

Top 10 FREE Life Optimization & Healing Modalities

YOU CAN USE TODAY

by

ALEX WHITE

“The first thing it takes is a change in your consciousness.... To one where they respect themselves a little more and they want to get well. They really want to enter the realm of wellville, wellness, and health. Whatever it is. And they are willing to let go of preconceived ideas and things they were taught that was crap, not true. And they are willing to take on a new journey of excitement and joy and happiness.”

— Dr Robert Morse

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*note: I am not a doctor or formally trained medical practitioner. This advice is based on my own experience and shouldn't ever be taken as medical advice

Breathwork

Breath is fundamental to our existence. When we sleep, and are at our most relaxed, our breath slows and deepens. When we are in a state of high stress, our breath becomes shallow and uneven.

It also can work the other way. Just a few conscious deep breaths can take reduce stress significantly.

Most of us learn at a very young age to take a few deep breaths when we are upset. But few of us learn much more! And many of us tend to forget. How many full, deep and conscious breaths would you say you've taken today?

Mastery of the breath goes a very long way towards mastery of our consciousness, and indeed mastery of our lives. Spending 10 minutes a day using powerful breathing methods can transform your relationship to your breath, your body, and yourself.

There are many breathing methods. Here, I will discuss the two which have been the most powerful for me personally. They are Wim Hof Method and Breath of Fire.

Wim Hof Method

What if there was one technique which could dramatically improve your health, vitality, and self-mastery?

There is, it's called Wim Hof Method! Wim Hof Method technically consists of three elements:

1. A breathing technique, discussed here
2. Cold Exposure Therapy, discussed later
3. Commitment to a routine

For now, let's discuss Wim Hof's Breathing technique, one of the very most powerful, life-changing practices I've ever incorporated into my life.

I will give a basic idea of the technique, which will be enough for you to try it yourself. However, I would strongly recommend learning from Wim Hof himself. The technique can be refined and built on, which can allow you to go deeper. You can find him on Youtube.

A note on safety: If your health is compromised, you may want to talk to your doctor about if this is safe for you. Regardless, listen to your body and do not try to push yourself past your limits.

This technique is something that you improve on with time. Pushing too hard will only set you back. Please read through all of this before you try it.

The technique is this:

1. Take 30 deep breaths.

You should do this laying on your back, or sitting in a chair. In the unlikely event that you pass out, your chair should be such that you will not fall out of it. Do not attempt this standing up!

These breaths should be in through the mouth and nose and can be out the nose or mouth or both. Breathing through the nose is generally better than "mouth breathing" but here the important thing is oxygenating the blood.

The focus will be on a large, strong inhale. You will not really exhale, just relax and let the breath leave you. You are not pushing air out of your lungs, nor are you emptying them.

The pacing is your own. Some people do them slow and steady, some faster. However, it should not be so fast that you struggle to get the full in-breath.

For pacing help, check out Wim Hof's YouTube channel. He has many guided breathing videos at different paces to help you find the one that works best for you.

As you approach 30 breaths, you may feel tingling in your hands, feet, and face.

2. After 30 breaths, breath out all of the air in your lungs. Don't push for 100% of the air out, but exhale fully and comfortably.

3. Hold your breath on the out-breath.

You will hold as long as you can with virtually no air in your lungs!

Don't hold for so long that you have no control over your inhale.

4. Inhale fully, and hold for 10 seconds

5. Exhale, and return to normal breath.

Moving Forward

Once you have this sequence mastered, you can start timing your breath-hold. With practice, you can get to two full minutes of breath-holding with no air in the lungs!

At this point, I would highly recommend studying some of Wim Hof's own material on optimizing this technique, as well as the incredible health benefits.

When you are comfortable with one round, you can add a second round. After a few seconds of recovery, start back up on another round of 30 deep breaths. Generally speaking, you will be able to hold longer the more rounds you go.

I wouldn't suggest going more than 3 rounds until you have been doing this method for weeks or even months. Check in with what Hof says on this, and listen to your body as always.

