

FIRST
DEGREE

GET
YOUR

BLACK BELT

IN

**PROACTIVE-
WELLNESS**

JAMES T. GRIFFIN

**Get Your
Black Belt in
Proactive-Wellness**

First Degree

James T. Griffin



NOTE: This is an Advanced Reader Copy excerpt that has not been professionally laid out or been through final proofing. It is intended to give you an idea of what's included in this book.

THIS IS NOT TO BE SHARED OR DISSEMINATED IN ANY WAY.

Copyright © 2020 James T. Griffin

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other non-commercial uses permitted by copyright law. For permission requests, please contact James T. Griffin via the contact form at www.AheadOfTheCurveWellness.com

Get Your Black Belt in Proactive-Wellness: First Degree/James T Griffin—1st Edition

ISBN E-book: 978-1-7771302-1-3

ISBN Print: 978-1-7771302-0-6

Ahead of the Curve Wellness,
16 Cattail Drive
Woodbridge, ON
L4H 2K9

Proactive-Wellness™ is a registered trademark

Advanced Praise

In thirty years in the non-profit sector, The Career Foundation has rarely seen an impact as positive and deep as James has had with our team members. To paraphrase comments from our team, *“He changed my life,”* and *“he provided me with an awareness of and the guidance to achieve a healthy lifestyle.”* If we were to describe James’ services to our team in one word, it would be “transformative.” —**Colin Morrison, Executive Director of The Career Foundation**

I was so happy and excited to know that there's someone like James in the world who believes that a holistic way of living can make a huge difference in our lives. You are my newfound inspiration. —**Donna Brown**

James’ advice, honesty, and choice of topics have opened my eyes to a new realm of thinking through the connection of the mind-body and soul. His way of captivating an audience is powerful; I would recommend him to anyone looking to educate themselves on wellness. —**Christeen Persaud**

James is truly an inspiration and has helped me overcome several challenges I’ve faced over the time I spent attending his sessions. James will go out of his way to help you reach all your goals, and the relationship you build with him, as a result, is one you will cherish forever. —**Bismah Khan**

James taught me that I’m in charge of my health and wellbeing. Through James’ well-selected topics in his monthly sessions, I learned that I have the power to control my destiny. —**Mohamud Mohamud Dhafuji**

I am in absolute shock at how quickly my body has recovered itself after the amount of internal bleeding from my ulcer that I suffered with. I have been listening to your guided relaxation recording every night before I go to bed, which reminds me to visualize myself in a state of wellness. —

Harprit Gill

James, thank you from the bottom of my heart for all the help and assistance you provided in helping me to create a better version of myself. Working with you was one of the best pieces of education that I had ever invested in. My relationship with my children and me has improved in ways that I did not even realize were possible. My gratitude for you is truly beyond words. — **Alicia Jones**

Advanced Reader C

Table of Contents

Foreward

Introduction

Chapter 1

Chapter 2: Portal #1—Perception

Chapter 3: Portal #2—Placebo Effect 2.0

Chapter 4: Portal #3—Emotional-Energy

Chapter 5: Portal #4—Bio-Energy

Chapter 6: Portal #5—Relational-Energy

Chapter 7: Portal #6—Environmental-Energy

Chapter 8: Portal #7—Nutrition and Detoxification

Chapter 9: The Proactive-Wellness Professional Industry

Chapter 10: Overview and Application

Gratitude and Acknowledgments

About the Author

Bibliography

Foreword

This book is being released at a very important time in history. The world is currently in the middle of a virtual lockdown where a majority of the global population is in varying degrees of “social isolation” due to what the medical establishment is calling COVID-19, a virus that is apparently making its way around the planet. Thanks to the media, there is also another “virus” that is making its way around the world. This virus is actually a virus of perception know as f.e.a.r. (false energy appearing real).

The rough draft of ***Get Your Black Belt in Proactive-Wellness: First Degree*** was actually completed back in January 2020, and has been going through the editing process for the last few months. My intention was to release it sooner; however, I intuitively felt that I had to wait to publish it. It is now quite clear as to why I intuitively felt I needed to delay the release.

With so many individuals around the world focusing on the virus and feeling “f.e.a.r.”, it is time for everyone to stop focusing on

reacting to the virus, and to start focusing on creating **Proactive-Wellness**. I have been helping people to adopt the perception that rather than looking at the current world circumstances as a “problem,” to instead view what is going on as an “opportunity” to focus on themselves and to create better versions of themselves through **Proactive-Wellness** education and application.

For so long, many of us have been so distracted with the outside objective world that we have been neglecting our internal subjective world. Being that a majority of the outside objective world has either slowed down or come to a stop, we have a very unique opportunity to take extra time to focus on ourselves and improve our personal quality of life in ways that we either were not aware of or ways that we just did not have the perceived time to do so.

By taking this time to focus on yourself to create the **Proactive-Wellness** perception and lifestyle, when the storm that we are in finally passes, you will emerge from it as a stronger, more creative, and upgraded version of yourself.

I truly believe that everything happens for a reason, and that ***Get Your Black Belt in Proactive-Wellness: First Degree*** was meant to be released and this precise moment in history, to help the world as a whole emerge from the storm of COVID-19 sooner rather than later, and to help everyone to create better versions of themselves as the new age of **Proactive-Wellness** emerges.

James T. Griffin

Creator of the **Proactive-Wellness** Education System



Introduction

Have you ever attempted to create some positive changes in your life only to find it did not work? Have you ever wondered why creating positive life changes often feels very hard and uncomfortable? Do you want to discover how to create positive life changes with more ease and enjoyment? You are about to embark on a journey of self-awareness and self-discovery where you will open up doors of possibility in your life where walls used to be through education in **Proactive-Wellness**.

Get Your Black Belt in Proactive-Wellness: First Degree was written to help you understand that we create our lives and life experiences, either unconsciously or consciously, to varying degrees. I firmly believe that virtually everyone can improve the quality of their life as long as they are educated with new perceptions and options in creating their lives. I've come to this conclusion after years of working with people to improve their lives in specific areas, and

overall. So often people believe that life is happening to them with little or no power to create change and improve their quality of life. This is due to the fact that society as a whole, is unconsciously educated through indirect messages from various sources (media, conventional education system, various institutions, other people, etc.) to feel and be dependent on outside sources for quality of life. When we believe that outside sources are responsible for our quality of life, we are giving our power of creativity away and allowing others to create our lives for us on an unconscious level.

Max Planck, one of the founding fathers of the science of Quantum Physics, as well as a recipient of the Nobel Prize for his work in physics in the early part of the 20th century, said, “When you change the way you look at things, the things you look at change.” In my private **Proactive-Wellness** consulting practice and workplace wellness employee education sessions, I’ve shared this quote with many people to help them improve their overall quality of life and assist them in creating their lives more consciously. From employees in the workplace to individual clients, I have helped many people to change the way they look at their lives as a whole

as well as at the individual variables and circumstances of their lives. Now I want to help you to do the same. If you truly desire to create a more joyful, happy, purposeful, and enjoyable life experience, it is a necessity to shed the belief that “life happens to you,” and to adopt the belief that you are the creator of your life.” As you progress through this book, you will create a very deep understanding of what it truly means to be the “creator of your life” and open up doors of possibility where walls used to be.

Black Belt Defined

The term “Black Belt” as used in this book is meant to represent a high level of efficiency and awareness. As in martial arts systems, black belts in **Proactive-Wellness** have varying degrees representing the various levels of education, knowledge, and application. The intention of this book is to give you the highest understanding of what it means to have a baseline of a high level of efficiency, awareness, and practice of creating and maintaining the **Proactive-Wellness** perception and lifestyle.

Proactive-Wellness Defined

The term **Proactive-Wellness** as used in this book represents a more updated perception of reality, lifestyle, and quality of life. Furthermore, the term **Proactive-Wellness** also represents a more evolved and expanded conscious awareness. Those who operate and create their lives with the **Proactive-Wellness** perception and lifestyle, know and feel that we all create our lives, either at a conscious or unconscious level, rather than life just happening to us. Throughout this book, your understanding, knowledge, and awareness of **Proactive-Wellness** will expand, and with that shift, in the hallway of your life, doors will open up where walls used to be.

Below are the basic four Steps to creating and maintaining a **Proactive-Wellness** perception and lifestyle. Here is a brief overview:

Awareness and Recognition

This is the stage where you become aware of a new option to create in your life. You go from a lack of awareness to the aware-

ness of a new opportunity that you may not have considered possible previously. In this case, the new option and destination are the **Proactive-Wellness** perception and lifestyle.

Decision and Choice Point

This is the stage where you look into the future to feel if you desire to create the new option into our lives or not. You make a firm and definite decision to implement the new option or not. When creating a new perception or habit into our lifestyles, we need to move away from the word “try” as the energy behind the word is fueled with doubt and fear (False Energy Appearing Real). When we make the **FIRM AND DEFINITE DECISION**, we do not try, we only **DO** with the understanding that our decision may not come to full fruition immediately.

Practice and Progression

This is the stage where, after the **FIRM AND DEFINITE DECISION** has been made, you go about creating the new experience. It is important to remember that no matter what you are creating in your life experience, it is very often not a straight path. There are

often many twists and turns, ups and downs. You may take five steps forward, then two steps back, then four steps forward, then two steps back, etc. Very often, you may not be aware of these steps. The first time you take some steps back or things do not go as planned, you may perceive your creation as a failure and not working. In truth, knowing that we take steps back and forth for some time before our creation manifests, we have far more patience with ourselves on the journey. With this understanding, as long as you have a clear destination and are willing to learn and embrace change, nothing is truly ever in the way, only on the way.

Assimilation and Mastery

This is the stage where your creation has become a way of life and is fully and completely part of your perception and lifestyle. Conscious awareness is still required for the maintenance of your creation, but not nearly as much as in Step 3. At this level, your new lifestyle happens more automatically with more ease and enjoyment.

Having a conscious awareness of these four steps allows you to have much more patience with yourself, no matter what you are creating in life.

One of the most commonly understood examples of these four steps in action is learning to ride a bicycle. First, we become aware of a bicycle's existence and how we can ride it. Secondly, we make the decision that we are going to learn to ride the bicycle with absolute certainty that we can do it. Third, we attempt to ride the bicycle with the understanding that it will take some time to learn how to balance and steer the bicycle. This is where patience comes into play. Lastly, one day we get on the bicycle and start riding it perfectly with virtually no effort. At this stage, we can do other things simultaneously while riding the bicycle (drinking water, looking at the scenery around us, talking to other people, etc.)

These steps can also be applied to learning to drive a car, learning a specific dance style, learning a martial art, learning a language, learning to draw, learning to swim, etc.

This introduction is crucial to applying the logic and understanding in this book. It will help you to feel more patience as you

begin to create and maintain the **Proactive-Wellness** perception and lifestyle.

The 7 Portals of Proactive-Wellness are Pieces to A Puzzle

Each of the 7 Portals of **Proactive-Wellness** is a puzzle piece of a greater picture, and each of the portals of **Proactive-Wellness** is a puzzle in and of itself. After you read this book, you will be able to put the puzzle pieces together and have a complete understanding of the **Proactive-Wellness** perception and lifestyle. When pieces of a puzzle are put together, they form a picture. Being that we are unique individuals with unique perceptions, everyone's picture will generally be the same but unique to the individual.

The information covered in this book may contradict some of what you have learned throughout your life so far. Rest assured that all the logic, understanding, and wisdom within these pages are designed to unconditionally give you a new and unique education, belief system upgrade, and the personal empowerment to create and maintain the quality of life you truly deserve and desire without violating the well-being of others.

