



# *Energy of Life*

## **7 Minute Daily Exercise Rituals For Increased Vitality & Joint Pain Elimination**



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## **Support Manual**

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*Todd Kuslikis*

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7-Minute Daily Exercise Rituals  
for Increased Vitality & Pain  
Reduction

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Support Manual

*Todd Kuslikis*

# W elcome to the Energy of Life Support Manual!

My name is Todd Kuslikis, and I'm going to be your coach as you go through this informative and instructive guide for increasing the vitality in your everyday life. And the way I'm going to do that is by introducing you to some very powerful energy and vitality rituals that will reduce your chronic joint pain and eliminate that all-day "sluggish" feeling that plagues your body. This will leave you feeling refreshed, rejuvenated and ready to get back to living life exactly as you want!

You see, right now, you have energy in your body that is literally blocked. And that's one of the core reasons you are feeling pain and sluggishness. The energy and vitality rituals we're going to perform will help free those blockages.

Now, you may be wondering, what exactly is an "energy/vitality ritual"? An "energy/vitality ritual", also known as an "energy exercise," helps you release chronic joint pain and overcome fatigue.

Even though you may have never heard of these ideas, they've been around for centuries! Traditional Chinese Medicine recognized the relationship between the body's energy and pain for millenium. They called the energy within the body one's "chi" and the pathways through which the chi flowed were known as meridians.

Then came western medicine, which was able to refine these ideas with more advanced technology. What Traditional Chinese Medicine (TCM) called meridians, Western science calls the central and peripheral nervous system. I still will never forget the day I had one of the greatest insights of my health career. I was studying the nervous system in one of my nursing classes and looking at the nerves that controlled certain organs. I immediately stopped and pulled out one of my old TCM books from my backpack and opened to the section that

talked about meridians. My eyes kept darting back and forth. The similarities between what we call the nervous system were so close to what TCM called meridians. What Western science was just beginning to learn, TCM had known and practiced for thousands of years.

The pain we feel all starts with inflammation. Maybe we have some type of injury or sleep wrong on our neck and a small injury occurs. Inflammation occurs around the point of injury. The problem is that the inflammation doesn't leave and the muscle tissue around the area starts to "bind up". This binding up is called fibrosis. The fibrosis impinges on the body's nerves and creates pain and discomfort. TCM calls these points of fibrosis "energy blocks", and we often never address them for years or even our entire life. Sometimes they cause us pain, sometimes they don't. But they are still there. We have to release our bodies' natural cleaners to get rid of them. We have to release these blocks in the area in order to be free from pain.

When "energy" is flowing freely, you experience no pain, no issues with mobility and feel vibrant and healthy. When it is blocked you experience the opposite.

So how can you free your blocked energy, so that it can flow throughout your body and alleviate the joint pain with which you constantly struggle?

There are three principles I'm going to introduce you to -- principles that have not only helped me, but helped countless people release their impeded energy, reduce their pain significantly, and allow them to live an active, healthy, *energetic* life.

Now, if you don't fully understand these principles right now, don't worry. I'm going to be going over each of them in greater detail in the follow-along videos for this section, where I incorporate all three of them into the 7-minute ritual.

Yes, you read that correctly. We're going to use all three of the following principles in a ritual that will only take you 7 minutes a day!

