

## WEEK 2 – The Controlling Forces That Direct Your Life

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### Warmup– Lymphasizing: The Benefits of Rebounding

The vertical use of acceleration, deceleration, and gravity (jumping up and down) provide the ideal conditions for cleansing cells.

Rebounding is a true cellular exercise. It builds physical cellular strength by challenging the structure of each cell. This strengthening of the cells helps to protect against degenerative disease.

It leads to improved posture, increased vascularity, better muscle tone, enhanced timing, sharper vision, greater coordination, better balance, more rhythm, and elevated energy levels.

By working against the constant gravitational pressure while bouncing, you resist the earth's pull. Gravity becomes a force for the good of your entire body.

Rebounding will let you improve the working of your heart muscle by improving the tone and quality of the muscle itself and by increasing the coordination of the fibers as they wring blood out of the heart during each beat.

It provides the stimulus for a free-flowing lymphatic drainage system, which helps rid your body of toxins, cancer cells, wastes, trapped protein, bacteria, viruses, and other waste the cells cast off.

When you are rebounding, you are flooding the cells with oxygen. This enables them to convert glucose into ATP and also into glycogen. Thus, rebounding can actually increase your ability to convert glucose into glycogen. Further, it may be possible to train your body (through consistent lymphasizing) to store this glycogen and have it released when you need it for a sudden burst of energy.

## **Week 2 The Controlling Forces That Direct Your Life**

Ultimately, everything we do in our lives is driven by our fundamental need to avoid pain and our desire to gain pleasure; both are biologically based and constitute twin controlling forces in our lives. Understanding and harnessing the forces of pain and pleasure will allow you to create the lasting changes you desire for yourself and for those you care about.

Your brain is always weighing: If I take this action, what's it going to mean? More pleasure and less pain? Or more pain and less pleasure?

**We will do far more to avoid pain than we will to gain pleasure.**

Pain is the greater motivator in the short term. If you link pain to the behaviors you want to stop with such high emotional intensity that you won't even consider those behaviors any longer, and link pleasure to the new behavior you desire for yourself, you can instantly change your behavior.

At any moment, whatever you focus your attention on is what is most real to you. Therefore, if you want to change your behavior, you must focus your attention on the following questions:

1. How will not changing your behavior be more painful than changing it?
2. How will changing it bring you measurable and immediate pleasure?

We can condition our minds, bodies and emotions to link pain and pleasure to whatever we choose.

**Use pain and pleasure instead of letting pain and pleasure use you!**

## **Your Assignment**

To take control of your life, you must take control of the force of decision. The power to change anything in your life is born the moment you make a real decision – which by definition is something you take immediate action upon. Take the following steps now:

1. List four new actions you know you should take now.

**Four new actions I know I should take now:**

2. What is the pain you've associated with these actions that has kept you from following through? Write it down.

**The pain I've associated with these actions in the past:**

3. List any pleasures or payoffs you got from not following through on these four actions.

**The pleasure I took from not following through in the past:**

4. For each of these actions, describe in a paragraph what it will cost you if you don't follow through. What will you miss out on? What will you lose?

**What it will cost me if I don't follow through now (COI):**

Action 1:

Action 2:

Action 3:

Action 4:

5. Now begin to associate pleasure with taking action by asking yourself these questions: What are all the benefits you'll gain by taking action in each of these areas now? How will it enhance your life? How will it create greater joy, happiness, success, freedom or pride? Write your answers below.

**The benefits I'll gain by taking action in each of these areas now:**

Action 1:

Action 2:

Action 3:

Action 4: