

The
Low Density
LIFESTYLE



The Secret To
Becoming **FREE**

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Introduction

This is a book about many things—health, wellness, happiness, fulfillment, doing what you love, movement, being a creative thinker—but at the same time, it’s about one thing: living to your maximum potential.

Living to your maximum potential means feeding, cultivating and developing your body, mind, emotions, and spirit. And to do so, there are a number of steps to be taken. But they are all interconnected and all related; since we are integrated beings, with a unison of body, mind, emotions and spirit, it makes sense that feeding one aspect of who we are feeds other aspects.

My goal with this book is to help you become more complete human beings. We are meant to live a conscious life, a more awakened life, and this means being complete human beings.

What do I mean by a complete human being? I define that as someone who is physically healthy; in touch and aware and mindful of their

emotions and not prone to becoming reactive with others; capable of holding complex thoughts in their head and maintaining the knowledge that ideas, problems and solutions are rarely black and white, and generally tend towards the subtle shades of grey; and have a connection to the spiritual dimension of life.

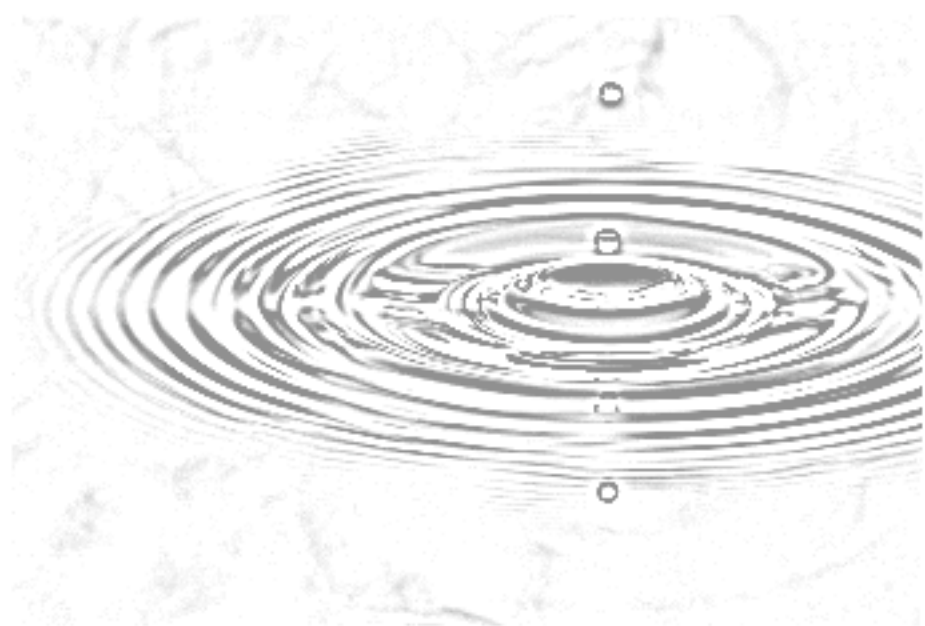
I call this approach a Low Density Lifestyle, and I consider it a model for living. In the ensuing pages I explain what I mean by this and how you can achieve it. But you can call this approach to life by any other name; my aim is to give it a name that is easy to grasp and understand, and by doing so, make it easier to attain.

I hope you find it easy to attain, and it helps set you on the path towards health, happiness, fulfillment, and even enlightenment.

Part I:

Low and

High Density





What is a Low Density Lifestyle?

The universe operates through dynamic exchange...giving and receiving are different aspects of the flow of energy in the universe.

And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.

- Deepak Chopra

"Well," said Pooh, "what I like best," and then he had to stop and think. Because although Eating Honey was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called.

- A.A. Milne

"Total control" of one's own mind is in fact too strong an expression to describe accurately what happens when one is in flow.

The point is not that one can always do what one wants, but rather that the possibility of making things happen as one wishes is present in a way that seldom occurs in "real" life.

- Mihaly Csikszentmihalyi

What is a Low Density Lifestyle? It is experiencing and living in a more relaxed, less stressed, and calm, clear and focused manner on an everyday basis. It is also a way that can lead you to better health and happiness, along with living a more fulfilled life.