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# Grounding

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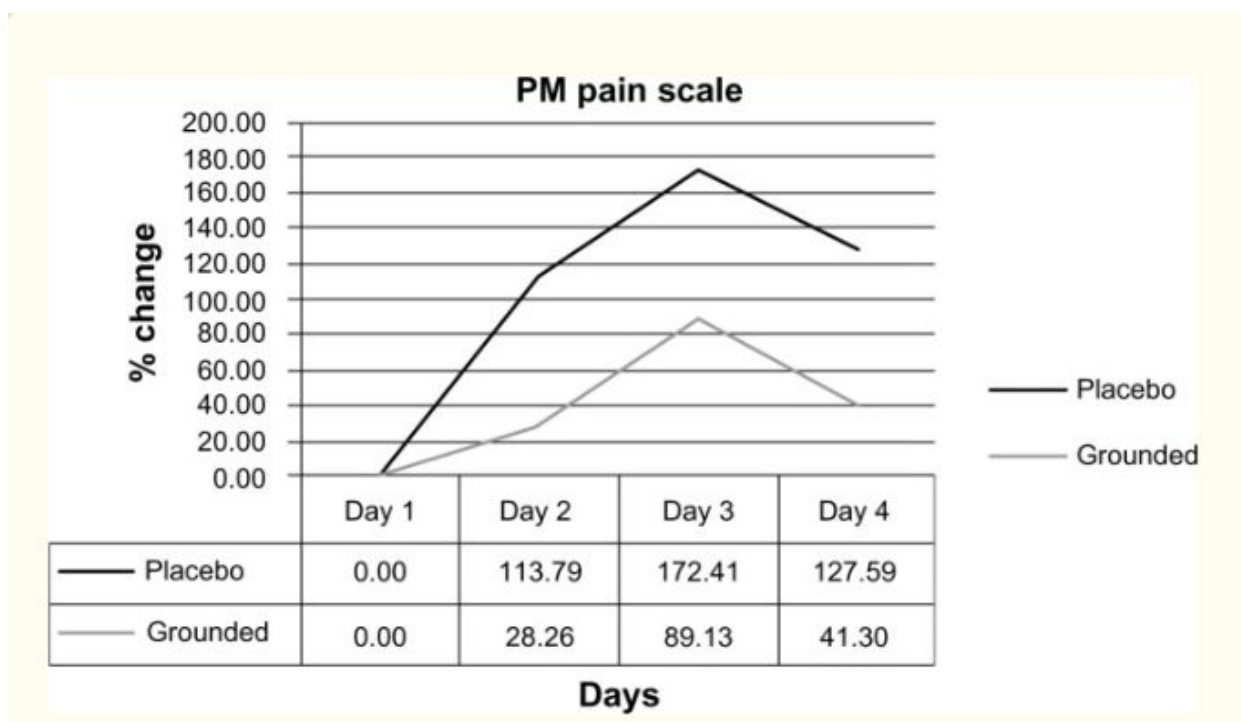
When you hear the term “grounding,” what comes to mind? When I first heard it years ago, I thought it referred to when your parents wouldn’t let you leave your house for a week. In fact, it’s an ancient and incredibly effective method for allowing positive energy and nutrients to enter your body, simply by making contact with the most natural resource possible: the earth itself!

Grounding essentially is standing barefoot so that your feet are in contact with the natural earth. The earth is endowed with electrons, and so by placing your bare feet on the earth, you allow those electrons and nutrients to enter your body.

95% of the earth’s population have insulated themselves from the earth by wearing shoes all day. When you remove your trusty tennies, you allow all of the natural elements from the earth that your body wants in you to enter through your feet.

The relationship between your bare skin contact with the ground may sound silly, but scientific studies have shown this to be a legitimate tool for healing your body.

A study published to the *Journal of Environmental and Public Health* investigated the usefulness of grounding in different aspects of life. In one experiment, four healthy adults practiced grounding after an unfamiliar exercise and four were using a placebo substitute. Here is a chart that monitored their pain levels.



Source: [www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

As you can see, the group that used grounding saw a reduction in pain levels that was greater than the placebo group.

In fact, the study found that grounding “appears to improve sleep, normalize the day–night cortisol rhythm, reduce pain, reduce stress, shift the autonomic nervous system from sympathetic toward parasympathetic activation, increase heart rate variability, speed wound healing, and reduce blood viscosity.”<sup>1</sup>

Why is this? Simply put, the reason is that your body is basically a battery -- electrically charged from your head to your toe. And the earth is its natural conductor.

