

THE  
MASTERY  
*of*  
CHANGE



*Choosing Mental  
& Emotional  
Wellness*

SEAN O'DONOGHUE MORGAN



EMBRACING PEACE™

*...and awakening to your destiny.*

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## About The Book

This book and its accompanying 30 Day Wellness workbook seeks to answer the following questions...

- ❖ **Why do patterns of negativity persist in ourselves and in the world?**
- ❖ **What would it take to break free from the patterns of victimhood, illness, depression, and fear?**
- ❖ **What practices encourage neurological and biological evolution in ourselves, and how do they work?**
- ❖ **What steps can I take right now to start a process of massive transformation?**

**MasteryofChange.com**



Photo Credit: Michelle Grove

## The Author

Hi, I'm Sean Morgan. My mission in life is to give hope to people who are looking for it. In the past, I've worked with anxiety, panic disorder, depression, depersonalization, and extreme illness. I was hospitalized and medicated as a teen for panic disorder. The medication actually made things worse, and I found wellness through healthy lifestyle choices.

In my twenties, I suffered from chronic Lyme disease and depression. It put me on a journey to discover as many healing practices as possible for my body and mind. It was only through the destruction of a precious relationship with my fiancée that I was willing to take responsibility for my mental health. I realized that I am 100% responsible for my own circumstances through my thoughts, feelings, and actions. Now I'm happy to say that I'm healthy in body and mind. If I could have just one wish for people struggling, it would be to experience the same life-changing revelation regarding responsibility.

I always wanted to “make a difference”. I tried to become powerful by studying business. Then I realized that my vocation was to work directly in a caring profession. I became an Americorps volunteer and an inner city school teacher in the worst performing district in Pennsylvania. Then I worked for several years as a counselor for at-risk youth in an adventure therapy program. This job taught me so much about self esteem, goal-setting, and reaching people with disempowering beliefs.

My materials are particularly helpful for people who think too much. Direct teachings of mindfulness (focusing on the present moment) are great, but some

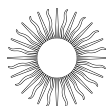
people require a methodical understanding of the process of letting go before they are willing to do it. For me, moving toward wellness using multiple healing practices was more effective than following a single path. We all have to follow our own intuition, intelligence, and interest to find what works for us. If the information I am releasing is helpful to you, I encourage you to challenge yourself in a gradual and self-loving way through the Darkness To Daylight 30 Day program. If you would like to correspond with me, I offer free half-hour phone and Skype sessions when I'm available. If you would like to receive weekly positive wisdom, you can sign up for my email newsletter.

Disclaimer: I am not a licensed therapist and any information I offer is from my own personal experience:)



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## Introduction

The path of negativity is a path toward death. You may be in the thick of darkness right now. I know how it can be, that's why I'm writing this message right now. I had a wrong-minded view of the world, and I suffered as a consequence. I was mostly functional, meaning I could still take care of my minimum responsibilities in the world, such as school and work. Yet, at times I would go into darkness to the point of suicidal thoughts, especially in the winters.

Sometimes I would spend over 10 hours a day on the computer. After I tried to find the answers to life by trying marijuana, I developed panic disorder and a dissociative disorder called depersonalization/derealization. I was hospitalized and medicated. The anxiety and depersonalization attacks were very traumatic for me. Earlier in my life, I couldn't imagine that it would have been possible to live in such terror. I didn't want the answers to life anymore...I just wanted to feel normal again. The medication caused more problems such as rage attacks. Later, my medication was taken off the market for minors because it was shown to cause suicidal thoughts. Luckily, I had enough of a sense of autonomy to take myself off of the medication, even before this was known.

Social anxiety and introversion have always affected me, making it difficult for me to connect with others or "put myself out there" in social situations. As a result, I went through college without a social life. I spent hours a day alone in my room singing songs with my guitar. Even though music was cathartic for me, I also romanticized the victim story of myself through the sadness of the music. I went through cycles. Times weren't always bad. I met an amazing woman, but we argued a lot. Then I became infected with a debilitating case of chronic Lyme disease, and it reinforced the victim role I had carved out for myself. Some days I couldn't walk, and I developed a more chronic form of depression.

I had always wanted my girlfriend to play the nurturing role for my victim story. She wanted me to help myself. I refused to take antibiotics because my research had confirmed that it made things worse for many people. Looking back, I was clinging to my illness as a way to keep my victim story relevant. Luckily, after a

year of hell I began to change, grow, learn, and take responsibility. I took antibiotics and was cured within weeks. Although antibiotics cured my Lyme disease, it seemed to make my depression a lot worse. How ironic that as I escaped physical pain, I started to feel terrorized by mental pain. Slowly, through healthy lifestyle choices, I fully recovered and started to feel normal again. Sometimes you don't realize how depressed you really are until you begin to feel like a normal balanced person.

Shortly after my Lyme disease recovery, my girlfriend and I got engaged and went on a long-term trip to Puerto Rico. We continued to have problems, and I continued to blame her because I felt unloved. My neediness became too much for her to bear, and she shut down her affections. I had created a monster, which made it easier for me to blame her more. The blame finally ended the engagement. The lack of independence, self sufficiency, and responsibility for my emotions ended a beautiful love story. After we broke up, I continued to blame her and play the victim for the following months. Being alone forced me to sink or swim. I chose to swim. I chose to better myself and challenge myself. I changed my diet and fitness routine, took dance lessons, and challenged myself to be social. I worked with the loneliness and neediness inside myself. I applied myself professionally and gained financial independence and power. The healthier I got, the more the victim story crumbled. Finally, I let go of the ignorant mental disease of blame and resentment.

Today, I'm happy to say that I feel even better than "normal". I feel joyful every day and I have the confidence to achieve things I never dreamed for myself before. I still have challenges in my life and I have experienced anxiety and depersonalization attacks pretty recently, but now I am ready for them. I know that I have the tools and the strength to meet them if they visit me. In fact, the more challenges I meet, the stronger I get. Being a master of change is not about being the best, it's about being courageous and smart enough to dance with life instead of against it.

I've been in the thick of darkness, and now that I've seen the light I want to share it with others. I've spent years discovering the most effective methods for self-transformation and empowerment. It didn't matter where it came from; if it worked I would use it. I learned from resources including many religions, traditional Chinese medicine (TCM), Ayurveda, Reiki, massage, yoga, inquiry, hypnosis, Western research, and many wonderful teachers. Using my intuition and intellect, I



created a lifestyle with habits that deliver. Only recently have I begun to understand why the practices work. I have connected the dots to the point where I can now explain them in a holistic model. I hope my model can give you a framework for understanding why every action you take makes such a huge difference. You are powerful, but you may have been using your power against yourself. You have the power of your consciousness, which is your attention and focus. Perhaps you have just been pointing it in the wrong direction.

At the end of *The Mastery Of Change* is a workbook, which will allow you to put the practices you learned about into action. I call it *The Darkness To Daylight 30 Day Challenge*. It is designed to take someone with low energy and low motivation to a place of achievement and happiness.

Thank you for reading my story. We all go through a sort of “hero’s journey”. The further into darkness we slip on that journey makes the light of day that much sweeter. May your journey through this book and through your healing be exciting and rewarding. As the Navajo blessing goes... May you walk in beauty:)



## In The Beginning

It might seem that we are born into a cold and dangerous world. Our first emotion may be terror from the traumatic change of going from womb to alien environment. At first we are defenseless and dependent creatures. Some children suffer and some die. But that is not what usually happens. We have mechanisms to deal with crisis. We are beings of resilience because there is a vast intelligence within us. We have genetic programming to nurture our own and others' offspring. Nature's intelligence strives toward life.

Our genetic programming gives us instincts. Some of them are useful for our particular environment and some of them are not. Luckily, we have been endowed with the capacity to adapt. We can consciously choose behaviors even if they run counter to our genetic programming. Modern science is now realizing that we are more adaptable than we first assumed. Neuroplasticity is now an accepted phenomenon, but to relegate adaptability to the brain would be shortsighted. We operate as whole beings.

We are easily influenced by our environment and programmed by our caregivers and community. Just like genetic programming, some of this programming is useful and some is not. The useful conditioning encourages wellbeing. Wellbeing is toward life, health, happiness, growth or homeostasis. Unhealthy conditioning is toward death, pain, suffering, and danger.

One exception is the pain (discomfort) of rapid change for the purpose of adaptation. This is where our conscious mind really comes in handy. Our bodies have a strong survival response to protect us. However, sometimes it is triggered when we aren't really in danger. One example is the common fear of public speaking. Our conscious mind can override our survival response in order to adapt to our environment in the way we see fit.

Changing ourselves takes resources from our being; therefore, there is a natural resistance to it. It can also trigger our survival response to a certain degree. As an example, tearing too much muscle in a short amount of time in weightlifting would be damaging. Pain is a sign that we need to change, but it also protects us from

potential danger. If we resist the perfect amount of challenging weight, we experience some pain (discomfort) but not to a dangerous level. We use resources such as energy to lift a weight, and we tear muscle to build it. In the end, a somewhat painful process allowed us to adapt and gain a layer of protection in times of crisis.

It was not easy to change. Something had to be destroyed in order for something new to emerge. Change is awkward. The pain and resistance we feel is the physical experience of rewiring our being. It may seem easier not to change when we meet a challenge, but if we don't change and grow, we will inevitably suffer.

Free will is our ability to consciously participate in the evolutionary process. To choose when, where, how, and how much to challenge ourselves to change for the better or for the worse. Some change happens automatically, such as body temperature regulation, but we also have the conscious choice to wear warm or cool clothing or build a shelter.

I propose that the world is a nurturing place that supports our survival and happiness. Most children are happy by nature and grow to an important point: The point of conscious evolution. This is the point when we begin to take responsibility. That's when the greatest opportunity arises if we have the grace to recognize it.

