



The Unexplored Parallel

***Part 1: One Simple Trick To
Supercharge Your Results With
The Law Of Attraction, Releasing
& Any Self-Growth Technique***

by Matt Clarkson

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The Unexplored Parallel

One Simple Trick To Supercharge Your Results With The Law Of Attraction, Releasing & Any Self-Growth Technique!

Do you practice any of the following? –

- Visualization / the law of attraction
- Affirmations, Subliminals, Hypnosis
- Clearing / releasing techniques (like EFT, TFT, EMDR or the Sedona Method)
- Meditation (of any kind)
- Brainwave entrainment
- Counseling or therapy

Or **any other** self-development technique that involves focusing your mind?



If so, you're in for a treat...

What you're about to discover here can make a *dramatic* difference in your life.

The simple trick I'll teach you in this report can multiply the power of all these techniques dramatically¹. You'll also see spectacular benefits in many other aspects of your life, which I'll reveal in this report.

¹ Honestly, I'm not all that sure of the *actual percentage increase* in effectiveness when you use *The Unexplored Parallel*. I'm no scientist and we certainly haven't tested this under laboratory conditions ☺, but we do know *The Unexplored Parallel* works tremendously well from the many people we have worked with over the years. More on that later in this report.

So what's the trick?

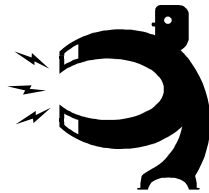
Actually, it's much more than a trick...

It's a philosophy.

We call it: *The Unexplored Parallel*. Why that name?

There are several reasons, which I'll explain in a moment. But first, it's important to understand that there's more than one way to look at *The Unexplored Parallel*.

You could certainly view *The Unexplored Parallel* as a “magic bullet technique”. And yes, in this report, I will show you step-by-step how to apply *The Unexplored Parallel* immediately in your life. And you will see astonishing improvements in the power of any self-growth practices you currently use.



In fact, once you understand what *The Unexplored Parallel* is all about, it will take you about 20 minutes to apply it (in its simplest form). After those 20 minutes, feel free to try your usual self-growth practice (visualization, EFT, meditation or whatever). You'll notice an instant increase in the effectiveness of that practice. Try it and let me know how it goes [on our blog](#).

In fact, even if you **don't** follow up with a self-growth practice after 20 minutes, you'll still feel pretty darn good inside! Practicing *The Unexplored Parallel* will raise your energetic vibration, even if you do nothing else along with it.

So yes, *The Unexplored Parallel* can be viewed as a “quick-to-apply trick” that boosts the effectiveness of pretty much any self-growth practice you care to use it alongside. However, to get the maximum results, it's important to realize that *The Unexplored Parallel* is **much more** than a single technique or trick.

So what is the 'Unexplored Parallel'?

The Unexplored Parallel is really a new paradigm -- It's a new way of looking, thinking and feeling about yourself and your self-growth journey.

It's a new way of seeing all the various self-growth practices. It's a new way of understanding the law of attraction, releasing techniques, and even your entire life. We want you to get the startling benefits in your life from this new perspective, so we're going to reveal the key information to you in this report.

And for those who are serious about getting the maximum results in their personal growth journey.... For those explorers who feel the inner calling to go deeper than most people appreciate, or even dare to tread, ***The Unexplored Parallel is waiting for you...*** right here and right now ...

For many people, *The Unexplored Parallel* will add a completely new dimension to their self-growth practice. If you're just beginning to explore this for the first time, then I envy you! For others who perhaps already know and practice *The Unexplored Parallel*, we'll provide further insights in this report.

In **Part 2**, we'll show you ways to maximize your results and further your exploration of *The Unexplored Parallel*. In both cases, what you're about to discover here will help you get to the next level in your self-growth journey.

By tapping into *The Unexplored Parallel*, **you will** dramatically increase your natural ability to release, let go and clear the stress and baggage from your life. And as you clear those inner-roadblocks, you will find yourself attracting your desires much more rapidly and easily.

And more than that, your mood and energy will dramatically improve!



You'll feel better and better the more you **immerse yourself** in *The Unexplored Parallel*. From that shift in your day-to-day feeling state, there will be a domino effect, causing amazing changes in your health, your relationships and even your finances. It's really *that* powerful!

Before I reveal "the trick", let's define the core issue...

You see, we hear from people all the time about "the law of attraction". It seems a lot of people feel really *ticked off* by the whole thing! Have you ever felt that way?

I know I have! We all have! 😊

We hear this **same story** from people all the time....

Most frustrations with the law of attraction, clearing techniques and self-growth practices sound something like this:

“It’s not happening for me! I have “stuff” that blocks me. These negative emotions, limiting beliefs and physical problems hold me back from ‘manifesting’ (or ‘achieving’) what I truly desire and living my life-purpose. I’ve tried various techniques to release these blocks but have not been successful. I’m annoyed that I can’t seem to get the law of attraction to work for me!”

What about you?

Have you ever felt that way?

Stop ... Take a few moments to check in with yourself. And ask the deeper part of you these questions:

Some important questions for you as you begin your exploration...

