

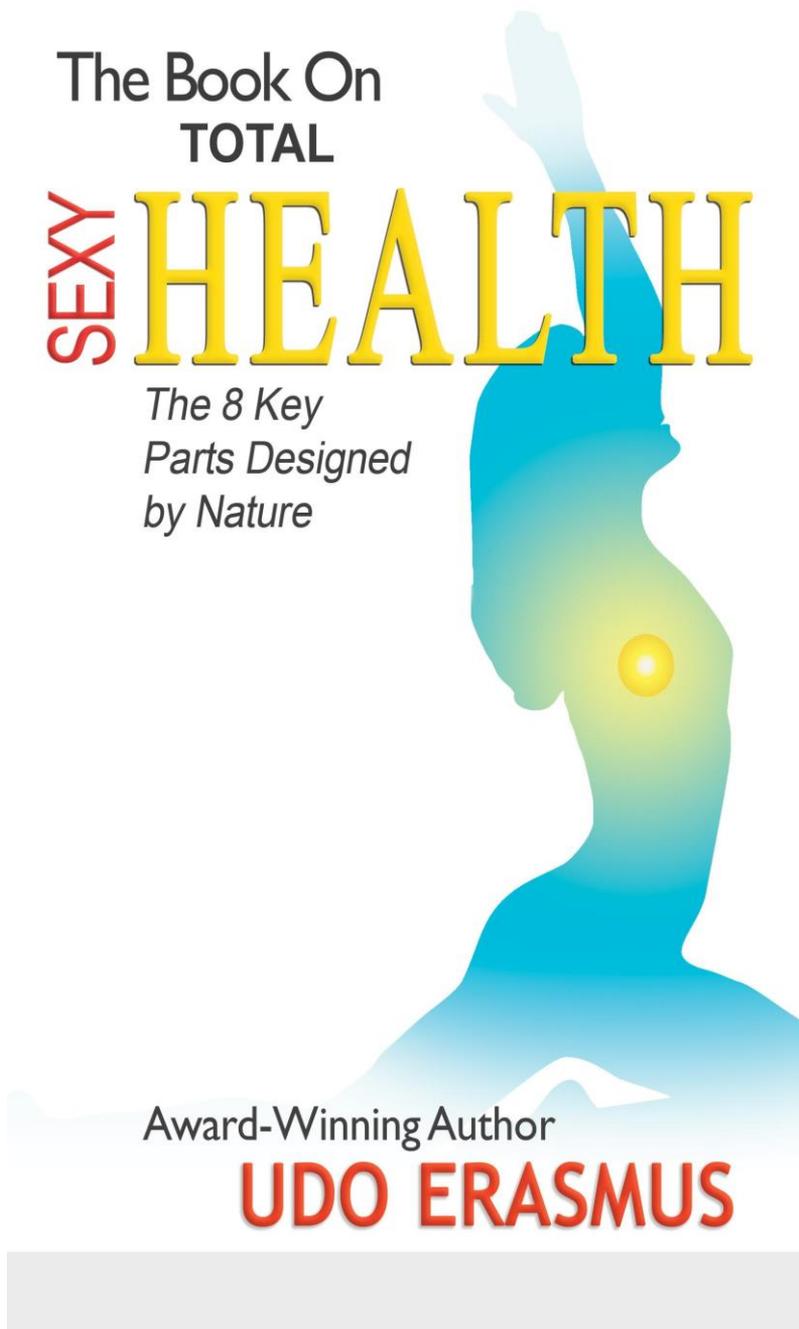
The Book On  
**TOTAL**

**SEXY** **HEALTH**

*The 8 Key  
Parts Designed  
by Nature*

Award-Winning Author

**UDO ERASMUS**



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require the services of one.

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# Dedication

I dedicate this book to:

- All of you on this precious, fragile blue marble in vast space
- Lives lit up from within
- Global harmony where everyone feels cared for
- All basic needs fulfilled
- You who embrace the vision, embody and manifest it
- Your total sexy health that awaits discovery

## Foreword

**T**he *Book on Total Sexy Health* profoundly touched me, and I recommend that you take the time to read it slowly, word for word. An unseen reality is the foundation of the visible, audible, and felt realities you know and live in. In it is the peace, power, health and clarity, as well as the truth and sexy that all humans seek. It is part of your nature, and becomes accessible to you at will as soon as you've discovered your need to know, have learned how to focus your awareness on it, and are committedly practicing this focus.

Udo Erasmus does a masterful job of teasing out and describing that indescribable foundation of *healthy, powerful and sexy*. He brings it palpably to life for you, and he also knows how to speak from that all-encompassing state of being.

I'm impressed with the possibilities that Udo opens up, and I'm fascinated by the insights and the ease with which the world could function for the benefit of all. I believe this book should be mandatory reading as part of basic education. Reading *The Book On Total Sexy Health* will answer many questions you have secretly asked and longed to have answered, and will powerfully enhance the quality of your time on Earth. Understand and apply the knowledge in this book, and use it to address the root cause of all the big personal and global problems whose solutions have eluded mankind for millennia and perplexed the human race.

Buy it. Read it. Apply it. Share it. Let it light up your life. Let it provide the self-knowledge that puts you back in charge of your world.

—Raymond Aaron—New York Times Bestselling Author

## **PREFACE: A Qualifying Personal Journey**

### *No Easy Beginnings*

Like most of you, I did not grow up in a family of masters, kings, geniuses, billionaires or politicians. Exactly the opposite, I was born on a ‘confiscated’ farm, during ‘The War’ in Europe, where my family lost everything twice. In 1945, before I was three years old, I was a refugee child fleeing, on a wagon drawn by a horse that could barely walk, led by an exhausted mother alone with six children under six. All we had was the clothes on our back and some silver spoons, family heirlooms that were wistful reminders of a safer and more peaceful past forever gone.

Fear, anxiety and terror were constant companions as we ran from the Communist war machine rolling up behind us, and into the oncoming artillery fire coming from Allied planes. Protection was non-existent. Nowhere was safe. These feelings stayed with me for the first three decades of my life, and still sometimes visit me now.

My father, originally German-speaking from Latvia, was captured in Normandy in 1944 and shipped to a Red Cross supervised prisoner of war camp in the United States. This left my mother to look after us on her own. When the axle on the horse-drawn wagon broke down, so did the last of my mother’s strength. Leaving four children behind with a farmer she’d never met, she hoped to survive and save two of her children, one on each hand, by going on foot across the fields. This was safer than staying on roads whose ditches were filled with dead people and horses. Eventually, my aunt Ena, my mother’s sister who spoke fluent Russian, went back behind now enemy lines and found us. The farmer had dropped us off at an orphanage in Berlin, and its caretakers put us on a train heading toward Switzerland. She took us off the train and reunited us with our mother in West Germany.

My father returned from the war soured on human beings and even more on big institutions: government, religion, drug companies, medicine and business. The war had also cured him of any loyalty to the German ‘Fatherland.’ As displaced persons, we took up space there, and Germans having lost the war were frustrated and humiliated, and resented refugees.

It took six years to get our exit papers from Germany, and when I was 10, my family emigrated from West Germany and landed in a small town named Oliver in British Columbia, Canada. A year later, my father bought 112 acres of ‘bush’ land about 15 miles west of the town of Smithers in Northern British Columbia and built a house there that was four inches wider at one end than the other. We cleared 40 acres of the land by hand and by horse. I spent two years living in that house and the ‘stump ranch’ that surrounded it.

We had no electricity, running water, radio or TV. “I just want to be left alone,” was one of my dad’s favorite comments. “The world stinks,” was a second, and a third was, “If it doesn’t rain in my bed, I’m happy.”

My North American childhood was comparatively quiet. I was a shy, withdrawn, fearful and insecure kid who read a lot of books. They were both exciting and safe. I also spent time in nature, which felt friendlier than my family environment. But I never went far, because I startled easily and sudden noises

triggered anxiety. I pictured being trampled by a moose, torn apart by a bear, or worse.

In this setting, I became obsessed in finding out what I could rely on. My experience was that people were not reliable, trustworthy or protective, and that I was on my own. It was a difficult childhood. Although I was sensitive and felt judged and criticized, I was not an unhappy kid. But I certainly wasn't exuberant, either.

I mostly did well in school, because words on the written page and academic pursuits were both interesting and nonthreatening. I also experimented a lot, often testing the limits of social, physical, family and natural laws. I wanted to try everything out, to learn from experience. That was for me the best kind of learning, and I got my share of education in the school of hard knocks.