Would you like to feel healthier and have a greater sense of well-being? Feel happier, more joy and passion, and a greater sense of fulfillment? Have better relationships with your family, friends and significant other? Have an enhanced sex life? Improve your performance in your work, life and play? Gain complete self-mastery over your thoughts, feelings, and actions? Use more of your potential? Feel complete inner peace?

All this and more is what a Low Density Lifestyle can do for you.

Achieving this state is not hard, although for so many people there are countless roadblocks, most of which are self-inflicted. But when you arrive there you know it, because suddenly you begin to feel that everything flows and all tasks are done effortlessly. In this situation, the body and mind are in such resonance that you feel like you are “in the zone.”

A Low Density Lifestyle is the antidote for our increasingly fast-paced lifestyle. With each passing day our hectic existence is becoming more and more unbalanced and out of control. The pace of our society is leading us to the complete opposite of a Low Density Lifestyle—to a High Density Lifestyle. Collectively, all of us have been affected and are literally crying for a pause, a virtual time-out from this torrid pace.

When you are living a Low Density Lifestyle, you have less density and rigidity in the body—this means there are fewer blockages that can obstruct the dynamic flow of energy that circulates throughout the body and mind.

Our natural inclination is to aspire towards a flow state, no matter the obstacles, because intuitively we know that this is the true path to happiness, health, inner peace, success, productivity, focus, clarity and quality of

thought, better relationships, love and spiritual growth. We all want to be there, yet we don't know how, nor do we have a clear road map as a guide.

All of us have caught a peek, even if it is glimpsing, of what a Low Density Lifestyle is like. We all have been there. Perhaps it was when you were on vacation, or when you did something you felt passionate about. Maybe it's been when you were absorbed in nature; it could even have been when you were in the middle of a crowded city street. Time and place aren't necessarily the key factors in achieving a Low Density Lifestyle, because ultimately it's a state of mind.



When you live a Low Density Lifestyle, you are more fluid and flexible of body and mind, and less inflexible, rigid and uncompromising. Fluidity of body and mind doesn't just mean that you can twist yourself into a pretzel, as some yoga practitioners are able to do (and if you can't do that, it doesn't mean you are not capable of living a Low Density Lifestyle). Instead, being fluid of body and mind means having a certain flexibility of the body, within the limitations you may have, and an equally important fluidity of the mind— your thinking is flexible, and you don't hold onto belief patterns if they are not viable.

Thoughts are energy, and if your thought patterns are unyielding and inflexible, it brings a certain degree of density into your body and mind, making it harder to achieve the Low Density Lifestyle.

Paulo Coelho, author of *The Alchemist*, said, "Be like the fountain that overflows, not like the cistern that merely contains." In essence, this is the formula for living a Low Density Lifestyle. If you let go of your densities and rigidities, and overcome your blockages, you will be like a fountain. You then become a circuit of energy, flowing infinitely, much like an unimpeded electrical circuit in which the electricity freely courses throughout.



But if you become a slave to your blockages, you become more like a cistern, and things begin to boil up on the inside, like a pent-up pressure cooker. If this continues on a regular basis, the obstructions in the body become denser and more impenetrable.

Some people object to the concept of a Low Density Lifestyle because they feel that to get ahead in this world means to push forward and be aggressive and assertive. They equate a Low Density Lifestyle as one in which you are too chilled out and mellow to take an active part in this competitive world.

But nothing can be further from the truth. Living a Low Density Lifestyle doesn't mean that you completely "check-out" of life, or just "bliss out." This is just not a reality, especially in our fast-paced times. Instead, it means that you live in a continual state of flow. This is what most athletes call being in the zone: everything just seems to go your way. And athletes will be the first to tell you that when they are in the flow state, they perform at higher levels.

Shawn Phillips, the well-known athlete, bodybuilder and author of *Strength for Life*, had this to say about the subject:

From the beginning, what I was connecting with in the gym was a universal energy source. I would just feel it flowing. Even when I was twenty years old, I called the gym my church. When I was there, it wasn't about being social; it was about doing my practice. I was in it. I was in the zone.

