

## **Thriving in tough times.**

Blessings, in what is turning out to be a crazy year! Now, more than any other time in my life I am seeing the need for everyone to take massive action in their self-care, self-nurture, and self-love on every level - body, mind, energy, and soul. And what an incredible opportunity to stop and take stock of what our life is about and what drives us.

Learning to support your lung health, transform fear and anxiety and nurture and strengthen your body, emotions, mind and soul is my field of fascination and expertise.

**Below are some of the keys that I use to enjoy vibrant health and deep inner peace:**

### **CONNECTION:**

The KEY to experiencing ourselves as LIFE ENERGY. Knowing this brings a deep sense of belonging – we realise that we are always at home inside and are never alone – no matter where we are.

### **BREATH:**

The FUEL of life – LIFE ENERGY – without it we die but when perfected we supercharge our energy and quality of life...

### **NOURISHMENT:**

Only allowing into our body that which nourishes and supports our vibrant health - be it food, thought, feelings.

### **AWARENESS:**

The KEY to access, frame (give meaning to) and use the LIFE ENERGY that the BREATH generates.

### **FASCINATION & GRATITUDE:**

The attitude with which we meet every sensation (which is your aliveness & the creative force of the universe).

### **SURRENDER:**

The KEY to how we can use AWARENESS to refine how we receive and experience LIFE.

### **EMBODIMENT:**

To fully CONSCIOUSLY INHABIT oneself, body, mind, emotion, spirit and potential.

### **TRIBE:**

We are social animals and few of us thrive alone - cultivate relationships with people who support you being amazing - cut out those who gossip and seek to pull others down. Join the heart tribe – become part of the Breath & Awakening Revolution – a movement of conscious people connecting to, and spreading, love throughout the planet and consciously breathing wherever they go.

## **Boosting Your Immune System and combatting COVID-19**

There are so many ways in which we can boost our immune systems, our vitality, our positivity and keep ourselves safe from viruses and other such nasties and there are so many natural foods and that we can ingest to keep us as immune as possible. Here are some of the things that come to mind that I use in my self-care toolkit.

### **FOOD**

Eat 2 cloves of raw organic garlic twice a day - I chop it, mix it with oil and put on salads and steamed veg - we are in lockdown so it doesn't matter if we smell...

Try to make 80% of your food intake be fresh green organic veg and avoid processed foods. The chemicals, pesticides, growth hormones and 'food' additives in non-organic and processed foods - are so damaging to your cells - wonder why America is becoming an obese nation? Look at the cheap, mass-reared, growth hormone fed meat that they are consuming....

Grow your own sprouts and micro-greens - these have many times more nutrition and life energy in them than when they are grown up in full size plants. Hemp micro-greens have all of the nutritional elements that the body needs to survive and are 200 times more nutritious than most other vegetables - now that's what I call a superfood

and you can GROW it yourself at home - look up micro-greens to find tonnes on the web on how to grow them.

I add as much local, wild food into my diet as possible for food diversity - add edible flowers like dandelion, primrose, marigold, daisy and nasturtium into salads. We humans are complex creatures, we require between fifty and a hundred different chemical compounds and elements in order to be healthy. While we depend on animal products for a tiny handful of these, the vast majority lie within the roots, shoots and leaves of the thousands of consumable plants that grow around the world. A diet that disregards diversity does so to the detriment of our health - conversely, adding more diversity to your foods especially including edible wild plants with local foods growing near you has a huge effect on boosting your immune system. The woodland trust along with many other websites have information on what can be foraged throughout the year - <https://www.woodlandtrust.org.uk/visiting-woods/things-to-do/foraging/>

Mushrooms are high in beta glucans – natural substances found to help “prime” our immune system, making sure it’s ready for action to fight off infection. I take reishi, lions mane and chaga as well as whatever I find wild in my foraging excursions. Check out the documentary Fantastic Fungi.