### ***Early Motivation***

When I was six years old, we lived in Germany in the upstairs farmworkers' quarters in a barn that housed nine horses on a farm on which my father worked as a laborer. I remember that adults were argumentative and short-tempered. They often took their frustration with each other out on us kids. Whenever there was tension, I would shake. As time went on, I learned to be the kid who could break tension with jokes and goofiness. It was my survival skill, and I became quite good at it, but it was never my mission.

One day, when I heard yet another tedious argument between adults about topics that seemed trivial to me as a 6-year-old, a thought occurred to me, "There must be a better way to live. There's got to be a way in which people can live together in harmony, and I'm going to find out how."

That thought became my lifetime mission. It drove my interests and my activities, and it also determined the topics I studied when I finished school and enrolled in university. To

this day, it still drives what I read and think about, what I say, design, develop and do.

### ***Higher Education***

An avid reader, my interests were in both literature and science. In the end, science won out over poetry and stories, because it seemed more ‘practical’. I wanted to know how things work, and science was more about truth, while literature was more about perspectives.

From my world of chaos, I enrolled in science because I wanted to know the principles by which the planet I live on works. ‘Science’ means ‘knowledge’. In science, I studied physics, chemistry and mathematics, but soon got bored with how theoretical these disciplines became. I couldn’t see their practical, down-to-earth applications. Not that there weren’t any, but I was more focused on harmony between people.

After I tired of the ‘pure’ sciences, I enrolled in biological sciences, because I wanted to know how life and creatures work, a topic that never grows old for me. Molecules, cells, plants, the seasons and the weather, animals and people are superfascinating. When I look out through my bay window into the garden of colorful flowers and the leaves moving in the breeze near the bay beside which I live, I’m in awe.

Along with my studies of biological sciences, which included anatomy, physiology, natural history, biochemistry and genetics, I also enrolled in psychology, because I wanted to know how thinking works. Then I enrolled in medicine because I wanted to know how health works.

Helping people get healthy seemed like a good way to spend my life. If a person were sick, all I’d have to do, so I reasoned, is turn them back in the direction of health, give them a push, and watch them get better. But to do that, I’d have to know what health is. That’s what I hoped to find out by studying medicine.

Sadly, I only learned about disease in medicine, and the Dean told me that the medical profession doesn't know what health is. "We're working on it," he said. I felt deeply disappointed.

When I was told in my first year of medicine that a doctor should always sound as though he knows what's going on even when he doesn't, my career in medicine came to an end.

We called it 'lying' on the farm. That was not okay with me.

At the end of that year, I left medicine and returned to biological sciences, where I got to study normal cells, tissues and creatures. In medicine, the emphasis is on sick cells and sick or infected creatures. Back in biosciences, I spent two years in graduate studies. Specializing in biochemistry and genetics, and working with fruit flies, I did research on 'chemically induced crossing over' (whatever the heck that might be!) in males of that species. I loved genetics, because I got to look into the control room of cells. The genetic code had been 'broken'. The transcription of genetic DNA into RNA, and the translation of RNA into proteins were hot topics. It was exciting, and I was excited.

I slept on a camp cot under one of the counters (benches, we called them) in the lab so that I could be close to my first love. During that time, the 1960's, I began to become more aware of disturbing global social issues, and they troubled me. After accepting a full scholarship to do my Ph.D. in Genetics in Chicago with one of the pioneers of that discipline, I changed my mind, turned down the opportunity, and left university. I was hungry for something else as yet unclear to me, but not covered in any of the courses I had taken.

For a couple more years, I sat in on classes in the arts: English literature, social psychology, philosophy and religious studies, but what I was looking for was not there, either.

### *Self-Knowledge*

At 17, I remember first feeling an intense ache in my chest. I didn't know what it was, and I couldn't shake it by any of the physical, mental or outside distractions that I pursued. The ache was always there. There was no physical problem associated with it. I was quite healthy.

By the time I turned 29, I still did not have an answer for my restless heart. I'd already done my time with drugs and alcohol in my journey of personal development. Some people told me to ignore the hole in my heart, but I couldn't. Others advised me not to dwell on it because it would make me crazy. That did not work. All of my social projects did nothing to ease the ache. People told me to get a good job, get married and have children, and I did all three, but they all failed to make the pain in my chest go away.

I realized that there was no external fix for the enigma of this internal ache, but I still did not know what to do about it. There weren't, or at least I had not met, people who talked with any authority about this ache. I was disheartened. At 30 years old, I even left the city because I hated it. In my opinion there, was no life in it. Somehow, I missed the fact that the people, animals and plants in my city were full of life.

Together with my newborn son and his mother, we moved from Vancouver into a cabin in the woods, at 9,100 feet elevation in the mountains of Colorado. It was an idyllic place with morning sunshine, countless pine trees, powerful afternoon thunderstorms, air fresh with ozone after these storms, and quiet days followed by silent nights.

It should have been heaven, but that's not what I experienced. Within a week of arriving, I realized that what I hated in the city was there with me in the mountains. "Oh, \$@#%!" I thought, "It's me and my attitude that is the problem here", but I did not know how I developed my negative attitude and had no clue about how to begin to dismantle it and develop a better one. This was a key insight for my continuing progress.

One evening, I expressed for the first time in my life that I did not have it all together, and that something was missing. Tapping my chest lightly with my fist, I said to the person I was with, "I know there's a perfection within me. I know I'm not connected with it, and I need to find someone who can show me a step." The next morning, while going out in the landlord's pickup truck to get firewood for the cabin, I heard an announcement on the radio about an event and a teacher, and the words clicked with what I had on my mind. I immediately decided that I had to go there. It was about 200 miles away. At that meeting, a person much younger than I said, "The peace you search for in the world is within you, and I can reveal you that peace."

I was skeptical but decided to check it out. On the slim chance that he COULD show me that peace exists within me, I wouldn't want to miss it, and if he couldn't show me, I'd just keep looking. That is how, in 1972, I began a practice of selfknowledge whose goal is to bring my incessantly wandering awareness back inside, in touch with life.

Self-knowledge became the most basic, most practical and most life-changing part of my education. Getting to know firsthand, from my own experience, what I am, what I have, and what I'm capable of has opened my perception to a profound inner ocean of answers. That ocean exists within you also. It exists within every living human being.

Once I knew, it made complete sense. Life is the all-powerful presence and knowledge within me. It weighs nothing but runs everything. It makes and directs my entire genetic program, and my cells' and tissues' biochemical systems, flawlessly. I'm not even aware of most of what it does. It digests my food, draws nutrients into my body, transports them where they're needed, and builds them into my biochemical body architecture. It repairs and replaces parts worn out. It builds a brain to coordinate everything that goes on in and outside my body. It beats my heart when I'm

sleeping. And, it makes it unnecessary for me to pay attention to any of the millions of details of the physical complexity that is my body.

My most useful investment in myself became making time for a committed practice of bringing my awareness into the feeling of life. As I got better at this practice of self-knowledge, my constant heartache began to dissolve. In retrospect, I understand that this ache was my heart calling my awareness to come back home inside to life. In all of us, it's where our wholeness, peace and sexiness reside.

It's become clear to me that the key to harmony is internal and already exists in each human being. Eight billion people can live their life lit up from within, because the light of life that lights us up is already present within each of us. It's simply a matter of looking inward into that light rather than only outwardly away from it.

When I connect with and experience the light I am, I feel completely cared for. Truth is, life has perfectly cared for my body through all the dramas I've witnessed and traumas I've suffered. Every moment, 24/7/365, life has loved me without any conditions.

Once I feel life's care for me, I can live in harmony with other people. As soon as I feel cared for, the desire to acquire more stuff in order to feel better evaporates. Instead of being willing to hurt others to get more, I'm now free to help them meet their basic needs.

Feeling cared for by life, I derive joy from caring for others. No sacrifice is necessary. I don't have to forego having all of my basic needs met. There is more than enough for all. Humanity suffers not from lack of resources, but from loss of heart. When we find our heart, we can solve all of the problems in the world with relative ease, because all of them began with heartlessness.

Always, my first step is to become more present and aware of my own being. I find the light in my personal world by

mastering presence in my own life. Living life lit up from within is the noblest mastery and accomplishment for human beings.

### ***Finding My Life's Work***

In 1980, when pesticides poisoned me and the doctor had no remedy, I realized that my health is MY responsibility. I also knew that the bodies of most animals and all humans in nature are made from food, water, oxygen and sunlight, and nothing else.

