

Brand New Day, Brand New You



The easiest way to transform
your health, one step at a time

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The Secret

I'm going to share with you one of the most important secrets used by **all people who are truly successful in the area of Optimal Health and Abundant Energy**: a morning routine!

'A routine?' I hear you groan. Few words are loaded with more negative connotations, but hear me out.

Everyone has a routine, not just for the morning, but for their whole day, whether it be organised, or seemingly random. After all, even saying to yourself every day: 'I'll just see what happens today' is a kind of routine, even if you like to think of it as going with the flow.

So what am I suggesting you do here? What I'm suggesting is that you **take conscious control of that routine**, whatever it is, and replace it with one of **your own creation**, that fits your own values. I'm going to assume that one of those primary values is abundant and harmonious energy. This **self-created routine sets the standard, and the tone, for the rest of the day**.

My Routine

When I wake up I drink **at least** a litre of low mineral spring water, to clear out the toxins and other waste that have been

naturally accumulating from a nights rest and recuperation. I brush my teeth and I skin brush, which unplugs my pores, drains my lymph system and allows my skin to breathe.

Then I'll shower alternating between hot and ice cold. This builds your immunity, gets your lymph (the body's sewage system) moving even more, gets you breathing deeply, and as a bonus makes you **more alert and awake than a coffee ever could.**

Then I'll drink some of my Taoist Tonic Tea, which I'll have put on to brew first thing, and start my exercises. I'll go out in bare feet, to re-establish my **connection to the Earth**, weather permitting, or stand on my grounding sheet.

Exercise

Usually I'll start with some stretches, which especially focus on opening up my knees, my hips, and my spine. Next I'll do Zhan Zhaung, Taoist standing exercises, which give your body an intense workout, without any movement. If you're interested I highly recommend 'Stand Still, Be Fit' by Master Lam Kam Chueng:

http://www.youtube.com/view_play_list?p=141D70E945DD64FA&search_query=standstill+be+fit

There's nothing like pushing your capacity to the maximum, in a gentle non-strenuous manner, to kick-start a day where anything and everything seems, and therefore becomes, possible.

Centring and balancing

I'll then go inside, if it's a little cold outside, to do some chi kung meditation to **relax and centre myself**. Chi Kung literally translates as: energy cultivation. I start with deep abdominal breaths, which oxygenate my whole system, alkalise me by clearing away carboxylic acids, and encourage lymph to drain away accumulated waste.

I meditate, checking the health of all my organs and glands, sending them loving, healthy energy in the form of a smile, and then circulate energy through the major meridians. Lastly I will sit quietly, collecting all the energy in the energy centre accessed through the navel, to thoroughly ground and **connect to the Earth**

Breakfast!

Then it's off to the kitchen to prepare breakfast. Whatever your breakfast choice, I recommend that it contains a **high natural water content, is predominantly alkaline, and very nutrient dense**. If I were a slow energy burner, who got full easily, I would start my day with a green juice, maybe celery and cucumber, or a green smoothie with lots of **superfoods** like chlorella, blue green algae and kelp.

As I'm a fast burner, who needs big meals, I'll tend to have both of those as an appetiser, followed by a slow burning meal with lots of fibre so I will have a big salad, with lots of **greens, sauerkraut and high quality fats**, and maybe some dehydrated crackers or breads for variety. I then tend to eat my breakfast at a leisurely pace, often while planning the days activities.

Reality: Back to Basics

Now just **reading** this lengthy description might have left you feeling exhausted. Some people ask if I have to get up at 4am to manage to manage to fit all this in? No, just **one hour before I leave the house**. A lot of women spend longer than this doing their make-up, and a lot of men spend longer than this reading the paper whilst on the toilet!

All flippant gender stereotypes aside, my point is this: **how long do you spend between waking up and leaving the house?** I'll bet that the sort of morning strategy I've laid out won't take much longer than what you already do, **if any longer at all!**

The other objection I hear is that a healthy routine is **just too difficult** to do, or that there are **too many distractions**. My routine, as outlined above is personal to me, just to give an example. What I would recommend that is appropriate,

beneficial and achievable by **everyone** is: the litre of **water** first thing, some kind of **stretching**, some **deep abdominal breathing**, the moment of **centring**, and the **optimum breakfast**. **This can be achieved in as little as 20 minutes, even with distractions flying at you!**

The sort of practices I've laid out for you as an example are done by hundreds of millions of peoples around the world, especially in far eastern countries, even when they have careers, families, children and other responsibilities. It's ultimately all down to what you choose to prioritise.

What's the Point?

So **what is the purpose of all this?** Old routines are hard to break, and new routines are hard to stick to, so why go to all that effort?

Beyond all the myriad benefits of each particular action, which I barely begun to catalogue, there is a greater purpose to all this, whatever strategies you happen to choose to adopt, and that is to **set a standard for the rest of the day**.

