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**Whole Foods, Whole Mind, Whole Body
Wellness**

Get Unstuck, Feel Great and BE Living Your Best Life Now!

The 1st. W: The Power of WRITING!

Writing is more powerful than you think. The mere act of taking a pen to paper involves far more neurons or brain cell activity than typing or just saying thoughts out loud. The very physical act of writing, engages more areas of your brain and thus can spark further ideas or inspirational energy into your work, goals and whole life. When you employ this W make sure you use pen and paper NOT the keyboard! Here is why:

Visual factor

We get to see our words on paper. We get to put it all down, and then we can visually see our thoughts before us. This helps us see that thoughts are in fact things in a real sense. Then we can decide what we want to keep and hold as our truth and what we can clearly see as garbage thinking that only leads to self sabotage.

Motor Skills are Engaged!

When you write with your hands you actually use more fine motor skills to press the pen to the paper, move it across the paper, form letters and make it all coherent. You in fact use MORE of your brain. And anytime you are using more

of your brain you are strengthening it and encouraging new pathways to form and that means more ideas sparking and the possibility of a buffet of possibilities emerging before your very eyes. So you truly give the creative within you a chance to play more and explore more avenues to create.

This is the way our creative genius thrives. It needs this type of outlet to let go and be free to go beyond what was thought to be impossible. So when we are working with our negative beliefs or preconceived limitations such as “I can't do this” or “There is no way out of this horrible mess I'm In” , we must put pen to paper and engage our minds to let go of what is not serving us and spark the creator inside to resolve our challenge. Writing is that powerful!

Cognitive Benefits

When we write we also engage the cognitive part of our minds because we must remember which letter to use and the shape of the actual letter. We also focus mainly on one point, the pen's tip on the paper. This enhances our ability to stay focused whereas using a keyboard we go from observing the screen to the keys or our hands.

Writing makes us SMARTER cookies!

When you write you actually are increasing your intellect. You create sentences and link ideas together much more effectively than by thought alone. Dr. Virginia Beringer, a researcher of learning processes, found that children's ability to write better full structured sentences, and their capacity to write faster was improved when they engaged in writing exercises with paper and pen than with just verbal exercises or using keyboards.

Journaling the “Great Unloader of stuff” - and the cheapest therapist around!

It is proven that writing and more precisely daily journaling increases our immunity and ability to heal. When we write down all the heavy thoughts and feelings running around in our heads we have an opportunity to unload, and let go of whatever isn't serving our highest Self. We can express our anger, our sadness and our hurt and not have to pay a penny for the therapeutic relief it gives us. It is in fact the cheapest therapist around. The more you write the better you become at shifting your state to FEELING GOOD. That is what the

S.A.F.E Method™ is all about. I created the S.A.F.E Method™ Method as a tool for my clients to get relief and feel good fast. The S.A.F.E Method™ employs a set of very powerful tools (of which writing is included) to tap into your greatest Self. It shifts a stuck or blocked state to a better more productive one, by moving energy and helping it release and clear out. Feelings buried alive never die. So in order to heal we must become aware of what we have been avoiding and sweeping under the rug. Because sooner or later they do resurface. If left unhealed, emotions cause physical symptoms that may lead to disease and illness.

Journaling leads to 3 powerful shifts in your energy:

You gain CLARITY.

You get clear on what isn't working and what is serving you quite fast when you write it out, and use detailed plans to create better ways of living. You get clear about how those crazy thoughts are just that, crazy thoughts not who you really are! The thoughts can become solidified when you see them on paper. You actually really see what author Mike Dooley talks about in his book *Thoughts Become Things*, and in the movie *The Secret*, that thoughts truly are real and have powerful effects on our lives. Once you see them on paper you can decide which thoughts are going to bring you closer to your goals or farther from where you really want to be. Remember what you choose to focus on grows and therefore where you place your attention is where you place your power.

You gain AWARENESS.

Writing out our feelings, or journaling our personal stuff can help us really awaken to what is going on in our lives. We become aware of what we are thinking on a regular basis and this is the first step to changing what we don't like or want. If we don't know what we are doing or thinking how can we change? So write everything down. The words will reveal pieces of yourself you may have never seen or known. It doesn't matter how dark or apparently messy it may seem. Write it down. Eventually the darkness recedes and the light filled solutions emerge.

When I teach the S.A.F.E Method™ I use the analogy of the lily flower on a pond. The lily must grow from the dirty mud through the depths of the water and surface to the beautiful Light that is found above. What came from the dirtiest

mud, becomes a shining most beautiful flower to the world. Once you get the crap out, your perfect and most beautiful essence emerges. Guaranteed!

You GAIN PERSPECTIVE.

