

ENERGY FOR LIFE COMPANION WORKBOOK

Welcome to Energy for Life, a two-part program that will help you create the health, strength, vitality, and most importantly, the energy you deserve to live an extraordinary life. To get maximum impact, please listen to both CDs before completing the activities. Then view the DVD and complete the final exercise.

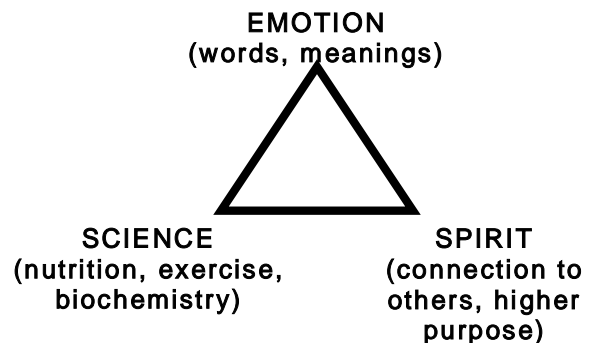
You may have seen it at a park or you may have seen it on a street, and you've probably seen it at the Olympics or other world-class sports event—in person or on TV. You may have even experienced it yourself while at work or play. It's called peak performance. Every peak-performance athlete puts him or herself into a "state," into "a zone." Sometimes, when they are running low on physical fuel and are completely fatigued—by mind alone, they are able to produce unbelievable, spectacular, and completely unexpected results. But when they combine these two elements, when they combine the best fuels for their body with their best mental and emotional fortitude, they produce great results over time.

Having emotional fitness is as important as having physical fitness. In fact, it may be more important because your emotions are what get you to take action, such as changing the way you eat or beginning to exercise regularly. When you master your own emotions, your beliefs, and your own psychology—when you master the meaning of things in your life—then you will experience a level of energy that excites you when you wake up in the morning. When you take care of your body at a fundamental level, fueling it effectively, you will wake up every morning physically strong.

Energy for Life helps you understand and make the best choices for mastering your emotions and for getting the best fuel—so you can create and unleash the sustaining energy needed to live a truly magnificent, extraordinary life.

Science • Emotions • Spirit

What you *choose* to eat shapes your destiny. What you *decide* to believe, what meanings you give to events, what emotional habits you develop, and what *connection* you have with others and a higher being or purpose—all determine the quality of your life. Science, Emotion, and Spirit are the three most important factors in enjoying a phenomenally vital, healthful life.



Psycho-Neural-Immunology (PNI)

PNI is the science of how your mind and nervous system affects your body. Your brain processes ideas, exchanges messages, and coordinates actions with the immune and endocrine systems—including peptides, neuro-transmitters and receptors. Ideas and feelings of confidence, hope, reassurance, faith, love, festivity and a strong will to live have biochemical outcomes.

Norman Cousins and Dr. Deepak Chopra are pioneers of PNI. Their main message is that the power of healing is within you.

Norman Cousins

Author of the bestselling *Anatomy of an Illness*, Cousins discovered the natural healing ability of his body and recovered from a catastrophic illness his doctors said would be fatal. He lived 16 vital years longer than predicted because he realized how belief systems and expectations powerfully shape human capability.

Deepak Chopra, MD

Author of the bestsellers *Perfect Health* and *Boundless Energy*, Dr. Chopra is considered by many to be the foremost expert in psycho-neural-immunology (PNI). He has spent the last three decades getting remarkable results by merging traditional western medicine with Ayurveda, the traditional medicine from his native India.

“You can change your biochemistry with a shift in your beliefs.”

The Inherent Power of the Mind and Body

During his stay in a tuberculosis sanitarium, Cousins saw that the children could be divided into two groups.

- Those who dwelt on death, and tended to be resigned, defeatist.
- Those who planned to and were certain of getting out.

Each group ultimately experienced their expectations.

R_x

- ✓ A doctor’s job is not confined to the prescription pad.
- ✓ Drugs aren’t always the answer.
- ✓ Our bodies can make their own drugs: safer, quicker, more effective, cheaper

Cousins went on to learn that although several powerful drugs have improved and saved countless lives, many are not necessary—85% of our illnesses are self-limiting. The body will eventually cure itself. Dr. Chopra agreed and added, “The body is its own pharmacy.”

Dr. Henry Becher, reported that “any drug’s usefulness is a direct result of not only the chemical properties of the drug but also the patient’s *belief* in the usefulness and effectiveness of the drug.”