I figured out that my first intervention when something goes wrong with health should be to raise the standard of quality of my intake of food, water and air, and to give my skin exposure to the sun. Searching through the journals for information on nutrition and health as well as nutrition and disease, and talking to people who knew more than I on that topic, I learned that every year, 98% of the atoms in my body are removed and replaced. I didn't know it at the time, but my body, like everyone else's, was a perpetual work in progress, a major construction site. That's what made it possible for me to heal physically from my poisoning.

It worked out beautifully in practice. To heal, I only needed to raise the quality of my intake of oxygen, water and food, and within one year, life re-built 98% of my body to a higher standard. There was my hope. I did that, and physical healing took place. There was my proof.

I found out how much industry damages oils when it treats these most delicate of our food molecules with harsh chemicals and then heats them to frying temperatures to extend their normally short shelf life. This learning revised my understanding of how oils should be treated in order to optimize health rather than to destroy it. I concluded: Oils should be made with health in mind. We should protect them from being damaged by light, oxygen and heat.

Out of that simple idea, a new industry of making oils with health in mind was born. In 1986, flax seed oil came out of my invention of the new method for making oils, and several companies now make it. Directly or indirectly, they all learned from me how to do it.

After I had moved back in with my mother in order to write my book on oils (*Fats and Oils*, which I later expanded and renamed *Fats That Heal Fats That Kill*), she asked me to move her dahlia bulbs. A life-long avid gardener, she was getting older, and her energy was becoming less than her ambitions. I said to her, “You know, mom, I don’t see moving your dahlia bulbs as the purpose of my life.” I thought she’d be angry, but she matter-of-factly said, “Oh! What DO you see as the purpose of your life?” We were both floored, jaws dropping, by what came out of my mouth. Here’s what I answered:

**“I will make sense of how fats and oils affect health.”**

**“I will create a comprehensive, practical, consumerfriendly field of health.”**

**“I’ll create a comprehensive, practical, consumerfriendly field of human nature.”**

She was floored because her problem child had finally come up with a purpose. I was floored by how clear I was about what that purpose was. I’d thought about what to do with my life for years, but had never clearly formulated a life’s work and mission. “Okay,” she said. “I’ll get someone else to help me with my dahlia bulbs.”

My first purpose, regarding oils and health, has been accomplished. The two others, health and human nature are so intertwined that I’ve linked them together. Under the umbrella of total sexy health, I can address every problem on the planet. Why? Everything affects health, and there is now great interest

in this topic, and even more interest in being sexy, which depends on health. Health was invented by life in nature and is based in nature and human nature. It is a huge, important and practical topic.

### ***Trauma Can Be A Great Gift***

‘Sexy’ is the word most people use to denote presence, vitality and appeal. What most people don’t realize is that health is the foundation of ‘sexy.’ TOTAL SEXY HEALTH is a system that, once you understand and apply it, you can effectively address all of the problems on the planet, beginning with your own. You can identify in which part of human nature each problem began, and then intervene to fix it at that level. Ultimately, you can help others live more abundant lives, assist them to become more fully present in all of their being, and provide insights toward their personal mastery of life and living.

With all its pain, my difficult childhood generated many insights and discoveries, which have the potential to turn the world around into the kind of peace-filled, kind and harmonious place it could and I want it to be.

In my view, every human being is on life’s team. The master is life inside each one of us. Some people are highly functional on life’s team and its mission of living lit up from within, in harmony and with everyone’s basic needs fully met. Some people are not yet clear, but they’re still on the team. Still others interfere with the mission, because they do not yet know this magnificent possibility.

We now know that anything anyone does anywhere on this planet affects everyone everywhere. In the time I have, I will inspire, inform, empower and entertain as many members of my team as possible. Wish me luck, and work with me. Better still, deepen your connection, take your instructions, and work with the master: *life within you.*



# INTRODUCTION: What is Total Sexy Health?

## *Total*

**W**hat is total? Total is all-inclusive. Total is global. Total involves all aspects. Here, total means ‘fully present in the eight parts of your being and your contexts’. Total includes all aspects of nature and human nature that affect feeling sexy and being healthy. If it sounds mysterious, don’t worry. I’ll walk you through it. As you read this book, the mystery will be hacked and unpacked, you’ll get more clarity on what each one of the eight parts is, and you’ll know what you can do to get each of them under your belt.

Total means everything is there, with nothing left out. In popular press and common understanding, health involves food and fitness, but the truth is that while fitness and food are part of it, they’re only a small part of total health. Total includes what you can learn from using all of your senses and being to observe life, both within yourself and around you.

Total includes all of your nature: presence, life energy, inspired creativity, physical body and survival smarts. It also includes the bigger picture: your social, natural, planetary and ‘extraterrestrial’ (solar system, galaxy, cosmos) contexts. Total is the full, entire amount of something, and includes all your positive and negative feelings, all your thoughts and imaginings, and all your inner impulses and outer reactions.

Total means 100% and contains all opposites. Total includes life and death, pain and pleasure, and sickness and wellbeing. It embraces darkness and light, love and hate, and inside and outside. It spans silence and sound, nothing and everything, and emptiness and fulfillment. It encloses both depression and inspiration.

Total includes consciousness and energy; perception, interpretation and memory; thought, word, action and outcome.

It's the whole that includes what we ignore, what we learn and what we know.

Total means complete, and includes many levels. There's space, time, energy and matter, and the energies of light, sound, feeling, smell and taste. Total material levels include electrons, protons, atoms, molecules, and macromolecules. Body levels include organelles, cells, tissues, glands and systems. Social system levels include individuals, families, communities and nations. Planet levels include sunlight, air, water, land and ecosystems. Levels beyond these include solar systems and galaxies. All of these affect health, and all do so in different ways.

Total includes being alone and being with others. By total health, I mean: addressing all of it. It involves both being and doing. It involves attention to all inner and outer events in life. It includes the heavenly bodies, the space within which they unfold, and the forces that create, maintain and move both.

Total sexy health includes all that creates, maintains, damages and repairs. Since the truth is that EVERYTHING affects health, we must give EVERYTHING its due. Total sexy health literally embraces all of everything.

Since everything affects health, everything affects sexy. To be totally sexy, you have to be totally healthy. To be totally healthy, you have to give each of the eight parts of total health the care and attention it needs. This might seem like a tall order, but it becomes easier once you know the simple basics that I'm beginning to share.

What's made it difficult to get optimum sexy is that you don't know what exactly makes you sexy. Until now, you've had no road map. In this book, you'll get an overview of the missing road map. Doctors and drug companies' ads tell you to take more responsibility for your health. But disease management systems do not dispense knowledge of health care, and those who tell you to take a more active role in your health do not provide you with practical ways to do so. How will you give health its due without

guidance? It's not possible. Here, you'll get helpful guidance toward total sexy health.

## **Sexy**

Almost everyone wants to be sexy, but hardly anyone knows what makes you sexy, and how to deliberately go about being, becoming, remaining or reclaiming sexy. When you don't know, you easily fall victim to fakery that promises to make you sexier but doesn't deliver. You remain a sucker of everybody's pitch on sexy until you know the truth about the nature of sexy.

Knowing what's sexy gives you your power back. When you know how to show up sexy, you own your world. It'll eat out of your hand. Living will be good fun and will enhance the happiness you can know. Do you want to have more fun and be happier by being sexier? Most people do. It's okay if you don't. It's your right to remain out of touch with your deepest innate beauty. What is within you is in its nature already sexy. It wants to come out of the closet into which you've been forced to stuff it, to express itself gloriously. The deepest drive of every living human being includes being personally powerful by being radiant, vibrant and attractive.

What is sexy? It depends on whom you ask. Ask a friend. One of my friends said, "Sexy is an attitude. If you think you're sexy, you are sexy." "Is that all there is to it?" I asked him. "Yup!" he answered. "What if you can't convince yourself?" I then asked. "Then you're not sexy," was his reply.

For him, sexy is something you talk yourself into, but he confessed that he had never thought much about it. Most people, including me until recently, have not tried to nail down what sexy is made of in life. When I began to think about it, I realized that I know a lot about what is sexy. We all do. You'll see as you read this book that you know much more about sexy than you've ever acknowledged. And you'll find that you have

more control over what it takes to be sexy or even sexier than you've ever believed you had.

Most people define sexy by a way of thinking, based on limited experience and even less deep thought. Defining sexy that way limits sexiness because thoughts are by their nature limiting and limit-producing.

Look up 'sexy' in the dictionary. Understandably, many of its meanings are related to lust, arousal and seduction. They include steamy, lewd, risqué and x-rated. But another set of meanings of 'sexy' embraces a far wider, more positive and less sex-related words that include tantalizing, provocative and stimulating, as well as exciting, alluring and passionate.

