

VICTORY: A Practical Guide to Forging Eternal Fitness

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GREG AMUNDSON

“Greg, if you tell me the truth, I will believe you.

If you tell me a fact, I will listen. However, if you share with me a story, then I will remember.”

—Lt. Roger Wildey, Special Operators Commander,
Santa Cruz County Sheriff’s Office.

One of my first mentors on the path of the modern day warrior.

VICTORY!

A PRACTICAL GUIDE TO FORGING ETERNAL FITNESS

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By Greg Amundson

3703 Portola Drive, Santa Cruz, CA 95060

www.GregoryAmundson.com

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The Author has done his best to articulate God's Word through interpretation of Bible Verse, Prayer, Meditation and Reflection. Unless otherwise noted, Scripture quotations are taken from the Holy Bible, New International Version, and King James Version. Certain sections from the chapters on nutrition, goal setting, leadership, and spirituality were first published by Greg Amundson in the CrossFit® Journal and his book Firebreather Fitness, Velo Press, 2016.

The author recommends consulting with a physician or health care professional before beginning any physical fitness program.

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PRAISE FOR THE WORK OF GREG AMUNDSON

"I often tell people at my seminars, 'We don't need more Buddhists in the world, we need more Buddhas. We don't need more Christians, we need more Christ-like beings.' And such is the case with my amazing, breathing brother Greg Amundson. He's not one of those wishy-washy, praise the Lord, in-your-face, superficial Christians: He is a former SWAT Operator, DEA Special Agent, U.S. Army Captain, and CrossFit athlete and coach. He is a spiritual warrior, and he carries God in his heart. Greg's book Victory teaches the principles of spiritual development that can change your life."

—Dan Brulé, world renowned lecturer and international bestselling author of Just Breath

"Sometimes our mythic roots carry the most powerful insights, and Greg Amundson's fable, The Warrior and The Monk, is no exception. Greg leverages his remarkable storytelling ability to help the reader acquire new insights that serve to strengthen the spiritual core. Greg's new book, Above All Else, provides me with daily wisdom, revelation, and greater understanding of God's Word, in a way that only Greg can provide. It's a game changer."

—Josh Mantz, Former Army Major and #1 Amazon bestselling author of The Beauty of a Darker Soul

"Greg fought the war on drugs, battled in the streets, on behalf of our nation. Now he fights to inspire us to overcome our fears, flaws, and failures, battling for the glory of God. Pick up, Above All Else, and The Warrior and The Monk, and let God's work, through Greg's words and stories, uplift your mind, body and soul."

—Jay Dobyns, author of The New York Times bestseller No Angel, and Catching Hell

“Greg’s ability to transcend boundaries and speak to the essence of spirituality is profound and encouraging. By following the timeless advice in Greg’s books, *Above All Else*, and *The Warrior and The Monk*, we can happily discover that what we are searching for has been within us the entire time.”

—Scott McEwen, #1 New York Times bestselling co-author of *American Sniper*; national bestselling *Sniper Elite* series, and the new *Camp Valor* series of novels

“Greg Amundson’s books, *Above All Else*, and *The Warrior and The Monk*, makes experiencing God a little more accessible. They are great primers for the new seeker and wonderful refreshment for the seasoned traveler.”

—Rev. Deborah L. Johnson, Author of *The Sacred Yes* and *Your Deepest Intent*

“Greg Amundson’s expert instruction has brought dramatically greater strength, balance, and vital energy into my daily life as it has the lives of countless others. Now, with *The Warrior and The Monk*, Greg guides us in channeling that newfound strength and energy toward a life of service, love, wisdom, and true fulfillment. A powerful and transformational book that will inspire you to live your very best life.”

—Girish, musician, teacher, and author of *Music and Mantras: The Yoga of Mindful Singing for Health, Happiness, Peace and Prosperity*

“Greg Amundson’s groundbreaking book, *The Warrior and The Monk*, is an inspiring, timely, and courageously articulated perspective on seeking (and discovering) a personal relationship with God. Greg’s newest book, *Above All Else*, is a cherished devotional that I keep with me always. The daily insight he provides into the Word of God is profound.”

—Robert Vera, author of #1 Amazon bestseller, *A Warrior’s Faith*, and founder of the Eagle Rise Speakers Bureau

“Greg’s books, *Above All Else*, and *The Warrior and The Monk*, capture in words the epic quest we are all on to find happiness, meaning, and fulfillment in life. Greg articulates in a groundbreaking ministry that by turning our attention inward, and seeking God, we can find purpose in our life, and joy through being of service to others.”

—Karen Vaughn, Gold Star mother of US Navy SEAL Aaron Carson Vaughn, and bestselling author of *World Changer: A Mother’s Story*

“Greg Amundson is the epitome of a modern day warrior. He leads in all aspects of his life: As a warrior, as a Christian, and as a fitness expert. He writes with magical simplicity, yet is rigorous in his research and reasoning. As a leadership and motivation coach, when I need my own motivation I look to Greg Amundson. His track record of proving the validity of his message in his own life, and the lives that his message touches, is astounding. Greg’s new book *Victory* is a vital tool for anyone interested in achieving the victory in their health, spirituality, fitness, and positive mental outlook on life.”

—Jason Redman, Navy SEAL (ret.) and New York Times bestselling Author of *The Trident: the Forging and Reforging of a Navy SEAL Leader*

“Greg is the epitome of the way we all should strive to be better each and every day. With grace, joy and a powerful passion to help others, he instills in all of us the beauty of life and the importance of following God. His books, *Above All Else*, and *The Warrior and The Monk*, will help

you along your own path of self-discovery and reveal just how important you are in making this world a better place.”