You also can add more deep breaths. People do 40, 50, or even 100 deep breaths. Again, don't push this too hard. Find what is comfortable for you. This isn't an endurance competition, it's a practice for health and vitality!

There are further places you can take this, but I'll leave it to Hof to take you there!

Results

I've gotten amazing results from this technique. I've felt it energize and awaken my body and increase blood flow and strength.

The feeling of personal empowerment is also great. Holding your breath more than 2x longer than most people believe they can, with no air in the lungs, is an amazing feeling. Also, my cardio fitness has improved a lot.

One very cool thing is that by practicing this method every day, I was able to do something pretty incredible--something you can do too!

I broke Harry Houdini's old breath-holding record of 3 minutes and 30 seconds!

Many people have also broken this record, and the current record is nothing short of stupefying. But anyone who knows anything about Houdini would feel mighty accomplished to do better than his personal best!

I did this by following the same technique: 30-40 deep breaths, but this time holding my breath on the in-breath, as one usually would. Take that Houdini!

Breath of Fire

Breath of Fire is a very powerful practice that can be done almost anywhere, at almost any time.

It comes from the Kundalini Yoga tradition, a branch of Yoga focused on cultivating Kundalini, also known as Qi, Chi, Prana, Vril, or simply life force energy. In this technique, we doing something like the opposite of the Wim Hof technique.

Here, we are making sharp short out-breaths by pulling the belly button in and up and pushing the air out of the lungs. You will not really inhale. Just let the air be pulled into the lungs from the space made by relaxing the belly.

Here the pace is much faster than with Wim Hof. Practice and find the pace that works for you, and use online videos for guidance.

As you learn to do this, at first you will likely become out of breath, as you are not used to getting into a good sustainable rhythm. This is to be expected. Simply stop, take a few normal breaths, and start again.

Start with doing this for one minute, and then increase. 10 minutes a day is said to cleanse the blood, and have many health benefits.

This technique is called breath of fire because it cultivates heat, or fire energy, in the belly. If you already run hot, (ie, you have a high skin temperature, get too hot easily, and are rarely too cold) this may not be a great technique for you.

For people who get cold easily and love heat, it's fantastic. Also if you tend to be tight in your abdomen, easily cramp up, and have trouble with digestion, this technique can help that as well.

Once you get this down, you can simply extend the length of time you do it or do it more times a day. Just listen to your body and don't overdo it.

Results

I find this technique to be excellent for anxiety. There is a real feeling of taking control and increasing one's energy that can really evaporate stress.

Doing this technique often has given me increased vitality and focus as well.

Hot/ Cold Therapy

Hot and Cold therapy are very powerful ways to heal the body and create resilience in the body, mind, and spirit. Each are quite valuable on their own, and in combination they are even more powerful.

Hot therapy can come in the form of hot tubs, saunas, steam rooms/ sweat lodges, and even just hot showers.

Heat relaxes the muscles and releases tension. It also causes our blood vessels to dialate in our extremities in order to release heat. It induces sweat, which is a great way to cleanse and detoxify the body.

Recent science demonstrates that high heat exposure, such as in a hot sauna, produces a stress response in the body that fights cancer. Enduring cold temperatures does the same.

Cold therapy, in the form of ice baths, cold air exposure, cryochambers, and cold showers, are equally if not more powerful.

In addition to the anti-cancer antibodies, cold exposure increases the bodies ability to produce its own heat. In other words, to produce energy.

Cold constricts the blood vessels in the extremities in order to pull blood and warmth into the organs to keep you alive.

Going back and forth between hot and cold temperatures, such as from a hot sauna to an ice bath and back a few times, causes your body to move blood from your organs to your extremities and back again. This exercises your bodies circulatory system and purges toxins from your organs which can then be filtered through the liver.

A simple way to alternate between hot and cold is to go from a hot shower to a cold one three times, ending on cold. You will be amazed by how warm your body is getting out of a cold shower in this way, as your body has been generating and moving energy in response to the temperature changes.

