

## ***Module 6***

### ***Physical Mastery***

Congratulations, you've made it to Module 6, Physical Mastery!

You may be thinking right about now, "Hey, we've been working on our inner self in all of these modules, what's going on?"

Good news, we will still be working on you from the inside out! You may have thought that I was going to put on one of my favorite house music/disco type mixes and have you get off your butts and move. Maybe when we meet in-person at one of my live events we'll do that, but for now, I am going to assist in your health from a different direction.

I'm not going to give you a lecture about the benefits of health and physical mastery in your life. You know what I'm talking about, all of those articles that tell you that by loving yourself first, that includes the temple that houses your heart, your soul and your body, needs to be included in loving yourself. I'm not even going to tell you of all the benefits of living a more healthful life that includes living longer in a high functional way or how great health contributes to a healthy sex and love life. I'm not going to tell you that because you already know about it yourself!

Between the books, magazine articles, television shows, documentaries, seminars, webinars and Zoom meetings, you probably know more than I do in knowing all the reasons why you want to master your physical health now. Why I am bringing it up is to ask you, if you know so much about it, are you practicing it? Are you experiencing what physical mastery is for you? If not, what is stopping you from having health mastery now? And if you are not sure why you are not enjoying physical mastery, are you believing that it's not available to you, only for other, more worthy people?

Physical mastery must begin within yourself. It is a significant part of loving yourself. Remember our definition of loving yourself is about "self-care" not being selfish. You need to take care of your temple called your body. It's the place where you house your heart and your soul. You can't experience your most authentic self without loving your body self first.

The gift of your earthly suit, your body, is a magnificent machine. Have you wondered how many functions your body will do on your behalf without you ever having to tell it to do those things? We call it a temple because it is a living, moving, breathing entity of flesh and blood that interacts with your emotions, feelings and experiences. What else can we say that is more relevant than that in your life?

We have all been conditioned by the media, by the experts, even by those close to us on what is physical mastery. In most cases it's about the ideal looking body. A body that is a piece of art to behold and is etched in our

minds over and over again in the form of print, television, award shows and even the bedroom. And we are our biggest critics! Physical mastery should match your values, not the values of others. Physical mastery should look at functionality to the life that we desire, not the desire of the latest beer or Mountain Dew commercial of an extreme active life. Physical mastery should include those markers and milestones that contribute to healthful functions of our body. And it begins with loving yourself first.

Love every piece of you now. Love every fold. Every bulge. Every seemingly imperfection that you hold. You are unique just the way you are. Love every ache and pain because only the living can experience these feelings. Love every scar and bump that decorates you, it's what you receive for living a full life. Look in the mirror in your birthday suit and love every part of your now, you are the creator of this masterpiece that you call body. Only from this place of love can you now proceed to love any steps or directions that you choose to go to continually love yourself and your body the next day and the next day and the day after that day too. Loving yourself physically is loving in the present, today, right now and right now again. Resist the temptation to compare. You know what I mean. We all do it. We compare ourselves with others. We compare ourselves with images that aren't even real to those people that belong to that image. I was a professional print model for many years in my younger days. I was even the spokesperson for Shiseido cosmetics in Japan. I wished I looked as good as those magazine airbrushes made me look. When I'm on television, the master job of those make-up artists do one your face. Of the

sensational jobs the cloth stylist does to match your body type with the right outfit. That's totally unfair to you. You're comparing make believe with reality. You are beautiful right now, and right now again, and again. So stop comparing. Even to yourself when you were younger. Even to yourself a year ago. Love yourself now!

Now does that mean to accept and do nothing for yourself to improve. No, that's not what I mean. I mean love yourself now and love yourself even more to better your physical health to where you desire. Sure, set yourself goals to lose unwanted body fat. But not at the expense of despising yourself in the process. Loving yourself will inspire, motivate and manifest a body with less fat when you love it first.

Loving yourself first will allow you to give yourself the best care for your physical self. You'll invest in the best trainers, best chiropractors, best masseuse, best nutritionists, best vitamins, best quality of food not because you hate your body, but because you love your body. Accept and love yourself every moment of every day. Write in your gratitude journal how much you love your physical self and repeat that the next day in your journal, and the next, and the next.

Am I getting across to you? Are you receiving what I'm saying? I'll say it once again, love yourself first!

My students will ask, what about cosmetic surgery? Is it okay to do? My answer will always be, "Love yourself first!" If you love yourself in the manner that I prescribe which is loving yourself in the present. Then you'll be able to answer that question yourself with no problem.

If you feel that you'll be perfect once you fix your nose or suck out that adipose tissue from your hips and thighs or extend your hair, then I'll advise you to love yourself first. Adding to your perfection is nothing wrong. It's when you don't believe that you are perfect right this moment in time and that you are lacking. Well, that is not loving yourself.

I encourage you all to celebrate your physical self to the ability that you can right now. If that means to get up and down in a chair with minimal assistance or shoot out of bed in the morning shaking your money maker, just celebrate and love the essence of your physical being. Remember, the goal is not to approach your own physical perfection, rather, it's to celebrate and love the perfection that you experience everyday. That in itself will inspire you to add to your perfect every day, every minute and every second of your life. Love first, do next and have physical mastery for you.

Remember, when you get caught up with self judgment and comparing. Interrupt those thoughts immediately with, "Cancel, Cancel, Cancel, 5, 4, 3, 2, 1!" and put in its place, "I love myself, my body and physical being" Amen