

ACTION YOUR LIFE

10 Action Steps To Help You
Awaken Your Power



DR GREG SCHREEUWER

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This book is dedicated to all the amazing clients and patients that I've worked with over the years. Thank you for inspiring me and teaching me how to own my life.

My Short Bio

My name is Dr Greg Schreeuwer, which I'm sure all of you noticed on the first page of this ebook. I am a Doctor of Chiropractic but don't practise as a chiropractor anymore.

I have officially been involved in the health and wellness industry for 11.5 years. Unofficially for most of my life. I started studying to be a chiropractor at Macquarie University in Sydney, Australia in 2001. I spent the next 6 years learning all about anatomy, physiology, biochemistry, nutrition, pharmacology, diagnosis, radiology and chiropractic principles and technique. In my last two years of my masters program, I started learning a kinesiology technique called N.E.T., otherwise known as Neuro Emotional Technique. After graduation, I took up an associate position at a well known and highly recognised clinic called, Universal Health. I chose to work there so I could be mentored by the principal of the practice, Peter Babilis.

My time at Universal Health felt more like postgraduate study, rather than just purely work and servicing patients. I spent the next 4.5 years from 2007 till mid 2011 perfecting the kinesiology I had learnt, while at university, as well as learning several other fundamental techniques that I now utilise as foundations and building blocks to a technique I developed, called SynerGenesis™. Some of my other education was in Acupuncture, Reiki, Cranial Techniques such as NCR or Neuro Cranial Restructuring, NAET or Nambudripad's Allergy Elimination Technique, SOT or Sacro-Occipital Technique, nutrition, homeopathy and The Demartini Method, which was developed and created by human behavioral specialist, Dr John F. Demartini.

In my last year, at Universal Health, with new knowledge I had acquired through The Demartini Method, I developed and created a new kinesiology technique, called SynerGenesis™. This technique is an amalgamation™ of all my previous knowledge. My initial intention, which has expanded significantly, was to help people to resolve their health issues much faster and more effectively. The underlying premise was to help patients balance their mindset around their complaint and put them in control of their healing and, ultimately, their lives as well. It was a two sided approach to their complaints that I knew hadn't been attempted in this way before. The technique has now evolved to a point where it can be used to solve problems in other areas.

Through the successes that I was achieving, I then decided to start my own business and give myself, as well as my patients, the opportunity to explore the possibilities even further. While being in my business, I further refined the technique and eventually added in certain steps that my clients were recommended to take. These steps surfaced as a direct consequence of certain patterns of behaviour that were identified, in relation to their past history. Once they took the steps, incredible changes began to occur in their bodies, their minds and their lives. These are the most common action steps we all choose to avoid.

WHAT IS SYNERGENESIS™

Synergy comes from the Greek word **synergia**, meaning joint work and cooperative action. Synergy is when the result is greater than the sum of the parts. Synergy is created when things work in concert together to create an outcome that is in some way of more value than the total of what the individual inputs is. **Genesis** comes from the greek word **génésis**, meaning origin. **SynerGenesis™** is a technique that focuses on equilibrating the two sides of different challenges that we all face, in order to create healing and balance in the body, the mind and in life. This is accomplished by using the technique to go back to the original events in our lives, recognising the steps we took and how doing the opposite could bring about what we truly desire. Not only does this technique reveal certain truths about what we've done or not done, it also reveals the truth of who we really are.

SynerGenesis™ has been developed using several components of various healing modalities, to provide a technique that pushes boundaries and goes deep to the core of the dis-ease we've created in our bodies, our finances, our businesses, our minds, our family lives, our social lives and our spiritual lives. It has been modeled off Chinese Medicine theory, Metaphysics, concepts that underpin a human behaviour approach called The Demartini Method, NET (Neuro Emotional Technique), NCR (Neurocranial Restructuring), NAET (Allergy Elimination Technique), Quantum Theory and Chiropractic principles and technique.

This technique extends beyond the normal and usual realms of applied kinesiology approach. **SynerGenesis™** looks at both sides of a problem in order to equilibrate the fantasies and nightmares we perceive about our reality. We usually only fantasise, have an addiction or an infatuation about something if we perceive or believe that it's opposite is a nightmare. However, we often fail to recognise that our fantasies, addictions or infatuations are just as much of a nightmare sometimes too. One cannot move forward as easily while operating in the duality or separation mindset and the aim of **SynerGenesis™** is to transcend this duality or separation and unify both sides into balance.

Introduction to your Steps

This short eBook was birthed out of a number of sessions I've had with clients in my business, my previous work as a chiropractor, as well as some of the steps I've personally taken in order to achieve the success I had been yearning for, for many years.

For most of my life I had been in a situation that I was completely unaware of, up until very recently. When I was younger I was bullied quite a lot, both at school and at home - in varying degrees. I used to think, perceive or believe that this had to do with the way my ears stuck out. They were classified as big. I spent most of my life believing this was true. What I failed to see or recognise was that I had been telling myself this story and blaming my lack of personal growth and development on this idea.

In 2011, I attended a personal development program. It wasn't the first type of program that I had attended, that pertained to this topic. I was searching for answers to my own inability to grow and be completely in control of my life, my future, my purpose and my destiny. Through this program and the technique that I later developed, I became aware of the importance of taking action steps. I had failed to do this previously but had started to see that most of the benefits I could receive in my life or in my clients lives, was due to the steps we were and are currently all taking. Some of the steps that we all discovered were quite simple, not entirely confronting or overwhelming and actually produced identifiable changes in our lives.

The action steps that you are going to read about, will be prefaced with a number of different stories or examples that would indicate the need or reason for the step. They are, in essence, real life examples that I am sure most of you will be able to relate to. These scenarios have all happened to us in one way or another or are currently occurring right at this very moment. The steps themselves are solutions to common problems we all face and this book can be used as a reference every time you get stuck or caught in the trap of your own story. Some of the steps do overlap but may have a slightly different approach.

