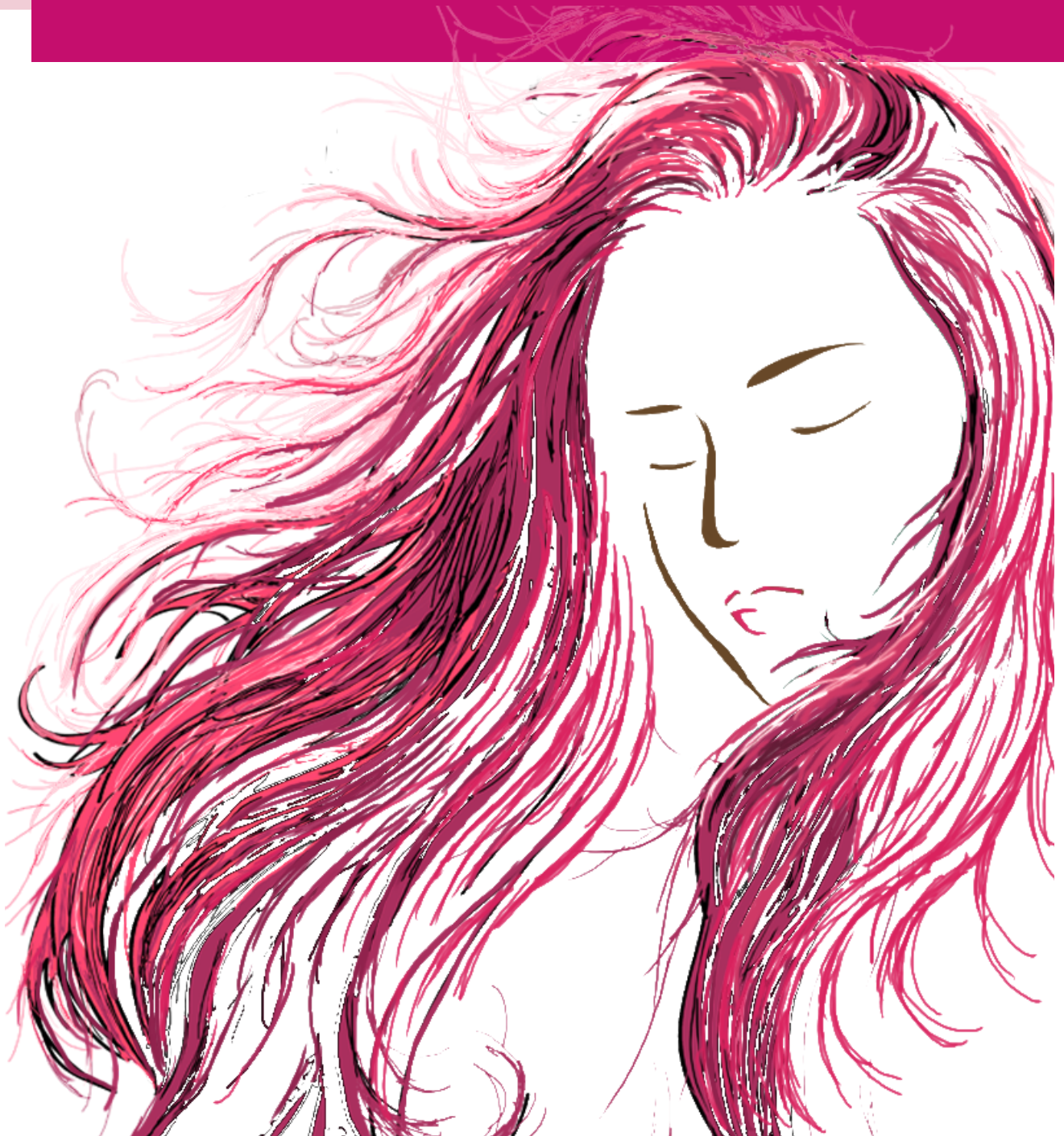


HUMAN USERS' MANUAL

Quick Start Guide





Hello Friend!

*Thank you for accepting my gift of this free
excerpt from my program Fibro Freedom
Formula: You Healing You.*

*I trust that you will enjoy it and find it helpful
because feedback has been incredible.*

*Much Love,
Christine*

Fibro Freedom Formula

You Healing You

1

Human Users' Manual – Quick Start Guide

The Four Body System

The four bodies -- Physical, Mental, Emotional, & Energetic -- create the 4-body earth-suit that allows us to have an experience on Earth.

