

Holistic You

You Are More Than Your Mind

-Rion Freeberg

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This short ebook is designed to introduce you simply to a larger view of energy, self-help and your holistic empowerment. If you've already bought 'Ego Fading' or 'Naturally High' you may already be familiar with this but going over it again wouldn't hurt.

Seeing this you should find there are several key areas in which you can work to see miraculous changes, manifestations and attraction take place.

When we look at the evolved self-help industry most of it seems to be focused on the spiritual self. The egoless 'you' in the traditional meditative sense of 'no mind'.

That is VERY important and in it's own right an infinite area of exploration and possibility; but what if we stepped back to view an ***even larger*** picture of your your energy and your potential for evolution, peak state and empowerment.

We would see that not only do you have mental (ego-based) energy and spiritual energy but that you also have sexual, emotional and physical energy as well.

Most of this is unused potential and rarely used for your own advantage in designing your destiny or experiencing an insanely high quality of life (until now).

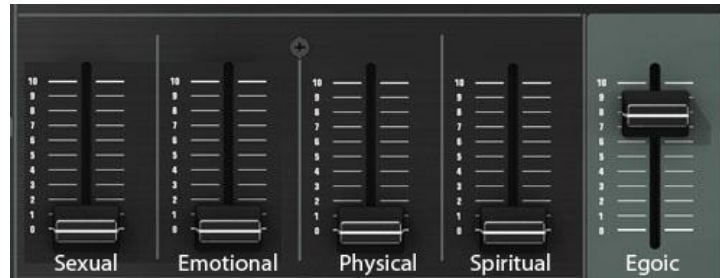
The areas of sexual and emotional energy aren't really covered as much as spirituality in self-help yet are tremendously important and powerful subject matters.

Your own sexual and emotional energies have tremendous influence on your beliefs and behavior and now we can start working WITH it for empowerment and leveraging it for the Law of Attraction.

No longer do you have to be focused on ego-based 'self' improvement but your TOTAL improvement.

I like to view holistic energy on an analogy of an audio mixer. You could call it 'The Mix' of your holistic self. The mix of all of primary power energy.

The big picture is that the entire 'Mix' represents your greater and total 'self'.



As you can see, the mix represents more than just your Ego-based self-identity that most Westerner's view as themselves.

It represents the sexual, emotional, physical, spiritual and mental self. You have power (potential) in all of these areas which you can use.

Here, your Egoic 'self' is just ONE of the channels of your holistic power or energy; yet you are more than your Ego. You are the energy that you carry with you.

We're just so caught up in thinking of our 'selves' from a thinking definition of ego. And often just trying to 'escape' that mental chattering self by doing traditional egoless meditation..but there is even MORE energy to work with that is different than that.

The entire holistic mix also represents your state in the moment which is your holistic subjective experience; how you not just think but feel in the moment.

So instead of just having a mental experience in the moment of something (like a bliss generating video), you can have more and more of an emotional, physical, spiritual or even sexual experience of something.

When you open up and raise the level of your holistic energy you start to experience things on a FAR greater level.

Yet we often seek these expensive and dangerous state-affecting stimuli (drugs, alcohol, adventure travel, amusement, porn, extreme sports) to be affected on those levels when those aren't necessary when you have the right training to do it without the risk.

Being affected (naturally) on holistic levels and using more of your holistic energy (beyond mental energy) is KEY to experiencing bliss, accelerating the Law of Attraction and having your power energy work for you.

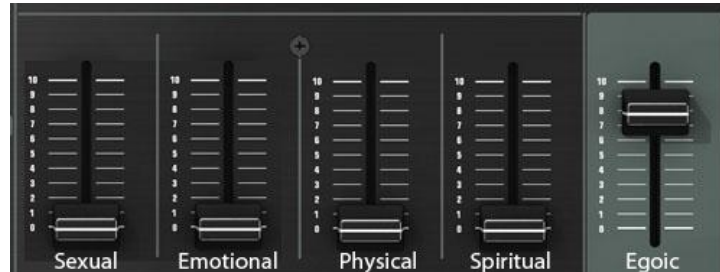
You are accessing powers far greater than the human mind. Instead of consumer spending billions of dollars on influencing their state (experience in the moment) you can learn to experience things without dangerous stimuli or state altering devices.

And we're just naming and differentiating your different energies as they are; sexual, emotional, physical and spiritual energy. You can experience these energies at different levels.

Below, this is like a normal Westerner; Independent Ego Power! Their state is one of mental-driven activity and energy. That is limiting their holistic state experience (and how they communicate) because their energy is not being affected, used or experienced on a holistic level.

They seek all kinds of ways to 'escape' the torture of their mind yet the power already resides within them to experience infinite drug-free bliss.

{ Egoless } Ego



An ego focus is limiting them from an emotional or spiritual experience and will take something more hardcore to be affected on the emotional level because they just aren't using that energy.

That is a person who is not in bliss but in a very thinking mode of mental energy/power like a German Engineer. Their *egoless* power is generally inactive in their experience of life. Egoic power is holding us back from holistic bliss.

