

# THE GUIDE TO HOLISTIC FITNESS



By Sheldon Gerard Ginsberg

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The Guide to Holistic Fitness  
Sheldon Ginsberg

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Join us for an Adventure into Humanity's Collective Unconscious!

Evolution's Hero is a transformational journey unlike any you have ever read!

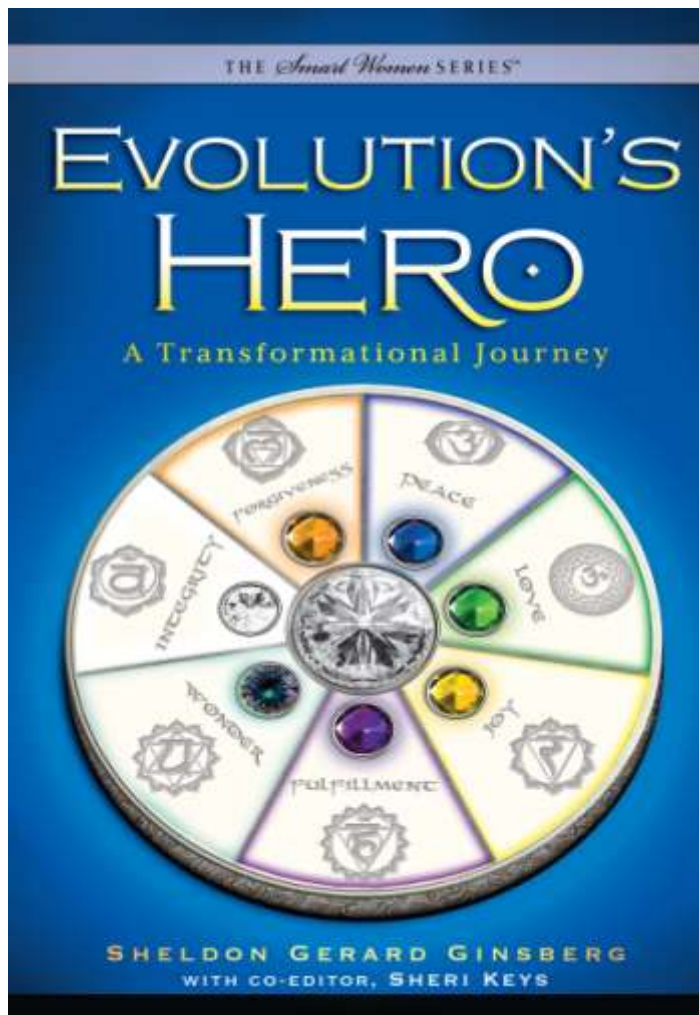
Evolution's Hero has helped families heal with its unique combination of self-help and fantasy. Based on the techniques found in this book, Evolution's Hero is more than just a story... it's a movement in the making.

Joan Kaiser, Nancy Fine and Victoria Stiller learn that the forces of darkness are plotting to not only enslave not their three sons, Patrick, Darren and Adam but also the entire Human Race. To stop this from happening they must journey to the fantastic realm of Humanity's Collective Unconscious to confront the embodiment of Misery, Fear, Greed, Judgment and Temptation who have infected the world's deepest thoughts and feelings.

Unfortunately, before they can take this journey, each mother must first confront and heal their personal issues and inner demons.

Enter master healer, Nicolas Jackson and super-hero/healer Ragnar Whitestone who provide the training in mystical Tibet with real-world healing techniques and philosophies based on Energy Rejuvenation Therapy™.

**To order your copy visit [amazon.com](http://amazon.com)**





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## **Dedication**

To All Creators

*I believe that each of us are creators and that these parts of us wish to come out and express themselves for the good of all. This work is about unlocking the potential within each of us to fill the world with our greatness! I believe we are all great. We just need a chance to prove it to ourselves. All that is required is a desire.*

## Introduction

Why are you alive?

What do you like about life?

Is it the moment-to-moment excitement that your life offers that interests you?

Is it the potentiality of new experiences on the horizon that keeps you moving forward?

Is it the promise of experiencing your life in a new and fulfilling way that motivates you to learn more, see more, and be more?