- Do you ever suffer from negative emotions, limiting beliefs and self-defeating patterns?
- Does it frustrate you that you’re still not able to make all the progress you desire with ‘the law of attraction’?
- Do you ever feel *thwarted* because you’re not living your life-purpose and fulfilling your potential in your short life?
- Does it ever make you mad that that the techniques you’ve tried sometimes seem to get you nowhere?

If so, you’re not alone. Stick with me as we explore this together...

Chris Howard says that “a problem well-defined is a problem half solved”. Oftentimes, by clearly defining what the problem *appears to be*, the solution immediately becomes obvious.

So let’s start with that before we get into *The Unexplored Parallel*.

What's the root cause of the problem here?

Did you know there is a subtle **killer** that is secretly murdering your energetic vibration, your health and your results with the law of attraction? Whether you know it or not, he sneaks up on you *most* days...

He secretly robs you of your good feelings, clear outlook and felt-sense of who you are. Do you know his name? There are many names he goes by...

Pheeeewww... That was a little dramatic, wasn't it? 😊

OK, here are some common names for our culprit -- anxiety, frustration, anger, irritability, guilt and sadness. Actually, there are many names, many shades and many disguises, but there is ultimately only **one word** that describes him best --

Stress.



When you feel a negative emotion of any kind, we might say that your system is under some kind of “stress” which pushes you out of “normal functioning”. In its most basic form, stress is an over-demand on your system. In that sense, all negative emotions are really some form of stress on the system.

Of course stress isn't necessarily bad. Stress is part of life. The problem comes when we fail to deal with stress effectively. We'll talk more about this shortly...And how *The Unexplored Parallel* gives you a tremendous advantage when it comes to releasing all forms of stress quickly and easily (and most people do not get this).

First, let's look at the often disguised effects of stress. Understanding this is crucial to getting the maximum results with *The Unexplored Parallel*. Let's talk about that first...

Why stress is NOT one-dimensional ...

The damaging effects of negative emotions (such as anger, fear, frustration and sorrow) are NOT contained within the emotional dimension. Have you noticed that negative emotions arise alongside specific thought-patterns, beliefs and attitudes which hijack your self-talk and mental focus? Ever been stuck thinking the same damaging thoughts over and over again, and you just can't stop?² That's exactly what I'm talking about.

And along with the mental and emotional aspects of stress, there is also usually a physical component -- tension in the body, heaviness, discomfort -- sometimes even chronic tension, pain and disease. (But many times, just the loss of good feeling is damaging enough.)

In fact, stress impacts all four dimensions of your being:³

- 1) Mental
- 2) Emotional
- 3) Physical
- 4) Spiritual/Life-purpose

How stress kills your success with 'the law of attraction' (and what to do about it)

Stress, in *any* dimension, dramatically affects what you attract through 'the law of attraction'. In fact, stress in the mental, emotional and physical dimensions crosses over and multiplies into the *life-purpose* dimension. You've probably felt this yourself before...

That's when you feel "out of alignment" with your goals. You see little or no progress and you're pretty darn frustrated. Maybe you get annoyed at the day-to-day problems that come up. However you describe it, there's a *feeling* that something inside is holding you back from what you want.

Then you see the crummy results you've produced in your finances... or your health... or your relationships, and it's maddening. It's *frustrating* because you know it was never *meant* to be this way. You know you are capable of so much more, but you're just not able to make the progress you want in your life.

Even worse, sometimes you don't even know what you truly want in your life. You just feel like *something* is missing. You find yourself feeling unhappy, unsatisfied, and

² Sometimes called Samsāra in the Buddhist tradition, which means "continuous flowing" or "groove in the mind".

³ Credit to Jim Loehr and Tony Schwartz in The Power Of Full Engagement for articulating the four dimensions.

wanting something... but what? That feeling is a sign that the spiritual dimension or the life purpose dimension of your being may be hurting below the surface.

So if stress in one dimension crosses over and affects the others, what's the solution?

Correcting The Imbalance: Re-Discovering 'The Unexplored Parallel'

Remember, we are holistic beings with natural talents and capacities in all four dimensions:

- 1) Mental
- 2) Emotional
- 3) Physical
- 4) Spiritual/Life-purpose

For optimum health and maximum results with the law of attraction, doesn't it make sense that *all* dimensions need to support the greater whole? Doesn't it make sense to give yourself what you need in all four dimensions of your being? And therein lies the problem.

We find that most people follow a self-growth regimen that is severely unbalanced and this causes a wide range of problems.



Moreover, we see an extreme bias toward the Mental Dimension, while the importance of The Physical Dimension is often completely undervalued, or even missed altogether. The way self-growth is often taught these days, it's no wonder! The Internet is *jammed* full of mind-based techniques, and most are mind-orientated in the extreme! Let's take a snap-shot of the most popular practices we see today:

The harmful bias in self-growth practices of today...

- Visualization (mostly mind-centered, sometimes emotionalized)
- Belief-change (mostly mind-centered)

- Affirmations (mostly mind-centered)
- Brainwave entrainment (brain/mind-centered)
- Meditation (most popular forms today are mind-centered)



Note that *all* of these practices are rooted in the **Mental Dimension**. They train and utilize your mental capacities first and foremost. Now don't get me wrong...

I'm certainly not saying that mind-based practices are bad.

Just the opposite...