In common usage, 'sexy' describes many topics that have nothing whatsoever to do with sex. The word 'sexy' is often used to denote something that's creative and edgy, but also protective, social and natural. We talk about sexy technology, sexy ideas, sexy poems and melodies and sexy lines in art. People call sexy whatever attracts their attention and makes them take notice. Anything vibrant, lit up or lively, fun and engaging is 'sexy.' In fact, in street talk, 'sexy' includes what in the past was called whole or holy, and sacred, inspired or energized. Even what's spirited and spiritual is called 'sexy'.

True 'sexy' is not based on the fads, images or thoughts that human beings invented. Sexy is inherent in nature and human nature. Natural 'sexy' is powerful and much broader than you think. It is what you already are in your nature beyond your fantasies. In fact, your fantasies often detract from your true 'sexy'. Beyond them, you can bring your awareness to 'sexy' to let it shine out.

Sexy, like health, is your natural state. Sexy is not just about having sex, the delicious activity that takes up a small part of most days—like 2 minutes on average and a few hours if you struck erotic gold—but also about being, feeling, looking and sounding lit up from within.

You exude sexy when you feel fulfilled, radiant or magnificent. Confident and in awe of life, you emit sexy. All of these are possible for you at will, all day, every day if you want. Is it that simple, and is it really possible? Absolutely! How? Read on.

I'll post a longer and still growing list of words that people use to describe what makes you look, sound, feel and enjoy 'sexy' on the website: [www.totalsexhealth.com](http://www.totalsexhealth.com). Send me your favorite words for 'sexy'. I'll add them to the list for everybody to enjoy.

Sexy is not arrogant, pushy or flaunting, nor self-effacing, pretentious or boastful. Sexy is not mean or overbearing. Sexy is not chronically angry, sad or fearful. Sexy is not full of complaints.

Sexy covers a lot of territory. Some aspects of sexy are subtle, while others are more obvious. The many aspects of sexy correspond to the different parts of nature and your nature. If you're alive, all parts of sexy already exist in you, and you'll become more aware of them as you learn and practice to access them.

There's a lot in the details behind the simple sentence that you've just read. Here it is again, said in another way. **Sexy predictably results when you live deliberately alert and present to existence in line with nature and your nature.** When you live aligned with the nature of any part of health, that part confers upon you its contribution to sexy. When you live out of line with it, that part of your sexy leaves the building. When you re-align with that part, you get its contribution to your sexy back.

'Sexy' sells everything. Savvy advertisers fool you into buying a wide range of products that promise to make you sexier, but sexy can't be brushed, painted or sprayed on. Contrary to what you've been promised, you can't roll, slather or lather it onto your body. You can't wear something to make you sexy.

The truth is that YOU make clothing look sexy, not the other way around.

Using sexy as bait, some advertisers fool you into harming yourself at your own expense. A recent, huge study showed that soft drinks can almost double your risk of pancreatic cancer. Instead of hurting yourself with advertisers' false doctrines, nourish yourself with a return to the sexiness that nature built into you. Until you know what sexy actually is, you'll forever fall victim to commercial fads. Sex and sexy are key triggers in ads that get you to buy stuff that's cheap to make, expensive to buy, and profitable for someone else. In this book, I'm using sexy to sell you on yourself.

**Health is the foundation of sexy.** Since total health is made up of eight different parts of nature and human nature, total sexy is also made up of these eight parts. Sexy goes down as you drift and stray from one or more of these parts of nature and your nature. It returns as you come back into alignment with each part. You can reinstall each part of sexy in a systematic way. That's what you'll learn in this book and the interactive support materials on the book website: [www.totalsexhealth.com](http://www.totalsexhealth.com).

com.

The system I developed for you makes it easy. Without a step-by-step system to follow, your odds of success are small. The steps to total sexy health are not MY steps. They are THE 8 key steps that nature designed.

Today, I heard someone say on the news that 'sexy' is a state of mind. But 'sexy' goes much deeper than mind and thought. 'Sexy' is a state of being. 'Sexy' is something you embody in all of your nature. As you become more aware of it, you embody and express 'sexy' in what you feel, think, say and do. Beyond words and emotions, 'sexy' is already your deepest state of being and your original nature. You reclaim your inborn sexy when you rediscover and come to know your essence, your life energy and your power.

Your heart, your core and your being are your source of ‘sexy’. ‘Sexy’ is what, deep down, you are. You don’t only do ‘sexy.’ You are, by nature, inherently ‘sexy.’ Sexy is not something you have to create. Sexy is a matter of self-responsible self-discovery. Discover it. I’ll help.

## ***Health***

Total health is the foundation of totally sexy. Most of you desire and deserve to look, feel and be sexy. Most of you don’t yet know the extent to which health is identical with sexy. Many people take care of some aspects of health but ignore other, equally important, aspects. If total health makes you totally sexy, do you want to know what total health is and how it works?

What is health? Health is your natural state. Health is the foundation of sexy. Health is vitality. Health is wholeness. Health is inner calmness. Health is a life lived from your infinitely calm foundation. The World Health Organization defined health as “total physical, mental and social wellbeing, not merely the absence of disease and infirmity.” That’s a start, but a lot more goes into total health than that.

**Health is total presence in all of your being.** Total presence includes inner peace, a life lit up, inspired creativity, a body fit and fed in line with nature, and survival smarts: handling stress and crisis with confident competence. Total presence in all of your being enables you to live an enjoyable life with reliable systems for protection and safety built in. Total presence includes social ease with others in mutual acceptance and cooperation, respecting nature, living in calm presence and accepting the timeless infinite.

The wholeness that’s total presence in all of your being has eight parts, which are the eight key steps designed by nature to make you wholly sexy. Here’s a preview of what’s to come in the rest of the book on total sexy health.

1. **Health is awareness of inner contentment deep in the core of your being.** When you're aware down into the depths of the rich feeling of your inner self, you know real, healthy, sexy peace. This is possible under any circumstance. The power of dwelling in the inner silence of your being, fully present, feels sexy and is attractive. This is true regardless of whether you're a young or old man or woman. Presence or inner awareness is the topic of Chapter One.
2. **Health is vital energy.** Vital energy is sexy. When you live lit up by life, you radiate. The radiation of light that results from being the life you are is highly attractive and gorgeously sexy. It is so sexy that it transforms plain, even scarred looks into spectacular beauty. Even when you're old and your face is deeply wrinkled, you become phenomenally beautiful the moment your eyes light up. The truth is that the energy of life is the essence of sexy. Life energy is the topic of Chapter Two.
3. **Health is the inspired creativity that life exudes.** Inspiration is the bridge between life and the physical world. Inspiration 'sexifies' you. From inspiration, you create. A feeling inspires creativity, from which you invent new images, words, thoughts, actions and results. Creating what has never been is sexy.  
Do you find poets, artists, dancers and musicians attractive? Inspired creativity makes them sexy. That's also true for writers, inventors and designers of gadgets that ease your pain or enhance the quality of your life. Be like that. Inspired creativity makes the world shine. Making the world shine makes you profoundly sexy. Inspired creativity is the topic of Chapter Three.
4. **Health is a body in line with nature.** You like fit bodies and good hygiene. You want fresh air, water and food. You celebrate efficient effectiveness and excellent performance.

Millions pay money to watch, with rapt attention, a highly specialized, entertaining physical performance with zero relevance to your survival. You call it 'sport'. It's sexy.

You admire skill. You adore grace and flair. You watch trained and disciplined human bodies with both awe and wonder. Track stars, dancers and gymnasts get your attention. So do skaters and snowboarders. Michael Jordan and Cirque du Soleil take the cake. Your sexy body is the topic of Chapter 4.

5. **Health is survival smarts: Competent response to stress, changes, crises and emergencies.** A confident voice in such situations is attractive. Decisive action to fight or avert danger is sexy. Leadership that protects others from harm is highly sexy. Calmness under fire is sexy. Courageous, bold protective acts and care are super-sexy.

A Superman who can pierce steel with his eyes is far less of a hero and is less sexy than you standing fully present in danger and protecting and caring for the lives you live to serve. Courage is sexy. Survival smarts is the topic of Chapter Five.

6. **Health is social ease, grace and acceptance. It's also connection, reliability and contribution.** When you're comfortable within yourself in the company of friends, strangers or enemies, you're sexy. Keeping promises is sexy. When what you say and do line up, it's sexy. When you feel empowered in your own being, and use your power to empower others, you're incredibly sexy. When you lend a hand to help where help is needed, you are an example of check-me-out sexy. When you give others space to learn from their efforts and mistakes, then too you're sexy.