You become aware of who you really are, and what really matters to you. You can decipher what is your truth and what is the negative Ego talk that tries to sabotage you. We can separate our Ego mind from who we really are -***our higher self.***

10 Writing Tips You Can Use Starting Right Now!

1. **Carry a small notebook** everywhere you go.
2. **Create an Abundance journal** and journal only positive things. Gratitude is one of the highest vibrations and energies on the planet. When you feel and see all the blessings in your life you initiate your inner healing mechanism to do its job.
3. **Write out your GOALS.**
4. **Write out your daily tasks the night before.**
5. **Write and record your dreams-** Keep a dream journal and add to it everyday. Even one sentence a day is powerful enough to work your inspiration muscles.
6. **Write letters when you are frustrated and stuck:** Write a letter to your ex husband, your ex girlfriend, your ex boss, or landlord. Burn it or rip it up. You can vent in a SAFE way. This really works to let go of what is not serving you. You make space by clearing up the mental clutter of the past by writing it down and destroying it. This is a HUGE tool for helping you feel more FREE and unburdened by old baggage that you don't need to keep any longer.
7. **Write out all your IDEAS.** You may think some ideas are insignificant write them down anyway, and keep a running list or log of any flashes of insight that come your way. They may not make sense at first and seem unrelated or jumbled. But later you may be able to connect a few ideas together. Or one so called silly idea written down may spark a HUGE

amazing idea that was just ready to bless your beautiful existence.

8. **Free association or Free writing** : In the best selling most acclaimed creative writing book out there “The Artist Way”, Julia Cameron can't stress enough about the power of this tool. Every morning she urges us to complete the “Morning Pages”. She invented this term for a writing exercise that involves simply writing whatever we are thinking without filtering, stopping or thinking about grammar mistakes. You just free flow write! She suggests 3 pages. I say do whatever you can, as long as you start to write. Chances are once you start one sentence you'll quickly have a page without even knowing it.
9. **Write your own Personal MISSION STATEMENT**- This is a contract with yourself. It is who you commit to being, what you commit to doing, and how you commit to give to the world. It is a great way to stay accountable and focused on staying in your integrity in every area of your life.
10. **Write Intention statements** - Post it notes are a huge part of my own self care and healing journey. I post notes everywhere! In my bathroom, every mirror, on the kitchen fridge, toaster and even on lamps. The notes reminded me of my desires, and my passions and it is like having a personal coach everywhere I go.

I discovered these tricks to help me process my own feelings and **SHIFT** my state from feeling like crap to **FEELING** better and more in control of my experience. And things really started changing. Writing helped me become aware of my self defeating habits like nothing else. It is a powerful tool to combat the inner critic and work through “stuff”. Try it now. Start a free association journal right now. Write out 3 pages of anything and everything that is going on through that cranium of yours. All those thoughts racing through, jumbled fragments of thoughts, fears, loves or even the mundane task list of chores you need to do today. Write it ALL down. Anything is game. Because remember this is YOUR game. Your life. And any ACTION you take, says to the UNIVERSE that you mean business and that you are SHOWING up for yourself and your life purpose.

The 2nd W: The Power of Walking.

Walk your way to wealth, health and awesomeness!

So why walk? Because it's one of the best physical exercises you can do to change your state instantaneously. The moment you get up from your couch and walk you change your whole vibration and physiology. Your circulation increases, your oxygen uptake increases, and you thus **shift** your whole state. That is crucial to getting unstuck and into a better feeling place.

Walking is a proven mood enhancer. Studies have shown that walking for as little as 15 minutes a day decreases the risk of depression and lessens any existing symptoms you may be experiencing. Being outside where there is more **light and in the fresh air** will improve your ability to focus, and bring more clarity to your mental state. Also science tells us that by looking long distances to far off objects as you walk, triggers those groovy feeling neurotransmitters like serotonin.

The cold or wet weather is not an excuse to forgo walking. Get your butt off the couch and onto a treadmill or go to your nearest mall. Allowing your mind to talk yourself out of anything is very easy. The mind can be a very sly persuader of negative and self limiting beliefs.

Get up and hold you head up high!

So let's snap out of this! In more formal words, it's really all about changing your STATE. We gotta move, and if you are really inspired by now and I know you are, shake it up! Stand up from the slump, hold your head up high, bring your shoulders back and open your chest and take a deep breath. Just those actions alone begin the physical shift in your body to more energy. Then shake out your whole body. Shake your arms, legs, and torso like a duck would do as it leaves the pond. Shake it all off. Then go out for a brisk 15 minute walk. Walking also in a sense “shakes us up” and relieves the blocked energy, stuck feelings, or the low we may be feeling. Walk and liberate the body. You will disengage the mind chatter and then experience greater channels of creativity and pure awesome ENERGY.