Cold and heat endurance also has a mental and even spiritual aspect. Withstanding extreme temperatures for a prolonged period induces stress not only to the body, but also psychological stress. Enduring stress in a controlled environment gives us mental and emotional resilience. Withstanding the everyday stresses of life becomes easier.

Safety

Always be safe and listen to your body when working with hot and cold therapy. Build up your tolerance and don't push yourself too hard too quickly. Avoid cold therapy if your body is fighting a cold or flu. You should never expose yourself to cold to such an extreme that it could lead to frostbite or hypothermia. If you feel any symptoms of either, you have already overdone it. Stop immediately and warm up! Do your research and work your way up before attempting extreme cold, like a frozen lake, or a prolonged ice bath.

Make sure you are well hydrated before exposing yourself to hot temperatures. Because hot temperatures move blood to the extremities, be careful when standing up, as blood can rush out of your head into your dilated blood vessels, and can some times lead to fainting. Never expose yourself to heat to such an extreme that you could risk heat stroke. If you get a headache or any other symptoms, get out immediately and cool down.

With practice, patience, and proper knowledge, however, you may be amazed at what you can withstand, and how amazing it makes you feel.

FRUIT DETOX

I learned this from the amazing Dr. Robert Morse, who helped me transform my life and health with his incisive knowledge of detoxification and chronic illness.

His recommendations basically take two forms:

1. Eat a diet of 80% fruit until you feel better.
2. Take a 10-day mono-fruit diet.

I've done both of these and they are both incredible in their ability to heal the body.

Both are a bit extreme, but if you have chronic issues as bad as I did, they represent a tiny sacrifice in exchange for the relief experienced. This sort of thing is also great for developing greater discipline.

For eating 80% fruit, the rest of the diet should be small vegetarian portions with a few healthy fats and proteins. You get plenty of carbs from the fruit.

People's usual question is "what about all that sugar?!" However, sucrose in its natural form in fruit is quite fine for most people.

Fruit is the highest vibrational food on the planet. It's beautiful, it's bright, it tastes great, and it makes you happy to eat it!

It is easy to digest and gain energy from, and if it's organic, it contains no toxins and contains nature's cleanest, most high vibrational water.

I did an 80% fruit diet for over 2 months a few years ago and it was instrumental in digging me out of the hole of poor health that I was in. The other 20% were made up of quinoa, salads, olive oil, nut butter, hemp protein, yogurt, and the occasional soft-scrambled egg.

If you aren't trying to lose weight, as I wasn't, the hardest part of this diet is getting enough calories from fruit.

2000K from fruit represents a LOT of volume. I basically ate two meals a day with lots of snacking in between. Here is a photo of a typical breakfast for me during this time:



I generally would end up not getting enough calories to maintain weight, and did lose some weight. However, after this time, when I tried to gain weight, I put on lean muscle mass more easily than ever in my life. My body was free of toxins and ready to build.

A 10 day mono-fruit fast is a remarkable thing as well.

Pick a fruit that you love, which is plentiful and in season.

Great candidates are pineapple, papaya, melons, grapes, and dragonfruit.

Sure, this is not a "balanced diet" nor is it meant to be. You have a lot of nutrients stored in your body, and will replenish them after 10 days. This is a cleanse. Your body will get to know this fruit very well, and how to digest it and take energy from it efficiently.

In South American Shamanism, there is a concept of a 'dieta' that is for the purpose of communing with the spirit of a plant the same way.

People will make their diet very simple and then commune with the one plant for a period of time. This is done with plants such as roses, tobacco, rosemary, or anything else you wish to create a relationship with.

A 10-day mono-fruit diet is similar. This fruit will become your friend and ally. With nothing else in your body to distract you, you will get to know it on a vibrational level.

It is also extremely cleansing. In her book *The Grape Cure*, Dr. Johanna Brandt talks about how after trying everything, a mono-fruit grape cleanse cured her cancer!

WATER FASTING

There are 4 mistakes you can make fasting. I've made all of them.