All of this seems obvious, but it is not. If we were all aware of our free will, we would choose not to suffer. Yet suffering can be one of the greatest gifts of life because it is through its unignorable alarm that we can be notified that we are not in the flow of nature. It's the way we can tell that we are not adapting toward wellbeing. You could also look at it as God's call to us that we have missed the mark (the literal translation of sin). It notifies us that we have taken a step toward death and away from life.

Let's say that you normally feel great after you eat pizza. If you get sick every time you eat at Tony's pizzeria, you would be crazy to continue the pattern. If you get sick with suffering every time you think negatively about your body, why would you continue to do so? Humans continue to consume the poison of disempowering beliefs and negative emotions even when they are easily seen in predictable patterns. This is all due to lack of awareness and habitual behavior.

This book's purpose is to bring hope that you can choose to be happy. There are many paths, but the basic message is to notice the patterns in your life that bring pain and notice the ones that bring joy. Choose to be kind to yourself and those

around you by embracing positivity. Changing from a victim to a responsible being takes focus and effort. It doesn't always feel comfortable, but it is the only path of sanity. Notice that virtually everything is in constant change. Any attempt to hold onto anything will stagnate the flow of life's energy through you. This stagnation of energy is what causes pain and suffering.



## The Emotional Body

Our understanding of emotions and unseen bioenergetic fields is very basic. In this book I create an imaginary model and use metaphors to demonstrate how I understand emotions in my personal experience. These models, much like the models of atoms first created by Niels Bohr and others, are not accurate. They are educated guesses to explain how the universe works. I do not ask that you believe these models just because I suggest them. I would encourage you to use the exercises and see for yourself if these models accurately predict how energy flows in your body and your life. New age people as well as scientists throw around the word energy quite a bit. According to science, everything is made of waves of energy, including matter. I use the term to describe any wave that cannot be seen.

Through a physical regimen that includes a diet of water, nutritious food, and moderate challenge to our bodies (exercise), we develop strong bones, tissue, fat, and muscle. These become our physical resources that we can use to live off of in times of crisis. It is a wonderful system for resilience. We also have an intelligence within our bodies that discards toxins, which are substances we ingest that do not serve our survival.

Another layer of our being is our “emotional body”. The result of how our system responds to the total of all input at any given point is our emotional state. Our being filters the energy in our field including food, sound, thought waves, and all other stimulus. The result of this filtration of energy is a physical response which ranges on a spectrum from positive and life-giving to negative and life-destroying, with neutral in the middle. We have many words to describe what it feels like when energy is flowing freely, elegantly, and efficiently through our bodies, feeding our

organs and body parts. They are the positive emotions. There is also a lexicon for the overall feeling we get when sluggish death-causing energy stagnates within our being. They are the negative emotions. Yes, negative emotions cause disease. In fact, according to Lett et al, depression could be a causal factor for heart disease (2004).

Clinical neuropsychologist Dr. Mario Martinez does fascinating research on cultural programming and emotional causes of disease. In one of his papers, he demonstrates that women in different cultures experience menopausal symptoms differently depending on the cultural beliefs about them. You can access his research at [Biocognitive.org](http://Biocognitive.org).

We know that we have to bring in fresh, clean nutrients and cleanse ourselves of toxins through elimination processes to be physically healthy. We know that we have to build our bodies through moderate challenge. Although we can try to blame genetics and others if we are fat, the truth is hard to deny. We do have free will regarding what we put into our bodies and how much we challenge our bodies through exercise. I encourage you to take a stance of responsibility for your emotional body as well, for it is indivisible from your physical body.

You must feed your body with positive emotions on a daily basis. See the reference section of this book for research linking positive emotions and physical health. You must eliminate toxic negative emotions when they come up as well. Every behavior in which you engage has an emotional result. Through awareness you will know which behaviors are emotionally healthy and which ones are not. Just like exercise, building a healthy emotional body takes effort and can be uncomfortable. When you make the conscious choice to change from a negative pattern to a positive one, the change itself is uncomfortable but has an undeniably wonderful result. This book has exercises that you can practice to build a healthy emotional body so that in times of crisis and intense challenge, you have the inner resources to adapt, survive, and thrive.

It's difficult to talk about the emotional body, the physical body, and the mind with its thoughts and beliefs because they are not separate. The scientific world tends to categorize and compartmentalize phenomenon that is actually connected. Even so, using words and concepts with which people are familiar will help me to illustrate a more integral understanding.

In the same way that we cannot survive without food, we need positive emotions to survive. Furthermore, we cannot survive with only negative emotions. That would be like eating a diet of poison and never eliminating it. The experience of negative emotions in our lives is inevitable, in the same way that the experience of toxins in our environment is inevitable for our physical bodies. Physical health is so straightforward; you just eat clean natural food and have regular elimination of toxins. But what about emotional fitness? How do we build our emotional body so that we can endure times of crisis and starvation of emotional nutrition?

Emotions are not the subject of as many scientific studies, so we have to work with limited understanding and create a mental model of how they work. It's hard to imagine a problem with being too happy, too kind, or too positive. But drug, sex, and food addiction come to mind as ways that people seek to feel positive emotions in an unhealthy way. This is where the conscious mind has to step in and recognize that the initial positive emotion is just masking a longer-term negative effect.

A negative emotion is one that you would prefer not to feel. How do we release them? When you realize that you are feeling a negative emotion, that's a good thing because you've taken the first step toward releasing it, which is realizing that it's there. Here comes the counterintuitive part: the trick to releasing it is to keep your consciousness on it and feel it moving inside you. Follow it with your mind. Feel the breath slowly encouraging its release. Breathe into the area of your body where you feel the contraction, and consciously relax there.

**Reflect:**

When do you feel positive emotions such as contentment, confidence, and joy?

What do they feel like in your body?

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Which emotions do you feel victimized by?

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When do you feel these emotions?

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What does it feel like in your body when you experience them?

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How do you deal with negative emotions?

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What positive strategies do you have to work with negative emotions?  
(ex: I count to ten when I experience a strong emotion instead of refueling it with my thoughts.)

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What are the strategies you use that make things worse?  
(ex: I yell at my son when I feel angry.)

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### **How Beliefs Relate To The Emotional Body**

Beliefs are pathways that allow energy to flow through our beings. It is a whole-body pattern, but I'll talk a lot about the brain in this book because there is more scientific evidence available for it. How the flow of energy feels to us is called an emotion. If you believe that being alive is something to be grateful for, then you will feel a positive flow of emotion upon waking because you will realize that you are alive. If you believe that you have to go to work to survive and you don't enjoy work, then you will feel the opposite way when you hear the alarm clock.

When I had depression, I had many beliefs that kept happiness at a distance or caused me pain. I remember when I first learned that we have the power to deconstruct our own beliefs. It was a major breakthrough for me. I started to watch my own thoughts and laugh at how unhelpful they were. Specifically, I remember

when I got up the energy to go for a run. Even though I rarely exercised and I was finally doing something helpful for myself, I had repetitive thought patterns about how I should be running faster and should be able to run longer. I was abusing myself with these thoughts. As soon as I realized what my belief was and deconstructed it, I could run in peace. If the word “should” is in your thought, it is a clue that your thought is resistant to reality, and is therefore causing pain.

Take responsibility for the belief. It may stem from genetic predisposition or environmental conditioning, but the choice is now yours to tear down the pathway and build a better one that takes you straight to the destination of happiness. Just releasing a negative emotion is like taking an aspirin for headaches. Headaches are often relieved from headache medicine, but headaches are never caused by lack of medicine. It is YOUR belief that caused you to feel the negative emotion. By all means, take a pill to take care of the symptom, but then cure the disease! Many headache medications contain vasodilators that allow blood energy to flow more. You will see this trend repeatedly. Constriction causes pain. Relaxation causes happiness. Of course life is a balance between the two, but most people are too tense!

A belief is a strong pattern through your entire being. In Hindu tradition, the term is samskara. A compartmentalized way of looking at it is a pathway through your brain. Every time you use a thought pattern, it becomes more engrained and your brain gets better at using the pathway. When other pathway options come up, your brain likes to choose the highway because it is an easier, more familiar and well-trodden path.

### **Reflect:**

Write down the top ten beliefs that bring up the most emotion for you (positive or negative). You can keep the positive and you can deconstruct the negative.

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My strongest limiting belief about myself is:

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My strongest positive belief about myself is:

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My strongest limiting belief about my body is:

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My strongest positive belief about my body is:

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My strongest limiting belief about relationships is:

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My strongest positive belief about relationships is:

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My strongest limiting belief about my mother is:

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My strongest positive belief about my mother is:

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My strongest limiting belief about my father is:

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My strongest positive belief about my father is:

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My strongest limiting belief about money is:

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My strongest positive belief about money is:

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My strongest limiting belief about my career is:

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My strongest positive belief about my career is:

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## Releasing An Emotion

Emotions can be very strong and seductive. You can feel out of control when you experience a potent emotion. An emotion can grip you at light speed and you may have little awareness of the successive steps that led to your thoughtless words and actions. With repeated emotional experiences in relationships, workplace

dynamics, and your daily life, you will have more awareness, and the experience will seem to slow down. You will have more free will to be conscious of your actions. That is when a pattern can be broken. I used to get very angry and yell at my girlfriend when we disagreed. I always felt very justified in expressing myself this way. I felt that I had a valid emotion to express. Recently, after lot of reflection on taking responsibility for my emotions, the energy of anger appeared in a disagreement with her. This time, I used breathing techniques instead of yelling at her. Also, my ability to use positive words in that moment helped douse the flames of our argument. A pattern that had been in place for years had been broken by taking responsibility for my emotions and responses.