What is the experience of being alive like for you? Do you enjoy being you? Do you enjoy the experiences that life offers? The ups and the downs?

Life is an experience. The recipient (and author) of these experiences is you. This “you” includes your body and your mind.

If we stop for a moment and examine the nature of life, we could say that the experiences we have occur *within* our body/mind because of what our body/mind experiences in the outer world.

Our outer experiences trigger within us a variety of inner sensations and feelings. It is in feeling these elements of life that we find either pleasurable or painful experiences. How we meet these experiences determines if we are enriched or diminished.

This leads to the question, why are you on the planet?

Are you here to just survive and get by or are you more interested in really living your life to its fullest?

I mean the kind of life that fulfills you, motivates you and inspires you.

Are you here to contribute your gifts to the human race or are you here for another reason?

Having a fulfilling life in this world requires work. It requires commitment. It is no different from the work or commitment you make towards exercise or attaining any goal in life. The benefits from hard but meaningful work is often fulfilling in itself.

This book has been written to help you not only understand, navigate and harness your inner world but also to help focus your daily thoughts and actions towards healthier behaviors such as exercise and better body awareness.

The major benefit of tying in our physical goals with inner world goals is tremendous! This multi – level health and life approach incorporates all the benefits from fitness training such as:

- Tightening and toning
- Weight loss
- Increased strength and power

- Improved flexibility
- Enhanced cardiovascular endurance

Beyond these goals, this approach also provides you:

- Greater available daily energy
- An improved ability to consciously use your body
- A greater practical understanding of how your unique body and mind functions
- A deeper ability to adapt yourself to life's ever changing conditions
- The opportunity to transform your weaknesses into strengths

The road to understanding how to live in this way requires new definitions and new ways of thinking.

To begin let's define true health.

**True health is the acceptance of our physical, mental and emotional natures.**

Let me explain – There is no separation between our bodies and our minds. They are one.

Now to be clear, the mind I am referring to is the part of you that thinks thoughts. It is the constant labeling process you use to describe what happens to you, what does not happen to you, what you want, and so on.

The body is the part of you that experiences emotion, feelings and sensations.

The seeming difference between these two aspects of being human is that the mind uses words to think while the body uses the language of feelings and sensations.

The brain and the body work in concert to produce the experience of your life. Without the body, the brain has no senses to gather information. Without the brain, the body has no way to process this information.

The point is one is not more important than the other.

The problem is we have decided that the body is not as important as the mind and so we tend to ignore or repress the sensations and emotions of our bodies in favor of "rational" thought.

The reason why the body's "thinking" is deemed "irrational" is because we have not been taught how to evolve this powerful aspect of ourselves and, therefore, its actions or needs seem to make no sense to our ordered rational perception.

The result of this perception is that this "irrational" thinking of our bodies remains repressed and unexpressed. Repression never lasts for very long for rebellion becomes the eventual result of repression.

This rebellion can manifest as behavior problems, depression, pain, and ultimately, disease.

As these problems take hold, we often seek out a health professional to "fix" us.

However, if you take the time to really get to know the language of your body and learn how to navigate within its world you become highly sensitive to your body's needs.

*The Guide to Holistic Fitness* is based upon the premise that you are your own best healer.

Since you are the only person living in your body, there is no one better suited to understanding your body's needs, strengths and challenges.

We believe the real key to optimum health is through accepting that you are an evolution in process. Whether you are conscious of this evolution or not, you are evolving. For example, good posture gets better while poor posture worsens over time.

The focus of this guide is your evolution and development.

## Chapter 1 - The Guide to Holistic Fitness

This guide is the result of my personal and professional evolution, experience and knowledge.

This program evolved as I worked my way from physical therapy clinics to offering my services in health clubs, spas, country clubs and resorts. As I worked with my clients, I found myself easily able to understand and apply various wellness techniques to address their in-the-moment needs and unique lifestyles. I have been a top trainer and fitness manager at Equinox on 63rd street as well as the Director of Fitness at a residential club and spa. I was both the Guest Services Manager and Energy Healing Practitioner for Canyon Ranch Miami Beach. I offered my work in Cancun's Pariso de la Bonita and in country clubs in the Palm Desert area.