—Kevin R. Briggs, Sergeant, California Highway Patrol (Retired), and author of *Guardian of the Golden Gate, Protecting the Line Between Hope and Despair*

“Greg Amundson is a warrior with a monk-like mindset. His own self discovery and passion to help others is truly inspiring. Greg empowers us with the tools to a disciplined mind, spirituality, and perfect work-life balance.”

—Dr. Suhas Kshirsagar, BAMS, MD(Ayu), author of #1 Amazon bestseller, *Change Your Schedule Change Your Life*

“Greg's new book *Victory* takes you inside the brilliant mind that has redefined the integration of Faith and fitness. Greg is one of the most prolific author's and speakers of our time, and his work will profoundly bless your life.”

—Dr. Gabrielle Lyon, DO, Special Operators Doctor for Task Force Dagger

“The first step to self-mastery is reading Greg Amundson's work and considering the ‘Way of the Warrior’ as he is now teaching it.”

—Joe De Sena, Spartan Founder & CEO and #1 New York Times bestselling author of *Spartan Up!*

"This book is a gift from Greg. His passion for integrating mind, body, and Spirit through his holistic training is inspiring, and can be a catalyst for you to do the same."

—Mark Divine, New York Times bestselling author of *The Way of the SEAL* and *Unbeatable Mind*

ALSO BY GREG AMUNDSON

Published Books

Your Wife is NOT Your Sister – (And 15 other love lessons I learned the hard way)

Robertson Publishing – 2012

Firebreather Fitness – Work Your Body, Mind and Spirit into the Best Shape of Your Life

(with TJ Murphy) Velo Press – 2016

The Warrior and The Monk – A Fable About Fulfilling Your Potential and Finding True Happiness

Robertson Publishing – 2018

Above All Else – A Year of Increasing Wisdom, Stature, and Favor

Eagle Rise Speakers Bureau– 2018

CrossFit Journal Articles®

A Chink in My Armor

Coaching the Mental Side of CrossFit

CrossFit HQ – 2851 Research Park Drive, Santa Cruz, CA.

Diet Secrets of the Tupperware Man Vol. I

Diet Secrets of the Tupperware Man Vol. II

Forging Elite Leadership

Good Housekeeping Matters

How to Grow a Successful Garage Gym

Training Two Miles to Run 100

ACKNOWLEDGMENTS

First and foremost, I am deeply grateful for the everlasting love and embrace of God and His Son, Jesus Christ. For my beloved parents, Raymond and Julianne Amundson, who encouraged me from a young age to develop my mind, body, and spirit in such a manner that I could be of greater service to others. A great deal of appreciation is extended to Brooklyn Taylor for her brilliant layout and design contributions to this book. I am also indebted to the plank owners of the Patriot Authors Network and Eagle Rise Speakers Bureau: Robert Vera, Josh Mantz, Jay Dobyms, Jason Redman, Kevin Briggs, and Karen Vaughn. Your true “Warrior Monk” spirit continues to inspire me more every day. Finally, to the great mentors and masters whose leadership has deeply influenced my life: Greg Glassman, Rev. Deborah L. Johnson, Mark Divine, Dan Brulé, Londale Theus, Ken Gray, Chaplain Richard Johnson, Pastor Dave Hicks, Dr. Deepak Chopra, Dr. Suhas Kshirsagar, Raja John Bright, Maharishi Mahesh Yogi, Baba Hari Dass, and Pastor René Schlaepfer.

DEDICATION

“Children, obey your parents in everything,

for this pleases the Lord.”

— Colossians 3:20

This book is dedicated in loving memory

to my mom and dad, who provided me with the greatest

example of a “Heart like Christ” I have ever known.

“God is more worthy of your pursuit, attention, and love than all

the other passions of the world combined.”

— Dr. Raymond Amundson

“God is entirely devoted to your personal advancement.”

— Julianne Amundson

a note to the reader

The Bible says, “the steps of a righteous person are ordered by the LORD” (Psalm 37:23).

I believe, therefore, that in the context of my book *Victory*, we were destined to meet in this exact time and place.

This also leads me to believe that you are a warrior. Deep in your soul, God implanted a desire for you to be a vessel of service to other people. Your ability to serve others is contingent upon your drive to first master yourself.

This book will support you on the sacred journey of self-mastery in the service of others, and walking the noble path of a modern day warrior.

Santa Cruz, California, 2019

CONTENTS

[Introduction](#)

[What Is “Fitness For Eternity”?](#)

[A Little History](#)

[PART ONE: THE MIND](#)

[The Nature of the Mind](#)

[Breathing](#)

[Introduction To Meditation](#)

[GOAL-SETTING](#)

[The Power Of Positive Self-Talk](#)

[Seven Affirmations For a Positive Mindset](#)

[First Words](#)

[LEADERSHIP in the warrior tradition](#)

[MENTAL NUTRITION](#)

[PART TWO: THE SPIRIT](#)

[the eyes of our heart](#)

[Fearfully & Wonderfully Made](#)

[THE SPIRITUAL DISCIPLINES: The key To Victory](#)

[MY EIGHT ESSENTIAL SPIRITUAL DISCIPLINES](#)

[SPIRITUAL DISCIPLINE training journal](#)

[PART THREE: THE BODY](#)

[Nutrition](#)

[Understanding Zone Blocks](#)

[Zone Block Guidelines](#)

[Sample Meal Plans](#)

[and now ... it's time to workout](#)

[PUTTING IT ALL TOGETHER](#)

[LEVEL ONE](#)

[LEVEL TWO](#)

[LEVEL THREE](#)

[Index](#)

[An Ongoing Program](#)

INTRODUCTION

Welcome to Victory, my integrated and holistic approach to achieving and maintaining fitness for an eternity. My goal is to provide you with a fully integrated training program that will strengthen your mind, body, and spirit, with an emphasis on achieving the victory both during your time on Earth, and your eternal lifetime in Heaven.

