

# WORKBOOK

## HEALTHY HABITS: HEAL YOURSELF FROM WITHIN

Eliminate Stress, Fear, Worry,  
and Negative Emotions

INSPIRING TRUE STORIES OF  
SELF-HEALING



Theu Fa'a



Theu Fa'a

**Do not perform exercises that require you to calm down, close your eyes, or distract yourself when driving or operating machinery.**

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## Sharing This Workbook

The copyright section of this workbook states that you are permitted to share copies with anyone you think might benefit from it. My condition is that you must do it for free and not modify the workbook in any way.

As you read through the exercises, you may think of someone who might benefit from them. If so, please send this person a copy of the workbook immediately. Your actions could make a real difference in their lives.

## Get the Most Out of It

This workbook is my little gift to help you reap the full benefits of my book *Healthy Habits: Heal Yourself from Within*. Just like the book itself, this workbook contains a variety of exercises and methods to choose from, depending on your needs and preferences. These are all standalone techniques, but they also combine very well. Browse through the table of contents and try a few, then choose your favorites to build your very own healthy habits.

Promise yourself that you will no longer carry negative emotions for hours, until your bloodstream is saturated with the messenger substances produced in such a state of mind. Why spend your day dwelling on feelings that prevent your immune system and cell repair functions from working optimally?

As much as possible, as soon as you sense an unpleasant emotion, take a short break and perform one of the brief exercises in this workbook to make yourself feel better and enjoy your day.

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**With any good feeling you manage to spark  
and every bit of negative emotion you  
eliminate, your body gets closer to fully  
resuming its natural repair functions.**

(See chapter three of *Healthy Habits: Heal Yourself from Within*)

## **Habits: Harness the Power of Your Subconscious**

You will benefit greatly from this workbook if you choose one or several remedies that work for you, then make them a habit. As soon as a negative emotion arises, it is important to take action. If you can train your subconscious mind to automatically nudge you to rise above and feel better anytime a negative feeling shows up, you are on the road to:

- Better health and an improved quality of life;
- Enhanced relationships with others;
- The next level of professional success.

People enjoy your company when you are in a good mood, and you will benefit from this positive side effect in many ways. But above all, when you properly manage your stress and negative emotions, you will ensure that your immune system and cell repair functions work optimally.

Do not rely on the force of your willpower alone to take the necessary actions to remain healthy or heal yourself. That not only requires an undue amount of effort, but also will not work on days when you feel less motivated than usual. Instead, strive to make every beneficial behaviour as automatic as brushing your teeth or washing your hands.

## Who Do You Want to Become?

Who do you need to become to reach your goal? What would you call a person who no longer has the habit you want to eliminate, or who automatically practices the habit you want to create? Who will you be when you have succeeded? (See chapter nine of the book)

- 1) Identity: Who do you want to become? Write in the present tense, as if it were already true! This is your reason for creating your habits. Use the words "I am a..." (e.g., I am a healthy person; I am a person who spreads joy and light; I am a slim, fit person, etc.)
  
- 2) Which behaviors will confirm that you have become that person? (These will be your habits.) On the other hand, if you wish to get rid of a behavior: what is the positive behavior you can substitute for the old pattern? (e.g., meditate at sunrise, bike to work)
  
- 3) What can you do to facilitate those behaviors? (e.g., clean my bike and inflate the tires; position my dietary supplement in a place where I will see it every day at the right time)

- 4) What could prompt you to trigger your new habit each time? (e.g., set the alarm clock one hour before sunrise; put the car keys in an unusual place as a reminder to bike to work as much as possible)
  
- 5) What will be your reward once you take action? (*"Behaviors followed by satisfying consequences tend to be repeated."*)<sup>1</sup>
  
- 6) Reward yourself immediately after performing the habit.
  
- 7) Repeat the desired behaviors frequently until they become automatic.

