



Whatever the mind can conceive and believe, you can achieve
-We teach you how -

Introductory Course to **Me, fit and Healthy**



Welcome to Day One!

Once again, congratulations on purchasing Me, Fit and Healthy and making the investment in your good health! We look forward to hearing about your success - send your story to david@quietclarity.com anytime - we really enjoy getting them!

Over the next 5 weekdays you will be receiving emails from us. Each of these emails is part of this Introductory Course to Me, Fit and Healthy.

We really want you to get the greatest value possible from this program, so we have separated this course into daily emails that will allow you to review and build your knowledge a little bit each day.

Each day explores a different aspect of the program and gets into much greater detail. By the end of the week you will know everything you need to know to become fit and healthy using this program.

Today we keep it short and review the standard use procedures.

But before we begin- please - if you haven't already, White List our email address so that you do not lose our messages to the spam file! Every email system has a slightly different way of indicating emails you prefer to receive.

Quick Start

Information on Getting Started

Read this page fully and completely. Print it out as a reminder.

These details are important to ensure your greatest success with the program.

- Download and/or store the recording files on your computer, iPod, iPod MP3 player or cell phone (if it supports stereo output)
- If you have trouble downloading your recordings please notify **david@quietclarity.com**
- Grab a pair of headphones
- Find a time and place where you can be undisturbed for up to 30 minutes
- Listen according to the Standard Usage Instructions, immediately below

Standard Usage Instructions

1. Start with the Foundation recording and listen to it a minimum of 7 times on separate days over the next week. Leave the other recordings for now. I know you want to hear them all- but trust in the process. You will be receiving instructions on how and when to use the other recordings shortly - by email so please make sure you have clicked on the link in the confirmation email!
2. All program recordings require you to find time and space where you can be away from distraction, comfortable and with your eyes closed.
3. You will always wear headphones, listening at a level that is comfortable for you. Adjust the volume so that you hear the voices fully when they are speaking.
4. It is best to drink a glass of water first or have one nearby.
5. You will be guided by voice to a very relaxed state of mind. You will then hear the instructions or intentions for about 12-15 minutes. After the voices stop you will hear background music but continue to listen until it stops as you are being brought back to a fully awake state.
6. If you still feel dozy afterwards, put on some dance music and/or move around. You will feel fine in a minute. (Note – if you are listening to the recording at bedtime it is okay to turn off the recording when the voices finish, and then drift off to sleep)



7. To enhance the delivery of this program each recording is encoded with a technique called Brain Wave Entrainment. This audio technique uses subtle rhythmic beats, or tones, to guide your mind into a relaxed state.
8. Brain Wave Entrainment is a little bit like herbs, they are natural and safe but you don't want to take too many in one day. We recommend one session, of the same kind in a day.
9. As a precaution, we suggest that pregnant women, those with Pacemakers and those with epilepsy refrain from using Brainwave entrainment. If this is the case, contact us for alternative methods.
10. **This program should never be used in a vehicle or when using equipment or any time when your attention is required.**

We know you will find this to be a very healthy and life affirming process.

WE WISH YOU THE VERY BEST HEALTH!

That's it for today. Now listen to your recording for the day and enjoy!



Welcome to Day Two!



In each day of this course we will take you a little deeper into the program. Today's course covers many of the commonly asked questions that you might have about using Me, Fit and Healthy.

Do I have to listen to the Foundation recordings for seven days or can I skip to the others?

It is essential for your long-term success to listen to the Foundation recording seven times before going on to the other recordings. It is preparing your mind to be successful when you do. You will find detailed instructions on using the other recordings in the Course emails later this week.

Do I always have to wear headphones?

Wearing headphones provides the maximum effect. Many of the audio techniques rely on using stereo. If you must listen through your speakers, make sure there are no other people in the room who could be affected by the relaxation effect.

When is the best time to listen to these recordings?

The best time will be a little different for everyone. Many people prefer listening first thing on awakening in the morning to start the day. This is a great way to start the day. Others prefer to use them at bedtime. If you do, remember to turn off the recordings when the voices finish so you can drift off to sleep.

Using them at midday can serve two purposes. You will get the full benefit of the recording messages and you will also find yourself renewed and reenergized for the rest of the day!

Although you may not think of it, one of the most powerful times to listen is after exercise! When you finish exercising, whether walking or more vigorous activity, your mind and body are most alive and actually quite receptive to the messages you are receiving. Give it a try and see if it makes a difference for you.

The program is called Me, Fit and Healthy but you also speak of My Clear Intention – what am I listening to?