Mind-based practices are a *crucial* part of your self-growth journey. What I'm saying is that they are only one part. We see many people struggling (sometimes for *years*) to get the results they want through mind-based training alone. Rather than doing more mind-based training, we find it's often far easier to just add a little of what's missing to **correct the imbalance**.

As humans, sometimes we like to flog the same dead horse with the same whip over and over again. We think that if we just do the same thing that hasn't been working *harder* and *more often*, we'll get the results we want. When we eventually fall off the bandwagon (because *nobody* is *that* disciplined after all!) we wrongly blame ourselves. Well it's not your fault. It's the model that's incomplete! With the sheer volume of many mind-orientated training practices competing for your attention these days, it's no wonder people don't see the "elusive obvious".

They say the definition of madness is to do the same thing over and over again and expect a different result. Could there be an easier way? Here's the key...

The untapped power of your body...



You are grounded in a physical body. The Physical Dimension is therefore **the foundation** of health and success in ALL dimensions and ALL aspects of your life. Without a healthy body and vibrant physical energy, the other dimensions will suffer significantly. No doubt about it.

On the other hand, taking good care of the Physical Dimension is perhaps the **highest leverage**, “**biggest-bang-for-your-buck**” dimension to focus on! And it’s so easy when you do it right.

In a moment, I’ll explain the “quick trick” for applying *The Unexplored Parallel* to supercharge your success with *any* mind-based self-growth technique.

(In Part 2 we’ll reveal the exact exercise components you need to make your practice complete. The best part – it’s easier than you think).

First, let’s define *The Unexplored Parallel*...

What is the ‘Unexplored Parallel’?

The Unexplored Parallel = practice in the Physical Dimension.

Why do we call it *Unexplored*?

Because most people focus their self-growth practice in the other three dimensions, especially the Mental Dimension. And because the mind-based practices are everywhere these days, **they miss the opportunity to fully explore what the Physical Dimension has to offer**. That’s why we call it *The **Unexplored** Parallel*.

Ask yourself, what would happen if you gave your body ***exactly*** what it needs, **not just to live, but to thrive?** When you have **powerful physical energy**, you have the world at your feet. You feel dynamic and capable because you are filled with joy! You have the enthusiasm and the strength of purpose to maximize your practice in the other dimensions... and this propels you forward... causing you to live at a new level.

How would this positively impact ...

- Your health, your energy and your level of enthusiasm day-to-day?
- Your relationships? What if you were able to bring an abundance of joy, friendship and compassion to the people you care about?
- Your life-work, career or contribution? How much more effective could you be in your life with powerful physical energy?

Strong physical energy is the foundation of everything you truly want.

Does this sound exciting?

It gets better...

Practice in the Physical Dimension is the perfect “parallel practice” to *any* other self-growth technique that works for you. Why? Because it gives your system the ***fuel*** you need to make those mind-based techniques *work even better*.

The Physical Dimension provides the **foundation and fuel** for ALL aspects of your life. Therefore your practice in the Physical dimension runs *alongside* and supports your practice in the other dimensions. That’s why we call it *The Unexplored **Parallel***.

When you give your body the exercise it needs in the Physical Dimension, your practices in the Mental Dimension (and the others) become extremely powerful.

In **Part 2**, we’ll reveal all the exact practices your body needs to help you thrive in the Physical Dimension. For now, let’s reveal the “quick trick” for utilizing *The Undiscovered Parallel* to start getting results in your life. The beauty of this technique is that you can try it today and get fantastic results immediately.

A “Quick Trick” To Activate The Unexplored Parallel (And Supercharge Your Results With Any Self-Growth Practice)

So here’s a technique to dramatically increase the power of any mind-based self-growth technique you like.

This is wonderful to do *immediately before* you practice visualization, meditation, EFT, or pretty much *any* self-growth practice you like. Even if you practice no such self-growth technique, this is just a great thing to do to feel good and release stress in all dimensions of your being.

Just one word of warning...

Don't be fooled by the simplicity... because this works **extremely** well. Try it at least a few times and let me know how it goes on [our blog](#)!

OK, here's how it works:



30 minutes prior to doing any self-growth technique you like, simply get a good 20-minute cardio-vascular workout⁴. No need to kill yourself ☺ -- Enjoy it!

You want the workout to push you just a little past your comfort zone, but no more than that. We use a scale of effort called the **RPE scale** (Rating of Perceived Exertion). 0 is no effort whatsoever. 10 is absolute *maximum* intensity and effort during the exercise.

Many people these days think they need to exercise at an effort level of 9-10 to get results. We don't think that's a healthy or holistic way to exercise for most people. We recommend starting with around 3-5 RPE. At that level of intensity, you could still easily engage in a conversation with a friend as you're exercising.

So, what kind of aerobic exercise is best? Really whatever you enjoy the most. Some people like walking, running, biking, swimming or rowing. You chose what you like. It's only important that the effort level is about **3-5 RPE for 20 minutes**.

Afterward, if you like, you can add a **quick stretch** (if you choose to run, then definitely be sure to stretch afterwards to prevent stiffness). Otherwise, get straight on to your self-growth practice within 30 minutes of finishing your workout.

So what's the benefit of doing this?