### **Follow these steps during a negative emotional experience:**

1. Identify that the emotion does not feel good.
2. Take responsibility to do something about it.
3. Breathe into the area of your body where there is contraction.
4. Ask yourself if you are willing to let go of the emotion. (See Sedona Method™)

Emotions are very temporary. According to neuroanatomist Jill Bolte-Taylor, author of *My Stroke Of Insight*, the chemicals of an emotion are flushed from our system after 90 seconds (2008). However, we experience a cascade of additional negative emotions if we choose to continue to feed the stories in our minds that are causing them. Starve the negative emotion of fuel and it will die. If the inner dialogue continues, choose to watch it instead of identifying with it. Notice the petty tone of the internal voice and recognize that it is ego and not love. Continue to breathe into the area and ask the question “Am I Willing To Let This Go?” until the emotion subsides.

Laughing, crying, sighing, yelling (preferably not at someone), moaning, and singing also physically expel emotions like a reflex. There are formal practices using these techniques in the companion workbook. Releasing emotions starts with subtle work. Throughout the day, many kinds of experiences could cause you to hold your breath slightly and constrict. Just notice, relax into it and breathe. For the heavy

duty emotions, the physical reflexes can be used intuitively. Remember not to feed the stories in your mind, as you don't want to train yourself to be a releaser and not a solver.

## **Reflect:**

What stories do you tell yourself in your head that refuel negative emotions?  
(ex: I know better than he does what I should be doing with my life, how dare he tell me how to live my life.)

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What could you tell yourself to end the internal dialogue during an emotional cycle?  
(ex: I am responsible for my own emotions. Blaming others won't help me.)

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## **Deconstructing Beliefs And Creating New Ones**

If you have a disempowering belief, it will keep causing negative emotions for the rest of your life until it is cleared. You could consider it a disease or a virus. It is like a weed in the garden of your mind.

Example: If you notice that you experience a negative emotion when you see a luxury car, try to find the root belief that causes the emotion. At first you might think you have a belief that:

“Rich people are evil”...but that could be a secondary belief.

The primary belief behind it could be... “There aren't enough resources in the world for everyone to be taken care of.”

Or the belief that... “The world/society or human nature is not the way it should be.”

You can root out the secondary beliefs to destroy the medium-sized roadways. If you change the big beliefs, you will destroy the highway of negativity and leave a yellow brick road in its wake. Your new belief might be that every person deserves to have their dreams fulfilled. This new path could make you feel wonderful when you see a luxury car. Your new belief will allow you to feel joy for others' achievements. The same situation that caused a negative emotion in one instance can cause a positive one once the belief is rooted out. Therefore, the circumstance is not the problem... the problem is actually your interpretation of it. Beliefs are not permanently gone when you deconstruct them. Your new belief must be practiced, and that pathway must become a highway bigger than the old one.



## Using Inquiry To UnRoot A Belief

An Interpretation of the Mechanics of Byron Katie's Inquiry Method

This technique, when applied, can drastically eliminate suffering from your life. Before I discovered it, I had no idea that my thoughts were so filled with resistance to reality. Even so-called "positive beliefs" about how "people should be kind" or "no one should go hungry" were causing the opposite of their intentions. At first it seemed that I had an unlimited supply of beliefs to deconstruct. Indeed, I've spent years at this practice and I have not run out, but I sure don't suffer as much anymore. This technique can be used in the middle of the moment of suffering with great success. The process is both relieving and humbling, and I am honored to share it with you.

1. Identify that you have a negative emotion by noticing the feeling of stress in your body.
2. Entertain the idea that your perceptions are causing it, and you have a choice to do

something about it.

3. Be willing to explore the choice to let go of your beliefs in order to avoid repeating negative emotions.
4. Identify the belief that causes the negative emotion by listening non-judgmentally to the story of your inner voice.
5. Identify any other primary beliefs which are causing the secondary belief (this is a broad, overarching system of beliefs or a mentality that causes all related thoughts and beliefs.)
6. Determine what the exact opposite of your belief is. If your belief causes negativity, its opposite will cause positivity. Now you know the belief that will work better for you to be a happy and positive person. You'll find that the belief is always more loving, empathetic, allowing, empowering, and mature. The negative belief is always more petty, self-serving, unallowing, resistant, fearful, and unloving.
7. If you're willing, your mind will start to realize all the ways that the new belief is true.
8. Think of specific ways that the new belief has always been true for you in your life.

## **Reflect:**

What does this stressful emotion feel like in your body? (ex: Nausea in my stomach.)

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Could your perceptions be causing this emotion?

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Do you have a choice to do something about this situation?

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Write down the story that the voice tells in your mind while you feel this emotion.

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What is the main belief that the story is based on?

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What is the exact opposite of the negative emotion-causing belief?

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List three specific ways the opposite of the negative belief is true in your life.

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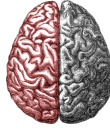
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Once your mind starts to explore a new way of interpreting reality in a way that makes sense to itself through these references, a new pathway is being engrained: one that causes positivity.

- ❖ Are you willing to take responsibility for your emotions?
- ❖ Can you recognize that you are poisoning your own being with negative emotion-causing beliefs?
- ❖ Can you recognize that you are affecting the world and everyone around you in a negative way for the rest of your life if you hold onto this belief?
- ❖ Do you have the humility to let go of your most engrained patterns?
- ❖ Are you willing to practice the new belief and recognize when the old one rears its head again?

People identify with their beliefs and are afraid of loss or ego death when they start to let go of them. Hang in there. You are not going to die. This process is about proving to your rational yet fearful mind that negative beliefs will not serve its survival. For more information about Bryon Katie and inquiry go to [TheWork.com](http://TheWork.com).



## Memories

Traumatic experiences can (but don't have to) cause us to interpret things in a disempowering way. When we experience trauma, a negative emotion is trapped in our bodies if we don't release it. It doesn't matter what you call them-- blockages, negative beliefs, trapped energy, wounds, traumatic memories-- most people have plenty of them. Almost every negative emotion triggers these latent problems that lie within our system. The negative emotion is resonating with the related negative emotion trapped in your body, just like a tuning fork makes a sound when a similar tone is played. This also happens when people in your environment emit the same frequency of emotion... it can resonate with yours. People who are expressing anger trigger the anger in your emotional body. The anger triggered can be traced to conditioning or a memory. If you were spanked when you cried as a toddler and you interpreted the experience with a belief such as "It's not safe to voice myself," you could experience a negative emotion every time you raise a concern aloud in front of others.

If you are willing to go back to a very traumatic memory and direct the power of your consciousness to it, it can be healed. Eye movement therapists have their patients relax and go back to the traumatic memory and use the eye/brain connection to force consciousness to focus on the memory. Talk therapy or hypnotherapy regression therapy work by the same principles without using the eye-brain connection. The painful memory was created through a negative belief system. According to EMDR (Eye Movement Desensitization and Reprocessing) practitioners, sometimes trauma causes us to shut down as a protective mechanism. We become unable to "process" the experience fully, so it replays every time a triggering belief, thought, situation, or emotion is experienced. Just by going back and allowing the brain to process the experience more, it can be healed. The talk therapy aspect helps you to use your new perspective to reinterpret the past experience. You're in the future now (from the perspective of your past self with its limiting beliefs.) You have more understanding about yourself, others, and how the world works. You can now go back and process the experience with a more



empowering perspective. Psychologists call this reappraisal. Your mind is creating new pathway options that are better than the one that caused stagnant energy flow. This is a great source of hope for people with a traumatic past. You can change your past by changing the way you interpret it.

When any situation in life brings up a negative emotion, the Hawaiian tradition of Ho’oponopono uses the mantra, “I love you, thank you, I’m sorry, please forgive me” as an empathetic, loving, empowering and mature perspective. By approaching a negative emotion with a nonresistant, loving, and positive thought/emotion, it is said to heal the memories from this life or a past one for everyone involved. See Vitale and Len’s book *Zero Limits* for an in-depth explanation of the tradition.

## **Real Life Practice:**

(If your memories are especially traumatic, I recommend doing this worksheet with a licensed therapist.)

Write down a memory that continues to cause stress in your life:

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Write down any way you may have benefited or learned from the experience (Ex: Because of that challenging experience I learned important information about people I work with. I have become stronger and more knowledgeable when a similar situation appears in my life.)

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Watch the memory like a movie in your mind. This time imagine that all the people in the memory including yourself are children. At any point in the movie you may pause it and advise your child self. What will you tell yourself?

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## **Using Ancient Practices To Clear Negative Patterns**

Meditation allows the mind to play out its many stories and memories. By watching the stories instead of identifying with them, the mind is able to process them. The attitude of non-resistance allows emotions to be released. Focuses of meditation such as compassion and impermanence seem to naturally encourage a more positive flow of energy. Over prolonged practice, memories and disempowering beliefs are confronted. It is not understood scientifically why meditation is able to uncover and heal these aspects of ourselves. However, any long-term meditator will tell you that the practice seems to naturally detect the most deeply rooted memories and negative beliefs and encourages their healing.

Yoga and any form of exercise force the movement of energy through our systems. Since emotions are the feelings we get when our beings filter energy, these practices cause emotions to be stirred up. When we use non-identification with thoughts and mental nonresistance in yoga, we allow the negative emotions to release. In yoga, practices such as breath retention and bandhas (locks) are used. In the practice of a bandha, the energy flow to a particular area of the body is blocked.

When the bandha is released, this causes the energy to flood through the body with increased pressure. Stagnant energy that has been trapped in the body is released, and the positive flow of energy causes peace and positivity. It may be that part of the reason electroconvulsive therapy can be effective to treat depression is that it uses the same principles to force energy through the channels of the brain and body. According to Javnbakht et al, yoga has been successfully implemented as a complementary therapy for anxiety (2009).

