

THE LIMITLESS LIFE

THE 7 SACRED CHOICES THAT CREATE THE LIFE OF YOUR DREAMS

A SIMPLE GUIDE TO ACHIEVING TRUE SUCCESS AND BEING HAPPY 99% OF THE TIME

MATTGALLANT.TV

Have you achieved a lot of things in your life, but you still feel that something is missing?

Do you feel confused or unsure about what matters sometimes?

Do you want to feel an ever-increasing sense of fulfillment, happiness and joy?

If you can relate to any of those questions, then this report is for you.

As a young man, I was obsessed with success, learning and accomplishing things.

And I did accomplish many things during that phase. [You can read my story to see some of it.](#)

However -- I WAS NOT HAPPY. I had ZERO serenity and I was filled with inner conflict.

Today, I feel I'm LIVING THE DREAM 99% OF THE TIME. And if you're wondering, I'm NOT one of those "super optimistic" people that tries to make himself feel good even when life sucks.

Yes life still throws curveballs that are tough to deal with once in awhile. However that's 1% of the time. And I have the tools to quickly deal with any bad things that happen. You'll read about several of them inside this report.

I'm also surrounded by people who are Living The Dream 99% of the time. This report reveals what I've observed and experienced to be the 7 sacred choices that make or break people's happiness.

The end of result of making these 7 sacred choices is you experience limitless happiness. No matter how good it gets... it keeps getting better and better and better.

Sacred Choice #1: Passionate Profits™.

Most of us work 40 hours a week for 45 years of our lives. That's around 2000 hours a year. Over a lifetime that's 90,000 hours.

If you have a career doing something that you don't hate doing, you're looking at 90,000 hours of pain, boredom and suffering.

I remember working at a Lobster factory when I was 15 years old for a summer. I would stink like lobster for 2 days no matter how many showers I took.

Almost everyone hated their jobs at the lobster factory. They got "their joy" from gossiping about each other and creating drama. I saw the misery in the eyes of those who had been there for 20 years. It scared me. I didn't want to be one of them.

I made the decision right there that I would NEVER DO ANYTHING I DIDN'T LOVE FOR A LIVING.

And I've never looked back since. From the age of 19 to today, everything I've done has created Passionate Profits™.

As the singer Marc Anthony said: *"Do what you love and you'll never work another day for the rest of your life."*

This means you need to learn how to create a business from your passions, hobbies or interests.

In order to make this a reality you need 3 things:

Passionate Profit Ingredient #1: Passion

The title of this ingredient sounds funny. Reminds me of the time I created the sentence in english class, "The chocolate was very chocolatey." The professor wasn't very impressed.

Can you imagine waking up EXCITED to work and produce?

Can you imagine GETTING BORED being on vacation, jonesing to get back to your business?

If you answered NO -- then I would suggest that you start developing your Passionate Profit Plan™.

Here's a few questions that can help you define this:

- When you're not going out what do you read or do on a Friday night?
- Go look at your bookshelf... what do you enjoy reading about?
- Which magazines do you pick up at the airport?
- If you could wave of magic wand and instantly have your dream job, what would it be?

The truth is, you don't need to be 100% crazy passionate about something to make a business out of it.

Maybe you have a strong interest about something. Maybe you have a hobby you really enjoy.

Those are great places to start from.

The key is, find something that you're gonna enjoy doing daily.

Passionate Profit™ Ingredient #2: Money Making Skills

You're not going to go very far with just passion. You need MONEY MAKING SKILLS.

Here's some of the top money making skills that will give you the power to create Passionate Profits™ from virtually any endeavor.

Money Making Skill #1: Direct Response Marketing

Direct response marketing gives you the strongest chance of making a RAPID PROFIT with your marketing efforts.

Direct response marketing means going for the sale relatively quickly. Your goal is get someone to your website, store or phone and SELL THEM.

Contrast this with “branding” where your goal is to throw money into the wind and HOPE that someone eventually “falls in love with your brand” and becomes a customer.

Unless you have millions to burn, “brand building marketing” is NOT an option.

The surest path to Passionate Profits™ is to create potent direct marketing campaigns. Branding becomes a SIDE-EFFECT of your marketing.