Cardiovascular exercise allows you to release tension and stress in all four dimensions.

It's especially good for giving you **mental and emotional recovery**.

⁴ Always consult your doctor before beginning an exercise program.

You'll not only feel great after a good CV workout, you'll feel more relaxed, focused and clear. This will help you get even more out of any self-growth technique you practice immediately after. Here are some of the benefits in more detail:

- **Physical Dimension:** After exercise, your natural *relaxation response*⁵ is activated more deeply. As your body shifts into recovery mode, you'll feel more relaxed and alive. These positive effects cross-over into the other three dimensions.
- **Mental Dimension:** Your mind will be clearer, calmer and more focused
- **Emotional Dimension:** Your emotions will balance. You'll feel positive emotions like excitement, joy and gratitude much more easily.
- **Spiritual/Life-Purpose Dimension:** You'll feel more connected to who you are and what you are here to do.

So immediately after your short workout, you'll be feeling pretty darn good. *Now* is the time to apply any self-growth technique you wish... and watch your results multiply!

At this point you have several options:

Meditation: Use the natural relaxation response of exercise to go deeper into your meditation. Here's an awesome [holistic form of meditation we recommend](#) for both beginners and advanced students.

Visualization: Take a minute to connect inside and allow your vision and your dreams to come to you. Focus on having already created your goals and what that feels like. [Here's an awesome tool we recommend for doing that.](#)

EFT and releasing: Use the natural relaxation response to improve targeted releasing of inner roadblocks. EFT is a great technique for targeted releasing. If you'd like a good comprehensive guide to EFT, [here's a good resource we recommend.](#)

⁵ The 'Relaxation Response' was first identified by Dr. Herbert Benson of Harvard Medical School. In his book of the same title, Dr Benson documents the tremendous health and immune system benefits of activating the relaxation response and how it down-shifts all systems into recovery mode. Activating your relaxation response turns on your parasympathetic nervous system and brings you down out of stress mode and back into balance. This facilitates better brain function, immune function, digestion, and a general feeling of relaxed well-being. Since exercise magnifies the relaxation response, getting a 20 minutes cardiovascular workout is a fantastic way to activate *The Unexplored Parallel* in your life.

So within 30 minutes of finishing your CV workout, do whatever self-growth technique you want. Note to yourself how effective you felt the session was on a scale of 0-10. Everybody is different, but most people find the difference is staggering.

What does this demonstrate?

Activating your natural relaxation response is very powerful. Actually, many times you don't even need to follow your workout with a technique (although there are obvious benefits if you chose to do so). The point is that your mind-body naturally knows what to do when you give it what it needs -- the right exercise and recovery.

While meditation, visualization and releasing techniques are very useful, we find that the stubborn “inner roadblocks” often *cannot* be effectively cleared without adding holistic exercise to your practice. (We'll talk more about the right kinds of exercise and recovery in Part 2.)

Clearing techniques are awesome to have in your toolkit, but be careful not to overlook the importance of regularly activating your natural capacities through holistic exercise (see Part 2 for details). Many inner roadblocks will naturally drop away with the right exercise, even when no targeted clearing technique is used. When you combine your practices in the Mental Dimension with the right training in the others, you'll take off!

The next level is waiting for you...

So that's the “quick trick” for applying *The Explored Parallel* immediately in your life. Use this technique alongside your existing self-growth practice and you'll dramatically improve your results.



But if you want to take this to the next level, you need to understand the deeper principles and concepts behind *The Unexplored Parallel*. You also need to know the four components of holistic exercise that you need to thrive in the physical dimension (and therefore all dimensions). You'll get these in Part 2. [Click here to get Part 2.](#)

Part 2 will also give you access to a [free quiz](#) to give you valuable feedback on your current exercise regime. You'll get a free 4 page analysis filled with insights and tips to help you take your energetic vibration to the next level for maximum results with the law of attraction.



But more than that, what you'll get in [Part 2 is a blueprint and a roadmap](#) for understanding and navigating your self-growth journey. You might even look at your self-growth journey a little differently after reading it. You'll know how to make the right choices for your training and your life.

If you enjoyed this report, [click here to get Part 2](#) of the Unexplored Parallel:

<http://www.TheUnexploredParallel.com/part2>

If you cannot click the link, just copy and paste into your browser!

Hope you enjoyed Part 1.

See you in [Part 2!](#)

Matt Clarkson & Kevin Schoeninger
The Mind-Body Training Company

P.S. Be sure share your experiences with *The Unexplored Parallel* on [our blog](#):
<http://www.TheUnexploredParallel.com/blog>



**The
Unexplored
Parallel**

***Part 2:
Your Holistic Fitness
Training Blueprint***

by Matt Clarkson

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The Unexplored Parallel: Part 2

Your 'Holistic Fitness Training' Blueprint

Welcome Back!

Are you ready for Part 2?

If you enjoyed [Part 1](#), then I think you'll love what's coming here in Part 2!

We've got some great stuff to share with you here. The response to Part 1 has been fantastic. If you've tried the "quick trick" from Part 1, be sure to [comment on our blog](#) and share your experience.

So before we continue with Part 2, let's recap Part 1 --

Recall, in [Part 1](#) of this series ...

