

# End Anxiety Forever By Ralph Havens

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### 1. What Life Used To Be Like... the first 37 years....

I couldn't let anyone else see how I lived.... My girlfriend at the time was the only one who knew....

I was sitting at the kitchen table in San Diego reading a book. Studying my physical therapy books and I had a long thin stick in my mouth.... So I could turn the pages of the book.

My hands were submerged in plates of water that were connected to electricity. I was literally electrocuting myself a little bit for about 20 minutes or so. For I think around 2 weeks.... Each day about 20 minutes.

After doing this my sweat glands wouldn't sweat in my hands and then when I went to work and touched people or went to classes no one would know how full of anxiety and excess sweating I was....

It was my secret. My girlfriend at the time knew, but that was it. I don't think I've even told my wife Jen about this yet .... Life is just so different now, it's totally off my radar now, but that is how I used to live.

Thank God they didn't use botulism injections back then because that's what they use now to stop excess sweating. There was also a special procedure to cut the T4 nerve

behind the heart in the upper back. That stopped all sweat from that point down. I thought about it but the idea of not sweating when I ran.... Unacceptable.

I did have a friend in our running group, a nurse, who did do that. When it was hot she'd have to be very careful not to over heat.

Thank God I never resorted to that because of course cutting a nerve like that is irreversible.

Yet I knew there had to be a way to fix this. I just didn't wanna be some 80 year old guy still sweating over everyone.

And I really wanted to quit being so anxious.... All the time... And worse when I talked with people or thought of touching people.... But my job was touching people! I was a physical therapist for God's sake!

So there I was searching for answers....

I'm here now to tell you, I found a way out....

For the first few years of no longer having sweaty hands or feet and no longer having anxiety.... I didn't dare tell anyone about how life was for me. For one I just didn't want to jinx it....

What if it came back.... I'd check. You know I used to be so anxious when it was sunny and dry. It was like that a lot in San Diego. That would trigger anxiety and sweating...

Coffee too. Or rooms with little air flow or no open windows... or thinking of holding hands or touching anyone.

Also talking with men and especially rich or powerful men. It was crazy...

But all that was gone and I didn't tell a soul about it for years. I didn't even tell my new girlfriend, now my wife Jen, for a couple years.

I decided a while back to come clean with it all because I knew it would help so many.

So this book is how I did this. So you can do this too. End Anxiety Forever.

I am so committed to helping you clear this. There can be many factors so I'm gonna list a bunch of stuff. The more of it you can do the better results I would think. Email me if you have any questions or need any more support ralph@ralphhavens.com.

Much love,

Ralph

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### 2. What Would Life Be Like Without Anxiety?

What you might wanna do is take a moment and think about what your life would be like free of anxiety.

It's useful to chart your course and have the vision. Because if your reason why you wanna be free of anxiety is big enough then you'll be more likely to do the steps I'm gonna share with you.

So if you had things just like you want them in your life what would life be like for you?

You can write it down...journal it.

And ask this question again, "what else?" if you had things just like you want them in your life what else would you want? Write it all down.

And continue like this, asking the same question, until you've come to the whole thing. How life would be for you without anxiety and with all the things you truly want in life....

Then think about how anxiety is affecting you. Are some of the things you want in life not happening because of the anxiety?... Would you be able to flow freely towards your goals if you were clear of anxiety?

If you could clear all the things in your way of being free of anxiety what would that do for you? You can write that down too.

What else would it do for you? To be free of anxiety....

Keep asking yourself this question, "If you could clear all the things in your way of being free of anxiety what would that do for you?"

And now, If you could clear all these obstacles and be free of anxiety what would be the best part of getting that. Ending anxiety forever and getting what you truly want in life. What would be the best part of that?

This belief that it's gonna change for you and this big reason why you wanna solve this once and for all.... It's gonna keep you doing the things I'm about to share with you. Because You'll know this can work for you. You can End Anxiety Forever. Here's the plan....

3. The Overview: Here's the Plan to Solve this once and for all.

There's a few components I found along the way. I first started doing something called Integrative Manual Therapy. I had been running about 70 to 90 to more miles a week since I was in high school and college. And even into my mid 30's I was running 70 to 100+miles/week.

I loved running and still do but one of the benefits for me was it was the only time I felt truly comfortable and at peace. I literally had to run that much just to relax!