## Watch Your Breath and Relax

If you have never tried this method, you will be amazed at how easy and effective it is! Whenever you are agitated, sit or lie down, close your eyes, and observe your breath. Do not impose any particular rhythm; observe the air flowing in and out, and feel the coolness in your nostrils as you inhale and the warmth as you exhale. Feel how your belly rises as you breathe in deeply and how it sinks while you breathe out.

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<sup>1</sup> Prof. Edward Thorndike



By doing so, you focus on your body and the present moment. This prevents your mind from jumping to stressful thoughts. If your mind wanders off to subjects that disturb you, acknowledge it happened; gently and gradually bring your attention back to your breath, nostrils, and belly. These other thoughts may be important, but you deserve a few minutes of peace and rest where you think of nothing but your breath.

You will notice this method helps to calm you down and replenish your body's energy reserves. Moreover, you will be much more efficient at handling your problems later if you allow yourself a short moment of breathing and relaxation.

## **Happiness Hormones from Kindness**

*The positive effect of kindness on the immune system and on the increased production of serotonin in the brain has been proven in research studies.<sup>2</sup>*

Serotonin is one of the hormones your body can produce to make you feel happy. Why not choose an act of kindness that you enjoy to get a dose of serotonin? This can be opening the door for someone, giving priority in traffic, leaving a generous tip, making an authentic compliment, taking a deep breath and smiling every time before you answer the phone to uplift the person on the other end ... Then, you can make it into a healthy habit.

My new kindness/happiness habit:

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<sup>2</sup> Omraam Mikhaël Aïvanhov (2009). *The Yoga of Nutrition*, Prosveta. ([www.theufaa.com/books](http://www.theufaa.com/books))

## The “Supervisor Exercise”: Get Immediate Relief from Negative Emotions

(Extract from chapter two of *Healthy Habits: Heal Yourself from Within*)

You can practice this exercise whenever you feel any negative emotions such as anger, jealousy, or fear.

1. Find a quiet place, sit down, and close your eyes. Feel the negative emotion in your body. Where do you feel it—somewhere in your belly or your chest? Maybe you feel a tension running through your arms, shoulders, and legs, or perhaps in your lower back?
2. Imagine that your body is like a big factory, where your thoughts and emotions are workers. You are the supervisor. Simply watch the negative emotions, without judging them. Just let them be. What are they doing? You are the supervisor, so you are interested in what those emotions are up to. Just observe without pressure, without giving any command. Just look at each emotion and see what it is doing.
3. Now ask yourself, what has triggered the emotion? Just observe. Don't judge. You are the observer, the supervisor, not the body you are observing. Gently look at the emotion, its trigger, and where it is happening in your body. It is all okay; don't judge. There is no need to fight it. What you resist persists, and right now, you want to give this emotion a chance to vanish.

What happens in a big factory when the supervisor appears? All of the workers quickly return to their stations and perform their jobs. Something similar will happen when you decide to be the supervisor of the thoughts,

feelings, and emotions in your body. You will no longer be overwhelmed by a feeling, as you will have risen above it as a non-judgmental observer. And while you watch what this feeling is doing, one thing will become clear: You are the supervisor; the emotion is just one of the elements inside you. That emotion is not you, but rather a thing you can observe. You will naturally regain control without having to fight the negative feeling. If you are free of judgment, the emotion will quickly dissolve as you keep your eye on it.

Try this exercise for a few minutes every time a negative feeling comes up. You will be surprised how well it works!

## **The Treasure Chest Habit**

Our brain is wired to make us remember unpleasant situations to prevent us from repeating them. Unfortunately, this can make unhealthy emotions resurface. Why keep replaying the stressful scenes of your life in your mind?

Why not choose your most wonderful memories and relive them in your mind as often as possible, thus producing happiness hormones in your body and facilitating your immune system and bodily repair functions? As much as possible, picture yourself in that great situation from the past, and enjoy all the emotions it gave you. What did you see, hear, smell, or taste? What did people say to you? What exactly happened? How did it make you feel?