Never be afraid to do what's right for you. Your life was destined to be lived, explored, enjoyed and an inspiration to the world around you. Each and every one of you has a story to tell in this life, a purpose, if you will, that is meant to be fulfilled. For so long I have witnessed people around me, including myself, avoid what we're all longing to do. I have made it my mission to help as many people as I can, to reach the successes and self-empowerment that they are destined for. My vision is that you will read this book, connect to the examples or stories and perform the steps and achieve exactly that. Show yourself what you're made of so others can receive that blessing too.

WHAT THIS BOOK CAN DO FOR YOU

Spiritually

- Find your own inspiration
- Enlighten yourself and/or others
- Discover your true purpose or mission in life
- Awaken your intuition
- Help you discover your innate vision for life

Mentally

- Awaken your inner genius
- Help you become focussed
- Develop an inner clarity and knowing
- Calm your thoughts
- Relax your mind
- Open your mind to possibilities
- Give your mind the ability to recognise opportunity
- Reduce fantasies or wishful thinking
- Alleviate depression and/or anxiety

Vocationally (Business)

- Develop a concept, idea, service or product that you can sell
- Give you the confidence to develop the entrepreneur inside
- Help you build strength and certainty in your current job
- Discover how owning a business and personal growth work together
- Work towards building a larger empire

Financially

- Help you appreciate and value yourself
- Pay yourself first before giving your earnings away
- Develop a better financial strategy for life
- Learn the value of fair exchange
- Appreciate the value of money in terms of growth and service
- Understand how debt can assist in financial growth.

Family

- Develop longer lasting connections with the ones you love
- Enhance communication between you and your family
- Strengthen intimate relationships
- Have independent relationships built on unconditional love
- Learn to break dependancies and co-dependancies
- Understand principles to help children flourish and grow
- Potentially break certain ideas of honor and respect

Socially

- Enhance communication with people around you
- Help you expand and build your network
- Assist you in seeing the benefit of exposing yourself
- Learn how to be influential
- Dissolve potential insecurities, vulnerabilities and fears

Physically

- Help you feel confident and strong
- Invigorate your body and revitalise it
- Alleviate symptoms of dis-ease in your body
- Assist your body in solving its own physical challenges
- Develop strength and co-ordination
- Improve posture
- Create better grounding through your body
- Help you age less and stay youthful
- Reduce the need for outside support
- Enhance bodies ability to depend and rely on itself
- Strengthen immunity and hormone regulation
- Balance out the chemistry in your brain

There is so much more you could get from this book but the list would be way too long so I've left you with a few examples, within the seven areas of life, that could potentially occur. Not all of them will happen to you but that doesn't mean they can't. Each and every person is different and how we react to and handle our environments is very unique.

Please bare in mind that this book is not a cure all to every single problem you may face. It is designed to assist you on your journey through your life and to give you an idea of the best possible steps you could take in order to help you achieve what your heart truly desires. This book will not help you achieve any fantasies, infatuations or addictions you may have, but instead will help ground you in your reality so that you can fulfill your dreams. It is possible to receive various benefits in all areas, particularly in health, from doing these steps but try and avoid placing any expectation on an outcome.

Only do what you can manage. Do not try to go too fast too soon, unless you can manage it. You will overwhelm yourself and have to deal with more challenge, if you can't. Listen to the signals your body gives you as well as your environment. If you hit blocks straight away or too soon, it may mean that you pushed too hard before you were ready. The more balanced your approach is, with these steps, the easier it will be for you to overcome challenges or hurdles as you encounter them. Lastly, the steps aren't in any particular order.

NOW, LET'S GET ONTO THOSE STEPS!

Step Number 1

“GIVE YOURSELF THE TIME TO WORK OUT WHAT’S IMPORTANT TO YOU.”

I thought I’d start this process with this particular step for a number of different reasons. I’ve spent most of my life observing other people - what they do, what they don’t do and, most importantly, what they’d probably like to be doing but don’t even know it. Working in the health and wellness industry it became apparent to me that most of my patients and clients had no idea what was truly meaningful or important to them. Like most of us, they’d gone through life believing what society had told them, what their teachers had told them, what religion had told them and what their parents had told them. In others words, they had absolutely no idea who they were and what they wanted in between all of that.

I noticed that, as a consequence of their own inability to recognise themselves, they had all these health concerns that they were having trouble managing. These signs, symptoms, illnesses or diseases were their bodies way of trying to communicate what was most important to them. Unless you have a dictionary for decoding your bodies secrets and rather uncomfortable language, you’re kinda stuck feeling sick, sore and disabled in some form.

Through all of this, I recognised, that even though I was doing something that I thought was right for me, I too had my own health issues plus a myriad of other things too. I can tell you this, it definitely doesn’t feel great when you’re trying to help other people heal but you’re in the same boat with them - sinking and struggling to tread water. This awareness bothered me, frustrated me and I felt like a fraud. How could I be helping people when I actually couldn’t even help myself? No matter how much work I had done on my own personal growth and development, I still hadn’t created one ripple in the big wide universe that I was playing in.

This is where Step 1 happened. I thought to myself, that if I’m going to help anyone else, I need to work out what’s important to me first. I thought that if I could succeed in achieving this feat, I would heal my wounds as well as everyone else’s. At this point, I was introduced to an eye opening approach by a human behavioural specialist, by the name of Dr John F. Demartini. It was the initial component of his approach that ran true for me - when you do what you value as high priority, the world starts to value you. He uses a value determination process, that he created and developed to assist others in becoming aware of what’s important to them. In essence, the process is about looking into your life right now and seeing what it is you dedicate yourself to, on a regular basis.

