and engage the spirit. Yoga is ultimately a spiritual, mental and physical system of health care. The breathing techniques, meditations and asanas (poses) of yoga can improve posture, enhance the functions of the reproductive, digestive, respiratory and endocrine system as well as, reduce blood pressure and increase the efficiency of the lungs.

In my personal case, yoga and meditation had remarkable improvement in my digestive and immune systems – within a very short period of time. Not only did I feel the impact within weeks of regular practice, regeneration of obvious weaknesses in my body were my biggest surprise – and joy.

Ask yourself this question, how many hours, days, weeks, even years have you lost due to not feeling quite right, excessive colds and flu's, lack of energy, chronic health problems, dizziness and fatigue, or just an overall “feeling of badness” that interferes with your life goals?

Imagine being able to gain back those days, feeling more energetic, positive and creative than you have ever felt in your life. For many people, this alone would increase their happiness and productivity tenfold – what could it do for you?

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Experts believe that yoga is a total comprehensive approach to health and fitness that will provide increased energy, strength, flexibility, balance, and a cardiovascular workout. Yoga also provides effective stress management using deep relaxation techniques and is credited with accelerating the body's ability to repair itself at a cellular level and cleansing the body of toxins.

In today's western world, yoga just may be the new wave of health care. With the climbing cost of medical care, health insurance and prescription drugs, the benefits of yoga far outweigh anything we've seen come out of the medical community in a long time.

If you find yourself in a situation where you're battling poor health or a lack of energy, yoga is quickly becoming the exercise of choice. Poor health affects your lifestyle, and your relationships in your both your personal and professional life. It is time to stop trying to chase and treat the symptoms of disease and to start creating the life of your dreams.

Yoga promises a well-rounded approach to excellent physical, mental and spiritual health and after a few classes with an instructor, can be practiced right in your own living room.

It is important to remember that therapeutic yoga is not power yoga and does not require strenuous physical activity.

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Physiological Benefits of Yoga

Improve equilibrium of the autonomic nervous system	Increases respiratory efficiency
Ease pulse rate	Normalizes endocrine function
Decrease respiratory rate	Improves excretory functions
Decrease blood pressure	Improves dexterity
Normalize gastrointestinal function	Improves hand-eye coordination
Increase joint range and flexibility	Improves posture
Increases grip strength	Increases endurance
Improves reaction time	Normalizes weight
Improves strength	Increases immunity to disease and viruses
Releases energy	Improves balance
Improves sleep patterns	
Decreases pain	

Psychological Benefits of Yoga

Increases feeling of well-being	Increases self-acceptance and self-confidence
Increases ability to adjust socially	Decreases anxiety and depression
Decreases feelings of anger and hostility	Improves learning efficiency
Improves focus and attention span	Improves self-image

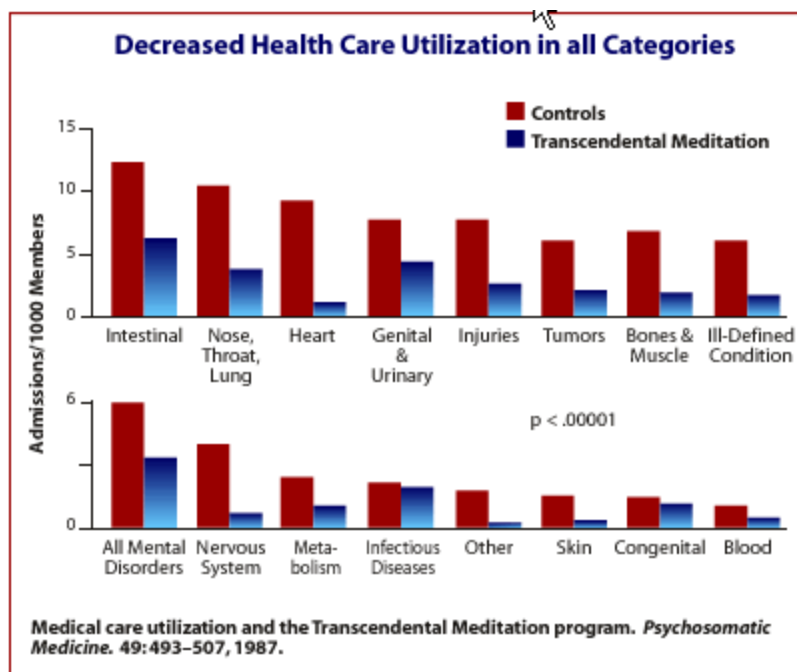
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Biochemical Benefits of Yoga