Practice makes perfect. Every time we practice non-resistance, we are strengthening the neural network/mental pathway for allowing. The more we do it, the better we get at it, and the more naturally we release emotions when they come up.

## Real Life Practice:

Lay down in child's pose (balasana).



Breathing normally with your eyes closed and your forehead to the floor, allow any and all thoughts and emotions to play out. Do not effort in any way. Enjoy this soothing pose for as long as it is comfortable. If it is not comfortable from the beginning, feel free to do the exercise lying on your back with arms outstretched.

What stories and emotions came up during the exercise?

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## Healing Through Massage

Just like the mental knots that we untie by focusing our consciousness on them, the same principle is at work in therapeutic touch and massage. Our body reacts negatively when we contract and hold onto negative emotions. Knots are created in muscles and connective tissue. As a result, a cascade of negative holding patterns and misalignments occur. One misalignment causes others as the physical body tries to readjust with a new structure. The body can experience a lot of pain and disease as a result.

A skilled masseuse finds a knot and forces you to focus your consciousness on it by touching it firmly. The sensation can't be ignored. By focusing on the specific problem area, the brain solves the problem. The knotted muscle resets and becomes relaxed. Notice how the healing of a traumatic memory works by the same principle of focusing on a problem. If we allow our inherent intelligence to solve our problems without getting caught in a dramatic emotional cycle, we can focus on a problem without fear.

Although getting a massage seems like a passive experience, clients must use nonresistance, communication, and breathing to encourage positive results. A great result of massage is that you will have better posture and alignment of your spine. Nerves will be able to communicate better. Energy can flow more freely when it is unimpeded. That's called a positive emotion! It's energy in motion! A massage can temporarily change a lot of physical and mental patterns. This pattern interruption can be very helpful. You'll find yourself being nonresistant, calm, and happy. You'll be more sensitive to disturbances in your energetic body because it is functioning in such a healthy way. A physical change has a mental result. By repairing a physical ailment, a corresponding inefficiency in the mind is also treated. According to researcher Y.M. Lee, massage has been used to successfully treat depression (2006).

Just like any practice, massage is not a complete cure. If you feel happy and peaceful after a massage, that's great. But it takes diligence to sustain that state. You must be vigilant in all aspects of your physical and emotional health.

## Real life practice:

Before you get a massage, write down how you feel mentally, emotionally, and physically.

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After getting the massage, how do you feel mentally, emotionally, and physically?

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## Reiki and Therapeutic Touch

Reiki, massage, and other forms of therapeutic touch have both scientific and unexplained powers of healing. One theory is that the practitioner's healthy electromagnetic energy current is influencing and stimulating a healthy flow in the client's field. The client's field becomes entrained with the practitioner's healthy field. The client's field "tones" with the stronger tone of the practitioner's. If every thought and emotion has a frequency, then the positive intention of love, healing, and allowing permeates the field of the client. Nonresistance and gratitude frequency from the client may further increase the healing. According to Vitale and O'Connor, Reiki has been used to successfully treat pain and depression in post-operation patients (2006). Other modalities such as EFT (emotional freedom techniques/tapping), acupuncture, and acupressure stimulate flow in the client's field by focusing on particular convergence points of energy known as meridian/acupoints in traditional Chinese medicine or marma points in Ayurveda.

## Real Life Practice:

Lying on a flat surface, relaxed with eyes closed and breathing normally, lay your hands on your face, chest, stomach, and hips for two minutes each.

What physical sensations did you feel during your therapeutic self-touch exercise?

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What thoughts came up during the exercise?

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How do you feel differently mentally, emotionally, and physically after the exercise compared with before?

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## **The Relaxation Response And Genetic Expression**

According to author and Energy Therapy Practitioner Dorothea Hover-Kramer, “Systemic changes in the organism produced by relaxation and meditation methods have been documented for more than thirty years. These effects include release of muscle tension, increased oxygenation to tissues, and empowerment of the immune system. The exact mechanism for these broad changes at the cellular level was not understood until a recent study showed that a large number of genes express when a subject is centered and relaxed. The corresponding opening of the protein sheaths permits genetic material to initiate wide-ranging changes such as activation of the body's immune response teams, effective coping with inflammation, regulation of cellular life spans, and absorption of free radicals. The new research provides the first compelling evidence regarding what actually

happens inside our cells when we engage in focused breathing, meditation, centering, prayer, or positive self-statements” (2011).

It is my understanding that the relaxation response in particular encourages evolution by loosening the protein sheath around our DNA. So the best way to change things about ourselves which were thought to be genetically determined is to engage in relaxing practices. My Qi Gong teacher Amalia Shaltiel explained that energy travels through relaxed channels more effectively than through constricted ones. It is like increasing conductivity by having thicker wires. Practices that involve relaxation include hypnosis, mindfulness, yoga, prayer, therapeutic touch, Qi Gong, and so many more.

### **Real Life Practice:**

Lie down on a flat surface with your eyes closed, breathing normally. Intentionally tense every muscle in your body for as long as you can, and then completely let go. Scan your body for tension from your head to your toes, relaxing every body part along the way. Lie down in complete relaxation for a minimum of 5 minutes.

What emotions, thoughts, and physical sensations occurred during this exercise?

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How do you feel differently mentally, emotionally, and physically than you did before the exercise?

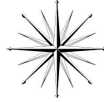
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## Easy Ways To Empower Yourself When You Have Low Energy and Motivation

If you are in a debilitating place physically, mentally, or emotionally, you may have a hard time mustering enough energy to better yourself. You may be unable to commit to practices or exercises such as yoga or meditation. I suggest that you start with small caring steps for yourself. Every little action has a domino effect. If you have very low energy, it's okay to start by being a passive recipient of positivity.

- ❖ Consume positive, happy, energizing music, movies, and media. For me, oldies music and stand-up comedy are effective medications.
- ❖ Move your body to the greatest extent that you can. It may just be a walk around the block at first. Dance to music. Play with your dog.
- ❖ Get some healing sunlight and fresh air, preferably in nature.
- ❖ Gently or vigorously massage your whole body. Or just lay your hands on your heart or wrap them around yourself. Care for yourself. Love yourself.
- ❖ Consume healthy liquids and foods. All of this is designed to move energy through your body. Illness is caused by stagnant energy. Even slight dehydration has been shown to cause depressed mood, especially in females (Armstrong et al, 2012).
- ❖ Internally or aloud, repeat the most positive truth that you believe, and crowd out negative thought patterns with your mantra. Some examples are “I am grateful to be alive” and “This too shall pass.” Your mind can only concentrate on one thing at a time...make that one thing positive.



- ❖ Get a massage from a family member, friend, or professional. Getting a massage does not take a lot of motivation. You just lay there! Yet it can have a profound effect. It can make a very depressed person feel normal again (temporarily) in as little as one session.
- ❖ Low blood sugar can cause mood swings. If you suspect that you may be experiencing a low mood due to hunger, eat 15 grams of healthy carbs. My go-to recipe is a piece of toasted sprouted bread with fresh fruit, raw butter or cheese, and cinnamon (raw honey optional).



Every frequency that you bring into your being becomes part of your energetic body for a period of time. Tiny stimuli that you may think are insignificant are the building blocks of your being. Every thought, emotion, sound, image, and the way you interpret it has an effect. Think of a healthy energy field as a tornado with smooth and geometrically perfect arcs. In the same way that a tornado needs more wind, movement, and debris to stay alive, your energy field needs to interact with the outside world in a way that maximizes flow and can integrate outside phenomenon.

An unhealthy mind/body system has stagnant, slow, inefficiently-shaped currents. It has less energy in its field. Your energy field is a body. It acts as an immune system. A healthy field will only allow energy that resonates with itself; it is a strong tone that overcomes weaker tones/frequencies and forces them to entrain with itself. An unhealthy field is easily influenced. Just like a physical immune system only allows in natural substances and eliminates toxins, the energetic field works the same way. What does this look like in the world and in relationships?

Example: Two healthy people having a nice conversation would look like two well-flowing fields that flow through each other and energize each other. It is like the

example of two people with normal body temperature... when they touch each other, they each exchange equal amounts of heat.

Let's say one person has an unhealthy field and another person has a healthy field. One example could be a sick patient and a nurse. The nurse loses energy when she expends her energy on healing practices, but she has the means to replenish herself much more easily than the sick patient. Imagine one person is very cold and the other person has normal body temperature. When they touch, one person loses heat and the other one gains it.

Two people with unhealthy fields is a very tragic scenario. Two people who are very cold and cannot bring up their own core temperature think the other person can help them. They cling to the other person, but it's the very clinging that prevents them from taking responsibility and adding layers to themselves.

**Reflect:**

List the relationships in your life (now or in the past) that make you feel stronger:

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What specific benefits do these relationships bring to your health, self-confidence, or happiness?

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List relationships in your life (now or in the past) that make you feel weaker:

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What specific toll do these relationships take on your health, self-confidence, or happiness?

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## The Friendly Universe

I would define hell as suffering that only gets worse. I would define a heavenly existence as ever-increasing happiness. This book is about how life is protected from increased suffering through defense mechanisms. It's also about how ever-increasing health and happiness can start once you accept responsibility. The world is always much more likely to support survival than death. If you don't believe that at face value, then recognize that we tend to find what we expect. Those with the confirmation bias that they have the resources to survive and thrive usually do. Notice all of the references around you right now that show how hard it would be to starve. It's the fear of insecurity that debilitates us, yet it is usually so irrational. If you are ever experiencing panic or anxiety, I encourage you to look around and take inventory. Are you safe? Do you have access to food? Is there anyone in the world who cares about your wellbeing? Do you have a place to shelter you from the elements? We can become entitled to possessing specific circumstances. Gratitude can bring us back to the truth that things are good and could be much worse.