Corporations are making billions of dollars off of influencing our holistic energy WITHOUT our awareness, power or control over the process.

The main point is that your **sexual, emotional, physical and spiritual energy are all egoless**. They are absent of the Ego in their pure energy form and they also represent an unlimited capacity for BLISS experience in your total or holistic state.

Those are the areas you want to work on increasing your state experience in (emotional, physical, spiritual and even sexual energy) to achieve higher levels of subjective bliss.

A sexual peak state (with a high amount of sexual energy) could be called arousal, orgasm or multi-orgasmic kundalini bliss.

The real power is when you add other peak state and energy work into something like that; spiritual enlightenment, grounded physical presence, self-actualization and emotional bliss at the same time while meditating to shakti energy for example.

We're really entering a new era of self-help here I think. Spiritual isn't *limited* but what about having emotional and sexual experiences COMBOED with it?!

This is about 10 million times more bliss experience than the normal state experience a person goes through. We will be on that direct path with P.S.M. and working with you on these priceless yet practical levels.

What we're generally doing with MindReel P.S.M. and peak state conditioning is just working with the egoless energy and influencing it to be more active. **That will lead you to more 'feel good' bliss**, especially when you start 'mixing' your different egoless energies.

That is also where any training in this area will be worth at least 10-10000x what you're paying for.

Just to clarify; ***what is the 'ego'?***

For our definition of ego we're using something pretty much right along the line of what Eckhart Tolle is teaching.

Ego: your thinking, conscious, mental, logical mind

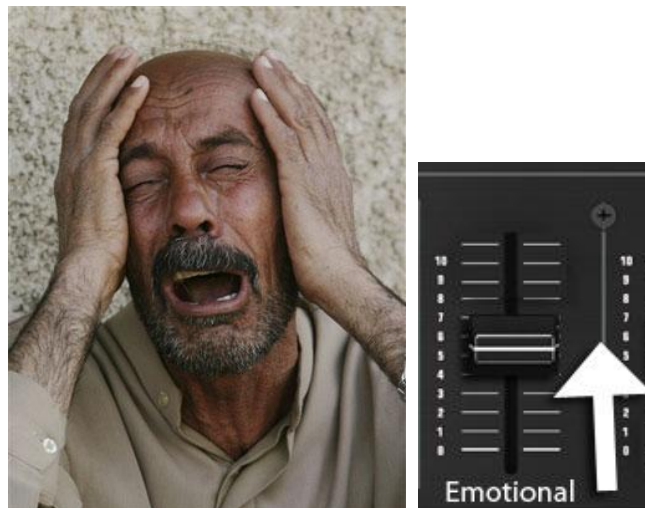
As you can see, we've (I think quite accurately) expanded beyond the standard definition of merely the spiritual, non-thinking as egoless that has been popular for so many years (like **thousands**).

By also having and differentiating **sexual, emotional and physical egoless energy** to work with, it gives you a LOT of power potential beyond your Egoic mental energy. It is the greater you and with a larger capacity to experience things on.

It gives you additional WAYS in which you can be egoless and in which you can subjectively experience life and interpret things.

When you're feeling very emotional, your emotional energy would be risen on the channel fader. Your subjective experience and holistic self is then *using* emotional energy so you FEEL that energy (in different forms; joy, sorrow, happiness, gratitude).

That is a lot of power influencing your state (experience).



There is more **power** involved with a simple feeling than merely thinking a thought. There is more power because there is more energy. What if you could start using this energy to attract miraculous things into your life experience instead of it being this dark, 'out of control' area?

What if you could harness your emotional energy to work **for** you instead of being unknowingly manipulated by consumer advertising campaigns or having that

infinite power be limited to only being associated to brand names, t.v. shows or products (instead of your manifesting your own destiny)?

After all emotion is a very powerful force.

Now...If you are in a jiu jitsu match or doing cardio, you are using more **physical** energy. Your body is involved.

Well this kind of energy can also be used to condition yourself into VERY empowering states that you can align with your own purpose in life.



You can believe things even when your mind can't because you're getting more of your holistic energy involved...soon the limitations of your mind can finally be crushed under your own holistic power to align yourself with your own destiny and chosen beliefs.

If you are doing traditional meditation you are in more spiritual, non-physical energy.



When you are in a 'sexualized' state or aroused ("Settle down Beavis"), your sexual energy or power (as well as state experience) would be up in the mix.



Your overall state or 'experience in the moment' is influenced by that type of unique energy and its active use. These are different types of energies that for most people are used against them or out of control and almost NEVER used for good, empowerment or harnessing the LOA and manifesting their destinies.

Usually this entire process of influencing your beliefs through your power energy is caused and affected by circumstances, relationships, signals, programs and causes out of our control. With peak state conditioning and P.S.M. (Peak State Monthly) we will be taking control over this conditioning process.

It is something that will be infinitely valuable to you beyond words; the levels of experience that are possible and the amount of your holistic energy you can use to attract, manifest or become anything you want.