My Clear Intention is the protocol or procedure that we use to build the Me, Fit and Healthy programs. This includes the language, the layout of the recordings and trigger words that you are learning in the Foundation Recording; and the way they are used in all the other recordings. We will go into fuller details on My Clear Intention in another newsletter because there are other clever ways to use this for your benefit.

Me, Fit and Healthy takes the very best thinking on creating a fit and healthy body, from the inside, and uses the My Clear Intention method to present them to you. So put another way, Me, Fit and Healthy is like having four expert people on weight, exercise, emotions and motivation, who are then driven in a car – which is My Clear Intention.

What will I experience when I listen to these recordings?

These recordings are designed to make you feel very relaxed very quickly. However they are not designed to make you fall asleep (with the exception of the Wonderful Sleep recording). They are taking you to a mental state known as Theta. Theta is a unique state of mind. You flow through theta when you wake up and when you fall asleep. The trouble is it's hard to stay there. You want to stay there because it's a place where your mind is free from chatter and daily thoughts. It is also the place where you can most easily visualize the outcomes you desire and the mind is most open to absorbing those thoughts.

Put another way- theta is like going to your office and shutting the door, turning off the phones and internet so that you are left to focus on what you want to do, free from all other daily distractions.

When the voices are finished music plays while you are brought back up to a fully awake state. If you still feel dozy, put on some dance music or just move around. You will feel fine in a moment. We use Brain Wave Entrainment to help get you to Theta and keep you there.

What is Brain Wave Entrainment and how do you use it?

Brain Wave Entrainment is a very interesting field. We go into this in greater detail in our advanced courses but for now, here is the short version.

When your brain hears certain rhythmic beats it tends to follow those beats. When it follows those beats it actually changes the way you feel and think.

Imagine your favorite loud and aggressive rock n roll band. You get fired up and go right into a highly active mood. Now imagine someone who you listen to who is soft and easy like Enya. You relax and feel calm.

So let's go one step further. Remember the metronome -that little device that sits on top of a piano and swings back and forth to help you keep time as you play? Well if it's swinging back and forth quickly, you feel much differently than you do if it swings very slowly. Imagine it just floating from side to side gently. In this case you find yourself becoming calm and relaxed all over.



That's how Brain Wave Entrainment works. Except we use the computer to generate the exact beats or rate that we need to help you experience theta and to stay there throughout the process.

Is it okay if I fall Asleep during the recordings?

The best situation is to remain awake during the recordings. If you really are tired you may doze off. Learning to get to Theta and stay there can take a bit of practice for some people. You will find it easier each time you listen.

We are moving you to a place where you can visualize easily and you need to be awake for that to happen most effectively.

Will I see results from the Foundation Recording?

The Foundation recording is designed to prepare your mind for all other recordings. So no- you will not become fit and healthy from this recording alone, but many people do report significant shifts in their thinking and behavior during this recording.

We will go into more detail on the Foundation recording in another email, but for now please note that this is like building a house. If you learn how to use a hammer and a saw and a drill before you go to build your house, it will become much, much easier. The Foundation recording is just like that. You are learning how to use the tools before you build the house (a fitter healthier you!)

Welcome to Day Three!



Today we are going to take you on a journey of discovery into the way that this program works and how it will benefit you.

By now you should have listened a few times to the Foundation recording and might be saying- well that's interesting, but what is this supposed to be doing for me?

Very good question!

This program is based on the My Clear Intention protocol. My Clear Intention was developed to help establish in your mind the automatic response to certain key phrases. These phrases will then instantly help you engage them when you hear, speak or see them.

You might be wondering by now how that is supposed to help you?

The answer to that is twofold.

Today we are going to discuss the key elements in My Clear Intention and what they do for you.

In the near future you will begin listening to the other recordings. When you do you will immediately see how we use these phrases. You will begin to see, hear and feel the ways that it helps you. But please wait for that until you have listened to the Foundation recording seven times.

My Clear Intention brings together the most powerful techniques for making personal changes. Making changes to how we behave is not an easy topic to cover. We get into the whole arena of psychology, including beliefs, habits, unconscious thoughts, comfort zones, the Secret and much, much more. There is, however, a set of consistently used practices that seem to accelerate the process.

The first is having a clear intention. Clear intentions are a very powerful method of telling your mind what you want to do, be or have. Intentions are different than Goals. Typically a goal is initiated from either external motivation or from internal emotions.