The book is divided into three parts: Part One is the foundation. It focuses on mindset and the productive use of thoughts and words.

Part Two concerns strengthening the spirit, with an emphasis on meditation, breath practices, and spiritual disciplines.

Part Three is devoted to building your body and includes a nine-week training plan that “yokes” the mind, spirit, and physical training into a seamless program designed to accelerate you into the best shape of your life.

You are standing at the starting point of a training program unlike anything else in the world. Your legacy starts today!

What Is “Fitness for Eternity?”

Several years ago, I came across two Bible verses that radically shaped my life. The context and background for the first verse is important, especially considering a large part of the book you hold in hand is dedicated to developing the strength of your physical body. At the anointing of King David (when David was still a shepherd and several years before he faced Goliath in single combat), God told the Prophet Samuel, “Although people look at the outward appearance, the LORD looks at the heart” (1 Samuel 16:7). In other words, David was anointed by Samuel not for his robustness, strength, or physical stature—but rather for the quality of his heart.

This verse serves to encourage an integrated approach to training, with specific practices to strengthen the “heart” by which the biblical author meant the quality and intimacy of our relationship with God. “Fitness for eternity” implies doing everything we can to achieve health, strength, and wellness during the temporal life we enjoy on Earth, in addition to the eternal life we will enjoy in Heaven.

The second verse which greatly influenced the manner in which I started to approach my daily CrossFit® workouts, martial arts, yoga, and fitness training, comes from the Apostle Paul: “The body is a temple for the soul” (1 Corinthians 6:19). The impact of this Scripture in my life has been immense and has inspired me to see that the long-term and eternal benefits of a fitness program are far more important than my “score on the whiteboard” or how I look in the mirror.

The Apostle Paul’s “Holy Spirit” insight has motivated me to realize that the totality of my body, including my mind and spirit, are the dwelling place of God’s Spirit within me. When this biblical principle is completely understood and obeyed, the only logical way to approach an exercise routine is through an integrated and holistic fitness program that ensures our “temple” is being developed to its fullest potential.

The Victory Philosophy of Training was Born

In my experience, the Bible verse, “Seek first the Kingdom of God, and everything else will be added to you” (Matthew 6:33), has immense application within an integrated training program. Based on the reports of the thousands of athletes I have coached, mentored, and trained, I can now confidently proclaim that when we seek to develop our “true core,” which is our spirit—our soul, the very presence of God within us—everything else falls perfectly into place. All the extremities of our life improve, not by our own effort, but through the grace and mercy of God.

In addition to the challenging physical disciplines I have in store for you during the next several weeks, I also advocate that you begin to practice specific spiritual disciplines. The integration of the physical with the spiritual is what sets Victory apart from other training programs and ensures that you achieve success and happiness within every area of your entire life. With that in mind, I want to immediately introduce you to two specific spiritual disciplines that will become part of the “daily rhythm” of your upcoming training: breathwork and meditation.

Breathwork

It says in the Bible, “The Spirit of God has made me, and the breath of the Almighty gives me life” (Job 33:4). In the Victory integrated training program, I will be teaching you the practice of “breathwork” in the form of specialized breathing techniques that will accelerate your spiritual growth. According to my dear friend and world-renowned breathwork pioneer Dan Brulé, the field of breathwork is a new and revolutionary approach to self-improvement and self-healing established in the ancient wisdom of yoga.¹ Breathwork teaches techniques on how to achieve peak performance, optimum health, deep inner peace, and unlimited potential.

Meditation

Scripture teaches us to, “Be still, and know I am God” (Psalm 46:10). I believe one of the most effective ways to experience the embrace of God is silence and stillness in His presence. In Victory, I will teach you a variety of meditation practices, including the mantra meditation of “I AM” (also taught in my bestselling book, *The Warrior and The Monk*), in addition to meditation on the breath. Both practices have been shown to provide numerous benefits, including a heightened sense of tranquility, mental clarity, peacefulness, and awareness of God’s presence.

Stay the Course

I believe in you and in your ability to succeed. I promise that if you stay the course for the duration of the Victory training program, your life will never be the same. I’m here to be your guide, mentor, and coach. By developing micro-goals, a positive mental attitude, and proper nutrition, combined with the character qualities of perseverance, determination, and faith, you’ll be well on your way to the best shape of your entire life. But before we get started, I want to share a little of my history with you.

A Little History

I was blessed from a very young age with an appreciation for holistic fitness. Some of my earliest childhood memories involve going to the local YMCA with my dad and working out together. The workouts focused on the basics of gymnastic movements, including handstands, push-ups, dips, and pull-ups. Technique, range of motion, and composure in these skills were ingrained in me. I learned to value the effort that went into developing strength.

Even at a young age, the idea was forming in my mind that the same willpower I was using to conjure up the effort to perform one more pull-up could be used in the classroom to solve the math equation that had been challenging me. Furthermore, mainly because my dad was a doctor of chiropractic, Christian minister, and former naval officer, the idea of alignment between the body, mind, and spirit captivated my imagination and set me on a lifelong journey of pursuing higher levels of living.

