

ULTIMATE HOLISTIC SUCCESS FITNESS PROGRAM™

Fitness Comes From Within®

A Report By Ivonne Delaflor

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ULTIMATE HOLISTIC SUCCESS FITNESS PROGRAM

A portal of new opportunities and possibilities

On September 12, of 2008, my life began on a new journey of success, of fitness and ultimate holistic path to change not only my body, but also my perception field, my thoughts, my beliefs...my life.

The journey began with a very *intensive* physical training, every day, that for at least an hour and 45 minutes, our Coach, would customize and guide us with *determination* and prepared *goals* for us, (group of three) to *fulfill* and *accomplish* for the day.

"Life is not living, but living in health." ☐~ *Martial*

The Journey began with such *enthusiasm*, great *expectations* and *willingness* to follow the simple instructions, that included journaling every day, certain exercises and precise routines, inquiries, energy clearings and *consistency* practice, to accomplish the daily program in a *successful* way.

While we set personal goals, to achieve in a certain period of time I personally began a journey not only to practice consistency, but also the exploration of an *adventure* to choose wisely each thought that showed up in the process...AND BELIEVE ME...they showed up!

"Health is the vital principle of bliss, and exercise of health."

- James Thomson

Beliefs of “failure”, “procrastination”, “I’ll do it tomorrow voices”, “you are not as good as”, “you could be doing more”, “you should be eating less”, “the weigh is increasing”, “its not spiritual to focus on the physical aspect”, “I should be a vegetarian”, “I should eat more meat”, “I should diet”, “I should get liposuction”, “I don’t see progress” ETC showed up loud and clear...and they were determined to be heard in such ways that sometimes they were apparently successful as to have me believe in them, yet while I was doing the forgetfulness journey, what I truly forgot was to see the evident progress that I was undergoing through...I was becoming **THE PROGRESS** without even noticing... as my mind was more focused on listening to the old beliefs engrained in my subconscious and sustained by comparing my image/ thinking with those of *athletes*, with Olympic *gold* medalist, top models, and mainly with my UHSFP coach, who happens also to be my beloved life partner.

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato

Extreme *thoughts* showed up, yet at the same time that I continued the program, somehow the *determination* and unwavering *focus* of my coach served as an *inspiration, as motivational fuel to continue* and also as a *challenge*, as many projections and desires to be rescue emerged.

Perhaps, I thought: if I cry, or say “I’m not doing any progress” I’ll get his attention more, and he will feed my ego with declarative and addictive praise saying: “You are doing great...just take your time”...don’t work so hard”.

People say that losing weight is no walk in the park. When I hear that I think, yeah, that's the problem. ~Chris Adams

Perhaps if he says this I will have the excuse to drink one more glass of wine, eat some more little fried foods, go to extremes...maybe even to pay *attention* on those people that keep telling me “you are fat” “there must be something wrong with you” and whom they base their sole *existence* on their physical appearance, perhaps I can indulge to believe and *fit* in their belief system *world*, just like them in this *state of mind* in which work seems much more comfortable and laziness more appealing, and maybe with this, even I can convince my trainer to join me and stop the training once and for all so I can skip the *eye on the goal* to attain a certain weight goal or a certain state of mind that I have planned, but that yet somehow for the belief system set on the past, it is a goal seen as unattainable, as hard and even *impossible*.

Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded ~Goethe

Whatever the stories were, and whatever thoughts showed up and expressed their belief voices intensively and chose to be projected in my trainer, well...within the powerful framework of the UHSFP it didn't *work out*. Which is interesting *choice* of words, as working out was what was *happening* all along in this *UHSFP*.

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck! ~Author Unknown

My Coach/Trainer, each time I approached him with complaints, self pity and stories of the past which helped sustain the beliefs of "I can't ", "I am fat", "I am just like my mother", "I am lazy", "you will be disappointed on me", etc... he will just say: *"let's clear it, do inquiry and focus on your goals"*

I can tell you my ego heard this words as someone shouting at him the most horrible, disgraceful, and rude things ever... yet my *spirit*, my goals, and my *witness conscious* managed to *listen* even deeper and *decided* to *take over*.