Consider placebos—reality may not be in the small pill you swallow, but in the large pill that swallows it—your head! It’s what you are thinking, believing, and expecting that determines your experience.

“It’s the thought that counts!—how our bodies really work.”

There are simple processes going on in our bodies all the time: eating, breathing, digestion, metabolism, elimination, and something that controls all of these—consciousness, thought, communication at a cellular level, a network of intelligence and information.

Dr. Chopra says, “Access these processes and you reverse or eliminate 95% of all disease.”

According to Dr. Chopra:

- We are “thinkers” that have learned how to create physical matter. We create the mind, but we are not the mind. We create the body and through our body and our mind, we ultimately create the experience of our world.
- The world is a ceaselessly flowing field of all possibilities. And out of that, we can create anything we want. We have infinite choices.
- The physical body is a dynamic field of energy, information, and intelligence that's constantly renewing itself. At this moment, you have a million atoms in your body that were once in the body of people from ages past and from areas all over the world.

BODY PART	RENEWAL RATE
Entire Body	1/year
New Skin	1/month
New Skeleton	Every quarter
New Stomach Lining	Every 5 days
DNA	Every 6 weeks

“We have the ability to change every brick in a building once a year, but we get stuck with the idea that there is only one way to do it. We get the same looking building every time.”

- We become bundles of conditioned reflexes and responses, constantly triggered by people and circumstances, which result in very predictable biochemical outcomes, behavioral outcomes, and ultimately, physical outcomes.
- Until we change our basic core, fundamental beliefs, our sense of certainty about what is and what will be, then whatever we are certain about will be in our lives. As we think, so we will experience.

The Power of the Word: Transformational Vocabulary – Your Choice of Words and Meanings Make a Difference

- If an event happens and you say, “That devastated me,” you experience a different emotional and biochemical reaction than if you say, “This concerns me, but it’s a challenge that I know I will overcome.”
- Meanings can make the difference between destruction or stimulation of the immune system, the crucial difference between life and death. For example, when faced with the probability of riding on a huge, fast, roller coaster, one has a choice of meanings that can impact the immune system:

“Rollercoaster” Meaning	Initial Internal Response	Overall Result
This is going to be so much fun!	Increased interferons/interleukens	Stronger immune system
This terrifies me!	Increased cortisol/adrenalin	Weaker immune system

- A doctor’s language to the patient, as well as the patient’s language to themselves, greatly affects healing.
- People generally become worse at the time of the diagnosis. When they attach words to their symptoms, they become worse. They translate language into biochemical reality and experience what they now believe about themselves. For example, cancer means a certain thing, multiple sclerosis means a certain thing, and so on.

Positive Emotions	Negative Emotions	Labels
<ul style="list-style-type: none"> • Positive emotions—hope, faith, love, will to live, festivity, and purpose—have specific effects on the immune system. • The body’s own “pharmacy” is activated as a result of positive emotions. 	<ul style="list-style-type: none"> • Negative language and emotions produce panic; panic leads to helplessness; helplessness leads to depression. • Depression, a disease in itself, impairs the function of the immune system. Immune systems of depressed patients function at a much lower level. • When we liberate patients from the depression produced by a diagnosis, there’s an automatic boost in the body’s immune system. 	<ul style="list-style-type: none"> • Labels you put on your life’s experiences become your life experience—true at the level of emotions as well as the physical reality. • The healing system is hooked onto the belief system. • If you want your healing system to be fully functional, you’ve got to include belief. • You get to choose your labels and your beliefs.

EXERCISE: Talk About Being Sick

1. Think about the last time you were sick. How did you react when you heard the diagnosis? What words and labels did you use? What emotions did you feel?

2. What positive words and interpretations can you use the next time you become sick?

R_x: Dr. Cousins' Prescription for Overcoming Illness & Staying Healthy

- Never accept any pronouncements of doom. **Don't deny the diagnosis, defy the verdict.** Have a blazing determination to overcome it. Keep hopeful. Share in the work efforts needed to heal.
- Use all your resources. **We're stronger than we think, with far greater resources for meeting challenges than we've been told or led to believe.**
- Accept illness as a part of life—not something that is to be feared.
- **Find the joy in every experience.** We need to approach procedures in a mood of thanksgiving that it's wonderful to be living in a time when science has put these treatment options at our disposal and gives us a real chance to live well.
- Accept life as infinitely precious, fragile, but also infinitely strong under varying circumstances.
- **Choose to live a full life.** The great tragedy of life is not death but what dies inside us while we live.
- Respect, nurture, and invoke the basic drive of life—regeneration.