My presentation of this energetic anatomy is intentionally simplistic, but useful for healing, and for personal and spiritual development. This manual and my coaching aim to bring awareness to some of the things we don't know that we don't know.

Since our spirit is energy, it does not have the equipment it needs to fully experience life on earth. So, it needs a 4-body earth-suit (which is far more complicated and layered than the way I am describing it here). Since Spirit is energy, it cannot be created or destroyed, but it can change form. We know this from grade school science. The earth-suit is limited and mortal, but sustainable.

Our four awakened and aligned bodies means the four bodies, Physical, Mental, Emotional, & Energetic, to the power of Spirit, specifically our Higher Self, connected to Source, or God. Awakened means connected to Source or God. Aligned is when all these bodies are aligned, working in harmony with each other towards a common goal or purpose.

The paragraph above describes the essence of the Fibro Freedom Formula which is the basis of my You Healing You Training and Coaching.

We forget who we are when we come to earth. Our families teach us who we are to them. Waking up from this forgetting is a big undertaking. Knowing who and what we are is essential to become aligned with our soul's purpose. This is all part of our human nature.

We are given challenges throughout life to get us to wake up, get in alignment, and cooperate with spirit within. We learn best through difficulty. Escalation of our pain, or some serious problem is a way to motivate us to learn. We will heal ourselves when we understand this fully, and so can put our life back on track, in a much larger sense than we imagine when we wish for it.

Quirks & Secrets (How we work)

Our 4 bodies include 2 that are strictly bodies, the Physical and the Energetic. We often think of ourselves as just physical because only the physical body is visible. We in the West tend to believe what we see. That isn't accurate. Our energetic body isn't visible to us, but it is much larger than our physical body. The HeartMath Institute has equipment that can measure how far electro-magnetic energy extends outward from our brains and our hearts beyond our physical bodies. This energy field surrounds us and contains emotional energy from our experiences, both positive and negative, and that influences our physical tissue.

The other two "bodies" are more commonly known as minds. Our Mental Body is our conscious mind. Since it is conscious, we are aware of it and we understand a lot about it. Our Emotional Body is our subconscious mind. Since it is subconscious, we are not well aware of it so we must learn about it.

This is an extremely abbreviated version of our energetic anatomy. We are Spirits and the Spirit is in the Energetic Body. The spiritual/energetic body is causal. The rest of our earth-suit exists for our purposes in this incarnation on the planet. Since spirit/energy is eternal, many believe we consciously chose as spirits to have an earthly experience and that we chose the specifics of the life we would have, including the time and place of our birth, through our chosen parents. The physical body is said to be the gross, or material manifestation. Between the spiritual/energetic and the physical are the two minds (Mental and Emotional), are which are said to be subtle.

Our four bodies can affect each other. Only the spiritual/energetic body can cause the other 3 bodies, in my version of the Human Earth-Suit. This is a conceptual way of looking at our incredibly complex human systems. The Emotional and Mental Bodies are both subtle. The emotional body is more powerful a creator in our lives than the mental body, and the physical is the least powerful. We have an exaggerated opinion of our physical selves.

The Brain

The Triune Brain has evolved over millions of years.

The oldest part is the reptilian brain, the brainstem, which is all about survival. It is automatic and regulates basic bodily functions including: controlling hormones, temperature, respiration and heart rate, hunger, thirst, reproductive drive, reflexes, instinct, approach, avoidance, and the fight, flight and freeze response.

The next oldest is the limbic or mammalian midbrain. It contains emotions, memories, habits, and attachments. It seeks pleasure and avoids pain.

The neocortex or human brain is the newest higher-level brain, that is rational, has language, ideas, imagination, concepts, logic, foresight, control, perception and differentiation of thoughts and feelings, self-reflection, problem-solving and satisfying goals.

Humanity's automatic negativity bias comes from the ancient amygdala's survival instinct which reacted to dangerous, life-threatening situations, not by thinking about them, but by pure reflex with the "fight, flight, or freeze" response.

Positive thoughts, on the contrary, must be created consciously in the neocortex. They are not automatic. They take effort.

Two Minds

The two minds are the Conscious Mind or Mental Body and the Subconscious Mind or Emotional Body. They have different roles and speak different languages.