- We revealed a "quick trick" for supercharging your results with pretty much any self-growth practice you currently work with (like visualization, affirmations, meditation or EFT for example).
- We introduced *The Unexplored Parallel* – for many this adds a new dimension to self-growth practice that can radically enhance your results with 'the law of attraction'. Accessing *The Unexplored Parallel* raises your energetic vibration, improves your health, and helps you feel awesome day-to-day 😊

Stop! If you haven't already done so, it's important to start with [Part 1](#) before continuing. Get it here:
<http://www.TheUnexploredParallel.com/part1>

So now that you've read [Part 1](#), let's take *The Unexplored Parallel* to the NEXT level.

Let's start with a few questions to get you focusing on your goal --

Ask yourself...

- 1) What would happen if you gave your body **exactly** what it needs, not just to live, but to thrive?
- 2) Imagine ... If your body and physical energy were strong, vibrant and relaxed day-to-day. How would this positively impact ...
 - **Your health**, your energy, and your level of enthusiasm day-to-day?
 - **Your relationships?** What if you were able to bring an abundance of joy, care, and compassion to the people you love?
 - **Your wealth, life-work and purposeful contribution?** How much more effective could you be in your life with powerful physical energy?



Remember, a strong body and vibrant physical energy is the **foundation** of everything you truly desire.

After you're done reading Part 2, you'll know how to make yourself strong in the physical dimension. Here's what we'll cover together here...

In Part 2 ...

- **The 5 Keys Of Mind-Body Training:** 5 powerful insights to transform the way you look at your self-growth journey forever. You'll eliminate practices that are wasting your time and know how to make good choices for your life!
- **The 4 "Energies" Of 'Holistic Fitness Training':** Exactly what exercise your body needs to thrive in the physical dimension (and it's easier than you think). Most exercise programs are missing one or more of these.
- **Your 'Holistic Fitness Training' Blueprint: FREE Access to our 'Holistic Fitness Quiz'** – this gives you valuable feedback on your *current* exercise regime and "simple tweaks" to dramatically improve it. You'll get a free 4-page

analysis filled with insights and tips to help you take your energetic vibration to the next level. (And when your energy is flowing, get ready for miraculous results with the law of attraction!)

- **Shattering The Myth Of The “Spiritual Enema”!** This popular self-growth myth can literally keep you stuck for years, chasing your tail and getting nowhere. In this report we’ll reveal a new way of looking at your self-growth journey to easily let go of inner roadblocks and put yourself on an upward spiral!

So let’s get started, shall we?

Let’s start with the **5 keys of mind-body training**. These keys apply to all four dimensions of your self-growth practice and your entire life.

They provide a roadmap and a blueprint to help you make smart, holistic choices. Then we’ll get into the specifics for the physical dimension -- how to create your ‘Holistic Fitness Training’ blueprint.

Ready? Here we go...

Mind-Body Training Key #1: The Physical Dimension Is Your Foundation

This is what Part 1 was all about. We said that we are holistic beings, with natural talents and capacities in four dimensions:

- 1) Mental
- 2) Emotional
- 3) Physical
- 4) Spiritual/Life-purpose

We said that most self-growth practices these days focus on the **Mental Dimension** while often ignoring the Physical Dimension completely.



We agreed that mind-based practices are a *crucial* part of your self-growth journey, but said they are **only one** part.

We called this dimension of self-growth practice *The Unexplored Parallel*. That's because most people have not fully explored the incredible benefits of practicing a little holistic exercise **alongside** their existing self-growth routine. *The Unexplored Parallel* acts like a stimulus or a catalyst. It causes your other self-growth practices to work even better.



In fact, *The Unexplored Parallel* provides the **foundation and fuel** for massive success and fulfillment in ALL aspects of your life. After all, without a healthy body and vibrant physical energy, the other dimensions suffer significantly. No doubt about it. On the other hand, taking good care of the Physical Dimension is perhaps the highest leverage, “biggest-bang-for-your-buck” dimension to focus on!

In short, practice in the Physical Dimension is your foundation for everything else.

Later in this report, we'll reveal all the exact practices your body needs to help you thrive in the Physical Dimension. (You'll even get free access to our “Holistic Fitness Training Quiz” which will give you lots of tips and insights to improve your routine).

But for now, just know there are tremendous benefits when you include **some** holistic exercise in your self-growth routine.

Mind-Body Training Key #2: Inner Guidance

There is no escape! 😊

We're all being bombarded with ads and marketing messages 24/7.

One of the funniest things I saw recently was a comedy improvisation show on the TV in the UK called “Mock of the Week”. (It's similar to “Who's Line Is It Anyway?” in the US). The comic contestants were being asked to improvise:

“Unlikely messages to find in a Valentine's Day card”.

One of the comedians jumped up and shouted the headline of an ad that's been absolutely hammered to death on TV in the UK over the last 5 years --

“Are you paying too much for your car insurance?!” ☺

I had to laugh...

So yes, I understand we're all getting hammered by marketing and I do appreciate how annoying it can be. (For what it's worth, our intention is always to share high quality content and give you tremendous value **first**. Then we leave it up to you to decide if one of our programs is the right choice for you or not. Either way, we always endeavor to over-deliver and give you tremendous value.) Yet the fact remains...