Sexy is about serving the totality of the human life cycle, from before conception until after the end of the body. Standing firm and tall in your truth in the face of powerful odds is sexy. Social connection is the topic of Chapter Six.

7. **Health is respect, reverence, and gratitude for nature.**

Nature is sexy. Nature and your nature come from the same one source. You're a cell in the body of nature. Each cell has both autonomy and community. Each is independent, minds its own business, does what it has talent for, accepts what it needs from other cells and gives what it has extra. It does not hoard, and takes its instructions both from life and from the needs around it.

You're conceived in nature, and you live and die in her. You're never separate from her, other than in a deluded mind. Your body is nature and belongs to nature. When you live and act in line with knowing that, you're naturally sexy.

Nature is your environment, and provides all of your resources. Living sustainably and taking care of nature as nature takes care of you, is really sexy. Environmental health is the topic of Chapter Seven.

8. **Health is calm presence.** Calm presence is the acceptance of your temporary part in the infinite order of the universe. The phrase, "Relax. Nothing is under control!" nails it. You kill sexy by fighting what is. Conscious, calm and relaxed acceptance of what is, not by your small will, but by the will of the formless, nameless infinite power that creates everything. You're sexy when infinity flows through you and you know and feel it. Infinite awareness is the topic of Chapter Eight.

**In summary, here are the 8 key parts of total sexy health designed by nature.**

1. Presence/Internal Awareness
2. Life Energy
3. Inspired Creativity
4. Physical Body
5. Survival Smarts

6. Social Group
7. Natural Environment
8. Infinite Awareness

### ***Principles And Components***

Health is based on principles, which describe with precision the nature of things. Your acceptance of them makes your life easier because you're not fighting what is. When you fight what is, you become a victim of self-created departure from reality. Health results from your alignment with principles and components that you can use to create the degree of sexiness you want. Once you know and apply them in your life, you can control the mystery of sexiness by taking control of health.

Health is based on alignment with your essence, life and nature. As much as possible, make your own unique and personal connection, based on direct, personal experience of essence, life and nature. Seek experience. Search for what is true to life. Question what is widely believed, culturally popular and institutionally promoted. Examine what is historically mandated, educationally recommended, and legally imposed or enforced. Much of what you hear and read (and mindlessly repeat) is hype with weak foundation. Some of your fear-based, long-outdated superstitions need revision. Replace them with discoveries more closely aligned with life, nature and truth.

You can deliberately create sexy, no matter what your past, your genetics, your history or your story is. If you're alive, you have all that you need to be sexy right now, right here, built in. If you don't feel sexy, where are you off? What are you missing? What don't you know? What's in the way? What are you not yet doing?

### *Distinct And Different*

Why do you need to look at each of the eight key parts designed by nature that we just spoke about? The reason is simple. Each part of total sexy health is distinct and different. Each plays a unique role in total sexy health. For total sexy health, you have to give each one its due. Let me expand on that. Most people think of health as food and fitness. But total sexy health is much more than just physical. Food, fitness, recovery, digestion and detoxification are the pieces of the physical part of health. All together, they only make up only 1/8th of total sexy health.

My goal in this book is to outline all 8 parts. Mastering them all, you'll look better, feel better and accomplish more. You'll enjoy life more, think more productively and act more effectively for more consistent results. Living in alignment with nature and human nature brings you optimum enjoyment.

Let me repeat something I've already said. *EVERYTHING affects health, and everything affects sexy.* When you align with all eight different parts of nature and human nature, you get total sexy health. Each part provides one piece of the whole picture.

When you live the ultimate life of total sexy health, you achieve three goals. They sound complicated only as long as you don't know how simple they are to achieve. Once you know how, it's easy. Here are the goals:

1. You live your life lit up from within, fully present in all of your being, feeling whole and perfectly cared for
2. You live harmoniously with all of the other creatures with whom you share this planet
3. You ensure that the basic needs of all creatures are optimally met in a long term sustainable way

Each of the eight key parts of total sexy health makes a contribution to sexy. Each has a different nature and a different function. Each part needs a different kind of attention on a regular basis. Each part goes off in a different way, subtracting

sexy from you, and each part responds to a different kind of intervention that brings its part of sexy back to you.

Most people believe that it's impossible in practice to attain a life lit up and in harmony, with all basic needs of all fulfilled. The truth is that all three are already part of your nature. You can attain them all, by doing the necessary personal, internal sexy-making homework within yourself.

Once you become aware of this fact and make the necessary effort, you discover for yourself that you are first and foremost the source of light, harmony and care in your life. When that becomes real as an experience for you, you become a model and source of the same possibility for others in your sphere of influence. In that way, light, harmony and care for the basic needs of all can expand to embrace everyone else living on this planet.

### ***Who's Responsible?***

Who's responsible for your total, your sexy and your health? Who benefits from mastery of total sexy health? The predictable answer to these simple questions is that sexy and unsexy in your life result from your presence or your lack of presence. They show your degree of attention or inattention. They result from your actions or inactions. They reflect your social comfort or unease. They come from your natural or your unnatural affiliations.

On the day that my doctor told me that she had no cure for my pesticide poisoning, I realized that total sexy health is my personal responsibility. Self-responsibility is powerfully sexy.

At 38, I already had the beginnings of arthritis. When I put even a bit pressure on my knees by slightly bending them, I felt pain. Now, several decades later, I have no pain in my knees or other joints, except for brief time spans after I bang into something. How did I become pain-free? I did what you'll read in these pages. I created this book so that you can apply it in

your life, and have the same amazing, rich, love-filled life that I get to enjoy every day. What is in me is also in you, because both you and I are human. The key? Dig into the truths of all levels of being and align your life with these truths. **That is sexy.**

Become passionately interested in your foundation, your journey and your enjoyment of total sexy health. Start now. Be clear that neither you nor I created what I'm sharing with you. Life and nature created it. I want to know, so I ask, pay attention, discover and learn. I get to be a messenger who brings you what I've learned, to the extent that I've learned it. I'm still discovering more each day. Life and nature are as alive in you as they are in me.

Be aware of *life energy*, the perfect master that dwells within you. It runs the show you are, without demanding anything in return. It's the fullest and sexiest experience that exists. Discover and become that internal master. It provides you with rich experience, practical insight, deep motivation and clear direction. Awareness is the most expert source of knowledge on total sexy health.

Seek and be with people who acknowledge your equality and encourage and empower you to find and live your highest, healthiest, sexiest self.

### ***Inner And Outer Territories Of Sexy***

In your consideration of the eight parts of total sexy health, you'll come across material to which you had not given much thought. Most people only rarely observe, embrace or understand the inner territories of sexy. These, the areas of self-knowledge, include awareness, life energy, and inspired creativity. We'll emphasize these in this book, as they're now the areas that hold the greatest potential for improving the quality of life of human beings everywhere. Their neglect forms the greatest barrier to

building a world that works for all, and poses the most serious threat to human survival.

However, even the least familiar material will have a ring of truth to it, because the eight parts already exist in your nature and surroundings. You've been dealing with them all your life. You're already competent in some of them. Less aware of others, you'll have 'aha' moments and insights when you recognize their nature and intrinsic value to you.

You'll not find me talking about something that's not part of you or the world in which you live. All of what you'll read here is common ground. It's not based in the differences between races, genders, cultures, religions and other man-made systems. It isn't based on ideas, beliefs, symbols or images. It's based on experiential knowledge of the existential and biological roots of what you and I are. For living, breathing, thinking, acting human beings, reliable results follow when you discover and align with nature and your nature. **Knowledge is sexy.**

You're much sexier than you've ever been told you are, and you may not have ever believed the extent of your potential. Here it is laid out for you, so you can choose to maximize the richness of your time on Earth (which is sexy), or you can decide that you want to live up to less than your full potential. The choice ever remains yours. **Choosing is sexy.**

By the end of the book, you'll have knowledge on which to base choices. Without knowing what is true, choices are just hopeful guesses. Guesses come with doubts, and doubts aren't sexy. Above, I've briefly laid out the territory we'll cover. So, let us begin together to fill in the details.

# 1

## BEYOND HEALTH 1: Presence, Internal Awareness

### *Invisible*

Presence, also known as internal awareness, is the first key part of total sexy health designed by nature. The wholeness, love, peace and fulfillment you want are always present in the space your body occupies. Internal awareness is being present to being present in that space. You can practice that. If you're not familiar with this, it sounds a bit abstract, but in truth, it is super-practical and important.