Yes, you should still worry about “branding” -- but only as a secondary goal.

Your primary objective when you start a business is to create cash flow. Without it, you’re going to go out of business when you run out of funds. Direct response marketing combined with killer copywriting (money-making skill #5) is the best way to create cash flow for any news business.

Money Making Skill #2: Sales

If you’re a great salesmen you’ll never be out of work. Companies are starving for great sales people.

It doesn’t matter what kind of business you’re starting, you need to SELL.

Cashflow is your oxygen and sales is a great way to pump a lot of O2 into your business.

Maybe you're not doing the selling yourself. **However, we're always selling.**

When you're presenting ideas to your team, you're *selling* the game plan.

When you're pitching investors, you're *selling* your vision.

When you ask your romantic partner to try something new, you're *selling* that idea.

Money Making Skill #3: Online Traffic Generation

Traffic generation means bringing people to your website. And if you're good at that, you can make A LOT of money.

Traffic generation breaks down into various skills including: SEO, social media, pay-per-click, affiliate marketing, content marketing, video marketing and more.

My suggestion is: FOCUS ON 1 and become GREAT at it. Once you're great at that skill, then move on to the next.

Money Making Skill #4: World-Class Executer Of Ideas

The book "Rocket Fuel" breaks people down into 2 types of entrepreneurs: visionaries and integrators.

Integrators are the ones who get shit done. They are the ones who execute the visionaries ideas.

If you enjoy hiring, working with people, building teams, designing processes and managing processes then that is a valuable money making skills.

My suggestion is to partner up with a visionary in your field of passion. Many of the greatest business successes of all times were partners including: Bill Gates and Paul Allen, Steve Jobs and The Woz and many others had that powerful combo.

Money Making Skill #5: Copywriting

If you want freedom to travel the world and make a great living then copywriting is one of the best money-making skills you can learn.

This is how I got started. The first money making skill I learned was copywriting. I was able to use those skills to launch dozens of products and services including: self-defense training, skin care products, dog walking training, personal training, guitar products, supplements, business training and many more.

To this day, even though I've learned most of these 5 money making skills, copywriting is still the #1 skill I have.

If you want to learn more about this awesome skill: [click here](#)

Passionate Profit™ Ingredient #3: Understand Your Audience's desires

So you have passion... And you have money-making skills... You still need one more thing and that is to understand your audience better than they know themselves.

The ultimate edge in business is to know the market better than anyone else.

Mark Cuban says "*When you walk into a room, if you don't know more about your industry, your customer, your business better than anyone else in the world... someone like me is going to come in and kick your ass.*"

Business is about creating values that people want. You can't be a good business person if you're self-centered. Good entrepreneurs can ignore their own desires and get into the minds of their prospects.

Sacred Choice #2: Manage Your Money Properly

Most of us know that being broke, or worse, being in debt, creates stress. How many marriages end because of money stress?

In an **article** by Ron Leiber of the *New York Times* in 2009, the odds of a marriage ending in divorce due to finances is approximately 45 percent.

More recent studies reported by **Manila.com** show that approximately 65 percent of couples argue about money on a regular basis. **Having money solves the worries and stress that NOT having money creates.**

Does money make you happy?

Research says: YES up to a certain point. According to a huge study of 450,000 done by Princeton University it's approximately: \$5000/month for people living in North America.