Furthermore, consider the analogy of your brain as a computer. Every computer has an operating system and applications. This book can help you to upgrade your operating system of both your brain and your perception, and help you install **Proactive-Wellness** applications for your upgraded operating system.

Lastly, this book will be going into 7 Portals of **Proactive-Wellness**. They are as follows:

1. Perception
2. The Placebo Effect 2.0 (PE2.0)
3. Emotional-Energy
4. Bio-Energy
5. Relational-Energy
6. Environmental-Energy
7. Nutrition and Detoxification

As you go about exploring this book, remember that the path of getting your Black Belt in **Proactive-Wellness** also requires you to get on the path of getting your Black Belt in each of the seven individual portals of the new **Proactive-Wellness** education system.

Buckle your seatbelt and get ready to discover the new perception and lifestyle of real **Proactive-Wellness!**

Chapter One

“Proactive-Wellness is Created by Choice, Not by Chance.”

In this chapter, I will give you a basic overview and understanding of the 7 Portals of **Proactive-Wellness**.

There are many people who feel as if life just happens to them and that they have little or no influence to create change. This is true, in part, because we are programmed from birth by the people, places, and situations around us. We directly or indirectly create belief systems from a deep unconscious level. For the first 26 years of my life, I also felt that life was happening to me. I didn't know any better because I had certain influences that programmed me to believe this. This can be described as the “reactive-victim perception.” It was not until I studied hypnosis that I realized we all have the empowerment to create positive and constructive changes in all areas of our lives. We can always improve the quality of our lives in ways we previously did not believe or even know about.

Even after I was certified to practice hypnosis, it took me a few years to fully understand the many variables required not only to create new changes in life but to maintain them as well. There are seven key factors I learned that could greatly influence and enhance our quality of life; they are labelled as follows:

1. Perception
2. The Placebo Effect 2.0 (PE2.0)
3. Emotional-Energy
4. Bio-Energy
5. Relational-Energy
6. Environmental-Energy
7. Nutrition and Detoxification

We will go into further detail about these factors and their importance to help you comprehend them.

By understanding and applying these 7 Portals of **Proactive-Wellness** within your life, you can open up doors to higher quality of life in all areas of life where walls used to be. Below you will discover the basic logic behind the seven portals and, throughout the book, explore them in greater detail.

Portal #1: Perception

More and more people are realizing that our individual perception drives and creates our individual reality. More specifically, our individual subjective perception and beliefs deeply and greatly influence how our individual lives unfold. Often people's perceptions and beliefs are influencing how their lives unfold on an unconscious level, meaning a level of perception that they are not aware of.

When people create their lives unconsciously, the quality of life in one or more areas or aspects tends to be on the lower side: lower in creativity, cognition, and action (not the best choice or understanding). By developing the ability to perceive your life circumstances from more creative and empowering perceptions, your quality of life will improve not just in one area of life, but in all areas of your life, to varying degrees.

The information in this book will get you on the path to getting your **Black Belt** in Perception by opening up doors of possibility where walls used to be for everyone who reads it, as long as there is a true and sincere desire to learn and embrace change.

Portal #2: The Placebo Effect (PE2.0)

Throughout the last two to three decades, there is much more information emerging from individuals, professionals, as well as post-secondary educational institutions about how our perceptions and beliefs affect the operation and functionality of our bodies. This is commonly known as the “mind-body connection.”

Even though there has been a tremendous amount of evidence proving to a very high degree that the concept of “mind” affects the body, little has been introduced into the mainstream media and education system as to how to properly and effectively apply it in one’s life. Part of the logic of the PE2.0 is that our body has an intelligence that we communicate with every waking moment of our lives, either unconsciously or consciously.

The information in this book will get you on the path to getting your **Black Belt** in PE2.0, where you have daily awareness that you are consciously communicating with the intelligence of your body.