Being someone who was naturally interested in evolution, I gravitated towards many fitness and health techniques to improve my understanding of the body and how to better serve my clients. Learning along the way was a very pleasant experience as well as being beneficial to me because of the personal growth that resulted from it.

### My Personal Path

At the time I develop this program, I was living in NYC and getting to know the opportunities living in the big city. Eventually I found myself in environments, which encouraged individuality and self-expression. I began taking courses that encouraged taking responsibility for one's feelings and actions.

### The World of Personal Fitness Instruction

Because of what I was experiencing, I began questioning everything I knew about health. This questioning eventually led me to look at the world of personal fitness instruction. I soon realized that having my clients lift heavy weights that stress their already overly stressed system did not appear to be the health I believed we needed.

True health, I had decided was an acceptance of our physical, mental and emotional elements. With the information I had obtained and experienced, I knew that acceptance leads to mental, emotional and physical health.

My observations led me to understand that external stress becomes internal muscular tension. My clients were under such large degrees of stress that they were unable to perform the traditional exercises without compromising their body in some way.

### A New and Fully Conscious Technique

I soon began to develop techniques to first reduce this tension and then follow it up with guidance to help them move with more freedom. Thus began the development of DeStress Therapy aka Energy Regeneration Therapy (To learn more about this virtual and in-office service visit [www.energybasedhealth.com/therapy-sessions](http://www.energybasedhealth.com/therapy-sessions)).

As my own personal evolution thrived, I began to examine other aspects of fitness and exercise. I questioned why we do it, why it is boring and what can it be used for along with what motivates us, what limits us, and what we really want.

I soon began to create my vision of what exercise could be. I believe it has lost its focus as a tool of personal development and has become something we do to avoid getting fat or getting old. It has become a chore and a stressful chore at. The details involved in working out “correctly” have filled many books, taken up much media time and created a neurotic outlook which limits personal growth and individual expression.

Ultimately what I wish to create is a form of physical movement and exertion that helps us improve attributes, which can directly help us improve our station in life. I am interested in taking the power away from others and re-instilling it back inside each of us where it belongs. Each of us is powerful in ways we cannot even imagine but this power is buried under layers of emotional debris. I wish to transform how we use exercise to promote the things truly important to our lives.

The road to this transformation begins with this simple understanding:

**Pain causes the body/mind to close down.  
Pleasure causes the body/mind to open up.**

The result of a closed body is it:

1. Reduces the amount of body awareness we have
2. Prevents a deeper understanding of ourselves
3. Diminishes our ability to cope with our emotional natures

An open and flowing body has:

**Greater body awareness** – The more aware you are, the richer your moment-to-moment experiences of life become. Greater awareness also brings a greater self-acceptance and empowerment to make powerful choices based upon your highest aims.

**Deeper self-understanding** – This understanding stems from greater awareness. The more connected you are to how you feel and think, the more you are able to learn how you create your life from the responses of each moment.

**Better emotional coping skills** – The challenges of emotional tolerance can be the difference between a healthy flowing body and a blocked and unbalanced one. This emotional freedom opens you to newer ways of experiencing yourself and your life.

### **How It Works**

Practice makes perfect. This is because anything we do over and over again becomes ingrained in us. This is how we evolve. Once you understand this concept, you can see, the more unaware you are of your body the more unaware you will remain.

Now, many of us may have good reasons to avoid self-examination for it may require facing a great deal of pain. However, the price of avoiding what is inside of you affects not only your life but also the lives of all you touch. If you are negative, you will spread your negativity to others. Not only that, but if you continue along this negative path your ability at being negative will improve.

The question is do you want to do your part to make this world a better place?

