



First Aid for stress

Health, Freedom & Truth



Exercise: Who's body is it anyway?

This exercise allows you to expand your understanding of Amy vs I exploring your relationship with the mind and your decision making.

Whose Body Is It Anyway? Amy v I

When we're born, we enter a game called "Whose Body Is It Anyway? Amy v I".

Remember: Amy is the name I've given the amygdalae, the almond-shaped organs in your brain that assess stressful situations.

In this game, there are two players or 'selves'.

1. Player One is You (The Higher Self), which views everything and everyone from a loving, compassionate, forgiving and peaceful perspective.
2. Player Two is Amy (The Egoic Self), who sees everything and everyone from a place of stress or fear. She sees everything as impossible, unlovable or somehow wrong. She is uncaring, heartless, unforgiving, fearful and hostile.

The aim of the game is to take control of the decision making in your life. To win, **YOU** must deepen your understanding of how the brain operates and construct a healthy operating system.

This means expanding your understanding of both your Optimal Default Setting (ODS) and Neutral Default Setting (NDS). I'll tell you more about those later. You can't destroy Amy altogether. Without her, your survival instincts, gut reactions and intuition would barely work. Instead, you're effectively going to overwrite all but the absolute essential programs that she uses.

When Amy is taking control

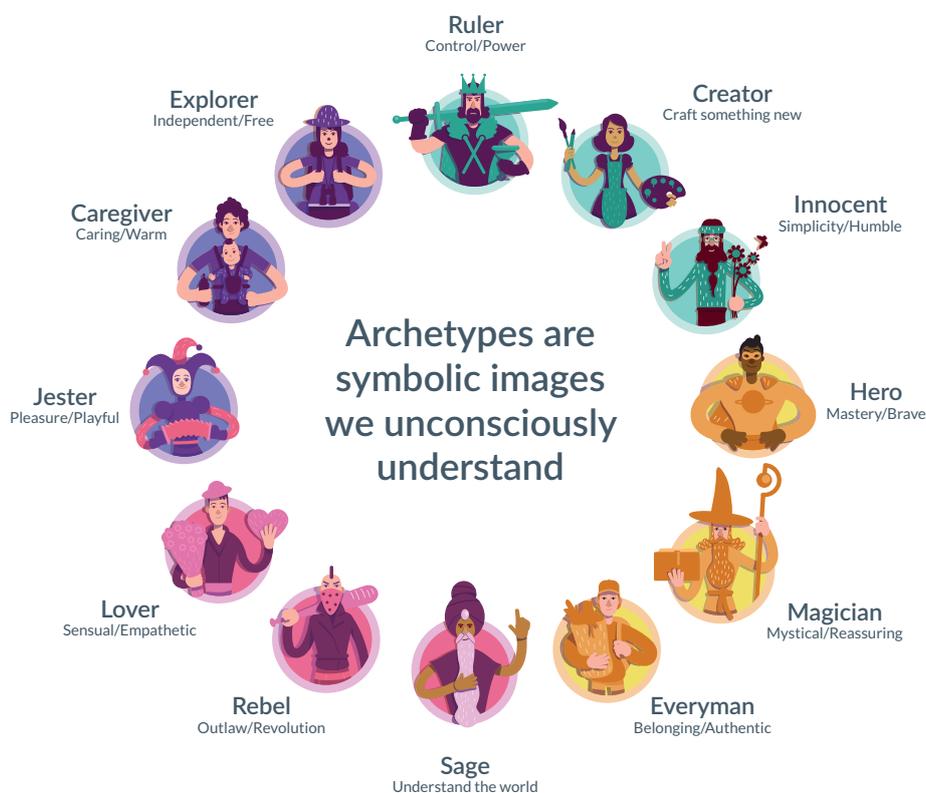
Amy is always trying to get the upper hand. She does this by distorting the truth – the truth being the natural sequential order of life: truth, freedom, health.

Once in control, she will hold power and put your body into overdrive, which causes a high state of toxicity. This is extremely harmful to both your body and mind. Ultimately, it creates endless difficulties and undesirable situations, while life is both depressing and oppressing. The situation feels like it will never end.

Understanding your opponent

Amy is a predator. She challenges you for possession and control of your body and mind. She does this by giving you the illusion of problems in your life. She takes you out of the present by utilising your memories and imagination. Then, if you're duped by her tricks, you feel stressed and can't focus on the now.

When she's doing this, you can only see things from a negative perspective. Together you share 12 distinctive character traits:



These dozen traits combine to make up your personality. And, depending on who's in charge (you or Amy), you experience the world through a positive or negative version of these 12 characters.

Understanding you

To win the game, you must also understand what type of player you are. You are also a predator. However, unlike Amy, you are a level and compassionate predator who recognises that enemies can live life peaceful, productively and enjoyably.

One thing you must realise is that you and Amy are not the same. Only you can up level.

You do this by

:

- Associating with people who align with your values.
- Experiencing more peace, happiness, truth and love.
- Spending your valuable time on this beautiful, abundant planet by taking care of it.
- By putting your health first.
- By facilitating change and expanding your chosen trajectory to improve all your interactions.

Doing all these things will create a more harmonious existence and environment for all.

I want you to win this game!

So I'm going to give you a cheat! I explained earlier how she uses the same 12 personality types as you. Well, as you share these same dozen basic traits, it can be difficult to know who is running the show.

However, there's an easy way to check.

Use your body as a barometer!

Your body offers constant feedback, which means you can see who's in control in an instant.

If it's Amy, you'll be in Survival Mode – freeze, fight or flight.

When you're experiencing high-octane stress without a good reason, **THAT'S AMY IN CONTROL.**

If you're in control, you'll be in Thrive Mode – food, fun and flirt.

Once you figure out how to operate within Thrive Mode, and you practice that until you are continuously thriving, you'll be winning the game.