My favorite memories:

You can make yourself a mental “playlist” of those joyful scenes of your life. However, I recommend you write each one on a small piece of paper and choose a nice box to create your treasure chest of beautiful memories. Put the ten papers with your ten best memories inside. In the days and weeks that follow, whenever another happy scene of your life comes to your mind, write it on another piece of paper and add it to your treasure chest.

In the future, when you need to improve your mood, open your treasure chest. You then draw a random piece of paper and indulge in the beautiful memory that’s written on it. Remember how good it felt, recall the scene in your mind in as much detail as possible, and be grateful you had the chance to live such precious moments!

## Healthy Habits for a Busy Schedule

Are there any Healthy Habits exercises you can benefit from without spending even a minute of your valuable extra time? Yes, there is! If you have read chapter four of *Heal Yourself from Within*, you most likely know the basic notions of *The Yoga of Nutrition*.<sup>3</sup>

You can start by forming a habit of just one minute of silence and gratitude before every meal. Also, consciously take a deep breath now and then while you eat. How easy is that? Make sure it becomes a habit you practice every time you sit down to eat, and soon it will be more than one minute, as you will begin to enjoy that moment of peace and replenishment. Keep out all

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<sup>3</sup> Omraam Mikhaël Aïvanhov (2009). *The Yoga of Nutrition*, Prosveta. ([www.theufaa.com/books](http://www.theufaa.com/books))

disturbing thoughts by concentrating on the food. When you feel gratitude for your food, most unpleasant thoughts and feelings are automatically silenced. Extend your gratitude to the people who prepared and grew this food, the plants that spent their entire existence condensing the sun's vital energy into the food you enjoy, and the rain and soil that helped it grow.

## **Learn to Stop Feeding the Monster**

The human brain works with images. If I tell you about a house, an image of a house appears in your mind. Depending on the circumstances of your life, the house will be elegant or small, or look like your childhood home, but you will have pictures of a building in your head. If I tell you to imagine that you have NO house, you first have to think about a house so that you can imagine its absence. This is why scientists say that your brain does not hear the word "no". It has to paint the mental picture of a house.

This is exactly what happens when you think and speak about things you do not want in your life. You create images of these very things in your mind and the heads of everyone you speak to!

Do you tend to talk about negative things? Whenever you notice that you are talking about a "monster" (see chapter six of the book), in other words, something you do not want, the first step is to become aware of it. You feed the image of the monster every time you mention it. When you notice you are giving it attention, do not get angry with yourself. Instead be patient, but gently try to change the subject to something you enjoy. For instance, think of a sincere compliment you could make to the person you are talking to.

## Stop Fighting – Start Living

What are you fighting or resisting in your personality, in other people, and in recurring situations? What needs to change in your life? Write down the three most important issues:

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If you want to get rid of something or someone, or at least you want the tension to end, there is only one way this can be achieved: by letting go. As long as you resist, as long as you engage in a fight, you hold on to whatever it is you are opposing. (See chapter eight of *Healthy Habits: Heal Yourself from Within* for further details)

All situations that life presents as problems are the building blocks of your future, the steppingstones that lead you across the tumultuous river.

How do you form a powerful habit of surrendering, of learning to leverage all the currents and events that life sends your way, instead of wasting your energy on a hopeless fight against the universe?

The Healthy Habit you can form here is to regularly take a moment and ask yourself, “What am I fighting or resisting in my life?” Understand these things are *the raw materials for the life you want to create; they are the universe’s response to every thought, feeling, and action* you bring into this world. They are precisely what you need now to grow and flourish. Say to yourself: “This may feel unpleasant, but all is perfect right now, the way it is. All *is* good. It will take me exactly where I need to be. This is where I start, and life is

getting better every day." Then, take action to create the improvements you want, but without holding a grudge against anything or anyone.

No matter if the people or events in your life are to your liking, understand they are there for a reason; they all serve a purpose. The sooner you accept them without judgment, the sooner you will be liberated. Negative circumstances and people will automatically be shed from your life, like the crust of an old wound that has finally healed.