When it comes to self-growth, there certainly are a lot of “all hype and little substance” programs out there. But there are some good ones too. So the question is...

How do you know which self-growth practices are best for you?

It's a good question.

How do you make *any* decision in your life?

You have to first know what YOU want. And that's a matter of tuning into your inner guidance and intuitive knowing. Forget all the hype and noise. What do YOU actually want?

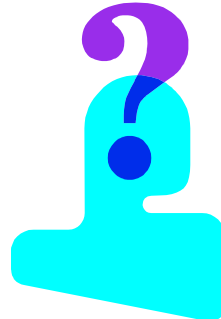


Know *for yourself* what **your genuine desire** and intention is. Tune into your own inner guidance system. And then decide based on that. This also applies to how you set up your specific mind-body training routines...

Your inner guidance system tells you **what** practices you need and how to make *adjustments* as you go. For example, here's what Kevin taught me to do at the end of my meditation session. You can try this now if you like...

A quick exercise to activate your intuitive knowing...

Stop for a moment ... Turn your attention inward.... And ask your heart, "What's truly important to me right now in my life?" ... And wait for the answer.



No wait! Don't keep reading yet!

I really want you to do this right now! 😊 Stop! Take 60 seconds for yourself and ask the question above.

Well, what happened?

Sometimes an obvious need in your life arises:

"I need to lose weight!"

"I need to improve my vibration and my attitude day-to-day!"

"I need to have more energy!"

Sometimes the answer is not so clear. But the important thing is that you have taken the time to activate your inner guidance system.

Trust that the answer will come.

The point is that your own inner guidance will always tell you what's best. Your inner guidance will speak to you and tell you what your next step needs to be in any given moment.

Listen to your inner guidance system. Tune into what you need across all four dimensions of your being: mental, emotional, physical and spiritual/life-purpose. Your

inner guidance taps into the infinite intelligence of Universal Energy that gives life to us all... And that brings us the next key...

Mind-Body Training Key #3: Train Naturally

Someone may say, "I'm allowed to do anything," but not everything is helpful. Someone may say, "I'm allowed to do anything," but not everything encourages growth.

1 Corinthians 10:23

When it comes to self-growth, we feel what is **natural** is best.

That's what encourages long-term growth.

Sure, you can achieve specific goals (like losing weight or making more money), but the primary focus with mind-body training is always to strengthen your core capacities in the four dimensions of your being.



What are your natural core capacities?

Here are a few examples...

Mental:

- Your ability to focus attention and imagine ideal possibilities.
- Your ability to think clearly and logically (left brain).
- Your ability to think creatively and "outside the box" (right brain).
- Your ability to calm your mind and let go of unnecessary thinking.

Emotional

- Your capacity to feel your own emotions and relate to the emotions of others.
- Your ability to honor limiting emotions, to fully feel them and let them go.
- Your ability to understand emotional messages and use emotional energy.
- Your capacity to forgive and feel compassion for yourself and others.

Physical:

- Your capacity for physical strength, energy and vitality.
- Your capacity for cardio-vascular health, fitness and endurance.
- Your capacity for muscular flexibility and tension release.
- The ability to relax the body and activate recovery.
- The capacity of your immune system to fight illness.

Spiritual:

- Your ability to be fully present and receptive to the opportunities of the present moment.
- Your capacity to connect to your life-purpose and develop your unique talents and abilities in service to the whole of Life.
- Your ability to set and follow through on your intentions and make good decisions in line with your highest priorities.

Beware shortcuts and quick fixes...



These days, there's no shortage of "short cuts" and "quick fixes".

Feel depressed? Take this...

Need to lose weight? Take that...

Need to calm your mind? Put on these headphones.

Will these things get you the result you want? Perhaps they will. Are these things safe in the long-term? Perhaps they are.

The point is that *nobody* is smart enough to predict the future with 100% accuracy. And for that reason, we choose practices that are grounded in nature and have stood the test of time. “Grounded in nature” means they develop your core capacities -- the skills and abilities you were born with.

The best practices have been handed down through many generations. They’ve been proven to work over the long term. Bad practices with unintended consequences die out. The problem is that might take a while to happen. You see, here’s the issue –

The problem of unintended consequences...

Life is full of unintended consequences.

Let’s say you have a goal of “boosting confidence” for example --

There are many unnatural, non-holistic ways we might go about that. You could take cocaine for example. This might have the desired effect of seemingly raising confidence in the short-term, but what problems might you also create? (You could easily develop a dependency which would have all sorts of ramifications for your health and your life).



The further you depart from what is natural, the greater the risk of unintended consequences weakening your core capacities in the four dimensions.

At the end of the day, it’s up to you, the practitioner, to ensure that your practices support your entire life and the world at large.

Nature has provided for us over a very long period of time. We don't need to do anything too weird to get results! By following nature in our mind-body training, we reduce the risk of unintended consequences that could be damaging in the long-term.

Your natural capacities form a brilliant synergistic whole. To realize your full potential requires balanced, integrated, holistic practice in all your natural capacities.

Mind-Body Training Key #4: Raise Your Roof!

Let's expose a **popular self-growth myth** that may be holding you back...

I call it...

