

# VIBRANT VITALITY

*Harness The Secret Energy Within*



**Chris D'Cruz**

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# Introduction

Do you feel tired all the time? Are you exhausted or find a hard time getting out of bed in the mornings? Well, I have the perfect solution for your problems and reveal to you how to get more energy. Through extensive research and my own personal experiences, I have discovered the best ways to remain energetic and vibrant every day.

In today's modern world, having a fast-paced life and a high-stress job is likely. A result of such a lifestyle is a regular feeling of tiredness and weariness, leading to poor health and mental exhaustion. Feeling tired all the time is common, but it is also very easily solved.

Energy is a finite resource. Our bodies produce adrenaline and endorphins to give us the energy required to carry out our daily tasks, but it also requires time and rest to recharge the inner batteries. **The Vibrant Vitality** is a guide on how you can increase the amount of energy available to you and how you can reduce the downtime required for your body to recharge to its maximum capacity.

Keep in mind that a lack of energy can be very subtle. You might not be bone-tired all the time, falling into bed every time you get home from work. Sometimes, a lack of energy results in a lower drive to get things done, a lack of motivation and desire to do all the things you love.

This low-grade energy drain is caused by many things – energy-zappers that exist in your environment (the home or the workplace), a high-stress working environment or even a lack of time management. However, every energy-zapper that might exist in your life is easily dealt with and overcome.

There is no surefire method to gaining more energy that will work for everyone. Your bodies are unique and have different metabolisms and requirements. The comprehensive guide below will provide you with a variety of methods that will enhance your energy levels. Find the ones that work for you and your schedule. Implement them into your daily routine, but also don't be afraid to mix them up to keep things fresh.

In this report, I will go through several ways to improve your energy levels and thus, improve the quality of your life. Firstly, I will give you a primer on detoxification and the removal of all the unwanted junk that is in our bodies, turning it slow and sluggish.

Then, I will introduce the amazing concepts of chakra and Chi, two ancient Eastern philosophies and the practices they inspired that will grant you amazing levels of energy, but also improve your health and give you peace of mind.

A balanced diet is also important to maintaining high energy levels, and I know exactly what you need. I have compiled a list of essential nutrients and supplements that will work in conjunction with the other methods in this book, for that added energy boost.

So if you're ready to get started, turn to the next page and begin filling up your personal fuel tank!

# Chapter 1 – Cleansing and Detoxifying Your Body

As wonderful as modern technology is, there is no avoiding the fact that some byproducts are harmful to the environment. But what mostly goes unnoticed is how these same byproducts are also harmful to your body, affecting the inner workings of your body and reducing its efficiency and output.

There are also times when we purposely put these harmful products into our own bodies. Fast-food, caffeine and processed snacks are wonderful, but have a long-lasting, unseen effect on our bodies that can be difficult to fix.

If you have been feeling sluggish and mentally slow, lately, or have been having unexplained skin problems, or aches and pains in your body, it might mean that you have a build-up of toxins and other unwanted substances in your body. A **body detox** is in order.

While detox (short for detoxifying), is a process usually associated with drug rehabilitation, it can also be used by the average person to improve the health and efficiency of your body's inner workings. Body detox is a practice that has existed for centuries amongst many cultures – including traditional Chinese medicine and ayurvedic medicine – and has proved to be effective and, most importantly, safe.



A body detox, simply put, is cleaning the blood and vital organs of toxins and other impurities. Most impurities and toxins are processed through the liver, but a detox will also clean your kidneys, intestines and lymph nodes. A good detox will have you feeling fresher,

brighter and more energetic, as your body does not have as many impurities to process, freeing up energy for other things.

## **What Toxins and Impurities Are In Your Blood?**

Toxins are introduced into your body through many sources. It most commonly comes from an unhealthy diet, or an abundance of caffeine or processed foods. The first step to detoxifying your body is to identify the harmful substances you indulge in and to cut down – or remove completely – the amount you take.

Examples of toxins are alcohol, caffeine, cigarettes, refined sugars and saturated fats, all things that can be found in the average household. Beyond food, you should also minimize the usage of chemical-based products, such as household cleaners, shampoo, soap and deodorants and switch to natural alternatives.

There are also toxins that are produced by your body naturally. Stress causes your body to trigger stress hormones and release adrenaline into your body, a product of the ‘fight-or-flight’ response our brains have. If this adrenaline is not released in a natural way (typically by strenuous activity), it will remain in your system, creating toxins and slowing down the detoxification process your liver undergoes.

It is advisable to reduce any stress-inducing events or to remove yourself from high-stress environments during your detoxification period. It is also advisable to use meditation, yoga or tai chi to increase relaxation and to reduce the amount of stress you feel.