Be thankful for whatever comes your way; let it be and go. A person or situation cannot go away while you keep engaging with it; isn't that obvious?

## **The Pearl Oyster Habit**

The pearl oyster exercise (see chapter eight) adds a practical aspect to surrendering to life's powerful and beneficial flow. Instead of just identifying the "grains of sand," the disturbances that have crept into your shell, you make a plan: How will you react to each of those itching grains of sand? What will you bring forward to envelop those disturbances with the finest materials (thoughts, feelings and actions) you can conceive? By deciding how you will react next time your boss, your in-laws or your noisy neighbor behaves like a "pain in the oyster shell," you protect brace yourself against the irritation from these individual grains of sand. You will be occupied with your positive thoughts, feelings, and actions.

I guess you already have written down your biggest "grains of sand" in the previous exercise, where you had to list the most disturbing factors in your

current life. Are you aware of any other nuisances you would like to address more efficiently once they reappear in your life?

What will be your pearl-forming reaction?

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For example, imagine that your proverbial grain of sand is a conflict with your life partner. He or she shouts at you, and your current automatic reaction is to shout back. Two people who talk at the same time cannot hear each other! What mother-of-pearl can you use to envelop this situation instead of shouting back? For instance, in your quiet moment of reflection, you make your plan: "Next time he or she shouts at me, I will not talk back. I will pretend I have a sip of water in my mouth and can't say a word. I'll do the talking later when he or she has calmed down. And in my meditations, I will secretly surround her with the best blessings I can think of." Once this plan is established, you are ready. Instead of reacting instinctively next time you feel the itch in your shell, you will take constructive action.

## **A Healing Ho'oponopono for Your Body**

This method occurred to me when I was writing the book *Heal Yourself from Within*, out of bare necessity. Opportunities had come up to publish the book simultaneously in five languages. Launching *one* book is more than a full-time job; launching five in the same period is nearly mission impossible.



Next time, I will know better. However, I had to deal with the toll the excessive workload was taking on my body. My heart started acting abnormally, so I had to stop what I was doing and take action. The idea I had worked so well on my body that I started using it successfully with other occasional discomforts.

The practice of Ho'oponopono is known to dissolve disharmonious situations with other people. Interestingly, the method you have read in chapter seven can also be used when you have created disharmony with the organs of your own body. (And they will let you know, in the form of discomfort!)

For this next Healthy Habit, whenever something in your body does not feel right in your mind, you repeat these therapeutic words, talking to whichever body part you want to soothe: "I love you. I am sorry. Please forgive me. I thank you." This way, you take responsibility for the discomfort and send your unconditional love to the affected area. Try it out and watch how things improve.

## **Emotional Freedom Technique (EFT)**

Whenever the "supervisor exercise" mentioned earlier is not enough to make a negative emotion disappear, I perform some tapping. For many people, including some of my coaching clients and myself, tapping has proven quite successful to prevent the body from triggering a fight-or-flight reaction when faced with unpleasant situations.

As mentioned in *Healthy Habits: Heal Yourself from Within*, I do not teach EFT in this workbook for copyright reasons, but I have prepared links to some videos for you on [www.theufaa.com/fromwithin](http://www.theufaa.com/fromwithin), where you can learn the basics of tapping in just a few minutes and get results. You can also download my tapping point charts, which you can use to locate the tapping points on your body.

## **Meditation at Sunrise**

Of course, you do not have an appetite for the same food daily. Even your favorite dish will lose its appeal if you eat it three days in a row. Similarly, you are not predisposed to the same spiritual practices every day. Sometimes your mind is more active; on other days, it is your heart or willpower. The practice itself may look the same from the outside, when you get up every day at dawn and sit down before sunrise for your morning meditation. But the energies that flow inside of you are different.