Sometimes the beauty and bounty stands in stark contrast to our inner state. While writing this book, I experienced extreme panic for no apparent reason. I was laying in a comfortable bed after a full meal with a cuddly beagle about to get a safe night's sleep in a house with a loving family. Yet everything felt bleak and horrible to me. I felt physically ill with anxiety. I started with one positive thing in my environment to focus on... my dog. I was feeling horror, but there was a puppy on my lap. It's important not to contract too much during anxiety. It's important to be with it, and encourage its release through relaxation and breathing. Negative thought patterns can be very easy to follow, so I just kept focusing on the positive nature of the dog, the comfort, and in a few minutes the feeling passed. Sometimes we can get seduced by anxiety. We focus on it too much and it increases. Focus on the positive and that will increase.

**Reflect:**

List the things in your current environment that make you feel safe and happy.

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## Making Decisions From The Heart

We all have desires, some small and some large. The trick is figuring out which ones will have positive consequences and which will have negative ones. The desires in our hearts related to relationship, career, etc. are clues that our being wants to grow in that direction. You could call it a hunger for a specific energy nutrient. If we follow lots of tiny desires, it can divide our attention and our energy. If we want to manifest big things, commitment is needed.

Sometimes you will be spontaneous. Generally, the older you get, the more you want to build something lasting. Life is not a formula. You cannot decide what career you will have by the highest paying job or the job with the highest average satisfaction. You have to follow a mysterious yearning within you. Your mind may scoff at its lack of realism. How dare you want to be an astronaut! There are too many challenges! But the heart knows what it wants and you can't ignore it forever. When you get a strong intuition, make a promise to yourself that you think you can keep. When doubts arise afterward, brush them off because it is only the fearful voice of resistance.

Perhaps a strong intuition or "knowing" came to you during a dream or when you were very still. Either way, it came to you because your unconscious mind

figured out what would be most fulfilling to you and handed it to you on the silver platter of intuition.

Follow the commitment through challenges and doubts, and rewards will come. Break the vow, and you will have to earn back your own trust. Your mind will no longer believe you when you make promises to yourself, so future commitments will be less likely to stick. Make a habit of sticking to commitments large and small. Only promise if you are heart-invested, and be willing to effort with no reward for a time. Your reward will come eventually.

### **Reflect:**

In which areas of your life have you been less likely to make commitments?

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What have you gained by not making a commitment?

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What have you lost by not making a commitment?

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### **Make a commitment in each of the domains of your life:**

In regards to my physical health, I make a commitment to...

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In regards to my relationships, I make a commitment to...

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In regards to my career, I make a commitment to...

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In regards to money, I make a commitment to...

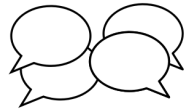
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In regards to my personal passion, I make a commitment to...

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## **Direct Conversation With The Unconscious Mind**

I was able to cure myself of traumatic nightmares that had plagued me for years through one simple technique. I call it conversing with the unconscious mind, but others would call it prayer. I can't claim to understand what the unconscious mind is or how it works. I only know that our conscious mind is only taking in a small percentage of information compared to the unconscious mind. According to Dr. Bruce Lipton, author of *The Biology Of Belief*, the unconscious mind processes 500,000 times more than the conscious mind.

The interesting thing is that you can give your unconscious mind instructions, and it will follow them. You don't have to know how it works to know that it does work. To test this, tell yourself to wake up at an exact time without an alarm clock. I've been able to consistently and without error wake up at exact times such as 7:04am or 6:30am by giving myself these instructions. I was tired of having traumatic nightmares every night, so I merely asked my unconscious mind if it wasn't too much to ask to give me pleasant dreams. The humility aspect may have an effect, as prayer practitioners can attest. If you are a religious person, feel free to address God instead of your mind. Although it seems too good to be true, I have not had a nightmare since. Experiment and find out how many benefits you can get for yourself and the world through a conversation with the mysterious intelligence at work within yourself.

### **Real life practice:**

I direct my unconscious mind to:

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I make a humble request to the creator to:

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## **How The Mind, Body, and Emotions Affect Each Other**

Negative and Positive Feedback Loops

Follow The Paths Of Causation

### **Healthy Body → Healthy Mind**

If your body and brain are nourished, and blood and life force are flowing as they should, your mind will be at ease and happy.

### **Healthy Mind → Healthy Body**

If your thoughts are positive, your body will be relaxed and release pleasure hormones. You will have a better stress response and your body will have better immunity.

### **Healthy Emotions → Healthy Body**

If you allow the energy of emotion to flow with ease through your body, and you smile and laugh, you will experience a range of positive physical effects.

### **Healthy Body → Healthy Emotions**

If your body and brain are nourished, and blood and life force are flowing as they should, you will experience a feeling of positivity called an emotion.

### **Healthy Emotions → Healthy Mind**

If the energy of emotion is flowing freely through your being, your mind will be calm and positive. There will be no reason for fear or survival responses.

### **Healthy Mind → Healthy Emotions**

If your mind is not worried about surviving, you will be relaxed and calm. You will experience a flow of energy in your body known as a positive emotion.

### **Healthy Emotions → More Healthy Emotions**

If you are feeling positive, you are more likely to be receptive to even more positive thoughts and emotions.



### **Unhealthy Body → Unhealthy Mind**

If your body is experiencing a lack of nutrients, sunlight, oxygen, exercise, hydration, or human touch, your mind will go into survival mode and start searching frantically for solutions in fear.

### **Unhealthy Body → Unhealthy Emotions**

If your body is experiencing a lack of nutrients or primal needs, you will feel constricted and tense. Energy will stagnate and you will experience negative emotions.

### **Unhealthy Mind → Unhealthy Emotions**



If your mind is in survival mode, searching frantically for solutions in fear, you will feel constricted and tense. Energy will stagnate and you will experience negative emotions.

### **Unhealthy Mind → Unhealthy Body**

If your mind is in a fearful survival mode, your body will constrict. Stress hormones will be released. Your immunity will be compromised.

### **Unhealthy Emotions → Unhealthy Mind**

If you are tense and constricted, with energy stagnating within you, you will be more likely to have survival/fear based thoughts.

### **Unhealthy Emotions → Unhealthy Body**

If you are experiencing negative stagnant emotional energy and tension, your body will react with stress hormones and your immunity will be compromised. Vital life force will not be able to nourish your physical body.

### **Unhealthy Emotions → More Unhealthy Emotions**

If you are experiencing negative emotions, it is much easier to follow fear-based thought threads that lead to more negative emotions.

So as you can see, just one positive step in any direction has a domino effect causing more positivity for the rest of your life. One step in a negative direction has a domino effect until corrected with one of the personal change practices. Doing anything positive right now will help you forever. By the same token, if you think even one disempowering thought, it will set off a chain of events that will cause negativity in your life and beyond into the outside world. Taking responsibility now can help you heal the hurt that you've already caused yourself and the world. Taking responsibility now can help you set off a chain of positivity. This is your legacy.

### **Reflect:**

In what ways have negative emotions affected your body and mind?

(ex: Anger gives me headaches and causes resentful thought patterns.)

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In what ways have physical ailments affected your mind and emotions?  
(ex: My sore back makes me irritable and causes less understanding thoughts of impatience.)

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In what ways have your negative thinking patterns affected your emotional life and physical health? (ex: Every time I think about how much I hate work I feel depressed and tired.)

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List 5 things you can do today to improve your physical health. (Do at least one right now)

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List 5 things you can do today to cause yourself to feel positive emotions. (Do one now)

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List 5 positive thoughts you would like to practice. (Practice one right now by speaking aloud.)

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For to the one who has, more will be given, and he will have an abundance, but from the one who has not, even what he has will be taken away.

Matthew 13:12



### **Follow the path of causation:**

Responsibility → Action with Awareness → Confidence → Success → Generosity

When you take responsibility, you start to see the result of your positive actions and you develop confidence, which causes you to take more action, which gives you even better results, which builds your confidence even more. The result is success as I define it below. When you have an abundance of resources, you are much more likely to give to the world. Generosity is a result of responsibility. In the past, I was looking for my girlfriend to make me feel better about myself. I was being a taker, not a giver. When I realized that my own actions created my life, I started to take positive steps toward well-being. With every positive result of my actions, I gained confidence and took bigger actions. Once I was healthy enough to become self sufficient, I was able to be in relationship from a place of generosity.

Let's use exercise as an example. When you realize that it is through your behavior that you can get into shape, you're much more likely to go to the gym. When you go to the gym, you notice the benefits of your practice and you feel more confident. This confidence makes you more likely to keep up your gym routine. The increased motivation leads to great physical success. With your great success at the gym, you are more able to help others than if you had never started working out at all. This principle applies for financial and career success, physical well-being, relationship success, and virtually all types of accomplishment.

## My Definitions

- ❖ **Responsibility**-- The point of conscious evolution or realization that you create your circumstances through your thoughts and actions.
- ❖ **Confidence**-- The resulting attitude of self efficacy or the knowledge that you can achieve.
- ❖ **Success**-- Possessing health and happiness, manifesting desires, and overcoming challenges.
- ❖ **Supersuccess**-- Success that is only possible on the foundation of previous accomplishments.
- ❖ **Generosity**-- Service to others, society, and the world.

### Reflect:

Whom or what do you blame for any lack of accomplishment of physical goals?  
(ex: I can't get into shape because I'm too busy.)

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Whom or what do you blame for any lack of success with healthy relationships?  
(ex: I would have a healthy relationship with my boyfriend if he would pay more attention to me.)

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Whom or what do you blame for any lack of achievement with your career and money? (ex: My sales will never improve because of the economy.)

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Whom or what do you blame for any lack of achievement with your personal passions? (ex: The entertainment industry is too competitive for me to be a paid singer.)

