

THE ENERGY OF PHYSICAL VITALITY

VITALITY!

Definition:

Exuberant physical strength or mental vigor; the state of being strong and active

Don't you love the word exuberant?

Filled with or characterized by a lively energy and excitement, joyously unrestrained and enthusiastic.

PHYSICAL VITALITY

PUTTING “PHYSICAL” IN FRONT OF VITALITY SPECIFICALLY WITH REGARD TO OUR PHYSICAL BODIES, HAS THE POTENTIAL TO SHIFT HOW WE LOOK AT OUR BODIES.

WHEN WE UNDERSTAND THAT USING THE ENERGY OF PHYSICAL VITALITY CONSCIOUSLY LEADS TO LIVING STRONG, ACTIVE, EXUBERANT AND ENTHUSIASTIC LIVES, IT BRINGS A WHOLE DIFFERENT ENERGY TO OUR EFFORTS TO BE HEALTHY.

FROM “MASTERING LIFE’S ENERGIES”...

“Imagine having a relationship with your body that’s a partnership, one in which you and your body are operating as a success team so that you can show up for the games worth playing in your life.

Imagine you discover that you and your body aren’t communicating very well. You seem to bump into each other... in your mind it’s an adversarial relationship. So you decide to send you and your body to a couples counselor.

There you are, sitting next to your body on a couch in the counselor’s office. The counselor turns to you and asks you to talk about your complaints when it comes to your body. Then the counselor turns to your body and asks ‘What are your complaints about this person?’

What would your body say about you?”

- She never feeds me right.
- He never rests me enough.
- She's always comparing me to someone else.
- If I get the slightest pimple, or gain any weight, he wants to hide me.
- When she sees me in the mirror, she gets a look of disgust.

Yikes...

WHAT
WOULD
YOUR
BODY
SAY?

ASK YOURSELF THIS...

“If you were in a personal relationship with someone who treated you this way, how long would you want to remain in it? Then why does the body stay around?”

To get a peek into this, focus for a moment on the following possibility: your body stays with you because it loves you. It has been your partner since the moment you came into physical reality. It is here with you until you leave. All it has ever wanted to do is support you in being successful at the games you find worth playing.

It’s hard to love your body against the backdrop of the same old complaints. Instead shift your attention from those complaints to the conclusion that your body loves you. Do this, and you transform your relationship with your body forever. Your behavior with your body, how you show up, follows suit – naturally, with ease.”

GETTING OUR MIND RIGHT

SINCE THIS IS A MINDSET CALL, LET'S GET OUR MINDS RIGHT...
ABOUT OUR BODIES, OUR ENERGY OF PHYSICAL VITALITY,
AND HOW ALL THE ENERGIES WORK TOGETHER.

FIRST, AS WE SAW FROM THE PREVIOUS QUESTIONS,
HOW WE TALK TO OURSELVES ABOUT OUR BODIES GREATLY IMPACTS
HOW WE TAKE CARE OF OURSELVES.

WHAT CAN WE SAY TO OURSELVES ABOUT OUR BODIES THAT WILL ENCOURAGE
US TO GATHER EVIDENCE THAT WILL CAUSE US TO SHOW UP AS WONDERFUL
STEWARDS OF THESE BODIES?

IN OTHER WORDS...