Your life will always tell you what’s important to you. Your friends and family will always point it out to you, especially if you’re not paying attention. Unless you take the time to work

that out, you'll be wandering in the dark like most of us are, trying to figure out what to do next. You have all the answers - just look around and they will reveal themselves to you.

Most of us actually don't take the time to sit down and really work out what we value and what we'd truly love to do with our lives. We are so clouded by outside projections and injections that we fail to see our own worth and value. Giving yourself the time to work out what's most important to you, will reveal so much more about who you are, rather than playing in the game of other peoples or societies beliefs and values. Some of you may be wondering what is it, exactly, that's important to you?

As I said before, your life will always demonstrate what you value and what's meaningful to you. Look into your life right now and see what you spend most of your time doing, where you place most of your energy, where you exercise the most amount of focus or discipline. Pay attention to your consistent actions and intentions. You will uncover more about who you are by just answering some of these valuable questions. Creating the space and time to reveal this to yourself is worth so much, not only to you, but it will add value to the world around you. Open your eyes to yourself, see yourself and become aware of the things that you love. Give yourself the opportunity to become aware of what inspires you and follow your heart. Your instincts and intuition will always guide you towards your destiny.

Steps Numbers 2 & 3

“EXPRESS YOURSELF TO THE WORLD AROUND YOU. DON’T HIDE OR RUN AWAY.”

“REVEAL YOURSELF TO THE WORLD SO PEOPLE CAN SEE WHO YOU TRULY ARE.”

These two steps are two of my favourites but they certainly aren’t the easiest. I actually think these steps are some of the most challenging you’ll be faced with. I combined these two steps together because they actually go hand in hand.

I read a book, not so long ago, by an expert on weight management. His name is Jon Gabriel. This book was given to me by a patient I used to see, who really wanted to lose any remaining fat he had on his body. He was training really hard and was committed to dropping that fat percentage so he could reveal the body he’d been yearning for. I took the book home, read it and completed it in one afternoon. The content was quite intriguing and wasn’t something I’d read or heard about before.

Jon Gabriel used to be an incredibly obese man. I’m not sure if any of you have heard of him or read this book but it was quite amazing to read his story and how he achieved his goals with weight. One of the things that really stuck out, while reading the book, was this concept of a ‘fat switch’ inside the brain. I was curious as to what that meant and discovered that this so called ‘fat switch’ has something to do with the flight/fight response to perceived danger. Obviously, working in health and wellness for such a long time, I knew what the flight/fight response was all about and which part of the brain controls this but I had never heard of this elusive fat switch.

According to Jon, this switch engages when people feel or perceive threat. They tend to do one of two things. They either divert all their blood supply to the muscles of their legs and arms, which helps them stay lean or they divert all their blood supply towards the centre of the body, towards digestion, which helps them hold fat on the body. The first process helps people have the capacity to run away and escape their perceived threat, which made me think of my body and how I had trouble putting on weight. The second process helps people build a wall around them and hide. I then began thinking of some of my patients as well as other people I know in that situation.

This whole concept got my brain ticking over. Why do people hide or why do they run? What are they afraid of? I thought, what the hell am I running from? Most of us would say

certain people or situations or events or something of similar impact. Being the person that I am, I probed deeper to look for a better answer. I thought that if I could find the answer to this question, I might be able to help some people out.

I initially tested everything on myself, to see if it would work. I discovered that why I was running away, which I realised most people do, is because I was afraid to confront my challenges and challengers in life. Instead I'd run away to protect myself. Very primitive response, but I could understand why. I was bullied a lot as a kid and I remember running away from my bullies all the time. Things started to make more sense to me. So I asked myself a simple question, how would it serve me to confront all my obstacles face to face? I looked and found lots of different benefits to me. I could see how confronting my challenges in life would actually help me be me. What an eye opener! I then asked myself, how would it be a disservice to me if I kept running? The answers to this question blew my mind. As a consequence of this I made a decision to quit my job, where I had been working for 4.5 years, so I could be true to who I am. I wanted to express myself to the world and allow them to finally see me. 8 weeks later, after working on a specific and unique plan of eating and training, I put on 8kg of lean muscle. I was both shocked and amazed at how easy it was. Some of my friends in the fitness industry couldn't understand it and wanted to know my secret. I stopped running and saw how that served me more than running away.

Now that I had fixed my own weight problem, it was time to help others. Now I wanted to tackle weight loss. I applied the same principles to certain patients and clients of mine. They were asked how it would serve them to come out of hiding and how it was a disservice to stay in hiding. Their sessions revealed some incredible stories they had been telling themselves as to why they had to play small in life. Not only was I surprised, but so were they.

We all tell ourselves stories of why we can't be who we want to be. Why it's easier to run or easier to hide. No one is saying that it's not and both of those actions have their own set of benefits and drawbacks. However, we don't hide or run away because of anything on the outside of who we are. It's not because of other people or events or situations. It's because we are afraid to show who we truly are. We are scared of being vulnerable and exposing ourselves to the world around us. Part of the reason for this is because we perceived, once upon a time, that who we are doesn't suit the world around us. They don't value us as we were meant to be. So we pushed aside what was most meaningful to us for what was most meaningful to them. In other words we ran from ourselves or hid from ourselves because we felt it would be less challenging for the people, situations or events surrounding us.

These steps are tough because most of us who have weight problems have been that way for a long time. Allowing yourself to take a small step, that will express and reveal who you are to the world, can have a significant impact on metabolism and hormone regulation. I don't mean being more extroverted or staying present in a conversation. I mean, show people who you are and what's important and valuable to you. The best remedy that I have ever experienced and observed for weight management is this process. Don't run, don't hide - express YOU!