If you are like most people I've worked with than you will recognise the concept of '**brand new day, brand new me**'

All those ideas and resolutions of doing things differently from now on you were so sure about the night before

somehow gets **lost** in the sands of sleep, and the next morning it feels like it's going to be an achievement just getting out of bed and doing everything you have to do, **let alone creating a new life!**

But **change has to start somewhere**, and what I'm revealing is that **transforming your life** from a cycle of energy depletion to a life of abundant energy **starts first thing in the morning. At no other time of day will lasting change tend to start.**

Consistency is the key

So what do you do? You start with the litre of spring water first thing. And you **do it every day**. If there is one **fundamental key to mastery** I've learned it's this:

DO IT EVERY DAY

Doing it every day is **vital**. Everyone has some activities that they will do every day **no matter what**, some are healthy, some are not, some are purposeful, some are pointless, but regardless these **habits** are the 'bricks and mortar' that **make up the foundation of your life and your reality.**

Wisdom teaches us this: dramatic outbursts and shocking revelations rarely have any **lasting** impact on our lives **unless**

they translate into a **consistent and permanent change** in our habits and routines: **our daily actions**.

Conversely **huge shifts** in your life **can be created** as a result of simply **adding** some habitual actions, and removing others.

The Futility of Self-Denial: Upgrade your Desires

Note however that I have not once suggested you **stop** doing something you really want to do. This is because real, lasting change does **not** result from **denying** our desires, rather it comes from **upgrading** them.

We do this by consistently showing ourselves **better strategies to get what we want**, and once we've **proved** to ourselves through repeated experience that **they work**, and that they are, in fact, **superior and preferable** to our previous approaches, we will automatically and effortlessly **embrace** these new, more effective ways **whole-heartedly**, and simply abandon the now obsolete behaviours **without hesitation or regret**.

This method is astonishingly effective and in fact the only **guaranteed** way to create **consistent, lasting change!**

Getting Started

So how do you get started?

1 Create a plan

Create a plan for what you want to do every morning ideally, including as many of the elements I've mentioned as possible:

1 Hydration

2 Cleansing

3 Tonics

4 Exercise

5 Fresh Air

6 Grounding

7 Centring and Balancing

8 Relaxing

9 A nutritious and fulfilling breakfast

Make sure your plan is actually within the realm of possibility, given any genuinely unavoidable restrictions you may have. Most people tend to underestimate what they can do, but overestimating what's possible can be equally discouraging, and may tempt you to give up.

Be realistic **and** optimistic

2 Implement

Do this only one step at a time, beginning **the moment you wake up!**

If you feel you can't manage a litre of water to begin with, have as much as you can but just don't drink any other liquid **yet**. You are slowly but persistently **training your body** to accept water, give it time to adjust, **be patient, but firm**.

Then implement the next step on your list, then the next, but not all on the first day! Master one step at a time only. This point is crucial

Only do one **step at a time**, and don't move on to the next step until the step your working on introducing into your life eg stretching or hydrating becomes **normal** to you. You **can** of course rush ahead and implement all these changes at once, and this **will work if, and only if, you have sufficient Adaptive Energy**, which you will have if your Kidney organ system is not depleted. However **this is sadly fairly rare**.

The step by step strategy I'm outlining will work for **everyone, guaranteed**.

Resistance to change

All changes in habits and routines, **even highly beneficial ones**, require using a portion of our finite reserves of

Adaptive Energy. This creates the highly ironic and potentially frustrating 'catch-22' situation where the more depleted your Adaptive Energy has become, the more urgently a change in behaviour is required. Unfortunately the more depleted your Adaptive Energy has become, the more **resistant** you will feel to changing, as a change will require using a portion of your already dwindling reserves of Adaptive Energy.

It's from this situation we get the saying: 'you can't teach an old dog new tricks' But I'm here to tell you The Truth: **you can teach any dog new tricks**, even if it's Adaptive Energy Reserves are really low, provided you are patient and **take it one step at a time**, with consistent positive reinforcement and support.

For more information on what adaptive energy is, how it gets depleted, and how we can build it back up, check out the 'Overcoming Exhaustion Interview,' available as a free mp3 download from www.lionheartherbs.com

Reality Check

The reality we need to accept in order to grow is this: **your body will always resist any change, even if it's one that's entirely positive for you, unless it has exceptionally high levels of Adaptive Energy.**

This is why, in the approach I'm outlining for you, you do only as much as the body can readily cope with at a time, and you **consistently follow through with it**, which is feasible because you're never trying to do an overwhelming amount at once, until you have **proved** to the body what a simple, easy and worthwhile activity this new habit really is.

At this point we can stop applying our Adaptive Energy to uphold the action, such as exercise, **because the behaviour has now become a habit**, which by definition is an action we do automatically and unconsciously, without forethought or intent.