Decreases glucose	Decreases triglycerides
Decreases cholesterol	Increases white blood cell count
L-Cholesterol increases	Increases Vitamin C
Decreases sodium	

Meditation – specifically transcendental meditation has also been demonstrated to have significant health advantages. Indeed, the prevention of illness was demonstrated clearly in a study performed by Psychosomatic Medicine in 1987 – the results are demonstrated below.

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While all of the asanas have specific health benefits, you can choose specific poses to combat specific health issues you may be experiencing. There are specific asanas for example, for the musculoskeletal system that are designed to slowly stretch your muscles and ligaments. Stretching muscles help them contract more strongly, stimulating circulation.

There are asanas for headaches, backaches, arthritis, cancer, menstrual pain, constipation, fatigue, sleeplessness and nervousness, just to name a few. Odds are, whatever health problem is plaguing you, yoga has a pose that is designed to alleviate or correct it. Yoga is currently being recommended by physicians for a

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variety of ailments. Yoga, in practice, can help you live a healthy, more energetic lifestyle.



Exercise 1 - Downward Dog

Come to your hands and knees with the wrists underneath the shoulders and the knees underneath the hips. Curl the toes under and push back raising the hips and straightening the legs. Spread the fingers and ground down from the forearms into the fingertips. Outwardly rotate the upper arms broadening the collarbones. Let the head hang, move the shoulder blades away from the ears towards the hips. Engage the quadriceps strongly to take the weight off the arms, making this a resting pose. Rotate the thighs inward, keep the tail high and sink your heels to the floor. Check that the distance between your hands and feet is correct by coming forward to a plank position. The distance between the hands and feet should be the same in these two poses. Do not step the feet toward the hands in Down Dog in order to get the heels to the floor. This will happen eventually as the muscles lengthen.

Nutrition and Energy

We all know that next to air and water, food is most essential for keeping our bodies healthy, young and strong. Doesn't it then seem like a paradox to learn that America, the richest country in the world, is suffering from malnutrition, starving in the midst of plenty?

According to our leading scientists and nutritionists, one of the main causes for this is over-eating; the other is eating the wrong kinds of food. Our organism is nourished only by the food which it can break down and assimilate. It's a fact, food which is not properly broken down turns into poison in the body. Far too much devitalized, unnatural, unwholesome food is being consumed by our population. The result is that our health picture looks sadder and sadder all the time.

Diseases, especially degenerative diseases, are reaching such proportions that even people who are apparently healthy, or believed to be so, are found upon examination to be carrying one or another kind of illness which one day unexpectedly sends them into a hospital bed, onto an operating table, or into a grave.

Reading such news may frighten us—yet what do we do about it? At best, we decide upon a physical checkup, but seldom, if ever, do we resolve actually to change our living and eating habits. In spite of the many warnings constantly appearing in various newspapers, books and magazines, not to mention health publications, we simply go along as we did before.

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The slowing down of the metabolic process (changing food into energy, tissue and body secretion) is caused by poor diet—too much white sugar and flour and not enough fruits, vegetables, meat and milk.

Probably because the damaging effects of an incorrect diet do not produce immediate ill results, we seldom blame our diet for our increasing ailments. How many otherwise well-informed persons would attribute a cold, fever, asthma, arthritis, heart diseases and mental disorders to a toxic condition? Very few. Fewer still would stop overeating, or go on a cleansing diet or a fast, or practice deep breathing in order to get more oxygen when they need it to remain healthy.

