



5 Keys

To a Healthy and
Fulfilling Journey on
Planet Earth

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DISCLAIMER and INTRODUCTION

This booklet is written for educational purposes only.

It is NOT intended to replace medical advice or to be a substitute for a physician. Always seek the advice of a physician or qualified health practitioner before beginning any diet and/or exercise program.

Having stated this, I like and agree with the approach Pete Egoscue takes in his excellent book Pain Free. He urges readers to take responsibility, i.e. to become Response-Able, as I like to spell it (as in "having the ability to respond").

This is the way he writes his disclaimer:

"It has become obligatory for health books to carry a legal disclaimer. You've read them: 'The following material is not intended as a substitute for the advice of a physician....' And they go on to recommend that you consult a doctor before embarking on whatever program is being offered. They conclude with the author and publisher disclaiming any legal responsibility for adverse consequences. As I did in my first book, I will again urge readers who feel they need the disclaimer's protection and counsel to close these covers and leave the pages unread. My working principle as an author and exercise therapist is that the most important consultation is the one a person has with him- or herself. Health care starts with personal responsibility. Any disclaimer that suggests otherwise does a great disservice."

The information contained in this booklet has been distilled from some 40 years of research, study and experiences, both personal and professional. It is compacted into nutritious bite-size morsels. Chew them well!

Everything in life hinges on understanding energy, whether we talk about physical, mental, emotional or spiritual health. Everything, including human beings, are made of energy, vibrating at different frequencies. I would encourage you to meditate on each page and to visualize your organs, your cells, the molecules and atoms that form you.

Perceive and feel the subtle changes of energy happening when you listen to different music genres, when your mood or your environment changes, or when you consume dead vs. living food. It is worth taking the time to build a strong foundation. Become aware and response-able (having the ability to respond to whatever you are going through).

What do you want? Death by default... or life by design?

AWARENESS + WILLINGNESS + TOOLS AND TECHNIQUES + ACTION = SUCCESS

... and... When You Change Your Energy... You Change Your Destiny!

LIVE WITH PASSION, PURPOSE and DELIGHT!

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<https://coddiwomplephotography.com/>

SHORT INTRODUCTION

You are a (w)holistic being, meaning there are physical, emotional, mental, subconscious and spiritual aspects of yourself. Like a symphony, each aspect works (or should work) in harmony with the others, complementing and enhancing each other. For simplicity sake, I will be focusing on one aspect at a time, one KEY at a time. This is an introduction.

KEY # 1: VIBRANT HEALTH AND PERFECT WEIGHT

Your body is the vehicle that takes you from conception to death. How are you treating it? If you were given a high performance car, how would you take care of it?

Would you fill it with the cheapest gas available... or give it high octane fuel? It's the same with your body. If you want it to be a high-performance (which it is), energy filled vehicle, give it the food/nutrients it needs.



How would you maintain your high performance car? Regular detailing, checking fluids, changing the oil, flushing the radiator, checking brakes and tires will go a long way to extend the life of your car.

It's the same for your body. In our modern environment, we breathe toxic air, drink toxic water, eat toxic food... we need to flush the toxins out on a regular basis. Safely cleansing your body twice a year is a good start.

A car left in the garage will deteriorate, as will a sedentary body. Did you know that your muscles can slow down and even resist the aging process? You do not need to become an athlete, but movements are essential. Walk, dance, swim... MOVE that body!



A car can be replaced. Your body cannot. Treat it as the high performance vehicle it truly is, and it will give you its best for many years.

KEY # 2: EMOTIONAL F.R.E.E.D.O.M.

(Freedom and Release of Emotional and Energetic Disturbances Or Mental blocks)



A life without emotions would be quite flat and uninteresting. However, being able to control unwanted emotions is a *must* to enjoy your time on Planet Earth. We all have ups and downs, challenges and traumas.

A dream can vanish, a cherished friend may pass away, material possessions can be engulfed in flames, and worry can ruin days or weeks. By using easy to learn and apply energy techniques, it is

possible to maximize happy, joyful feelings and minimize the length of time we spend with disempowering emotions. Uncontrollable rage and anger, deep sadness and sorrow... it's time to let them go.

KEY # 3: MENTAL FITNESS TRAINING

We make decisions with our conscious mind. It has the ability to reason and choose. Oftentimes, our mind wanders into dreamland and intrusive thoughts prevent us from focusing on the task at hand.

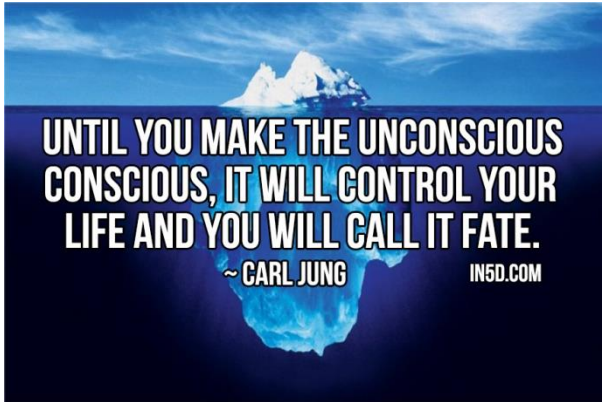
You can train your conscious mind to **focus** on what you want it to. It only takes minutes a day, and the rewards far outweigh the effort. **FOCUS and WIN!**



KEY # 4: BODYMIND PARTNERSHIP AND THE POWER OF THE MIND IN HEALING

Yes, we make decisions with our conscious mind. However, what we believe to be conscious is greatly influenced by what is contained in our non-conscious mind. It is believed that 95% of our actions stem from habits and beliefs anchored in the subconscious mind.

Is your subconscious mastering your life or are you the captain of your ship? You can dialogue with and get to know different aspects of your non-conscious mind.



Why is your life influenced in one direction or another? Why are you facing a particular situation? Through symbols and images, with the assistance of your *inner wisdom*, your dis-ease or challenge will communicate with you and bring to the surface wisdom and potential solutions, from the depth of your other-than-conscious mind.