But when I was 37 I couldn't run and this went on for 8 months. Couldn't run more than 5 minutes and my leg spasmed. I tried everything. Therapy, orthotics, all sorts of treatments... and nothing... nothing worked....

But then I went to a therapist in Los Angeles and she put one hand on my foot and said "oh you have an artery problem…". She proceeded to work on my Heart and Chest area for 2 hours with gentle hands on techniques and 2 days later I tried to run and viola! Totally back to running!

But something really cool started happening.... I ended up taking 110 classes over 10 years in this new method I found,

Integrative Manual Therapy. And it was a year or so into this that I realized I didn't have a dental bill anymore...

I always had a dental bill I was paying off. I always did as I was told and went to the dentist every 6 months. And there were always cavities and stuff to fix up. I had teeth pulled, implant put in. All sorts of stuff and I was paying it off because the bills were so high.

But, here I was without a bill and I had gone a couple years with no dental issues. Now I'm 59 as I write this and I have not had any dental issues at all since then.

My body was getting healthy. Not only was I back to running and my heart and arteries were healthier and happier, my teeth were healed!

So I was sold! I took 110 classes over 10 years and I worked on myself at night and also on weekends and I got treatment from therapists who were skilled at this method.

And I started changing my diet... more on that later...

But I started seeing that my anxiety and sweating were starting to clear.... Not completely gone but really getting there.....

With this therapy there is a way to find and clear the emotional and mental and spiritual pain.... The stuff that happened to me at a tougher and younger age. The abuse stuff... how to clear that.

So I did all of this work on myself for years. I still do some of the homework which I will show you a bit later too.

But there's also a much simpler and faster way now.. I am glad I went through all this work to clear anxiety.

I'm gonna be showing you the fast way to end anxiety forever.

Here goes!

# 4. Nutrition but different than you might have been led to believe

Ok, so I'm gonna list the things to do with your nutrition. Now I took a few months and even years to get this all in place. So please be gentle with yourself and email me with any questions or if you need support.

For years I was told low fat and high carb was the way to go. I ate bagels without butter. Bagels with lots of jelly and popcorn and pizza and beer and burritos. Low fat and high carbs....

It's what we were told was good for us. Fat was the enemy. Turns out we were not told the truth. Turns out there were two medical doctors who literally doctored the research and said fat was bad and grains and sugar were good.

Now years later it's come to light that those doctors were paid off. And they literally doctored the research... lied about it and vilified fat.

This high sugar, low fat diet has been a serious issue and has led to many chronic diseases. It's so good we're getting the right data now.

Because as I changed my diet, my health improved... and my anxiety started to go away.... Forever....

The more of these things I'm gonna share with you and the more you put in place the more at ease you can be and this is what I now use myself. When I do something not in line with this way of eating I will show you, I can feel unsettled. Eating the way I'm gonna share here is a big component to clearing anxiety.

### Ok here goes:

1st Going Gluten Free is Big. The thing is though 100% gluten free works great. Big changes but 99% gluten free doesn't really work much at all. So here' a link to learn how to go gluten free and also a video link and a newsletter about it.

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https://youtu.be/lf3z3g5WbJk

https://d2saw6je89goi1.cloudfront.net/uploads/digital\_asset/file/446062/IMT\_Gluten\_Sensitivity.pdf

2nd Eating Organic is Super Important and here's why...

As I write this, the herbicide RoundUp is still on the market being sprayed on food. This herbicide has something called glyphosate which actually paralyzes the gut. That's what researches have found. And it also kills normal gut bacteria. This is important because if we can get your gut healthy your bacteria healthy then you make more of the happy neurotransmitters like serotonin and others. These are key to feeling relaxed and at peace. Gut health is vital and this is a big part.

3rd. Limiting or eliminating Corn and Soy can help. For a lot of reasons, corn and soy can affect gut health. So eliminating them can be a big help.

4th. Low Carbs and eating high quality fats
Basically the more good quality fats the better and the lower
the carbs the better. Carbs cause an insulin reaction which
not only keeps fat on, it also increases stress in the body. Try
putting more high quality fats in your diet and limit carbs.
Especially processed carbs like breads, pastries and pastas.
Even gluten free carbs can be limited for good changes for
you.

High quality fats include, Avocados, butter, high fat organic raw cheeses, fat from animals that are grass fed or pasture raised or wild caught. Grass fed beef and lamb, pasture raised chickens, wild caught salmon with the skin. The fat from these animals is high in nutrients and helps calm the body.