Stay Balanced with the Knowledge of Ayurvedic Body Types

Dr. Chopra reports great benefits from people using Ayurveda to guide their choices in daily life. One framework to use is that of body types. There are three types and some people have one type that is dominant.

	VATA Hyper-metabolic	KAPHA Hypo-metabolic	PITTA Fiery-metabolic
Shape	Ecto-morphic: Relatively lean and linear; very little muscular development; veins easily seen	Endo-morphic: Relatively more fat under the skin	Meso-morphic: Relatively high muscular and bone development
Skin	Cool and dry	Cool and moist	Hot and moist
Under Normal Conditions	Enthusiastic, vivacious, fun to be with, imaginative	Easy going, effortless, affectionate, loving, sympathetic	Articulate, chivalrous, courageous, very effective, passionate
Under Stress	Anxious, insomnia, muscle tension, tremors, cramps, constipation, irritable bowel	Retain things: weight, fluid, fat, diabetes, high cholesterol	Ulcers, high blood pressure, heart attacks, anger, frustration, jealousy, impatience
Dominant Sense	Auditory, Kinesthetic	Kinesthetic, olfactory, auditory	Visual
Keys to Balance	Minimize stress; cycle a lot of deep rest with dynamic activity; improve regularity; eat the right foods; listen to your inner cues; meditate	Minimize stress; cycle deep rest with dynamic activity; eat the right foods; listen to your inner cues; meditate	Minimize stress; cycle deep rest with dynamic activity; improve precision; eat the right foods; listen to your inner cues; meditate
What to Eat	High-complex carbohydrates, sour and salty tasting foods	Pungent, bitter, and astringent tasting foods	Astringent and bitter tasting foods and high-complex carbohydrates

1. Which type are you?

2. How will knowing your type help guide your choices?

Your Body Knows What Works Best to Enjoy Life

- The key to health is to use this knowledge as a set of guidelines
- Tune into your inner signals for pleasure and pain, and you will know the right behavior, and the right eating habits.
- Amplify the things that give you pleasure and minimize or eliminate your stress, things in your environment – situations, people, chemicals, and so on – that cause you to react in pain. Notice what works.
- The purpose of having ultimate health is to have ultimate happiness.

EXERCISE: Diagnose Yourself & Make Your Own Prescription

Handling Emotions. Evaluate the impact your emotions have on you.

1. Think about the emotions you experience on a daily basis. Take 5 minutes to write them down.

2. Now evaluate your list. How many are positive vs. negative? What emotions should you gravitate towards and why?

3. Think of a time when your emotions ran rampant and destroyed your sense of vitality, when you let the meaning or your thoughts keep you focused on a worst-case scenario. What did you think about? What did you believe?

4. Now think of a time when your emotions *started* to run rampant or when you *started* to let the meaning go to a worst-case scenario, *but you were able to shift* out focus, regain energy, and succeed. What did you think about? What did you believe?

3. Analyze Any Gaps in Your Pyramid of Mastery.

An extraordinary life comes from an unrelenting commitment to focus on constant improvement in the following seven areas. Mastering these areas ensures your birthright of living an extraordinary life.



While all seven areas are important, there is a hierarchy that creates peak performance and fulfillment. For example, if you don't master your **body**—your capacity to maximize health, energy, and vitality—all the money, career success, or contribution in the world will be worthless. You can't experience an extraordinary quality of life without the vehicle that's going to help you create it. Or, if you try to solve all your **relationship** problems but you haven't even mastered your emotions, it's a recipe for disaster. Without mastering **meaning and emotion**, you will always be at the mercy of life's challenges. Having a firm grasp of your emotions frees you to be proactive rather than reactive to changes you face. Similarly, you must determine how you focus and spend your **time** in order to create a successful career. Once you've discovered how to add value in your **work/career/mission**, you can create a plan to grow your **wealth**. **Celebration and contribution: Spiritual sense** are at the top because you can't fully enjoy the fruits of your labor until you've sown the right seeds. This is not to say that you can't work on your finances or transform your body at the same time. Rather, it shows the importance and hierarchy of the core areas of life that are necessary to create a magnificent life.