Externally generated goals might be related to you achieving something in your company- a target or contest or promotion. You get emotionally involved in the outcome. An internally generated goal is one where you build up a ball of emotion that you use to call up willpower to achieve your goal. Goals tend to rely on emotional energy that drive you to action to succeed. Goals are very powerful. However we don't want to have to rely on emotional energy to achieve what we want.

An Intention is created from a different place. In our definition, when you state your intention, you rise up to a higher place and see the desired outcome as already completed. It has already occurred. There is NO emotion involved. It is done. This is a subtle but very important distinction. It works in a different way in getting your mind to accept the instruction.

This is not to say goals don't play a role in this program. They certainly do. However making changes easily means not having to rely on emotional energy each time you want to change direction or take new action.

The correct use of Intentions is the first key difference in this program. First and foremost, Intentions must be clear and simply stated. Hence the name: My Clear Intention. In the Foundation recording you are guided to respond each and every time you hear the key phrase My Clear Intention. When we use this phrase in the other recordings, you already know exactly how to treat them in your mind. It happens automatically for you each time.

If you are wondering if you are being turned into a robot, have no fear. It is like any other learning experience. If you are learning to use a saw, you start with putting on your safety equipment, securely place your wood, measure twice, and cut once. Once you learn the basics you can safely cut wood all day long!

So in summary, the program helps you learn how to properly use Intentions on command. You use this learning each time you listen to one of the specific My Clear Intention change programs.

Visualizations

Visualization is one of the most powerful techniques available for making personal changes. Athletes are famous for using it - to see their preparation, their actual game performance, to make micro changes that give them the edge and even seeing the victory they expect to achieve. However, most people have not been trained on how to correctly use visualizations and there are truly powerful techniques that can enhance your success.

Why visualization is critical to making the changes you want.

It is our natural tendency to see in our minds eye, how things went in the past. We learn from what happened in the past and the images of past performance tend to flash up when you consider doing something in the future. This tends to limit us from making useful changes. What we really want is to be able to visualize the outcome we want to occur. We want that visualization to occur quickly, easily and perfectly for the outcome desired. Many people find this hard to do.



The Visualization process in the Foundation recording is designed specifically to train you how to visualize in a way that promotes the very best experience of what you want to see. In fact we have designed this so that you get better at visualizing perfect outcomes, and do so faster and easier each time you do it. This is critical to making the changes you want. **It is very much like creating a new pathway in your mind to follow.**

If you can see yourself engaging in a new action or habit or experiencing an outcome you desire, the mental effect is to create that as an outcome. When you start to visualize yourself eating a smaller portion of food from a small plate of food and feeling completely satisfied, then you will find in day-to-day life, that you are eating smaller portions and feeling satisfied.

So again our technique is to use a key phrase that will help you launch the visualization technique, to automatically provide you with the experience. That key phrase is I See Myself. You will learn in the Foundation program to have a full visualization experience each time you hear the phrase I See Myself.

Visualizing for the fullest possible experience

Many people do not believe that they can visualize or have found it difficult in the past. Please note-not everyone is going to have a visualization that they see as clearly as a TV set. Sometimes the pictures flash up in your mind so fast that you can't actually see them. Over time you do tend to develop the skill to slow images down so that you can see them clearly. For now, please know that visualization does work, at a subconscious level, even if you can't see it consciously. The process still works and it will work for you.

The second key to highly effective visualization is to integrate each of the modalities that we use. This means that your visualization needs to include what you will see, hear and feel in your outcome. Part of the instruction for I See Myself is dedicated to helping you form visualizations that are perfect for you. You will find the process helps you see into a future point in time when you can imagine your outcome has transpired in perfect ways. You will see the visualization through your own eyes as if you are watching TV and then as if you are actually engaged in the process you are seeing. This allows you to experience the outcome at two very important mental levels.

We then move to add in the auditory modality. What you will be hearing in your perfect outcome? As you go forward in time to achieving your outcomes you are trained to hear what you others are saying, what is heard around you and any sounds that occur in the environment. You then move inside to hear what you will be saying to yourself by way of praise acknowledgement, etc. This process ensures that people who are more auditory by nature experience their outcomes in ways that they most relate to.

We also focus on the Kinesthetic or feeling side of the outcome you desire. Again, by going forward to your perfect outcome, you will now experience how you will feel about what has happened. You will feel anything that is around you such as an object you desired. You will also feel internally the joy, satisfaction and marvel at the success you are enjoying. In this way we help people who are more feeling in nature.

The truth of course is that we all use visual, auditory and feeling elements each time we visualize an event. So to bring this process to fruition you are instructed to instantly integrate all three into a perfect, coherent outcome. You will learn to do all of this automatically and instantly for yourself when you hear the key phrase I See Myself.



