

DAY 23

Hi All,

Well how was yesterday as a protein day. I find them a cleansing experience but certainly look forward to my salads and fruit.

But for today did you know that what you think, feel, plan and expect determines your decisions? Or as Shad Helmstetter says you can program your body by programming your brain.

Science told us for many years that the brain didn't change much but lately science has discovered that inputs through life's experiences changes the physical shape/nature of our brain. What does this mean? You can tell your brain what to tell your body now and in the future.

Why do I spend so much time on the brain and thoughts? Because it is extremely important to everyone's long term success. All too often people go on and off a "diet" and wonder why they end up back in the same position or worse. Healthpointe teaches us to use our brain to our advantage and tap that enormous power that resides in all of us.

"I don't need that stuff!" you might say. It may be a good idea to write yourself a thought journal for a day or two. Why? Because you might be shocked at how harsh you are on yourself. How would you react if someone else said those things to you? How would someone else react if you said those things to them??"

For me the answer is to learn gratitude. For me I just have learnt to say thank you for the simple things. Thank you that I have legs that work and I can walk and even trip up occasionally. (Instead of I always trip up. I am so clumsy!) Thank you that I have food choices, I can read labels and I can decide what I eat. (instead of I guess I just don't have the willpower to stick to it!) I don't know what you struggle with, but you do! Write down those positive options for you.

What do I do? Well if you are serious let's take your affirmations to a new level!!

You need a quiet place where you are undisturbed for about 15 minutes. Just relax and focus on your breathing experiencing each breath going in and out. Then tighten and relax specific parts of your body beginning with your fingers, work through your whole body until you feel totally relaxed. Once you are relaxed you can enter your inner mental room where you can create the picture of your life and health that you want. Be clear and specific making sure to experience all the senses and using the affirmations you have already written as the basis of the new you, you are now visualizing. Then focus back on your breathing and come back to a new alert and refreshed state. Open your eyes and smile at the new you!! All religions teach some form of this, so I guess it is a time honoured method!

This a technique used by many high performers in our society. Why not you? Not interested in this one, then find a technique that works for you and create your future forever lean you!

Let's speak again tomorrow.

Jamie