INSTRUCTIONS

- For each of the life areas above, rate yourself on a scale of 0-10, with 10 being "I've completely mastered this area of my life." Enter your number on the line to the right of each life area. Give one score for celebration and one score for contribution.
- Now, select 2 areas in which you didn't score a "10". What is happening or not happening that prevents you from being a 10? What immediate changes can you make to achieve a "10" in each area?

1. _____

2. _____

NEXT STEP
Watch the DVD: "The Power of Pure Energy" before reading and completing the next section.

The Power of Pure Energy

Think of energy as the most important subject of your life. Think of it as something that is a “must” to master, because when you master it, everything else you can dream of is available to you. And if you fail to master this, everything else goes by the wayside. Unfortunately most people today have little knowledge of how to maximize their energy.

Very Few People Move Anymore

<i>We Were Originally Designed To:</i>	<i>Today, We Have a Boxed Life. We:</i>
<ul style="list-style-type: none"> • Run • Hunt • Create • Procreate • Raise children • Move • Farm • Jump • Stretch • Lift • Swim • Do all the things that made us use every part of our bodies 	<ul style="list-style-type: none"> • Eat a Box Breakfast • Get in a Box Car • Drive to our Box Office • Take a Box Elevator • Go to our Box Office where we: <ul style="list-style-type: none"> – Type on a Box – Message on a Box – Talk on a Box – Meet in a Box room – Listen to music on a Box – Eat our Box Lunch • Drive our Box home • Or take the Box train or subway home • Get home to our Box • Turn ON the Box (TV)

It’s No Wonder Why We Lack Energy

We don’t move enough, nor eat enough foods that have real “life” in them. We need to focus on *why* we do what we do—revisit and revise our philosophy—because 80% of success in anything is due to our psychology (our thoughts, attitudes, beliefs), and 20% is mechanics. Our beliefs drive our actions. So, we must take a common sense approach to getting what we want for every area in our lives.

The Common Sense Corner

- Make sure your solution makes common sense.
- Put it into action.
- Measure it. Revise and use or try something else.

Create Momentum. Sustain the Changes You Want.

- Create a base.
- Challenge it and grow.
- Celebrate and reward yourself for your progress.

She Beat Cancer

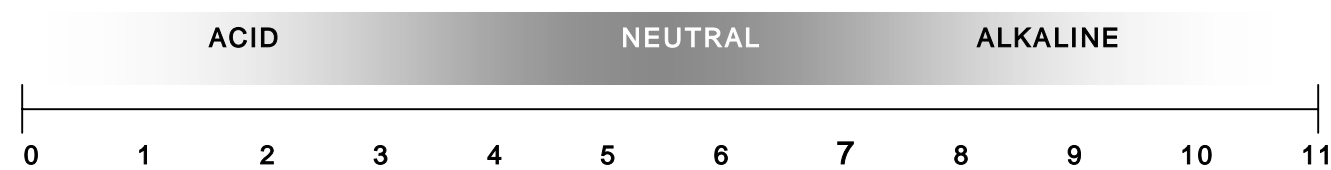
Tony’s friend’s mother, Ginny, had cancer but refused to accept her doctor’s predictions of doom. She thought differently, she believed differently, she felt differently, and she acted differently—and ultimately experienced a different outcome than predicted. She tried a common-sense approach, put it into action, had it measured, saw that it was working, and continued

The Power of Alkalinity

If you're going to maximize your energy, you have to understand the delicate acid-alkaline—pH—balance in your body. Too much acidity in the body's tissues is the cause of many health changes ranging from lethargy and fatigue to obesity, and ultimately to much more serious health challenges.

pH measures the acidity or alkalinity of a substance. The initials, pH, stand for "potential of hydrogen." Acids have values below 7, alkalines have values above 7, and neutral substances have a value of 7. pH can be measured from blood, urine or saliva samples. Blood is most accurate, urine just a little less accurate, and saliva is least accurate.

The pH scale



Different parts of your body have different needs for acidity or alkalinity, but the vast majority and the most important one, blood, must be slightly alkaline. Urine, saliva, and the digestive tract should be slightly acidic.

