



## **Lesson 2: Managing Your “Self”**

### *2-B, Mind, Body and Lifestyle Management*

The previous chapter of this lesson was devoted to demonstrating the importance of eating according to your metabolic type and eating organic food in order to support your body and your legacy. In this chapter we’ll continue to look at the basic building blocks of health. We’ll talk about the importance of movement, sleep and even discuss how you can learn to breath properly. That’s right, we’ll learn how to *breath* – as you’ll see, breathing in the right way relieves stress, helps to promote healing in the body and improves your digestion. If you can internalize these basics, you’ll find that your health and energy levels will improve dramatically and you’ll be able to pursue your legacy with a greater vigor than ever before.

### **Your Body is a Temple**

Figure 1



Many native cultures, such as the Maori shown here, decorated their bodies. This was done to symbolize that the body is the temple.

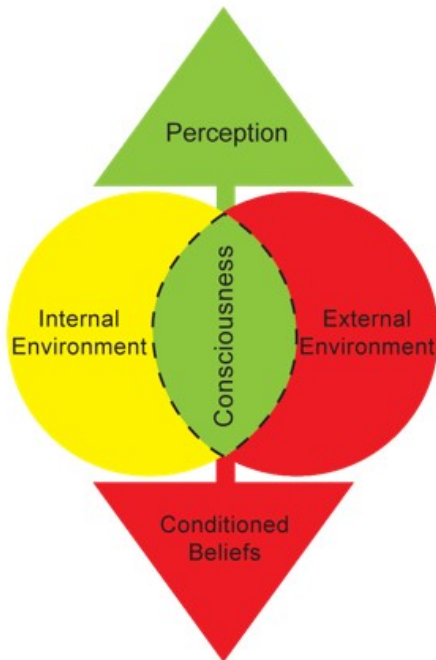
The pictures you see above are photographs of Maori warriors. Each of them bears elaborate tattoos as a way of showing that they revere and respect their bodies. For the Maori, their bodies are their temples in very real way and they celebrate this through their body art. Whether we never really learned this lesson or we have forgotten it, modern society certainly misses this true reverence for the body. The loss of regard for our bodies has been accompanied by an equally troubling ignorance about the relationship between



the human body and the human mind. The fact is, the health of one depends upon the health of the other. This chapter has two major goals. The first is to establish the links between the mind and body and therefore to clarify why having a healthy mind relies on having a healthy body. The second is to look closely at three primary lifestyle factors that contribute to overall health – breathing, sleep and movement. I want to begin now with the relationship between mind and body.

### **Consciousness as a Product of our External and Internal Environment**

Regardless of your particular religious beliefs, the Soul must rely on the physical body for its experiences. We perceive and experience the world through our physical body. As such this means that unless we maintain a healthy body, we won't be able to see the world as it is. Think about what happens to your moods and your perceptions of people when you are tired, hungry or in pain. Do events seem worse than they really are? Do the smallest slights by co-workers or loved ones seem like major insults? Do tiny bumps in your life seem much more difficult to overcome? It wouldn't be unnatural for you to answer, 'yes' to those questions. We simply don't think or see clearly when we aren't at



full health. Moreover, if we are to listen to our conscience and act on it as a guide, we must maintain a healthy lifestyle. If you aren't healthy you simply won't be able to hear what your Higher Self is telling you. The more unhealthy you get and further away from a healthy lifestyle, the more likely you are to misperceive your conscience and the more likely you are to fall prey to urges and addictions that are even more unhealthy.

While clear perception of the world requires a healthy physical body, our perceptions and beliefs can also have a very powerful effect on the state of our physical body. The less able we



are to regulate our perceptions and emotions, the more stress we will encounter in our lives. The diagram to the left captures the two-way relationship between your perceptions and your physical health. If you start at the center of the diagram, you can see that *External Environment* and *Internal Environment* overlap and where they overlap *Consciousness* is produced. Our external environment consists of the people around us, the food we eat, the air we breathe, the water we drink and many factors. What we take from these external factors contributes greatly to our consciousness. On the other hand, our emotions, our worries and our psychological states – our internal environment – also feature as an important part of our consciousness. In short our consciousness grows out of the features from our environment that we internalize and our innate, internal features. If this internal environment is chaotic or stressful, this will be reflected in our perceptions and in our overall wellbeing.