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What benefits do you enjoy from blaming outside forces and people for your circumstances?

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List ways you could take responsibility for your own experience in each of the above domains.

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## The Inner Resource Bank Account Model

The process of wealth is building assets and subtracting liabilities. Negative emotions, beliefs, relationships, and toxins are liabilities that eat away at our resources. Positive beliefs, emotions, stimuli, thoughts, relationships, and foods are assets that increase our resources.

I would like you to think about every positive action that you take as a deposit in your inner resource bank account, and a building block to your being. If you consistently take positive actions, you will have savings that you can tap into during times of crisis. With this in mind, you don't have to worry. You will know that you have the resources to survive and thrive. You are literally adding a layer to your being... an energetic layer of protection or an immune system. When it is strong, even the harshest weather of your life cannot harm you. Even the most toxic substances are cleansed away.

Negative actions are debts that must be paid eventually. Every time you bring in a positive frequency, you are paying down the debt. Every time you release a negative belief or emotion, the debt is forgiven.

## Reflect:

List at least ten healthy things you can do to make a deposit in your inner resource bank account (and then do as many as you can right now).

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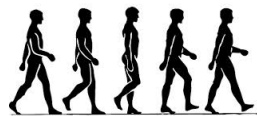
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## Introversion and Social Anxiety

Science has tried to understand the varied personalities of humans by categorizing them into two basic groups: introverts and extraverts. This model was first popularized by Carl Jung. He proposed that introverts focus inward and extraverts focused more on the outside world. Using this model, scientists have positively correlated extraversion with happiness. According to a study of twins by Tellegan et al, the influence of genetics on personality type is 39% to 58%. In terms of the environmental component, the shared family environment appears to be far less important than individual environmental factors that are not shared between siblings (1988). Even if introversion or extraversion are determined by genetics by as much as half, we have the ability through conscious evolution to counterbalance our dominant personality trait. Even our gene expression can be changed during our lives through conscious evolution, as you have read in an earlier chapter.

According to a study by Depue and Collins, extraversion has been linked to higher sensitivity of the mesolimbic dopamine system to potentially rewarding stimuli (1999). This in part explains the high levels of positive affect found in extraverts. According to Johnson et al, introverts have more blood flow in the

frontal lobes of their brains and the anterior thalamus, which are areas dealing with internal processing such as planning and problem-solving. Extraverts have more blood flow in the anterior cingulate gyrus, temporal lobes, and posterior thalamus, which are involved in sensory and emotional experience (1999). It seems that Mother Nature has designed two different types of brains to adapt to the world, in much the same way that the female and male brain differ. Both have their advantages and disadvantages. The primary concern of this book is to encourage introverts to train themselves to experience the benefits that those dopamine-happy extraverts are enjoying through their social behavior (without giving up their natural strengths).

I was born an introvert. Although my parents put me in sports and acting classes, I was always more predisposed to read books than to socialize. Getting myself to socialize is still a challenge for me at times. Nevertheless, over the years I have learned how to continually challenge myself so that I thrive in social situations. Just because you have chosen a path of comfort for most of your life does not mean that you can't develop social skills now. It's never too late. For every uncomfortable social situation with which you challenge yourself, your body/brain is rewiring itself to be able to handle and thrive in such situations.

It is my experience that antisocial behavior is generally maladaptive for wellbeing. Many introverts cling to their antisocial tendencies, with which they have come to identify. They may feel comfortable by not challenging themselves to socialize, but they miss out on a lot and may not feel fulfilled. If you are wondering why you don't have the relationships you want in your life and you rarely socialize, it's time to make the connection. See the companion workbook for gradually-increasing social challenges to develop these skills.

Some introverts can be sensitive to their outside environment and to their inner mental and emotional environment. These introverts pick up on a layer of stimuli that may not be on the radar of an extraverted person. As an example, during a party, a stereotypical extravert would be aware that they like the music, that they feel happy, and that there is an attractive person in the right corner of the room. An introvert may hear every instrument in the song, along with every person's voice in the room. They may pick up on how each person is feeling and how each one of them might perceive himself. Then he is also aware of his own internal thoughts and

emotional movements in his body. All of this stimuli can be overwhelming to the point that it is much easier to go outside, to a quiet room, or just go home.

These special powers of perception make it hard to enjoy a party, but great for exploring, changing, and releasing negative mental and emotional patterns.

Undeveloped introverts need to gain confidence in themselves to be able to express themselves freely. They take in a lot of information, synthesize it, and then express it carefully. Undeveloped extraverts take in less information and express it without as much consideration. Extraverts and introverts both have adaptations that are useful and unuseful. The most effective people will be willing to develop skills that they don't currently have. The best leaders should be able to listen, take in lots of information, synthesize it, and express it freely.

## **Attributes of Extremes on the Introversion and Extraversion Spectrum:**

### **Introverts:**

Passive

Quiet

### **Extraverts:**

Active

Loud

### **Introvert Strengths:**

Strong listening skills

Able to take in lots of information and synthesize it

Intelligent

Emotionally aware

Empathetic

Conscientious

Expresses self well through written words



## Weakness Tendencies of Introverts

Antisocial  
Low self-esteem  
Depression  
Low energy

## Extravert Strengths

Happy  
Confident  
Social  
Good leader  
Freedom of verbal expression

## Extravert Weakness Tendencies

Weak listening skills  
Low emotional awareness  
Less information with which to work

### Reflect:

In what ways are you introverted?

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In what ways are you extraverted?

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What do you gain from your introverted behavior?

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What do you lose out on due to your introverted behavior?

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## Change Your Physiology

If you're not satisfied with the way you feel, change your physiology. There is a great emphasis on physical movement in the workbook companion to this book. If you want to be excited, move your body in an excited way. If you want to be happy, you should smile and laugh. This works because your subconscious doesn't know the difference between what's happening and what you "believe" is happening. You can actually trick your body into believing you're happy, causing it to respond with the appropriate "feel-good" chemicals in your brain. By practicing a new behavior pattern, you are choosing not to use the ingrained pathway of discord. This will take effort. There will be natural resistance and discomfort. However, by practicing the new pathway of positivity, you are training yourself to use it more. The more you use it, the better you get at it. This simple technique can revolutionize your life. Some would see it as acting or faking, but you don't have to view it that way. It is merely an intelligent strategy for evolution. Only those willing to evolve are happy. Take the opportunity right now to change your physiology. The greater the change, the greater the emotional result. Try an authentic smile that causes wrinkles in the corners of your eyes. Laugh for no reason or think of a funny memory. Imagine you won a race and jump up and down in celebration. Yell Yahoooooo! Ok, this might look funny, but you can do this in private and you'll feel a lot better.

### Real Life Practice:

Imagine you just saw on TV that you won 100 million dollars. Now celebrate with every cell of your being! Use your body! Use your voice!

How do you feel mentally, emotionally, and physically after this exercise?

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## **Health and Happiness Cause Socially Dominant Behavior and Vice Versa**

Social dominance is a phenomenon among social animals, including humans. In an environment with limited resources, territory, and mates, the more intelligent, healthier, stronger, more social and assertive beings have precedence over the resources. You can see this played out in virtually every social situation such as a workplace or school. Although there is not much scholarly research to substantiate all of my theories on social dominance, according to Hereli et al, happier people are perceived as more socially dominant, and sad people as submissive (2009).

People tend to be attracted to more socially dominant people. You are less likely to get a disease from them. You are likely to be protected or fed if you are on their good side. They are confident, happy, and have connections to resources. As long as they aren't too aggressive, they are great connections to have. People tend to be repelled by socially submissive people. They might give you a disease. Their fearful emotions make one feel uncomfortable. They are a liability to the tribe. They don't offer much social value.

This book is designed to help people who are currently struggling with socially submissive behaviors and their negative consequences, such as lack of friends, love life, financial success, and social power. Although genes play a role, they are not the only cause of dominant or submissive behavior. We have the free will to assume any behaviors we want to. Practicing more dominant body language, such as good posture and louder/lower vocal tonality, you can start to feel more confident. When

your confidence produces social rewards, you are incentivized to be more confident and socially dominant. But you can't just fake it until you make it. The real key to social dominance is being happy, healthy, and socially calibrated. All of the lifestyle changes in the companion workbook, along with gradually increasing exposure to social challenges and practicing new physiological habits can develop your social dominance. By being happy and healthy, you become socially dominant. By being socially dominant, you gain the trust, comfort, and connection of your friends, family, and prospective mates. By having rewarding social connections, you become happier.

**Reflect:**

In what social areas of your life do you feel a lack of power?

(ex: I feel very vulnerable in my workplace.)

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What do you gain from socially submissive behaviors in these areas?

(ex: When I am quiet at work, no one can criticize me.)

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What do you lose out on due to socially submissive behaviors in these areas?

(ex: I will not get a promotion at work if I do not show leadership.)

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What are some ways you can strengthen your sense of self in the social areas of your life, using what you learned from the chapter?

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## Reference Experiences

I learned a theory for personal change from a company called Real Social Dynamics. In my own interpretation, the theory goes like this: People generally behave according to the boundaries of their past experiences. Since a person's model for how the world works is based on past personal experiences, just one new type of experience can dramatically alter our mental model of the world and what is possible for ourselves. If a person can force himself to behave in a dramatically different way to attain just one dramatically different experience, the new experience can never be ignored by the mind. It will always be factored in when a decision for future behaviors come up. The more reference experiences on a given topic, the more powerful the neural network for it becomes.

As an example, a person who sells flowers for five dollars only has reference experiences for five dollar sales. If one day they change their price to twenty dollars and a few people buy them, they now have a reference experience that it is possible to make twenty dollar sales. Now future pricing decisions will be based on the new reference experience. Every reference experience of a safe airline flight can drastically reduce fear of flying. If the mind can see it, it believes. Pushing through the discomfort of change the first time makes change easier from that point on. Once your mind has seen that you did not die when you challenged yourself in a certain way, its survival response decreases for each additional similar challenge.