#### 5th Bone Stock

You can make your own of course using grass fed cow bones or pasture raised chicken bones but you can also now buy it at many natural grocers. Some natural grocers even make it and can sell it to you. This is amazing to help get clear of anxiety. Drinking a cup or two each day in the evening or during the day can bring big results. Try this and email me with what you notice! I've had people say "everythings gonna be ok" with a gentle peaceful smile after drinking bone stock!

### 6th There's more you can do with nutrition

Going 100% gluten free, mostly organic, corn and soy free are the biggies. Eating high grass fed animal products especially the fat and drinking bone stock daily is key. There's more that can be done but this is a very good start. If you're interested in more, then following an Ancestral way of eating (gluten free of course) is also very good to do. This is more involved so if you're interested email me and I can point you to that. If you'd like to explore on your own then www.ppnf.org is a great place to start.

# 5. Clearing Rage, Anger, Codependency and more...

Stuff used to bug me... More than bug me... I couldn't even stand being in my own skin. If some people were eating and making noises it drove me into a rage....

If I was at home I'd watch TV or keep music on or sit away from the table so I wouldn't feel so damn uncomfortable. I think it was probably how I was raised.

But now I can sit and eat with people and not rage at all. This one took me a while... years to clear. But it cleared.

What ever your triggers might be... things that get you raging, there is a way out.

Here's something to do that is beyond powerful. It's so good, I still do this technique most every day, because it keeps clearing so much inner stuff that is in the way of healing and abundance for people.

It's called neuro-fascial-process. A long word that basically means it works with reflex point and helps clear physical, mental, emotional and even spiritual pain. Sounds intense and complicated but it's really easy to do. We actually call it the. "One Hand Here...One Hand There" technique.

You place one hand on one part of your body and the other hand on another part of your body and leave them in contact for 20 minutes without letting go. That's it!

And the more you do... the better. So when you watch TV or a 20 minute video or when you go to bed at night... or when you wake up in the middle of the night... or when you wake up early before you get outta bed and have 20 minutes you can lie there.

You can find 20 minutes at a time when you won't be using your hands for something else and you can do this technique.

The hand contacts to clear rage and other things are listed below. Remember 20 minutes of constant contact without letting go on these two spots.

The One Hand Here... One Hand There Technique

RAGE: Hand 1 one bridge of nose Hand 2 on Lower Back

ANGER: Hand 1 on Liver (right lower ribcage)

#### Hand 2 on Lower Back

HATE: Hand 1 on heart
Hand 2 on lower back

Disappointment in Mankind: Hand 1 Left side of ribs (rib 6.7.8.9)

Hand 2 on lower back

Grief: Hand 1 On Lungs or upper rib cage Hand 2 on lower back

Relationships: Hand 1 on front of throat, thyroid area Hand 2 on lower back

Spiritual: Hand 1. Top Of Head Hand 2 on lower back

Mental and Emotional: Hand 1 Forehead
Hand 2 on lower back

Control Issues: Hand 1. Contact Upper Arm Hand 2. On lower back

Belief Systems: Hand 1 Contact Forearm Hand 2 on lower back

Deep Mortal issues (like issues around mortality): Hand 1 on pancreas (belly button and just to the left and a little up from there)

Hand 2 on lower back

Men's and Women's Health Issues: Hand 1 on pubic bone (uterus or prostate area)

Hand 2 on lower back

Martyr Issues: Hand 1 on Cecum(Right lower belly by the pelvis bone)

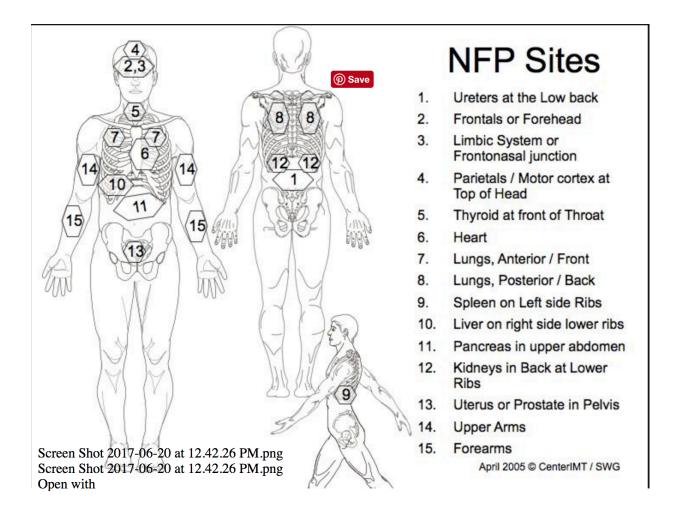
Hand 2 on lower back.