KEY # 5: LOVE, LIFE AND MIRACLES

Most of us dream of an extraordinary life, where our talents and uniqueness shine brightly. The desires of your heart come from YOU, the authentic YOU, the divine YOU. The human potential movement has been in existence for decades.



If we want this planet to survive the challenges it is facing, it is time to move onto a divine potential movement, to ignite and unleash the divine spark which has been stifled by millennia of cultural indoctrination, challenges and trauma. The flame is still there, ready to be reignited. Imagine your life as the energies of love, joy, peace and passion arise in every cell of your body. You would be UNSTOPPABLE!

KEY # 1: VIBRANT HEALTH (and PERFECT WEIGHT)

Unless you are a breatharian - nourishing yourself with sunshine and earth energy - you need to eat. If you want your body to function like a high performance car, to continue the metaphor from the short introduction, you need to give your body high energy fuel, which means REAL food.

What you can grow in a garden, pick in the wild, as well as pasture raised animals and wild fish, is fuel for a high performance body.

CHOOSE HIGH IN NUTRIENTS – LOW IN CALORIES

A pizza does not grow in a garden. Cookies cannot be found in the wild. Caged animals and farm-raised fish contain lots of toxins and put a high burden on your body. In other words, those are low energy fuel. Junk food is high in calories and low in nutrients.

Think of it like this: everything is made of energy vibrating at different frequencies. Frequencies have colors and sounds. [Mike Adams, the Health Ranger, was able to “give a sound” to foods.](#) Healthy foods have harmonious sounds. Insecticides, pesticides, artificial colors and flavors emit very discordant sounds, which weaken the body.

With Kirlian photography, we can see the aura or the luminescence around everything, including food. Commercially grown food has less energy than organic food. Cooked food has less energy than raw food. The energy field around the hand of a person using predominantly healthy, organic food is brighter and wider than the field of a person eating junk food. For a high performance body, choose high energy food.

Eating food with a variety of tastes, colors and textures, in a relaxing, natural environment, is more nourishing. Beauty and harmony benefit more than just your body. It is nurturing your soul.

Did you know that foods are pleiotropic, i.e. they act differently in your body depending on your age? Depending on your age, you may have noticed that, although you eat the same foods and keep exercising, you start gaining weight

after a certain age, around 45-50 years old. Some genes get triggered at that age to get you off the planet, whether with cancer, diabetes or a heart attack. Your body's repair mechanism slows down as well. Cheer up! It's possible to trick these genes with healthy foods.





Where to start? What's most important?

1. **Hydration** is most important. Drink the best water you can find, and NOT in plastic bottles. How much water? It depends on your activity, the season, where you live, etc. Drink enough so that your urine is pale yellow.

2. **Salt** is important, but NOT any kind of salt. Choose unrefined salt, such as Celtic Salt, Himalayan Salt, REAL Salt (from the mines of Utah), etc. Commercial salt has been refined and has lost all its nutritional value. Unrefined salt has some 80 minerals, beneficial to your health.

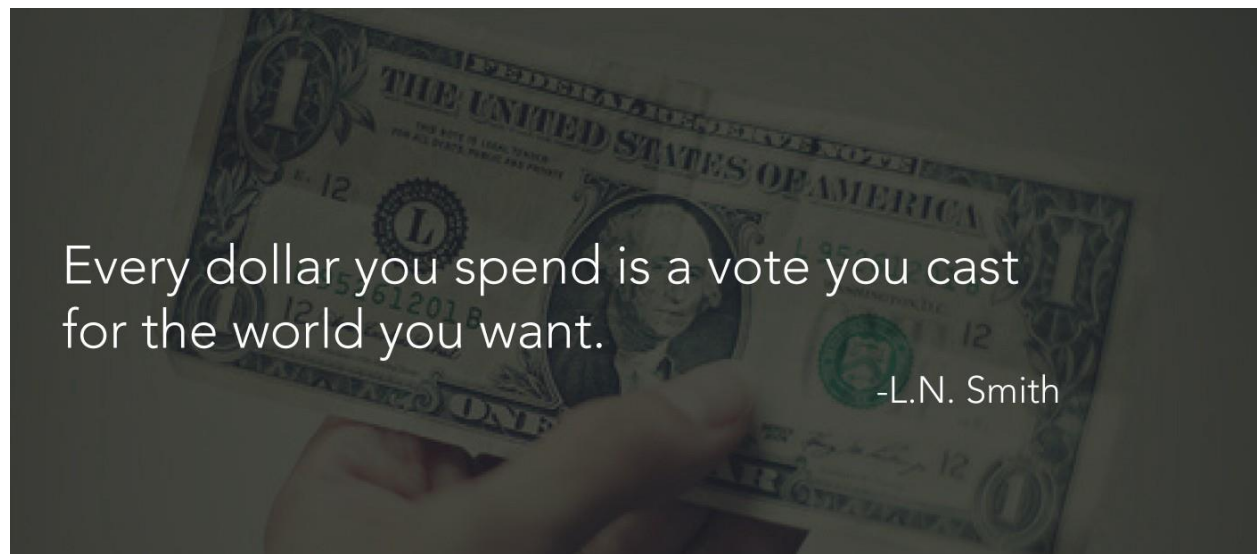


3. **Oils.** Cheap oils clog the membrane of your cells, preventing nutrients from getting in and toxins from getting out. High quality oils are more expensive, but well worth the investment.