1. Not starting right.

Starting a fast after a day of dirty eating, overeating, drinking, or otherwise not setting yourself up for success. This is the least harmful mistake as all it is likely to do is make your fast that much more difficult.

Fasting cleans your body, but it doesn't do so magically. It does it the usual way your body cleans itself and accelerates it.

This means every toxin is still being processed through your liver, and your liver will be working on overdrive.

Starting a fast after a day of fast food is going to make you feel worse. Its going to make the food cravings more difficult. It's going to make the spiritual good feeling take longer to arrive at. Do yourself a favor and start your fasts right.

2. Doing too much, not listening to your body

This is a tough one because people have responsibilities and lives to live. Don't try to do too much. Don't set yourself up for "needing" to accomplish x y and z activity that you aren't sure if you can do if you are exhausted.

Unless you are highly experienced and really know your body and how it will react to the fast, you should be taking time OFF. Don't schedule work, don't go on a hike. That doesn't mean you can't go on a bit of a walk or get some work done, but to be safe you need to be able to call it off at any moment. Not have to power through another 3 hours of meetings, or hike a mile back to your car, which really could be dangerous.

3. Breaking your fast too quickly

Don't underestimate the consequences of this mistake. Imagine powering through a 3 day fast, feeling accomplished, feeling amazing in your body, only to eat too much too quickly and spend the next three days feeling like a constipated idiot. Or worse, creating a serious health problem.

Your digestion is going to shut down during a fast. It needs time to warm back up.

After a 36 hour dry fast last summer, as I was breaking the fast I had some anxiety come up. Normally, I do not stress eat. But that day that anxiety felt like a hole inside of me, and I tried to fill it with food!

Basically, I ate the right things in the right order, but about 4x faster than I should have.

Fasting involves risk to your health. Every aspect of safety must be taken seriously or you will suffer serious consequences. Do your research, make a plan, and stick with it. Don't let your impulses or emotions get the better of you! The discipline of fasting is one of the most important parts of this ancient art and science for healing the body.

WATER FASTING

Water fasting is an ancient tried and true method of cleansing the body and repairing the digestive system.

You know how if you work out super hard you might need to rest for a day or two? For everyone who has never fasted before, your gut is dying for a rest day!

Food intolerances can even be cured by water fasting.

To do a water fast, simply eat nothing, and drink nothing but water. Most people should be able to start with a 36-hour water fast. Simply stop eating at around 6 pm, drink only water the next day, go to bed, and wake up at 6 am or so, and break your fast.

Water fasting is similar to fruit detoxing in preparation and breaking the fast, but it demands more as it is more intense.

To make your water fast as easy as you can on yourself, eat light the day you are starting your fast. You can still eat a lot, just eat healthy and spread your meals out so you are not stretching your stomach!

Properly breaking a fast is extremely important. I once broke my fast too quickly and ate too much before my digestive system had a chance to warm back up, and became quite constipated. It made me feel like I had negated all of the benefits of my fast!

So take it very slow. For a 36 hour fast here is a good schedule for breaking the fast:

6 AM: Drink a large glass of water with lemon or lime

7 AM: Drink a small glass of juice

8 AM: Drink a small amount of broth

9 AM: Eat a small piece of fruit

11 AM: A little more fruit

1 PM: Eat a small, healthy, vegetarian meal

Dinner: Eat a normal-sized healthy meal

For longer water fasts you need to spread this out longer. For example, some people will have an entire day of only juice, starting with the juice watered down.

Dealing with Hunger:

If you have not done this before, you are going to be subject to psychological struggle more than anything else.

Many people will feel that they will become so weak that they will die, even though people can survive several weeks without food! Your brain may tell you to panic. It may tell you that this was a terrible idea. It may tell you that you are completely famished and MUST eat.

This is all just psychological. Your body not only can survive without food for FAR longer than 36 hours, but its going to be incredibly healthy for you to do this.