While the task of facing emotions and feelings may be unpleasant, no matter which way

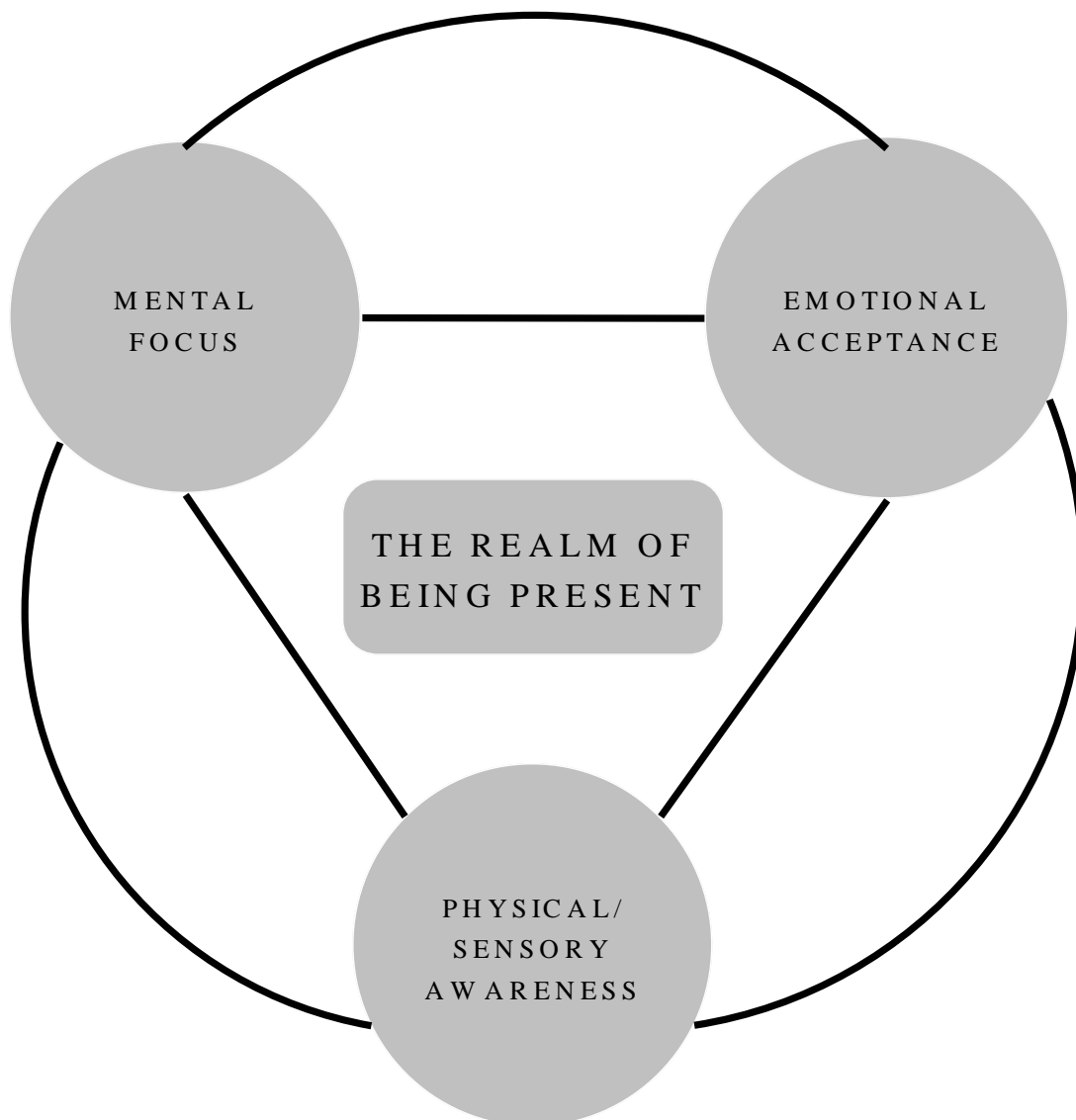
you slice it, you cannot ignore those emotions for long and remain healthy. Eventually they will find a way to surface and cause you problems.

On the other hand, there is a great deal of pleasure and learning found within being with our emotions. They make life worth living! They can take you to places within yourself that transform your understanding of yourself and what's important in life.

The dual nature of emotions is something that can be harnessed to improve our understanding, experience and love of life. So, let's stop making excuses about our emotionality and instead let's find a way to make it work for us.