2018 Guide	2023 Guide
<p>THE GUIDE TO HEALTHY OILS</p> <p><i>Oils to Love:</i></p> <p>CAN TAKE THE heat:</p> <ul style="list-style-type: none"> • COCONUT OIL • OLIVE OIL • PALM OIL • AVOCADO OIL • GRAPSEED OIL  <p>KEEP 'EM cool:</p> <ul style="list-style-type: none"> • FLAX OIL • SESAME OIL • WALNUT OIL • MACADEMIA NUT OIL • FISH OIL  <p>OILS TO LOSE:</p> <p>THESE OILS ARE HIGHLY PROCESSED & OXIDIZE EASILY!</p> <ul style="list-style-type: none"> • PEANUT OIL • SUNFLOWER OIL • CANOLA OIL • CORN OIL • SAFFLOWER OIL • COTTONSEED OIL • SOYBEAN OIL  	<p>As we learn more, changes take place.</p> <p>Butter, Ghee: great for cooking</p> <p>Olive oil: does not take the heat as well as we thought; keep it cool</p> <p>Grapeseed oil: not as healthy as we thought; lose it</p> <p>Choose organic and cold-pressed oils, fats from organic grass-fed beef, bison, elk...</p> <p>STAY AWAY from hydrogenated and partially hydrogenated oils/fats, and commercially processed oils</p>

4. Greatly reduce or totally eliminate all refined **sugars**. That is probably the hardest step for most of my clients. Sugar is very addictive... and very unhealthy. Start by eliminating all artificial sugar, then refined sugar, then minimize your use of even healthy sugars, such as raw honey, keto-maple syrup, stevia, etc...

5. **Read labels.** Anything that does not sound natural is probably not. Stay away from it. You vote with your money, make it a conscious choice. If people stopped buying junk food, corporations would stop manufacturing them.



Even though you are at the top of the game when it comes to food, you will experience a build-up of toxins, which need to be flushed out. If you are not used to cleansing your body internally, do it very slowly and carefully. Some detox programs have proven to be fatal. If in doubt, consult a health practitioner.



When the warning light comes on in your car, you do not cover it up. Why do it with symptoms, which are often warning signals? Headache? A pain killer. Vision problems? A pair of glasses. Acid reflux? Antacids. Depression or anxiety? Antidepressants and anxiolytics. Aren't we just covering up symptoms?

Your body wants to be healthy. It is trying to communicate with you, using symptoms. Are you willing to listen? Reactions could come from an accumulation of toxins, food sensitivity or the aftermath of a traumatic experience. Remove the

cause, so it does not have to scream louder and louder to be heard, until you are faced with a catastrophic illness.

Your body needs movement, lots of movement. Sitting at a desk for long periods of time is detrimental to your body. If you find yourself in this situation, make sure that you get up often to stretch and move around. Your performance will improve. Take every opportunity to walk, climb stairs, dance, swim... whatever you enjoy doing. Do it alone or in a group. The importance is to **MOVE**... preferably in natural settings.



Your body needs nature. You can recharge your energy simply by standing bare feet on the earth. The sun is a catalyst for enzymes and vitamins. Walking bare feet on a grassy meadow or sandy beach at sunrise or sunset offers many health benefits. I was fortunate to do A LOT of hiking during my childhood and youth, in the beautiful country of Switzerland.

Treating your body like you would a high performance vehicle will allow you to enjoy many years of vibrant health and perfect weight.

ALL IS ENERGY, VIBRATING AT DIFFERENT FREQUENCIES

THE FOUNDATION



The first module of this Key to Vibrant Health Series is meant to lay down a foundation on which we will build body, mind, soul and spirit health.

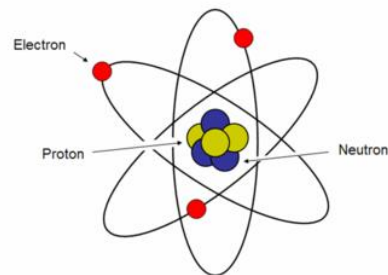
In construction, the deeper and stronger the foundation is, the taller a building can rise. It is the same with health; the strength of your foundation will determine the width, height and depth of your health, vitality and longevity.

What foundation can health be built on?

Fundamentally, it is about understanding energy, vibrations and frequencies.

Let's look at the corner stone. We are made up of energy, vibrating at different frequencies. What does this mean?

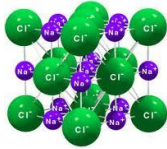
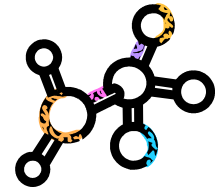
Remember the image of an atom from Chemistry 101? There is a nucleus in the center of the atom, made up of neutrons and protons. Around it, a swirl of electrons vibrates at different frequencies.



Most of these atoms do not like to be alone, so they look around and find other atoms, with which they have an affinity for, and they stick together, forming molecules.

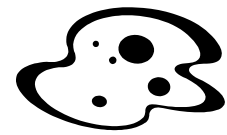


For example, a hydrogen atom likes to link with another hydrogen atom, and together they link with an oxygen atom. All three of them form a molecule, in this case, a molecule of water (H₂O).



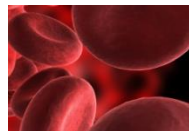
Atoms of Na (Sodium) do not like to be alone and look for atoms of Cl (Chloride) to link with, forming NaCl, a molecule of Sodium Chloride, or Salt.

Molecules link with other molecules and form cells. An amoeba for example is a single-cell animal, meaning it is comprised of only one cell, which is made up of millions of atoms/molecules.



Under a master plan (the purpose of which is not part of the discussion in this program), groups of cells get together to form tissues and organs, such as heart, liver, pancreas, stomach, bones, muscles, brain, nerves, etc.

These groups of organs and tissues eventually form a human being, with blood cells, bone cells, a heart, a brain and more... a human being... like YOU!



Let's proceed in reverse. IMAGINE YOU. Every tissue, every bone, every organ, every nerve, every part of the brain that makes you, is made up of cells; every cell is made up of molecules and every molecule is made up of atoms... and atoms vibrate at different frequencies. In the end, YOU are vibrations, you are energy! Isn't that simple? Let me repeat: fundamentally, you are "just vibrating energy."