### Reflect:

What reference experiences do you have that hold you back from achieving what you desire? (ex: I would like to perform music for people but I have a memory of being ridiculed during a performance.)

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What reference experiences would you need to gain in order to achieve the aforementioned desire? (ex: I would need to experience a performance in an environment free of ridicule.)

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## New Life Scripts

You can heal your past, develop better life skills and design your future life using the knowledge that physiological changes result in emotional and mental changes. Write the script of your past with specific events that you want to heal. Using an acting partner, coach, or therapist, act out the old script and see how it feels. Then rewrite the script in a way that empowers you. Write about a challenging situation pattern that you normally encounter in your life. Rewrite your script and act out your role in a more empowering way (Reappraisal). Write the script of your ideal future and act it out. You will be creating the neural networks you need to make your future a reality. This practice allows you to explore traumatic events from your life in a safe environment, where you can express strong emotions away from those who might be affected if things got out of control. For more information go to [NewLifeScripts.org](http://NewLifeScripts.org).

### Real Life Practice:

On a separate piece of paper:

- I. Write the story of a painful memory that you would like to heal. Write it in the form of an acting script, like a play, using any characters and dialogue that will help tell the story as you perceived it.

2. Now rewrite the script so that the main character (you) is more wise and powerful. Write the script so that the situation turns out as you would have wished.
3. Act out both scripts, and write down how each script made you feel emotionally, mentally, and physically.

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4. Write the script of your present life situation, using the same or new characters. Tell the story that illustrates the challenges you are currently facing.
5. Now rewrite the script so that the main character (you) is more authentic and loving.
6. Act out both scripts and write down how each script made you feel emotionally, mentally, and physically.

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7. Write the script of your ideal life situation in the future. You can use actual characters from your life, or create imaginary future relationships.
8. Now act it out, and write down the ways in which you would need to change your thoughts, emotions, and body in order to actualize the ideal situation in real life.

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For examples and videos, go to [NewLifeScripts.org](http://NewLifeScripts.org)



## **Sunlight, Tanning, and Full Spectrum Lighting**

Sunlight is known to improve mood, sleep patterns, and overall well being. If you can't be half naked outside all day like our ancestors, then I highly recommend brief sessions of indoor tanning, especially in dark, cloudy, and cold times of year in conjunction with outdoor light exposure. I have personally found the rewards greatly outweigh the risks, just don't burn yourself. Ask the tanning salon for recommended times, but I've found that just a few minutes once a week makes a huge difference in my life. I haven't used full spectrum lighting, so I can't speak to it. For information on full spectrum lighting and related products, go to [fourhourbody.com](http://fourhourbody.com). According to Terman et al, light therapy has been found to be effective in treating Seasonal Affective Disorder (1989).



## **Intense Energy Movement In The Body**

Occasionally during inquiry, massage, meditation, hypnosis, yoga, dance, sleep and other times, blocked energy has been released in my body. Sometimes this is in the form of crying or other emotional outbursts. Sometimes it feels like electricity flowing through my body in a strong current. Before I studied yoga and meditation, this was very mysterious and scary to me. Now that I have some sort of model to understand it, I am more able to let go and allow a natural process to occur.

If this happens to you, my recommendation is to relax into the fear. Fear causes constriction and makes things worse. Breathe in a way that calms and comforts. Do not follow fearful thought threads. There is an inherent intelligence at work. Just like the body knows how to create a fever to cleanse itself of toxins, it also knows how to handle energy surges. Drink lots of healthy liquids, take baths,



and get fresh air. Many energy healers say that baths and salt baths discharge excess energy. Bare feet on bare earth is said to discharge energy as well. If you focus on thoughts, energy will become stuck in your head and cause more negative thinking. Bring your awareness to a joyful activity in your body, preferably in nature with someone who can support you through the experience with a positive, unfearful attitude. If you are experiencing energy issues and want professional guidance, I highly recommend experienced practitioner of many energy modalities Tao Semko. He conducts phone and Skype consultations. More information at [TaoSemko.com](http://TaoSemko.com).

### **Exercise:**

Lie down and feel the sensations of blood moving through your veins and your heart pumping in your chest. Slowly scan your body from head to toes with your awareness.

Describe the sensations you felt in your body of which you are not normally aware.

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## **Healing Crisis**

When you choose to use nutrition, exercise, intense sweating, and other forms of detoxification, you may experience what is known as a healing crisis. According to Dr. David Jockers, “The medical term for healing crisis is the Herxheimer Reaction. This occurs when the cells release toxins into circulation but the elimination organs (skin, lungs, liver, kidneys, bladder & GI tract) are not able to eliminate them quickly enough. The toxins remain in circulation and can affect the brain stem region leading to nausea, poor coordination, headaches, fatigue, malaise, fever, etc. Another common cause of the healing crisis has to do with the dying off of certain pathogenic organisms in the body. These organisms can be Candida yeast infections, viruses and bacteria. Any sort of natural health program can cause a massive die-off of these organisms. This die-off releases stored endotoxins (within the microbes

themselves) that circulate and again interfere with normalized function. The more pathogens in the body, the more endotoxins that will be released into the bloodstream.”

I have experienced many of these fevers after energy work, massage, intense mental evolution, or after obtaining a lot of exercise and high quality food. Although sometimes people get sick because of a poor immune system, it is also possible that your body waited until you were healthy enough to go through a detox (which can involve not eating for days). This sounds weird at first, but it does make sense that if your body needs to detox without food, then it would want you to be strong enough to withstand the time without nutrition. Time and time again when I make a strong effort toward physical health and I start to feel my best, I experience a strong but fast detoxification through diarrhea, fevers, etc.



## Bliss

Occasionally the brain and body will really like a new flow, and cause bliss for extended periods of time. Enjoy it:) It may not be a final destination, just a temporary condition. Non-resistance is the best policy. Patricia Sharp of Bowling Green University wrote a research paper entitled Meditation-induced bliss viewed as release from conditioned neural (thought) patterns that block reward signals in the brain pleasure center. Author Gary Weber, PhD, who has written about Sharp’s study, explains that “meditation does not suffer from the all-too-familiar ‘down-regulation’ of pleasure experienced with sex, drugs, money, food, etc.” You can build a tolerance to pleasure derived from those experiences, but not to the pleasure obtained through mindfulness. More and more, science is recognizing that practices which remove negative conditioning lead to well-being.



## Drugs

Although many indigenous cultures have used mind-altering substances for spiritual growth, I have had only negative experiences using them. There will be no guidance in this book regarding recreational drugs. In my experience, a slow and natural progress is more healthy than the sometimes traumatic leaps of change that drugs can cause. Many people have been helped with mental illness by medication. As far as prescription drugs, I have had more adverse effects than positive in my personal experience. They are often prescribed without consideration of lifestyle changes. Perhaps after the 30 Day Challenge it will be possible to wean yourself off of some of your medication, but I would only do this with the consultation of a therapist and physician whom you trust.



## Alternate Views Of Reality

I titled this chapter alternate views of reality because I am a bit reticent to completely write off all experiences of depersonalization or derealization as purely pathological. After experimenting with marijuana, I experienced a dissociative disorder, which has continued to visit me throughout my life. The major characteristic of all dissociative phenomena involves a detachment from reality. According to Hunter and Sierra, unreality symptoms affect up to 5 percent of the general population in the course of their lives (2004). Although these experiences are often caused by head trauma or emotional trauma, they can be very traumatic in themselves.

Carl Jung described pathological manifestations of dissociation as special or extreme cases of the normal operation of the psyche. This structural dissociation, opposing tension, and hierarchy of basic attitudes and functions in normal individual consciousness is the basis of Jung's Psychological Types. He theorized that dissociation is a natural necessity for consciousness to operate in one faculty unhampered by the demands of its opposite. If you are having any experience of unreality and you're experiencing trauma as a result, I highly recommend consulting a licensed therapist. A person with experience with dissociative disorders will be the most helpful even if treatment options are limited.

Practices which directly affect prior conditioning rewire the brain and body, which are projecting the outside world. You may start to see reality projected in a different way for unknown periods of time. In my personal journey so far, it has only happened for minutes. But for some people that I have known, the change has been integrated completely for years. The outside world may appear fuzzy and cartoon-like, and you may feel a lack of personal identity. Things may take on a different color or quality. Time may change in some way. Although in the moment this can be shocking and you can literally go into physical shock, my advice remains the same: don't resist, take calming breaths, and don't follow negative thought patterns if they appear. Engage in the healthy practices that you know have positive effects. Your being will naturally find its bearing and integrate properly. The universe knows what it's doing. Your body and brain have an inherent intelligence. Focus on the positive and the positive will grow. Besides a licensed therapist, I also recommend reaching out to reknowned meditation teacher Shinzen Young or accessing his materials at [ShinzenYoung.org](http://ShinzenYoung.org) for any meditation-related problems. Byron Katie, Eckhart Tolle, and others have experienced a type of enlightenment/dissociation that started during traumatic self-talk. It seems that our beings have ways of changing our whole perspective when our current one isn't working. Your brain might have to work out the kinks, though, before you get such a lucky rewiring.



## **Self-Parenting**

In an ideal world, a child would be given perfect nutrition in the womb and the mother would only experience positive emotions during pregnancy. When the child is raised, he or she would be showered with positive frequencies and taught only positive beliefs. The caregivers would give the child perfectly challenging tasks to build their confidence. This does not happen. Blaming our parents, teachers, school, and society does not help us. Only personal responsibility and self-parenting can. Give yourself the great nutrition, give yourself the praise and love, give yourself the perfectly challenging tasks. Also, give this gift to others who welcome it.