## **The Detoxification Process**

There are many ways to detox your body. Plenty of detox programs and recipes exist on the Internet and are highly recommended by doctors and nutritionists. Many of these programs follow a 7-day schedule, as the entire detox process requires time for the body – especially the digestive system – to rest and recuperate.

A detox program generally uses a liquid or juice fast, in which you do not consume anything but juice or water for up to two days. Nutritionists recommend lemon, or cranberry juice. Other recipes for detox drinks can be found online.



## 8 Ways to Aid Your Detox Process

1. Eat a lot of fiber, such as brown rice and organically grown fruits and vegetables. Beets, radishes, cabbage and broccoli are high in fiber.
2. Take lots of Vitamin C. Vitamin C helps the body produce glutathione, a liver compound that helps remove toxins from the system.
3. Drink plenty of water. 2 quarts a day is the recommended amount.
4. Go to a sauna. Sweating helps remove toxins as well.
5. Exercise. Do yoga, tai chi or jump rope an hour a day to help ease stress and stimulate the body processes.
6. Protect the liver by taking herbs such as dandelion root or milk thistle, or by drinking herbal green tea.
7. Practice deep breathing exercises to help improve the body's blood circulatory system and allow oxygen to spread throughout your body.
8. Practice hydrotherapy at home. Take a very hot shower for 5 minutes, concentrating on your back and then switch to cold water for 30 seconds. Repeat this process 3 times and then relax on your bed for 30 minutes.



## Chapter 2 – Harnessing Your Chakra and Chi

You have probably heard or read about the concept of chakra and chi, and of people who can master this **life force energy** to accomplish great things. While this sounds like a fantasy story out of a comic book, the practice of harnessing your body's inner energies have been around for centuries and are still in use today.

The concept originates from Hindu, Buddhist and Taoist traditions, and is featured in yoga, tantric practices and the tai chi martial art. These concepts are not just limited to Eastern traditions, however. Very similar traditions and practices exist around the world, in places such as Hawaii (mana), and the Eastern Orthodox Church (hesychasm).

All of these different traditions focus on meditation, focus and concentration to harness this energy flow and to ensure that there are no barriers, physical or mental, that prevent this energy from doing its work. While the actual practices vary, the underlying concepts are the same and have prevailing effects on several cultures worldwide.

Harnessing this energy or life force will provide you with a larger reservoir of energy to use, which in turn will increase your health, your brain power and improve your physical attributes. One of the most common results of harnessing your life force is an improved reaction time as well as increased strength, endurance and balance.

While there are many different ways of accessing this internal energies and using them to your advantage, we will focus on the two most popular and long-lasting traditions – chakra and chi.

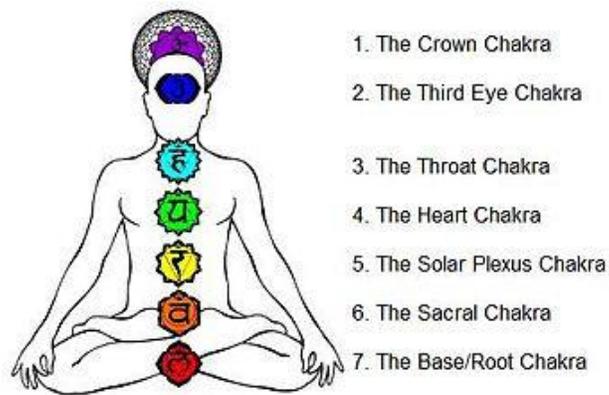


# Chakra

The concept of the chakra originated from Hindu texts that have existed since 1500 B.C. (making this tradition over 3500 years old!). The word chakra, when translated from its original Sanskrit, means ‘wheel’, or ‘turning’. This is representative of the concept of the wheel-like vortices that exist within the human body.

These vortices act like gates, allowing for the reception and transmission of energies. They are also called ‘force centers’ and are usually represented as wheels or flowers that expand outward.

The number of chakras that exist in the human body generally varies, but the most commonly accepted and believed number is of the seven chakras. Each chakra is responsible for and located at a different part of the body, as shown in the following image.



The chakras are parts of the subtle energy body, or the psycho-spiritual form of the human body, along with the energy channels (nadi) and the subtle winds (pranas). The seven chakras are aligned along a central nadi known as the Sushumna, which runs down or is inside of the spine.

Each of the seven chakras are said to control the flow of life energy and is believed to influence the bodily functions that lie near its region of the spine. The chakras also correlate to the basic states of consciousness and are the nexus of the biophysical energy of the human body.