Do you even see anything outside of your Ego that you include as your 'own' before this? Is your emotion just something that is 'out of your control'? A part of your ego-based inclusive self? Are your feelings and energy something 'foreign'?

Do you see your body and sexuality as 'belonging' to your Egoic self-identity as most Westerner's? ***Do you fit everything (inaccurately) within the channel of your ego (which could be called a very Western 'I' or 'me')?***

Are you cramping everything here? Your entire possibility for experience?



Is this your definition of self? Yet that's how it is within the West.

Can you see how LIMITING that is to constrict the forces of biological nature, spiritual energy and your sexual ability to create life within 1 mental based, selfish channel? It's absurd!

Yet that's how most Westerners selfishly operate; out of alignment with nature and energy; without awareness or respect to their greater ability/self to harness energy and power far greater than the mind.

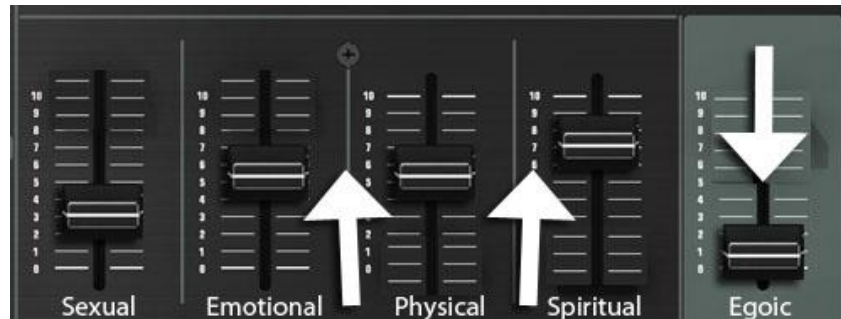
The ability to differentiate these energies and view them SEPARATELY from your Ego (and in addition to it) and to greatly RESPECT them, gives you vast more power and potential to experience life at priceless levels not known to almost all people who are ruled and blocked by their egoic energy.

The thing is that you DO have a biological 'identity' and a 'sexual identity'..separating them from your Ego is a huge advancement in your consciousness and potential.

With P.S.M. we can now work effectively in these areas for what I call 'holistic empowerment'. You can become the ultimate person of value across the board. Far more empowered than the limitations of your mind.

With holistic empowerment you can *influence* people on all levels...use energy far greater than yourself to SUPPORT, drive and empower your ego-based causes. Access egolessness to drive creativity and learning at genius levels.

Empower the LOA. Increase your experience of life to levels not possible by the reality of Western ego-based and social values by being affected and in your sexual, emotional, physical and spiritual self energy.



The more you have each of your channels 'up' in the mix, the more actual energy and power you have involved, the more 'empowered' you are, the greater your experience in the moment AND the more INFLUENCE you will have on your environment (in your non-verbal communication).

By empowering each channel and doing things to open up and then increase your dynamic egoless energy with P.S.M., you are open to a new evolution of quantum personal growth and attraction.

More energy use = more collective power and more empowerment. More conviction, more belief, more congruity, more life, more passion, more creativity, more love, happiness, bliss, flow which you can apply to all of your life.

One of the things you can do right now is ALLOW yourself to get emotional. YOU control the process. Find some emotional videos on youtube, QUALIFY them on emotional value and the effect they have on you and don't give that authority to commercial advertising anymore.

Allow yourself to start FEELING things again. This is a great video here for that:

http://www.youtube.com/watch?v=flRvsO8m_KI

Open yourself up to being affected by it. Your experience of life opens far greater and it helps to silence the chatter of your mind as well.

Here's a good video which reaches BEYOND the logical mind and into more of your core physical and emotional energy. http://www.youtube.com/watch?v=yX39J_YyKbs

Start getting your body involved instead of merely repeating your affirmations.

When you start INCANTING your own beliefs on a level beyond the logical mind by getting your physical energy involved (using your fists, arms and power poses) in addition to the belief in that video, you become FAR more empowered in your energy to manifest and make things happen in a much shorter time.

Mental energy alone isn't enough to manifest a lot of what you desire with the LOA; it's time to access far greater power when you can open up to it.

That is just a taste of being affected on some of your holistic energy levels. Now imagine making that 10,000 times stronger and using it for manifesting good and becoming far more empowered and valuable than you imagined! There are no limits.

Ready for a massive leap in what is possible? These energies are very strong forces and now you can open up, experience and apply your sexual, emotional, physical and spiritual energy/power/self like never before.

I call it 'Holistic Empowerment' and P.S.M. is where we'll be doing it. Even if you don't join us, I encourage you to learn to silence your mental chatter (egoic energy), open up and allow yourself to be affected on the holistic energy levels and you will start experiencing a far greater, priceless quality of life and fulfillment.

I hope you can join us though for the leading, pioneering training in holistic empowerment on P.S.M.

Questions, comments, thoughts? >> www.HowToAchievePeakState.com/holistic.html

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