Shortly after my dad passed away from cancer, I had the once-in-a-lifetime opportunity to meet and begin a student-teacher relationship with Coach Greg Glassman, the founder of CrossFit. The timing of our meeting was divinely appointed: at a time in my life when I needed leadership and a mentor to continue where my dad had left off, “Coach” came into my life. His leadership, wisdom, passion for teaching, and brilliance for forging elite human performance was exactly what I needed at that moment in my life.

In 2001, I was a newly sworn deputy sheriff in the Santa Cruz County Sheriff’s Office and well aware that physical fitness was absolutely critical in my job performance and could literally mean the difference between life and death. Less than a month before meeting Coach and beginning my

journey in CrossFit, I had a horrific fight while trying to apprehend a wanted parolee. My greatest enemy during the melee turned out to be my own exhaustion. By the time my backup arrived, I could hardly breathe.

That incident prompted my experimentation with harder and more austere levels of fitness training, my goal being to recreate the levels of exhaustion, stress, fear, and anxiety I had faced on the street.

It wasn't until my first CrossFit workout, laid out in a heap in a corner of the gym, wondering if I was going to live, that I said to myself, "This is what I've been looking for!"

That journey began in December of that year, after becoming intrigued by rumors of athletic monsters being created inside a small gym on the east side of Santa Cruz. My good friend Sam Radetsky had found the number for CrossFit in the Yellow Pages and encouraged me to call. After a few rings, a now-familiar voice answered, "Hello!" In the background I heard grunting, cheering, and the sound of heavy objects slamming against what I hoped was the ground and not any other immovable objects. I introduced myself and asked if I could visit the gym to check things out. None other than CrossFit founder Greg Glassman answered, "Sure, show up tomorrow morning at 6 a.m. and be ready to work out."

I had recently graduated from the University of California at Santa Cruz, where I competed in NCAA water polo. Following graduation, I was hired as a recruit deputy with the sheriff's office and was now fresh out of the South Bay Regional Police Academy. My fitness training up to that point had mainly been aquatic-based with a combination of dry-land gymnastics movements, such as pull-ups and dips. Free weights were available at the university gym and I occasionally performed the bench press and back squat. The police academy, on the other hand, had focused on long-distance running and various defensive-tactics drills. I was young and competitive and thought I was physically fit. I was about to discover just how little I knew.

I pulled into the six-car parking lot in front of CrossFit about 5:45 a.m. that next day. I had been in and around fitness gyms my entire life but something didn't feel right about this one. I was staring at a twelve-foot-tall garage door, the window of which was already fogged up from the inside with moisture and perspiration despite the cold ocean air.

I knocked before entering the small garage and then stepped inside the black-matted room. With a huge smile on his face, Glassman walked across the floor and reached out his hand. "Glad you made it! You can call me Coach," he said.

Seated on what looked like two wooden beams (I would later learn this was a set of gymnastics parallel bars) was the fiercest-looking man I had ever seen. "Greg, meet Mike Weaver, a jiu-jitsu wizard and CrossFit stud. I'm going to have you two workout against each other," Coach said. I had never heard of a jiu-jitsu wizard and I had never worked out "against someone" but I was certain I did not want Mike to show me what either one was.

Coach introduced me to the structure of the upcoming workout. It consisted of a one-thousand-meter row on a Concept2 rower, which Coach claimed was the best piece of "cardio" equipment in the world. Following the row, I would complete twenty-one kettlebell swings and twelve pull-ups. If I felt up to it, he said I could repeat the workout after a brief rest. In the back of my mind, I thought, "Well, that doesn't seem too hard. This should only take me a few minutes!"

Before the workout started, Coach led me from one station to the next, explaining and demonstrating the points of performance and the expected range of motion for each exercise.

While receiving Coach's instruction and practicing the skills, I watched out of the corner of my eye as Mike warmed up with some pull-ups. After carefully observing a few of Mike's repetitions, my first thought was, "Man, he is cheating!" Mike was using his legs and hips in a manner that seemed to accelerate his body and almost float his chin over the bar. I was basing my critique of Mike's technique on the strict California Police Academy rules I had been under as a recruit and a historic belief that the pull-up was a biceps exercise.

After a few repetitions at each station under the watchful eye of Coach, we were ready for the start of the workout. Coach explained to me what Mike already knew: CrossFit workouts were, by their design, competitive. Mike and I would be racing against each other and against the clock.

Coach led Mike and me to the second-story landing of the small but immaculately kept gym, where two Concept2 rowers sat side by side, then said, "You guys will row up here, then carefully walk down the stairs to the remaining two stations." "Walk carefully? I wonder why he said that," I thought to myself.

Coach then said four words that would soon become as distinctive as legendary boxing announcer Michael Buffer's "Let's get ready to rumble!" catchphrase: "Three...two...one... Go!" Coach thundered, and I started to pull as hard as I could on the handle of the Concept2 rower. A mere three hundred meters into the workout, I knew I had greatly underestimated the impact such a seemingly harmless piece of "cardio" equipment could have on my entire body.

After finishing the row, I also understood why Coach had warned us to walk carefully down the stairs. My legs felt like spaghetti noodles and I had to support myself on the railing as I walked to my next station. Coach enthusiastically motivated and supported Mike and me through the swings and onto the pull-up bar. Mike used a skill I would later learn was the "kipping pull-up" to quickly perform twelve consecutive pull-up repetitions. I, on the other hand, still considered this cheating and, instead, performed three sets of four strict pull-ups.

After the workout—I only completed one round—I stumbled over to the corner of the gym near the stairs and collapsed. Physically, I was finished but internally, I was vibrant with the realization I had discovered something sacred. I had found a coach who would share with me the Holy Grail of fitness.