In the diagram on the previous page, you will also see an arrow emerging from the bottom of consciousness labeled ‘Conditioned Beliefs.’ You can think of these beliefs as memes and I’ll talk about this more in the next chapter. For the time being, just know that these thoughts and ideas are a significant part of our psychology and they are especially important to track. Memes, in conjunction with the other factors I have described above, can very seriously alter how it is that you perceive the world. For that reason, it is vital to be aware of the conditioned beliefs you hold and how they affect who you are and what you see.



Making sure that both your external and internal environments are clean and healthy is the first step towards living your legacy. In this picture I am working on purification, development and stabilizing of my internal environment by quieting my mind, freeing myself of unnecessary worries and working to balance out breathing and match up respiratory rate with heart rate. I am working to balance and heal my inner environment. By bringing consciousness inside of my Self, I shut off as much



of the external influences as possible and this helps me to clean up my inner environment. You can also see a picture of my wife and me hugging. My wife is a very important part of my external environment. By letting my wife love me and loving my wife back, she becomes part of my internal environment and my consciousness. We do the same with food and the energy that it provides us. In short, we internalize much of our external environment and this is why it's so important to keep that external environment as healthy and as clean as possible.

So the internal-external environment diagram describes the human attributes that affect how we see the world. If any one of these attributes is unhealthy, then we won't perceive the world accurately and we won't be able to listen to our Higher Self for guidance. But the picture also provides us with some hope as well. We now have a sort of diagnostic system in place. The diagram also shows us that if we just aren't at a point in our life where we can tackle one attribute, there are other ways we can move ourselves closer to a clearer perception of the world. You can choose a route that is more comfortable to you. If your current diet is still serving you, there are LOTS of things that you can choose to work on that are more suited to where you are in your evolution. You could work on your relationships, do yoga or drink better water. Taking any of these steps means that you are becoming something more beautiful every day.

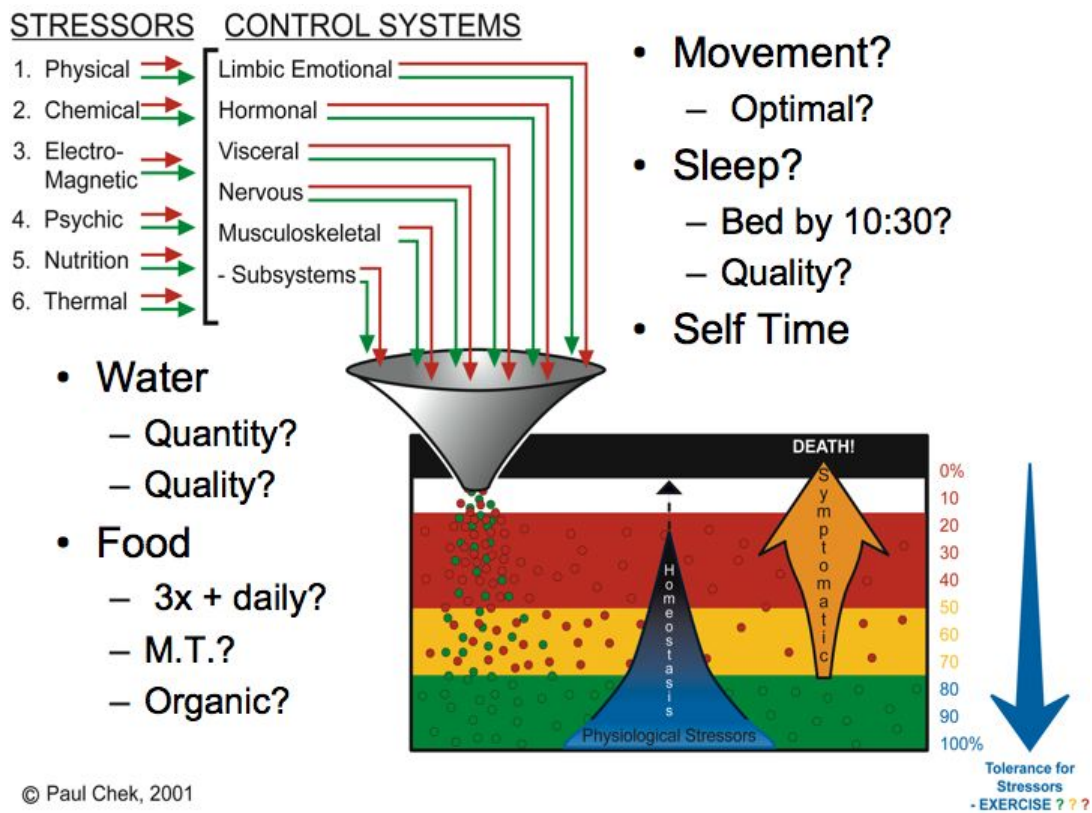
Finally, it is important to remember that you are part of someone else's environment. Even though it does provide us with information about the world, your system of Chakras is not simply a system of antennas. As I described in the previous chapter, your Chakras also emit energy and information about you and your feeling and psychology into the world to be picked up by other people. This means that if you are unhealthy and unhappy, you will be broadcasting that to the world around you. If you aren't eating right and this is causing some deficiency in your body, you will be telegraphing that to your loved ones. And while they may not consciously pick up on the deficiency, it will affect them and their body through their own Chakras. On the other hand, if you are a healthy person, you radiate your positive energy and your happiness to those around you and they will



