

EFT *Now*

THE 7 PILLARS



OF VITALITY



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Maybe you've been wondering where your energy and zest for life has gone. It seems like everyone around you is having fun but you just want to curl up on the sofa and nod off?

You might have tried changing your diet and exercising but still feel stressed, sick and stuck with an ever increasing range of annoying symptoms.

OR

Perhaps you are experiencing a chronic illness or recurring pain and all the conventional methods for managing it are just a temporary fix at best, or even aren't working at all.

Whatever your reason, The 7 Pillars of Vitality will support you.

TRUTH TIME: - 6 years ago, at the age of 36, I felt about 20 years older. I was overweight, out of breath and incredibly stressed as the co-owner of a business that I had no passion for at all. Many of my joints ached – I'd struggled with reactive arthritis in the past and it kept coming back to haunt me.

Worst of all, my GP had just told me that I would probably be unable to have children naturally. There was nothing they could do about it other than a highly invasive procedure for my wife and I. It was an all time low for me and I had to do something about it. So, I started looking into alternative practices.

A LOT has changed since then! I now live pain free, with plenty of energy. I love the work that I do, supporting people all around the world to heal themselves and live with passion and high vitality, and we live in a beautiful part of Spain, most of the year.

Best of all after just a few months of energy work and herbal medicine, my son was conceived and he is now 5 years old. At the time of writing this, we are expecting a new baby in around a month's time. And – I've done all of this while enjoying my life and not depriving myself in any way!

This guide highlights 7 areas to pay attention to if you want to live with high vitality. Most people focus exclusively on the physical aspects of diet and exercise, but there's so much more to it than that. Paradoxically, by focusing on the non-physical aspects of vitality, it actually becomes easier to feel great, as there's no need to go to extremes and feel guilty if you don't achieve them.

It's all about BALANCE!

If you have any questions, make sure to ask inside my Facebook Group, **#FEELBETTERHEALBETTER**.

There's a great community there to support you in creating a thriving, healthy life that you love!

Enjoy health, wealth and freedom!

Sam X

Creator of The Seven Pillars of Vitality Program



THE 7 PILLARS OF VITALITY

SOCIAL & ENVIRONMENTAL	YOUR PHYSICAL BODY	YOUR ENERGY BODY	RELEASING & BALANCING EMOTIONS	TRANSFORM OLD BELIEFS & BEHAVIOURS	STRONG & INSPIRING REASON FOR LIVING	DEEPENING SPIRITUAL CONNECTION
Relationships Work Leisure Time Demands of Society and Others	80% Healthy Eating	Meridians Chi – Life Force Chakras	Become Aware of Emotions – Where They Are in Your Body, What They Feel Like	Understand Your Most Treasured Values	Life Can Be Meaningless! (Or You Can Fill It With Meaning & Purpose, It's Your Choice)	EVERYTHING IS SPIRITUAL!
Change What You Can	Balance – Not Deprivation (Having treats is good for you)	Remember to Connect		Identity Beliefs (Beliefs About Who You Are)	With Awareness of Your Values, Explore What You Really Desire for Your Own life & For Others – THINK BIG!	Bliss and Oneness
Make Peace With What Remains	Explore With a Nutrition Expert if Needed	Reiki	EVERYTHING You Do is About An Emotion (feeling more or less of a state)	Your Beliefs Probably Aren't True!		The BIG Picture
Explore New Hobbies & Social Groups meetup.com is a great resource	Exercise – Start With What Is Easily Achievable	Qi Gong	All Emotions Have Value	Release Yourself from Societal Conditioning (mind control!)	Write Down 100 Reasons to Live (for yourself!)	Realise That Everything Is Connected & That None of These Pillars Stand on Their Own – Many Activities Will Reflect Across 2 or More Pillars!
Make Time & Space in Nature	5 Tibetan Rites	Guided Meditation	Accept Your Shadow Self & Find the Gifts	Break Unhelpful Habits & Compulsions	Mission and Vision	Deep Meditation
Dance	GUILT FREE!	Release Energetic Blocks and Increase Flow Of Energy	EFT & Other Tapping Techniques	Create New Conscious & Supportive Beliefs & Behaviours	Inspired Actions	Prayer
Do Something For Yourself!	Herbs & Supplements		Learn to Balance Daily & As Required	Matrix Reimprinting	Connect To The Future (Matrix Future Reimprinting, Timeline Therapy, Future Life Progression, Hypnosis)	Visionary Plant Medicines
	Massage & Physical Therapies		Practice Gratitude/ Appreciation	EFT/Tapping Hypnotherapy NLP		Sacred Sexuality
	Fulfilling Sex Life					Satori – Realising Your True Nature
	Good Sleep		Humour & Lightness			