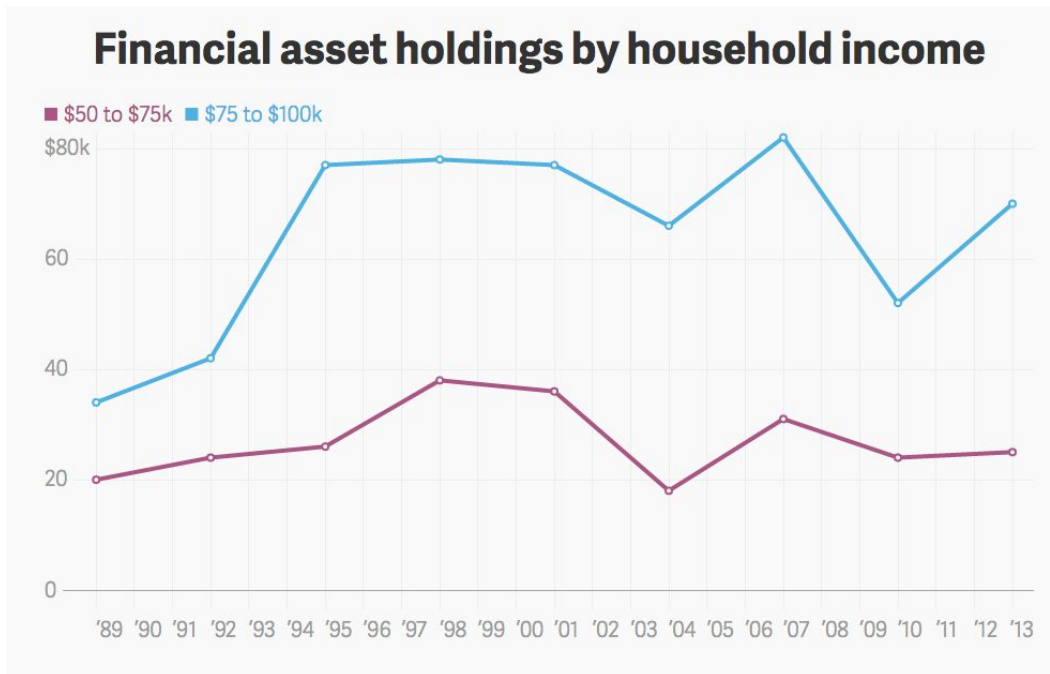
Making money boosts the quality of your lifestyle. However, I suggest that you focus on long term money goals so that you NEVER have to worry about money.

In order to become financially free you need to do 3 things:

1. Make money
2. Save money (build the gap)
3. Learn to invest wisely

It doesn't matter how much money you make, if you don't learn the discipline of living below your means you'll never be able to save.

America is full of high-earning poor people. According to research by Atlas, even those that have had high-earning jobs for years only have \$70,000 in assets. And the picture gets bleaker when you look at their debts.



It doesn't matter how much money you make, if you keep spending it on liabilities instead of investing it in assets, you will eventually have financial trouble.

There's plenty of proof of this including: Mike Tyson who made 400 million and filed for bankruptcy... Sports Illustrated recently estimated that 80% of retired NFL players go broke in their first three years out of the League. And let's not forget MC Hammer who made 30 million in a year and went bankrupt the year later.

Once you make passionate profits and you have the discipline to save it. What's next? Invest it wisely.

The most valuable financial skill in the world is to learn how to INVEST. According to Forbes 77 out of the 400 richest people in the world made their wealth by investing. That is more than ANY other activity.

Just keep in mind that investing is a LONG TERM GAME. Do your homework, learn everything that you can from people that are doing it successfully and take calculated risks. The earlier you start the better, so start NOW even if you only have \$200 to invest.

Getting in the game early and learning the ropes is far more powerful than waiting until you have "enough money" down the line.

Sacred Choice #3: Choose the person of your dreams.

Few things can drain happiness like a bad relationship. If you're in a toxic relationship, it will drain you 24 hours a day.

If you're not already happy, a relationship isn't going to make you happy. A great partner can only ENHANCE your own innate happiness.

A lot of people SETTLE into bad relationships. NEVER SETTLE.

The key is to choose wisely. If a relationship is not what you want and need, move on and learn from it.

Do you drink milk that's gone past the expiration date?

Why stay in relationship that's gone past the expiration date?

Here are the 3 keys I've experienced and observed you need for a long term relationship to work:

- 1. Animal Attraction**
- 2. Soul Connection**
- 3. Compatible Livability**

Animal Attraction

Obviously you need animal attraction. We all have animal bodies after all. You might have a soul connection with someone, but if you don't feel like jumping their bones most of the time --- it's probably best to be stay friends.

If you don't have animal attraction, the temptation to succumb to animal attraction other places will be very strong.

Soul Connection

A lot of people mystically believe there's only 1 soul mate for them on this big planet filled with over 7 billion people.