There are, however, a few "musts" on which almost everybody does agree. Personally, I learned them from my Yoga teacher in India. Here they are: Do not overeat; avoid dead foods; take plenty of fresh fruits, salads, and vegetables, or fruit and vegetables juices, provided you don't suffer from any ailment where raw food is prohibited; drink lots of fresh water during the day; finally, inhale a sufficient quantity of fresh air.

The best foods—those that are fresh, pure, clean and natural, such as vegetables, greens, fruits, whole grains, honey, oils, nuts, milk, eggs, fish and meat—contain all the necessary vitamins, minerals, amino acids and enzymes, the life-chemicals which control our metabolism.

The "dead" foods are those that have been robbed of their natural vitamins, minerals, amino acids and enzymes by processing of various kinds. They include everything canned, preserved, pickled, bottled, bleached, polished, refined and

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otherwise devitalized. White flour, white rice, and white sugar also belong in this category, since they have been bleached, polished and refined almost to nothing. They should be replaced in the diet by whole grain flour, brown rice and grains.

Rest assured, by following the guidelines for cleaning your system of nasty predators (yeast and parasites as discussed earlier), managing stress, following yoga and mediation principles and maintaining a healthy nutritional balance you will discover energy reserves that will amaze you.

Yoga: Boost Your Confidence and Self Esteem

So we arrive at the final step of achieving greatness, boosting your confidence and self-esteem.

Its true, many of us have had multiple experiences as we've grown up that have negatively impacted our self-esteem.

Many of us exist in a state of near constant self-sabotage, thinking many more thoughts of fear, hate, frustration, and selfishness than positive thoughts of confidence, fearlessness, happiness and giving.

**REPLACING SELF-SABOTAGE
WITH MINDFULNESS**

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Just as we can exercise to replace fat with muscle, train our brains to accomplish dramatic feats of speech and movement, we can also strengthen our self-image and character. By strengthening the active function of your mind and thus enabling it to "step in and simply 'command' the passive function to drop the old thought-habit and take up the new one.

This is a magnificent feat and in it only the strongest succeed. You can obtain good results by combining this with auto-suggestion. Silently concentrate upon your passive mind and impress upon it your order. Say to it earnestly, confidently, and masterfully: 'You, my mind, I want you to be fearless, pure, loving and unselfish!'

Picture to yourself in imagination as if you were already these, and again command and impress your will upon your mind. Do so silently and constantly and never neglect a chance of expressing these qualities in action because, at first your mind will rebel, but if 'you' keep up your efforts determinately and firmly and avail yourself of all opportunities to 'act out' your will, your mind will end up by accepting your suggestion and manifesting same naturally as a habit.

AN EXERCISE TO IMPROVE YOUR THOUGHTS

1. Go away by yourself to some place where you will not be disturbed. Of course, this will not always be possible. Never mind. Do your best where you are and the great law will at least find for you all necessary conditions. Shut out all distracting

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conditions and impressions from the outer world. After a little effort you will be able to do so anywhere, at any time, and under any condition. All mental disturbance is within you.

2. Now relax, go passive, and draw off all stress and tension from your nerves. Just you relax your mind and your body will follow suit. A few deep slow breaths will help the beginner.
3. Concentrate upon your mind inward steadily, calmly and with undivided attention.
4. Fix your thought firmly upon your passive mind and mentally say, 'You, my mind, are quite peaceful_fearless_giving_happy' Think of this word (with all the ideas associated therewith) as sinking deeply into your mind. Let the outward form of the words 'peaceful,' 'fearless,' etc., sink into your mind.
5. Form a mental picture of yourself as if you already possessed all 'peacefullness' and 'courage' and act them out in imagination. Make of it a pleasant 'day dream.'
6. Intensify your relaxed condition of mind. Grow as 'limp' as a rag. Then mentally open yourself out to the inrush of all the Thought-Forces existing in the ether and connected with positive thoughts. The effort of this imagination to see this tremendous force pouring into your brain and body will actually put you _en rapport_ with same.