This integrated visualization process is another key reason why the My Clear Intention process is so powerful.

The Power of Gratitude

Gratitude is a powerful emotion. All world-class leaders in personal development claim that gratitude plays an enormously powerful role in getting what you want. The act of giving thanks for what we have received and what we want to receive seems to act at a level that some would call spiritual. Even if you don't wish to adopt the spiritual aspect of gratitude, there is no question that it benefits you. In our process it acts to confirm that you have received what you so desired. That thought of completion acts powerfully on your subconscious mind.

So whether you are spiritual or not, gratitude plays a major role.

In the My Clear Intention process we use the trigger phrase I Am So Grateful to invoke a state of deep thanks. If you not familiar with feeling gratitude, this process will help you adopt the right frame of mind to achieve the optimal state for gratitude.

As before, when you then hear the phrase I Am So Grateful in the other recordings you will immediately flow into that feeling of gratitude and thanks.

Emotional Release

The human mind can be a funny animal. In the study of affirmations and human psychology you discover an unfortunate side effect to stating your goals. What tends to happen, very subtly but very effectively, is that each time you state a goal, you fire off any self limiting thoughts, doubts and beliefs that you have regarding that thought or goal. You may have never noticed this but it is a well-recognized phenomenon.

Clearly we do not want past issues, doubts and thoughts to limit or destroy your progress and so we have included a process designed to neutralize these thoughts from having any effect. To do this, the Foundation recording has a process that uses the single key word phrase, SUN, to invoke a process that will dismantle and eliminate the negative effect of self limiting thoughts you might have popping up.

This simple but potent process is another special feature of My Clear Intention that makes it so powerful.

So let's review.

The Foundation process is designed to take some very complex but very powerful techniques known to help you make the exact changes you want to experience. It distils them all, so that a few key phrases will initiate them for you whenever you want.

How powerful is that?

Not only are you learning leading edge techniques of the personal development masters but you will, in short order, be able to use them for yourself whenever you want to make a change.



Welcome to Day Four!



Today we are going to introduce you to the other recordings and explain how and when to use them.

Achieving a fit and healthy body can be one of the hardest changes that you will ever make. Why? Simply put there are dozens of factors that affect being fit and healthy, heck with eating alone, what you eat, when you eat, how much you eat and more. All of those factors put together decide what you weigh and how you feel. If making one or two personal changes seem hard, imagine how hard it could be to change all the factors affecting just your eating habits....

That's the beauty of this program. It is designed so that we can help you address and change a wide range of behaviors that you have regarding eating and everything else that keeps you from being fit and healthy. (The word behavior in this sense just means what you do consistently now)

As you move into the other recordings, you will find that each one addresses a wide range of issues that set apart people who are fit and healthy and those who are not. You will be guided to adopt the thoughts and actions of fit and healthy people, both physically and mentally.

This is what makes the program so holistic. We aren't just trying to get you to adopt a diet. We are looking to subtly, but very powerfully change the way you relate to food and health. We do this by addressing:

Your Diet – what you eat, when you eat and how much you eat.

Your Exercise - changing your desires, so that you want to engage in health promoting physical activity, that is right for your age and current physical condition.

Your Emotions – helping you to change and adopt healthy emotional responses to your health.

Your Motivation – provide inner thoughts that naturally guide you to stay on track for as long as it takes for your body to adapt.

Your Habits – provide new thinking that will allow you to adopt healthy habits, naturally. This is important for total health because you need lifetime healthy habits for sleeping, mental outlook, and to stop smoking (or other bad habits).

Many people become inspired when they hear they can lose twenty pounds in a month. They are given stringent eating plans or exercise routines to perform. They may achieve some real results over a short period of time. However, what often happens is that when the motivation winds down, the old eating patterns creep back in.

You see in the example above, we changed how we acted by using willpower to eat or exercise in ways that do not feel natural - but we did it because we consciously controlled what we did.

Me, Fit and Healthy is different. It acts by changing how you relate to food and health on the inside. Once you make those changes on the inside, you naturally and automatically behave like a fit and healthy person. You don't need willpower because you are guided to what is right. Naturally.

This is another reason we call this program a holistic approach. It seeks to work at an inner level, serving your highest good in each area that affects your fit and healthy body.

The Good Eating Recording

For many people the eating recording will be the most important of all. When you are looking to become fit and healthy, changing your diet is by far the most important element. In fact many authorities believe that 80% is achieved through diet changes as compared to exercise or other practices.