Add fresh organic raw Ginger and Turmeric to foods - add a pinch of black pepper to activate the Turmeric.

I have regular green juices and when in season - like NOW I include nettles and clevers - I also juice nettles and clevers and freeze in ice cube bags or trays for later in the year. These two are full of amazing nutrients and are amazing for cleansing the lymphatic system.

Organic superfood smoothies - my favourite - Avocado, kale, sprouted seeds, cacao, coconut milk, almonds, hemp seeds, goji berries, super greens blend, mega mushroom blend, maca, ginger, turmeric, vanilla and a few dates to sweeten. Blend til smoothie - add water or nut milk to get the consistency you want - OMG delicious and nutritious...

Fermented foods - like sauerkraut, miso, kefir etc encourage the growth of good bacteria in your gut and when their levels are high, so are your immune levels, defending you from viral infections. Make sure they are made locally and are active and not pasteurised - these are super easy to make too.

Organic bone broth - full of Glutamine which supports cellular repair, including the intestinal tract wall. A healthy and sealed gut is essential for a strong immune system. Simple to make at home - loads of recipes on youtube.

Raw apple cider vinegar - a teaspoon in the morning in a glass of water helps reduce inflammation in the body and has many other beneficial effects in the body.

I drink 2 litres of warm clean water a day - the benefits are too many to list.

Reduce caffeine and other overly acidic foods - if you have to have coffee then go bulletproof - a shot of coffee blended with MCT coconut oil and butter or cacao butter if vegan - YUM.

Delete refined sugars from your diet, they are rife in snacks, most processed foods (even 'healthy & vegan') if you read the small print - even savoury items - sugar is 200 times more addictive than cocaine and is totally corrosive and inflammation making in the body... look what coke does to teeth -

Only put the right oils in your body - read 'fats that heal fats that kill' by Udo Erasmus

Fasting - I love fasting - I started 20 years ago with juice fasts, then green juice fasts, now I do intermittent fasting in conjunction with water fasts - the benefits of letting the digestive system have more rest are numerous and when one water fasts the body actually eats all of the diseased cells in the body - my best is 21 days - I'm looking to do 40 days next...

## **NATURAL MEDICINES**

Essential oils - I gargle daily with 1 drop oregano oil in a mouthful of water - then swallow it. I do inhalations of thyme, lavender and tea tree when I feel the need to clear or strengthen my respiratory system. If I am ever unable to sleep then I use a drop or two of lavender on my pillow. I also use a blend called on guard to boost my immunity - a dab on my tongue in the morning if I feel like I am coming down with something. I also drink thyme tea if my lungs feel like they need a boost.

Elderberry Tincture - an Israeli study, looking at viruses and the efficacy of elderberry syrup, showed that those who took a daily dose recovered far more quickly than the control group – 20% were better within 24 hours, 70% in 48 hours, and 90% had recovered completely in three days.' I make my own sugar free Elderberry elixir with hawthorn berries added to strengthen and tone the heart.

I eat herbs in salads and drink fresh herb teas, do herbal inhalations - there is tonnes of information on internet.

Those who take high amounts (5000mg) of vitamin C daily have been shown to be way more immune to Covid-19 - so doctors from Wuhan have said.

## **LIFESTYLE**

Improve your lung health - diaphragmatic breathing exercises help massively - whether it be like Wim Hof breathing (but soften the breathing a little so not putting tension into body - see my website for this) or other breathing exercises that either I teach or that you practice - all will help - as long as you are combining it with thoughts and feelings of beauty and positivity. Breath is like fuel for thoughts and feelings and will amplify what is in your mental and emotional field before it passes through.

Intermittent Hypoxic Training - breathing exercises with long breath holds are now being proven to have an amazing effect in cell chemistry and also ones mental functioning - we explore this in Naturally Ecstatic retreats and online course - coming soon.