grow and flourish from that positive energy. In short, you better the world and those around *just by being healthy and eating right!*

### The Stress Bucket Revisited

So let's begin by looking at some ways to help you regulate your inner environment and bolster your vitality. In the previous chapter I introduced the stress bucket as a way of identifying different sources of stress. We looked at one of the stress inputs from your external environment – the food that you eat. In this chapter I want to focus more on how you can regulate many of the internal features of your environment by using certain movement techniques, controlling your breathing and regulating your sleeping patterns.



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In particular, you will see that in order to maintain a healthy, energized life, you will need:



1. **Movement** – You should move your body regularly. The average hunter-gatherer spent 3 ½ hours a day feeding and preparing food. Our bodies are designed for at least 3 ½ hours a day of movement in undulating intensity. In short, we need decent level of activity. How much and how often? If you are exercising correctly, you won't be tired all the time and your body won't be sore. Too little exercise and your body will look soft and mushy.
2. **Sleep** – Your stress hormone levels cycle with the rise and fall of the sun. As sun goes down, stress hormones go down. From 10:30 pm to 6:00 am your body's rest and recovery system are active. Going to bed past 10:30 pm cuts into physical repair cycles so you should really get to bed no later than 10:30.
3. **Self Time** – Finally, you need to have time for yourself, time to process the events of your day and your life.

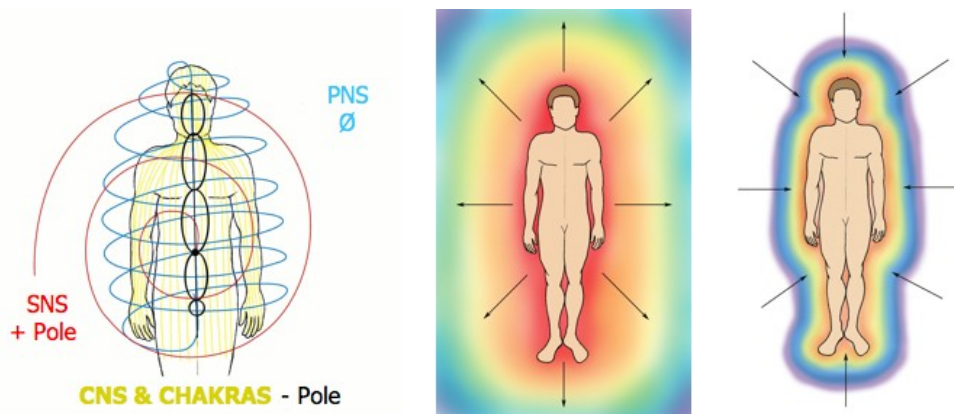
If you are aware of these lifestyle factors and follow the advice I described in the previous chapter and that I will discuss in a moment, your stress bucket will never fill up and you'll find yourself well on your way to your legacy.

### **Chi Flow and Your Lifestyle: Learning to Breathe**

Let's begin by looking at breathing and movement. Breathing patterns and the kinds and amount of movement you engage in have a *massive* influence on your overall wellbeing. This may sound obvious and the idea that we should take care to control our breathing as we control our diet, sleep and exercise may sound crazy, but there is much more to breathing than simply exhaling and inhaling to continue your life. Your breathing patterns are dramatically influenced by your mental, emotional and physical state, and in turn different kinds of breathing patterns will trigger radically different physiological, psychological and emotional events. You want to be sure, for example that you don't trigger your fight-or-flight nervous system at the wrong time, since this is a tissue destructive system. Breathing is also a source of energy and provides nourishment to the body, so we need to learn to breath in a way that optimizes that energy flow. With that in mind, let's take a closer look.



