



**7 Steps to Peak
Performance
Energy & Stamina**

Overview

- ♥ Limiting Thoughts & Beliefs
- ♥ The Body's Energy Centers
- ♥ Opening & Balancing Your Body's Energy Centers
- ♥ Belief Transformation
- ♥ High Energy

Limiting Thoughts & Beliefs

- ♥ What we focus on is What we create
 - ♥ My _____ will never get better
 - ♥ Knee example
 - ♥ Belief in what an authority (doctor) tells us
 - ♥ Bicycle Example
 - ♥ Wayne Dyer Example – Black spot on lung xray
 - ♥ Woman with Rubber floating in water
 - ♥ To Prevent Illness, place on Organ and keep moist

The Bodies Energy System

♥ Primary Energy Centers

- ♥ 7 Centers – Carolyn Myss – Anatomy of the Spirit

- ♥ Relate to:

 - ♥ Multiple areas of health

 - ♥ Areas of success

- ♥ Shut Down Centers (how they get shutdown)

 - ♥ Dysfunction in those areas

 - ♥ Lack of Success

 - ♥ Illness

Energy Centers

♥ Root

♥ Location – Base of Spine

♥ Color - Red

♥ Represents

♥ Health (Lower Back, Prostate & Vaginal)

♥ Success (Financial Problems)

♥ Emotional (Lack of Support)

♥ Client Back Problem Story

Energy Centers

♥ Root (cont.)

♥ Limiting Thoughts

- ♥ My ideas are never supported
- ♥ No one ever supports me
- ♥ I can't support myself
- ♥ I hate sex
- ♥ Sex is bad
- ♥ Money is the root of all evil

Energy Centers

♥ Sacral

♥ Location

♥ Color - Orange

♥ Represents

♥ Health (stomach, Low Sperm Count,
Miscarriages)

♥ Success (Financial)

♥ Emotional (Fear of Loss)

Energy Centers

♥ Sacral (cont.)

♥ Limiting Thoughts

- ♥ I'll never have a baby
- ♥ I wouldn't be a good mother (or father)
- ♥ If I had money I'd just lose it
- ♥ I'll never be successful
- ♥ I don't have a creative bone in my body

Energy Centers

♥ Solar Plexus

♥ Location

♥ Color – Yellow

♥ Creative Center – Gut Instincts

♥ Represents

♥ Health (Gallbladder, Liver, Spleen)

♥ Success (Low Self Esteem, lack creativity)

♥ Emotional (Fear of Rejection)

Energy Centers

♥ Solar Plexus (cont.)

♥ Limiting Thoughts

- ♥ Everyone always hates me
- ♥ My mother (or father) rejected me from the day I was born
- ♥ My parents never wanted me
- ♥ I have never been creative like (person's name)
- ♥ (Person's Name) got all the creative genes in the family
- ♥ There is no such thing as gut instinct

Energy Centers

♥ Heart

♥ Location

♥ Color - Green

♥ Represents

♥ Health (Heart/Lungs)

♥ Success (Lack of Passion)

♥ Emotional (Fear of Being Alone, Self Centered)

Energy Centers

♥ Heart (cont.)

♥ Limiting Thoughts

♥ I'll always be alone

♥ No one will ever love me

♥ I hate myself

♥ I can't find anything to get passionate about

♥ God doesn't love me, if he did _____
would/wouldn't have happened

Energy Centers

♥ Throat

♥ Location

♥ Color – Indigo Blue

♥ Represents

♥ Health (Sore Throat, Neck)

♥ Success (Unable to Speak Up for Self)

♥ Emotional (Feeling unimportant – what I have to say isn't important) What are you afraid to say

Energy Centers

♥ Throat (cont.)

♥ Limiting Thoughts

- ♥ I hate speaking in front of people
- ♥ No one ever hears what I have to say
- ♥ No one ever listens to me
- ♥ What I have to say isn't important
- ♥ I am afraid to say _____ because _____ may happen if I do

Energy Centers

♥ Third Eye

♥ Location

♥ Color - Violet

♥ Represents

♥ Health (Eyes, Ears, Nose)

♥ Success (Lack ability to connect to intuition,
Non logical, non mathematical)

♥ Emotional (Lots of emotional chatter going on)

Energy Centers

♥ Third Eye (cont.)

♥ Limiting Thoughts

- ♥ I don't believe that people are intuitive
- ♥ I hate math
- ♥ I have never been (or will never be) good at math
- ♥ I'm very creative, but don't expect me be logical too
- ♥ I could never meditate – my mind is racing a mile a minute
- ♥ I can't stop the chatter going on in my mind

Energy Centers

♥ Crown

♥ Location

♥ Color - White

♥ Represents

♥ Health (Depression, headaches, muscle aches)

♥ Emotional (Feelings of not being connected to a higher source, despondent, feel that you have no say so in your life)

Energy Centers

♥ Crown (cont.)