Meditation - this is not clearing the mind or visualization but becoming fascinated by being yourself as life itself, noticing, relaxing into and opening to receiving this moment - I have a few meditations here for you to explore - <https://anchor.fm/pete-warnock>

Change your state and your thinking - fear massively suppresses the immune system. More on this below...

Enjoy the sunshine and relax whilst absorbing vitamin D from the sun.

Walk in nature if you can and become immersed in it's colours, textures, smells, sounds, and silences.

Practice Chi Kung - energy movement and cultivation - check out Mingtong on youtube for simple effective practices.

Keep active - put on music, dance and get wild 3 or 4 times a day - just one song can transform your state, increase your breathing, lymphatic flow and connect you to your vibrancy.

Connect with others - loved ones, friends over zoom, facetime, messenger and talk about what is beautiful in your life rather than churning over and adding to the negativity that is rampant at the moment.

Laugh - hysterically if you can - it is medicine and has healed many diseases...

Learn something new - when we grow, we expand our field of awareness and our capacity for living. I have an online course coming soon sharing how you can easily tune in to your innate Ecstatic vibrancy.

Cultivate what I call the Naturally Ecstatic Attitude - engage in fascination and curiosity even in things that you think that you understand - <http://naturally-ecstatic.com/ecstatic-attitude/>

Lovingly touch and stroke yourself - with no goal other than to love and nurture yourself - just for the pleasure of meeting yourself - touch is so important to us humans - it changes our chemistry and guess what ??? YES it too boosts our immune system...

Try to arrange your life around what you love rather than trying to fit what you love in between the rest of your life - NOW is the time to prioritize your own happiness.

Trust deeply in your own life force - THE ENERGY OF CREATION, come into alignment with it, strengthen it, love it and use it only for good and loving acts.

If you have to watch tv then watch things that uplift you and teach you better ways of living - like Conscious TV , FMTV, - and definitely check out Fantastic Fungi...

### **Your state creates your reality.**

There is becoming increasingly more scientific study into the nature of thoughts, feelings and the quantum field. Cutting edge science tells us that thoughts are electric and feelings are magnetic and when you bring a clear thought to positive elevated emotions it makes an electro-magnetic charge which draws whatever you are thinking of and feeling about to you from the quantum field - that endless ocean of pure potential.

Dr Joe Dispenza, award winning doctor, scientist, speaker, teacher and author of numerous best-selling books including his latest Becoming Supernatural is a must-

read for everyone and it's on audible too. He says that, through the law of resonance, that which you are seeking is also seeking you somewhere in the infinite field of possibilities and so one should align with that reality.

Consciously breathing into this process and breathing these possibilities into your feeling experience adds more energy and another dimension to it.

It is even more necessary to keep your vibration high and thoughts positive in this challenging time where everywhere we look there seems to be fear, chaos, and quite honestly - madness... We humans are really good at allowing madness, panic, negativity, chaos and uncertainty drag us into mental and emotional downward spirals - this breeds more of the same and can spread like wildfire - and dramatically compromises our immune system. And yet we also have the capacity to be really masterful at calmness, peace and meeting uncertainty with positivity and fascination. This creates an upward positive spiral and is just as infectious as the latter. Fear and excitement are the same chemicals in the body - learn how to switch the story to transform fear into excitement.

If that sounds difficult then listen to my reframing sensation meditation on AnchorFM. Life is here, life is full power and vibrant - and life is what you are. Trust in that and don't allow yourself to go into a negative spiral. Enjoy being who and what you are and enjoy how you feel without getting involved in the meaning that your mind puts on it - if you feel it, it is life - choose to have fun...

We are consciousness in human form not humans trying to be conscious or spiritual - spirituality is our NATURE - it is who we are, who we always have been, and who we always will be. We just need to learn how to become quiet enough to notice and then to let ourselves surrender to the immense love that becomes apparent.