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7. Now change from negative to a positive condition and say vigorously I am 'at peace' and 'strong' Say it distinctly several times. Actually speak them out.

8. Then go out and _live your thoughts out_. This last is the most important condition.

9. Practise this daily at the same hour and if possible at the same place, morning and evening. In fact hold the thought in your mind as often as possible till it becomes second Nature.

10. Outwardly project your thoughts and habits at the same time demonstrating to the world that you are a new person with new attitudes attracting more positive energy in your direction.

Unfortunately the most common factor that keeps people from experiencing the joys of yoga is a lack of self confidence. While many look only at the asanas and quietly say to themselves "I could never do that," the truth is that yoga builds self esteem and more often than not, with practice, those same people would be saying "I CAN do that!"

In yoga, a lack of self-confidence simply means a lack of understanding one's self. We suffer from low self esteem only because we fail to recognize the power we really do have within ourselves. People who suffer from anxiety and fear usually suffer from a lack of self confidence or low self esteem.

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We often look outside for the answer, yet what we find causes us more anxiety and fear which block our ability to draw upon our inner strength and confidence.

It is this inability to realize how powerful we really are that results in fear and anxiety taking over our lives. If you have low self esteem, you don't believe you can conquer or accomplish anything. You don't believe what you do will ever be good enough and you certainly don't believe you can measure up to those around you.

Our level of self-esteem or self-confidence has a fundamental impact on almost everything we do.

Self-esteem is actually the value we place upon ourselves. Experts have identified three elements of self-esteem as worth, control and competence.

Worth simply means that we like and value ourselves and believe that we are important to others. Control means that we're not at the mercy of others, have the power to affect our own lives and can stand alone when necessary. Competence has to do with directly feeling that we're successful in social relationships, our careers and in physically performing tasks.

Ironically, until we tap into our inner strength of self-confidence, we project a weaknesses that inflicts itself on the people around us. By looking inward, tapping into this store of energy and confidence, you will find that you suddenly are able to

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draw positive people toward you instead of repelling them away as may have happened in the past.

When self-esteem is low, all areas of our lives suffer. In some cases, we'll even sabotage ourselves when we do perform well, chalking our success up to luck or chance. Self deprecation is a warning sign of low self-esteem, it is a learned response deeply rooted in your past. Napoleon Hill, author of *Laws of Success*, identified six basic fears that diminish self confidence. They are the fear of poverty, old age, criticism, the loss of love, illness and death. Yoga can help alleviate these fears. As your fears are removed or overcome, self-esteem increases.

A lack of self-confidence or low self esteem will result in increasing fear, anxiety and thereby stress. Our relationships and professional lives suffer and we spend our days hiding from the world and our potential.

Again, I ask you to be honest with yourself, nobody else has to know, but of all things, be honest with yourself right now.

How many missed opportunities can you attribute to not being comfortable enough or strong enough to grab hold of what you really want? How many times have you wanted to do something special, the idea was within in you screaming at the top of its lungs to get out, but your lack of self-confidence held you back?

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You cannot achieve greatness without having the self-confidence and self-esteem to live out your dreams and goals – it just won't happen.

Yoga is self realization. Once you've realized the power of self, all other obstacles are minimized, leaving you to live your life to the fullest potential, happy in relationships, secure and successful in your career and peaceful and content in your personal life.

Yoga utilizes self control through a series of postures and exercises, breathing, relaxation and meditation techniques that teach us how to be comfortable within our skin. When we are happy with ourselves, the opinions of others no longer matter. Consequently we are able to attain complete physical, emotional, mental and spiritual peace. Oddly enough, the opinions of those around us typically change to positive when they sense your inner confidence.

