



MODULE 6 BODY RAPPORT





"Your Body Is our Unconscious Mind..."

-CANDACE PERT





The Max Mindset **30 Day GROWTH Accelerator Challenge** is a self-improvement coaching strategy and powerful **self-discovery tool**.

Look at all the exercises and challenges as a way of opening the lens and changing the perspective...with the intention of discovering something illuminating about yourself.

Module 6: Body Rapport ACCELERATOR CHALLENGE







Objectives:



- 1. Your emotional state is deeply connected to your body.
- 2. Disempowering "stuck states" are trapped energy in your body.
- 3. The lines of communication between your mind and body must always be OPEN.
- 4. How to open those lines...



Body: "The entire material or physical structure of an organism"

Rapport: "A relationship, especially one of mutual trust and emotional affinity"

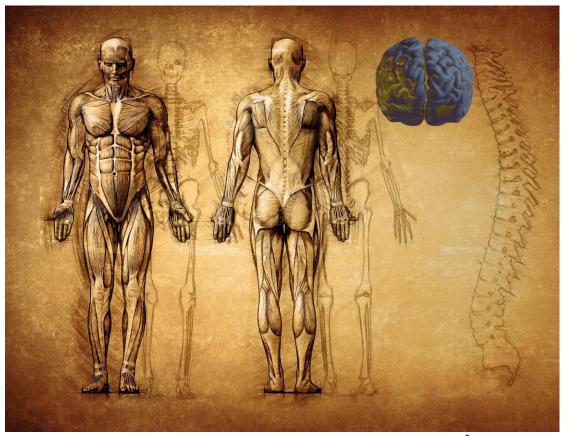
Body Rapport is to...
Know, Like, and
Trust Your Body





"Your body is your unconscious mind" ~ Candace Pert PH.D molecules of emotion

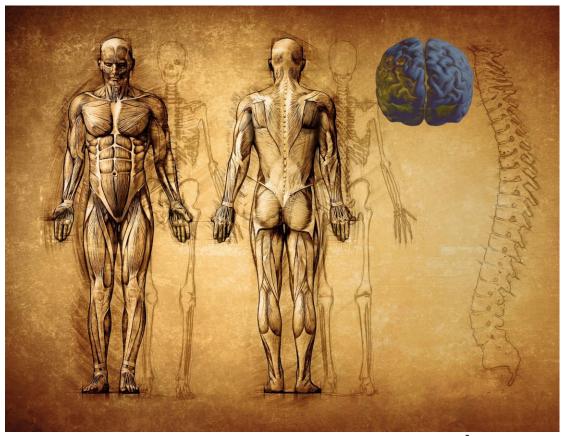
Our body and mind are inseparably linked.





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We feel our emotions in the gut, heart, or even in our back...

















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STUCK STATE









Experience THE LEAP

"Your body is your unconscious mind" ~ Candace Port PH.D molecules of emotion THOUGHTS - FEELINGS **ACTIONS - RESULTS**



- Experiential emotions and their triggers are stored unconsciously not only in our brain but in our body.
- A stuck emotional state represents STUCK ENERGY in your body.
 - That loop is reinforced every time a similar experience with similar body language comes up.





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The mental aspect of emotion, the feeling, is a slave to its physiology, not vice versa: we do not tremble because we are afraid or cry because we feel sad; we are afraid because we tremble and are sad because we cry."



~ William James





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CHOICES





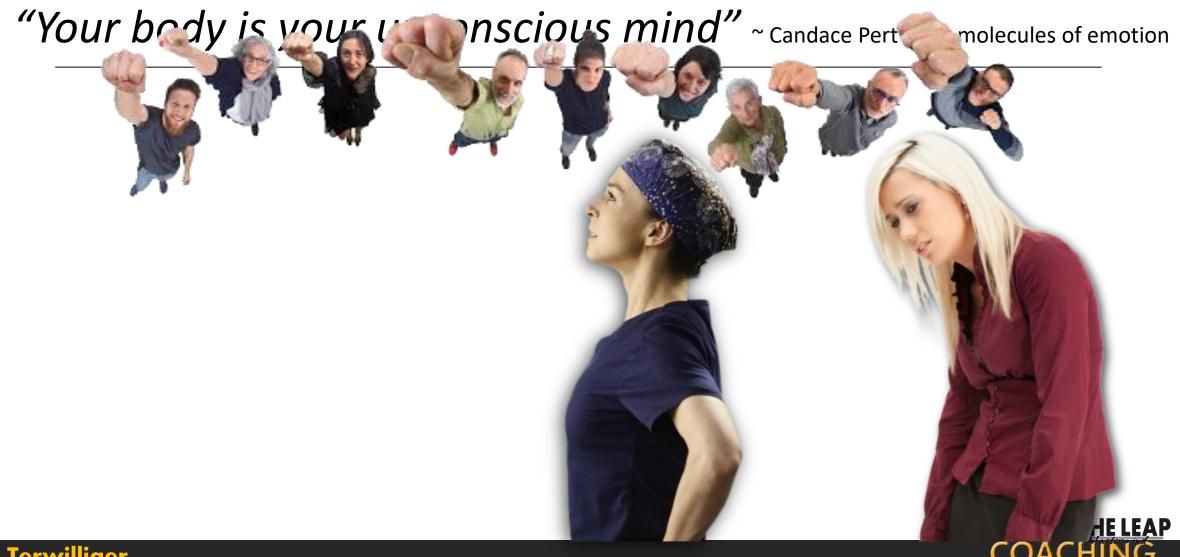
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Body

Head up Chest out Shoulders back Hands on hips Feet shoulder width apart

This is your empowered posture

Breathing.

Slow it down

Deep

Relaxed





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Your LEAP will require 6 things:

- 1. Considerable PHYSICAL ENERGY
- 2. Rapport with your BODY
- 3. A compelling OUTCOME
- 4. A powerful WHY
- 5. WILLPOWER Temptation
- 6. FAITH





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BODY RAPPORT and PHYSICAL ENERGY

- 1. Rigorously MOVE your body every day.
- 2. Lower your sugar consumption by half.
- 3. Mentally acknowledge your body as the lead role in the play.
- 4. Body Language.





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Here's your challenge

- 1. Be aware of and recognize when your body language...
- 2. Then whenever possible quickly put into action your counter measures...





rules of emotion

"Your body is your unconscious mind" ~ Candace ~ Candace

Coming Up - A Special

BONUS TRAINING





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