Unconscious Competence

At this point you have become what NLP would term unconsciously competent. In this model for understanding how we learn, developed by John Grinder and Richard Bandler, there are four stages we all go through:

1 Unconsciously incompetent: you don't know and you don't even realise you don't know

2 Conscious incompetence: now you know you don't know

3 Conscious competence: you know, but only when you are consciously aware, you have to keep reminding yourself and paying attention, or you might forget or get it wrong

4 Unconscious competence: you just know, automatically, without even having to think about it

Unconscious competence must be the ultimate goal **for every new behaviour** you want to implement. Otherwise you will always be struggling, or you'll give up.

Unconscious Competence may seem like a strange goal if you are looking to become more conscious and increase your awareness, but there's no real contradiction. The clarity and heightened awareness that you seek **will come about naturally**, and far more quickly as a result of your daily life being built on a foundation of habits and routines which increase and conserve your Three Primary Energies.

This allows you to fulfil all your dreams, goals and desires, without severely depleting your health and vitality in the process, as so many people do.

Adaptive Energy and Vital Energy, known traditionally in Taoism as Jing and Chi respectively, **will fuel your journey** to fulfil your dreams, and **Perspective Energy**, known traditionally as Shen, **will keep you from losing your way** or not being true to yourself.

Momentum is the Key

Now you may be wondering why I have placed such a heavy emphasis on the morning routine, as opposed to any other time?

For one simple reason: **momentum. One action leads to another, which leads to another.** We call this a chain reaction or the domino effect. To put it a bit more scientifically: the first action in any series of actions sets the tone for the following actions in that series.

Consider this: **if** you had just done my morning routine as I described previously, how easy would you then find it to spend the rest of the day drinking beers, smoking and eating junk food, slouched in front of the TV? Not sure?

Let me put it to you this way: after a day that begun with a double espresso coffee, a croissant, an argument with your partner, an agonisingly slow commute to work, a stressful day of abuse from customers and bosses, how does the prospect of going to a yoga class at the gym, followed by a green superfood smoothie sound to you?

It might sound appealing **in theory**, after such a tense and stressful day. However let me assure you, in practice, after a day like that there's no way you would take up that invitation, **unless it's something you *regularly* did anyway.**

The Need to appear Consistent

So why does momentum have **such** a strong hold on us, where we quickly reach a point of no return where we **won't** do something **even if we know it benefits us and the people around us?**

The answer lies in the **immensely** strong and innately human drive within us to be **consistent with our identity**, our idea of ourselves. In practice, this equates to being **consistent with our previous actions**, which is how we define ourselves. We do this **no matter how appalling** we may judge these behaviours to be, or **no matter how badly they make us feel.**

This is simply human nature and there is no avoiding the reality and power of this need within us to be consistent.

Given that we are imbued with this compelling urge to be consistent with our past identity, whether we like it or not, **does that mean it's too late for us?** Have we already set a course for our lives which is now irreversible? **Are we a slave** to our identity, fixed in place by our past actions?

Make your nature work in your favour

Fortunately **NO, there is a way** out, a way to transform completely and long term, through that wonderful little tendency I described earlier: **the tendency to treat every day as a brand new day!**

Here is where the **magic** starts to happen: once we have a new morning routine set in place, the tendency to start every day anew, and the tendency to be consistent with our identity, start to work **in our favour**.

Suddenly you will notice other **healthier behaviours will** start to **'just feel right'**, irrespective of any explanations or justifications. **Momentum and consistency** are forces that are now actually **on your side** and you find your Three Primary Energies increasing abundantly, with little and eventually no effort. You'll feel like **you're going with the tide, rather than struggling against it**.

Crossing the Abyss

Eventually you **will find** that **doing something unhealthy**, even something you used to see as normal and which you did all the time, actually **feels as 'un-natural'**, and as much of a struggle, as **trying to do something healthy used to feel**.

When a person has reached this point I would say they have crossed the abyss, the seemingly huge but ultimately **illusory**

barrier that **separates people** who **struggle to be healthy** from those who live a **truly vital and fulfilling life**.

Brand New You

You have now reached the **final stage** of the 'Brand New You' process. All your natural **needs, desires, tendencies, habits, proclivities and idiosyncrasies** have been harnessed to **serve your overall wellbeing**, and as the internal conflict that previously dominated your awareness comes to a close, **inner harmony and unity of purpose will flourish within you**, and the adventure of discovering the abundance of life, and fulfilling your true purposes can truly begin.

It all starts with **one simple step, consistently applied, at the beginning of the day**. Truly it doesn't matter that much exactly what it is, so long as it's something that's unequivocally good for your health, and so long as you apply the new action consistently, no matter what.

Is this something you feel you can do?

I know you can!

Why not start tomorrow morning?

I promise you won't regret it

For more information contact <http://www.lionheartherbs.com>