The Conscious Mind or Mental Body is rational and logical. It has language, ideas, imagination, and concepts. Its roles are logic, foresight, control, perception and differentiation of our thoughts and feelings, self-reflection, problem-solving, and goal-satisfaction. It thinks and communicates in words and concepts including math, music, and art. It learns, creates, and accumulates knowledge, and it teaches.

The Subconscious Mind or Emotional Body has different roles and language which are below the level of consciousness, so we are far less aware of them. It contains emotions, memories, beliefs, habits, and attachments. Its roles are to help keep us safe and to help us to get what we want. It communicates with our senses, images, sights, sounds, scents, tastes, and tactile feelings, intuition, and with emotion.

The Big Reveal - Essential to Know Quirk about The Subconscious Mind

We tend not to be nearly as aware of this big quirk, as we need to be in order to succeed in life. The subconscious mind does not understand any concepts, including negatives. The subconscious mind doesn't understand the simple statement "I don't want this." It is not at all analytical or logical. That is only the Mental body's language.

Humans have a negativity bias that is automatic. It evolved from the amygdala's built-in response to danger to keep us safe. We think lots of negative thoughts. We worry lots of worries. Back in the jungle, that kept us safe.

The subconscious mind does not understand negatives. When we worry about what we don't want, like pain, or when we talk about what we don't want, the subconscious just ignores the negation and *assumes we do want more pain*. It simply does not understand we do not want more pain, we do not want to be awake all night, we do not want whatever symptom we are focusing on, just like we do not want more bills or more debt.

If we are putting our attention on these unwanted things, and if we are doing so with great emotion, it assumes we do want them. One of the subconscious mind's roles is getting us what we want, so it goes into high gear to get us what it thinks we want, but because of miscommunication it is getting us the opposite. It simply cannot understand we don't want something, because it cannot understand the concept of no, not, never, no more. It doesn't understand concepts – that is the conscious mind only. It understands images, sensations, symbolism. It talks to us in dreams, daydreams, in our journals, and in intuitive impressions and ideas. That is how it hears us. It hears the emotion, but it doesn't hear the NOT.

It does not know we do not want what we worry about. It thinks we do want it, and it tries and succeeds at fulfilling the wish that it misunderstood because we miscommunicated by not using the language it understands. When we are fretting over our pain and inability to sleep, it's very easy for it to deliver more of the same promptly and to keep it coming. **Our subconscious thinks that we do want what we put our attention on**, even though our conscious minds is thinking that it wants that problem to disappear. Since one of the roles of our subconscious is to get us what we want, this is incredibly important to understand.

We must practice changing the focus of our thoughts from the default negative to thinking positively about what we want. Make this a habit. Making a habit of entertaining more positive thoughts, in general, is a very good idea. If and when the majority of our 50,000-plus thoughts we have every day are positive and are about what we want, the attention we give them will help our subconscious get them for us. We would all be very happy with our much-improved results.

Attention

These are facts about attention influencing the subconscious mind. They were discovered as part of Quantum Physics. Our conscious mind doesn't know any of this because it is subconscious. However, these hidden truths, discussed in the Fibro Freedom Formula Program, do affect 95% of our choices. In the program, we can learn to increase our awareness and choose to place our attention on what we do want, instead of what we don't want.

- What we think about grows.
- Energy flows where attention goes.
- What we focus on gets our energy, so it expands.
- What we put our thoughts, focused attention, emotion, and energy on increases. That is true in love, in the gym, in the garden, in the classroom, with any skill, with food, or with money.
- Our attention is like a special request for our subconscious mind to help us get something. The subconscious mind is very good at its job. Focus on what you want.

Align the Minds and Communicate Clearly

Communication does not happen until the message intended has been received and correctly understood by the recipient.

The mental body (conscious mind) needs to be engaged deliberately to speak to the subconscious, clearly, in its language.

The subconscious mind does not understand the simple statement *"I don't want this."* So, never say that. It is a message that cannot be correctly understood by your subconscious mind, which actually has the power to do something to make it happen. Instead, say *"I want this. I want to feel well. I want to sleep well. I want good energy. I want to be clear-headed. I want to experience good feelings and happy emotions."*

Think about and express positively express what you do want.