As you listen to the eating recording, you will be guided to make better choices about the quality of the foods you choose. You will be guided to reduce the quantity of foods you eat while remaining completely satisfied. You will also be guided to eat at times and places that are better for your health. You will also be guided to plan your meals out in well in advance. There is a wide range of intentions designed to help you change your eating. They will all occur naturally without you having to think about it.

One question that often comes up is “do I need a diet plan to be on this program?” If the diet is one that you don't want to stay on long term, then the recommendation would be no. If you are asked to eat bananas and cabbages for thirty days, then no, that is not useful for this program.

If you are following a program that promotes fresh healthy produce, lean meats and or proteins and high quality fats in responsible quantities, then yes- follow that program.

Each body is different in its requirements. We all need some combination of proteins, carbohydrates and fats. There are hundreds of different ideas (diets) out there but we do not advocate any that see the extreme reduction of any one of these. Remember- we are looking to create the healthy body of your dreams and that is not going to happen through extreme measures. It will occur if you adopt healthy eating standards.



Through the Good Eating recording you will be guided to learn more about what makes a food good or bad and then choosing the good foods. So even if you don't follow a specific diet program you will be guided to eat correctly to achieve your goals.

The Go Exercise Recording

Ah exercise... some people love it and some loathe it. In this program we will move you to become someone who learns to love feeling physical again by slowly and responsibly increasing the quality and amount of exercise you are getting.

(A quick note- if you have a physical condition(s) that prohibits exercise, please know that this will not ruin your chances to achieve your goals. Focus on the other recordings.)

Many of the people drawn to this program have not been active for a while. Many others will be scared that we will recommend a Commando Boot Camp style training to get fit and healthy. We don't.

Most of the people we serve want to feel good and look good and know that they are helping achieve and maintain their fit and healthy body. That goal is significantly helped with an active lifestyle.

The Go Exercise program is designed to help you in the following ways:

You will discover that you have a natural desire to be physically active. You will want to begin doing exercises that are at a safe level for your current age and physical condition. You will be guided to gently increase the level or intensity of your exercise and to really enjoy the process. As you become fitter you will be open to trying new exercises or sports that excite your new, healthier body. You will decide, based on your own desires and physical condition, how far to take your activity levels.

One of the key issues that always come up is getting the time to exercise. There is considerable research showing that you can get every health benefit you ever wanted by engaging in three 20-minute sessions per week. In our advanced courses we show you how this is done and there are many resources on the Internet that you can research.

For those of you who have the time and or money, it would be a great idea to get a personal trainer. Interview carefully and find someone who understands your goals and condition. If you are just starting out make sure they know you want to start slow and increase gradually. Young hard bodied athletic types don't appreciate the time it takes to recondition a body left at rest for a while.

Even if you have no money you can walk. Walking is excellent and there are ways to do it to raise your metabolism. You will be guided to grab your shoes and walk. Just go with it!

What if you are in good shape now or already exercising? The Go Exercise program will help you stay on track, expand your capabilities and use exercise to speed you getting fit and healthy. It will magnify the results you are already getting.



In our advanced courses we recommend under-exercising for up to a month if you have been inactive for a long time. Give your joints, bones and muscles that chance to reconnect and do that with gentle exercises. So many people dive in headfirst and are exhilarated to feel the actions and sweat and endorphins that come from a good exercise session. However this is usually followed by stiffness, soreness and exhaustion.

Then you will not do anything for weeks afterwards. Start slow, go gradual and build up to whatever level excites you!

The Healthy Emotions Recording

Emotions form the underpinning to everything we do in life. If we feel good about something we do it. If we don't feel good we avoid it.

The problem in life is that we can make emotional associations that don't serve our current, highest good. They might have started out to serve us very well but in our current lives they might be acting against our desires.

An example of this is eating when you are lonely, depressed or bored. These are examples of eating to satisfy an emotional need. The trouble is that the emotion is satisfied by your eating foods of bad quality or quantity. A bag of chocolate chip cookies can cure a lot of emotions but not your waistline! In this program you are guided to recognize those situations and to choose better ways to satisfy the emotional need.

This recording covers many of the commonly known emotional eating responses and helps guide you to make better choices both for satisfying the emotional need and for selecting foods to meet your nutritional goals and health.

The Stay Motivated Recording

Regardless of how well you start this program, someone or some thing will pop up to interfere with your success. That's life!

Your success will be determined by staying on course as long as it takes. While we have made every effort to allow this to happen automatically, there will come times when you may slide a bit or be taken off course.

The Stay Motivated recording is designed to help keep you on track. It will guide you to stay aware of your progress and goals. It will help you accept if you fall off the program for any reason and simply help you get back on track again.