Over the next several years, I was immensely blessed to be under the guidance of such world-class athletic and spiritual mentors, many of whom I feature throughout the book. They include: Mike Burgener (founder of the CrossFit Olympic lifting trainer course), Jeff Martone (founder of the CrossFit kettlebell trainer course), Brian MacKenzie (founder of the CrossFit endurance course), Jeff Tucker (founder of the CrossFit gymnastic trainer course), Mark Divine (founder of SEALFIT, Unbeatable Mind, and Kokoro Yoga), Dan Brulé (world-renowned breathwork master), Londale Theus (former SWAT operator with the Santa Monica Police Department and lead Krav Maga FORCE training instructor), John Hackleman (founder of The PIT martial arts), Rolf Gates (world-renowned yoga and meditation teacher), Raja John Bright (a personal student of Maharishi Yogi), Chaplain Richard Johnson (a thirty-year law-enforcement chaplain), and the incredible seminary professors of Western Seminary.

Coach Glassman and the other remarkable mentors, guides, and coaches were each uniquely responsible for teaching me the principles that ultimately shaped my understanding of a holistic, integrated, and congruent mind-body-spirit training system.

In addition to the athletic, yoga, spiritual, and mindfulness coaches I studied and trained with, through my unique experiences in the US Army, as a special agent with the Drug Enforcement Administration (DEA), and as a SWAT operator with the Santa Cruz County Sheriff's Office, I was

richly blessed to receive mentorship from world-class warriors. To provide for my warrior-mentors safety, I will not mention their names here but trust me when I say that these men and women were instrumental in teaching me that when physical strength departs the body it's the mind and spirit which take over and allow success both on and off the battlefield.

It's the totality of these lessons that I now share with you in my Victory integrated training program.

PART ONE

THE MIND

PART ONE: THE MIND

The Nature of the Mind

In the early days of CrossFit, Coach told me after a particularly grueling workout that, "Men will die for points." He was referring to the "score on the whiteboard," which my fellow training partners and I had just worked so hard to achieve. However, despite how hard I had worked, at the end of the day, a spray-bottle of Windex and damp towel would erase the scoreboard and the unsuspecting eye would have no clue the battle that had taken place.

The Apostle Paul used athletic training as an analogy for spiritual discipline on numerous occasions. For example, in his letter to the Church of Corinth, Paul wrote, "I do not run like someone running aimlessly; I do not fight like a boxer beating the air" (1 Corinthians 9:26). He knew his "score" was not a temporal matter; rather, it was a matter of eternity and of the Kingdom of God. I think Paul also understood the relationship between the quality of our thinking and the resulting health of our body and life circumstances.

I've discovered that although physical training is extremely important, the real results both in the gym and in life are directly related to the perpetual thoughts we entertain on a daily basis. In the same manner that we must understand the nature of the body in order to strengthen it, we must understand the nature of the mind in order to train it to work for us rather than against us.

The majority of the great spiritual texts and disciplines teach that the fundamental cause of suffering is the mind's tendency to regress to the past or project itself into the future. The solution, therefore, is to discipline the mind to remain centered in the present moment. During meditation, this tendency of the mind to leap out of the present moment becomes extremely apparent. Holding the attention on the present moment can seem harder than the most demanding physical workout. In many respects, learning to "work in" is more challenging—and more important—than learning to "work out." As my good friend and longtime mentor Mark Divine once told me, "The final frontier is not outer space but is, rather, inner space."

Reflecting on my military and law enforcement career, I found how easy it was for my mind to project itself into the future and worry about what might happen. Because my mind was resting on a future creation that had no bearing in the present moment, I would be unaware of my body and my breathing. As a result, my body was tight and my breathing shallow, which only further

exasperated the mental sensations I was entertaining.

Learning to remain present, with the mind continually realigning to the body and the breath, is an extremely powerful practice that can have a profoundly positive effect on your life. This ability to remain present is the beginning of your spiritual practice. Remaining present helps you gain perspective on what is permanent and what is temporary. And most of the time, the problem we are focusing on is our perception of a situation and not the situation itself. It's our thinking that determines the quality of what we are seeing.

A childhood story will help elaborate on the power of the mind and the importance of properly managing our thoughts. When I was in seventh grade, I was beat up by a school bully named Devon. Devon beat the heck out of me because, unbeknownst to me, I had made a flirtatious remark to a beautiful eighth grade girl named Rebecca in the school lunch line. It seemed I had failed to get the memo that Rebecca was, according to Devon, his girlfriend.

So, there I am, standing with many of my friends on the lawn waiting for my mom to pick me up and, suddenly, a group of eighth-graders started to circle around me—one of whom was Devon. He pinned me against a tree, kneed me in the groin, elbowed me in the chest, then the neck, and finally the head; the whole time, screaming in my face, "Man, if I ever see you talking to my girlfriend again, I'm going to whip your ass."

Believe me when I say that he whipped it pretty good that day and I certainly didn't want another ass-whipping in the future.

There were so many layers to the despair that I experienced that moment. One was being unable to defend myself. I was so severely unprepared for Devon's level of strength, aggression, and violence, in addition to the severity and speed of the onset of the attack. In other words, I was caught completely unaware.

The second great despair was a feeling of betrayal. As this was unfolding, I recall looking to my friends for help and they were just as terrified as I was. Rather than coming to my rescue, they ran away! They wanted no part of that beating. So, as if it wasn't bad enough that I couldn't protect myself, neither could I count on my friends for help. Furthermore, there are all the other layers of ego identification; the ego-bruising that takes place, the feeling that my pride was lost, and the feeling of embarrassment. On and on it went—my thinking about the incident was quickly spiraling out of control.