To deal with this hunger I have 3 suggestions:

1. Drink more water
2. Distract yourself with something else
3. Learn more about fasting by reading or watching videos.

When I did my longest fast, something that really helped get me through was binging on videos on fasting, especially videos of people who were currently on much longer fasts than I was on. I remember watching videos of a woman on a 10 day DRY fast and that helped me push through. Its truly amazing what people can do! (Warning, fasting is something you NEED to work your way up with. Do not attempt some herculean fast before having done some beginner fasts. You could really hurt yourself or worse!)

FASTING MENTALITY

Fasting is never a time to get macho and push yourself to the Nth degree.

At the same time, when you are a beginner, you may feel that you have to push very hard to get through a 24-hour water fast, which is supremely safe, and want to give up. This is where learning happens. You learn your body. You learn to tell the difference between hunger and cravings. You learn the difference between the mind telling you to stop because it's uncomfortable, and the body telling you to stop because it's actually struggling.

Fasting requires a monk-like mentality, not a warrior mentality. The warrior in you can push through anything. It ignores discomfort. It can climb a volcano on a broken ankle because you have to get to save your family. Bringing that mentality to fasting is like bringing that mentality to the russian roulette table. Don't do it.

The monk mentality can wait for a bus for 4 hours without getting bored or frustrated. The monk can go inward, and enjoy the infinite nature of your being sitting anywhere. The monk mentality can feel feelings and learn to understand them. The monk listens to his body. The advanced monk can even control his body in ways that the rest of us do not understand.

For fasting, be the monk. Not the warrior.

DRY FASTING

A very advanced and very powerful way to use fasting for healing is the dry fast. A controversial practice, considered dangerous by many, dry fasting consists of abstaining from all solids and liquids including water. This practice should not be attempted without first being very experienced in water fasting, and without doing your own extensive research.

When animals get injured or sick in the wild, they often dry fast for one to three days in order to accelerate healing.

This should be done at one's own risk, like all of these modalities, and possibly with the consultation of a medical professional. Because of the potential dangers, this chapter is not meant to be a comprehensive guide. Safety in dry fasting includes starting well hydrated, managing electrolytes, listening to your body, and careful breaking of the dry fast. Ignoring or mismanaging any of these can lead to damage to the body, and on rare occasions, people do die during fasts and dry fasts.

However, I will share with you a few of what I consider to be important practices to guide your own research. Proceed with caution!

All of that being said, I consider this to be one of the most powerful tools in my toolkit. I have done a number of 36-hour dry fasts to great effect. This seems to be a time period long enough to allow for major detox, and short enough to minimize risk.

To be perfectly clear, chronic dehydration is a real problem for many people. It is extremely important that you be very well hydrated BEFORE starting a dry fast! Don't start a water fast after eating nothing but junk all day. You need to start a dry fast clean, well-nourished, and well hydrated.

To think of it another way, its like holding your breath. You wouldn't go for a long breath-hold without taking several deep breaths to oxygenate your body. After a dry fast, it is also extremely important to hydrate very deeply. The dry fast will have teased out toxins from deep within your cells into your bloodstream. You NEED to hydrate very well to flush that through your liver and finish the cleanse.

Another thing I have done to great effect is to stick a water or juice fast on either side of the dry fast. The most advanced and powerful fast I have done was planned to look like this:

1 day raw fruit
1 day juice
1 day water
36 hours dry fast
1 day water/ juice
1 day raw fruit

However, about 18 hours into my dry fast, I took a short walk in the hot sun and experienced heart palpitations. I immediately went inside and lied down, and drank a small amount of water with some salt dissolved in it to replenish my electrolytes. This helped me to feel better, but to play it safe I decided to end the fast early.

Over the next 8 hours, I had water with little pinches of pink salt, and then I started drinking juice. The next day I started eating fruit.

Given that this practice has its potential dangers, it is really, really important to listen to your body. Its normal to be tired. But if you are getting dizzy, heart palpitations, or experience anything beyond tiredness such as forgetfulness, you need to begin rehydrating.

A 36 hour dry fast can be a great way to quickly detox on a very deep level. Studies show that autophagy, the cleansing state in which the body starts breaking down its own cells for energy, is achieved 3x faster than in a water fast.