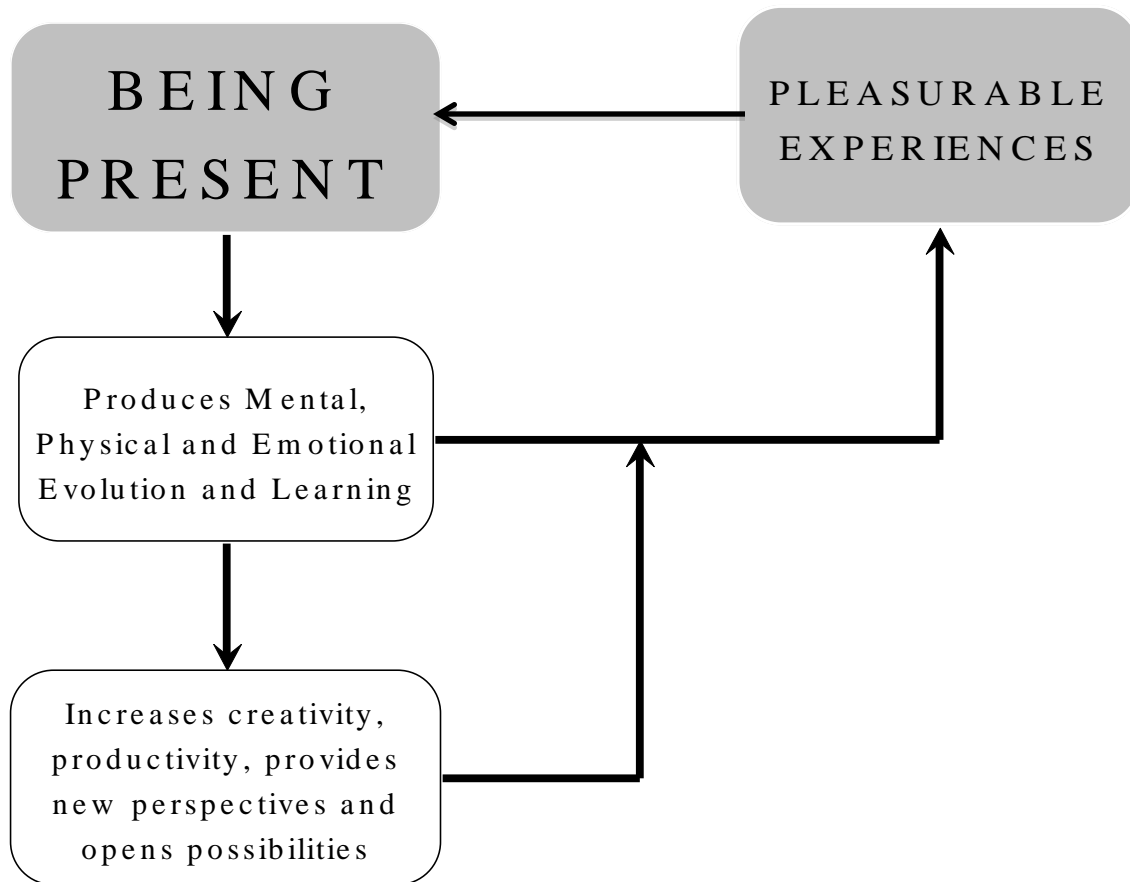
Harnessing this power requires understanding what *being present* means.

Being present is the living experience of mentally focusing on our physical presence (both what's happening inside and outside of us) while practicing emotional acceptance/observation. This is not just an inner focus but also an outer one. We are not shutting off any sense and instead we are embracing all we, have moment-to-moment.





When we begin to become fully present to ourselves and our circumstance we start to learn about ourselves. Learning something new is always exciting! Learning about yourself is always exciting! Experiencing yourself in new ways is always exciting!



The more we focus ourselves in being present, the more we open to new possibilities we may not have considered before. As we open to these new possibilities, our lives expand. Expansion provides the opportunity to make new choices. New choices provide us with even more information and experiences for us to learn and grow.

Eventually this relationship between being present and pleasurable experiences evolves. Once this happens another flow begins to develop.

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