The subtle energies of the chakra are explored through various methods such as acupuncture, reiki, aromatherapy, yoga and tai chi. The methods all focus on promoting the energy flow that are integral to the chakra system, in order to allow the human body and psyche to have balance and stability, allowing for an eventual state of deep realization and enlightenment. This is achieved when the *kundalini* (energy of consciousness) is allowed to flow from the root chakra all the way to crown chakra.

Modern scientists have also theorized that the seven chakras are metaphysical counterparts to the endocrine glands in the human body. The endocrine system is an informational system of glands that secrete hormones into the body. These glands are slow to activate, but the effects can last from hours to weeks. These hormones are responsible for the regulation of muscle growth and developments, metabolism, tissue function and mood in the human body.

The importance of the endocrine system cannot be doubted, as it regulates your mental and physical health. Mastery of the chakra allows you to be in control of your endocrine system, letting you induce these hormones into your own body for your own improvement. The final effect is that of physical health and strength, mental stability and peace of mind, leading to increased energy reservoirs to carry you through the day.

Each person concentrates on a different chakra, based on their upbringing, their natural inclinations and their everyday needs. To understand how to bring all your seven chakras into balance and to find out which of your energy centers are blocking the *kundalini*, you first need to understand what each of the chakras do.

## The Crown Chakra – Sahasrara

Sahasrara is the Thousand Petaled Lotus and is widely regarded as the point of pure consciousness. This chakra is located at the crown of the head, or above the crown and is represented by the color white. This chakra is associated with inner wisdom, enlightenment and the death of the human body and symbolizes detachment from illusion, which is essential to obtaining a higher consciousness and the connection to life force energy that permeates the entire universe. Sahasrara is the chakra from which all other chakras emanate and allows one to achieve a connection to the divine.

This chakra deals with the karmic release, physical action through meditation, mental action through universal consciousness and study and emotional action through inner peace. Meditating upon the Sahasrara is believed to bring about the *siddhis*, or occult powers, that allow one to do whatever they wish.

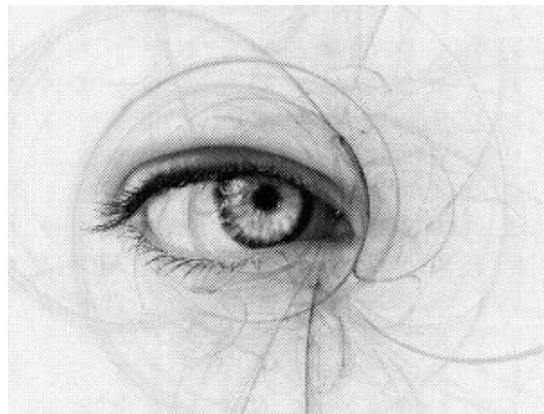
The crown chakra is believed to be the representation of the pituitary gland, which communicates with the rest of the endocrine system and connects to the central nervous system. In short, the crown chakra is responsible for making sure your entire body is able to function and is sync with the brain.



## **The Brow Chakra – Ajna**

Symbolized by a lotus with two petals, Ajna is associated with the colors violet, indigo and deep blue. Located in the brain directly behind the eyebrow centre, Ajna translates to ‘command’ and is considered to be the eye of intuition. Whenever you see something with your mind’s eye, or in a dream, you are ‘seeing’ it with Ajna. The brow chakra is the bridge that links gurus to their disciples and allows for mind-to-mind communication between two people.

Known as the third eye chakra, Ajna is important for balancing the higher and lower selves, the human consciousness with the primal instinct and in trusting inner guidance. Ajna also deals in mental action through visual consciousness, and emotional action through intuitive clarity.



Ajna is the representation of the pineal gland, a light-sensitive gland that produces melatonin and regulates sleep and waking up.

## **The Throat Chakra – Vishuddha**

Vishuddha is portrayed as a silver crescent inside a white circle, ringed by 16 pale blue or turquoise petals. Vishuddha is located in the neck near the spine and is known as the purification centre. Vishuddha is associated with higher discrimination as well as creativity and self-expression.

Vishuddha relates to growth through expression and communication (speaking and listening). When Vishuddha is closed, you go through decay and death. When Vishuddha is

open, negative experiences are transformed into wisdom and learning. The state of your Vishuddha, whether it is clean or polluted, is responsible for your successes or failures in life.

This chakra is typically closed by guilt and remorseful feelings, which in turn will block the energy from travelling upwards. Vishuddha can be opened or cleaned by meditation, or by singing or practicing instrumental music.

