

Core Wellness Institute
Therapeutic Lifestyle Change
ACTION GUIDE #7

Core Thoughts

One of the simplest and most powerful fundamental laws of the universe is the power of giving.

Basically, if you want something, *JUST GIVE IT!*

But the important thing here is to ***give just for the sake of giving without attachment to the outcome***. If you get caught up in *what you're going to get back* by your act of giving then you have violated the law.

If you truly desire others to be abundant with love, peace, health, and happiness, then *by helping them* achieve this, it automatically happens *within you*. Remember, you should “treat your neighbor as yourself”. This really is the golden rule.

Another quick lesson from a course that I highly recommend, “*The Master Key System*” by Charles Haanel can be found in part 12, point #4:

“The only way to keep from going backward is to keep going forward. Eternal vigilance is the price of success. There are three steps, and each one is absolutely essential. You must first have the knowledge of your power; second, the courage to dare; third the faith to do.”

It's always much easier to stay within your “known” world, or your “comfort zone”. But when you *realize* and KNOW that you are a *powerful* piece of the Creative Intelligence we call God, and that your *essence* is 100% abundance, it gets awfully hard to “settle” for anything. If you have the *courage* to stick your neck out and the *faith* to follow through, anything is possible.

Core Movement

The intention of “going up”.

When I first learned how to engage my anti-gravity core stability system, my teacher from Prague, Jiri, kept giving the instruction, “*intention is up*”, and “*go up*”, and “*push away*”, and “*get the good feelings*”.

But I had no clue what in the world he was talking about! I tried “muscling” my way into what I thought he wanted, but I felt so frustrated because the only “feeling” I was getting was pain in my knees!

But after 12 hours of learning more, researching on my own, and lots of PRACTICE, I finally got it. Now I understand what he meant when he said that the reason why people have so much pain and dysfunction is that their stability is “*weak in the mind*”.

You see, it goes back to the fact that nothing ever occurs until there is a “thought”, or better yet, an “intention”.

And our “intention”, as far as our posture goes, has got to be “up”, and this occurs by the “intention” of “pushing away” from support points. When we're standing, our support points are our 3 pillars, remember?

This intention, just the act of *thinking* about pushing away, prepares your nervous system to switch on the core stability system. *It's inborn*. It's how we're *designed*!

And since your body and mind are really one and the same, all you have to do is keep the “intention” of “pushing away” and your frame will always be ready to handle *any* load from *any* direction!

Plus, you'll be walking taller. You'll move with more confidence. And you will be “feeling the good feelings”!

The KEY here is to keep this intention from MOMENT to MOMENT.

Then you can feel the good feelings ALL THE TIME. After all, feeling good is your *natural* state!

Core Nutrition

Why RAW?

Did you know you run a clock with a potato? That's right. My son did it for his science project (after some encouragement from his Dad!)

But how in the world is that possible?

You see, a raw potato is full of ENERGY! Negatively charged electrons that were captured from the green leaves of the plant were transferred and stored in the root.

But this energy was not really meant to charge up clocks. It was meant to charge YOU!

As a matter of fact, one of the ways I measure cellular health in my practice is with a bioelectrical impedance analyzer. This nifty little device gives us a measure of how much energy your cell membranes can store called capacitance! (The *capacity* to store energy!).

BUT...what happens when you COOK that potato? You destroy its energy. You essentially kill it!

And not only have you destroyed the energy that could have been charging *you* up, you've also destroyed a large percentage of the nutrients that your body needs to continue repairing and renewing your cells.

The end result is less energy, nutritional deficiencies, and eventually degenerative disease, deterioration, and dependence on dangerous medications.

It's no way to go.

So start by getting your diet to 51% raw and work up from there.

I know it's a major shift in thinking for most people but when you experience the vitality and satisfaction and lack of hunger that comes along with eating whole, raw, and ideally organic foods, you'll be hooked!

I use YouTube and other web video to continue learning about all this. There are tons of great ideas online for raw food dishes. One of the most comprehensive sites I've come across is www.living-foods.com. There are lots of impressive articles and recipes there to get you started.

Also be sure to check www.meetup.com for a “raw food” group that meets in your community or check with your local health food stores to hook up with a group that gets together and has “potlucks”, where everyone brings a raw dish, shares recipes, and talks about why it’s important to stay as raw as possible!

Also...feel free to join our group at <http://www.meetup.com/louisville-area-raw> . Even if you’re not close enough to attend the potlucks, you’ll still be able to eavesdrop on our conversations and access all the recipes and presentation handouts from the meetings.

There’s a “More” tab in the navigation bar at the top. Just click on “Files” when the drop down menu appears and that’s where you find the goods! I’d love to see you there!

There’s definitely a “raw movement” happening. While I am not dogmatic about this and am not a 100% raw foodist myself, when you step up and get more raw foods into your diet and you’ll be amazed at your new vitality and energy.

I guarantee it.

Keep up the awesome work! -Dr. Hoffman