Step Number 4

“STAND UP FOR WHO YOU ARE, DESPITE THE OPPOSITION YOU WILL
FACE.”

If you've started reading from Step 1, you'll probably notice a trend or pattern that keeps popping up within all of these steps. They are all about being who YOU are. That's why I love them so much and why they have produced such tremendous success.

This step is quite close to home for me but also to various other clients that I have seen, who I've grown quite close to as well. Most of us, if not all of us, grow up in a society, a religion or even a culture that teaches us to do things in a very specific order. We go to school and do really well. Then we go to university or college and get a great degree. After completing this degree, we go and seek out the most productive and financially secure job which is based on our great degree. Once we have landed the incredible job, we find a girl or guy and get married. After marriage, the only thing to do next is, start a family. After several years we then put our kids into the same hamster wheel with the money we've made from our great education and our incredible job. The last step is then to retire on the money we've saved and put away into a retirement fund, that we made using our great education and incredible job.

I realise my interpretation of life sounds quite cynical and judgmental and maybe it is, but this is one of the realities that human beings are faced with on a daily, monthly and yearly basis.

On top of having to go through the system this way, we didn't consider all the different types of children we've produced in the world. Some who are more visual as learners. Others who are more auditory and the rest who are kinesthetic, which means they learn by touching and feeling. Institutions have primarily been developed for the visual and auditory learner. That's not to say that there aren't schools or systems that cater for the kinesthetic learner but they are less common. One of the major problems with this, is those children, who don't fit the mould, are largely misunderstood and then get labeled. They get called things like ADD/ADHD, learning disabled, slow learners, misfits, rebellious, problem cases and so on. We then question why kids do drugs, drink and smoke so much and act out all the time.

We are force fed information and knowledge, sometimes in ways that don't cater to who we truly are. Some of us cope with it, manage to get through the system and come out the other side. Not all of us make it through knowing what to do next. Most kids who leave school have no idea who they are or what they want to do because not enough people cared about what was important to them, and how to nurture that.

We seldom challenge society and the way we are taught and, as a consequence, play a very small game in life. Human beings are so accustomed to being controlled by others that the very notion of opposing an injection or projection is frightening. Not only does it scare us, but the idea of doing something completely different to what society expects of us, makes us feel guilty too. We are taught not to say no but to say yes. To give more than to receive. To be selfless and less selfish. Choosing what we want, in the face of opposition or disappointment, leaves us feeling shameful and guilty. We arrive at this destination because we don't realise, neither are we aware of, the ways in which we do things and how, who we truly are can actually add service to peoples lives.

Standing up for yourself in the face of opposition is always confronting and there are a lot of us who would choose to avoid this altogether. What if they shout at me? What if they reject me? What if they look disappointed with me? We put people on pedestals and give them power over our actions. Choosing the life you'd love to embrace and standing up for that, is definitely one of the most courageous steps you can take. It isn't all glory and will definitely have a price attached to it, but the price is worth paying for more so than paying the price for not doing it at all. We also stop people from dictating the way in which we choose to live our lives. Strength and confidence are some of the wonderful side effects that come with taking this action step.

Step Number 5

“GIVE YOURSELF PERMISSION TO FOLLOW YOUR HEART AND PURSUE YOUR DREAMS.”

Have any of you ever heard the phrase, “be realistic!”? I can share with you that I have been told this time and time again throughout my life. Greg, you need to be realistic. Stop dreaming! Well, if that’s not one way to shatter a child’s vision, then I don’t know what is. We all have dreams of what we’d like to, where we’d love to be and how we’d like it to look. All you adults out there, think back to when you were really young and the dreams you had. Maybe you wanted to go to space or be a policeman or a fireman or a ballerina, or a teacher or something else magnificent? Haven’t you forgotten the dreams you used to have? Did you put them in the unrealistic and unachievable box and hid them deep down in your heart where no one could have access to them?

I have seen many clients throughout my career who have had amazing dreams and visions about what they’d love their lives to be like, but have minimised their hearts desires because they were told to be realistic and get with the program. I used to work for someone who was once like me. He had great dreams for his life, his career and his future. In some ways, like me, he was an idealist. Looking at the world through eyes of wonder but somewhere along the line, he sacrificed those dreams and desires for what he perceived to be something more secure. He even once said to me, “Greg don’t ever lose your imagination or your idealistic way of the world”, yet he did just that. Lost his way, to some degree, to which he openly admitted to.

Our dreams come from a deep place inside our soul, that are born out of the voids we’ve endured through the many years of our growth and development. All of us have had voids in our lives that weren’t fulfilled when we were younger. Some of these were lack of finances or social challenges or body issues. They were parts of our lives that we perceived as missing or empty. As a result of this, we developed strong values, intrinsic visions and dreams for ways in which we could fulfil these voids in our lives. We’ve spent many conscious and subconscious hours slowly pushing or edging ourselves towards accomplishing this mission. However, we often let others beliefs and outlooks on the world affect the ways in which we achieve the dreams we intrinsically see and feel.

We are scared to live according to our dreams. They may seem so unusual to others. They challenge society and everyone else around us. They can’t be real, even though we can see the possibilities. Dreams are your intuitions expression of your true desires. Give yourself permission to embrace the dreams of your past and your present and follow where your heart wants to take you. They are just as real as you and me. They just haven’t been realised yet. Just remember one thing - yesterdays dreams are todays realities.

Step Number 6

“LEARN TO SAY NO WITHOUT FEELING GUILTY ABOUT IT.”

This used to be one of the hardest things for me to do up until about May/June 2011. Of course I've said No to people in the past, particularly my parents and sister, but without the guilt - I'm not sure I truly felt that before.