Self-esteem increases as we accomplish each new pose or technique in yoga. The “can not's” become the “I can's.” Yoga is non-competitive which means that you do not need to measure yourself against other practitioners. Your growth and accomplishments quite simply, belong only to you.

As yoga teaches us acceptance, we begin to be less critical of ourselves and consequently, less susceptible to the judgmental people who make us feel inadequate. Exercise builds physical fitness. As our bodies become fit and we look better, we also start to feel better about ourselves. When we feel better about

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ourselves, we walk a little straighter and stand a little taller, radiating self confidence instead of the lack of it.

If you're currently suffering from a lack of confidence or low self esteem, yoga is the key to living a life of strength, self realization and self-worth. With practice, you will feel the self-doubt and feelings of inadequacy melt away. Yoga will enrich your life physically, mentally and spiritually.

The poses in the standing asanas of yoga are designed to encourage strength. Inner and outer strength is the key to overcoming a lack of self confidence or low self esteem.



Virabhadrasana II (Warrior II)

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Start as in Parsvakonsana. Bend into the front knee while resisting with the outer back heel. Draw more with the left arm to keep the trunk directly over the hips and not tilting forward towards the front knee. Alternate sides.

Your Personal Journey Into Greatness!

Let me assure you, no matter where you are in your life right now, you can change your destiny.

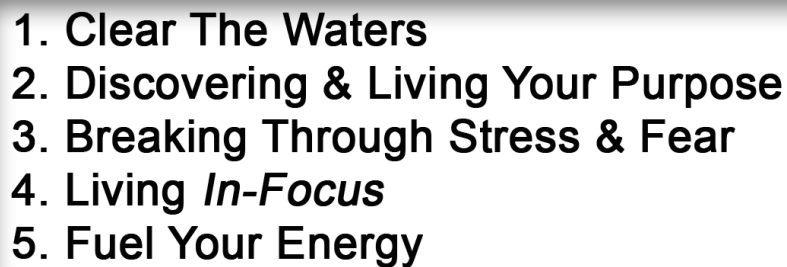
By stepping through the exercises, tips and processes outlined in this book you have every reason to believe that tomorrow can be so much better than today and yesterday.

By breaking free of current health ailments, understanding and then dealing with stress and fear in your life, finding an overriding purpose driven force in

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your life and knowing how to fuel your energy and passion you finally have the formula for making massive, lasting change in your life.

Remember these 5 power steps to Achieving Greatness...

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- 1. Clear The Waters**
 - 2. Discovering & Living Your Purpose**
 - 3. Breaking Through Stress & Fear**
 - 4. Living *In-Focus***
 - 5. Fuel Your Energy**

On the last page of this book you will find a larger version of these steps you can print out and place beside your bed, on your refrigerator, beside your computer at work or anywhere else that you spend time.

Yes, read them each morning when you wake up, but do more with them. Work on the exercises we recommend in each section of this book. Check back at Attracting Greatness often as we will update the forum with more exercises you can use to master each of these 5 Steps To Achieving Greatness.

And yes...we want you to tell us how you are doing, what questions remain and especially, your successes whether they be big or small.

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Post your successes on as a comment on [this blog post](#) – we are ready to hear our incredible journey

But most important, do this for you.

I wish for you all of the following:

- That your health and hope improve
- That your relationships become stronger
- That you become at peace with yourself
- That you go on to help other people like I have hopefully done
- That you touch all of those around you and make the world a better place

This formula will change your life for the better and have a lasting impact on your health, happiness, finances and relationships – we know that...but there is one thing we do not control...your effort.

The great thing about this simple 5-step formula is that if you can take action on getting started...just make that first step you will begin to see results that will help reinforce future action.

For those of you who suffer from lack of motivation, boredom, minimal focus or even bouts of depression – push ahead with step 1 – take a chance knowing

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that you will see improvements, you will see changes and reinforcements that will help you to see this entire program through.

Thank you for reading, we wish you all of the success, happiness and joy that is infinitely possible. Until our paths cross again, I'll just say, see you later.