Portal #3: Emotional Energy

In this new **Proactive-Wellness** education system, the word “emotions” is out-dated and is replaced with the term “emotional energy.” For many decades the word “emotions” has been used to describe the nebulous idea of feelings. Society as a whole appears to have been programmed on an unconscious level to believe that how we “feel” is solely or primarily dependent on what happens to us in life. Furthermore, the fields of psychology and psychiatry, with rare exceptions, propel this out-dated perception and belief that we are victims to our life circumstances and our “emotions.”

The information in this book will get you on the path to getting your Black Belt in Emotional-Energy, where you are now conscious of your ability to regulate and work with your emotional energy on a daily basis regardless of what is happening in your life.

Portal #4: Bio-Energy

There is a system of energy that flows through the body that we will refer to as Bio-Energy. There are different levels to understand about Bio-Energy. One level that many people have become

aware of is the meridian system of the human body. The meridian system was initially identified by traditional Chinese medicine. It has been understood that what is referred to as “Chi,” otherwise known as bio-electricity, flows throughout this system. Virtually every employee benefits package offers coverage in acupuncture, which focuses on releasing energy blockages in the meridian system to promote free-flowing Chi/bio-electricity. This means that at least indirectly, insurance companies acknowledge that the meridian system exists, even though they probably do not understand how or why it works. Remember that the meridian system is just one level of the various levels of Bio-Energy.

The information in this book will get you on the path to getting your **Black Belt** in Bio-Energy, where you have the daily awareness that your Bio-Energy levels can be higher than they are currently, no matter what your calendar age is.

Portal #5: Relational-Energy

More and more people realize that the quality of our relationships (romance, family, friends, coworkers, etc.) has a significant

impact on the overall quality of our lives. Many people are creating and maintaining their relationships from an unconscious level, resulting in undesired conflicts and competition. This is due to many factors; however, one of the most potent factors is being programmed to believe that we live in a world where we are separate from everyone and everything. This belief has led to many people taking advantage of others and feeling the need to violate the rights of others to gain an alleged “quality of life.” This belief has also led to all conflicts around the world. Now, with the emergence of the evidence that we are all connected through varying degrees and that in any given relationship, there is an invisible exchange of energy which takes place, we have an opportunity to improve relationships in ways that we may not have believed possible.

The information in this book will get you on the path to getting your **Black Belt** in Relational-Energy, where you have the daily awareness that you can create the quality of your relationships on a much more conscious level.

Portal #6: Environmental-Energy

The awareness of how our personal environment (home, car, office, etc.) affects or impacts our quality of life is vast. Furthermore, there are variables in environmental energy that directly affect the quality of our lives without many people knowing about them. Some examples of these variables are air quality, ions, electromagnetic frequencies, chemicals, cleanliness, and organization. Not only are we becoming more aware of our personal environments but also of how our own choices and decisions affect the world around us.

This chapter will get you on the path of getting your Black Belt in Environmental-Energy so that you can work with your personal environment more consciously and purposefully to improve the quality of your personal and family life, as well as the quality of life of the world as a whole.

Portal #7: Nutrition and Detoxification

How nutrition affects human body functionality, and quality of life are gaining momentum. Remember what one of the fathers

of modern medicine said, **“Let food be thy medicine, and medicine be thy food.”** This famous quote is often attributed to **Hippocrates**. Nutrition does affect our quality of life. The evidence suggests that the degree to which nutrition affects our overall quality of life and the human body’s functionality is very high. Furthermore, we live in a world where we are exposed to higher levels of chemicals than ever before, which makes it more challenging than ever to keep the internal environment of our bodies as clean as possible. Our responsibility to our bodies is to have toxins flushing out faster than they are coming in. Most people have toxins entering their bodies faster than they are leaving their bodies, which can lead to many malfunctions.

This chapter will get you on the path of getting your Black Belt in nutrition and detoxification by opening up doors of possibility to make wiser strategies for better nutrition and detoxification to ensure optimal body performance.