We know humans were designed to draw oxygen in to the body through our breathing. Science has now shown us that oxygen is the most highly paramagnetic substance ever found. This means that when you inhale, you are breathing in the equivalent of the south pole of a magnet. The paramagnetic molecule is then delivered throughout your body by red blood cells. You will remember from the previous chapter that water is extremely diamagnetic. Since our body is composed largely of water, this means that much of your body has a diamagnetic potential. The blood itself is mostly water and so is diamagnetic. This means that the presence of oxygen in conjunction with the water in your body creates an electromagnetic potential. This potential and the energy flow between the two polar molecules runs the body. If you stop breathing, you disrupt the potential and therefore the energy that drives the body. If you breath inefficiently, your body does not have access to the energies that it needs to run properly.



Not only does breathing play a vital role in your energy levels, your respiratory rate can trigger different physiological processes which if started at the wrong time or if maintained for too long can be harmful to your body. Your respiratory rate and efficiency of breathing all influence whether you use your fight or flight nervous system, known as the sympathetic nervous system, or whether you use your rest and recovery system nervous system, known as the parasympathetic nervous system. If your breathing is inefficient, you go into a sympathetic dominant or energy expense state. This system was designed to be used infrequently and only for short periods of time. If you enter a



sympathetic state too often, the effect on your body is like writing checks out of bank account without contributing money to that account. You'll start to burn your body out, destroying its tissues and causing yourself undue stress.

So how do we learn to breath effectively? Through Chi cultivating arts such as tai chi, qigong and yoga we have much more efficient breathing and promote growth and repair of the body. Chi cultivating exercises also prevent the body from aging as quickly and promote effective mind/body integration. It's important to note here that breathing right also means moving right – each of the methods that I've listed above involve moving the body in certain ways to promote greater flexibility, efficient breathing and improved health.

While the arts I've listed above are the best-known effective methods for cultivating Chi they aren't the only methods. Anything that results in positive energy balance is effective at acquiring Chi. The secret is balance. Anything that moves your body and pumps your body, anything that creates rhythmic contracting and relaxing of your muscles while moving blood and lymphatic fluid through body will be effective at gathering chi. You should also be able to perform these exercises after eating a full meal. This is because a true Chi cultivating exercise will activate your parasympathetic nervous system. This actually aids in digestion. Any kind of exercise that aids in digestion is a Chi cultivating exercise.

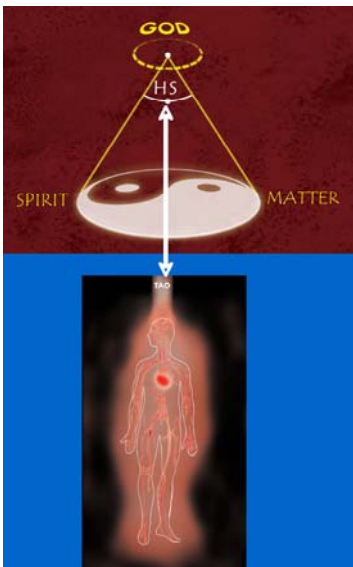
In addition to altering your breathing, there are a number of physiological benefits of accumulating Chi through these methods. One of the most important of these benefits is the tuning of your biological oscillators. Let me explain. Your brain creates an electromagnetic field and that oscillates in a certain pattern. Doctors can measure this electromagnetic field around your brain using an electroencephalogram. Your heart also creates electromagnetic field. This field is approximately 5,000 times larger than that generated by the brain. Again, this field can be measured through the use of an electrocardiogram. Finally, the intestine also generates an electromagnetic field that helps to produce peristalsis. Each of these three fields has its own pattern of oscillation. Those patterns should be in rhythm. If they aren't you will experience all sorts of physiological





maladies depending upon how the rhythm is disrupted. The primary way in which the harmonious rhythm between the heart, brain and intestine gets disrupted is through the heart since that organ produces the largest electromagnetic field and it pulls the others to resonate at its rate. The number one killer in U.S. is heart disease. The heart is connected with ability to give and receive love. Americans have a real problem with giving and receiving love and this disrupts the rhythm of the heart – combine this with poor diet and you’ve got a wonderful recipe for heart disease. Any of the Chi cultivating exercises that you would enjoy doing will serve to restore and maintain the right rhythm in your biological oscillators.