Most of us are taught to say Yes more than No. We are taught to be selfless, not selfish. We are conditioned to think it's wrong to oppose someone else by saying No to them, instead of seeing how it serves them. We are all given the gift of free choice, which allows us to pick and choose and say what we truly want. The problem is that when we actually say what we truly desire and want, people don't pay enough attention. The side effect of inattentiveness is rebelliousness. It is human nature to go against others who actively dismiss what is important and meaningful to us.

This brings me to a conversation I had with an incredibly inspirational woman, at the end of 2011. This woman, some of you may be familiar with but I suspect some of you may never have heard of her before. Her name is Jessica Ainscough and she is The Wellness Warrior. I feel comfortable sharing this story with you because it is publicly available to view on her website. After having this conversation with her, it became even more apparent to me how important and necessary it is to say No, and how being selfish can be of service to both ourselves and to others. What a wonderful revelation.

Jess was diagnosed with an incredibly rare and aggressive form of cancer in her left arm in 2008. She originally went through the traditional medical route and was offered two options or solutions to her predicament. One of those was chemotherapy and the other was amputation. Of course, not wanting to lose her arm, she opted in for chemo. The chemo was effective, initially, but her cancer didn't budge. She only had one remaining option and that was to amputate her arm. The nature of this type of cancer is to spread to other areas of the body and the medical approach could only offer her this as her way out. She chose not to take up their offer, despite the obvious risks.

When we were having this conversation, I was listening to everything Jess was telling me about how it all started. How it was benign, before it became malignant and then I asked her the following question, “do you know why you have your cancer?” Naturally, she responded by saying it was because of her poor diet, lifestyle and so on. Bare in mind, that by the time we spoke, she had already been going through an intense and grueling natural therapy process, for almost 2 years, called Gerson Therapy, and well on her way to healing her own body. I then asked her again, “has anyone ever explained to you why you got this type of cancer in this particular area of your body?” She responded by saying, no.

I then explained as follows: "In Chinese medicine, the left side of the body represents the feminine. The feminine energy usually has to do with the self or the internal. The masculine, which is the opposite side, has to do with others or the external. Your cancer is on your left side and not only is it only your left side, but it's in your arm. Your arm is designed to assist you in taking or picking up things and bringing them towards you or giving things away to others. It seems that your body is trying to alert you to the fact that you haven't been giving and taking enough for yourself. Isn't it amazing how the only solution you had left was to amputate your arm? I suspect this option was presented to you by the universe as a last resort, to stop you from giving and taking of yourself to others and the world around you. In other words, your body wanted and still wants you to be more selfish and self serving in order to survive."

After hearing my take on her cancer, she was amazed. This is what she told me, and this is not word for word: "I am an only child and when I was younger, I didn't like being called a spoilt brat or selfish. I wanted to prove to everyone that I wasn't this way. So, I decided to become more selfless. I landed up doing more for everyone around me, including doing stuff with friends, that ultimately hurt my body." I was absolutely inspired. Her body helped her start to honour herself again, for the very first time since she was a child. There is definitely more to her story, but I used and continue to use this example a lot when helping people grow, because this is what can ultimately happen when we've spent so much time saying yes or being selfless, without valuing ourselves first.

Guilt can be an incredibly damaging emotion and the impacts it can have on every aspect of your lives, are significant. There is no doubt that it is difficult saying No to the people we love and even respect, especially when we're unaccustomed to the opposite. What most people don't realise or understand is that saying No is just as empowering as saying Yes. Both have their individual consequences and both have their rewards. Our goal in this world is not to go around pleasing everyone else at the expense of ourselves. We weren't brought into this life to fulfil a completely altruistic path. Our destiny is to provide for who we are first, so that we may be able to fulfil our purpose and share that with the world, who are unconsciously waiting for it. Now, this doesn't mean you need to say No more than Yes, because that will bring another list of challenges. It means learning when to say No and when to say Yes and to not feel guilty when you choose to do so.

This is, in my opinion, one of the most important steps, which is why I'm going to leave you with a simple concept for you to think about. My outlook on the idea of saying No, without guilt, was verified and confirmed after utilising a process called, The Demartini Method. I had already discovered this concept on my own but was able to ground it and own it after experiencing this process.

We only feel bad about doing things for ourselves when we can't see how it serves others, so we need to spend time looking for how it could help them grow too, if we chose to do something for ourselves. Giving people what you think they want will only keep them small, dependent and needy. Saying No to them will push them to depend on themselves, rely on themselves and fight for their own survival. We want to promote growth, not reduce it.

Step Number 7

“LEARN TO SAY YES TO YOURSELF, POSSIBLY FOR THE FIRST TIME.”

This step is a great follow on from step 6. Once you learn how to say No, without feeling guilty, it then becomes much easier to start saying Yes to yourself. As I mentioned before, if you've never really said Yes to yourself before, and this is really the first time, it can have its challenges. Most people around us, without even realising it, like to have control over us. It's not because they truly want to control us on a subconscious level. It's because they have an underlying intention to help us learn how to take control of ourselves.

How many of you, who are reading this right now, have an issue with the concept of being selfish and might even view the word as completely negative? I can almost bet that some of you, if not half of you, either feel this way right now or have felt this way before. I know I have and admit, loud and proud, that I hated being selfish. In fact, I tried to eliminate selfishness right out of my life. That didn't work out so well because I landed up becoming narcissistic - an even more extreme version of selfishness. I was even told that I had narcissistic personality disorder. I thought I could beat the universe but it seemed that the universe had a different intention for me.