Every organ has its own unique frequency, and it vibrates differently when it is healthy or sick... For example, it is known that a sick liver vibrates at a different frequency than a healthy one. Every thought has a frequency... Every mood has a frequency... Everything has a unique frequency, a unique "signature" as it is often called... and YOU are unique, with your own unique frequency or signature.

Experience vibrations!

Have you ever plucked the strings of a guitar?

Check out the vibrations/oscillations of guitar strings:

<https://www.youtube.com/watch?v=XOCGb5ZGEV8>



A deeper sound has a different rate of vibration and oscillation than the higher pitch sound.

Different strings... different sounds... different vibrations.

Different organs... different moods... different vibrations.

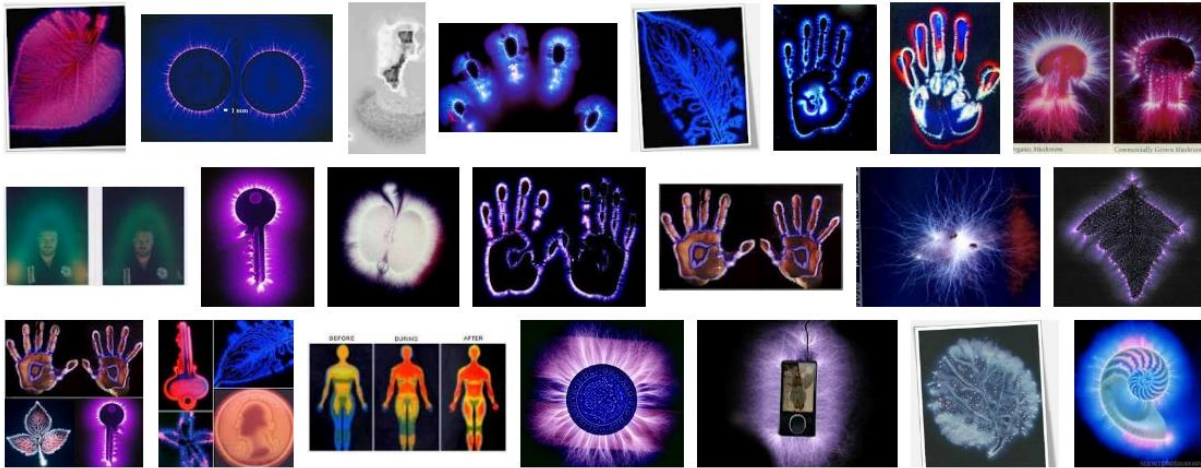
KIRLIAN PHOTOGRAPHY

Everything that vibrates makes a sound... which means that our cells, since they vibrate, make a sound as well, although so minute that we cannot hear it.

Lots of research is being conducted on sound therapy for healing. If we can get our cells (thus our organs) to vibrate at the proper frequencies, our bodies will play a beautiful symphony, which is called health, VIBRANT HEALTH! Although a cell may not vibrate at the optimal frequency, it seems to keep the memory of health. It just may need a "reminder."

Vibrations also produce colors... everything emits a certain color. Kirlian photography demonstrates this.

Use a search engine on your computer and type the words "Kirlian Photography" in the search box. You will see beautiful images such as these:



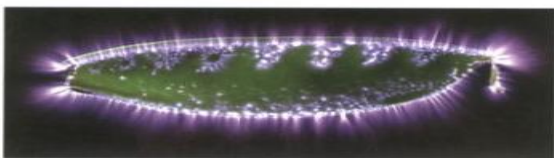
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Let's take a closer look at the picture of a pea, below:



Raw Organic Peapod

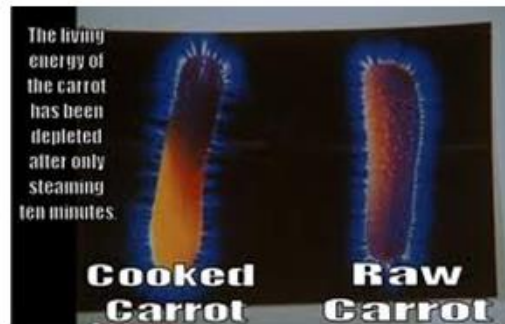
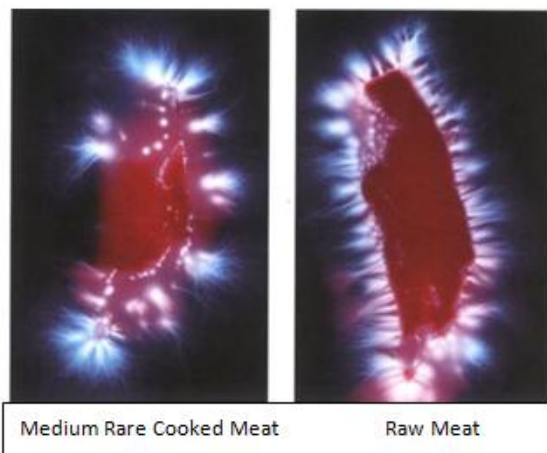
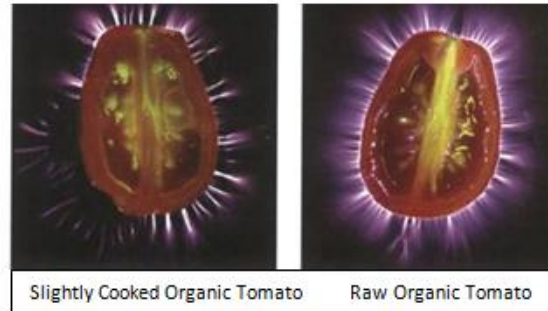
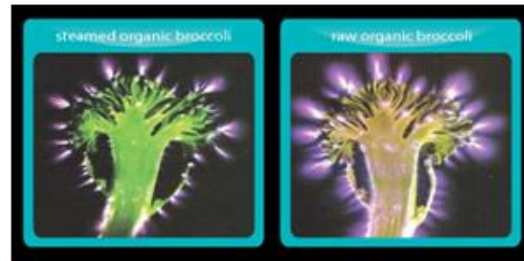
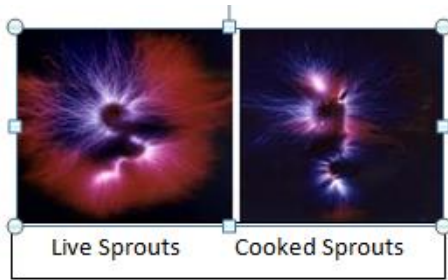


Raw Organic Peapod (Kirlian Image)

The top picture was taken with a regular camera.