### **Mind and Body Together**

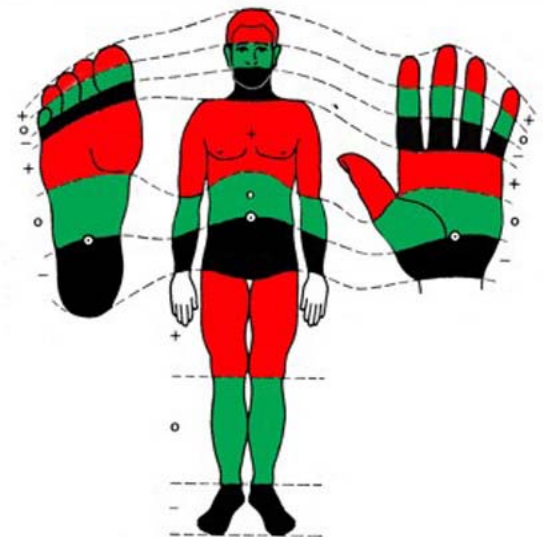


What ancient practitioners of Tai Chi and other Chi cultivating exercises have realized is that the mind or our psychological characteristics are intimately linked with our physical body and our physical health. In fact, many philosophers and theologians have argued that the blood is the home of the Soul. This means that your Soul is distributed throughout every cell in your body. The mind too is spread throughout the body via the nervous system. The body has polarities and trinities just like the Father, Son and Holy Ghost.

These trinities

and polarities are repeated throughout the body. This electromagnetic characteristic can alter the physiology of your body such that the structure of your organs and overall health become accurate representations of your dominant emotions and thoughts.

Because the mind, body and Soul are all





intimately connected in these ways, we need to care for all three components of our life. A defect in one can be crippling to the others.

Many of these Chi cultivating arts also teach that the body can be divided up into different regions, each of which is associated with different psychological and emotional issues. Those issues are reflected in the health of that bodily region and problems of different kinds manifest different symptoms. These are designed to address problems in these regions directly with exercise, breathing and nutrition.

Chi cultivating exercises also normalize and fine-tune the energy distribution system in your body. I've mentioned the Chakras in the previous chapter, but I haven't described them in detail. Now is the time to do so, because the system of Chakras is one of your body's means of assimilating and distributing energy throughout the body and therefore can be made more efficient through the use of arts such as yoga and Tai Chi. As I said back in the terminology section of lesson 1, "Chakra" means *energy wheel*. A Chakra is an energy vortex. There are seven Primary Chakras, each of which is coupled to a gland, a nerve plexus and a specific set of psychological traits. In many traditions, the Chakras are also associated with seven year cycles of development, starting with the root Chakra at birth, and ending with the seventh Chakra 49 years later. Furthermore, as you can see in the image on the next page, each Chakra, except for the seventh, has a front and a back. The front of the Chakra acts as an antenna, channeling energy and information into the body. The back of the Chakra releases energy and tells us what we are doing with the energy or information that we receive.

The following is a brief summary of the Chakra system, however if you want to read more, I recommend Liz Simpson's *Chakra Healing*.

### *The Seven Chakras*

*I Chakras* – These Chakras and the psychological traits associated with them are essential to development of I-ness or the self.

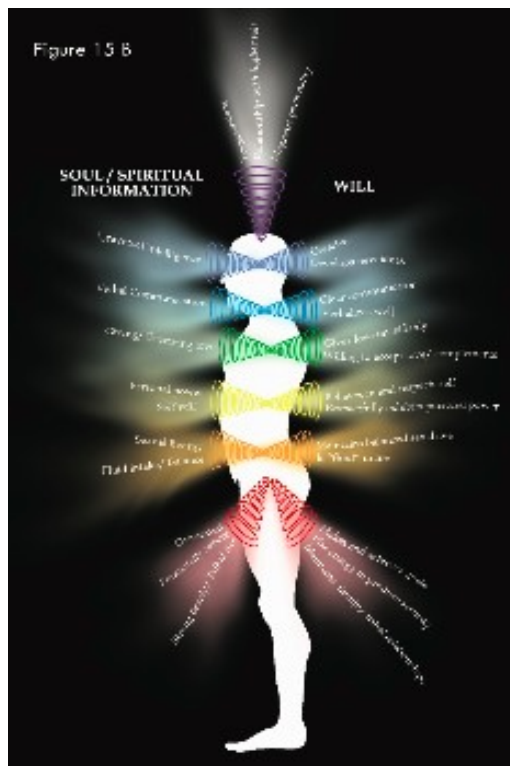


First (Root) Chakra – is associated with issues of safety/security/wanting to belong. Psychological security and safety is the primary area of development from birth to age seven.

Second Chakra – is associated with sexuality, flow and rhythm. The onset of puberty occurs in the age range between seven and fourteen so it is no surprise that this issue is the next focus of development.