Let me ask you this, how do you think you would benefit if you actually did say Yes to yourself and your inner desires? What blessings, insights, inspirations or dreams could you receive or discover? Do you think you might even uncover possibilities and opportunities beyond your wildest imagination, by doing this one step? My answer to this is, most definitely, a resounding YES! I've been where some of you or all have you have been. Riddled with self doubt and questioning every move I make. Wondering if what I want is feasible and if I can bring to fruition what I intuitively see inside my mind. For a large majority of my life, I have ignored my inner voice, screaming desperately to say Yes to me and No to the rest of the world. I couldn't be selfless and giving in the same way, anymore. It was time for a change.

While working on myself and going through a significant period of change in my life, I decided that it was time to own the selfish to an even greater degree and finally and truly say Yes to me. Not only did I experience a massive feeling of self empowerment and confidence, but I finally felt like I was in control of my life, with opportunity right around the corner. This was my decision to move to Canada - away from my life in Sydney, my family, my friends and everything I'd grown accustomed to, since my family migrated from South Africa in 1996. For the first time, I actively chose me. What a scary, overwhelming, confronting and exhilarating feeling. I never thought it would happen, but it did and yes, there was a price to pay. There always is but this was a price I was prepared and ready for.

This reminds me of someone else I've been working with for almost 2 years, both as a chiropractor and as a coach. This woman is true power, even if she hasn't completely recognised it just yet. I can't reveal her name but I am very sure and have absolute certainty you will all be witness to her amazing skills and talents in the weeks, months and years to come. This incredible woman has had to deal with a number of challenging projections in her life. From religion, to culture, to societal expectations, to social expectations and more. She has fought extremely hard, without fail, for her voice in this world and is slowly in the process of revealing it to all of you. She has left her home, her family, her friends and even an extremely well renowned company so that she could start saying Yes to herself. She has done more than most of us are willing to do, in order to fight for who we are. The amazing thing is, I'm not sure if she truly realises that she's been actively taking this step for a number of years now. We have worked hard together to help her become aware of what she is truly capable of and to help her find her own way in life. After living under cultural, societal and religious dogmas for so long and thinking that was the only way, to then only discover she had a choice in all of that, was a new concept for her mind to deal with. This is a true example, apart from my own, of what is possible for you if you choose to acknowledge your true worth.

What I have learnt is that unless you are ready or willing to see how saying Yes to you will most probably catapult you into your life and onto your journey, you'll always be saying Yes to the world around you while secretly wishing and wanting more for yourself. I want to add one last idea for all of you to consider. Most of you would have been on an aeroplane or airplane before. When they perform the safety routine for the whole plane, and they come to the oxygen mask demo, what do they say? I'm paraphrasing - "if there is a drop in cabin pressure and oxygen is required, the oxygen masks will drop from above your head. Place your mask on first, before you place it on any young children." This doesn't mean we neglect the world around us, it just means that there is no way we can help someone else if we're unconscious and unaware of ourselves.

Step Number 8

“IT’S OK TO UPSET YOUR PARENTS AND PEOPLE OF AUTHORITY, IN ORDER TO FOLLOW YOUR DREAMS.”

I must admit, I have secretly been looking forward to writing this step because I knew that it might create some controversy. I suspect there might even be a few people reading this right now, possibly even my own parents or previous authority figures in my life, who would be shooting smoke out of every hole in their bodies at this notion. REJECT YOUR PARENTS OR AUTHORITY FIGURES????!!! UPSET THEM????!!! AM I INSANE????!!! Yes I am. Thank you for noticing.

We are taught through various dogmas and ideologies that we must honour and respect our parents or authority figures, not talk back to them, not rebel against them and listen to every word they say. They obviously know everything about everything and nothing we know, feel or desire has enough merit, experience, knowledge or qualification to be considered approvable or acceptable by them. I realise that this may upset some parents or perceived authority figures out there, including my own family. My goal is to help you be you, not a carbon copy of someone else. We all have very different values and ways of looking at life and it is unrealistic for any of us to expect people to do things our way or even listen to every single word we say. That doesn't mean there's no merit to their wisdom, knowledge and experience and yes, it could be a reflection of things we choose not to pay attention to, but it may not necessarily fit into our own values and outlook on life.

The challenges that come with standing up against parents and authority figures is that we don't see them as human beings like you and I. We allow all our emotions, guilts, memories and fears to cloud our judgements. We put them on pedestals above us, make them superior beings in comparison to who we are and put ourselves in the pit of self-judgement. When did it become irresponsible and disrespectful to honour our superiors in a different way? Who said that it wasn't ok to say no to them and not do what they wanted us to do? Some of us might believe that a god told us to do this or a higher being or something else, but in some way, aren't those also perceived superior beings? When did we become mere mortals incapable of choosing our own destiny? I ask these questions to you because these are questions I asked myself, time and time again throughout my life. I asked myself once, if there is a god, why would he/she want me not to do what inspires me? Why would he/she have me agree with my parents or my superiors and consciously put myself in despair? Why is it a sin or misdeed to go against them and fulfill my purpose and potential? Why should I be punished for honouring me too?

It may seem that I have an issue with people of authority. I don't at all. I have an issue with people putting others above them and making them more superior, as if they are somehow better. I love my parents and I love all the people I've previously put on pedestals. They are the most important people in my life. My true growth comes from their opposition of me. That may sound strange but I've come to understand in my life that the best way to grow is when I'm challenged the most. The people that tend to do that to us are the ones we've made superior to us at one point or another. When we lift ourselves up, dust ourselves off, recognise who we truly are, stand face to face with these amazing catalysts of change and express our desires for life, they oppose and reject us with unconscious intention to help us own it even more.