Stop putting attention on all that you do not want, and you will stop attracting it into your life. Make this a habit. Every day, visualize that you already have what you want and feel joy about your success. You and your entire life will change quickly.

When the minds are aligned in understanding, and our wants are aligned with spirit, then we are awake and hear spirit's messages. Then we are capable of accomplishing anything!

To maintain success, we need to stay awake and aligned. Simple! But if it were easy to actually **do**, we would all be happy, healthy, in love, and abundant in everything we dream of. I think we can all see that we are not consistently awake and aligned....yet. With practice, we can get there.

Physical Body & Energetic Body

We have a physical body which we are always aware of. We also have an Energetic Body that is not visible, so we tend to forget it.

The energetic body extends beyond the physical body by at least a couple feet in all directions for the length of the body. Our life-force energy, or spirit, animates our physical body. It is possible to measure the electro-magnetic energy. The spirit is in the energetic body. The energetic body also contains a biofield of information about all our experiences, positive and negative, including our emotional and psychological reactions. According to Energy Medicine, our story affects our earth-suit systems and can make us ill. Stepping out of our story is as important as figuring out what our story is.

Our life force energy can get blocked or stuck, causing us to become ill. We can unblock our energy, and we can rebuild it by bringing more energy into us from our environment. But you can't do it if you don't know it is possible.

Our life force energy can also be leaked away or drained from us. We leave bits of energy with those we have been in relationship with, in projects we've been passionate about, and in physical locations. We can call this energy back to us again, but only if we are aware that it can be lost *and* that it can be called back.

Our focus on the visible physical body, at the expense of the invisible or unseen parts, causes us many problems, including our health problems. Isn't this ironic ? We who complain about having an invisible illness and about people being not seeing and understanding us, are in this dilemma. The solution is to learn to heal ourselves, by choosing to see what was invisible to us? Our own challenges point to the solution, but again, only after you know that, and know what to look for.

Intuition, the little voice that guides us and that knows the soul's intended journey in this lifetime, tries to talk to us, but we are so busy "doing", that we don't hear it or don't recognize it. Chronic pain, fatigue, and patterns of what irritate us – these things are attempting to communicate with our cluttered, busy, and stressed conscious minds. But they don't use the same language as our conscious mind.

We also need to interpret the symbols we are given in our daily experiences and in our dreams, especially the ones that repeat over and over. For example, the stuff that drives you nuts at home likely repeats elsewhere, and it may be trying to tell you something you need to learn. If we don't pay attention, and it is something important to Spirit, it will escalate the messages until we pay attention. I am happy that you are here, paying attention.

There is a clear path out of these issues. We must learn it. It is part of our spiritual maturing. Suffering is a loud message that is mostly ignored. You are on the right path.

Add The Emotional Body/Subconscious Mind to the mix.

Our Emotional Body/subconscious mind can cause blocks in our life force energy, as it attempts to keep us safe. How? Parts develop in our psyches that take on different roles, some of which support us, and others that criticize us. We can communicate with our parts, too. One part might try to keep us in our comfort zones and encourage us to avoid risks to keep us safe, which might hold us back. (It might sound like a parent.) Too much fear can cause blockages. As children, we might have discovered that people's anger could harm us, so in fear, we decided not to cause any upsets. As adults, we don't need these restrictions. Instead, we need to experience new things.

If we are closed off to new ideas and experiences because of our beliefs and fears, we can block the very energy that could help us make life-affirming changes to move forward.

The subconscious mind can also play the victim, blaming others or bad luck. In the case of chronic pain and fibromyalgia, the subconscious mind may blame medicine for not having a cure. I am convinced that the need for us to do the work to spiritually mature, and our not recognizing the signs pointing to that need, caused things to escalate and get worse until we either give up, or get to work on solving our issues.

The subconscious is between the mental mind and spirit. It is working for us as a whole trying to communicate. The language barrier needs to be resolved. Two out of three bodies get it, so the mental mind must learn the language of the subconscious and take action to listen and learn.

We really should have come with a Users' Manual and Quick Start Guide. We didn't because, as our spirits know, we come here with a plan that we forget, as soon as we arrive in our physical body. Our life journey is to

figure out what the plan we came with is and do it. I believe that those of us who are chronically suffering are experiencing a spiritual crisis. It is important to resolve that.