I think it makes a lot more sense (and my life experience validates this), that there are many people that are soul mates.

Soul mates are people who share the same core values, level of consciousness and spiritual views of life. Soul mates understand where they've been and are heading in the same direction.

Compatible Livability

Sometimes you're attracted to each other... you're soul mates, but you just can't happily live with each other.

Maybe one of you can't stand moving away from where you grew up and the other can't stand being there. This means one of you will be suffering most of the time.

Maybe one of the partners has a child and the other partner wants to have their own children.

Maybe one partner doesn't want a child and the other needs one.

Maybe one of you has habits that the other just can't live with.

All of those situations can be deal breakers.

If you want to increase your compatible livability index, then you should develop a flexible, adaptable, non-judgemental mind.

The more flexible, adaptable and non-judgemental both partners are, the easier it is to live with each other.

To develop those qualities, requires dedicated spiritual work. Make sure to [subscribe to my YouTube channel](#) to watch videos where I discuss some of these principles and techniques.

Sacred Choice #4: Optimize Your Health

Ask anyone who's in the final stages of cancer, "What's the value of health?"

They will tell you: IT'S EVERYTHING.

Think back the last time you were really sick, did you feel happy?

It's hard to feel happy, when you're suffering physically.

I was a personal trainer for over a decade. I had the chance to train NHL athletes, pro fighters and hundreds of men and women.

I've been obsessed with optimizing my health for over two decades. This one of the main reasons why I co-created BiOptimizers with 3-time national, natural bodybuilding champion Wade Lighheart over 10 years ago.

Here are what we consider the 12 Habits of Healthy High Performers:

The 12 Habits Of The Healthiest People

Healthy Habit #1: Deep Breathing

Stop breathing for a few minutes and you'll be on the passed out on the floor. Stop breathing for 10 minutes and you're dead.

Oxygen is your body's PRIMARY nutrient. Unfortunately, oxygen levels on Earth have dropped significantly over time. Estimates are they used to be as high as 35% and in major cities they are down below 15%.

The simple solution is do 5 to 10 minutes of DEEP breathing a day. This is something you can easily do while you're meditating.

You can start by doing 5-5-5: Breath in for 5 seconds, hold it for 5 seconds and breath out for 5 seconds. As that gets easier go to 6-6-6, then 7-7-7 and so on. With time, a good goal is to get up to 10-10-10.

Healthy Habit #2: 3 to 6 Liters Of High Quality Water Consumption Daily

After oxygen, the second most important nutrient is H₂O. In an apocalyptic world, you would die of dehydration far before dying of starvation.

Even a SLIGHT dehydration affects mood, brain function and energy. Almost everyone is chronically dehydrated.

Unless you're drinking at least 3 to 6 liters of clean quality water (depending on activity, local climate and bodyweight), it's almost guaranteed that you're dehydrated.

I didn't know what FULLY HYDRATED felt like until I started drinking 4 liters a day of alkaline, ionized water.

I'll write more about this on [the blog](#) soon.

Healthy Habit #3: Exercise

*"Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself."
-Moshe Feldenkrais*

It's no secret that exercise is a necessary component to feel and look your best.

Here's some simple suggestions:

- 3X a week of weight-lifting. This will help build lean muscle mass and keep you strong.
- Long distance cardio 2-3X a week. Walking 10,000 steps a day is a great way to do this.
- Maybe the MOST efficient method is to do rebounding for 20 minutes a day. Rebounding produces some resistance to the muscle and also helps to clean your lymphatic system.

Healthy Habit #4: Super Shakes and Smoothies

One of the easiest methods to boost your health is to drink 1 SUPER SHAKE a day.

What's the definition of a SUPER SHAKE? It's a shake that's DENSE in vital nutrients.

The most important nutrients after air and water are: enzymes, probiotics, minerals, vitamins and EFA (essential fatty acids). Give your body a steady supply of these 5 vital nutrients and you'll feel amazing.

A great protein shake will have ALL 5 of those inside of it.