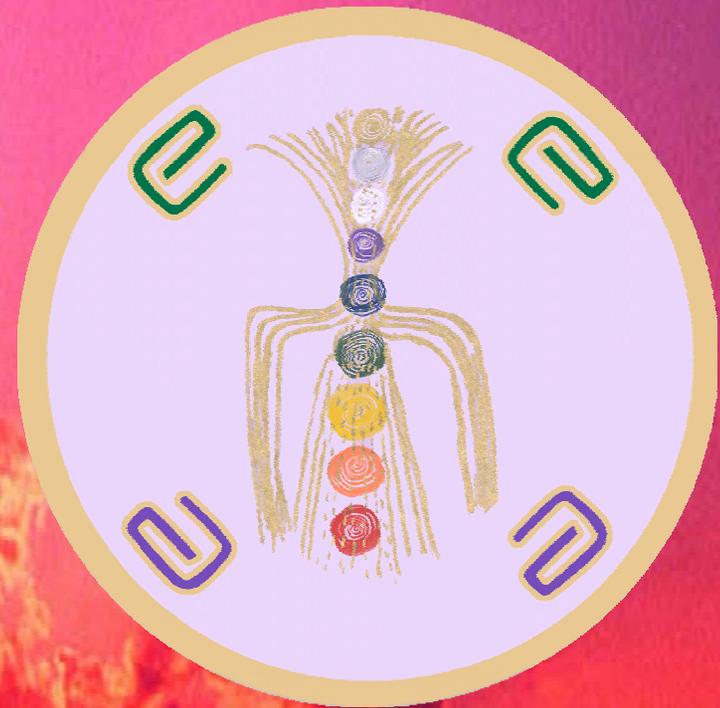
♥ Limiting Thoughts

- ♥ I don't believe in God (or a higher source)
- ♥ I hate life
- ♥ My life is miserable
- ♥ I am not able to be myself
- ♥ I am expected to be someone that I'm not

Opening Shutdown Centers

♥ Chakra Opening & Balancing

- ♥ Holding in non-dominant hand
- ♥ Visualizing Symbol
- ♥ Connecting with Symbol through looking at it



Limiting Thoughts & Beliefs

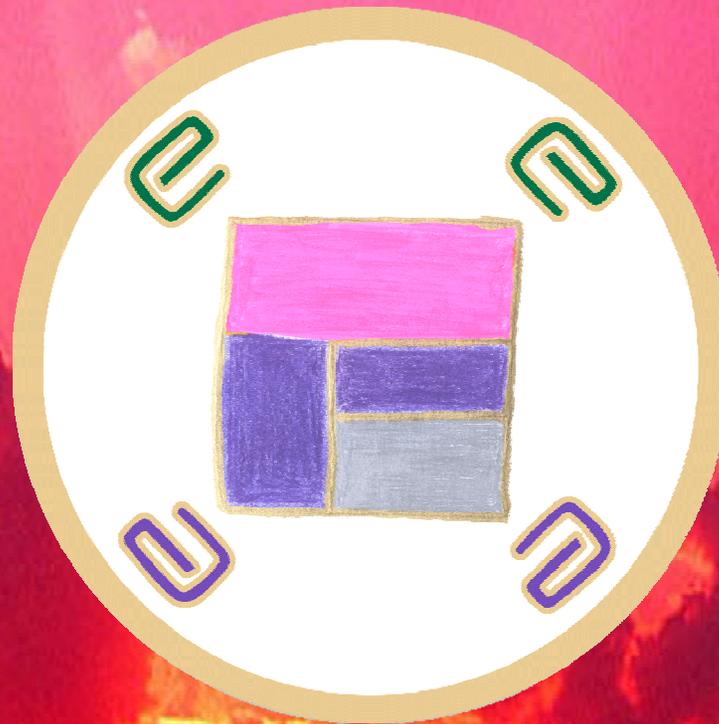
- ♥ Identifying Core Non-Supportive Beliefs
 - ♥ Journaling
 - ♥ Symbol



Limiting Thoughts & Beliefs

♥ Belief Transformation

- ♥ Repeating Affirmations Daily
- ♥ Symbol



Limiting Thoughts & Beliefs

♥ Length of Time to Change a Belief

♥ 21 Days – Twice Per Day

♥ 63 Days

♥ 7 times 70

♥ Evolution is Speeding Up

♥ Process for changing this belief –

www.OneMinuteEnergyTuneUp.com/InstantlyChangingYourBeliefs.pdf

High Energy Symbol



High Energy Symbol

Limiting Thoughts

- ♥ I'm always tired
- ♥ I'm exhausted
- ♥ I need at least 10 hours of sleep
- ♥ I can never get enough sleep
- ♥ I am an insomniac
- ♥ It is impossible to stay awake during a lecture

Review

- ♥ How our Thoughts Affect our Energy
- ♥ The Bodies 7 chakras (Energy Centers)
 - ♥ How each affects our health when blocked
 - ♥ How each affects our success when blocked
 - ♥ Limiting Thoughts
- ♥ Limiting Thoughts & Beliefs
- ♥ High Energy Symbol

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