Elimination and detox and Self Worth: Hand 1 on Sigmoid Colon (Left lower belly by the pelvis bone)
Hand 2 on lower back.

Fear, Anxiety & Depression: Hand 1 on kidneys (on back just a little up from low back area)
Hand 2 on lower back.

Here's the reflex points. There's more you can do with this amazing technique so let me know if you want more info.

https://d2saw6je89goi1.cloudfront.net/uploads/digital\_asset/file/455882/NFP\_One\_Hand\_Here\_Technique.png



6. The Letting Go To Peace Process.... How to come to peace with anything and I mean anything...

For years I used techniques like the One Hand Here...One Hand There Technique and many other ways to clear mental, emotional and even spiritual pain. I had a client years ago who had severe neck and back pain and headaches ever since a car wreck 2 years earlier.

When I saw this client, I used my medical intuitive skills and found deep grief in the lungs. I didn't tell my client what I found, because I have a skill ... a technique to clear it using energy and manual therapy. This client started having real relief and asked me why it was working when so much had been tried for the past 2 years without results.

I told my client what I found... deep grief in the lungs. But that we were clearing it with our therapy.

Now that's all great. Big result and I still use these techniques but you can also clear grief and all sorts of mental, emotional and spiritual pains. And that's what I wanna show you now... How to do this....

This past year I had a new client who came to my office here in Bellingham. She was in for her first session. I wanted to do a technique where I would be touching her ankles. But when I went to touch her ankle she jumped up and insisted, "NO NO Don't Touch That". ...

Turns out there was quite a history with that ankle and foot. Motor vehicle accident, fractures in her foot and ankle, talk about amputating the foot. Lots of surgery and botched surgery... And now no one could get anywhere near it.

In fact, when I got within 2 feet of her ankle I could literally feel a cushion of air resisting me from getting any closer!

So I did the technique I'm gonna tell you about.... She did it actually. I walked her through it, Like I will do for you in a minute.

And after the hour she said it felt like it was gone... good. So I said, "well let's test it". Right? We don't wanna take money under false pretenses :-)

Let's see what changed...

So I touched it....

No problems...

At all!

I did my technique and she felt great.

Funny thing was up until that day her ankle popped out and she would lose balance multiple times a day....

Ever since this one session she no longer had any popping or any problem at all. Ever..... And people could touch her foot! So here is the technique.... I first leaned it from one of my coaches, Christian Mickelsen and since then have seen that many teachers have been teaching this calling it, Peace Process™, or the Letting Go Process, or the Living the Questions process or Vipassana. It's powerful and is some thing I do every day.

Now it's so simple that it's easy to miss.,,,

I missed it for years because it just seemed too simple...

So I encourage you to use this daily. I do this every day and multiple times a day.

Here's the How To Do This:

This is a very powerful way to shift thing fast. For anything that is causing angst and also for anything you want to manifest. You can do it many ways but I recommend to start with a specific practice. I recommend taking some time each day.... dedicated time, say 15 minutes or half an hour or more each day that you can commit to doing this "what's happening in your body?" process. I find that it's very important to not have distractions while learning to make this new skill a regular way of living for you. Then bringing up the things that push your buttons or brings you angst for a while is good to do. You can then let go of needing to bring it up mentally and at that point, it's all about "what's happening in your body?"

and staying present to whatever that is.... the physical sensation. You can notice when you judge it by naming it anxiety, or frustration or worry or hatred or anger or whatever or when you just relive all the issues or the he said, she said stuff about it... or the story of what happened back years ago.... Whenever you do any of these things, just gently bring your attention back to "what's happening in your body?"... the physical sensation, like pressure, or pain, or twisting or pressure and get really curious about "what does it actually feel like? what's it doing? what's it doing now?..... Keeping your attention on physically "what's happening in your body?" right now.... it's an amazing technique and the videos and audio of "what's happening in your body?" can keep you on track because it's easy to get distracted or start putting a judgement on it or calling it something or doing anything besides just noticing "what's happening in your body?" right now. Doing this each day as a dedicated practice is key. Then throughout the day noticing when angst shows up or buttons get pushed and in the moment noticing "what's happening in your body?" right now is an amazing way to do this. But having a dedicated time is very important. Let me know what you notice that changes right away as soon as you start doing this. It is amazing what it will do for you. keep me posted!