As you progress throughout this book, an important question to ask yourself repeatedly is, **“How can I apply what I just learned into my life?”** What is interesting is that even though the

information in this book is general and can apply to everyone to improve the overall quality of life, how it is applied in our individual lives will be just as unique as we are.

In concluding this chapter, below is a diagram to give you a visual understanding of the varying degrees of quality of life in the **Proactive-Wellness** Continuum.

When we examine the **Proactive-Wellness** Continuum above, the spectrum from the very left to the middle is where a majority of the population resides with their personal level well-being. When we move towards the spectrum on the right, this is where a minority of the population resides in regard to their personal well-being. The only reason a majority of the population is not on this side of the continuum is due to a lack of education.

Below we will clearly define the different stages of the **Proactive-Wellness** Continuum so you can understand where you are at the moment. There have been people who have gone from the far left of the spectrum to the far right of the continuum. Please understand that no matter where you are in the moment, you have the creative power to improve your level of personal well-being, as

long as you have a strong desire to do so and a willingness to embrace change.

See the different levels below; can you define where you sit on this continuum of Wellness currently?



High Anti-Wellness

- Feels victim to their life and body
- Perceives the human body from a biological perspective
- Very low quality of life
- Very low Bio-Energy
- Very limited mobility
- Major accelerated aging
- Major muscle atrophy
- Very low flexibility
- Daily multiple prescription drug usage
- Very low-quality nutrition
- Virtually no body movement
- Highly prone to slip and falls
- High strain on the health-care system
- No **Proactive-Wellness** education
- Blindly follows the medical system

Medium Anti-Wellness

- Feels victim to their life and body
- Perceives the human body from a biological perspective
- Low quality of life
- Low Bio-Energy
- Limited mobility
- Accelerated aging
- Mild muscle atrophy
- Low flexibility
- Daily multiple prescription drug usage
- Low-quality nutrition
- Little body movement
- Prone to slips and falls
- Strain on the health-care system
- No **Proactive-Wellness** education
- Blindly follows the medical system

Low Anti-Wellness/ False-Wellness

- Feels victim to their life and body
- Perceives the human body from a biological perspective
- Mediocre quality of life
- Low to medium Bio-Energy
- Minor mobility limitations
- Average aging
- Low muscle tone
- Mediocre flexibility
- Possible daily prescription drug usage
- Low to mediocre quality nutrition
- Mediocre body movement
- Low-quality balance

- Minor strain on the health-care system
- Little **Proactive-Wellness** education
- Blindly follows the medical system

Creating Proactive-Wellness

- Feels creative with their life and body
- Perceives the human body from a biological perspective
- Medium to high quality of life
- Medium to high mobility
- Medium to high Bio-Energy
- Average to slow aging
- Moderately to highly toned muscles (just because someone looks strong and toned on the outside, it does not always reflect the quality of the inside of the body)
- Medium body flexibility
- Medium level balance
- Medium to high-quality *nutrition*
- Very little prescription/non-prescription drug usage
- Moderate **Proactive-Wellness** education
- Questions the medical system and uses it sometimes or on rare occasions

Black Belt in Proactive-Wellness

- Feels highly creative with their life and body
- Perceives the human body as an intelligent energy field
- High quality of life
- High mobility
- High Bio-Energy
- Slow aging
- Highly toned muscles
- High body flexibility

- High-level balance
- Consistent, high-quality nutrition
- No prescription/non-prescription drug usage
- High **Proactive-Wellness** education
- Questions the medical system and uses it on very rare occasions, if at all

Where are you on the continuum currently?

This book will open up the door for you to move from the left, middle of the spectrum, towards the right side of the spectrum. Although the door will be opened for you, nobody can make you walk through that door except for yourself.

After you complete this book, you will realize that with rare exception, your personal well-being and quality of life is really by choice, and not by chance. **Proactive-Wellness** does not just happen by chance. ***It is created consciously, deliberately, purposefully, patiently, and intentionally.***