One of the keys to reducing pain, as I’ve mentioned, is to reduce inflammation. And the aforementioned research hypothesizes that “mobile electrons from the Earth enter the body and act as natural antioxidants;<sup>2</sup> they are semi-conducted through the connective tissue

<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4378297/>

<sup>2</sup> Oschman JL. Can Electrons act as antioxidants? A review and commentary. J Altern Complement Med. 2007;13:955–967. [[PubMed](#)]

matrix, including through the inflammatory barricade if one is present;<sup>3</sup> they neutralize ROS and other oxidants in the repair field; and they protect healthy tissue from damage. The fact that there are fewer circulating neutrophils and lymphocytes in the grounded subjects may be advantageous because of the harmful role these cells are thought to play in prolonging inflammation.”<sup>4</sup>

We’re going to use grounding to expose your body to this conductor and allow for positive, healthy electrons to enter into the body and eliminate inflammation, which is known as the silent cause of joint pain.

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<sup>3</sup> Oschman JL. Charge transfer in the living matrix. *J Bodyw Mov Ther.* 2009;13(3):215–228. [[PubMed](#)]

<sup>4</sup> Best TM, Hunter KD. Muscle injury and repair. *Phys Med Rehabil Clin North Am.* 2000;11(2):251–266. [[PubMed](#)]



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# Relaxation

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**N**ow, relaxation is a term you've certainly heard of before. Anyone who has exhibited the telltale signs of stress has been told to "relax" at least once. However, do you really know how to relax effectively, so that your brain will stop sending these stress signals throughout the body, causing you chronic discomfort?

Tense muscles block energy flow throughout the body. It impedes blood flow and impinges nerves. You've felt this before, I'm sure. Imagine you're driving in heavy traffic. You're late for a very important meeting. Just when it looks like traffic is about to free up, you discover there's construction down the road causing even more of a logjam. Can't you imagine yourself gripping the steering wheel, squeezing hard, and tensing your entire body? I know I can!

This is an example of your body's natural responses to stress, which includes tense muscles and heart and respiration rate increase. It's known as the "fight or flight" response, and has been with humans for a very long time.

We need to train our bodies to relax -- not only when high-stress situations present themselves, but at all times throughout the day. If we can do that, our bodies and minds will greatly benefit. In 1975, cardiologist Herbert Benson described what he called the "relaxation response" -- the body's ability to experience a decrease in heart rate,

respiration rate, blood pressure, muscle tension, and oxygen consumption.<sup>5</sup>

In fact, there are a lot more reasons to take that much needed “chill pill” when stress occurs. An article from the Huffington Post details 10 health benefits to relaxation. When you relax, you:

- 1) **Protect your heart** from high blood pressure, heart attacks and other heart problems
- 2) **Lower your risk of catching a cold**, due to the body’s ability to fight inflammation
- 3) **Boost your memory** due to increased proteins in the brain that have been linked to Alzheimer’s
- 4) **Reduce your risk of stroke**, partly due to the fact that people who handle stress well are often healthy in other ways like exercising regularly and not smoking
- 5) **Protect yourself from depression** as a result of well-regulated levels of serotonin and dopamine
- 6) **Tend to make better decisions**, because stressed out people tend to ignore the cons of the decision they’re about to make
- 7) **Can stay slim**, since stress makes it harder to resist comfort foods that tend to be high in fat and sugar
- 8) **Reduce acne**, because stress increases the amount of oil produced by the skin (researchers aren’t exactly sure why this happens)

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<sup>5</sup> <http://www.dartmouth.edu/~healthed/relax/>

9) **Keep your sex drive normal**, because stress can deplete your libido levels (whether man or woman)

10) **Lower your risk of breast cancer**, because relaxing has been shown to delay the progression of the disease as well as speed up recovery

Of course, it's great to know that relaxing is great for your health; however, one cannot simply decide to relax. We need to employ relaxation techniques in order to get all of these benefits.

You're going to see some follow-along videos that you'll be able to use to help your body relax. Allowing yourself to deeply relax is the complete opposite of the "fight or flight" response, and much more beneficial for you.

From a more scientific standpoint, we need to help your fibrotic tissue "release" and free up impinged nerves.