There are very healthy attitudes shared in this recording that will help you build positive inner dialog with yourself. What you say to yourself has an enormous impact on how you feel and what you do. This recording will help guide you to speaking to yourself in ways that truly support your highest and best good.



One of the most compelling techniques to encourage action is to reward yourself for making progress or for hitting a specific milestone or goal.

For example, you might plan to go shopping for new clothes when you drop to a new waist size or dress size. Better still, you might have the new clothing and size picked out in advance so that when you reach your target, you go and buy it.

When you do receive your reward remember to celebrate, even inside your mind. Your inner world loves praise and rewards as much as anyone else does. You will be guided to give yourself useful (non food) rewards that will help establish new and better emotions for your fit and healthy body.

Confidence, belief and faith are compelling concepts, and emotions well worth developing while reaching your Me, Fit and Healthy goals. If you are not used to speaking to yourself in these terms, this recording will help you.

It is easy to have confidence, belief and faith after you have succeeded in a goal. The real mystery and beauty of these emotions is that you can have them in advance. You can speak to yourself in ways that build your confidence, belief and faith in the outcomes you seek, and that, in itself will go a long way to building the resources you need to achieve your fit and healthy body.

In this recording you will be guided naturally to develop and maintain resilience, persistence and patience.

It is going to take time to build the body of your dreams and we want you to enjoy the process fully and completely. The suggestions in this recording will support you through the ups and downs and will prepare you to accept, with grace, the transitions you are going through.

Like so many thought patterns, once you adopt the idea that you are resilient, that you do persist until you succeed and that you are patient in all ways, your journey becomes much more pleasant.

You are also developing skills that will serve you in so many other situations.

In summary, the motivation recording is designed to help you think and act in ways that will support you during your transition, from who you are now, through to becoming the Me, Fit and Healthy person that you desire. You will notice that you are becoming kinder to yourself, more accepting of who you are and willing to accept set backs with grace and ease. You will also notice that your desires are strengthened, you become more committed to your success and you easily engage in all the actions required to reach and maintain your goal.

Wonderful Sleep Recording

Great sleepers see themselves as great sleepers. They know that each night they are going to get 6-8 hours of wonderful sleep that will leave them completely refreshed and eager to start the new day. They do the things that allow sleep to occur naturally, easily and fully. If they do get tired they know how to get right back on track. Their energy levels, creativity, and ability to adapt, remain strong throughout the day.



The Wonderful Sleep Recording not only helps you get to sleep, it will help you develop the habits and lifestyle of a wonderful sleeper. Like the rest of our recordings, we specifically design the intentions to train your mind into new thinking that will naturally allow you to sleep in normal and healthy ways.

The Wonderful Sleep recording is a little different than the other recordings. It is deeply relaxing and designed to be used only at bedtime. Instead of bringing you back to a fully awake state it is designed to help you drift off into full, deep sleep. The other difference is that while you *can* use headphones, you do not need to use headphones for this recording. You can play it through speakers, which allows you to drift off to sleep without worrying about removing headphones.

Stop Smoking Recording

Smoking is a complete lifestyle and one that most people actually like a great deal and don't really want to give up. It is also a complex set of habits. Non-smokers don't do any of the things smokers do - and they don't miss it or even think about it.

The intentions on the Stop Smoking recording are specifically designed to help you go from thinking about smoking many times a day to completely forgetting about smoking altogether. When you get to that point you will lead the natural healthy life of a non-smoker, in a way that feels easy, natural, and effortless.

Strong Healthy Body Recording

Having a strong and healthy body is a complex issue. There are many aspects that effect how well you heal, how you renew yourself, and how you become stronger overall.

There are also many lifestyle factors you may have adopted that operate against your body's natural tendency to stay well. And more importantly, many people focus on their problems and begin to consider them part of "who they are." This recording will teach you to feel confident in your bodies' ability to heal, and to feel confident that your body is naturally healthy. This recording will help you utilize more of your bodies healing energy when you are healing from illness or surgery.

If you tend to worry about your health this recording will benefit you greatly.

Less Stress Recording

For many of us feeling stress or stressed-out has come to feel normal. We have accepted or succumbed to it being a normal part of life. We get into a cycle of allowing higher and higher levels of stress in our lives because that is just "how life is". However the truth is that continual exposure to stress is bad for our health and our quality of life.

Many people think stress is like the weather and you just have to accept what you get. This is not the case. There are people who find ways of dealing with stressful situations so that those situations do not bother them. They take problems in stride. They do not overreact and they have an ability to cope easily with whatever happens around them.