The simplest way to get these 5 vital nutrients in your Super Shake is to add these supplements to your shake:

- [2 scoops of Protein Breakthrough](#)
- [4 capsules of Masszymes \(the most potent enzyme on the market today\)](#)
- [2 capsules of P3OM \(a patented probiotic strain that helps digestion BIG TIME\)](#)
- [7 drops of Primergen-M](#)
- [7 drops of Primergen-V](#)

You'll literally have all the nutrients your body needs to work at it's best. Do this for 2 weeks consistently and your energy will go to a new level.

Healthy Habit #5: Rainbow Salad

The second simplest way to greatly improve the quality of your diet is to eat 1 rainbow salad a day. Rainbow implies having a VARIETY of ingredients in your bowl.

Wade Lightheart and I, love to go to Whole Foods and fill the bowl up to the brim and eat a 2 to 3 lb salad.

The more stuff is in my salad, the more I enjoy it. Every bite feels like an adventure. I'll throw in maybe 20 different things in there.

The easiest nutritional plan in the world is:

1 Super Shake for Breakfast

1 Rainbow Salad for Lunch

Dinner of your choice
1 Super Shake at night (if you're hungry).

Healthy Habit #6: Sunshine

Vitamin D is not really a vitamin... It's a MASTER HORMONE. It positively affects several key hormones in your body including: testosterone, leptin and more.

All you need to do is go in the sun for 20 minutes, 3X a week. For those of you who live in cold climates, then you might want to go spend a bit of time in the tanning beds. Just don't over do it.

Healthy Habit #7: Sufficient Deep Sleep

In my early 20's, I did some sleep deprivation experiments. I wanted to see how far I could lower sleep. I got down to 4 hours of sleep a night before I crashed and burned.

I started researching sleep and found that it's really one of the most important healthy habits you can do.

The key to great sleep is 5 simple things:

- a. Block the blue light 2-3 hours before you go to bed
- b. Go to bed early (there is massive hormonal benefits to going to bed before 11:30 pm)
- c. Sleep in a COLD room (18 c/65 f is optimal)
- d. Use a sleep mask (If you don't have pitch black darkness, you won't produce melatonin).
- e. Quietness is key. Use earplugs if you have to.

Healthy Habit #8: Assembling the Jedi Council

In Star Wars, the Jedi Council is a group of Jedi masters who help guide the decisions of The Order.

We can all benefit from having multiple experts in our lives.

I think everyone should have: a good body worker (masseuse), a skilled chiropractor, personal trainer (to at least give you new programs every few weeks and show you proper form) and nutritionist.

They'll help keep your body in tip top shape as well as help guide your decisions.

Healthy Habit #9: MBA Mental Beliefs & Attitudes

Upgrading your mental beliefs and attitude is a surefire way to increase your success rate and happiness.

This is also where the Healthy Habit #12: Coaching comes in. Sometimes it's hard to see your own mental shortcomings without someone guiding you.

Healthy Habit #10: Education

Never stop learning. Knowledge begets new knowledge. There's always more discoveries happening in health, fitness and nutrition EVERY WEEK.

Sometimes new discoveries obsolete old beliefs. Do your best to stay plugged into the latest discoveries. This is also where your Jedi Council and good coaching can help you.

Healthy Habit #11: Testing

If you're not using HARD DATA to guide you, you're guessing.

Can you imagine a fortune 500 company NOT looking at their numbers? Can you imagine a plane trying to fly somewhere without any cockpit or GPS?

Here's some data you should get on a regular basis:

- a. DEXA bodyfat scan once a month
- b. Full body blood work once or twice a year

Of course, go see a doctor or health expert that can analyze your blood work and tell you what's going on.

Healthy Habit #12: Coaching

Every top athlete in the world has MULTIPLE coaches. Coaching is one of the fastest growing industries in the world because IT WORKS.

The accountability that a coach provides is incredibly powerful. Coaches help keep us on track with our vision and goals. They help us change our ineffective ways of thinking. They help us rewire our old beliefs. They challenge us when we need it.

I personally have multiple coaches in various areas of my life and it's been a complete gamechanger.

Have you found any of these tips helpful?

If so you're going to love this...

If you want to know the most advanced cutting edge breakthroughs for improving your health then I suggest you [click here and subscribe to our 12 Weeks To Doubling Your Energy program](#).