The Results of Having the Right Balance vs. Being Overly Acidic

pH Status	Implication or Consequence
Optimal Balance	<ul style="list-style-type: none"> • More electrons • More negative charges on red blood cells, increasing oxygen carrying capacity of hemoglobin • Minimized growth of microorganisms (yeast, etc.) • Optimal cellular function • Optimum body weight • Greater energy and vitality
Too Acidic	<ul style="list-style-type: none"> • Saturated with protons • Oxygen-poor environment • Rapid excretion of water, causing increase in growth of microorganisms, robbing cells of vital nutrients • Increased secretion of insulin, increased fat storage • Cellular breakdown • Increased "free radical" damage to cellular walls and structures • Below- or above-optimum body weight. • Erosion of smooth muscle tissues of inner walls of blood vessels, causing variable blood pressure • Disruption of general lipid and fatty acid metabolism, leading to neurological problems and hormone imbalances in endocrine system • Increased chances of cellular mutations • Increased binding of cholesterol to heavy metals/cellular debris walls, increasing rate of plaque build-up in vascular network • Decreased access to energy reserves

The Importance of the pH Balance

"If you're overweight, you most likely do not have a 'fat' problem, you have an 'acid' problem."

Some thin people with genetic tendencies to being very acidic excrete water rapidly, allowing microbes like yeast to grow prolifically and steal nutrients away from cellular functions. As a result, these people don't get the nutrients and they often wonder, "Why can't I put on any weight?"

Some people have a genetic tendency of storing fat quickly to protect themselves in an acidic environment. They have the same acidic environment, with microorganisms eating the nutrients. These people need the nutrients but can't assimilate them, so they are prone to eat more.

What Causes pH to Become Imbalanced?

The foods we eat have a huge impact on pH levels in the body. When food metabolizes, it leaves a chemical residue or "ash" in the body. When this ash combines with body fluids, it can either yield acid or alkaline pH. Certain foods are acid forming while others are alkaline forming.

Acid-forming and Alkaline-forming Foods

<i>Foods to Avoid or Limit: They are devoid of life</i>		<i>Eat Ideal Foods: They are life giving</i>	
<ul style="list-style-type: none"> • Pork • Veal • Freshwater fish • Beef • Chicken • Turkey • Eggs • Shrimp • Lobster • Oysters • Hot dogs • Whole wheat and rye breads 	<ul style="list-style-type: none"> • White flour • White rice • Corn bread • Refined sugar • Cheese • Milk • Sour cream • Yogurt • Butter • Margarine • Mushrooms • Peanuts • Coffee and tea • Wine and beer 	<ul style="list-style-type: none"> • Almonds • Carrots • Dates • Avocados • Lemons • Limes • Coconuts • Celery • Cucumbers • Cauliflower • Brussel sprouts • Asparagus • Green beans • Broccoli • Green, red, and yellow peppers • Onions • Garlic • Radishes • Green leafy vegetables 	<ul style="list-style-type: none"> • Wheat grass • Cabbage • Walnuts • Tofu • Lima beans • Spinach • Turnip tops • Beet tops • Melons • Mangos • Papaya • Figs • Cantaloupe • Watermelon • Parsley • Alfalfa sprouts • Navy beans • Soy beans • Nuts

Sources *Alkalize or Die*, by Dr. Theodore Baroody; *The pH Miracle*, by Robert O. Young and Shelly Redford Young; *Buffer pH Homeopathic Newsletter*, by Vaxa.

Tony's Prescription for "Getting Alkaline"—Go Green! Go Live! Make it fun!

REMEMBER YOUR ACTION PLAN

For at least 10 days—ideally 30—commit to the following:

- Consume 70-80% foods that are alkali-forming** such as green vegetables, almonds and avocados, etc
- Limit your intake of acid-forming foods** such as animal meats, dairy products, sugars, etc.
- Give your diet a boost with nutritional supplements and quality greens** such as Anthony Robbins' Inner Balance Pure Greens
- Test your pH** – you can find pH strips at your local health food store
- Start your day or lunch with a shot of fresh wheatgrass**
- Keep it simple** – add fresh lemon to your water daily.

EXERCISE: Setting the Table for Ultimate Energy

A. Review the food list on the previous page and choose 3 acid-forming foods that you will significantly reduce or eliminate from your diet. Next to it write an alternative food that you will replace it with.

B. Enter into your day planner or calendar:

- (1) When you will shop for food and supplements,
- (2) When you will purchase the test strips, when you will test
- (3) When you will ask others for support,
- (4) When you will exercise.

C. Write down why you are willing to make these changes. How will they affect your health? How will this affect others?

“Nothing tastes as great as fit feels.”

RESOURCES

INNER Balance
tonyrobbins.com/innerbalance
(800) 898-TONY Health Products
(877) GO4-GREEN (877) 464-4733
tonyrobbins.com/energyforlife