Piera's Powerful Pump you up Walking Tips:

- 1) **Shake your body before going out for a walk.** This sounds silly, but it really works! It is a powerful way to relieve tension and literally shakes off the stress. So you can use this tip also for when you feel stressed out or have had a confrontation. Ducks do this after they quarrel with one another. They will literally separate after a fight and shake their whole bodies and then relax back and return to their mate. They “let it out” in a

healthy way. What we are doing here is ***changing the state***. You may feel lethargic, or your mind may be telling you you are too tired to go for a walk. Shake it all off and head out the door.

- 2) **Mindfulness practice during your walk.** So I'm all about making the most out of all the moments we have in a day. So why not combine some meditation while you walk? Become really aware of your body when your walking. Feel your feet as they touch the ground, feel your arms swinging at your side, feel the breeze of the wind on your face and sense its sound vibration in your ears, and really become present to the walk and nothing else. No deadlines, no kids, no wife and no thoughts of tomorrow or yesterday. Just what is. Walking meditations are amazing for relieving stress.
- 3) **Intention walks-** Use the walk time to fully “activate” your focus and ***attention on your intentions and current goals***. So feel what it is like to already have the goal achieved. Really feel it! Sense it with everything you got. Smile and keep walking and walk as if your goal already is. This a powerful way to manifest your intention AND it supercharges your physiology with those groovy feeling neurotransmitters that I keep talking about.
- 4) **Walk in Wealth playlist-** This is the name I gave the playlist I created for my morning power hour. I have a morning ritual which includes setting my goals, visualizing them and walking, writing and drinking water. What you do in the first half hour of waking, can make or break your day.

I loaded my Ipod playlist with positive tracks by self improvement geniuses like Tony Robbins, Brian Tracy, Deepak Chopra, Marianne Williamson, and Wayne Dyer. Find what best resonates with you and listen to it with full attention as you walk. Listen to powerful intentions, podcasts, books, or music. The point here is to **FEEL good** and get into the energy state that will enable you to jump into your day with enthusiasm and be the magnet of magical circumstances and experiences.

- 5) **No excuses you can walk everyday!** Incorporate walking into your daily life. Park the car a little further from the entrance, walk to work if you can, walk to the corner store, walk at the mall during snowstorms, walk on your lunch hour with that kick ass playlist you created! Walk your dog and if you don't have one, find a friend who can loan your theirs. You get the picture. Excuses are easy, and they can create your reality, **if YOU let them.**

The 3rd W – The Power of Water!

Water is an essential nutrient. Every physiological process in your body relies on water. Every cell in your body needs it to survive. You need water to assimilate, regenerate, and eliminate the rest. Most people are walking around dehydrated. It's not that we just don't drink enough, we also drink too many things that rob our body of hydration. Namely caffeinated beverages like coffee, soft drinks, black tea, and energy drinks. They are some of the worst culprits to energy depletion and wreck havoc to your sugar and insulin levels. Eliminate them and bring in the water jug every single day! You need to make changes in order to effect changes. In other words, if you really are tired of being sick and tired, you have to make changes in your ways and daily routines.

I can already hear some whining. “But water doesn't taste like anything, it's so bland”. Add some lemon, or a few thin orange slices and turn that excuse right upside down. With some time, you'll get used to it and you'll actually desire water more and more. It is one of the BEST ways to increase energy levels and it too **changes your state**. When you drink a glass of water there is an actual physiological response in your body. You'll feel better! Ever notice when someone is having an intense emotional moment, and perhaps they start to cry, someone usually offers them a glass of water? Any therapist or healthcare practitioner will do this too during a session where their client maybe releasing some deep emotions.

The Water Cure!

Water is truly the elixir of vitality and youthfulness. The late Dr. Batmanghelidj, wrote “**The Water Cure**”, and concluded that many disease processes could be halted and prevented with the consumption of water. This is a great book to read and I encourage you to go further and read all his work. He also is the founder of the National Association for Honesty in Medicine. Dr. B explains how so many diseases don't have to spell out doom and a lifetime on pharmaceutical drugs. Conventional medication is not a cure for what ails us. Period. It actually complicates a disease and robs the vitality of our body, thus exacerbating illness! So not only are the meds not healing our bodies, they actually are creating more disease and damage to our systems.

Every cell must have water to survive. Your brain as the master controller of all bodily processes therefore relies on water more than any other nutrient. Sugar (glucose) is also a must for the brain, as it is it's primary fuel. But without water, sugar can't be processed or assimilated. So water is your brain's best friend.

Your brain is 76% water. Your muscles are made of 75% water. The blood that moves all nutrients in your body is 82% water. The lungs that allow you to breath and process oxygen have a 90% water content, and even your solid appearing bones contain 25% water. It can't get more obvious than this, how crucial it is to drink enough water every day.