You'll get in-depth videos revealing some ground-breaking concepts and technology that will quickly take your health to the next level.

Sacred Choice #5: Geographic Connection

A lot of people don't put a lot of thought into living in the optimal place. Most people stay where they were born for their entire lives.

There's a certain type of personal evolution that can only be experienced by traveling and living in different places.

Every time you move somewhere you're forced to adapt to a new culture and environment. I believe the purpose of life is to evolve and grow. You'll always grow when you move to a new culture. You have to abandon many beliefs of what you think is "normal". You quickly realize that there's no such thing as "normal".

Personally, I can't stand long winters. I grew up in them and I was sick and tired of them by my early 20s. I knew there was something better and warmer out there. This is one of the main reasons why I moved to Panama. I LOVE Panama.

Some places feel at home and others don't. I suggest you explore the world and find those spots that make your heart sing.

If you have a Portable Passionate Profit business, you can move anywhere you want. This is one of the reasons why learning skills like copywriting provides so much freedom.

Here are a few factors to consider when choose your optimal geographic set up:

Career Opportunities

If developing a thriving career is your main goal, and you're in finance then NYC makes a lot of sense. If you want to build a tech company, then San Francisco makes sense.

If you have an online business, then you can live anywhere you want.

Family Upbringing

If raising your kids in a safe environment is your main priority, then maybe a small town is the answer.

If you want to raise your kids to be globally minded, then traveling around might be the answers.

There is no “correct answers”, then is only your answer that fits with your core values.

Vacation Spots

Finding places where you can totally unwind and relax deeply should be a core part of everyone's life.

For me, going back home to my parent's place is the most relaxing place in the world. I love the dead end street... the profound quietness and the friendly locals. It's a total contrast to the wildness of Panama City.

Fun Zones

If you're younger and you love to party, having fun zones where you go live it up can be a great part of your yearly cycle.

Maybe visiting Ibiza, Burning Man, Vegas, Montreal, Columbia can be a core part of your life.

In my party years, I took great pleasure in scheduling week long debauchery sessions in those great party cities.

Workations

Now, one of the main things I love to do is workations. This year I went on a 5 month workation with my wife. We went to: Montreal, Atlanta, London, Berlin, Sweden, Moncton, Vancouver, Vegas and Nicaragua.

When I'm on workation mode, I tend to cut work to 15-20 hours a week so I can enjoy the trip more.

Fortunately, I've built great Passionate Profitable businesses with awesome teams who can take care of the details when I'm not there.

If you build a business with Portable Passionate Profits, then you too can go on global workations.

The other option is to build a local business and have world-class teams taking care of operations. Once you have the right superstars in place, you can enjoy the freedom of exploring the world and running your business from your laptop.

You can meet with your key personnel on Skype and answer emails. It's easier than you think.

Maybe you're thinking, "Matt, I can't do any of this except vacations. I have 2 kids. I have a full time job that I have to go to and I have commitments."

Maybe you can't do TODAY. However, if you start taking action to develop Passionate Profits, you can get there eventually. You're the architect of your life. You're in control of your reality if you choose.

The key is you need to free yourself from the 40 hour rat race and become independent.

Sacred Choice #6: Choose Your Friends & Allies Wisely

“A place is only as good as the people you know in it. It's the people that make the place.”

— Pittacus Lore

No matter how cool, or fun, or productive a place may be, what will really boost your happiness is a great circle of friends.

The key to finding great friends is to seek people with a high level of consciousness (see Dr. David Hawkins's work including: Power vs. Force).

Personally, there are two types of people I love to connect with:

- A. **High performers:** shakers and movers... entrepreneurs... people that are driven to achieve excellence in their fields.
- B. **High level of consciousness people:** People that are naturally loving, caring, spiritual. People who are devoted to spiritual growth.

I really don't have time for people who don't fit one of those two groups. I've long eliminated all my friends that can't relate with the journey I'm on.

The higher your standard for friends, the higher your quality of life will be. You need to create your own core standards and core values.

Now to attract great people, you need to BE a great person. Winners have high standards.

The easiest way to attract great people in your life is: ALWAYS BE GIVING VALUE. Value comes in many, many forms. Value comes in the form of: caringness, knowledge, helpfulness, giving with time, generous financially, high level of consciousness, intelligent conversation and the list goes on and on.