They have calmness about them throughout the day and they get more done in a day than the stressed-out people who 'seem' so active. They have the ability to switch gears and really enjoy themselves. You hear them laughing and taking pleasure in what they do.

The intentions on this recording will teach you a new way of thinking so that you learn ways of dealing with stress effectively, and ultimately, feel Less Stress.

In Summary

Now you see that the Me, Fit and Healthy program is so much more than just a "weight loss program". This program provides a truly integrated and holistic approach to achieving both your optimal weight and your very best health.

Congratulations again on taking the opportunity to invest in Me, Fit and Healthy. We hope you can see that we are truly invested in providing you superior value. This program will affect your life in many different and wonderful ways.



Welcome to Day Five!



Today we are going to focus on what you need to do to get maximum results from this program.

Once you have listened to the Foundation recording at least seven times, we want to lay out the process for going forward with the other recordings.

The Good Eating, Go Exercise, Wonderful Sleep, Stop Smoking, Strong Healthy Body, and Less Stress recordings

Eating right, exercising, sleeping right, reducing stress, having confidence in your body and your health, and kicking the smoking habit are the keys to good health. Once you get these things right, the results will start to flow.

To get the very best results, you will want to listen to each of these recordings daily for one month. Do not listen to all of the recordings at one time, choose the one that is most important to your health and listen to that first. Once you finish your first recording you can follow with the next most important recording, and so on.

Make sure you are only listening to one of these recordings at a time.

If you really want to see the most profound and sustained changes in your habits, make every effort to listen daily. If listening daily is impractical listen as often as you can. Keep the recordings on your mp3 / iPod / portable player and take them with you wherever you go. Find 30 minutes and listen.

Why listen so often? There are many, many suggestions on these recordings to absorb. That is the beauty of the program - we integrate a wide range of changes all at once that together guide you to the changes you desire.

What happens if you just listen once in a while?

Well, imagine you have run out of gas in your car. You are on a very slight upward hill but about a hundred yards ahead it shifts downhill toward a gas station.

You begin to push the car and get a bit of momentum. But then you notice something off to the side of the road and you stop to look. Yes, the view is interesting but while you look, the car slows and eventually stops. So you go back and push again... The secret is to get momentum and get to the point where you are now rolling downhill – where everything happens without your effort.

So again, do your best to listen daily – make a goal to listen 28 times. Please remember that the health benefits of listening to Me, Fit and Healthy are actually enjoyable, and wonderful - you will feel more relaxed, centered and healthy just from listening.

When will I see results?

Some people start to notice a shift in their attitudes, behaviors and actions right away. All of a sudden someone hands you a big piece of birthday cake, which in the past you would have devoured. This time, however, you might have a bite or two or maybe none at all, and here's the bonus, you won't feel like you are deprived of that cake at all. It will feel natural and normal to pass on it. That may not happen on day one, but it will happen.

Over the coming weeks you will notice small changes. You will begin picking foods that are brighter, more alive and healthier for you. You will find yourself taking smaller portions of food and feeling completely satisfied. You might find yourself looking up new recipes for salad dressings or watch good food shows that you never watched before. One day you will eat something raw and fresh and be amazed at how good it really tastes...

The same is true for all the recordings - suddenly you will wake up and realize you sleep soundly every night; that you no longer worry about your health; that your injuries are healing, and you feel strong and healthy; that you do not feel stressed out; that you do not crave smoking any longer. The changes will be subtle and will occur over time. When you notice them you will be amazed and delighted!

If I am trying to lose weight or get in shape how long will it be until I am Fit and Healthy?

Well of course everybody is different. The TV and Internet advertise programs promising to help you lose 10 pounds in week, thirty pounds in thirty days, and a whole range of other highly questionable claims. The rule of thumb is that you can safely reduce 1 to 2 pounds of fat per week. We use the word fat here (and the only time you will see it in this program) to clarify that you can lose water and muscle and things hiding in your intestinal tract fairly quickly on a radical diet. But losing fat is what counts.

What we want is fit and healthy, and 2 pounds a week is pretty good. Of course your height, body shape, sex and so many other factors all play a role. We want you to be happy and feel on track by becoming fit and healthy at a rate that is good for your body. There are many intentions built into the program to support that idea. So please set realistic expectations for your self and if it turns out better...fantastic!



Do I need to go on a calorie reduced eating plan?