The one below - a Kirlian photograph - was taken with a special camera which can "see" the color/ energy frequencies emitted by the pea.

Cooked or Raw: Let's look at some of these pictures more closely



Ask Yourself

1. Which category seems to have the most energy? The cooked one or the raw one?
2. Which category would you eat the most if you wanted to have lots of energy or a high rate of vibrations or vitality?

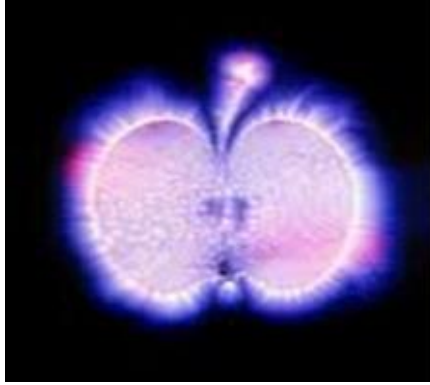
Let's continue: Commercial or Organic?



Ask Yourself

1. Which category seems to have the most energy? The conventional or organic one?
2. Which category would you eat the most if you wanted to have lots of energy or a high rate of vibrations or vitality?

Look at the pictures on the following page. Isn't that fascinating?



An Apple on the left... with somebody who took a bite out of it on the right.

Do you see the mingling of energies going through the apple?

Our energy mingles with other "things" or other people's energies as well.

Think about it. Who do you mingle with?

Let's Look at Results!



On the left is the Kirlian Photograph of the hand of somebody who eats healthy foods.

On the right is the Kirlian Photograph of the hand of somebody who eats junk food.

Ask Yourself

1. Which hand would you rather have the energy of?
2. Do you think that if your energy was vibrating at a higher frequency, you would have more vitality?
3. If you had more vitality, would you likely be able to stay healthier (rather than catch dis-eases)?
4. If you had more vitality, thus were less fatigued, would you likely be in a better mood?
5. If you had more vitality, thus were less fatigued, would you likely accomplish more?
6. If you had more vitality, would you likely live longer with a better quality of life?
7. Describe what your life would be like if you experienced a high level of energy and vitality? What would you do? What would you accomplish?
8. Imagine life with vibrant health and amazing vitality... what goals would you set?

WHICH WAY WILL YOU GO?



Want to Eat Well, Live Well with Energy, Vitality and Focus?

[Check my book](#) on how to nourish and nurture yourself!

KEY # 2 – EMOTIONAL F.R.E.E.D.O.M.

It was around 1980. Mary was still suffering from a water phobia, although she had been in therapy for as long as she could remember. That day, as she went to see Dr. Callahan, her psychologist, she had to make a detour and drive by a body of water.

She was in a panic as she entered his office. Dr. Callahan calmly told her to tap under her eye with her fingertips. After a few minutes, she jumped up, ran toward his swimming pool, yelling, “I am cured, I am cured.” She knelt by the pool and started splashing water on her face. Her water phobia had disappeared, never to return... and the “Tapping Techniques” were born.



Known under many names - Thought Field Therapy, Emotional Freedom Techniques, EP-Energy Psychology and more – Meridian-Based Energy Therapies have evolved over the years.

Initially used for psychological problems such as fears, phobia, addictions and PTSD (Post Traumatic Stress Disorder), these techniques moved into the medical field to relieve aches and pains, as well as more serious chronic diseases.

It was not long until they were found in the sports and business arenas. Performances improved on the field and in the office.

Gary Craig, the developer of EFT-Emotional Freedom Techniques, stated:

“The cause of all negative emotions is a disruption in the body’s energy system.”

It means that any unwanted emotion or mental block is caused by a disruption in your energy system.

“Based on impressive new discoveries involving the body’s subtle energies, EFT has been proven clinically effective (over 80%) for Trauma, Abuse, Stress, Anxiety, Fears, Phobias, Depression, Grief, Addictive Cravings, Children’s Issues, and

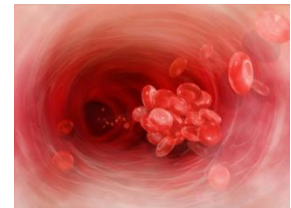
hundreds of physical symptoms including headaches, body pains, and breathing difficulties.

- ... often works where nothing else will
- ... usually rapid, long lasting, and gentle
- ... no drugs or equipment involved
- ... easily learned by anyone
- ... can be self-applied”



The Tapping Techniques consist of gently tapping on specific acupuncture points to release physical, emotional or mental distress. Although some people would scream “snake oil”, scientific clinical research proves that, although strange, they are anything but quackery.

- Arterial plaque decreased
- Cortisol level decreased
- Treatments which did not work before suddenly succeeded
- Blood pressure decreased
- Polarities reversed
- Clumped red blood cells were released
- Heart Rate Variability improved



I’ve been studying the healing arts, psychology and human potential development for over 40 years. I had never found a technique which was as simple to learn and apply, with as many astounding results as I experienced with the Tapping Techniques, personally and in my practice.

However, the Tapping Techniques are only a tool, not a panacea. Not all conditions dissolve as easily as the example at the beginning of this article. There are “one-minute miracles,” but most of the time, patience, perseverance and digging deeper are needed.

It is unfortunate that the Tapping Techniques have been trivialized. People expect the “one minute miracle” every time. When that does not work, they abandon and say, “I tried, it did not work.” YES, it does work if properly applied.