## Reflect:

I used to think it was my father's fault that...

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I used to think it was my mother's fault that...

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My parent or caregiver did not give me...

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I can now give this to myself by...

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## Is Healing Yourself Selfish?

You can only be an effective servant of others once you have healed yourself. A person who has not reached the point of personal responsibility for their energy cannot consistently help others. When you express negativity, you activate it in everyone with whom you interact. Your being is weak and you take energy from others. You take other people's views of you personally, and fuel disharmony in relationships. On the contrary, a person who takes responsibility for their own body, emotions, and actions is able to guide others to take responsibility for themselves. Even amidst negativity and crisis, they are strong, and don't get sucked into negative patterns. They sing the sweet song of themselves loudly, and others cannot help but become entrained with it.

## Reflect:

I used to feel guilty when I gave myself...

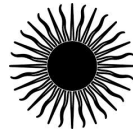
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Now I want to give myself more...

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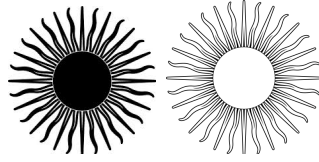
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## Facing Death

Because of our fear instincts, at first we shudder at any challenge. But challenge is the essence of life's journey. No one lives without effort. When we realize that we have the ability to meet challenges and overcome them, we become powerful. Consciously facing challenges is actually the most fulfilling thing about life. When we are confident and the challenges are just right, we get into a state of flow. This beautiful state of flow is a great gift that is only received by the courageous.

All fear relates to pain, injury, and death. Whether it's fear of social rejection, being alone, or loss of control, fear is just a response our bodies give us when we think our identity is going to end. Ironically, our identity is in a constant state of flux along with everything else. Everyone knows that bodily death is inevitable. Inexperienced people cringe, suppress, and contract when darkness appears. Through experience, we learn that facing death is the wisest path. Masters of change are people who face death every day and embrace the impermanence of themselves and everything else. Masters of change embrace the constant challenges of growth and evolution and have faith in the process. They recognize that death is a natural part of the grand cycle. Death is not to be feared; it's just the darkness before the light.



## Darkness To Daylight 30 Day Challenge

A Daily Workbook Companion

To The Mastery Of Change

At the risk of sounding like a cheesy motivational speaker, I am going to be cheerful. Congratulations! You're taking the most important step... the first one. If the people who know you were aware of what you're doing, they would be filled with pride. I hope that you are filled with that wonderful feeling of confidence that you're doing the right thing. You've realized that what you are doing isn't getting you the results you want. You're willing to try something different. You're willing to take action.

Darkness is a time of unknown, uncertainty, ignorance, lack of boundaries, and lack of identity. A person in darkness can have low energy, low motivation, low socialization, physical illness, depression, anxiety, introversion, and financial scarcity. There is a lack of confidence, lack of hope, lack of guiding principles, lack of action and a lack of movement. There is a lack of responsibility; that is, a lack of the ability to respond. There is a lack of knowledge regarding the connection between personal behavior and life circumstances. In short, there is a lot of lack!

If our actions cannot improve our circumstances, then we are victims in a chaotic hell. But if we realize that our actions do make a difference, then we tend to take a lot more action. Positive actions have a compound effect on ourselves and the world, causing a cascade of positivity in the emotional, mental and physical aspects of ourselves. Negative actions or negative interpretations of circumstances cause a similar cascade of negative effects on ourselves and the world. The cycle of negativity can only be broken with the act of taking responsibility. We need to develop the ability to respond in a way that is different from the way that produced the results we didn't like. It's the ability to evolve. It's what I call the point of conscious evolution.

As you read in the introduction, I've been in darkness. I've spent years discovering the most effective methods for self-transformation and empowerment. It didn't matter where it came from, if it worked I would use it. I learned from resources including many religions, traditional Chinese medicine, Ayurveda, Reiki, massage, yoga, inquiry, hypnosis, Western research, and many wonderful teachers. It took intuition and intellect to create a healthy lifestyle. As I stated in the introduction, you are powerful and have been using your power against yourself. You have the power of your consciousness, your attention and focus. You've just been pointing it in the wrong direction. All of the practices in the workbook are simple and doable, some of them are well-known and some of them are pioneering. This is a practical workbook to develop powerful daily habits. The habits may seem incredibly easy at first, but they build and build until you are doing things that you never conceived possible for yourself.

This workbook was designed for you, the busy student or worker to be able to continue your responsibilities during the bulk of your day. It structures mornings and evenings, but allows you the freedom to choose the types of ways you challenge yourself. Most of the daily tasks take very little time. If you are looking for ways to stick to self-improvement commitments, this is a great way to do it. If you are unwilling to bring awareness and structure to your daily life, then this workbook would not work well for you.



## **Darkness To Dawn**

The Darkness To Daylight Challenge takes a person from hopeless to empowered. The culminating challenge is jumping out of a plane on a skydiving mission. The first 7 days are called Darkness To Dawn. It is designed to meet people at their darkest hour and bring them to the realization of their own power. If you have low energy and motivation, start at day one. If the first days are way too easy, you may want to skip ahead to day 8 if you can complete all of the challenges ahead of time. If you completed days 1-7, congratulations! If you are unwilling to commit to a skydive, do not continue to day 8. Continue to do 7-day challenges until you want to break through to the next level.



## Reflect:

What 10 things do you spend the most time on in your daily life? List them from most time to least.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Examine your list, and identify the ways you are using your time which are detrimental to your physical and/or mental health.

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List the 10 things you value the most in life from most to least.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What adjustments could you begin to make in your life so that the first list (the ways you are actually spending your time) begins to more closely resemble the second list (your actual values and priorities in life)?

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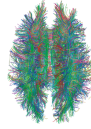
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## Evidence For Strategies Used In The 30 Day Challenge

1. Moderate exercise not only treats, but prevents depression
2. Emotional strategies can influence anxiety
3. Mindfulness from meditation is associated with lower stress hormone levels
4. Light therapy can help alleviate depression
5. Negative self-talk exacerbates depression
6. Expressing emotions can reduce fear
7. A walk in the park gives a mental boost to people with depression
8. Exposure to fear can be a treatment for anxiety
9. Laughter lowers stress and improves health
10. Social connections help to alleviate depression

(See References)



## Sample Of Workbook Daily Checklist

Each Day Contains New and Progressive Challenges and Additional exercises, visualizations, and writing prompts

### Day 1

The most important part of every journey is the first step.

#### Morning

- Say a gratitude mantra or prayer aloud
- Hydrate your body with plenty of water
- Make the bed
- Do stretches or yoga postures
- Do some deep breathing of fresh, clean air (outdoors if possible)
- Take an energizing shower
- Walk around the block/walk the dog
- Do 20 jumping jacks
- Do pushups or exercise routine until muscle failure (while smiling!)
- Take 5 minutes of peaceful silence, prayer, or meditation
- Optional daily ritual (Neti Pot)
- Hydrate with more water
- Shower, finishing with an invigorating blast of cold water

#### Grooming

- Trim or file toenails and fingernails
- Tweeze or shape your eyebrows, trim your nose hair
- Groom your facial hair (if applicable)
- Exfoliate your face
- Apply moisturizer or oils

- Deodorize; apply perfume or essential oils
- Style your hair
- Optional: apply make-up
  
- Eat a healthy, varied, nutrient-filled breakfast
- Take your supplements and medications
- Brush and floss your teeth, and use some mouthwash
- Play some upbeat, positive music. Sing along!
- Spend 5 minutes doing some maintenance cleaning of your living space
- Write a gratitude note to your housemate, friend, or co-worker
- Hydrate with plenty of water
- Take a moment to bask in the victory of a well-accomplished morning of self-care. You are building yourself up in order to serve others with more vitality.

## Midday

- Read the section on ‘Midday Productivity’
- Make sure you are adequately hydrating
- Take a “before” picture or video of yourself
- Gather and donate or throw away bad food
- Read the ‘Food’ section, and do your own personal research on diet
- Go to the farmer’s market or grocery store, and buy only healthy food
- Purchase any grooming supplies you may need
- Set up online banking or check your online accounts
- Make online bill payments
- Choose a jar or piggybank, and set aside loose change, plus \$5-10
- Finish any unchecked boxes
- Take care of daily tasks, such as laundry, dishes, and garbage
- Hydrate, hydrate, hydrate!
- Take a power nap

## Evening

- Read ‘Unwind From Midday Productivity’
- Put on some relaxing music
- Put on your favorite relaxation clothes
- Share a healthy dinner with someone
- Take your mealtime supplements and medications
- Walk around the block or walk the dog
- Take a bath, shower, or bubble/salt bath
- Hydrate (Yes, again!)
- Optional: do a massage share with a friend
- Optional nightly ritual (hot tea)
- Watch an inspirational movie, or read an uplifting book
- Take your evening medications and supplements
- Devote 5 minutes to silence, prayer, or meditation
- Do some journaling or make a video reflection of the day
- Do evening stretches or yoga postures
- Reflect on gratitude for the day and positive intentions for sleep/dreams/tomorrow



You have just read the free version of *The Mastery Of Change*.  
The 3.99 electronic version has a full explanation of the 30 day challenge and its daily routines along with more practices, visualizations, and research.  
The wellness package available at [MasteryOfChange.com](http://MasteryOfChange.com) contains the 30 Day Challenge Workbook.



## Keep Learning

Official Youtube Channel: [Darkness2DayLight.com](https://www.youtube.com/Darkness2DayLight.com)

Subscribe On Itunes: [MentalWellnessPodcast.com](https://www.MentalWellnessPodcast.com)

Website: [MasteryOfChange.com](https://www.MasteryOfChange.com)



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