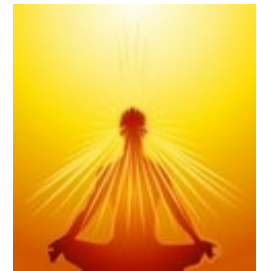




## Universal Laws and YOU! Building our Spiritual Muscles

A Brief Message  
from Karen.  
[Click Here!](#)



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**The Healthy Living Program™**  
- body, mind and spiritual health and wellness for LIFE!



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## **Building Your Spiritual Muscles!**



**OK. This is where some people ask:** “what is spiritual stuff doing in my healthy living / exercise program anyway?” Here’s my answer: if you think that we are solely defined by our 5 senses, that science rules, that your life is laid out for you beforehand, you might as well cancel your membership to the HLP program right now! Really! But if you’re willing to stay open, read on.....

### **“The Unexamined Life is Not Worth Living”**

**Socrates said that at his trial for heresy.** He was on trial for encouraging his students to challenge the accepted beliefs of the time and think for themselves. What was true then is still very relevant today. When you chose to follow the norm without examining if those ways will serve you, your life is on *autopilot* and growth will not occur.

**But if you are open to the possibilities,** if you’ve always wondered about what’s out there, and if you’re curious about what your life’s purpose is, then stay with us!

**We’re moving out of the Piscean Age** (it’s not our fault, it’s out there somewhere) **to the Aquarian Age** (my power resides within), and thank goodness. We are becoming more conscious as a race (the Mayan’s predicted this thousands of years ago), and everything is seemingly speeding up for a reason—it’s all part of the overall shift in humankind, awareness and consciousness.

**Now you can bury your head under the pillow,** keep yourself small (so you don’t have to do the scary work of change or accepting responsibility) or you can join us. Either way, it’s happening, whether you believe in it or not (kind of like gravity—it works whether you believe in it or not).

**Spiritual Laws**—Throughout the HLP program, I will introduce various Spiritual Laws, mainly, The Law of Attraction, The Law of deliberate Creation, and The Law of Allowing. There are lots of others, but these are the cornerstones to creating a life—your life—by design! Imagine, creating the life you want! And deserve! Now that’s creating optimum health and vitality, don’t you think? Imagine how all your aches and pains would disappear, how you could lift depression and become more calm and peaceful when you are living your best life! It **IS** possible!

### **Becoming Aware of your Behaviours and Questioning Your Beliefs**

These two things are paramount to living a rich, spiritual life. Most people simply *react* to situations rather than being objective and proactive. For the next while, we’re going to go on a journey of awareness, questioning everything we do, see, eat and say. I want you to come to know yourself deeper. I want you to unshackle yourselves, and live free!



#### **Just for Today....**

**Just for today,** I encourage you to stay open. Step into a learner’s mindset and examine your experiences and the corresponding feelings these bring up. What can you learn from these? Look into the future. Is this who you want to be 10, 20, 30 years from now? Then let’s co-create our life—stay tuned!!

## What Kind of Glasses are YOU Wearing?

**People often ask me** how I stay so diligent with my healthy eating and training. I always tell them that things really shifted for me when I started seeing things differently, kind of like wearing a new set of glasses! Here's what I mean.



**Growing up, I was raised on the classic meat-and-potatoes style** of eating. Oh yeah, and sandwiches and canned food! But when I decided to compete in fitness, I had to adopt a whole other kind of eating. Whole foods and absolutely no man made products. I didn't know it, but my Trainer was putting me on what we now call the **Clean Eating Diet**. In other words, eating like our forefathers ate. **Real food**.

**It was hard to change at first**, because I was used to eating like everyone else – *the wrong way!* And like everyone else, I was overweight, full of toxins and inflammation, and had a fat ass! But after a few months, something interesting started to happen – my perspective started to shift. Soon, I was looking at what *others* were eating and thinking that *they* ate weird – bread, pasta, desserts, late night eating, grabbing snacks.

**It was like someone had given me a different pair of glasses.** The way I saw it, *I was eating the proper way, and the rest of the world was eating weird.* It was then I knew that I had created lasting change.

**So what kind of glasses are you wearing?**

**Traditional glasses** – do you follow tradition, and don't buck the system? It's safe, but dull.

**Rebel glasses** –you adopt whatever diet is *in* at the time and you have to tell everyone that they too must be on it? Drop it. No one likes to be preached to.

**Dark Glasses** – you just hide behind convention and follow what everyone else is doing. If they're doing it, so are you? Did you sell your brain to science or something?

So now we need you to shift how you view the world. **Change your glasses.** That's what the **Healthy Living Program** will do for you...it will give you a very different set of glasses!

**Learn to live outside the box**, where you are free to eat tuna for breakfast or just have small snacks for dinner, and bread doesn't fit into your repertoire of healthy foods.

**Question Everything** – When you learn to stand a tradition / habit / thought on its head, many times, you'll find that it really can't hold water. But we're so used to tradition, but this doesn't mean it is best.

**Live on the periphery** – after awhile, when you've grown accustomed to your new way of seeing, you'll find that everyone else is on the periphery, and it's you that's in the middle!