Our parents and authority figures love us in a way that, on the surface, may be difficult for us to understand. Their unconscious motives are always pure and they are there to help us become the people we intrinsically want to be. That I can testify to and I can share many examples with you of people I know of who would agree on this. By 'upsetting' them or 'letting them down', we are ultimately picking ourselves up and bringing them off their position of superiority over us. These are positions that we put them in, not them. We placed them above us, while putting ourselves down, believing that they had more and we had less. As we've all grown up and developed our own identities, those positions we originally placed them in, start to change and with those changes comes defiance, rejection, rebellion and more. This may seem malicious in some cases but it is us desperately trying to fight for our own place in the world. We are trying to dig ourselves out from the hole we put ourselves in.

I used to feel incredible guilt going against my parents and my perceived superiors. I've learnt that, not only does it help me enter my own power but it also helps them truly enter theirs. I love helping people grow and I especially love helping my parents and my perceived superiors fulfil their greatest potential by being who I am. I know that by being who I am, not only am I truly honouring them but I am also giving them a chance to see the parts of themselves they haven't owned either. Every person's role in this world is to reflect back to others what they've disowned in their own lives, so they can take the steps to reclaim what they minimised about themselves. It's ok to do this for your parents and your superiors. They deserve to be who they are too, just as much as you do. So being who you are, gives them the opportunity to recognise what's possible for them.

Step Number 9

“COMPARE YOURSELF TO NO ONE OTHER THAN YOURSELF.
EVERYBODY IS DIFFERENT AND THAT’S OK.”

I chose to add this step because of someone incredibly close to me, who I love, and felt this would be an incredibly valuable step to talk about. This is something that a lot of us tend to do and I would suspect most of you have compared yourself to someone else in your life, thinking that they have what you don't. I am just as much of a victim of this as most of you would be. It's human nature to look at others, see what they have and wish we could have it in our own lives. We often feel we're missing these pieces and having trouble seeing where we could have them or be able to create them for ourselves.

I most commonly observe these comparisons when women compare themselves to other women. They look at supermodels, celebs in magazines or other women who they see in their day to day lives, and think they aren't as pretty, don't have good bodies or aren't sexy and stylish. That's not to say that men don't do that too. I'm sure they do. In fact I know they do. I used to compare my body to all the well toned and developed men at the gym, silently wishing I was just as muscular and defined as they were. I remember doing this a lot, coming home after a workout, checking myself out in the mirror and feeling depressed and crap about the way I looked. It was demoralising. I spent many hours wondering how I would ever put on the weight I needed to, in order to look like that. Can you imagine spending that much time worrying about how someone else looks and forgetting about yourself in the process?

When I started my own business and developed my kinesiology technique, I started comparing myself to someone in my life who I truly admired. I certainly put him very high up on a pedestal and actually disowned my own creation. Not only did I disown it and try to emulate him, but my business and financial life began to wane as a consequence. This continued for several months and I landed up putting incredible stress on my life as well as the people around me. I unconsciously pushed clients out of my business and almost lost everything I'd worked towards. Thankfully, I was fortunate enough to see that I had been doing this, stopped myself quite quickly, humbled myself and opened my intuition again to who I am. Once I allowed myself to see me and what I'm capable of, I started owning everything I'd thrown away.

It can be difficult sometimes seeing the beauty we possess, both inside and out. Especially when we see beautiful people all around us, successful people who are achieving their dreams, people with great wealth and control over their lives and people who seem to have it all together. We then take a look at ourselves and say, "what's so special about me?" or "I'm fat and ugly" or "I wish I had that body" or "why can't I solve problems like he can?". We fail to see our own uniqueness, our own beauty, our own abilities and our vast differences that define us.

Every single human being on this planet is unique and different. Not only are we unique and different but if we actually tried to be anything but ourselves we would fail dismally. Everything we see in other people we actually possess inside of us. All that beauty we see, the wealth they have, the success they've created, the bodies and so much more we also own. We just don't ever take the time to see where we project those same qualities, traits, abilities or skills, but in a form that is unique to us. Why would you compare yourself to others and be like them in the way they are? I'm sure some of you have tried. I've already shared some of the times that I have, as well as some of the women I've observed doing this. You will only experience disappointment when you attempt to emulate others. If you were meant to look like them, succeed like them or even speak like them, one of you wouldn't be needed in the world. I found a quote once and I want to end this step with it.

“BE YOU. FIND YOU. BE HAPPY WITH THAT.”

Step Number 10

“IF YOU HAVE A GREAT IDEA THAT INSPIRES YOU, GO AND SHARE IT.
THE WORLD IS WAITING FOR YOU.”

When I put these steps together, I didn't actually realise that I left this one to the end. This step is a perfect last step to this book. I have discussed this idea and concept throughout all the other steps, coming from different angles and different perspectives. However, I hadn't spoken about ideas so specifically.

What is an idea? How can you classify it? What makes the ideas we have, relevant or significant? Whose to say that our ideas are worth anything? How do I know my idea will work? These are some great questions that I have wondered about many times. In fact, I still ask these questions as I'm moving forward on my journey. When there are so many ideas out in the world right now with apps and iBooks, Kindle and so much more, we can sometimes get overwhelmed and doubt our own inventions. Of course, the world is always evolving and changing, therefore new ideas are always welcomed and needed but what if my idea is silly? We've all had these moments of self-doubt and self-judgement. My feeling about this has a lot to do with step 9. We constantly compare our ideas and thoughts to others, that we often put our ideas aside because we perceive other people have better ones - more profitable ones.

Since I was very young, I've always had an incredibly vivid imagination. I attribute that to reading lots of fantasy books, when I was a kid, and watching certain movies or tv shows over the years. My mind is always thinking of possibilities, of what could be. My clients would most probably tell you that I always take their ideas, once they've become aware of their brilliance, out to the cosmos. I expand them and create the big picture vision around them. My vision is expansive and I love playing with ideas in this way.

