



Mind of Life

Daily Dictums for Radiant Health



**Main
Manual**

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W elcome to the Mind of Life manual!

A big part of the Total Transformation System is understanding the power your brain has to shape your health. And I'm not talking only of your mental health -- your mind has the power to affect the physical health of your body.

This is an often overlooked element of physical health in Western culture. Chalk it up to the need for instant gratification or obsessions over diet and exercise. Those are certainly important, of course; however, just as the right foods can make you healthier and reduce your pain, so too can the right type of positive language.

Essentially, what I'm talking about here is being happy. And being happy doesn't just help you smile at the mailman more often.

Researchers are finding that happiness has a powerful influence, not only in the brain, but throughout the entire body. Richard Davidson, a professor of psychology and psychiatry at the University of Wisconsin, says that people who rate in the upper echelon of happiness on psychological tests develop about 50% more antibodies than average in response to flu vaccines -- "a very large difference," says Davidson.¹

And it's also been found that happiness, and other related mental states like optimism and hopefulness, "Appear to reduce the risk or limit the severity of cardiovascular disease, pulmonary disease, diabetes, hypertension, colds and upper-respiratory infections."²

¹ <http://content.time.com/time/magazine/article/0,9171,1015863,00.html>

² <http://content.time.com/time/magazine/article/0,9171,1015863,00.html>

The Link Between Happiness And Energy

One question you may be asking at this point is, “*What does being happy have to do with having energy?*” And at first glance, they may seem like two completely disparate concepts. The truth is, science is finding out more and more that happiness *creates* energy!

Humans have basic needs like the need for food and water. If the body feels as if it’s under a threat of not receiving those things, we feel things like panic, anger, fear, etc., which depletes our energy.

Positive emotions like love, gratitude and hopefulness counteract those primal messages that we’re in danger.³ Therefore, if we can keep our “happy” levels up, that will keep those energy-sucking emotions at bay so that our body will feel up to any challenges the day has waiting for us!

³ <https://www.realsimple.com/health/mind-mood/how-to-increase-energy-levels#time-to-wake-up-0>

Can We Really MAKE Ourselves Happy?

Happiness in itself is a fairly simple concept, right? But do we really have the ability to create our happiness, *without* resorting to handfuls of unnatural pills?

Professor Davidson says it's possible, and he's seen it done!

While Davidson was in a lab observing a Buddhist Monk meditate, he noticed that the data streaming to his computer from electrodes attached to the monk's skull showed the activity in the prefrontal lobe of the monk's brain was shooting up very rapidly. The deeper the monk fell into his meditation, the higher the activity.

Davidson, who was studying the link between prefrontal-lobe activity and the bliss experienced by meditators, arrived at a conclusion he later published in the *Proceedings of the National Academy of Sciences*: happiness isn't simply a vague feeling; it's an actual, physical state of the brain. And it's a state you can induce deliberately.

So how can you do that? Well, this program is all about helping you transform your life in just a few minutes a day. That means we need to learn how to induce the state of happiness in moments. And I'm going to show you exactly how to do that!

I'm going to teach you something that has been a pivotal tool for me -- not only in health and fitness, but in just about every aspect of my life. It's the power of dictums.

What Is A Dictum?

A dictum is “A formal pronouncement from an authoritative source.” And there’s no need to involve your boss in this, because YOU are that authoritative source, even if you don’t know it yet!

You can use dictums to overcome the frustrating joint pain coursing through your body. Simple, positive affirmations are proven to be an effective tool to helping you feel years younger, pain-free and full of energy. You just need to know *how* to do them!

That’s right, I’m going to teach you the proper and effective way to talk to your body.

The Power of Positive Affirmations

This isn't the latest pseudoscience mumbo jumbo... it's cold, hard science. You should be talking to the joints causing you pain every day to help them feel better, and finally have the freedom to pursue all the wonderful activities you've been missing out on. It may sound crazy, but a little chit-chat with those joints of yours can go a long way!

You see, a positive attitude significantly helps in making you a healthier person. Science has shown that using positive affirmations is an unbelievably effective medicine... and it's as natural as can be!