When we recognize this, we are on the path to awakening and to aligning ourselves on all levels. When we reach a critical level of alignment in all bodies, we start feeling good and our opinions about life goes up. It is a very deep way to heal. We don't know what we don't know, so we suffer. It is my mission to try to stop that among women in pain and to encourage women to spread the word, so others can also begin to know how to heal.

Awakening is becoming aware,
remembering who and what we are,
living and co-creating with Spirit,
with the heart leading the way.

Aligned is all lined up,
going in the one direction.
It is ducks in a row &
rowing in the same direction.
It is our conscious mind
paying attention to intuition,
listening to Spirit.

Awake & aligned are
living life consciously,
with conscious & subconscious minds
retrained to work together,
in the direction Spirit wants to go,
to do what It is here to do,
through the human earth-suit.
We get well.
Then, life gets really good.

Movement & Exercise Habits

Lack of movement and exercise is a depressant, and it prevents us from releasing the stresses of the day. Because of our chronic pain and fatigue, many of us tend to spend too much time in the sympathetic response, adrenalin pumping, muscles primed for action. If those muscles don't get action, we stay in the stress response. Exercise and movement can help us get back into the calm parasympathetic response. Deep breathing can help to get us back into the parasympathetic state. And guess what? Deep breathing requires you to use your body. We are not designed to be sedentary. We need activity. Tragically, the many humans living in technological cultures don't get much activity.

Every morning, it is beneficial to start your day in an uplifting way with a Gratitude practice which can be as simple as reading a list of things for which you are grateful. After a large drink of water, do some movement including stretches to prepare your body for the day ahead. Because of our chronic pain and morning stiffness, we must move to loosen up and get the systems all working. Start with some deep breaths, in deeply through the nose for a slow count of 5 and watch your belly rise; then hold for the same count to 5; breathe out audibly through the mouth for a slow count of 5 to empty the lungs and make room for fresh oxygen; then hold with the lungs empty for the same count (if you can). A few cleansing breaths will exercise your respiratory system and calm you.

Morning movement exercises need to suit our ability. We don't want to aggravate anything and cause a flare. We also don't want to avoid movement because lack of movement or unreleased stress can add to a flare. We must each do what is right for us. Since many suffer from morning stiffness, I recommend gently stretching first thing in the morning. Module 6 of my signature program, Fibro Freedom Formula: You Healing You, focuses on the Physical Body. It contains several movement recommendations and videos. One of my favorites follows:

3 Doorway Stretches:

The fibro specialist who diagnosed me, taught me these simple but extremely beneficial stretches. I have been doing these regularly since I was diagnosed In 1997. I am reminded of them every time I go through a standard-size residential door.

Variation #1:

Stand just in front of a doorway. Bend both arms at the elbow and place your hands on the doorframe facing you, at a level which puts your hands about level with your shoulders. Now step one foot into the doorway and then lean your body in over that leg and foot, to create a deep stretch in your upper body to open your chest and contract your back. Hold the stretch for a few seconds. Step back, then repeat on the other side by stepping in with the other foot.

Variation #2:

This Doorway exercise can also be done with your arms up and slightly bent but hands at head level or higher on the doorframe. Step one foot into the doorway and feel that stretch. Step back and repeat on the other side by stepping in with the other foot. This stretches in a slightly different place.

Variation #3:

A third variation is to take your arms, elbows soft and very slightly bent, holding them down this time, then place your hands on doorframe, at about hip level. Step in with one foot and feel the stretch, which will be more on one side. Step back and repeat stepping in with the other leg to stretch the whole upper body, with more of a stretch on the side of the forward foot.

These three Doorway exercises can feel like lifesavers for those of us with fibromyalgia because we have so many tender points in the upper body. This particular set of exercises stretches the upper body very well. They are beneficial for everyone and can be done many times a day, whenever a regular-sized doorway is available.

Walking

Walking is an excellent exercise. If you can get out to walk every day, do it. The movement and the fresh air and daylight are extremely good for us.

If a walk outdoors is beyond your limits, walk around inside for a few minutes. The changes of position and movement are very beneficial.

Swimming

Swimming is a great exercise that is gentle because of the buoyancy of the water. Get into the water as often as you can. If you have neck problems, you can avoid having to lift your head out of the water by using a mask and snorkel. Aqua-therapy and/or water exercises including water aerobics are great exercise.