You might ask me, "Why do you begin this journey into health with something that no one can see or hear, and that can't be measured except by your own awareness? How will that help get and keep me well?" It's a good question that reasonable people ask.

My answer is this: The bush in your garden has roots that are invisible to you. These invisible roots are the source of the existence of the bush. You would be right to say that they are the power and essence of the bush. Destroy the bush, and a new one may grow from the roots. Destroy the roots, and the bush is finished. Just as the roots feed the bush, what is invisible in you feeds your more visible and obvious aspects. The invisible in you is vitally important. To live life fully, you need to know your invisible roots as well as your visible parts. Get to know your roots.

Let me say it another way. Every issue that you deal with is a symptom. Your problems in health, home, family, work,

nation and nature are symptoms that you can notice, but their causes are deeper, mostly hidden from your view. Largely unknown to you, they remain unsolved. You can't fix a problem whose root cause escapes you.

What is BEYOND HEALTH? Beyond health is the invisible in you that can't get sick, degenerate, or die. Beyond health is that in you beyond your human life and your physical death. Death may not be sexy, but beyond death is sexy beyond sexy.

It's really, really sexy.

**Beyond health you find peace.** In peace, which is beyond health, there's no darkness or light, no silence or sound, no emptiness or feeling, no pain or pleasure. There IS awareness. In peace beyond health, there is no time, space, matter or energy. In pure awareness, there's no circumference, form or movement, and no inside or outside. Beyond health is beyond thoughts and images. It exists as a reality that can't be grasped by your mind, but that can be known by relaxing and letting go of all limits and dimensions in your mind. The bliss of this 'knowing' is supremely sexy. It is your ultimate connection.

**It hurts when you disconnect from the essential core of your being** and the peace within it. The **pain** of disconnection, which you might feel as empty, blue, or restless, is your core calling your awareness to come back home to it. In you, that core is present everywhere (omnipresent), all knowing (omniscient) and all-powerful (omnipotent). Internal awareness is your infinite source, the dimensionless, endless, unified field. It is love without condition, and your ultimate home.

Beyond time, space, energy and matter, and also beyond thoughts, memories and imagination is the reality of ultimate being. Its power is real, but words cannot describe it. It is speechlessly sexy.

**Solitude is the way to discover it.** You can choose voluntary solitude in a safe place. There, you can find and discover the stillness of the invisible reality of being. It exists in the center of your being, and expands outward to the expanse of infinity. People who embrace the power of solitude are sexy. **Voluntary solitude is sexy.**

Pure, content-free awareness is the nature of the core of your being. It is a doorway to the fathomless universe that enfolds you. When you want to know it and are willing to sit perfectly still, you'll find that the door is open and the answers to your deepest longings are there for you.

You live in a world of symptom management, in which even the symptom management experts don't know the causes of the symptoms they suppress. Not knowing the root causes, they can't fix your problems. This is why illnesses and wars persist, and cures for them remain unavailable. In truth, something within you is the source of all your problems. Just slightly deeper, you can find all your solutions.

Lack of awareness of your internal foundation begins your problems. Awareness of that internal foundation makes practical solutions to your problems available and accessible. Aware and focused in stillness, you find sexy insights and knowledge. Stillness is the only known reliable practice for deepening insights. They are your best source of power, wisdom and manifestation. Live your life focused. Be focused in the present, which contains all that exists. Nothing is sexier than the present moment.

Becoming aware of being aware, you discover both the calm stillness that is awareness' nature, and everything else that unfolds in that stillness. Real, true, personal peace has its roots in the core of your existence beyond your senses. **Real, personal peace is sexy.** With that awareness, you can solve the challenges and conflicts within you and surrounding you.

Look at the world. Peace has always eluded us, and we think that peace is impossible. The best we've gotten is temporary

absence of war, which is not peace. Absence of war is more appropriately called a cease-fire.

We apply the same inverted logic of ignorance to many other topics. We don't know the nature of health, so we put up with mere management of disease. We don't know the nature of prosperity, so we create lifestyles based on debt. In each case, we 'peer into darkness to discover the nature of light'. Like ignorant fools, we try to find presence in absence.

When we do arithmetic, we know better. What is  $2 + 2$ ? We know that the right answer is 4. All other answers are wrong. Truth is, there are infinite-minus-one wrong answers. By knowing the one right answer, we automatically know all of the wrong ones, too.

What if you looked into light to get to know the nature of light? What if you examined the nature of peace to get to know it, beginning with yourself? What if you observed and felt your way into health? What if you stored value rather than perpetually accumulating and endlessly paying off deficits?

War, disease and debt have spawned institutions that have great power but fail to make their individual members' quality of life as rich, fulfilling and magnificent as it can be.

Within your being is something you've searched for all your life, but you've searched for it where you cannot find it. What you search for is not in the world outside you or in your mind and thoughts. Some people have tried to hijack and harness your search, to fulfill their own misguided agendas. The truth is that what you seek is and has always been right where you are. When you bring your awareness into contact with it and discover its nature, your life becomes fuller, richer and more enjoyable. And you find infinite possibilities and choices that enable you to build the life of your dreams.

As you get to know your mostly neglected foundation, an extraordinary life becomes possible and begins to unfold. In that personal foundation, all stress ends and peace reigns. In it

reside your fulfillment, riches and power. In that core is your light, your 'word,' and your whole, sexy sacred self.

Awareness underpins your essence and being. Your emptiness is not empty. It's filled with your undiscovered magnificence. Don't get stuck in the words. Words only point at essence; they are not essence. Let them float in the space of your being, and become aware of that space in you.

### *Everywhere*

The internal awareness that's beyond health is everywhere within and without you. It's formless and has no inside or outside. You can't picture it. Some people call it the 'zero point field.' It's also been called peace, joy and love, as well as presence, perfection and ultimate reality. Some name it wholeness or consciousness. It can't be understood, but can be known. It's beyond, but also within your body, social group and nature. Actually, you belong to it. Awareness is your impersonal, infinite essence.

It's what you deep down long for and seek to be one with, and the cosmic joke is that it's already everywhere that's real, including inside your being. The only place where it's NOT is in your fantasies and your imagination. Its nature is sexy. If your awareness is disconnected from itself because you've focused it elsewhere, you miss the sexy nature of being aware of your internal essence.

Think about it this way. **Peace is already everywhere that's real, but only peace can perceive that.** Your foundation of peace is more powerful than anything else, and this power of peace is sexy. However, peace is so real that it can't exist in what's not real. What exactly is not real? All words, thoughts, theories, concepts, ideas and ideals are made up. Because they are mental constructs, they are neither real nor true. Peace is never found in them. Why so? Real peace, which exists only in reality, cannot exist in theory. Theoretical

peace is an imagined mental construction. It is a mirage without substance. Two insights flow from the above statement about peace.

First, if you can't connect with the peace that is everywhere, it's because the focus of your awareness is not connected to the peace that exists within you, and the peace in you therefore does not inform your perception. When peace in you informs your looking, it sees peace everywhere. In fact, then all it sees is peace. Only **peace can see, hear and feel peace**. Know the peace YOU are in you, and you know the peace that's everywhere. Your state of being creates your reality. That's how it works. **Peace recognizing peace is sexy.**

Second: The fact that most of us don't know the peace that is everywhere indicates the extent to which we live our lives in fantasy. Recent research shows that you notice only 10% of what goes on in the world, even when you pay attention to it. 90% of what you report isn't happening in the outside world, but you project it onto the outside world from your memories, beliefs and prejudices, and from your attitudes and your imagination. Though you hold these to be true in your mind, they're figments, illusions or delusions that you substitute for truth. Some people even call them personal hallucinations. Not real, they're not sexy. **Real is really sexy.**

Most of us live much of our lives in mental constructs that have no basis in reality. Most of our problems come from living that way. It's a scary thought. It'd be REALLY scary if it weren't for the presence enlightened souls living on our planet who know better. They help us re-focus our awareness into reality as soon as we realize our need to do so. **Life is sexy.**

This, in a variety of different words, is the message of great masters, the sexiest human beings to grace this planet with their presence.

They and their messages were so sexy that many of you are still in love with them, even hundreds or thousands of years after their physical departure. **Masters are sexy and mastery is sexy.** One of them, Socrates, said, “Know thyself!” He also said, “The unexamined life is not worth living.” Jesus said, “You will know the truth, and the truth will make you free.” He also said that there is a “peace that passes all understanding,” and a “perfect love that casts out all fear.” Masters have said, “I am in you, as you are in me.” And “You and I are one.”