When I finally got home that afternoon, I eagerly awaited the arrival of my dad—a bodybuilder and martial artist. So, I thought to myself, "This is great. I'm going to learn from my dad tonight how to defeat that bully." My thoughts were of revenge, "Give me a couple of weeks, Devon. I'm coming for you, man. You better watch out."

When my dad finally got home, I went right up to him and explained the entire story. I really hoped he would begin the martial art training immediately. After all, there was a strong likelihood I would see Devon again the next day. Instead, what my dad said was, "Well, the next time that happens, just turn the other cheek. Greg, never resist force with force. Never resist violence with violence." He got out the Bible and conducted a Bible study with me on the lesson of nonviolence with Jesus Christ.

The next morning over breakfast, my dad said to me, "You know, Greg, I will teach you how to defend yourself. Everyone needs to know how to achieve a certain degree of self-protection from harm. Everyone needs to know that. Yet if I find out that you used violence against this person, I will be really, really sad. I'll feel that you would have missed the lesson. Because, the best way to

ensure that you never ever have to experience the effect of a bully again is to change your thinking about what happened.”

And that is when it hit me. That’s when I understood. That’s when I began to realize that the physical pain of the assault was done and over with. In fact, it didn’t physically hurt very much to begin with, actually. What hurt was my thinking that it was going to happen again and the idea that my friends weren’t going to like me anymore because they saw me get beat up. What hurt was my thinking, “How am I going to face Rebecca again? What am I going to say to her now that she knows that I got beat up?”

What hurt was my thinking. It was causing me pain and a great deal of it, at that. And what my dad taught me was that if I could change my thinking, I would cease to attract another condition that had unfolded the day before.

Now, this is a fairly advanced concept for a seventh-grade boy to understand. And even to this day, I’m still doing my very best to understand the teachings of Jesus Christ, which is that everything that we experience in our life begins in our mind. In many respects, we are all architects of our lives and the building blocks that we have at our disposal are our thoughts. That’s what it boils down to. And that is exactly what my dad taught me that day.

As I grew older, I began to take more and more interest in my dad’s profession—chiropractic care—and the relationship between thinking and health. My dad explained to me that the human body was a perfect creation and, as such, we were divinely entitled to a life of perfect health and wellness. He explained illness by saying that the only thing capable of preventing that perfection from manifesting in any area of our lives was misalignment. In other words, people are sick because they are not in alignment with the truth of who they are.

For years, my dad’s understanding of the adjustment was only on the physical level. When I would go into his office and watch him adjust patients, I was always amazed that he could put his hands on a patient and by applying very specific pressure to a vertebrae on that person’s spine, he could return them to health. I thought that my dad was a miracle worker!

In the course of time, something began to shift in the way my dad adjusted his patients as a direct result of his increasing faith in the healing potential of God and his increasing understanding of the power of the mind. As he began to deepen his understanding of those two things, he began to gravitate away from mere physical adjustment and, instead, focus on a mental and spiritual adjustment.

To that end, he would pray for his patient just before going into the adjustment room. He would pray not only for the physical health of the patient but also for their mental health. And as he gained an even greater understanding of the mind’s power, my dad would pray for the mindset of the patient—that the patient’s mind would radiate with thoughts of health and wellness. Once that prayer was said, he would go into the room and provide a manual adjustment.

The number of adjustments he would give, however, was far less than it had been a few years prior. And as his journey continued, as his relationship with God continued to grow, and as he gained a greater understanding of the power which we all possess to heal ourselves and each other, he entirely ceased to lay hands on the patient. It was simply the prayer followed by his presence in the room with the patient that restored health.

When my dad passed away, more than two thousand people came to Presentation Church in Stockton, California to pay their respects. The majority of them I never knew. And here’s what’s really amazing: many of those who came to pay their respects had never personally met my dad;

they were the sons and daughters, husbands and wives, and friends of my dad's patients. They came to pay their respects because my dad had taught them the power of right thinking. He had instilled in them the Word of God and when we become filled with the Word of God, we naturally have an aspiration to share it and teach it to others. In many respects, this book is a perfect example of that. I'm simply continuing to share with you what my dad shared with me.

As a young boy, I once asked my dad to explain chiropractic adjustments to me. He said, "Son, sometimes you have to be a little cracked to let the light in." As anyone who's received an adjustment knows, it is often accompanied by an audible "cracking" sound. According to my dad's faith and his understanding of the human body, that crack lets the light of God in.

As my dad's journey in the chiropractic profession matured, the "crack" he offered people had far less to do with a physical adjustment and more to do with a mental and spiritual adjustment. When we crack open our old ways of thinking, a new and right spirit can be formed within us. The presence of God can enfold our soul. We can be lifted to the highest realms possible.

Breathing

The Book of Genesis tells that God took the dust of the Earth and formed the body of man, then breathed into the nostrils of man the breath of life, and the man became a living soul (Genesis 2:7). Meditation on this biblical account of creation has led me to understand that before God breathed the breath of life into our soul, we were simply a body. Yet, in the moment that God breathed His breath into our lungs, we awoke. We became fully integrated. The mind, the body, and the soul were all integrated through the breath of God.

One of the most gifted athletes I have ever had the pleasure of training with is named Robert Guerrero. He's known in the boxing community as "The Ghost" and is one of the best boxers in the entire world (Robert is a six-time, multi-weight division world champion). When he and I train together for his upcoming fights, we train incredibly hard. In fact, it often reminds me of my early days on the CrossFit Level I certification tour, when I would not be able to sleep the night before a course due to the inevitable clash with the workout "Fran" that Coach Glassman would demand of me the following day.