I've heard this said many times before: that if you can imagine something, in your mind, that doesn't exist right now, there is truth in it. Let's take aeroplanes or airplanes, as an example. Once upon a time, many years ago, there were people who imagined machines in the sky that would transport people across the world. Then the Wright Brothers came and tried it out. After many failed attempts and many years later, we have created one of the biggest air machines to transport people across the world - the A380 Airbus. What a feat of engineering and ingenuity. Of course, it is still going through its teething phases, but once upon a time, this was only an idea in someones mind. Apple computers - another great idea that turned into a multi-billion dollar success. It was just an idea but look what it's done for the world. Opened human beings to the possibility of actualising their ideas into reality. We honour Steve Jobs for this. And of course, we have Bill Gates, the inventor and creator of Microsoft. All ideas in peoples minds, that have been realised. I could go on because there are so many. We are full

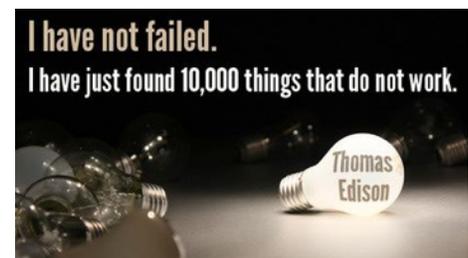
of them and the reason for this is because there will always be voids or problems in the world that need solutions. They may become more high tech as we evolve, but we will never run out of solutions. If we didn't need to solve problems, all these people on the planet, including you and I, wouldn't be necessary. We'd be liabilities to the growth of our civilisation.

You might be wondering, how and why did all those people succeed? How are people succeeding in today's world? The answer is simple, yet the step has its challenges. These people spent countless hours of time and energy developing their ideas, whether they did it mentally or in actuality - they dedicated themselves to their vision. They knew and know, deep down inside of them that the world was waiting for this idea to come into reality and out of their mind or imagination. They had so much belief in themselves and the value they could add to the world, that they didn't give up.

Not so long ago, when I worked as a chiropractor, I spent a lot of time helping a patient of mine realise an idea she'd had been thinking about and wanting to do, for many years. Like most of us, she had trouble believing in herself and her idea, despite the fact that it was, and continues to be inspired from within. That was not her only obstacle. Money became a hurdle, standing in the way of her vision. This can be a significant challenge for most of us who have great ideas but, perceive they cost too much to go and do them. I connected her with a friend of mine, who has worked in branding for many years, to help take her vision into the real world and out of her mind. My job was purely to help her handle the ups and downs along the way. They had a meeting and started working on the idea. Over time, they eventually put a name to it and designed all the different elements. As soon she put the ball into motion, the universe stepped in to help her fulfil it and has been doing so since she took it on full time. She is now building her idea into an even bigger vision and I am inspired by her dedication. Her name is Ariana Fletcher and her idea is Giggle Gourmet.

No idea you have is too big or too small to turn into something incredible. They are your ideas and in your mind for a specific purpose. They are part of your value system and your mission in this life. The world is waiting for you to share what inspires you. Take this step and share at least one idea that you've had, with someone in your life. Keep sharing it until it's outside of you and becoming real, but be prepared for people out there who won't appreciate it or make use of it. Not everyone uses Apple products or flies on planes and not everyone will want your idea either. You do, however, have a chance of impacting a large percentage of the world's population, who have been desperately searching just for what you have on offer, to incorporate it into their lives.

Before Thomas Edison finally perfected the light bulb, he attempted success about 10,000 times. He refined and he polished and he finally got it right. Now, we have the creation that came from an idea in his mind, and we use it in almost every lamp and light fixture around the planet. That's tenacity, determination and a belief in a bigger vision. You all have it inside of you, so don't waste it.



Conclusion

Action steps are the most important things you can do, in order to bring you closer to the life you'd love to have. There are two energies inside all of us. The feminine and the masculine. They work in harmony and unison with one another. You cannot have one without the other. They represent the two polarities that exist in the universe. Action steps can be represented by both of these energies, but in different ways. They can either be internal or external. Inspired visions and physical motions. Both are needed for momentum to occur.

Before you take any physical steps forward, you first take a mental action step. You think about it, process it, digest it and so on. Once you internally resonate with it, you then physically step forward towards it. Taking physical steps forwards, inspires the next internal step. They support one another. It is one thing taking mental steps forwards in your mind but if you don't actualise those steps out in the real world, all they'll ever be are steps that you've stored in your imagination and nothing more.

I urge you to read this book over and over again. Use it as a reference, a talking point, for debate or more. Read the insights, some of the stories and most importantly, read the actual steps. They will help you reach your destination in life. These are the most effective physical and mental action steps that I have come across, that I have used myself. I have watched my clients and patients incorporate them into their lives and made incredible gains in confidence, self belief, financial stability, mental clarity, relationships and so much more. The answers to all your problems or challenges are inside of you. Your intuition is constantly guiding you to them. Pay closer attention and listen to what your mind and body are telling you to do. Remember, the universe will always support you, when you support yourself. Anytime you minimise yourself for something or someone else, the universe will challenge you so that you can find yourself again.

I leave you with this final quote. Showing gratitude for who you are, what you have and what you create is the overall action step of this whole book. If you follow the steps 100%, this is what you're left with.

"Gratitude unlocks the fullness of life.
It turns what we have into enough,
and more. It turns denial into acceptance,
chaos to order, confusion to clarity.
It can turn a meal into a feast,
a house into a home, a stranger into a friend.
Gratitude makes sense of our past,
brings peace for today, and creates a vision
for tomorrow."

-Melanie Beattie

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Last, but not least, I want to thank every single client and patient I've ever had the good fortune of meeting and working with. All of you, in your own way, have massively contributed to my life and I thank you all for what you've done for me. I always say that people are a reflection of where you are in your life and I have loved spending all those times with you, because you have helped me heal just as much.