The same can be said for all other walks of life: when you are in a flow state and living a Low Density Lifestyle, you will be more successful, healthier and happier. Your thinking processes will be clearer and you will use more of your latent potential.

The ancient Chinese philosophers called this *wu wei*, or effortless effort. The state of effortless effort describes a condition in which you are busy with effort, yet it seems effortless, as if the world seems to be working for you. You feel calm yet alert, focused yet receptive, drawing force from the storm while standing in its eye, acutely using all your senses. Like a marathoner who feels pulled forward, you accomplish the most with a minimum of energy. In this state hard work does not feel like work at all.

When you are in the state of effortless effort, you can labor for hours on end, at times functioning on little sleep, and yet feel full of energy and life. You are firing on all cylinders, and the universe seems like a giant playground.

Unfortunately, we don't achieve the state of effortless effort—where we are tapping into the greater part of our potential—too often, if ever. Scientists say that at most we use five percent of our potential, although there are some researchers who downgrade the number to just one percent.

The reason we use so little is that as the densities in the body become more rigid, they obstruct the free flow of circulating energy, and by doing so they block information that the body and mind convey to each other and receive from external sources.

This is no different than the theory of electricity. Electrical current flows through the path of least resistance, as does your life force. When the body is in a high density environment, the life force cannot flow well, because of the increased resistance.

The body and mind are like satellite dishes, and can pick up signals

from both internal and external sources. The signals received that originate from internal sources are communications that the body and mind transmit to one another in the form of thoughts and ideas. The signals that derive from external sources are communications (in the form of wavelengths) that emanate from the universe and the vast unlimited field of infinite energy, called the Zero-Point Field.



The science of consciousness tells us that not only is there a singular consciousness—the thought processes within us—but there is also a universal consciousness—thought processes that stem from what is called the Quantum Vacuum, or Zero-Point Field. This field is where all matter, energy and consciousness originate.

All life and energy begin, according to theoretical physics, in an endless and boundless primal soup known as the Zero-Point Field. This field, which pervades the entire universe and teems with infinite amounts of information, consciousness and energy, has a direct pipeline to our body and mind.

Have you ever experienced the Aha moment, that magical flash when the light bulb goes off in your head and you have an epiphany? Everyone has had this happen at one time or another; it is an instance when you suddenly have focused clarity. The results from this might be a brilliant idea, a moment of lucidity about a difficult situation you are in, or some other valuable insight. The Aha moment is a communication from the Zero-Point Field, directly picked up by the body's satellite dish.

The ability to tap into the Zero-Point Field can lead to accessing a larger whole where greater potentials exist. When you are able to come into contact with your greater potential, you feel more alive, vibrant, alert,

healthier, happier, focused, and you also think in a more holistic manner—in other words, you are living a Low Density Lifestyle.

This is the penultimate (although not the only) result of being fluid of body and mind and living a Low Density Lifestyle—the ability to fully and completely live up to your innate potential.

Being able to do this may not happen overnight, but given time, and the desire to achieve the natural aspirations of body and mind, you can live a Low Density Lifestyle.

Remember, it is not hard to achieve this state, although it takes work. In Part II of this book, you will find a twelve-step guide to help steer you in the right direction. But in actuality, there really are only a couple of key components. One is to experience flow. Another is to practice effortless effort. And one other is to relax, slow down and let go.

There is a Spanish saying, “Cuán hermoso es de no hacer nada, y entonces descansar después.” This wise traditional proverb translates as, “How beautiful it is to do nothing, and then to rest afterward.”

And Leonardo da Vinci said, “Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen.”

It is when you practice these essential characteristics—flow, relax and effortless effort—that you promote a Low Density Lifestyle. An easy way to make these a part of your life is to commit to memory the simple formula: LDL = FREE.

That prescription stands for Low Density Lifestyle = Flow/Relax/Effortless Effort. Keep that in mind: to get away from a High Density Lifestyle, you just have to practice being FREE.