The myth of the spiritual enema¹

"What the #!\$* do you mean by that?!" I hear you scream.

Since the dawn of time there have been many practices, techniques and approaches to self-growth. One of the oldest and most popular paradigms is what I call the "spiritual enema" approach. (OK, I admit this rather colorful metaphor is a little distasteful, but it is accurate nonetheless ☺)

The basic idea of this approach is this:

The Myth Of The "Spiritual Enema"

All of us have some form of stress inside of us (perhaps from early childhood, perhaps from traumatic memories, and some even say, from past lives). Wherever the 'stress' came from, the goal remains the same. It is our job to "clear out the stress" through the application of some kind of technique. The technique could be anything from meditation, therapy, EFT, or a million others.

So the underlying assumption here is that we have **negativity stored inside of us** that we need to release. Once we do that, it's believed we'll achieve a more or less permanent state of well-being and perfection².

¹ According to Wikipedia.org, "The procedure of introducing liquids into the rectum and colon via the anus. The increasing volume of the liquid causes rapid expansion of the lower intestinal tract, often resulting in very uncomfortable bloating, cramping, powerful peristalsis, a feeling of extreme urgency and complete evacuation of the lower intestinal tract."

² This state of perfection is known by different names in different traditions, but a few popular names are: enlightenment, liberation, awakening, the kingdom of heaven)

And there are **definite advantages** to the “spiritual enema” paradigm...

For example, it's helpful if you've been through trauma in your life. But there are also drawbacks. For one, you might “go looking” in the wrong place for “stuff” to clear! And the last thing the mind needs is an excuse to look for trouble 😊

Ask your mind to go looking for reasons why you're broken and you might get 3, 30 or even 3 million reasons why 😊 -- perhaps *none* of them objectively true. Clearing those one at a time might take a while 😊 ... especially if you keep asking the same question with the same assumptions. You could spend a lot of time tail-chasing and not actually be getting anywhere. It's at least a possibility.

Of course “the map is not the territory³” and no theory can adequately explain reality. The question is, which map is the most useful in getting you to where you want to go? The “spiritual enema” roadmap can be useful in many cases, but let's explore a different way of seeing your self-growth journey that we find very helpful in the long-run...

I encourage you to “try it out” and see if it works for you. And in the end, just go with what works best.

A different way of looking at self-growth...

It's not that you have stress stored in your unconscious mind. After all stress is part of life. Rather, you have a natural capacity for handling stress – you have a certain *level* you can cope with (some call this “threshold”⁴).



³ Term first coined by Alfred Korzybski and later cited by the co-creators of Neuro-Linguistic Programming. Our knowledge of reality is not absolute. Rather, we see the world through the filter of our own beliefs, attitudes and prejudices. Even a full scale map of Los Angeles is still not the real Los Angeles. Our beliefs about the world are not the world itself.

⁴ This theory originates from the work of Nobel Prize winning physicist, Ilya Prigogine. It's been a common model in health and fitness for many years, but I believe it was Michael Hutchinson in his book Megabrain who first applied Prigogine's work on “dissipative structures” to self-growth.

So it really doesn't matter so much *what* happened in the past that overloaded you, only that your *capacity* was overloaded. The goal then, is not to *clear* stress from the unconscious mind. The goal is to **raise your upper limit**, to grow in capacity and resilience. It's time to raise your roof! As your resilience to handle stress increases, you'll naturally let go more and more.

The targeted releasing of blocks can be helpful but, oftentimes, it is not necessary. We find as you raise your capacity, your "stuff" just naturally drops away more and more.

Why do clearing techniques *really* work?

We find that these clearing techniques (great though they are) work by calling patterns of stress into conscious awareness. Once "awakened", these patterns can then be released through a natural mechanism we all have called the relaxation response. The relaxation response is a normal, everyday process you activate all the time whenever you relax, let go and allow the body's energies to naturally balance and synchronize.

In other words...

Relaxing or "letting go" is a natural ability you already have. And the right kinds of holistic exercise will naturally deepen this ability and "raise your roof". We'll talk about what exercise raises your capacity shortly.

Let's illustrate with an example...

When you were a child, maybe you cried when it was "bed time". As an adult it probably takes much more than that to make you cry (I certainly hope so anyway! ☺) Why? Probably *not* because you used a technique to "clear" the stress on going to bed, but rather, you somehow raised your capacity as you naturally grew up, to the point where that level of problem no longer bothered you.

By increasing your capacity, many stored stresses from the past will naturally drop away -- even when no clearing technique is applied!

So the obvious question is, how do you raise your capacity? That brings me to the 5th and final key ...

Mind-Body Training Key #5: Balance Activity And Recovery

So let's talk about how to build your capacity...

As human beings, we have opposing systems designed to complement each other. Ancient Taoism and modern particle physics agree that the Universe operates

according to two opposing forces. These forces go by many different names: yang and yin, male and female, mind and body, on and off, 1 and 0, increasing and decreasing, arising and diminishing, and so on.

Many personal growth practices favor one force while ignoring the other. For example, as we said in Part 1, many approaches these days concentrate entirely on the mind, with little thought or emphasis on how to care for the body.

In the same way that you want to balance mental activity with physical activity, you also want to **balance activity and recovery**.