**Buy magazines and books** devoted to clean eating and natural farming. Try different recipes. Start your own clean-eating pot-luck in your area! Pretty soon you'll be wondering why everyone isn't eating and living the healthy, fit life. After awhile, you'll wonder how you ever lived without it!

## Becoming Conscious

Understanding yourself and your behaviours is paramount to living a rich, spiritual life. Most people simply *react* to situations rather than being objective and proactive. With the Healthy Living Program, we're going to go on a journey of awareness, questioning everything we do, see, eat and say. I want you to come to know yourself deeper.

### **My Story—That's Just the Way I Am!**

When I was in college, I shared a house with a girl from Texas. She had some strange habits (or what I thought was strange anyway), She seemed to do odd things. For example, if she was going to a function, rather than iron her wrinkled shirt, she would throw it in the dryer for 20 minutes to get the wrinkles out (yes, our hydro bill was sky-high!). She had a wheat allergy, but she always insisted on drinking beer and her face would always be swollen the next day. Or she would wear her clothes once, and throw them in the laundry hamper. Her excuse, "that's just the way I am."

At first, I thought it was a reasonable answer, at least she knew her quirks. But soon I began to understand what was behind her words – *a lack of responsibility*. She clearly didn't want to make any changes, and her ready-made answer to everything was a reflection to this.

### **But It's Not My Fault!**

Do you notice how many people are in "victim" mode? They blame others, the economy, their parents, or their lack of time or money for their woes? Do you realize when *you* play the victim? I can guarantee you, it's more times than you think.

Once you recognize that your actions are driven by your past experiences and expectations, you have the ability to change this. Staying in "victim" mode – believing this or that happened causing you to be stuck with who you are today - does not serve you. Your past is the past. Learn from it, but do NOT allow it to define you as a person.

### **My Shift**

**Personally, this was the catalyst that opened the door to my awareness.** Not too many years ago I was on autopilot. I allowed life to take me wherever. I felt as if I had no control over my circumstances and thought this was it ... a life of trials and tribulations. I had a compelling "poor me" story. And it intensified when I realized I would spend my son's entire life looking after his many needs (he has a severe disability).

**A friend looked me straight in the eye and said,** “Well, other mothers do it, why can’t you?” Of course she was right, but I wanted to wallow in my pity. I didn’t want to take responsibility: I felt ripped off in my own life and for my son’s life too. I realized that another 40 years of feeling like this – out of control, pitiful and without power - was NOT what I wanted. That was when I decided I needed to take charge of my life. I had spent a lifetime feeling disempowered because I was often in victimhood, and I wanted to feel inspired about my life, despite the challenges.

**I am a perfect example of “When the student is ready, the teacher will appear.”** From that moment on, opportunities were presented to help me and I was ready to shift. My perspective opened up to accepting new ways of looking at things. Suddenly, a book would land in my lap, there would be a certain show on TV or someone would say something profound. The lessons were there for me to create something fresh, to create a new behaviour and to finally take responsibility for my life. Was it always there for me to take? I think so, but this time, I was ready to see it.

### **Just for Today....**

**Just for today,** I encourage you to examine your life. Are you truly happy with who you are and where you’re going? Do you even know where you’re going? That’s ok, don’t worry. Everything happens in its own time. Soul searching should be approached as an awesome opportunity to step into your greatness! Using shame, blame or guilt does not serve you.

**Action may take many forms.** Your first action is to know yourself. Step into a learner’s mindset and examine your experiences and the corresponding feelings these bring up. What can you learn from these? Look into the future. Are you living your life’s purpose or are you living by default? Do you know what your life’s purpose (hint—your life’s purpose is never just about you, and it’s not your work. It’s about helping others move into their greatness, it’s about moving humankind forward, if only in a small-scale way).

**Just for today,** take notice of your life and where you are not taking responsibility. *Take notice of where you try to find outs, rather than accept responsibility.* Self mastery begins with being open with yourself, and listening to others’ feedback about you also (be brave enough to ask).

(Right—Me and my amazing son, Tristan, at his grade 8 graduation)



## Universal Laws and YOU!

OK. So over the course of the Healthy Living Program, we're going to look at the awesome power of Universal Principles and using them in your life!



### **The Law of Attraction:**

You are always attracting what you're getting, so let's learn how to attract consciously!

### **The Law of Deliberate Creation:**

If you're not clear on what you want, the Universe will create by default...and you don't want that (not anymore, anyway!)

### **The Law of Allowing:**

Can you learn to live without judgment and with inner peace and acceptance? Yes!  
And the rewards will amaze you!

**Are these Universal Principles hard to learn?** No, but it does require focus, trust and a willingness to open up and change (It's amazing how many people don't want to change....if you feel resistance to any of the Laws mentioned, it's a clue that fear of change is on your radar Not to worry! If you're willing, you're able!

**Support Videos:** You'll be presented with 3 Videos on the Laws, with transcripts, as part of your Healthy Living Program. But it doesn't stop there— like any muscle, these new heaven-based skills have to be stretched and challenged as well..... Living consciously is a skill like any other skill we have to learn, so every month there will be a new mental / spiritual topic introduced, and it will be supported throughout the month.

Let's create health and vitality on all levels....that's what we're here for!



**“I'll see it when I believe it!”**