This means that autophagy is achieved within the 36 hour period.

Additionally, the body will break down damaged fat cells to use the water for organ operation. This makes dry fasting particularly powerful for weight loss.

For those of us not looking to lose weight, a 36 hour dry fast equals a 108-hour water fast and allows refeeding much sooner for a similar amount of detoxing.

One of the greatest risks and most complicated aspects of dry fasting is an electrolyte imbalance, which can affect the heart and the brain. I am not qualified to give guidelines for how to do this safely. However, there is some great information available on how to do this safely. You may also have a doctor who would be willing to help you and monitor your.

All of this being said, I felt it was important to share this healing modality with you because of how powerful it has been for me.

MEDITATION

Many volumes of texts have been written on the subject of meditation. I'm going to give a brief introduction to three kinds which have been amazing for me. Know that there are many other kinds of meditation which may be more to your liking!

Many people try meditation once or twice and decide that they don't like it. That was me once. However, I learned that there are as many kinds of meditation as there are flavors of ice cream, and there really is something for everyone.

For me, the "think of nothing" meditation is not the business. I find my bliss in movement rather than stillness. For others, stillness is the bliss. Experiment! Explore the inner realms and find what feels good.

1. Focus on the Breath

One meditation that works great for me is to focus on the breath. Actually, a lot of meditation that people think is about "thinking of nothing" is really about focusing on the breath. One way to do this is to focus on the sensation of the air passing through your nostrils.

After finding a comfortable, peaceful place with no distractions, tune into that sensation. Allow the rest of the world, physical, mental, and emotional to fall into the background. Focus on that sensation. The breath is our connection to the world. Our nostrils become a gateway between our inner and outer world. Going deep into this meditation, the boundaries between "out there" and "in here" begin to dissolve! You can experience a feeling of oneness, in which your nostrils are simply a gateway between two worlds, which are truly only one world.

2. Visualization

My other favorite meditation is visualization. This is a very active meditation which uses your imagination to take you on a journey. There are two kinds of visualization meditations which I find VERY beneficial: visualizations to inspire deep calm, and visualizations to manifest what I want in my life.

To inspire deep calm, you can take yourself on a journey to a place of peace and beauty. When I was a teenager I came up with a meditation in which I would follow a creek through the woods, to where it cascaded into a deep cave. I would lower myself into my cave in a bucket on a rope, and there was a hammock there over this underground lake. (I learned later that this is called a cenote!) It was very peaceful down there, and nobody would bother me. Nobody else even knew about it! It was mine.

This meditation helped me tremendously in those days, and to this day 20 years later, I still go back sometimes when I need to de-stress.

Your visualization could take you anywhere. High above the clouds, buried deep into a mountain, into the desert, or deep in the ocean. It's your imagination, and it can take you anywhere you want to go!

If you have trouble visualizing, don't worry. Be patient with yourself! It's a skill that gets better with practice. And perhaps you are less visual and more auditory or tactile. You can use any senses you want to help you create this mental space.

Using visualization to manifest what you want in life is a tried and true magical practice. For this, you will use all the same tools as above, except you will be picturing yourself getting what you want.

You can see yourself getting a job, having a child, finishing a marathon -- whatever it is you are working towards in your life, visualizing it can be a powerful tool to help you get there. I also find that visualization of this kind can help me better understand what it is I truly want in life. When I put myself in that space, it's almost like trying it on. Am I sure I want this job? Or is it the financial stability that is important? Are there any other opportunities in my life for me to get that stability I really want?

Finally, there is what I call heart centering meditation.

For this meditation, I put my hands on my heart, and focus on the energy that is there. What does my heart feel like? Does it hurt? Does it feel closed off, or open? If it feels closed, how can I allow it to open? Can I bring my center awareness down from my head into my heart?