Here's a short video explaining this Letting
Go To Peace Process and the Be Bliss Technique: https://
youtu.be/yOUW0pcFtlo
And another video Link

https://vimeo.com/271143752/4058148c1a

7. Matrix Energetics Session for you simply by reading this and watching these videos....

So this is a funny one....

Notice how you feel before and after reading this message ... and ... What does Physics have to do with Your Healing and abundance?

So years ago, I was new to town here in Bellingham... And I was running with my new running group on some amazing trails on Galbraith Mountain. And one of the runners, a school teacher, invited me to be at her high school's Science Fair. There would be about 2000 people and the theme was How You Use Science In Your Work....

So she asked if I wanted to participate. I said "Sure!" But then I thought, "what am I gonna do?" I mean I can't just talk about the physics of miracles... this Matrix Energetics Magic

way of changing stuff and helping people heal. What was I gonna do?

So then I thought of this brilliant idea. I would write an article about the physics used in matrix energetics... the physics of miracles, which is actually the name of the book about Matrix Energetics.... A great book...

And ... here's the funny part... I encoded it with matrix energetics so that when someone read it, they would have a massive shift... a massive transformation simply from the chair they were sitting in!

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So here's the article I wrote. And as all these high school students came by, I had them all test how their head and neck moved, their shoulders and arms, their backs and had them walk around...

then...

I had them read this...

And re-test.....

And they all felt a change... they felt better, lighter, less pain, walked better simply from reading this...

So what you can do is the same thing..

Test your mobility, move your arms, legs, back, neck and head around. Take a walk...

Then...

Read this and re-test your mobility, move your arms, legs, back, neck and head around. And you can notice what's different...

And keep your noticing going... What else is different today after reading this.... It's funny how this works....

Now you can test it and see for yourself what changes and what's different in your life...

Here's the article you can read now: Remember to re-test stuff after you read this. \*

Have you ever tried to use the power of your visualization or intention to do something? You know like in the movie "The Secret" or in some of the many self-help manifest your own reality kind of books?

Ever wondered why they don't seem to work very well.

They may work a little but for all the effort it just doesn't have the big bang for the buck.

Did you know that physicists who study the energy in a vacuum or the energy in empty space say that there is infinite energy, information and potential in the vacuum or in the empty space?

So how can you truly access that infinite energy or potential? I've been playing with this type of thing for years. And after much study, I came across a way to do it.

Funny thing was, it wasn't about doing it as much as something else. It was easier than I thought. In fact it surprised me the first time it happened.

so much that I told my wife "No Way!!!" and she exclaimed "Way!!!"

It's consistently worked for us since that time about 5 years ago when we came across this way of doing stuff. I'm telling you this so you can also access this way of making things happen for you.

You may be thinking, this is just another one of those methods. I know I did with most of the stuff I tried over the years. This stuff felt different even from the beginning, but I still doubted it would totally work for me.

Luckily I was using it with a lot of clients as soon as I learned it and it consistently worked. People were lining up with their heart's desires and making real changes in all sorts of stuff.

Everyone had their own version of miracles. so I got to prove it to myself by seeing it change my clients and friends and families lives.

Here's what I want you to do next. \* Notice how you feel and notice what's different after reading this message.

If you notice the change or notice that something is different, you can access more of this Infinite energy or infinite potential by doing this.

You can sign up at our site because each Thursday I use this technology at 8:30 am so you can notice changes in your life.

There is no catch and nothing to do other than signing up for our weekly sessions here.

And if you want to have individual session to work specifically on Results your looking for

you can set up your individual session with me. just email or call me.

ralph@ralphhavens.com

P.S. Check in with how you felt before reading this and notice how you feel once you're done reading this \* and notice what's different.

You can literally read this chapter each day and experience a change.... Test it out for yourself!