When Robert enters his training camp (a fighting term for the five to seven weeks of intense training leading up to a fight), we train together Monday through Saturday. Every Sunday, we attend church together at Foothills Church in Gilroy, California. One day in church, there was a song the choir was singing. Now, I'd heard this song before. I am obviously familiar with the Bible verse this song is based upon; I just shared it with you from the Book of Genesis. Yet what we often need is the right circumstance, the right environment, the right context for a message to be fully grasped and understood. And there was something about that day in church, standing next to Robert, singing this song—it dawned on me the power and the greater implication of this Bible verse for the modern-day warrior. The song goes:

"It's your breath in our lungs,

So we pour out our praise,

We pour out our praise.

It's your breath in our lungs,

So we pour out our praise

To you only, God.”

That song runs like background music in my mind every time I work out. It’s the same for Robert. Think of the greater implications of that song and that Bible verse. Every time you draw in a deep breath, that’s the breath of God in your soul, my friends. What power you possess through the breath of God. It’s not that you’re breathing in; it’s that God is breathing into you. Wow!

Understanding the breath, maximizing the effectiveness of the breath, essentially becoming—as my dear friend Dan Brulé, author of *Just Breathe: Mastering Breathwork for Success in Life, Love, Business and Beyond*, says—we need to become a “lover of our breath.” Of course, there’s so much to love because that’s the breath of God flowing into our minds, into our hearts, into our souls, into every cell of our bodies.

In Chapter 14 of my book, *Firebreather Fitness*, I dedicate an entire section to investigating the power that we all possess every time we breathe in and breathe out. That power is there whether or not we’re even aware of it. The beauty of the breath is that, remember, the presence of God is always there regardless of if we perceive it or not. Therefore, as we develop awareness of the breath, we simultaneously begin to develop awareness of God.

The breath allows us to fully integrate the very presence of God, especially when every breath in which we partake resonates with us at the deepest level of the fact that that is the breath of God flowing into every cell of our bodies.

Breathing can be a spiritual practice that helps cultivate your ability to meet and greet stress in the present moment as it arises in your consciousness. Engaging stress as a warrior means dealing with it on the field of battle at the moment the stress presents itself. In this context, the stress can turn into a strengthening experience and an opportunity to discipline yourself to remain in the present moment. Breathing is one of the most valuable tools you have at your disposal to help you do just that. The practice of monitoring your breath teaches stability. It also helps the mind discover what action can be taken in the present and what your illusions of the future—or memories of the past—may need to be resolved or perhaps, more importantly, forgiven.

A yoga teacher instructs the student to bring awareness to the four parts of the breath. Here’s where it really gets exciting and where we really develop the warrior’s ability to understand the power of the breath. Every time you breathe in, even though you may not be aware of it, there are four distinct moments that transpire because there are four distinct parts of every breath that you take: the inhalation, the retention of the breath after inhalation, the exhalation, and the suspension of the breath after exhalation.

Now, let’s look closer at these four parts of the breath and the quality that determines the benefit of each of these distinct moments.

The inhalation should be long, slow, subtle, and deep, and should evenly spread throughout the entire body. Isn’t that beautiful? Imagine that every breath that you take in is evenly spreading throughout every cell of your body. And remember that every breath in is the breath of life, the breath of God flowing into your body. There’s no need to rush the inhalation. Instead, savor the duration of every inhalation that you take. The in-breath draws energy from the atmosphere into the cells of the lungs and rejuvenates and restores the life force within you. By retaining the breath once it’s drawn in, the energy is fully absorbed and evenly distributed throughout all systems of the body through the circulation of the blood.

The slow release of air during the exhalation carries out and removes accumulated toxins, both mental and physical. By pausing after the out-breath to a level of comfort unique to every moment,

all mental stresses are purged and the mind is naturally drawn to the present moment. Continue to draw your attention to the inner movement of the breath and become sensitive to each of the four parts of the breath. It essentially becomes impossible for your awareness to remain attached to the external senses, the past or the future, because you are so absorbed with every moment of the breath.

Even one breath—this is the key insight—taken in absolute present-moment awareness is enough to release the grasp of the past or the tempting illusion of the future.

Meditation on the breath is a powerful step in the withdrawal from the external engagement of the mind with the memories of the past or the tendency to plan, wrestle with, or even be remotely concerned for the future. The power of the breath is absolutely amazing. It is one of the greatest tools for the modern-day warrior.

I was featured on the Veterans Take Charge radio show not long before writing this book. It was an amazing experience and what made it so profound was the gentleman with whom I was featured on the program with, Joshua Mantz, the author of a book I highly recommend titled, *Beauty of a Darker Soul*.

Josh is one of the most amazing warrior-leaders our country has ever seen. He was a platoon leader in Iraq when he was hit by a sniper's bullet. He was clinically dead for fifteen minutes. But he came back to life, had a miraculous recovery, then volunteered to go back into combat and finish his tour of duty with his men. He now travels all around the nation, teaching the principles of the modern-day warrior, which have more to do with the mind and the spirit than with the physical body. Indeed, Josh embraces the principle working in rather than focusing on working out.

Josh and I stood side by side, being interviewed on Veterans Take Charge, and where do you think the conversation diverted to? The power of the breath. Josh said that through his healing experience, which continues to this day, the greatest asset that he has—the greatest tool, the greatest friend, the greatest companion that Josh embraces on a day-to-day basis—is the breath.