Third Chakra – is associated with personal power and will. This is the primary area of development from the age of fourteen to twenty one. If you think about your own development you will realize that this is when you are beginning to assert yourself and direct your life toward a career.

*WE Chakra* – is primarily involved in WE relations.



Fourth Chakra – is focused on giving and receiving love. Especially in modern times, it is generally during the ages of twenty-one to twenty-eight that we form our long term, love relationships. Hence this is when we learn to really give and receive love from others.

*ALL Chakras* – Each of these Chakras is associated with skills or psychological development of capacities involved in ALL relations.

Fifth Chakra – corresponds to communication. This means not only learning to speak with others but to listen as well. This level of development occurs between the ages of

twenty-eight and thirty-five.



Sixth Chakra – is associated with insight and is understood as the portal to all of the unlimited ideas of the universe. In many ways, the sixth Chakra is the source of your creative energies. One can suffer in serious ways if we ignore this part of our soul. The development of this Chakra occurs between the ages of thirty-five and forty-two.

Seventh Chakra – is associated with Spiritual Connection. Unlike the other Chakras, this energy vortex has no front and back. That is because this Chakra connects us to the Godhead. It is through the seventh Chakra that we enter into the realm of the higher self, and because there is no polarity in that realm there can be no front and back. This is the final level of development and takes place between the ages of forty-two and forty-nine.

If you understand the Chakras and how they influence the person, then you will also be able to perceive a good deal about the wellbeing of people you meet and the source of many of the ailments that they're suffering from. Some illnesses may result from an inability to receive certain energies and information, while others may be from an inability to use the energy that they have received from their Chakra.

Now that you understand a bit about the Chakras, take a look at the diagram on the next page. If you look at the image to the left you will see the silhouette of two women, one with good posture and health and another with poor posture. When the body is healthy, posture is always optimal and distribution of Chi is ideal, feeding each biological system exactly what it needs. Poor posture tells us that the body is stressed. The rest of the diagram below illustrates the different energetic systems and zones or Chakras of the body. The poor posture silhouette is experiencing an energy crisis and one of those systems is performing poorly. This poor performance can be exacerbated by diet. For example, sugar and caffeine in excess can suppress your immune system.

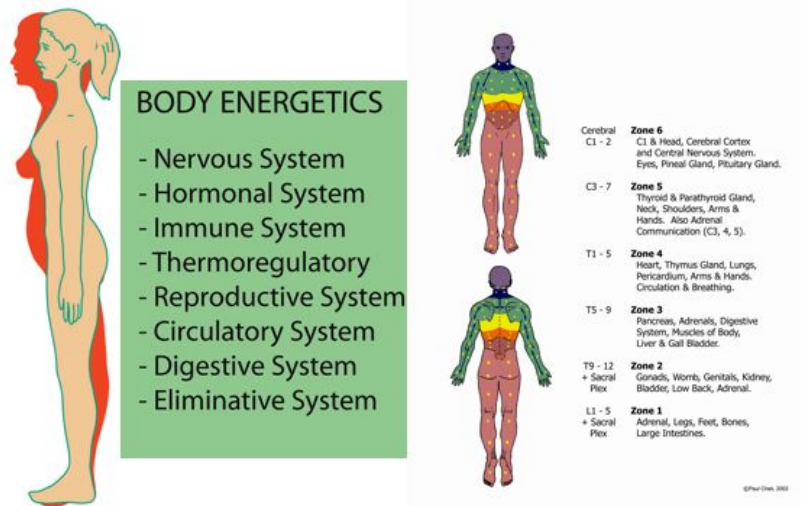
The zones on the right of the diagram reflect the system of Chakras and the tissues and organs associated with those Chakras. For example, the green zone is the heart Chakra or the zone of distribution. Many of the immune glands are directly linked to that Chakra as well. Anyone who has deficiencies in the region of the heart will have problems in that



region. Moreover, as we know now, because the Chakras are also coordinated with psychological and emotional issues, difficulties with those issues will be reflected in symptoms in the particular Chakra's zone. A woman that has an inflamed uterus and maybe has emotional and psychological issues regarding sex, for example, could likely experience problems in any of the light red regions of the leg or the dark red region between the belly button and the pubic symphysis – essentially anywhere from the belly button down. Or, maybe it's your identity as a male or a female that you need to look into and take care of. Single parents often express too much of the opposite sex in order to compensate for a missing parent. This overcompensation can manifest itself as harm to the same region of the body. Chi cultivating exercises help to normalize the energy flow to the damaged zone and clean your internal environment of the stresses provoking the psychological issues that may be underlying your symptoms.