8. Clearing toxins that can be a cause of anxiety. Once cleared life just gets better and better....

These toxins if cleared can be a big root cause of anxiety and all sorts of other conditions. I will list them all out here. The more of these you put into place the better and more likely you'll clear anxiety and feel better.

### Here's the list:

Specific Things You Can Do Right Now to Get Your Life Back! How to get healthy, happy and whole!

- \* Eating organic food. No pesticides, antibiotics, or hormones in your food. \* No GMO's in your food. Non GMO Project is a good source for information and labelling. https://www.nongmoproject.org/
- \* Avoiding Mercury ~ avoid mercury dental fillings. Mercury is the most toxic non-radioactive substance on the planet. There is no safe amount of mercury exposure.
- \* Vaccines ~ educate yourself on vaccines. Email me for much more information. Avoiding the flu shot and any vaccines with mercury. For a complete list of peer-reviewed medical journal studies, click here. http://

www.greenmedinfo.com/guide/health-guide-vaccine-research

- \* Check your home and office for mold and have it professionally removed. Look for and repair all water leaks in your home and office.
- \* Avoid Fluoride in your water, both the drinking and bathing water. Consider living in a non-fluoridated area. Ask your water utility whether or not they add fluoride to the water. For more info contact me. Here's a link: https://d2saw6je89goi1.cloudfront.net/uploads/digital\_asset/file/402715/FLUORIDE\_QA.pdf
- \* 100% Gluten Free eating. Ask me for more information.
- \* Corn and Soy Free and consider going grain low and using ancient grains that are sprouted and fermented to clear the phytic acid. Ask me for more information.
- \* Turn off cell phones and wifi when not needed. Don't sleep with wifi or cell phone on. Use hardwired connections whenever possible.
- \* Avoid using any smelly laundry aids or hair products. These contain endocrine disruptors. Use free and clear type laundry aids and detergents only and only natural ingredients in shampoos, conditioners, skin products and make-up. Look for gluten in your hair and skin products and

get versions that are gluten free. \* Avoid anti-microbial soaps and wipes. Bacterial balance is vital to life. Simple washing of hands with regular soap and water is best and proven to be just as effective.

- \* Avoid antibiotics whenever possible. Biotics means life and anti life is not the way to health.
- \* Avoid using any "Air Fresheners" in cars or sprays or plugins. Endocrine disruptors. This includes avoiding using essential oil diffusers. They are powerful and just because they are natural doesn't mean they are safe. Simple regular air is healthy. Scented air is not.
- \* Lead is less of an issue today. But avoiding this is important. Pipes in old houses may have lead and look for old paint especially if living with children or pregnant women.
- \* Drinking and bathing water. Make sure you have filters that clear the chlorine and chloramines and fluoride out of your home's water supply. www.promolife.com is a great resource.
- \* Avoid using processed foods and avoiding processed sugars. Sugar is a neurotoxin. Eliminating all sugar for 3 months you can see for yourself how anxiety can end when you do this. Now you can still have honey and organic

maple syrup so substitute these whenever you'd usually use sugar.

\* Eating full fat grass fed animal products such as grass fed beef, pasture raised chickens, and wild caught salmon is a great way to get high quality vitamins, minerals and activators. Consider using a Nourishing Traditions version of eating. Ancestral cuisine has thousands of years of success in "making perfect babies." You can go to http://www.westonaprice.org/ and https://price-pottenger.org/ for more info or contact me for more information.

### 11. Qigong Sounds and Exercises That Work

This is a big section ... way too much just to write about. So I made a video playlist of qigong sounds, qigong exercises and self treatment techniques from my medical intuitive training and more. It's a lot but if you want to just go through a few each day and then start again at the top and go through them again... a few at a time, you can have massive changes.

In general what I recommend is to learn and do the Qigong Sounds for the kidneys. There's 3 sounds .... One for the physical kidneys, a second one for the mental and emotional kidneys, the fear and anxiety and a third sound for the spiritual kidney.

This clears fear and anxiety and helps the overall health and vitality of the body. Worth doing the kidney sounds every day. You can do them when you drive or when you walk or anytime you like. I recommend getting into a habit of doing them each day for 15 minutes to even an hour or more per day.

When I was driving to San Diego and then back to Bellingham, I did them in my truck almost continuously for 20 hours! And each time I got out to fill up the truck with gas, my body felt more and more awesome.... It's become a habit... a daily thing for me....

