



Recharge



Refuel



Renew

ENERGY LIFE

SUMMARY KEY
ACTION POINTS

The 10 Tips to Success

There are real pitfalls on the journey to supercharged energy4life. Knowing them in advance means you'll avoid them completely, or recognize faster when you're in one, thus you'll get back on track and reach your health goals faster.

1/ Know that this is an experiential course

It means you actually have to DO the recommendations consistently and methodically in order to benefit. Just listening or reading about them doesn't work. Only by **doing** the recommendations can you start to assess how your body responds, to start recognizing patterns and understanding how you really create health and wellbeing.

2/ Be as sophisticated about your health as you can manage.

The doctors of the future are the patients themselves!

If you have medically unexplained symptoms, or a chronic illness that has not been helped by conventional medicine, there's no easy way to say this, but we need you to become sophisticated about not only about your

own health, but on how health is created in general - there is no quick fix.

Essential information in this course is not being conveyed by orthodox medicine which has been hijacked by an overly reductionistic pharmaceutical model.

This is why this low-cost course has been created in the way it has been - to assist you to become your own expert. To make it possible for you to recover or have supercharged uncommon energy levels, we need to teach you how to fish for yourself, rather than taking fish from practitioners all the time that make you dependent upon them and ends up, frankly, unaffordable for most.

3/ Commit and be open to change.

Everyone I know who has completely recovered from sometimes severe illness like 8 years of being bed-bound, or 7 years being house-bound etc, they were determined, methodical and totally committed to trying EVERYTHING. They refused to accept anything less for their life - including accepting CHANGE.

Are you ready for change?

4/ The need for personal responsibility.

While it is really important not to blame yourself for your health condition, to have love and acceptance and compassion for yourself, because it is never your fault - it IS your personal responsibility.

No one else is going to be as committed to your health as you are. And no health practitioner should be working harder than you are for your health.

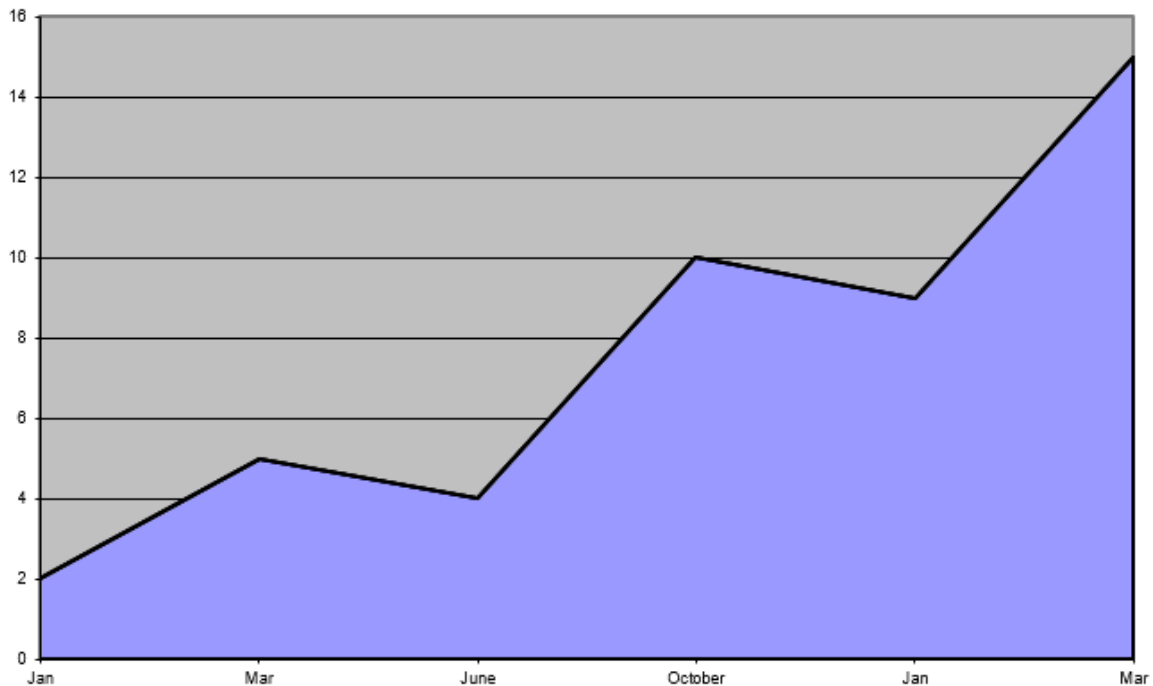
Us health practitioners are just guides. You'll be your greatest healer.

If you are spending all your time spaced out watching Netflix, reading social media, playing video games watching mindless TV - instead of using your time to learn, expand and grow, or doing life affirming fun or healthy activities, you're not taking personal responsibility...

5/ Understand recovery or reaching health goals is a non-linear journey.

Recovery or reaching a health goal often looks like this:

Graph of Reclaiming Abundant Energy Levels



In general us humans tend to overestimate what we can achieve in a month, and underestimate what can be achieved in 6 months.