If you are restricted, join a senior water aerobics class for fun and safe movement. It's an environment where you won't feel awkward for not keeping up. I attended senior programs when I was only in my 40s because the exercise was within my ability at the time. The class was welcoming and so were the seniors in class with me. There is no need to be embarrassed for taking care of yourself at an appropriate level.

Do whatever exercise (or sports) you can do comfortably and that you enjoy. Variety is good, but not essential. Consistency is important. Movement is essential.

If you are mostly sedentary, take small movement breaks throughout the day to keep stiffness and pain away, and/or to lessen both. Avoid sitting for extended periods. Every half hour, stand and move around a little.

Your physical body is complaining to you. You need to take care of it in the following ways:

- by moving it regularly
- by breathing deeply and holding your breath between inhalations
- by rehydrating (drinking at least 2 liters/quarts, or 8 cups, of water a day, not counting any beverages other than water, especially coffee, which is a diuretic.)
- with good nutrition, including avoiding foods that aggravate your symptoms
- by following a schedule to keep your circadian rhythm, or internal clock, on time.
- by getting deep sleep
- by practicing regular self-care
- by improving your mindset, being more conscious about being more positive
- by retraining your Conscious Mind about what you want
- by not giving wrong messages to your Subconscious Mind by dwelling on what you don't want

Remember, our physical body is the container of the human earth-suit that our spirit uses to incarnate and live this life on earth. It is necessary to experience life in full on earth. Our minds and energy body are attached to and live in it. It is our vehicle to live this life. We must take care of the whole system, or we'll continue to suffer from chronic pain and fatigue.

Fibro Freedom Formula

The Fibro Freedom Formula is:

$$4AAB = (PB + MB + EmB + EnB)^S = \infty$$

In words, the Formula says:

4AAB 4 awakened & aligned bodies

= equals / are

() is comprised of, or contains

The Physical Body, and the Mental Body, and the Emotional Body, and the Energetic Body

^S to the power of Spirit (created and supported in Love)

= equals / are

∞ Infinite and Limitless.

In words, the Formula means:

Four awakened and aligned bodies comprised of the being (container) holding in love, the Physical Body, and the Mental Body, and the Emotional Body, and the Energetic Body, to the power of Spirit (or created and supported in Love) is Infinite and Limitless.

In other words,

We are bits of source energy, connected directly to Source Energy (God). That Truth makes Infinite and Limitless Possibilities available to us, including the abilities to heal ourselves, and to learn to operate our earth-suit for our best advantage. Then, we live our soul's purpose.

For Further Support:

For more information about using your earth-suit wisely and well, to create the life and health you and spirit want, you are welcome to [inquire](#) about my training and coaching program, Fibro Freedom Formula: You Healing You. You might want to start by joining our [Facebook group](#) and visiting our [website](#). Or you can book a [free call](#).

MEET CHRISTINE LUTLEY: (CHRISTINE@CHRISTINELUTLEY.COM)



Christine Lutley
FibroCoach.Online

Do you know a woman suffering from chronic pain, fibromyalgia, or other pain, fatigue, and depression condition? Perhaps you are one.

Christine Lutley trains and coaches women in chronic pain, including women with fibromyalgia, to heal themselves, end their suffering, and put their lives back on track, as she has.

She is the expert to coach these “women like her” to do their own healing work, after having been work-disabled by fibromyalgia, studied spirituality, healing and psychology, and used many approaches to manage her illness, and finally getting all the pieces in place to heal herself at all levels. She deeply understands a woman’s pain and suffering, and uses perceptive insights, intuition, science, and spirituality to teach and coach women to heal themselves.

Her current program offering is called **Fibro Freedom Formula: You Healing You**
Sign up for her mailing list at <https://www.FibroCoach.Online>

Please feel free to share my name and contact information with women who might benefit from my help, at any level from free content to private coaching. Or, if you know of groups who might like me to speak to them, please let me know, or pass along my contact information and booking link.



[BOOK A FREE CALL ON MY SCHEDULER](#)

Testimonial for

Christine Lutley, Fibro Coach Online

04.23.21



"Amazing! Beyond my expectations! Christine's unique way of understanding and coaching my thought patterns and emotions has been transformational. Once I combined these new insights with the stretches, breathwork, and spiritual guidance, I experienced significant healing. Her approach is so holistic. I continue to gain new tools to guide myself to a fuller life."

--Susan M. Burton, PhD