I like to compare learning the Tapping Techniques with learning a language. It’s quite easy, with most languages, to learn a few phrases that would help us as tourist visiting a new country. However, if you want to talk about philosophy in this new language, some perseverance to learn it will be needed. It’s the same with these techniques. There is the quick aspect, and there is the deep aspect.

Here are some personal examples:

- The Tapping Techniques gave me the courage to divorce and allowed me to regain my power.
- A sunburn, usually painful and itchy, had no symptoms.
- Although I ground the tip of one finger in a grinder, the pain disappeared in 10 minutes and the healing was accelerated.
- Food poisoning abated instantly. I face that quite often and am always amazed at how quickly the symptoms vanish.
- My clients found relief of depression and panic attacks.
- Aches and pains disappeared.
- Fears and phobias vanished (fear of flying, public speaking, height...)
- After a Tapping workshop with businesspeople, they reported that their income had increased and they stopped being afraid of marketing and cold calling. We had removed “blocks to success.”
- The Tapping Techniques work with animals as well. I had great success with dogs, cats and horses.



What you can do: when watching the news or getting negative feedback, gently tap on the side of one hand with the other hand - or on the steering wheel of your

car if you are driving – or tap on your fingertips, by the side of your nails, to alleviate stress.

Working with a qualified therapist is a wise choice. S/he will have been trained at seeing the many facets a challenge can offer.

I started using the Tapping Techniques after a 90-minute introductory presentation and changed the direction of my life in 3 months. I was so impressed that I studied with many of the masters, with great benefit, for my clients and myself.

I then developed my own “cocktail” of Tapping Techniques, called the F.R.E.E.D.O.M. Techniques (Freedom and Release of Emotional and Energetic Disturbances Or Mental blocks), a gathering of many techniques I learned.



If you want to learn more or become proficient in the Tapping Techniques, [check my comprehensive course](#)

Here is another easy, yet powerful tip.

Ho’Oponopono is another powerful tool you can use when upset with somebody. In your mind, say these four sentences in any order:

- I am sorry
- Please forgive me
- I love you
- Thank you

Dr. Len, a psychiatrist was able to “heal” his psychotic patients, just by using these statements while focusing on their file. Impressive! [Read the story here.](#)

KEY # 3 – MENTAL FITNESS

I spent years studying the unconscious and the subconscious before I realized the importance of the conscious mind. Winners in life use the conscious mind as the captain of their ship.

The subconscious mind is the filing system of your own experiences, as well as the experiences of your ancestry. Your conscious mind allows you to decide which of these experiences are important. Decisions are, or should be, made with the conscious mind in charge.



The conscious mind thinks and decides. If it is not the captain, you may end up drifting along, swayed by ideas and beliefs stored in your subconscious mind. That's living by default, on autopilot.

How does the conscious mind become the captain of your ship? Awareness is first. Just as an alcoholic may someday wake up realizing s/he is a slave to alcohol; you may wake up realizing that you are heading toward a destination you did not consciously choose. You may see that you are led by habits and beliefs, like a bull is led by a ring in his nose.

Time to wake up and change direction!

After the wake-up call, you must have a desire to regain control. Study the strategies and techniques winners use. Knowledge and interest are not enough. You need to act. Here is the success formula:

Awareness + Willingness + Strategies and Techniques + Action = SUCCESS!

For many people, awareness only follows a catastrophic illness or a traumatic event that will change the direction of their life. Here is an extreme example of a wake-up call. A man, let's call him Mitch, was taken by his wife to Dr. Martina,

physician and coach. She was quite distraught and wanted the doctor to help her husband stop smoking. He already had both feet and an arm amputated. Would



Dr. Martina please help her husband? Mitch told the doc, “You’ll not be able to change my mind. I’ve had this habit for years, and I like it.” Dr. Martina answered, “It would not even try to make you change, but think about this: once they amputate your other arm, do you think your wife will stick a cigarette in your mouth?”

Instant awareness! Change of direction. Mitch stopped smoking.

In Key # 1, we talked about taking care of your body with proper nutrition. Are you eating in a way that leads to health and vitality, or do your habits and social pressure control you?

Conscious choice or habit? What will it take for your conscious mind to gain or regain control of your ship?

If the conscious mind is the captain, the subconscious is the first mate. If the captain was absent, the first mate took over and will not easily let go. It takes some doing to become the captain again.

Fighting the subconscious mind is a losing battle. It’s too powerful. However, befriending the subconscious will allow it to take its proper place as first mate and become your best friend and partner.

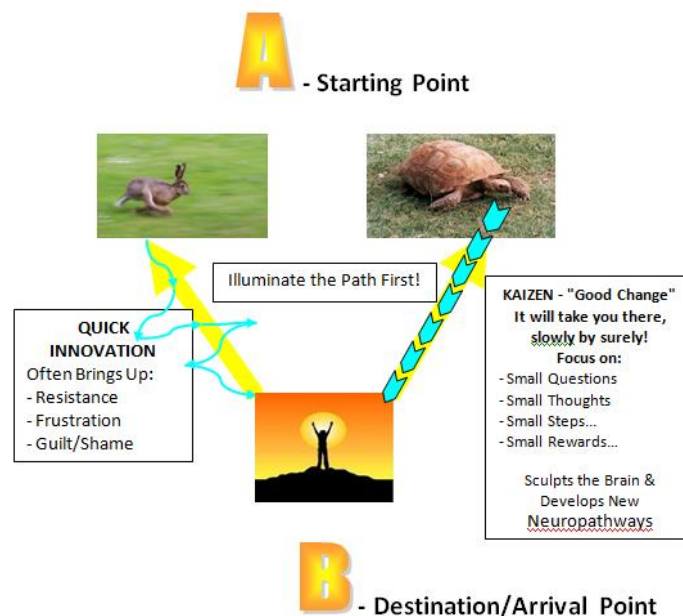
How? Play!