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# Visualization

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Now, we're going to get *really deep* into visualization in another section of the Total Transformation System. You've got an entire Dictum Manual that is going to make you a master of visualization very soon! For now, consider this putting your toes in the water.

And in this portion, you will learn how the power of words can help shape your health on a physical level. Positive energy flowing throughout the body is important for helping the fibrotic tissues release and free up impinged nerves.

For now, though, I'd like to call your attention to the interesting names of the exercises. When you see them, you'll notice they're not your typical names for exercises. Lift the Earth? Spiraling Tornado? Why such odd names?

It has everything to do with visualization. I want you to really imagine you are embodying what the exercise names describe. So during the Lift the Earth exercise, that's what I want your mind's eye to be picturing. Envision yourself actually lifting the Earth. This will be central to your success with the program -- in other words, don't just "go through the motions". The mind is critically important for increasing energy.

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## Structure of the Rituals

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**A**s you progress through the 6-week course, you'll be moving on to different and more challenging exercises; however, the structure of the 7-minute rituals will not change. Those are laid out in a very specific way, because this format is the best way for you to see increased vitality and pain reduction we're looking to achieve.

These movements are specifically designed to increase energy and release joint pain. Every movement you're going to perform in Energy of Life has been thoroughly researched and proven to free up those critical energy pathways in your body in order to allow you more mobility, help you build strength and move with less pain!

Each day is structured like this:

**Warm Up** -- During the warm up, you will use your "Power Move" at the start. We begin with this because this move will release powerful endorphins that will prime your body for an energy-filled day. And when you combine this with your dictums (we'll get to that in the Mind of Life e-book), you are going to be fully charged and ready for the ritual!

**Vitality Stretcher** -- We'll be combining deep oxygenated breathing with stretching/mobility movements designed to increase vitality

**Dynamic Isometrics** -- Isometrics is a particular exercise discipline in which the body does not move. What you'll get from this technique is an increase in body strength and muscle tone critical to improving your energy and overall health.

**Cool Down** -- To bring the ritual to a close, you'll be doing some awesome "body shaking exercises" -- not only does this feel really good, but it breaks up that fibrotic tissue that keeps your energy bottled up at certain points throughout the body. And to finish the ritual, you once again will use your Power Move and say your dictums so that your battery is fully charged for the day!

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## Why Only 7 Minutes?

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**T**hat's a question I've gotten many times about my Energy of Life course, so I thought it would be a good idea to address it right from the start.

The fact is, most people believe they simply don't have the time to invest in their physical health. We're all busy and constantly feel pulled in different directions. So I decided I would create a system that would be so easy to follow, you'd have to work really hard to find an excuse not to do it!

By making these rituals only 7 minutes, it holds you accountable, makes them easy to commit to, and ensures you'll start seeing the benefits in no time.

These rituals you're going to perform are going to incorporate all of the other aspects of the program. It's built in, so there's nothing you need to do; however, you're going to see a lot of the techniques follow the same logic and methodology. For example, the follow-along videos will incorporate your "Unique Energy Move" (which you'll learn about soon), proper breathing techniques (there's an entire section on that), and so on. So it's important to take a glance at all of these sections before you start the rituals, so you're as prepared as possible for your daily exercises.

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# Ritual Guidelines

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**Y**ou'll be performing each week's unique ritual one time per day. Again, it's only 7 minutes, so this should be very easy to stick to! When you've completed the full 7 days (that's right, no days off!), you'll move on to the next "level."

## **Levels:**

The different levels are designed to start you out in a very "beginner" mode and gradually move you along. Each week, you'll incorporate more advanced exercises, all designed to reduce your joint pain and increase your energy levels.

## **Breathing:**

It will be important for you to employ proper breathing techniques during these rituals. Before you begin the Energy of Life program, take some time to read and watch the videos for Breath of Life. These are going to be immensely helpful guides that break down why proper breathing is critical -- not just for this program, but your overall health -- and how to retrain your body to reach its full breathing potential to optimize your health and wellness.