I believe (because of my own experience) that men need a group of men who they can share and trust with. And women need the same thing.

You know you have great friends when you can be vulnerable and share your deepest fears and resentments.

Breaking the technology cocoon

I was recently part of big seminar where we taught people how turn their passion into profits. Most of the crowd were millennials -- mostly young men under 25.

I was shocked how at where the average person's social skills were. It was obvious that most of them had grown up on Facebook, Instagram and online.

So if you can relate to this -- I strongly suggest working on your social game. Try to meet as many strangers as you can. Go to events and start conversations. Read books on being social.

Masterminds

Masterminds is potent business support system. Napoleon Hill in his epic classic "Think And Grow Rich" revealed the concept of Masterminds.

Masterminds is about getting together with a group of entrepreneurs and helping each other solve each other's problems.

I've been part over 8 masterminds in my career and they've all contributed to my growth and success.

I've saved the best for last. I know several people that have made the first 6 sacred choices yet they are NOT fulfilled or happy.

They feel there's something missing.

Sacred Choice #7: A Relationship with a Higher Power

When shit hits the fan, when life goes sideways -- what will give you solidness and fortitude to handle life and stay happy is: a relationship with a higher power. And when life is great -- spirituality just enhances all other aspects of life.

You can avoid the other Sacred Choices -- and you'll STILL be happy if you have a strong conscious contact with a Higher Power.

Connection with Spirit is the foundation of my life. You can take away everything I have, and I'll still be happy because I have a relationship with a Power greater than myself.

And I can speak from authority here because I was devoted atheist, and then agnostic for over a decade. I was self-centered, ego-driven and constantly unfulfilled.

Now I'm Spirit-centered, happy, joyous and free.

Here are some proven methods that I strongly suggest you incorporate into your life:

Spiritual Habit #1: Gratitude.

One of the easiest ways to boost your happiness is to actively appreciate the good things in your life.

I suggest that you build a daily ritual of making a list of things you're grateful for.

For me everyday, I wake up and go on a Whatsapp group of men I trust and love and share what I'm grateful for. It's awesome because I get to read what they're grateful for too which inspires me.

Gratitude is the INNER FEELING of love and thanks.

I used to be extremely ungrateful because I kept looking at what I COULD have. I kept looking at the future and comparing it to my present and feeling like I didn't have enough... I didn't achieve enough...

Everything changed when I decided to look at where I am now and compare it to where I was.

I also remind myself (in bad times), that no matter how bad things are, THEY COULD BE WORST. That helps me grateful for what is.

When I got shot, I was EXTREMELY GRATEFUL that the bullet didn't enter my neck and kill me or paralyze me. I was EXTREMELY GRATEFUL that they didn't shoot me twice.

Spiritual Habit #2: Work A Consistent Spiritual Program.

There are hundreds of proven spiritual programs out there. The key is to find a high-calibrating one and practice it consistently.

Here are a few you might want to explore that have worked for me:

A Course In Miracles (ACIM) is a free body of work comprised of 365 daily lessons. It takes 5 to 15 minutes a day. The first 20 to 30 lessons can be challenging, but it gets better and better. Most people have major leaps in levels of consciousness by lesson 100.

12 Step Groups: There's over 200 different 12 step groups out there. If you have any sort of problem, they are proven to help people overcome those challenges and transform people.

Yoga: Some forms of Yoga are very powerful spiritual programs. Most people think of Yoga as a form of exercise, which it is. However, there are 9 different types of yoga and the physical activity is only one of them.

Dr. David Hawkins body of work: David Hawkins was a prolific spiritual teacher, writing 10 books (plus a few compilations), filming over 50 live events. Simply watching 15 minutes a day of his work can have profound impact. I suggest reading: Transcending The Levels Of Consciousness as a starting point. Letting Go: The Pathway Of Surrender is also a spiritual masterpiece.

Ideally choose something you can do with a group. Most of the spiritual practices listed here have local chapters or groups. It's also an ideal place to meet like-minded people and build great friendships.