A wise man knows that peace is every person’s greatest personal achievement. From what is now known about life, biology, inner experience and the nature of the universe, I can assert and confirm that all of you can live your lives lit up from within. The light of life is in all of you, and when you look deeply enough into that light, you embody it. The master you seek is the life within you. It’s sexy. Look! The internal master’s sole agenda is to unconditionally care for you through all your dramas and traumas. That master never steers you wrong. **Knowing that master is sexy.**

In fact, what most people call ‘sexy’ today is what, in other times and other cultures, was called ‘holy’, ‘sacred’, ‘inspired’ and ‘enlightened’. Sexy is more about being present to life than it is about the sexual act, although it includes that, too.

Live in harmony with the inner master. It’s the best way to live. You radiate light, peace and sexy all at the same time. Feeling whole, fulfilled and cared for comes from living lit up from within. You feel so real and rich that it becomes easy to live in harmony with other people. Feeling cared for by life, you’re free to make sure that the basic needs of all are met. That makes the world sexy. If you’re like me, you can hardly

wait to make your sexy contribution to manifest that sexy world.

### ***Indestructible***

Beyond Health is what's formless, indestructible, everywhere present and self-aware. Beyond Health cannot sicken, get old or perish. What has no form to begin with cannot be destroyed.

Indestructible is solid and thus without fear. **Indestructible is sexy.** Your body has form and is subject to breakdown. It can be repaired but will one day break down beyond repair. Your thoughts have form, but continue to change as you think about things in the face of changing contexts. You change your mind a lot. The world you live in has form, and everything constantly changes. Seasons and vegetation change, the weather is different every day, and tides ebb and flow. Night follows day. The moon waxes and wanes. Waterways dry up at times and flood at times. Earth moves under your feet.

Because they have form, your body, mind and nature can break down. This makes their charm short-lived. Subject to breakdown, creatures are subject to fear. You fear loss of your form, and you also fear losing something or someone that has a form to which you have become emotionally attached. You know that you must lose it eventually, but you don't want to lose it. You fight the inevitable. That's not sexy.

Wise people don't fight but accept what is, as it is. Your expectation that nature should run its course in a way that suits your delusions detracts from your sexiness. **It's sexy to enjoy life as it is.** It's not sexy to fear the inevitable death of the physical body. Live in your temporary body aware of the permanent peace that is its foundation.

The indestructible is present within your temporary breakdown-prone body and mind. You can choose to focus on the future of your body, which creates anxiety. You can try to rigidly hold to ideas without changing them in the light of new facts and contexts, but this kind of stubborn resistance is tedious to be around and is not sexy. Or you can, while living

in a changing body and with a changing mind, keep your focus also on what is changeless and indestructible in your being.

Aware of the indestructible foundation of your being, you can navigate the changing world with equanimity. Don't get lost in changes by giving them more importance than they merit. **Equanimity is sexy.**

### ***Real***

You know Beyond Health only by experience. It is the union of awareness with your source. You cannot know the nature of what is beyond health in symbolic, imagined or beliefbased ways. It has no existence in your mind, because mental constructs are not real, and Beyond Health exists only in reality. **Real is sexy.** Awareness is YOUR essential nature. Awareness is unlimited, existing inside and outside you, with no break between the center *in here* and its infinite expansion *out here*. It's who everyone, in basic essence, is. All of us are single points in that awareness.

This raw experience of vastness, which is impossible to disturb, is calm and sexy peace. Sexy is not men flexing their muscles and prancing around showing them off. Sexy is not women flaunting their assets. Sexy is calm presence in both genders, fully and comfortably present into their deepest being as well as their changing mind and body. That's 'wow' sexy.

Your calm presence is a finely balanced line midway between bragging with bravado and hiding with shame. Sexy is not something you can put on from the outside with powders, fragrances, liners and colors. It's something that naturally shows up when you fully occupy or inhabit the being you are, which lights up your physical existence as well.

The magnificence of full presence in all of your being cannot be overstated. You can breathe your way toward it, but it is beyond breath. Real is an experience available to every human being at any time. The fact that you are a center of life

within a mental framework, within a physical body, within a social group, within a natural environment, on a planet within a solar system, within a galaxy, within timeless infinity is awesome to experience and know. That's sexy.

I'm not talking about something you can take a 'selfie' photo of using your cell phone and show off to friends. You can't make a drawing of it. Words don't create this reality. You won't see or hear it on the evening news. This reality shows up only after you've let go of words by taking your awareness out of the mental realm. The concepts, theories and belief systems we create, invent and imagine into being have nothing true or real to them. Of themselves, they're nothing. Before you disagree, bear with me and consider what I'm saying for a few more moments. You can chuck it later.

You think of thoughts and ideas as things, but they are not. This is true even for ideas 'whose time has come'. However, when you dedicate the power of your life to an idea and commit your body to actions to create a physical reality in the shape of that idea, then you create something real out of an idea that is itself alone, not real.

Let me say it another way. Ideas have no power or reality to them. Your life is power, and your body is its instrument. When you apply both the power of the life you are and the instrument of your body to an idea, you can create a new reality that resembles that idea. It took me a while to 'get' that ideas are not real. Once I got it, it empowered me immensely.

If ideas, theories and beliefs are not real, you're free to make them up any way you want, from nothing, from scratch. None of them will be real. But you can use your life and body to create a reality in line with them. Why not make up ideas that, when you dedicate your life and body to them, manifest a sexier world than the one into which you were born, cultured and educated?

You might as well make it global and heartfelt, and create it in a way that serves all lives including yours on the planet,

rather than just your life and the lives of a few of your buddies, tribe members and friends at the expense of everyone else.

This is how you can create new worlds and possibilities that work better for all. The formless reality that exists in each of us contains all possibilities. Anything is possible. That's super-sexy.

### ***Quench That Thirst***

You experience the infinite in quiet solitude. It's what your heart longs for and needs. Quench the thirst of your heart to be one with your source and feel that oneness in the core within the depth of your being.

Remarkably, there is in you a longing, want and thirst to know the boundless within you. Many words are used to name that longing. I'll post many of the words I've heard people use to name that inner longing to know the deepest secret, as well as words they use for what they're longing for on [www.totalsexhealth.com](http://www.totalsexhealth.com).

At 17 years old, I remember feeling pain in my chest. I had no explanation for it because it was not then a topic of common discussion. Looking back, I know that it began much earlier, but the distractions I focused on to obscure that pain ran out when I was 17, and blaming my pain on people and situations no longer worked. I could no longer shake the feeling. Despite deliberately looking for answers, it eluded me for another 13 years.

I had no idea that this was my heart (core) calling my awareness to come back home inside to life. Eventually, a teenager told me, "The peace you search for in the world is within you, and I can reveal you that peace." I had my doubts because I thought I knew quite a lot about life and living. But having experienced the big war in Europe, peace was important to me, so I decided to take him up on his offer.

Long story short, in 1972 I began a practice of taking time every day for solitude to explore and get to know the inner nature of my being. It completely changed my life from one of fearful and anxious war baby to a most amazingly and unconditionally-loved-by-life baby. I've re-written my life story from the perspective of the personal experience of life's unconditional love for me, and that new story has replaced most of my war baby story. That's a sexy transformation.

A few years ago, I was thinking back on my life's journey, and my retrospect became one of my favorite projects: **THIRST OF THE HEART: The Most Important NOT Had Conversation In The World.** In this interactive conversation, I ask participants about 30 questions, and each one answers every question. It takes about 2 hours. You'll find more on this conversation at [www.totalsexhealth.com](http://www.totalsexhealth.com).

I want to have this conversation with 8 billion people. **Acknowledgment of the thirst of the heart is sexy.** It is a powerful starting point for finding your life's central anchor.

Many of the thousands of people with whom I've had this conversation told me it was life changing for them, in the best possible way. I've met no one who could not identify his or her thirst of the heart feeling. People have different names for it, but all know it. Hardly anyone knows what to do with it. Not sexy. Imagine that! We don't know what to do with the core question of existence. That question has a powerful personal answer. Thirst of the heart is a huge gift because it calls and nags you to keep coming back to the central question of existence until you find the experiential answer to it. When you heed the call and do the work, you find your sexy core.

Historically, most people have lived and died with this central question unanswered. Not sexy. The intensity of that feeling drives most of your creative and destructive activities. When you address the thirst of the heart, you continue to be as creative as ever or even more so, and you become much less destructive. That's sexy.

The thirst of the heart conversation is the starting point for the changes that we need to make in how we live together sustainably as individuals in our natural environment. It's a potent conversation. Let me know when you want to have it. Quenching the thirst of your heart is super-sexy.