**WHAT CONCLUSION CAN WE CREATE IN OUR BOX 1
TO CREATE A NEW BOX 3?**

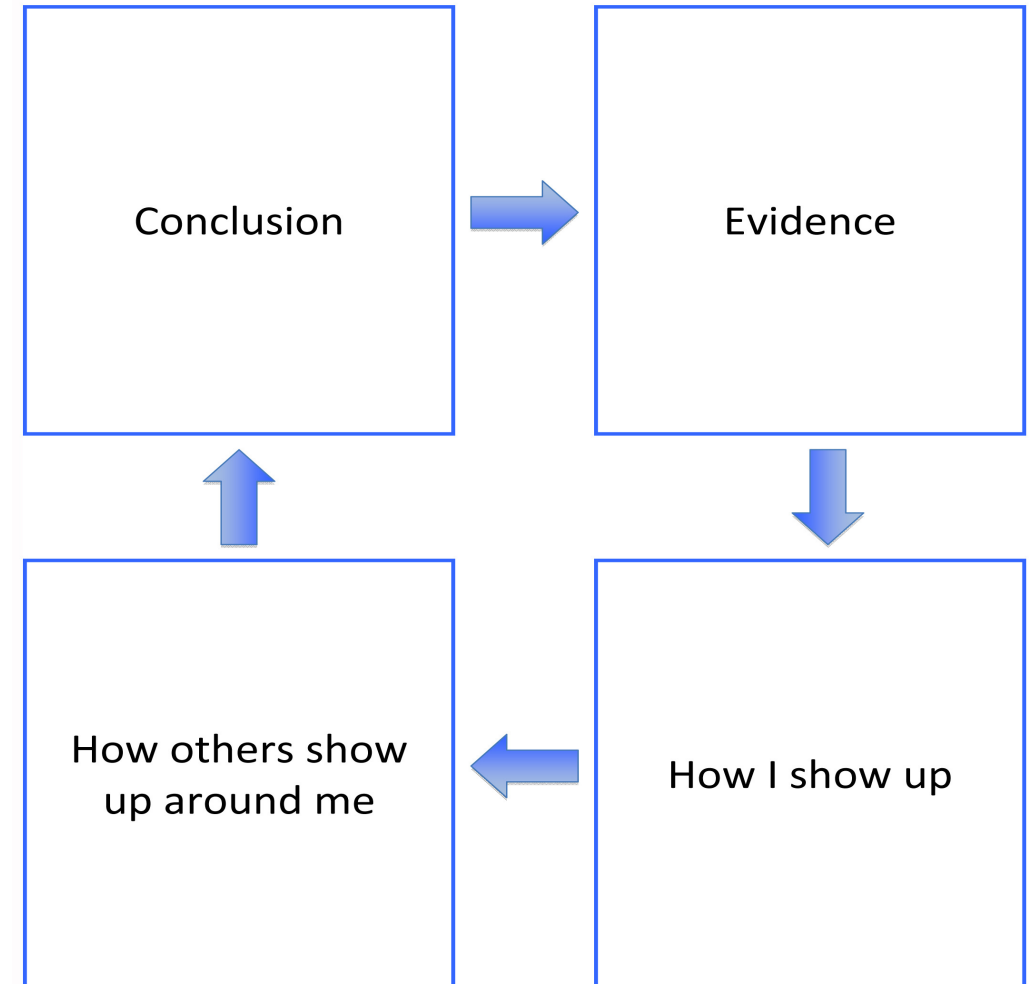
HOW ARE WE SHOWING UP?

Remember...
we show up as a reflection
of the evidence we gather.

And we gather evidence
based on the filter our
conclusion has created.

The conclusions/beliefs we hold
in Box 1 determine how
we show up in Box 3.

The 4 Boxes



It's been said that when you have your health you have everything. With that in mind, let's look at how the energies work together...

What happens to your energy of creativity when you're physically tired or ill?

Conversely, what happens to your creativity when you're well rested, well hydrated and healthy?

What happens to your energy of enjoyment when your creativity is high?

Now flip it...

what happens to your creativity when you're savoring every moment and building fun into your day?

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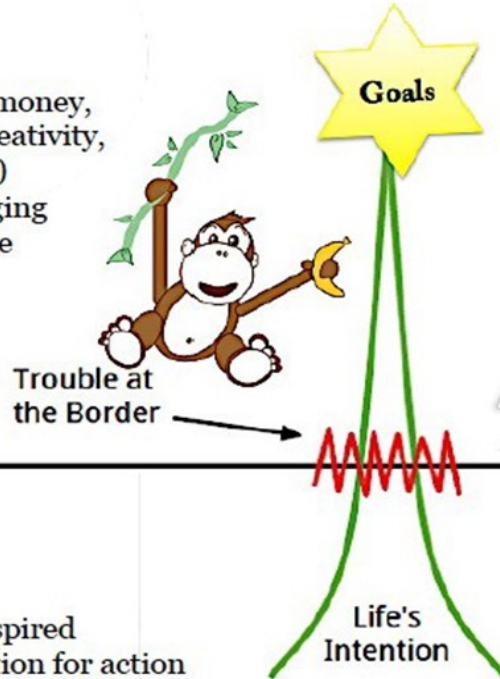
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CROSSING THE BORDER

The Playing Field

Physical Reality

- ✓ **Things take energy** (money, time physical vitality, creativity, enjoyment, relationship)
- ✓ Things are always changing
- ✓ Things are unpredictable



When monkey mind greets us at the border, we use “handle holds” to move into physical reality with clarity, focus ease and grace. A few handle holds are:

- Being willing
- The coaching arena
- Your standards of integrity
- Your life’s intentions
- Take authentic action

Visionary Reality

- ✓ Energy is high
- ✓ Easy to get excited & inspired
- ✓ Easy to mistake inspiration for action

Ultimately, how well we focus our six forms of energy will determine how easily we cross the border, bringing our ideas, dreams and visions into physical reality...

So that we live joyous, enthusiastic, and exuberant lives!