This meditation takes practice, but it can be one of the most powerful practices we can do. Many of the ills of our world come from people living too much in their heads and not enough in our hearts. Our hearts have a larger electromagnetic aura than our brains! Our hearts also have a complex system of neurons -- pretty much brain cells! We can actually think with our hearts. Is this what people call intuition? There is much to be explored in the science of this matter.

But you do not need to be a scientist to get tremendous benefit from practices like meditating to center your awareness around your heart.

This meditation can be particularly helpful if you need to make a decision for which logic is insufficient. For example, "should I move to another country" can't be answered by logic. Your brain simply can't know what will happen when you get there! But your heart can guide you. This meditation is also excellent for helping resolve conflicts. Bring your awareness to your heart, and let it guide you.

EXERCISE

Most people at some point in their lives forget about exercise.

When I used to be depressed some part of me knew that if I was to run a mile every day, or do 50 push-ups every day -- something, ANYTHING, it would help. But I didn't do it.

Being depressed, you don't have the energy to exercise, right? But if you start, your body will adapt, and you WILL have energy.

Exercise is not just one of the very most important things for the human body, its one of the most important things for the human soul. It helps emotional health. It helps everything. And anyone can do it!

People LOVE to overcomplicate this. They spend hours making plans and looking online for the right supplements, buying equipment, and on and on. All of this is little more than a trick of your brain to keep you sitting on your ass!

Calisthenics require nothing but your body and has some of the best exercises in the world.

The key to fitness is to make it part of your lifestyle. It's just what you do. Every day you wake up and you do x, y, and z.

You don't take days off because you are tired or busy, you take them off because you scheduled a rest day.

This requires discipline. How wonderful! We can work on our discipline as we work on our fitness.

I'm not saying its easy. If you are undisciplined and out of shape, as I once very much was, it can feel nearly impossible. It isn't. You are just out of shape and lack discipline.

Let me tell you something: the satisfaction of going from Instagram hunk to slightly more buff Instagram hunk? It's not that exciting. But going from undisciplined and out of shape to making fitness a part of your lifestyle and being more fit than you've ever been? That is earth-shaking! It will change your life. Nothing will appear as difficult to you when you have conquered your apathy and laziness around fitness. I guarantee it.

YOGA

Let's demystify this for a minute: Yoga is just advanced stretching.

And yes, it can get REALLY advanced. It can be standing on your head with your legs in lotus position. It can be moving your kundalini (life force) energy up your spine using ancient breathing techniques.

It can also be just spending 30 minutes in your body, moving it and getting your muscles to open up a little bit.

Where would I be without yoga? Quite possibly dead or in jail.

Trauma gets stored in the tissues of our body, which become acidic, tense, and less elastic. Energy becomes stagnated, trapped, and volatile. This is the source of addiction and violence. Violent outbursts are from volatile energy exploding. Addiction comes from using substances to avoid our energy, rather than work with it.

Yoga is about moving that energy through moving the body. Tai Chi and martial arts can work similarly. Yoga is like a martial art you perform on yourself.

There are many kinds of yoga designed for different things. There is restorative yoga, perfect for those who are very tense and out of shape, or for those recovering from a long hike.

There is hatha yoga, kundalini yoga, vinyassa yoga, and many more kinds with fancy names. They all have something to offer.

In Hindi, Yoga refers to any discipline designed to achieve spiritual insight, especially through the control of the body and mind. Yoga is more than just stretching, as it involves letting go of your day, your stress, your worry, and just living in the body. Live in the pose.

This practice has been around for thousands of years for a reason!

RISE WITH THE SUN

Humans are diurnal animals, meaning we sleep at night and are active during the day.

I used to be a night owl, and I thought that was just the way it was. However, changing that has been an amazing improvement to my life.

Getting up early is a bit like cold showers: those who don't want to do it often hate to hear others talk about why it's so great! This used to be me. I would actually get angry at morning people hahaha. I'm not telling you to do anything -- perhaps the night owl life is right for your spirit! If so, more power to you!

And of course, not everyone CAN do it. Some of you work late or have other reasons. It's all good!

For me, getting up with the Sun and going to bed soon after dark helps me on many levels in my life. It took some time to get used to, but now it feels so natural.