Knowing about these Chakras or zones allows you to track your aches and pains so that

## EXERCISE AND ENERGY DISTRIBUTION

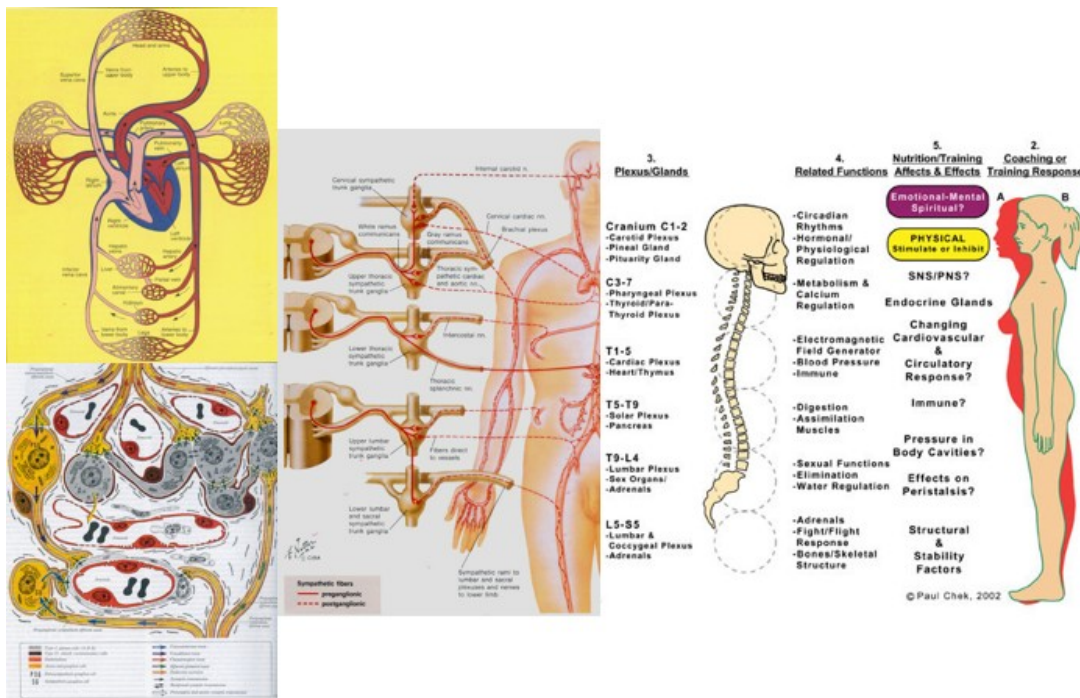


you can look back in your Self-Assessment and become aware of what issues in your



emotional, mental or Spiritual life that you are avoiding. Think of it as your body leading you to problems in your life that you need to be aware of and take care of. My book *How to Eat, Move and Be Healthy* can help you to identify which parts of your physiology are under stress. You can then choose my zone exercises or Chi cultivating practices. Any of you who aren't interested in Tai Chi or Yoga can get the effects you want by putting your consciousness into the appropriate zone, addressing those issues psychologically and honestly while walking rhythmically and relaxing. The most important feature of cultivating Chi is that you need to commit to loving yourself and devoting time to yourself. Once you've done that you've committed to cultivating Chi.

Chi cultivating exercises can also be helpful to remove the bars that we place around ourselves during our lives. Wounds of physical, Spiritual, emotional, psychological kinds cage each of us. Each thought word or deed for which you do NOT take responsibility



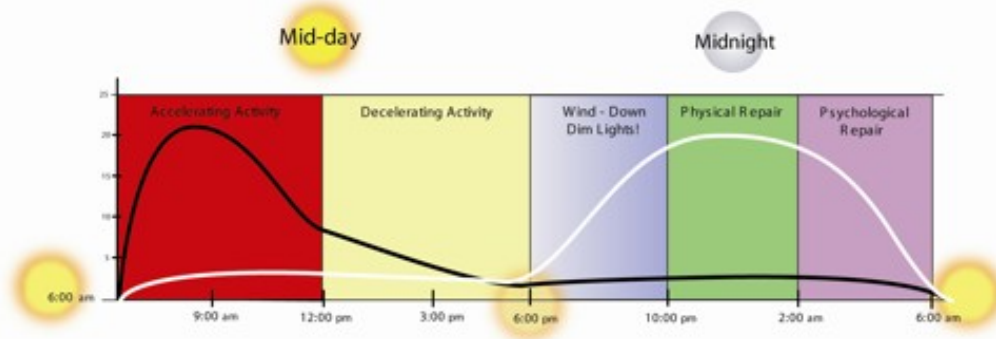
adds another bar to that cage. This is why it is so important to have some kind of exercise that allows you to gather Chi. As I said, one of the primary effects of these exercises is that they allow you to clean out your internal environment of excess worries and stresses. Without this purging effect, any of these worries can become a genuine wound on your



psyche, further blurring your view of the world and inhibiting your ability to pursue your legacy.