Engage in easy, non-threatening games to re-engage the power of the conscious mind.

Here are some easy and quick games you can use any time during the day to retrain your conscious mind to do your bidding, instead of ruminating on problems, worrying needlessly and letting the subconscious rule your life.

- While walking, or at a stop sign in your car, notice only the vertical lines in your field of vision, for 30 seconds

- While walking, or at a stop sign in your car, notice only the horizontal lines in your field of vision, for 30 seconds
- Alternate vertical and horizontal lines
- While walking, or at a stop sign in your car, notice what is green with different shades of that color, for 30 seconds, then work with blue, yellow, red,...
- Listen to a piece of music and focus on one instrument, for 5 seconds, then 10, 20, 30... until you can listen to the whole piece following only that instrument (or voice). Another day, focus on a different instrument...
- Walk through a garden or at the beach and put your attention on the smells around you, one smell at a time... 30 seconds
- Put a raisin in your mouth, and focus on its taste, texture... for 30 seconds (Jon Kabat-Zinn asks people to focus on a raisin for 30 minutes, in his mindfulness training classes)
- I enjoy mind games I found on the internet: Lumosity.com. They help you with speed, problem solving, attention, memory and flexibility.



Start with tiny steps. Remember that the turtle won the race against the hare.

Soon, your conscious mind will be at the helm, with your subconscious mind whispering, instead of the other way around.

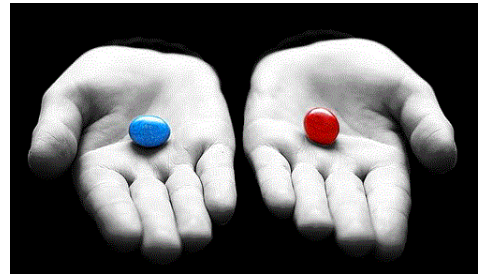
KEY # 4 – BODYMIND PARTNERSHIP

THE POWER OF YOUR MIND IN HEALING

You swallow little pills and you get well, even if there is no medicinal substance in them which could trigger this healing. It's called the placebo effect, which has been studied quite extensively in the past few decades.

Placebo means "I please". Sometimes, neutral medications are given to patients who insist on needing "pills" to heal. Let's take a few examples of what the imagination can do.

1. Two kinds of pills: red ones and blue ones. The study is done with volunteer students, at a university. They are told that the red pills will increase their energy, and that the blue pills will help them fall asleep. Unbeknownst to the students, the substances inside the pills are exchanged. The red pills now contain a sleep-inducing substance and the blue pills an energizing one.



Result? Most students who received the red pill felt energized and the students who received the blue pill fell asleep more easily. Their belief was stronger than the pharmaceutical drug.

2. Another group of students, at another university. Their task was to prepare a financial report. They got together in a room where a black briefcase was set on the table. The students argued, not being able to come to a consensus.



After the lunch break, the briefcase was replaced with a backpack. What do you think happened? The students started to



cooperate. This shows the importance of the environment in which we live, and how it can influence our behavior. Many such experiments have been done over the years, showing how we get triggered, subconsciously.

3. This third example is quite well known. A cancer patient only had a few months to live. His physician gave him some pills, loaded with vitamin B17 from apricot kernels, known to reduce cancer tumors. Indeed, it happened. The tumor started to shrink, until the patient heard that vitamin B17 for curing cancer was a hoax. Immediately, the tumor began to grow. The physician assured him that the study only referred to a specific batch of B17, but that he now had the right kind. Again, the tumor regressed, until the patient heard of another study, calling B17 a scam. The tumor grew and he died.



Was it the pill or his belief that made the tumor regress than grow again?

The placebo effect has its reverse, called the nocebo effect. It means “I harm.”

4. Some students in Germany did not like one of their professors. They decided to play a joke on him. They tied him up, covered his head with a black hood and took him for a mock execution. His head was placed on a chopping block. Somebody used an axe to hit another block beside him. The professor was so sure it would be a real execution that he had a heart attack and died.



5. Physicians’ bedside manners have become an important part of their training. I



remember one of my instructors telling us a true story. During his internship as a young medical doctor, he was touring the hospital with other students and the professor. The latter stopped by John’s bed, spoke briefly with him, then turned to the students to discuss the patient next door, whom he said was going to die during the night. John thought the professor was talking about him. He died during the night, although he should have been released the following day.

Psychoneuroimmunology is the science linking psychology, neurology and immunology. They are inseparable. We know that whatever emotion we experience will affect our nervous and immune systems. Science is simply confirming what we empirically knew: our state of mind can trigger headaches, nightmares, nausea, skin rashes... or healing.

The good news is that you do not have to be a prisoner of your mind or of your past. Thanks to new research on brain plasticity, new therapies are available which help transform a negative experience into the cornerstone of a new, fulfilling life.

According to Dr. Rossman, MD, co-founder of the Academy for Guided Imagery I graduated from,

“The mind may be the most underused healing tool we have.”

What is imagery? It is a flow of thoughts which can be seen, heard, smelled, tasted or felt in the imagination. It is:

- The language of the right part of the brain
- The language of the nervous system
- The language of the emotions
- The language of the subconscious and of the unconscious
- The interface between body and mind

Many examples of healing imageries are available in an article on my website: <https://daniellejcoaching.com/mental-fitness>



Dialoguing with our subconscious mind, or even the unconscious or the superconscious, as well as with symptoms and challenges, most often brings amazing wisdom to the surface. It's like going to search for treasures... treasures that are there and that will be found!

KEY # 5 – LOVE, LIFE AND MIRACLES

SCIENCE MEETS SPIRITUALITY

New discoveries are shattering our understanding of the world. Here is an overview of what the future (or the now) holds.

I spontaneously started to do astral projections during my childhood and was fascinated by the “mysterious” from an early age. I attended Relaxation and ESP (Extra Sensory Perception) workshops in my late teens and belonged to a group of ufologists, with whom I hiked mountains on certain days, in hopes of seeing some alien ships.