The question that often comes up when I travel and teach is the same question that Josh encounters in his travels, teaching the power of the breath: "What constitutes a breathing practice?"

I posed that question to none other than the breath master himself, Dan Brulé. I asked how much time each day I should devote to my breath practice. I told Dan that I knew approximately how much time I should be investing into my CrossFit workout, my martial arts training, and my yoga practice, and that I felt I understood how much time I should be spending in meditation, communion, prayer, and intimacy with God. But how much time should I spend on my breathing practice? Dan said, "Greg, it's really simple, brother. All you need to take is one mindful breath a day. One mindful breath taken every single day for the rest of your life constitutes a complete breathing practice."

Isn't there some peace in that? What I'm proposing is that you take one mindful breath a day with full awareness and passionate commitment. If that breath that you take in becomes an opportunity for you to experience the very presence of God flowing into every cell of your body, that in and of itself constitutes a complete breath practice.

Thus, we can begin to see the genius of all the great spiritual texts and historical practices in welcoming and inviting a breathing practice. The breath essentially becomes the moment of integration between the mind, the body, and the soul. It anchors us to the present moment. It

rejuvenates the body. It restores the tranquility of the mind. It also allows the awareness of God to resonate in the forefront of our consciousness; we gain intimacy, communion, and a present-moment awareness of the presence of God with every breath we take when it is taken with mindfulness, concentration, and complete and utter awareness.

When we tap into the great witness within us and when that great witness is fully aware of the breath, we achieve the peace and the presence of God.

With that in mind, I want to teach you about a breathing technique that has some unique history in my life. I first learned this technique from one of the most amazing modern-day warrior scholars in the world: Col. David Grossman, retired Army Ranger and author of the amazing books, *On Combat* and *On Killing*.

When I was assigned to the Drug Enforcement Administration (DEA) Academy in Quantico, VA., as a new DEA special agent trainee, I had the unique opportunity to attend a lecture being given by David. What he proposed to the class that day was that the modern-day warrior needed to learn how to breathe. He posed this question: “Do you know how to breathe?”

And of course, I thought to myself, “I’m a CrossFit athlete, former SWAT operator, and military officer. Of course, I know how to breathe.” And undoubtedly, that’s what all the other young agent trainees were thinking.

What I came to realize is that the power of the breathing practice that Col. Grossman taught me on that day is one of the foundational breathing practices that most of the modern-day breathing experts teach though it’s known by different names.

During the lecture, David explained the breathing practice he coined as, “combat breathing,” which was a four-count breathing exercise that helped calm the mind and trigger the body’s parasympathetic nervous system. This system, referred to as “rest and digest” is an important contrast to the predominant sympathetic nervous system that most law enforcement and military operators tend to exist in.

The sympathetic nervous system, referred to as the “flight or fight” prepares the body for survival. This system is absolutely necessary during moments when we have to physically protect ourselves, or another person, from a very real threat against our personal safety. However, due to the power of the mind, we can unintentionally remain fixed in this state if we are worrying about the future or trying to change something that’s happened in the past. The “combat breathing” technique centered the mind in the present moment and resulted in an increased state of relaxation, mental calm, and focus.

Although I enjoyed the material on the day of the lecture, I did not continue to practice the technique, and soon forgot the important lesson he had provided me. Some years later, another great warrior-scholar—none other than Navy SEAL Commander Mark Divine—would pose to me the same question.

I was at Kokoro Camp in Encinitas, California (a fifty-hour full-immersion camp designed by Mark, intended to replicate the effects of the SEAL’s Hell Week). At some point during the first ten hours of the brutal non-stop calisthenics and cold-water immersion, Mark presented this now-familiar question: “Do you know how to breathe?” And thankfully, I said to myself in that moment, “I’ve got no clue how to breathe. I must need some help because the universe is posing this question to me again.”

Mark taught my boat crew the fundamentals of breathing, which was, incidentally, the same

technique taught by David. Mark refers to this breathing technique as “box breathing” (Dan Brulé refers to it as “spiritual breathing” and when I teach it, I refer to it as “warrior breathing”). In law enforcement, when you learn the same lesson twice, we call that a clue.

I decided to pay attention this time and committed myself to the daily practice of box breathing. I discovered within just a few weeks of practicing the technique an increased sense of inner peace and ability to remain present, even during the stress of a tough physical workout or dangerous mission with the DEA.

I advocate utilizing the nostril breath, which has three significant and additional benefits: the hair follicles in the nose help to either warm or cool the breath before it enters your lungs, depending on which suits the body's needs; the nostrils tend to pull the breath into the lower diaphragm, filling the lungs from bottom to top; it also triggers the parasympathetic nervous system, essentially communicating to your brain to rest and eliciting the emotions of tranquility, peace, and ease. *

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ABOUT THE AUTHOR:

GREG AMUNDSON is a founding CrossFit athlete, former SWAT Officer, DEA Special Agent, and U.S. Army Captain. Recognized as a thought leader in the field of integrated wellness practices, Greg is a prolific author and speaker whose message has positively influenced the lives of thousands of spiritual seekers. A coach and mentor to professional athletes, business executives, and entrepreneurs, Greg is a Krav Maga Black Belt, Law Enforcement Chaplain, Kokoro Yoga Instructor, and Masters of Divinity Graduate Student. He is the #1 Amazon bestselling author of "The Warrior and The Monk ~ A Fable About Fulfilling Your Potential and Finding True Happiness," and "ABOVE ALL ELSE ~ A Year of Increasing Wisdom, Stature, and Favor." He resides in Santa Cruz, CA.

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