Movement is a medicine for creating change in a person's physical, emotional, and mental states. ~Carol Welch

It has been 6 months since the journey of fitness success began, And after having this morning my last mental setback, "a cycle of mourning and complaining on what the habitual old patterns would chose to see as not happening"...something *shifted*:

Commit to be fit. ~Author Unknown

I paid *tribute* to myself, and I realized that since that day, now not only I *exercise* very day, but that there is also increased *pleasure* in doing it, now working out is not a doing experience, is a *joyful process*...

"Motivation is what gets you started. Habit is what keeps you going." □~ *Jim Ryun*

I *realized* how I have kept *tracked* of the foods I eat, *journaling* not only every day this, but also how I have increased the *water* intake, which not drinking it before was one of my main survival mechanism to keep the old patterns *alive*...

True enjoyment comes from activity of the mind and exercise of the body; the two are united.

- Alexander von Humboldt

I realized that *now* each time an old belief speaks and says, "you can not do this" a *new* voice emerges saying, "*just keep going*" focus on our *goal*, be in the now. Instead of tracking my failures and falls, I now see I have been *tracking* my *successes*, learning how to *balance* exercise, rest, *nutrition, supplements, food, thinking patterns, choice of relationships, energy dynamics within me, holistic healthy choices every step of the way*, and much more!

I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently. ~ Ernest Hemingway

It is said that in *life*, if you find a *true teacher*, coach and or true *master* that challenges you to *become* the *best you can be* and requests from you *the best you can give*, that then you have *won* all the *treasures* and gold in the world. For this coach will demand by his *modeling* the best in you, will not cry with you if you fall, but rather *applaud* that you *rise up again*, and will not tell you words of pettiness yet *encourage* you with descriptive words of your own *greatness*.

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools." □~ *Spanish Proverb*

What makes a good coach? Complete dedication.

-- George Halas

Toby Alexander, my *beloved* and life partner, became this coach for me... *leading* me to *find* my *inner* coach of *success* and *fitness*, not only in the *physical* but also in the *mental*, the *emotional* and the *spiritual*.

"To eat is a necessity, but to eat intelligently is an art." □
~ *La Rochefoucauld*

My *consistency* has increased, my *skills* to make *better choices* not only in what I *eat* physically but also *emotionally* and *mentally* are getting keener and *cleaner* each day, it is a pleasure now to exercise, I look forward each day to manifest the time for this, now there is no more watching the clock to pray for this to end, as now as all of these new skills are becoming *healthy* and *unconsciously competent habits*, I *desire* more.

My *awareness* on successful *willingness* and saying *yes* to *joy*- filled *discipline* are *guiding* the *way stronger* than any other thing.

"Eat, Train, Rest, = Growth."

~ Karen Sessions

There is *no age* factor, no "I have no time for this", no bone fractures (that I had many years ago) *no* lack of right arm mobility, or any analogical moments of the past used as *excuses* any more. *I have the tools now*, the awareness, and the unconscious competence kicking in *within* the *core* of my *soul*, *body* and *mind*..and I plan not only to *master* this, but also to *practice...practice*.. this is my *ultimate goal*. to continue with my eye focused on the goal, to manifest what I plan: *Ultimate Holistic successful fitness in the now*.

My goals are set in *motion* now in more *realistic* ways now, and the *awareness* of the goal of the now is *increasing*...I *see it happening!*

I learn teaching from teachers. I learn golf from golfers. I learn winning from coaches. □-- *Harvey Penick*

As my UHSFP coach would say:

IT IS WITHIN YOU THE POWER TO CHOOSE YOUR GOALS AND TO SELECT WHICH THOUGHTS ARE YOU GOING TO ENERGIZE. FOR YOU MANIFEST THAT WHICH YOU FOCUS ON. ~TOBY ALEXANDER

I pay tribute to my trainer, mentor, coach, life partner and friend TOBY ALEXANDER (Aka. Swami Shivananda) for guiding me in the way to **manifest** my own *Ultimate Holistic Success Fitness program*, a journey that he created with the vision to support other beings, that just like me, forgot at one point in their journey that *fitness comes from within*.

"Success in anything seems to be connected with action. Successful people keep moving. They make mistakes but don't quit. They hang on after others have let go". □~
Unknown

"Today's preparation determines tomorrow's achievement."
□~ *Unknown*

With commitment to my holistic success fitness awareness,

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The Transcendental Rebirthing Method©

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