The relaxation response activates the para-sympathetic nervous system. This is the system which is designed to slow you down, causing you to relax and heal. But we also have a sympathetic nervous system which does the opposite. The sympathetic system ramps you up for physical and mental activity.

We need both systems working together optimally in the right balance

- Too much Activity without enough Recovery stresses us out and weakens us.
- But too much Recovery without sufficient Stimulation leads to atrophy of our powers.

Get both in the right balance and you raise your capacity

This holds true for every dimension of our being, but especially the physical dimension. While the mind and emotions are more fluid, the body responds well to regular, predictable amounts of Activity and Recovery.

Have you ever had trouble meditating before?

Of course, we all have!

Sometimes your mind is making more moves than a novice chess player! It just won't shut the #\$% up. What's going on here? What's going on is the mind is failing to

successfully enter Recovery mode. Guess what? Many times, exactly the same thing is happening with muscle tension, chronic pain and all manner of conditions and diseases!

Many stress-related conditions, diseases of the body and mind are brought about by a failure of Recovery.... It's a failure of the system to go into Recovery mode where you receive the benefits of relaxation, healing and renewal.

In order to raise your vibration, you need Activity and Recovery in the correct proportions. This is true in all dimensions of our being: mental, physical, emotional and spiritual. It's very important in the physical dimension (which we'll get to in a moment)...

The benefits of living the 5 keys...

So those are the 5 keys of mind-body training.

Use them as a roadmap in your own practice to help you make decisions and achieve your goals.

The more you follow the 5 keys, the more you live from what Kevin calls, a "Core Energy State". In a Core Energy State you feel free, and your 'true will' expresses itself without the need for you to conjure images and feelings or "condition the subconscious". Rather, it happens naturally, as a force of nature does.



This happens as a coherent expression. Body, heart, mind and spirit align behind unified intention. That's the real secret! But here's the all-important first step...

How to apply the 5 keys in the physical dimension

The whole point of *The Unexplored Parallel* was to communicate the importance of practice in the Physical Dimension. As we said, getting a little holistic exercise is perhaps the highest leverage, "biggest bang for your buck" thing you can do for your self-growth. **So let's give you the specifics on that now...**

When it comes to giving the body the exercise it needs to thrive, there has been a great deal of research and testing in the last one hundred years. Research shows that there are basically four types of exercise you need to thrive. They are:

- 1) Cardio-vascular training
- 2) Strength training
- 3) Flexibility training
- 4) Inner body training

While almost any movement is better than nothing, if you want to maximize your health and well-being, exercising these four components is the best medicine. Here are just some of the benefits for each component...

- **Cardio-vascular exercise** to boost your energy, burn calories, maintain ideal body weight, enhance your circulation, heighten your immune response, and improve your cardio-vascular health.
- **Strength training** to increase your muscle tone and bone density, prevent injury, boost your confidence and resilience, and keep you doing all the things you love to do.
- **Flexibility training** to release tension and muscular tightness, improve posture and balance, enhance circulation and energy flow, and help you recover from your workouts.
- **Inner-body training** (such as meditation) to relax deeply, strengthen your inner presence, increase self-awareness, clarity, and focus, release limiting thoughts, feelings, and beliefs, and connect with your inner guidance.

Now you don't need to do a lot of each component, but it is crucial to get a small amount of each, if you want to grow in the physical dimension (and therefore all dimensions).

And finally...

You might be wondering, how do I get started?

We recommend you start by taking our FREE ['Holistic Fitness Training' Quiz](#).

This gives you valuable feedback on your *current* exercise regime and “simple tweaks” to dramatically improve it. It takes two minutes and you'll get a free 4-page analysis filled with insights and tips to help you take your energetic vibration to the next level.

Get your FREE “Holistic Fitness Training” analysis here:

<http://www.MindBodyTrainingSecrets.com/free-quiz/>

Finally, we hope that you have enjoyed *The Unexplored Parallel*. And we hope that you see the power of adding even a little holistic exercise to your self-growth routine.

See you soon!

Matt Clarkson & Kevin Schoeninger
The Mind-Body Training Company

P.S. As you might have guessed, we’re launching our new “Holistic Fitness Training” program to the world next week. Of all the programs we have produced so far, this is the one Kevin and I are most proud of, and most confident about its ability to positively impact people’s lives.

The ‘Holistic Fitness Training’ program gives you everything you need to raise your energetic vibration by getting ‘holistically fit’. It provides the right exercise you need for a strong, positive, clear, and coherent energetic vibration (which of course is the key to massive success with the law of attraction).



The program covers the four key components of ‘Holistic Fitness Training’ (aerobic exercise, strength training, flexibility training and meditation) along with ‘entry’ level, ‘base’ level and ‘advanced’ level routines in all four. The idea is you create your own customized workout plan that is specific to your goals and current level of fitness (take [the quiz](#) and you’ll see what I mean). It’s therefore suitable for all levels of fitness and a wide range of specific goals that different people have (one of our clients is 89!).

We're so confident this program is what you need to get to that next level, we're even going to let a small number of people try it out for free... and only pay if they feel it's having an awesome impact in their lives. We'll be sending more details on this shortly, along with more great content.

That's it for now. Hope you enjoyed it.

All the best,

Matt