A 2010 study from the University of Arizona studied the power of positive affirmations and found they can be a supplemental treatment for depressed and/or anxious patients. In fact, the study proved the affirmations were the most influential part of the recovery process.⁴

⁴ <https://www.lifehack.org/515761/the-power-positive-affirmations>

How Attitude Affects Your Pain

How could those affirmations be such a catalyst in the body's recovery process? The answer is all at once simple and profound: *Your body is listening to you.*

Researcher Cleve Backstair spent 36 years studying biocommunication in plant, animal and human cells, and what he discovered will change how you think about your own body.

In one of his experiments, he collected white blood cells from human donors and recorded the cells' reactions to different emotional states that the humans experienced. When a subject felt a real, spontaneous emotion, the blood cells would elicit an electrical reaction. This would occur regardless of distance between the person and the blood cells that remained in the lab. If a subject experienced stress during their travels home, such as standing in a long line at the airport, the cells would react.⁵

The research Backstair conducted concludes that there is a connection -- and interdependency -- throughout the human body. Through this, we can focus our energy into the physical healing of our own bodies!

⁵ <https://www.lifehack.org/515761/the-power-positive-affirmations>
<https://upliftconnect.com/heal-yourself-by-talking-to-your-body/>

Further research from Bowling Green University suggests that maintaining a positive attitude is connected to a shorter rehabilitation period for people with injuries.⁶

And sports and exercise psychologists Robert Weinberg and Daniel Gould say that positive statements said to oneself are empowering and is beneficial during recovery.⁷ Using different “self-talk” techniques are proven to improve the rehabilitation process for people.⁸

Who would have thought... after all the failed physical therapy sessions... all the long days missing out on walks, bike rides, and time spent with family... all your joints really needed was a little pep talk!

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<http://www.appliedsportpsych.org/resources/injury-rehabilitation/using-the-mind-to-heal-the-body-imagery-for-injury-rehabilitation/>

⁷ <https://healingfeet.com/surgery/the-power-of-positive-thinking-aids-sport-injury-recovery>

⁸ <https://www.weber.edu/wsuiimages/jordanutley/PDF/ATT%20Article.pdf>

How To Use Dictums

You can use dictums to overcome the discomfort in your body's joints. and make yourself a healthier person. So instead of constantly telling yourself your body hurts and is nothing but a burden on the life you want to live, you're going to turn that attitude around!

Now, there are specific techniques that will allow for maximum results from your dictums, which we'll go over now:

- 1) Say your dictums while standing, if possible.** If you're unable to stand, that's alright, you can still do them while sitting. If you can stand comfortably, however, it's best to do so. Remember, when you say your dictums, **YOU** are the authoritative source. And there's a reason just about every important speech throughout human history has been given while standing: when we stand straight up straight and tall, we are telling others -- and more importantly, ourselves -- that we are an authority whose words truly matter.
- 2) Say your dictums with passion and excitement!** This is no time to be reserved! You're making a pronouncement that your body feels good, you're healthy and strong, and you're ready for whatever life has waiting for you! Don't hold back. Speak with as much passion as you can muster. Even if you have to "fake it" a little bit at the beginning, that's alright. Speak as if you truly believe what you're saying with every fiber in your being. You'll

start to believe it very soon.

3) Use your “Energy Move” when you say your dictum. You’ll learn more about your “Energy Move” in the Position of Life section of the Total Transformation System. So before you begin using our dictums, make sure you read up on that. For now, just know that you’re going to be creating a move with your body that is uniquely yours which will flood your body with positivity and energy. And when it’s time for you to say your dictums, bring out the “Energy Move”!

4) When you say your dictum... Smile! It’s been proven that smiling is extremely effective in improving your mood, energy and overall health. So when it’s time to say your dictums, you need to be happy about them! Passion and excitement are great, and by smiling, you’re also going to add a “joy” element to the exercise. Again, even if you have to phone it in a little bit at the beginning, that’s fine. You’ll be seeing the incredible results soon, as your joint pain starts to fade away and your energy levels surge. And that’s worth smiling for!