Spiritual Habit #3: Meditation

Meditation is proven spiritual process that improves contact with Spirit as well as creates powerful upgrades in the mind.

There are hundreds (if not thousands) of different ways to meditate. Explore various forms to see which one resonates with you.

Spiritual Habit #4: Actively Processing And Eliminating Negative Emotions

One of the most powerful ways to improve your happiness is to eliminate unconscious resentments from your psyche.

Most people carry around decades of resentments with them. This affects people in countless ways.

Resentments create a negative filter over people's perception. As an example, if someone is resentful because a cop harassed him in his younger days, they'll see all cops as a\$\$holes.

Resentments destroy marriages, friendships, business relationships and happiness.

Resentments also UNCONSCIOUSLY ROB YOUR BRAIN POWER. I didn't know this until I did extensive resentment clearing work and experienced MAJOR upgrades in brain power, learning capacity and thinking speed.

Here are 2 processes that I've found to be extremely effective:

1. EFT (Emotional Freedom Technique)/Sedona Method/Callahan technique

There are many various branded versions of this technique. They are all essentially the same method

i) Play the movie/scene in your head that causes pain/fear/anger/resentment

ii) STOP playing the movie and go into the BODY. Identify where you feel a physical sensation and describe it to yourself (is it burning? Throbbing? Square?). Focus on it's most intense section. Many people feel fear and anxiety in your upper back... Sadness in your chest cavity. DO NOT LABEL THE SENSATION (calling it sadness, fear, etc...). The goal is to get OUT of your mind and into your body.

iii) Rate the subjective level of discomfort from 1 to 10 (10 being unbearable, 1 being almost nothing).

iv) Now, put your hand on top of where the sensation is. This will help you stay focused on it. Accept the sensation. Don't try to change it. Don't question it. Don't replay the movie. All of those things will bring you back into your mind.

v) There are various techniques you can try to accelerate the process: reiki methods (above the area of sensation), tapping (some EFT brands focus on tapping), OHMing (I find that taking a DEEP breath and saying OHM really accelerates things) and praying. Try these and see how they work for you.

vi) You want to STAY into your body until the subjective discomfort drops below 1. At first, it may take 15 minutes. As you practice this more and more, the process will get faster and faster.

2. Zen Mind Mastery Technology

There is a technology and process that I've used and found to be THE MOST effective method for clearing out the past.

It's a cutting-edge mind-technology combined with a forgiveness method. You can literally make more progress in 1 week than most people make in a lifetime.

I'm going to write a detailed post about it on www.MattGallant.tv

If it's something you want to know more about, than you can fill out the form and I'll send you more details.

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When you read it you’ll discover ...

- **The “4 Precious Productivity Energies” that you must protect and maximize to become hyper-productive. If you hit “Empty” on any of these, your productivity will hit the ditch FAST AND HARD.**
- 10 Productivity Boosters I’ve tested and perfected to cut my work time down to just 20 hours per week while running 5 businesses.
- **How to schedule your calendar and week to get the most out of every hour you work.**
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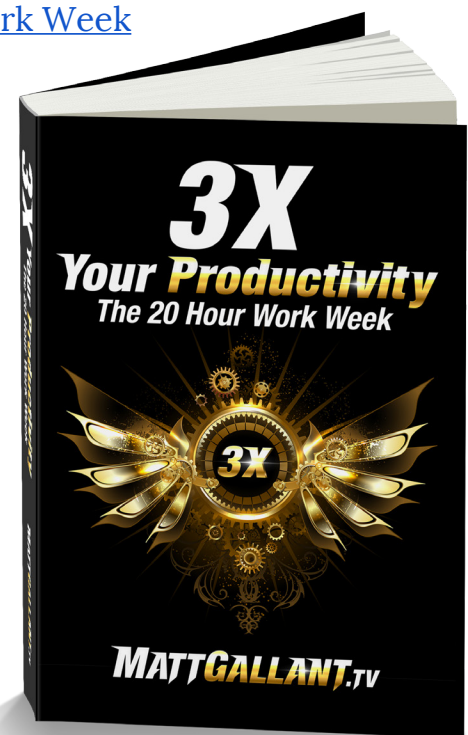
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