Well yes! The secret to becoming fit and healthy is to eat only the food your body needs, and if you need to lose weight first, you must eat less food than your body needs on a daily basis. Most of us don't want to do that because we think we will feel deprived. However the intentions in the program will guide you to realize that this is a good thing to do, a natural thing, and you will feel completely satisfied doing it.

How many calories should I eat?

This is the trickiest question of all. As we age our bodies require less food. Our age, height and sex all play a large role. We know petite women who require no more than 800 calories a day to maintain their weight, which is well below the 1200 calories usually touted as the lowest safe-level for reduction over a long period of time.

In the absence of a specific eating program we recommend cutting all of your portions back by one third, to one half. Just for a moment imagine being brought a plate of food. Now take your knife and find the mid point on the plate and push it off somewhere else. You are left with a half plate of food. For many people this will be more than enough and in time they may reduce it further.

Now here's a key point. If you went into a restaurant today and got a half plate of food, you might feel ripped off, deprived, or worse because you had to give up half your plate of food! However, as you listen to the recordings this will seem as natural and healthy as can be.

The main message we want to convey is that you will be learning to listen to your body, you will be naturally making changes that support your goals and it should feel natural. Listen to your body. Make smart choices. Avoid radical plans and actions.

The Healthy Emotions and Stay Motivated Recordings

As you read in previous days course notes, you know there are some very powerful and supportive messages built into these recordings that will facilitate your overall transformation to becoming fit and healthy. When and how you use these recordings is a little bit more flexible, and you can listen to these recordings in addition to, and at the same time as, the other recordings.

If you are ready to get going and want motivation, then by all means listen to the Stay Motivated recording. In the same way as with the other recordings you need to listen frequently to get the full benefit, but we have found that if someone has already listened to one recording for a month, the uptake for the other recordings is much faster.

If you are happy to just get started, then use it a few times and see what happens. If getting into great shape quickly is a key goal then use it frequently and really let it soak in. Even use it after exercise and the combination will leave you feeling very healthy and renewed at the same time! Just remember the example of the car that ran out of gas. Use it at least until you have formed the habits you choose to have to support your lifestyle, and your fit and healthy goals. Once started, you will tend to stay on track.

The Healthy Emotions recording will have a different take for everyone. Some people have many emotional issues underpinning their eating habits. Other people have just formed bad habits.



Using the Healthy Emotions recording is often best decided on intuition. We have found that people who need it tend to gravitate towards it. If you listen to it and get benefit or it feels good keep listening as long as choose. Clearly, if you have some or all of the issues addressed on the recording, then this is a good one to focus on.

Others will find that this recording is best done just once in a while. Again, trust your intuition and don't just "think" that you don't need it. Your inner mind is very willing to release old emotional patterns - but you need a process like this to facilitate the transition.

The Stay Motivated recording is a wonderful tool to help you stay on track. It is designed to provide a whole range of attitudes, thoughts and prompts and you will feel truly wonderful each time you use it. If you have fallen off your program in any way put this recording on. If for whatever reason you feel you have lost momentum, then start up the Stay Motivated recording.

Oh and here's a little tip. This recording can help you with any life challenge. If you need a boost in a challenging time, play it and see how much better you feel!

So in summary here is a suggested schedule for listening:

- **The Foundation recording: 7 times before starting the other recordings and once a month as a refresher.**
- **The Good Eating recording: best is daily for one month and then as a refresher weekly. (If that is not possible, set a goal to listen 28 times when you can)**
- **The Go Exercise recording: start when you are ready to exercise and use until you have formed the habit of exercising in ways that support your goals.**
- **The Healthy Emotions recording: listen several times and then use your intuition as to when to use it. If you have issues it covers listen more often.**
- **The Stay Motivated recording: use it after you have achieved some success and then once a week to stay on track.**
- **The Stop Smoking, Wonderful Sleep, Strong Healthy Body, and Less Stress recordings: best is daily for one month and then as a refresher weekly. (If that is not possible, set a goal to listen 28 times when you can)**

That might sound like a lot of listening but these are optimal levels. DO your best and remember that your health is probably going to be your greatest concern, or your greatest asset, going forward. This is a much easier and more holistic way to achieve your fit and healthy goals than any other option.

This concludes the basic course in using Me, Fit and Healthy. Once again we hope you can see your investment will be very well rewarded.

As always we welcome your questions and comments.



We wish you every success on your pathway to fit and healthy...

We would like to share in your success and have you share your story with others on this journey of transformation. Please send your story to david@mefitandhealthy.com

Again, THANK YOU VERY MUCH for your interest, your investment and your time.

PS- we really do value your questions, feedback, suggestions and just hearing about your successes with the program. REALLY.





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