How To Use The 7 Pillars Of Vitality Guide

This chart shows seven areas that you can focus on when building your life energy and health. There are suggestions in each pillar and you definitely don't need to do all of them. There are also many other things that you could do to support each pillar that aren't listed. This is just a guide based on practices that I know work and areas that you can look into.

Many of the suggestions will impact across several, or even all of the pillars. This is because everything is ultimately connected. Here are some examples:

Making Time and Space in Nature – could also impact at the physical level (exercise), the energetic level (grounding), the emotional level (peaceful and calming) and even the spiritual level (feeling oneness)

EFT and Tapping Techniques – will impact at the energetic level (meridian system), emotional level, transforming beliefs and behaviours and potentially at the social, physical, reason for living and spiritual levels as well

Herbs and Supplements or Nutritional Enhancements could affect the physical, energetic and emotional levels, plus others depending on the properties of the food or substance

I'm sure you will find many more ways this happens as you start to explore.

MISTAKES TO AVOID!

Mistake No 1 – “I Have To Do It All” – just because there are 7 areas covered here, doesn't mean you have to do all of them at once. Getting overwhelmed will just put you off and leave you frustrated. Start by making just one or two shifts for a while, so you notice the differences as they happen.

Mistake No 2 – “I Have to Stick To This” – a key part of vitality is letting go of the obsession with getting things right and being perfect. This is a big area for many of us and many of the solutions out there require strict protocols, or severe limitations on things that you might have enjoyed in the past. While there are some specific conditions that benefit from a strict regime for a while, eventually, the emotional impact of feeling deprived, or even jealous of the freedoms others have can be damaging and even lead to developing new physical symptoms – the opposite of what you intended!

Mistake No 3 – “I Need To Wait For The Perfect Time To Start” – I get it. You're too busy right now. When work settles down a bit you can do it. When the kids are back at/start school. There are other people you need to look after before you look after yourself. When you've paid off the credit card bill. This is BACKWARDS thinking! It's time to start the self-care now. You will be much more resilient and able to take the other things in your stride once you do this – it's much easier to pour from a full cup than an empty one! REMEMBER – you don't have to do it all at once. Doing something small and consistently – a 15 minute daily energy routine for example or some simple exercise, will yield great results over time in the way you feel, think and respond in life.

ARE YOU READY FOR A THRIVING, HEALTHY LIFE?

The pillars chart contains headlines and some powerful solutions that I encourage you to research. If you have any questions on any of them, I'm very happy to give you more information and I'd love to do that in my Private Facebook group, [#FEELBETTERHEALBETTER](#), so that everyone can benefit from the conversation.

Of course, if you are experiencing a specific health condition and would like to speak confidentially about it and how I might be able to support you, I'm happy to do this as well. Please email me at sam@eftnow.co.uk in this case.

You can also book a FREE Conscious Discovery Call via my calendar here if you'd like to discuss soul-utions to physical, mental and emotional symptoms, so that you can feel better and move towards a life that you love.

If you'd like to take the steps to build up your vitality and zest for life in a supportive group environment, then I have great news! I will shortly be opening my live online group program and I'd love you to join us as we take the steps to all create thriving and healthy lives on our terms. To be among the first to know, you can [sign up for the waiting list here](#).

See you inside!

[CLICK HERE](#) to join the FREE Feel Better, Heal Better community!