*“Meditation is an activity by which the intellect endeavours to penetrate spiritual truths.*

*Contemplation is an activity of the heart or the soul which dwells on an image, a quality or a virtue in order to rejoice in its light and beauty and be in communion with it.*

*And on a higher level than meditation and contemplation is the magical activity of identification by which the will and the spirit identify with the Creator in order to create.*

*Some days, a disciple feels inclined to work with the mind, to think, and search and ponder; this is meditation. On other days, finding himself in a state of harmony, peace and bliss, he feels drawn to contemplate. And then there are other days when his will manifests itself more strongly and he feels the desire to do something, to create, to set in motion invisible forces.”<sup>4</sup>*

This quote adds a new layer of meaning to what you have read in chapter eleven of *Heal Yourself from Within*. There, we started by differentiating various phases of preparation for the actual meditation, such as relaxing your body and calming down your thoughts and emotions. We also clarified the difference between meditation and prayer. In the quote above, you are introduced to two more terms. Even if you are a seasoned meditator, you feel different each day. Sometimes you will be drawn to practice identification or contemplation rather than putting your mind to work.

Here is the Healthy Habit I recommend for moments where you sit down to meditate or relax, no matter your practice of choice:

One ideal moment for meditation is at sunrise. During this relatively quiet time of day, you do not need to calm down as much from your hectic schedule. As a bonus, the air is filled with prana, a specific kind of energy known from the ancient Vedic tradition. You may also be able to pick up various kinds of particles or currents the earth receives from the sun at this early hour.

These conditions are so precious that teachers like Omraam Mikhael Aivanhov encourage you to make an effort and get up before sunrise, even if you are sleepy, to be able to catch the first ray of sunlight in the morning. If you did not get enough sleep during the night, try to still wake up for your

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<sup>4</sup> Omraam Mikhaël Aïvanhov, *Know Thyself, Jnana Yoga Part 2* (Complete Works Volume 18A), Prosveta.

sunrise meditation if you can give your body some rest later during the day. Not only will you be quite productive, but you will also strengthen your willpower by getting up early.

In relation to chapter eleven on the subject of meditation, you could form the following Healthy Habit: Make it your routine to wake up a certain amount of time before sunrise, to be seated in your favorite meditation position, relaxed and prepared as described in the book, to receive the precious energies of the first rays of the sun. If you choose to make *that* an automatic behavior, your life will never be the same again.

## Upgrade Your Body

The last section of this workbook, exceptionally, is not about psychological exercises or insights. It is for people who wish to give their body the best physical elements so it can thrive. The following stories happened to clients who used the dietary supplement I have been enjoying and distributing<sup>5</sup> for many years. All names have been changed to protect my clients' privacy.

### How Paul Increased His Athletic Performance by 30%

Paul was in great shape. He looked like one of those fitness models we see in magazines. A few weeks earlier, he had hired a personal trainer with the

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<sup>5</sup> [www.theu8.com](http://www.theu8.com)

goal to increase his endurance. To help Paul reach that goal, his trainer created a workout schedule that would leave him physically exhausted after every training.

As for all the athletes who try my supplement, I asked Paul to write down how many repetitions he performed for each exercise in his routine over a whole week. Then, he took the supplement and kept track of his results for another week. He observed that when he used the product, he could perform all the exercises which had led him to complete exhaustion the week prior. Immediately after finishing his training routine, he felt ready to do a full hour of cross-country running!

### **Mary Didn't Have to Sell Her Dream Home**

Mary called me to say that she had to sell her dream home, surrounded by nature and overlooking a beautiful lake. It had become too difficult for her to walk up the hill leading to her house, not to mention climb the stairs. She had already signed a contract with a real estate agent to sell her property. What is the use of living in a dream home when you don't have the physical shape to enjoy it?

At that time, I had just discovered the redox supplement and was wondering if I should promote it, so I asked her to try it and let me know if she noticed any significant results. After testing it for three months, she called me: "I just canceled my contract with the real estate agent! I feel much better and decided to stay in my home with my dream view!" Want to hear something even more amazing? Today, seven years later, Mary is approaching the age

of eighty. She is still feeling great and living in her little paradise without needing help.