## **Sleep**

In addition to breathing and movement, sleep too is an important lifestyle factor that, when taken for granted, can have serious effects on your health. As I said when discussing the stress bucket earlier in this chapter, it is important to get to bed no later than 10:30 pm and to get a full 8 hours of sleep. Why such a specific time of day and length of time? The body has many nature rhythms or cycles. Sleep is one of the most important mechanisms for repair that the body has available to it, but it needs a certain length of time for it to be effective. Moreover the hormones the body produces to repair and wake the body are triggered by environmental cues – daylight for example. This is why it is important to sleep at the right time – the cues need to be present to trigger the right hormonal mechanisms during sleep.



The diagram below captures this fact. The white line is the most important because it charts when the body is in an anabolic or tissue repair phase when you are getting the right amount of sleep. When in an anabolic state, your body is:

1. Building tissue
2. Facilitating digestion/elimination
3. Accumulating energy



4. Learning/growing optimally
5. Facilitating growth by resistance training, when rest is adequate

If this system is depressed, you will always find your self fatigued, having difficulty learning and you will struggle to meet your goals whatever they may be.

If you look at the chart you'll notice that the line increases as we move later into the day, and it peaks at around midnight. Your body's rest and repair mechanisms are triggered by the ending of the day. However, if you don't actually go to sleep or you don't go to sleep until much later your body either won't fall into the heightened anabolic state at all, or its heightened repair stage will be truncated. Notice that as the day begins, the anabolic systems are dampened. This too is triggered by the rising of the sun. The rising of the sun activates the system of hormones that awakens and prepares the body for the day while suppressing the rest and repair system. So if you're the kind of person that goes to sleep very late, your rest and repair systems won't have as long to work on your body since the environment will naturally dampen those systems as the day begins. Sleeping during the day and working at night can be even harder on the body because of this natural system of cues.

The moral of the story when it comes to sleeping is that your body has a natural rhythm and it's best not to ignore that rhythm. Get to bed early and sleep the full eight hours and you'll find yourself moving towards your legacy much more efficiently.

### **In Sum**

In this lesson we've discovered how movement, breathing and sleep can contribute to or alleviate our stress levels. We learned that:

- ❖ Our consciousness is a product of our internal and external environment.
- ❖ Our perceptions of the world are shaped by our consciousness and our conditioned beliefs.





- ❖ Breathing draws in oxygen, which is a paramagnetic substance. Thus breathing in conjunction with the water in our body (a diamagnetic substance) creates an electromagnetic potential within the body and therefore provides it with energy.
- ❖ Your breathing pattern can also affect your physiology by triggering either your parasympathetic or sympathetic nervous systems.
- ❖ Chi cultivating exercises such as yoga and tai chi can help moderate breathing, optimize the electromagnetic potential in the body and engage the rest and recovery systems in your body.
- ❖ The Chakras are a system of assimilating and distributing energy.
- ❖ Each of the seven major Chakras is coupled with a gland, a nerve plexus and a specific set of psychological traits.
- ❖ Illnesses or disease relating to a specific gland or difficulties with regard to a particular psychological trait may be traced to an inability to use or distribute energies through a particular Chakra.
- ❖ Tai Chi and other Chi cultivating arts can help to increase the effectiveness of your system of Chakras, allowing you to distribute the energy in your body in a more effective manner.
- ❖ Sleep is an important rest and repair cycle.
- ❖ Because the repair systems of the body are sensitive to environmental cues, it is important to be asleep no later than 10:30 pm and sleep for 8 hours in order to make the most of the repair mechanisms.



- ❖ Going to sleep later than 10:30 pm truncates the period of time during which the anabolic/repair systems of the body are active because they are naturally shut down with the beginning of the day.

I hope you have enjoyed what you have learned here. In the next chapter we will discuss mental self-management and learn about how entities called *memes* can influence your behavior.