The Water-Brain-Histamine Connection

Water is a natural medicine for what ails us. Dr. B was a medical doctor for over 33 years, and 18 of those years he spent researching the relationship of water to healing the body. He specifically looked at the role of water and physical body pain. Particularly *histamines*. He gives a prime example of the overuse of antihistamines by conventional doctors as a very backwards way to treating pain and countering elevated levels of histamines in the blood.

One way histamines are created in the body, is by a self preserving mechanism that gets triggered when there is a threat to our hydration. The brain being the most vital organ aims to conserve water for its own survival. Our clever and amazing physiology responds by creating histamines as an effort to expel less water through the respiratory system. Histamines constrict the lungs and lower the respiratory function. Your lungs need a lot of water to provide your body with oxygen. But like I said, the brain is the most vital organ that gets priority in terms of survival. So the body tries to conserve water by creating histamines and lowering respiratory output.

Eventually what then results is respiratory problems. So what may appear as constricted breathing and inflammation is actually a result of a dehydrated body. You may have been given a diagnosis like asthma, or bronchitis and most likely dehydration is contributing to the issue. Give the body more water, and the brain doesn't have to fear its survival and can allow the lungs to use as much H₂O as necessary. No more histamines, means you can take those big beautiful breaths I keep talking about. Drink up and watch your lung function improve, and most everything else as well.

**"You're not sick; you're thirsty. Don't treat thirst with medication."
Dr. F. Batmanghelidj**

Dr B goes on to state that other conditions like diabetes, cardiac disease, allergies, metabolic syndrome, hormonal disturbances, chronic pain, Chronic Fatigue syndrome, Fibromyalgia, and even cancer is in part or entirely due to a

lack of sufficient hydration. For more great insight and information about the power of water and its ability to heal us, please check out www.watercure.com. There you will find numerous studies, and papers he conducted and authored.

Weight Loss and Drinking Water

For those looking to encourage the body to release excess fat, adequate water consumption is imperative. If you don't drink enough water, your body will not release the fat. If you are on a weight loss plan drink water every 2-3 hours. However, here is the key most diet programs don't mention, ***sip the water in small amounts throughout the day***. Chugging large amounts of water is not healthy for the body. You actually absorb less and may cause undue stress to the body, especially the kidneys.

Drink plenty of water, however space it out and sip it throughout your day. You also will avoid, having to be constantly running to the restroom. Be mindful with water just as you are encouraged to be mindful with food, the breath and all else that ensures your wellness. Drink it knowing you are giving your body a truly powerful "medicine". Don't just down litres of water because you "need to be healthy" or lose weight. The body will respond to the intention as well as to the actual action.

I wish you many moments of walking, writing and drinking life sustaining water. These 3 Ws are complimentary to the tools of the The S.A.F.E Method™. They are often used and practiced to accentuate the benefits of the practice. This method is powerful and encourages you to create life affirming habits that support your healing and wellness goals.

The S.A.F.E Method™ is one of the most powerful ways to create transformation in your life. It empowers you by teaching you how to make the most important connection in your life - ***the one with your own very Self***. The S.A.F.E Method™ gives you access to your highest potential. It is the way to BE more, and not just do more. So in essence it gives you the tools to function from a higher level of being, and a more powerful internal place. We must operate from within to change the without.

The S.A.F.E Method™ is for those:

- Struggling to achieve their amazing life goals
- Unable to cope with the heavy burden of daily stress

- Feeling any physical, emotional or mental pain
- Experiencing a disease or illness and dissatisfied with conventional treatment
- Tired of being told to just “be happy” with what you got.
- Tired of being sick and tired all the time
- Feeling older, and more lethargic and noticing you are aging prematurely
- Wanting to feel more energy, greater vitality and more productive in all areas of your life
- Wanting to access more of your creativity, and really connect to your infinite source of power
- Wanting to give your talents and amazing innate gifts to the world
- Wanting to BE more and do less
- Wanting to start each day with passion and enthusiasm about all the amazing things you are creating
- Wanting to really CHANGE what isn't working in your life
- Wanting to inject passion and intense love into your relationships
- Wanting to really LIVE your dreams and achieve success
- and wanting to know how to connect at any given moment to your most powerful source of genius

To learn **The S.A.F.E Method™** and empower your life and live your greatest potential please visit my website [PieraB](#). Check out my programs page and there you will find more information and free info sessions to begin learning the method and implementing it into your life. Every one of your dreams, and aspirations are possible.

Did you enjoy this article? How did it help you? I'd love to hear your experience! Share it here [PieraB](#) on my blog, or tweet me here: [@MsPieraB](#)

In health and wellness always,



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