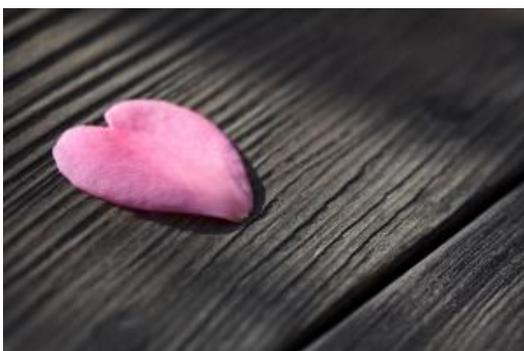


Vishuddha controls several functions. The chakra physically governs communication, emotionally governs independence, mentally governs fluent thought and spiritually governs a sense of security.

Vishuddha is the representation of the thyroid gland, the gland that promotes growth and maturation.

## **The Heart Chakra – Anahata**

The heart chakra is symbolized by a circular flower with twelve vermillion petals and it



translates to 'unbeaten'. Anahata is positioned in the central channel behind the spine in the heart region.

Anahata is described as the tiny flame that resides in the heart and is associated with the element of air, the sense of touch and any actions taken by the

hands. This chakra is also associated with the ability to make decisions outside of the realm of karma and fate. In Hindu tradition, Man is bound by the laws karma, but Anahata allows

him to make his own decisions by ‘following his heart’. However, the heart chakra is based on Man’s higher self and not his unfulfilled emotions or the desires of his lower nature.

The heart chakra is also associated with unconditional love and compassion, charity, equilibrium, well-being and other complex emotions. Meditation upon this chakra allows a person to become influential, increases their sexual desirability and provides complete control over the senses. Anahata physically governs circulation, emotionally governs unconditional love for yourself and others, mentally governs passion and spiritually governs devotion.

Anahata is the representation of the thymus, which is located in the chest and is an element of the immune system. It produces T cells, which are responsible for fighting off diseases and can be adversely affected by stress.

## **The Solar Plexus Chakra – Manipura**

Manipura is portrayed by a downward pointing red triangle within a bright yellow circle ringed by ten black petals and is located at the spine directly behind the navel or the solar plexus.

Manipura is the centre of dynamism, energy, willpower and achievement and radiates energy throughout the entire body. It is also associated with the element of fire and to digestion, to the sense of sight and the action of movement. Manipura is the source of etheric-psychic intuition, a sense of knowing; in Western culture this is known as a ‘gut instinct’. Many experts advise ‘listening’ to the Manipura as it can help you make better decisions in many different aspects of your life. Manipura physically controls digestion, mentally controls



personal power, emotionally controls expansiveness, and spiritually controls all matters of growth.

This chakra is the representation of the Islets of Langerhans, a group of cells in the pancreas, as well as the outer adrenal glands and the adrenal cortex. These cells play an important role in digestion and the conversion of food into energy for the body.

## **The Sacral Chakra – Swadhisthana**

This chakra is symbolized by a black lotus inside of which is a crescent moon with six orange petals. Swadhisthana is located in the sacrum (a large triangular bone at the base of the spine), specifically at the tailbone.

This chakra is associated with the unconscious and emotion, the sense of taste, the tongue, reproduction and the genitals. Swadhisthana also contains unconscious desires, especially those of the sexual nature. Due to this, it is said that raising the energy of consciousness above this chakra is extremely difficult.

Swadhisthana's key issues are relationships, violence, addictions, basic emotional needs and pleasure. Swadisthana physically governs reproduction, mentally governs creativity, emotionally governs joy, and spiritually governs enthusiasm.

Swadhisthana corresponds to the testes or the ovaries which are responsible for the production of sex hormones, as well as the reproduction system. On a more general sense, this chakra is also related to the genitourinary system and the adrenal glands.

## The Base Chakra – Muladhara

Muladhara is described as a yellow square lotus, surrounded by eight spears on the sides and corners and is has four red petals. This chakra is located in the perineum, the region between the genital and the anus.

Muladhara is the root or the foundation chakra, and is the transcendental basis of physical nature – it is where the energy of consciousness begins its journey from the physical to the spiritual realm. Muladhara is related to instinct, security, survival, and human potential. Meditation on the Muladhara allows for improved physical health and increased mental faculties and intelligence.

The key issues of this chakra involve sexuality, lust and obsession. Muladhara physically governs sexuality, mentally governs stability, emotionally governs sensuality, and spiritually governs a sense of security.



There are no glands located at the region of this chakra, but it is believed to relate to the gonads and the adrenal medulla, which is responsible for the fight-or-flight response. As mentioned earlier, this response is triggered during times of physical danger, or in high-stress situations.

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