I recommend tracking your health symptoms for the six months and play the long game. Don't get focused on weekly progress, or even monthly.

Step back and understand that dips and challenges happen on the way to abundant endless energy levels. They just happen less frequently, less often, and for less long overall, *when you stick to the program.*

You'll be amazed how many clients forget they had certain symptoms and therefore forget how much progress they are making. We have a short memory for painful annoying symptoms!

This also applies to anyone working on weight loss, or reaching physical performance goals. There are times of plateau and dips backwards.

Only by carefully tracking your progress can you really see how you are doing.

Also remember Hering's Law of Cure.

This is the way the body heals or cures itself. All cure starts from within out, from the head down and in reverse order as the symptoms have appeared or been suppressed.

Often, when we are healing from for example, chronic fatigue, we might notice we have not expressed the symptoms of a common cold for many months or even years. As we recover, we might get a huge cold - this is a sign of immune STRENGTH, not weakness.

Another example is, as we heal, an old illness that disappeared in the early stages might reappear - another example of that might be asthma symptoms. Again this is not a sign of weakness, but healing.

6/ Understand the emotional journey of healing

When we start to calm down and rebalance the nervous system (pulling out of “wired but tired”) we can perceive we are more tired than ever. Even depressed.

Usually we are misinterpreting PEACE. We have been so overstimulated for so long that peace can feel empty - where’s the party?

But slow down and notice now you can SLEEP! So now the healing can begin.

As you rebalance the nervous system - you will be less in your head thinking, and you’ll start to feel your emotions more.

This is also a sign of HEALING. It’s a sign of a more sensual and alive feeling in the body.

This means you will slowly start to heal and a new found vitality and sustained joy will start to gradually emerge from within.

This is REAL energy - not adrenalized boom and bust.

7/ Understand the scales effect of recovery.

This is also an important concept. Sometimes we can be taking many approaches which would equate to taking weights off one side of these scales. But do you see the problem? Those scales won't move, your symptoms or health may not shift until the LAST weight is removed.



Sometimes it can take months for a shift to be finally felt. Many people give up too soon - assume something isn't working so go backwards, start putting weights back on the scale, then when the last one is removed, they don't notice because the other weights we put back on!

Don't give up before the miracle happens!

8/ Be mindful of your personality type in your approach to the course.



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Watch how your own dominant personality type will engage with this course. In the Social module, we introduce a personality typing system called the Enneagram. We'll be talking about 4 types in particular that are prone to stress related health conditions.

All of us have propensities and adaptive survival styles we learnt in childhood. Watch how these influence how you approach the course.

If you're an Achiever type, you can be impatient, expect results yesterday and be prone to "boom and bust" - as

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soon as you get energy, you just use it up and leave nothing for healing. If you have HPA axis dysfunction or chronic fatigue - this is not pacing, and it will prolong your illness.

The Loyalist types (also known as Anxiety Types) and Perfectionists (also known as Reformers) can be most likely to create a lot of pressure to do everything perfectly, then they get overwhelmed, lose hope and become pessimistic and give up or create a lot of anxiety which is counterproductive.

Then there's the Helper (Giver) type, most likely to not create the time and space needed to look after their health and work through the course because they are prioritizing everyone else's needs above their own.

These traits may not only be sabotaging your success in this course, they can be traits which contributed to a health condition in the first place...So be mindful as you work through the lessons, and definitely, keep a journal dedicated to this course so you can note down your thoughts and experiences. Writing, as you will discover, is also a form of therapy.

We cover the personality styles in the Social Module in great depth, so you will be getting plenty of support to recognize sabotage patterns, learn your personality type and propensities so you can maximize success.

9/ Avoid piecemeal approaches

One-shot-cures don't work. Think of a plant - it needs carbon dioxide, water, minerals, sunlight and...love.

Imagine if the plant decided ok, I'd like to try water for 6 months. If I don't grow, I'll stop that and try sunlight for 6 months!



Like plants, we need an integrated multifactorial approach for healing.

When someone says ok I'll try going gluten-free for a few months, I might get a bit better, but not fully. So if I stop that, then try out PEMF therapy instead...

The idea is to remove all the weights from the scales together, only when they are all removed simultaneously will the scales move - and the needle moves for your desired health outcome and symptoms as well.

10/ The body knows how to heal itself

With the right conditions including your mindset, health behaviors and your physical and energetic environment - healing is possible.

Ask not what is causing your ailment, but what is blocking your healing.

You may never ultimately pinpoint the “cause” of an ailment - and the great news is, it doesn't matter.

When we break a bone, all the doctors will do is set up the right conditions, they set the bone straight, put it in the right position, then the body naturally knits the bone cells together and heals.



You don't need to start researching how the body miraculously matts and heals bones cells together again. You don't need to understand OR control that process.

Just set up the conditions and expect healing to occur.

This is TRUST!

So that's it for now. I wish you the very best of luck in this health journey.

Much love and healing for now and speak again soon!

Niki Gratrix