After having an “experience with Jesus” around age 10, I later got disappointed and became a scientific atheist, then an agnostic. I started to study Zen Buddhism and traveled through Europe (I was born and raised in Switzerland) to India and Nepal, in a spiritual quest (no drugs involved) to “find out more.” I visited several ashrams. During one of my visits to the Sri Aurobindo Ashram in New Delhi, the guru told me that I could travel around the world without finding wisdom. It was inside of me and could be accessed through meditation.



Interestingly, meditation and mindfulness are now in full swing in the United States, thanks mostly to Dr. Herbert Benson, associate professor of medicine at Harvard Medical School, pioneer in mind/body medicine, who bridged the fields of spirituality and healing, medicine and religion, East and West, belief and science.

His extensive research of Transcendental Meditation and his expeditions to Asian monasteries, where he hooked monks to scientific instruments to study their physical, mental and emotional states during their feats (drying frozen sheets on their naked body while sitting in the snow, by mind power alone), now allow western cultures to replicate these states more rapidly, without having to spend decades of practice.



The field of quantum physics has brought new understanding to the world we live in. Understanding may be too strong of a word, as the more we dive into the field, the more bizarre it becomes, like Alice in Wonderland. However, we can sift through and find practical applications for our daily lives, which might enhance our journey on Planet Earth.

For those of you who have watched the movie *What the bleep do we know* (if you have not, it is highly recommended), remember when Amanda watched a kid playing basketball?



When she watches him, there is only one way the ball is being thrown. When she turns around, there are innumerable possibilities. This principle has been applied in a clinic in China, where practitioners have trained themselves to focus on one possibility only: healing.



You can find several Youtube [videos showing the shrinking of a cancerous bladder](#) tumor in 3 minutes, during a presentation by Gregg Braden, who is also a pioneer in bridging science and spirituality.

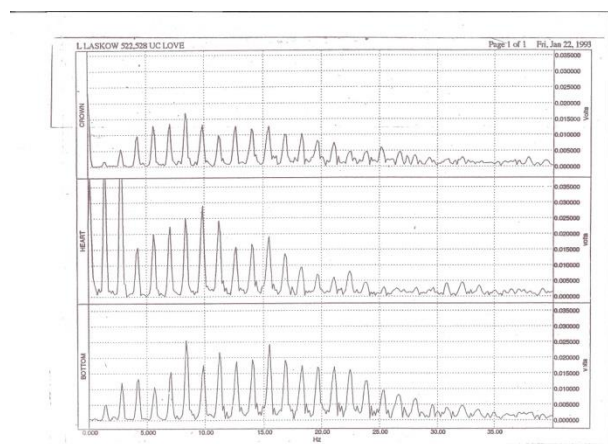
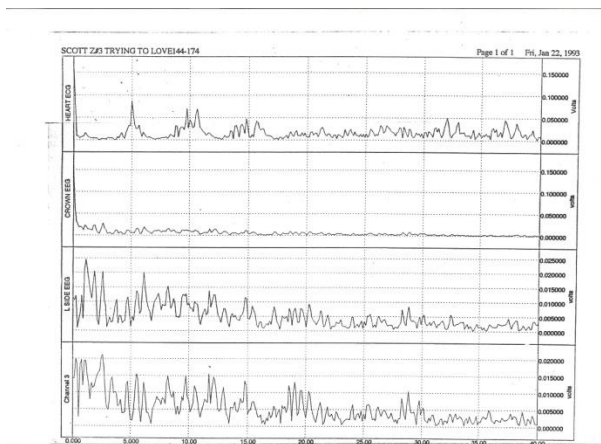
Science is changing our perception of space and time. There is only the present, here. The past and the future may only

exist in our imagination and through our belief system. If everything is present, already here, we can access the future now, which is the subject of a fascinating new course I am taking.

We live in a unified field, which means everyone, and everything is connected. There is evidence that plants do speak to each other, understand us, can remember and learn in their own way. We are connected.

At the beginning, I mentioned that I started to spontaneously access altered states of mind during my childhood. I remember that during tests, I would “travel” to get the information I needed. I was a straight A student, thanks to that ability, and thought everybody was doing it. If time and space are in the now and here, and all is connected, it is easier to understand how astral travel might work.

I attended several workshops with Dr. Laskow, a gynecologist and surgeon, who studied the frequency of universal love. He was hooked to different devices, to monitor EEG-Electroencephalogram, ECG-Electrocardiogram, EMG-Electromyogram and HRV-Heart-Rate-Variability.



When the frequencies were congruent, resonating at the “love frequency,” he could stop the growth of cancer cells, or protect bacteria from the attacks of antibiotics. During a workshop, we had to cut an orange in two, give energy to one half and remove the energy of the other half. More energy = juicier. The other half dried up quickly, and even got mold on it in one instance.

The Bible talks about the fruits of the spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. If we can bear these fruits, at our core, we must have their seeds, or frequencies.



Being WHO WE TRULY ARE, authentically, bearing the Fruits of the Spirit, is the road to a life of love and miracles.



Who I Truly Am

My deepest fear is not that I am inadequate.

My deepest fear is that I am POWERFUL, beyond measure,

It is my LIGHT, not my darkness, that most frightens me.

I ask myself:

Who am I to be BRILLIANT, GORGEOUS, TALENTED, FABULOUS?

Who am I to be POWERFUL, SPONTANEOUS, COURAGEOUS, FREE,

AND WORTHY?

Actually, who am I NOT TO BE?

I am a child of God,

My playing small does not serve the world.

There is nothing enlightened about shrinking

So that other people won't feel insecure around me.

I am born to make manifest the glory of God that is within me.

It is not in some of us; it is in everyone.

And as I let my own light shine,

I unconsciously give other people

Permission to do the same.

As I am liberated from my own fear,

My presence automatically liberates others.

Adapted from Marianne Williamson's quote

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