Start by cultivating what I call the Naturally Ecstatic Attitude - engage in fascination and curiosity even in things that you think that you understand - <http://naturally-ecstatic.com/ecstatic-attitude/>

Keeping calm, unstressed and having the ability to cultivate energy and awareness are key factors in keeping healthy. I have nearly 30 years of experience working professionally with the body's energy and consciousness and have loads of amazing practices to share with you - as well as the energetic transmission that happens in sessions - this energy and consciousness transcends time and space.

**Healing Love**



Those of you who are living in lockdown with your loved ones at home may be feeling a bit stir crazy???

This is the perfect time to be cultivating your intimate relationship, taking time to address and reset patterns of familiarity, judgment and reaction and open to the newness of the moment - you will have a lot of opportunities to practice at the moment.

Life is always new in every moment so meet it like this, look for the beauty in every moment, choose to make your day more connected with your sensuality, choose to look at your partner with love and a sexy zing. Let your entire day be foreplay so you can enjoy making love later.

In these days of lockdown many of us have the opportunity of having more time in bed. Yes rest well - but also play well too...

Now is an opportunity for radical change, to love more fully, choose to let love be the driver of your every waking moment.

## **Tribe**

I recently had a realisation that tribe is not about what people do or believe in but in how people relate - tribe is all about relating.

Humans are social creatures - now, more than ever I feel that we all need to be connected with people who support our being. In these times of lockdown it is important that we become clearer about who is our tribe and how we can be more connected to them. I also see many tribes sharing many people...

I am blessed in having so many deep, rich and nourishing friendships and I see that it is a mutual love, respect and a specific quality of relating that connects us.

I feel that now is time to reassess our relationships and consciously let go of people who do not serve or support us and who do not lift us up to be the best we can be - this makes space to build new relationships with people more in resonance with our being. That is not to say that I disregard people who trigger me - this is all part of relating and is welcome - but it does depend on whether the relating is in line and resonance with my being. How many friendships drag us down and we keep them just because we always have - or we went to the same school??

I feel that this is a time of huge reassessment of how we live and we need to prune every aspect of our lives to enable new growth to come.

Be with people who help your being...

**POEM - I am Home - by P Warnock**

The softest, most subtle echo blooms forth into existence from beyond,  
filling the emptiness with a soft ceaseless crescendo of beauty, wonder and love.

Filling the places where I am longing, yearning and needing,  
filling the places where I am lost, alone and afraid.

Filling the longing with this love that I am becoming,  
this love that is taking me over.

I watch as I am willingly consumed by this love,  
I surrender all that I am to it,  
and I rest in the silken splendour of softness and expansiveness that I have become.

I am home - and I AM home.

Tears of joy, tears of grief, tears of sadness.

Tears for forgetting, tears for remembering.

My sweet aching heart is swaddled and caressed and can finally rest.

I rest, in my effortlessness,

and I continue...

## **Audio Gifts**

For a short time I am opening my Anchor FM channel for all to listen to the meditations for free - or donation if they feel moved - <https://anchor.fm/pete-warnock>

The meditations are for cultivating deeper fascination and conscious awareness of our inner beauty and connection to source - they can help unlock yourself in this external lock down... ENJOY and I wish you a magical moment to moment living experience throughout your life.

[www.naturally-ecstatic.com](http://www.naturally-ecstatic.com)

Pete Warnock, creator of Naturally Ecstatic, founder of Naturally Ecstatic Breathwork and Synergy Bodywork. I have been healing, teaching and facilitating in the field of personal transformation, healing and awakening since 1992. I am an energy alchemist and have distilled my life's experience of therapy, training and self practice into what I consistently see to be some of most powerful tools and techniques on the planet for healing, transformation and awakening. I discovered this through my own journey of living with and transforming my relationship with chronic pain since a series of spinal injuries as a young child.

My work is my passion and has come about through exploring a blend of ancient wisdom, traditional and modern therapies and cutting edge science. I share it in life-changing one-to-ones, workshops, retreats and trainings - at the moment I'm offering online 1-1s, webinars and am in the process of finishing my Ecstatic Living online course..