I actually like getting up before sunrise. It's a great feeling to know I'm up and doing my thing while almost everyone else is still sleeping! And where I live the sunrises are spectacular!

But rising with the sun, and winding down when it goes down, is what we would do if we lived in nature as our ancestors did. Without electric lights, they used to make do with candles, lanterns, and campfires. Before our ancient ancestors used fire, they would be cast into darkness along with the rest of the natural world, relying on the moon and stars for light.

Living as many of us do in the modern world, we are taken out of our natural rhythms. Rising with the sun is one way we can get back in tune with nature. Before long, one can feel one's connection with these natural cycles. Those loud as hell birds at 6 AM that used to be a nuisance become a welcomed blessing! The guy with the leaf blower at 7 am? Still annoying, but at least you can smile knowing you were working a full hour ahead of him! (That slacker!)

One of the best resets I know about is to go camping by yourself for a few days. Out in nature, it feels natural and correct to wake with the sun, and go to sleep just a few hours after sundown. For some of us who are really wound up, it may take longer. But its remarkable how quickly our bodies tune in to the natural rythms.

DOPAMINE DETOX

The dopamine detox is probably the most necessary and underrated practice for anyone who uses a smartphone.

Our modern world is full of drugs.

Sugar, caffeine, and little dopamine rushes our phones are designed to deliver to us all day long. We get addicted to things like Instagram, getting "likes", seeing bright and shiny and exciting things coming out of our phones all day long.

Dopamine is our natural feel-good chemical. It's responsible for our wellbeing. When it's being artificially stimulated all day long, something very horrible can and will happen to us: the natural things in life that should cause us to release dopamine and feel-good stop working.

Things like seeing a beautiful sunset. Hugging your mother. Making a soup and it turning out really good. These things can literally lose their ability to make us feel good because we are bombarding our brains with artificial stimulation all of the time!

Its like with sweets. If you eat a perfectly ripe, crispy apple, it can be one of life's great joys. The flavor, the texture, the memories it brings up, all of these things can, and should, set our brains humming with pleasurable dopamine.

But if you have been eating flavor blasted Doritos and sour punch straws all day, it's not going to have the same effect.

Just like we need to detox our bodies from harmful chemicals through clean eating and fasting, we need to detox our minds from artificial stimulation.

A dopamine detox is just this: No screens. No sugar. No Alcohol. No porn or masturbation. No junk food.

That's the basics of it. You can go further if you want! If you are "addicted" to podcasts, give that up too.

How long is up to you.

What do you do instead? (If you have to ask, you probably really need this!) Go outside! Exercise. Read a real book. Talk with friends. Clean the house. It can really be a fabulous day or even week.

One of the most challenging fasts I've ever done was a dry fast and dopamine detox on the same day. That was self-deprivation! I didn't even have the energy to go outside or exercise! I could basically read, or lay about doing nothing. At some points of this, I felt like I might lose my mind! But afterward, I felt so accomplished, and it really reset my whole system!

Where to Find Me

I work with people 1:1 as a certified life coach specializing in radical life transformations and trauma recovery. While there is limited space available, you can apply to work with me 1:1 from my website:

alexwhite.netlify.app

I also have an active YouTube channel about healing from trauma on the personal and collective level:

youtube.com/channel/UCFlvAwDouMS3OjBPU16uF7w

And you can find me on Instagram striving to use Zuckerberg's censorship-filled spy apparatus for the greater good here:

instagram.com/alexwhitecoaching/

May you be blessed in your journey with all that you dreamed of and more, and may you surprise yourself with the positive impact you will have. I believe we can bring the world out of darkness, and that you will be an important part of that transition, which is one of the most important things in the history of the universe.

We are not so small and insignificant as they would like us to believe. We are powerful co-creators of reality. We have come to this pivotal place and time for a reason. We are warriors and light-workers. We have the power of all of our ancestors standing behind us. We have the power of the light of creation flowing through our bodies. We came for this. Now let's show 'em.