When you're doing big things in the world... with your family, your business and your life... you'll come up against your own stuff... Your fears and anxieties.... This is a way to clear it. Completely let it go.

But the trick is you gotta actually spend the time doing it every day.

Another great one is the hip rotations exercises. I came upon this one in a funny way.

We were up in Bellingham... Renting and not knowing how we were gonna live life... How to make money.... How to get my business going again.

And I found myself waking up at 5 am each day and I did 2 hours of this one exercise. The Hip Rotations exercise!!! For 2 hours a day...

And when I went back to San Diego once, our qigong teacher Ming Tong Gu was teaching a 3 hour class. He was in town for a day and it was so good to see him.

And he said... (without knowing what I had been doing) he said,"right now there are people all over the world doing this one exercise for 2 hours per day!). And it was the hip rotations exercise!

My wife had noticed that I was so calm, so unaffected by all this uncertainty in our lives. I was in bliss....

And this is what Ming Tong said. This exercise brings up bliss. You can learn more of Ming Tong's work here www.chicenter.com

It's really quite amazing. If you choose to do this and make it your habit... 30 minutes... or up to 2 hours a day, the results can be spectacular. It's crazy but this one exercise solves a lot of life's worries.

So look for the kidney sounds and also the hip rotations Bliss Exercise here and enjoy this amazing resource: https://www.youtube.com/playlist? list=PL3MpTKlqAoYgqbRzyItW-IUYK0cNFez-E

### 12. Incantations

In Can Tations
Instead of In Can't ations.....

How we think really does affect us. Try these out and make your own. I start each day doing two things.

Reading my Incantations and thanking God for all the guidance...

All of it...

Guidance can show up as obstacles, hardship, challenges.... It's all guidance... It's all your training...

By. Thanking God or the Universe for the guidance each morning you can set up the day and your life so all parts pieces skills opportunities magically show up and develop for you.

Try them out here they are! You can make your as you wish. I choose to use the words God and Jesus but you can use any word you like for the Infinite. Enjoy!

God thank you for being with me with my clients today. Thank You.

God thank you for speaking through me, work through me with my words, thoughts and energy and therapies to help all the people transform and heal on all levels. Thank You for being with me and guiding me and working through me.

I pray in Jesus name Amen.

I Am Loved
Everyone wants to be my friend
Everyone wants to help me grow my business
Everyone wants to promote me

Everyone wants to be my client I am totally safe, secure, & Healthy: emotionally, socially, physically and financially

I have plenty of money and plenty of time to take care of my family the way I want to and play with my family the way I want to.

I am happy and relaxed
I am pleased with myself.
I am grateful and I am happy.

I am instantly and completely delighted whenever	I see
(your partner or family)	

I am excited and delighted seeing the ever increasing abundance that is flowing into our lives in ever increasing amounts each and every day!

I am healthy and strong

I can do anything I want.

I have plenty of money to live were I want to live and do what I want to do.

I have plenty of money to take care of my family the way I want to.

I love living in unconditional Bliss with my beautiful partner.

I am love and I am lovable

I love being love

I can relax now.

I have all the time in the world.

\*Thank you for All Parts, pieces, people, skills, talents, ideas magically show up, magically fit together, magically develop me and my businesses better than we could imagine.

\*it is given before you ask

And from one of my favorite coaches, Christian Mickelsen: "Prayer of Abundance"

"Thank you God for all of the Abundance in My Life.

Thank You for all of the Love in My Heart.

Thank You for the Smiles in My Family, All the Love in My Family's Heart.

Thank You for My Team.

Thank You for All My Clients.

Thank You for All of My Success.

Thank You Thank You Thank You . . .

And Thank You for all the Oceans and Avalanches of Abundance that are coming into My Life in Ever Increasing Amounts Day after Day after Day.

Thank You Thank You.

I Have All The Time In The World."

## Closing thoughts

I struggled with anxiety for the first 37 years of my life.... I always had a feeling or a thought that I could solve this... I literally thought, "I don't wanna be some 80 year old guy with anxiety and sweaty hands"....

I found a way out. Here's another great success story to inspire you.

You can get what you want in life... If something can happen...it can un-happen.

Let me know how you like this and how it goes for you. Email me at <a href="mailto:ralph@ralphhavens.com">ralph@ralphhavens.com</a> and let me know. You can End Anxiety Forever. Email me with any questions or if you need more support.

Much love,

Ralph

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