When You Should Say Your Dictums

Truly, there's no limit to when you shouldn't say your dictums. The more you say them, the more you'll believe them, and the faster you're going to see the desired results.

At minimum, you need to say your dictums **in the morning and the evening.**

Why in the mornings and evenings? It's because your mind controls your body, so starting your day with these positive affirmations will set your body on the right path all day. It's amazing what happens when we set our minds to things. Have you ever had a task that really needed to complete, and so you say to yourself, "OK, time to get this done."? It's because stating your intentions or goals aloud sets your mind to accomplishing it. So when you say your dictum at the beginning of the day, you're going to be wired to make what you've stated true, even if you don't realize it!

It's also great to say your dictums in the evenings, because your dictums will sink into your subconscious mind as you sleep. We process *a lot* of information when we are asleep. By saying your dictum before bed (in the correct ways mentioned above) you can pre-wire your mind and body for the entire night's sleep!

Your Daily Dictums

Repeat the following dictums 3 times... and remember, with passion! As you progress through the program, you'll use a different set of dictums. You'll also be stating these dictums during at the beginning and end of the 7 minute rituals.

5 Rewards of Using Dictums

These dictums are going to be unlike anything you've ever done before, but rest assured, they're going to change your life in ways you never expected. Here are 5 rewards you'll earn by using your daily dictums.

Pain-Free Body

Remember the research that Cleve Backstair conducted, where it was discovered that we can affect change in our physical body through our attitude. Well, these dictums will be the verbal manifestation of the attitude you're feeling! Again, even if you don't fully believe what you're saying at first, that's alright. Your mind will start to believe it and the body will respond in kind.

Health

The aforementioned study from the University of Arizona showed that positive affirmations were effective in treating anxiety and

depression... and were even more effective than traditional healing methods! By saying your dictums every day, you will be telling your body that you are strong, vibrant and healthy!

Energy

Things like fear, stress, and anger all sap our body of energy. When we say our daily dictums, we are literally telling our bodies -- and the world -- that we are not going to allow those negative forces affect us. And when we keep those negative feelings at bay, it leaves us with a full pool of energy from which we can draw throughout the day!

Love

Classic comedian Lucille Ball once said, *“Love yourself and everything else falls into line. You really have to love yourself to get anything done in this world.”* These dictums are going to be daily reminders that we love ourselves... that we have value, and so much to offer the world... and in turn, we'll be better suited to love those we care about, which brings more love to us. It's an infinite and wonderful loop.

Blessed & Fulfilled

We sometimes tend to focus far too much time and energy on what we *don't* have. And that attitude can lead to a negative outlook and a feeling of emptiness. With these daily dictums, we're going to remind ourselves how blessed we are just to be us. Everything and everyone in our lives is a blessing, and recognizing that will allow us to find a sense of fulfillment and complete contentment.

Daily Dictums for Radiant Health: Week 1

I am free from pain, stiffness and fatigue.
Health and vitality flow throughout my body.
I am full of life and energy.
I am greatly loved.
I am abundantly blessed.

Daily Dictums for Radiant Health: Week 2

My body is pain-free.
I feel amazing.
Every cell inside me radiates vitality.
I am surrounded by love.
I am deeply fulfilled.

Daily Dictums for Radiant Health: Week 3

I am healed from all sickness, disease and pain.
I feel strong and radiant.
I live each day with excitement and passion.
I give tremendous love to everyone I meet.
I am a blessing to those around me.

Daily Dictums for Radiant Health: Week 4

All my joints are strong and free from pain.
My body is a precious temple.
I am filled with vitality.
I love others with an overwhelming love.
I have endless joy and fulfillment.

Daily Dictums for Radiant Health: Week 5

I have been given the gift of a pain-free body.
My body is full of health.
Every cell in my body radiates life and energy.
I am filled with God's love.
I am blessed every day of my life.

Daily Dictums for Radiant Health: Week 6

I have authority over my body.
I speak life and health into my body right now.
I command all fatigue to leave my body.
Pure love has filled my body, mind and spirit.
I am filled with joy and peace.