### **How Christine Cleansed Her Body from a Prescription Drug**

Have you noticed how your urine smells different after you have eaten asparagus? When Christine was pregnant with her son, she was prescribed an antibiotic with a very pungent smell and taste; even her urine smelled strongly of that drug.

When her son was thirty-three years old, Christine tried my dietary supplement. On the first few days she took it, her urine had a distinct smell of that prescription drug she had not touched for over three decades! It is so interesting to observe that her body could cleanse itself from a substance that her cells could not eliminate by themselves for such a long time.

### **Jakob Rose Higher Than Ever in His Meditations**

Jakob had been meditating twice daily for over thirty-five years when he tried my supplement. He certainly knew what he was doing and achieved good results in his spiritual practice. However, when he started taking the product, he managed to rise even higher in his meditations; he reached states of consciousness that he had not experienced before. This is not surprising, actually: if you enable your brain cells to work better, they can pick up and translate information at a higher level.

## **Mum in the Mood**

To get an unbiased opinion on my dietary supplement, I asked my parents to try it and share what improvements they experienced. On the first day, my mum called me and exclaimed, "We felt like wilted flowers that were finally given some water!"

After the first two weeks, my dad said, "Make sure your mother takes that product for the rest of her life! She's much less grumpy!"

## **How Do Redox Molecules Impact My Body?**

Dietary supplements are not intended to diagnose, treat, heal or prevent illnesses or medical conditions. That also goes for my favorite product. It is one of a kind because it contains stabilized redox molecules identical to the ones produced in every human cell.

In a human being, the production of redox molecules peaks during adolescence, and from then onwards, it is in permanent decline due to age and stress. This is why we need to go beyond vitamins and take a redox molecule supplement.

[www.redoxvital.com/theu8](http://www.redoxvital.com/theu8)

## More Easy Healthy Habits

(From chapter three of *Heal Yourself from Within*)

- Run, swim, cycle, or do another physical activity that allows your body to use the surplus energy sent to your arms and legs during a fight-or-flight reaction. After you exercise for some time, your body will start producing happiness hormones.
- Shower and imagine the water washing away all the tension. Feel a sense of gratitude toward the wonderful warm water that is cleansing away the negative emotions.
- During the day, simply wash your hands several times and imagine the stream of water carrying away the negativity. Be grateful that you have access to clean, running water, and enjoy the instant relief of your tensions.
- Complete a task and compliment yourself for finishing it.
- Smile, even if you have to fake it for a couple of minutes. After a while, the muscular impulses from your face will make your brain believe you are happy. Try it out!
- Walk in nature and take some time to appreciate what you see along the way. If you are feeling depressed, look at the horizon for a few moments. Let your eyes wander to the furthest places you can see from where you are standing.
- Don't watch the news. It's meant to be frightening and upsetting, in order to keep you interested. Do you feel the need to watch it so you can stay up



to date? Check out summaries of current events on broadcasting websites, which will spare you the dramatic voices and disturbing images.

- Play with a dog, cat, or another pet. (Only cuddle your chicken or goldfish if the feeling is 100% mutual.)
- Turn off your TV. What other activities do you enjoy? What else can you do that will hold your interest?
- Expose yourself to a reasonable amount of direct sunlight, especially before noon.
- Give an authentic compliment. It doesn't have to be anything big; just notice something you like about someone and let them know. For the more advanced practitioners: giving a compliment to someone whom you dislike, but make sure it's sincere!
- Look at the stars at night. Feel the vastness, silence, and peace. If you wish, look around and see if there is one star or constellation you like best.
- Watch something funny. Allow yourself a moment where you don't need to think about anything heavy or serious. In most cases, your problems can wait for an hour or two, and you will deal with them more effectively once you have a smile on your face.