### *All*

The personal experience of an infinite foundation is attractive and sexy. It can be called the 'All,' but many different names refer to it. The deepest desire and longing of every being is to know and be one with our infinite, mysterious, invisible source.

Someone once called it the 'ocean of answers'. That ocean is filled with answers for which you've not even formulated questions yet. Endless answers float in that ocean. In fact, all your questions dissolve in the internal ocean of answers, not because they're answered in a specific verbal way, but because in your central state of being, you are not confused about life and living. You're filled with joy and wonder at the magnificence of your existence. What's to ask when there's enjoyment? **The internal ocean of answers is sexy.**

You'll notice that when you tap into that internal presence, you'll also get new insights into any topic you focus on. It's a place of unlimited knowledge embedded in life. Where else should you find the answers about life and living than within the life that creates you and your living world? Whatever is your area of interest, you find simple, practical, profound understanding of that area when you connect your awareness to what is deeper than health within you.

In that state, there are no thoughts because it is beyond how deep thoughts can take you. Insights from there are not the result of thinking something through. They're already present in that state, and show up the moment you present a topic to the ocean of answers. They're natural answers based on the nature of reality.

Imagine having unlimited resources that you can apply to whatever question, problem, challenge, or interest you have. All that's within you. To dig it out, spend time alone, still, relaxed with your awareness on the thirst of the heart. Feel it. Sit with it. It may feel intense, but it will not hurt or eat you. Don't judge it. Just feel it. Accept it. Acknowledge it. Embrace it. Learn to appreciate and even be grateful for it, because it is your greatest gift other than being alive. That ache will lead you to the open door within your core through which you enter the boundless mansion of your being.

Be patient. Expect that it may take time and practice to get good at bringing awareness back to the center of your being. For decades, you've focused your awareness on your thoughts, your body or the outside world, and you've spent little, if any, time with your awareness immersed in the ocean of answers that is your deeper inner being. You get good at what you practice, so commit to and practice focused inward concentration. With time, you'll get as good at bringing your awareness inside as you've become at moving awareness outward. Within, you get to know your brilliant self.

In your awareness, you can be present in the peace that is real, knowable and beyond health, but also present in your body and the world. How present are you? The answer depends on your practice of presence on a moment-to-moment basis. When you have that experience, you are one with all that is.

In that experience, each one of you is fully home, fully accepted and fully welcome. Letting go, you can enter this state of peace. The moment you create an agenda, the focus of your awareness shifts from oneness to that agenda, and you'll likely lose your connection with oneness. It's not easy to be one with infinity and at the same time be preoccupied with your manufactured separate self.

The realm of oneness is the only realm in which misuse is not possible. What do I mean? Let me give an example. A terrorist can learn and improve mental skills and how to eat and

work out more effectively, thereby becoming a more effective terrorist. The feeling of oneness cannot be misused, because when you misuse it, YOU lose your experience of it. It's instant payback.

Be self-aware. Internal self-awareness is your greatest gift to yourself and to the world.

## Acknowledgments

Let me begin by acknowledging the dramas and traumas of my life. Experiencing war, hunger, flight as refugees, disconnection, violence, abandonment, rejection, horse-kicking, mean judgments, curses, bullying, drugs, pesticide poisoning, illnesses, divorce, business-destroying greed, and the rest of my experiences in the school of hard knocks motivated me to look for inner strength, self-knowledge, and solutions to the age-old issues that elude humanity's efforts to resolve them and have never been fixed.

My parents Gerhard and Senta retained dignity, even though they lived through the worst time in history. My siblings Uta, Hildrun, Arndt and Gerd saw me through my rough patches and helped me find my feet. My children Tai, Usha and Rama turned into confident, competent, responsible, caring adults in spite of me.

If it weren't for friends, compassionate strangers, life, the wise young and old ones, I would not have found my way back to the light. Among these lights in my life was my aunt Ena, who made time for me. Renee and half-assed Jack inspired a shy young man with their humility and compassion. Mr. Jones kindled my love for science. Ian McTaggart Cowan and David Suzuki catalyzed the awe I feel for living creatures, their biology, and *Acknowledgments*

their genetics. Alfred Adler and Rudolf Dreikurs made social responsibility and goal-oriented behavior understandable. Harold Mosak showed me what protection feels like. Linus Pauling and Albert Einstein combined science, heart, and common sense. In truth, this list is much longer, because there was a lot of light in my school of hard knocks.

In a night of sincerity based on a deep, desperate, personal need to know, a human being made of light showed up, embodying the core message of life, the master in each of us that all true masters give expression to. Here is that message, my words: **‘I AM come, not to judge but to love.’**

Prem Rawat taught me how to internalize awareness to explore, discover and deepen self-knowledge. He models what being in touch with life energy looks like, sounds like, and feels like. Anthony Robbins catalyzed profoundly insightful breakthroughs and promotes my work. Deepak Chopra allowed me to talk from the heart about peace on his stage. Marshall Thurber showed me where not to go. Werner Erhard and many others put on conferences that helped sharpen my clarity on what I’m here for.

Johanna Budwig piqued my interest on the effects of fats and oils on human health. My mother Senta and my brother Gerd encouraged me to write my first book. Siegfried Gursche published that book. Rees Moerman helped me start my first of several businesses. Thomas Greither facilitated the development of some of my products, travels, and lectures to reach thousands with a message of health and its practical attainment.

Finally, there is the grandeur that infinity, nature, and life put in this package that we call human.

14 billion years and countless influences impacted what is in this book, but special thanks go to Raymond Aaron for structuring, and Cara Witvoet for shepherding me through that structure, to get it done in less than one year.

Thank you, all.

## **About The Author**

**B**orn during the second world war in Europe, Udo Erasmus sometimes says that he was born in hell and with a lot of help from visible and invisible friends, walked a long crooked path from there to heaven.

Along the way, he tried out many things and learned a lot. Every trade, every movement and every step led him to the next turn on the path to find new, different and out-of-the-box possibilities. His path includes brief jobs in several different trades: fruit picking, dairy farming, logging, mining, carpentry, house painting, clearing land, burning brush, growing food, gardening, and spraying, and he loves cutting and splitting firewood. He spent a year in medicine and several years in science research. One winter, he had a part-time job babysitting pickled fish in a fish museum. One summer, he worked for the fish and game branch. Several other summers, he worked on a drilling, blasting, and prospecting crew in the mountains of British Columbia. What all of these had in common was human interaction with nature and ‘wilderness’.

He tried drugs in the 60s hippie era, couch-surfed, traded a Winchester 30-30 for a trumpet that he played on the front steps of his house after a few drinks of Southern Comfort, played flute and harmonica, sang in a choir but more often in *About The Author*

the shower, hitchhiked for 6 days from Toronto to Vancouver without a penny to his name, camped out, started a nude beach, and lived in co-ops, communes, apartments and houses both in rural and urban settings. It was wild, but it was fun!

He got married. A lover of biology, and convinced that pregnancy is not a disease, he attended the home-births of his three children and admits that his wife did almost all the work and that his small contribution was to catch them, tie and cut their cords, and return them to their rightful owner, mom.

After being poisoned by pesticides in 1980, Udo seriously turned his passion and attention to health. He obsessively studied the literature, created a method for making good oils with health

in mind, developed flax seed oil, authored several books on the effects of oils on health: *Fats and Oils*; *Fats That Heal Fats That Kill*; *Choosing the Right Fats*; *Omega 3 Cuisine*; and enthusiastically educated the public in about 40 countries on the effects of oils on health and disease.

In 1992, he developed healthy whole foods supplements for dogs, cats, and horses. In 1994, he developed an oil blend that is both better balanced and more effective than flax oil. He followed this with probiotics blends and digestive enzyme blends in 1997, and a year later developed prebiotic fiber and green blends.

He passionately gave in 5,000+ live presentations on nutrition and health, 3,000+ media interviews, 1,500 staff trainings and traveled to 30+ countries with his message on oils, health, nature, and human nature. For 15 years, he spent 6-9 months living out of a suitcase to spread the message of good oils and health.

Over the past 15 years, Udo has graced the stages of luminaries like Tony Robbins (on oils) and Deepak Chopra (on peace,) keynoted an international Brain Health conference, and lectured in conferences on five continents.

He's now writing on many different titles and topics, including an autobiography. Udo consults, presents, takes on the key global issues of our time, and spearheads several multi228

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trillion dollar projects on peace, health, energy, environment, and education.

Udo's fervor and fire are now focused on sustainable energy and water management, as well as healthcare based in nature and human nature, the nature of human nature, and the thirst of the heart.