

Get Revitalized Fast... Live Life to the Fullest!



Created By

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Program Goals and Learning Objectives

I. To learn practical and easy techniques on how to:

- A. Get revitalized fast and rejuvenate
- B. Calm your emotions any time
- C. Clear and sharpen your mind
- D. Awaken your spiritual powers and intuition
- E. Lose weight sustainably

II. To Improve Quality of Life for:

- A. Stress and fatigue
- B. Depression and suicidal tendencies
- C. Aging process
- D. Jetlag and flight fatigue
- E. Laziness and procrastination

Program Outline

Module 1

Life is about Energy

Module 2

JustBE alive™: A 4-step Strategy

Module 3

Weekly Schedule

Module 1 **Life is about Energy**

I. Energy and its sources and ramifications

II. Experiencing energy as vitality, emotions, mental and spiritual substance

Experiencing Energy Drills:

- A. Vitality and Prana/chi**
- B. Emotional and feelings**
- C. Mental thoughts and programs**
- D. Spiritual energy**

Feedback

III. Life is about Energy

Positive effects from having an abundance of energy:

Module 1 Life is about Energy

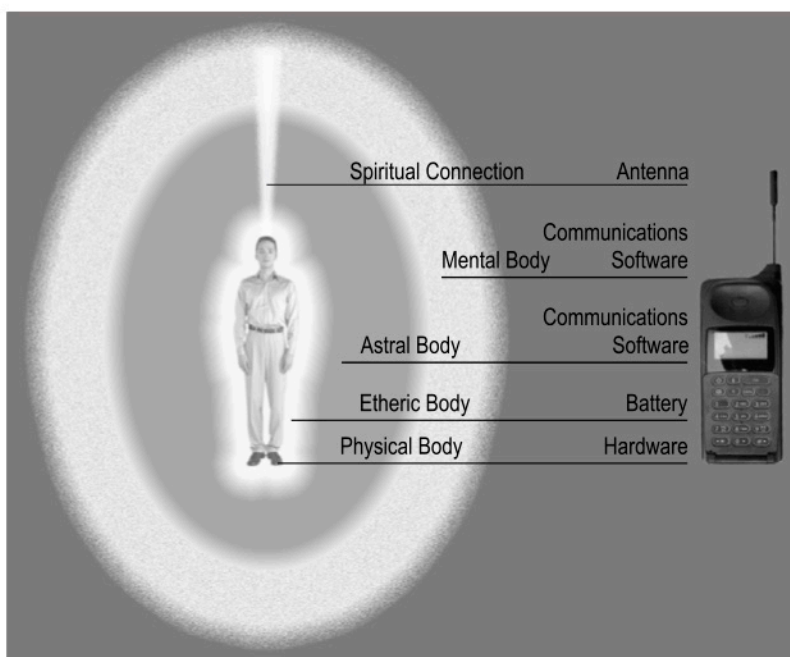
IV. Energy Centers and Human Bio-Vitality/Auras

A. Crown Energy Center

B. Mid-Brow/Ajna Energy Center

C. Heart Energy Center

D. Navel Energy Center



**Figure 1:
Energy Bodies Diagram and Cell Phone Model**

Module 2 JustBE alive™: A 4-step Strategy

I. Step 1: 8-Step Internal Stamina Exercise™ (4 min)

- A. Shoulder-Spine Stress Release (10 times)
- B. Arm Swings (10 times)
- C. Upper Body Turns (10 times each direction)
- D. Hip Rolls (10 times each direction)
- E. Internal Organs Massage (10 times)
- F. Expanding Squats (25-30 times)
- G. Whole Body Stretch (10 times)
- H. Side-to-Side Body Stretch (10 times)

II. Step 2: Synchronized Breathing Method™ (4 min) (with triple finger mudra: join the tips of the thumb, index and middle fingers; tuck the ring and small fingers into palm)

- A. Inhale rapidly through the nose as you tilt your head back while simultaneously inflating your abdomen. Immediately exhale quickly through the mouth as you bow your head down while compressing your abdomen. 10 times
- B. Head straight, concentrate on the crown, mid-brow and heart centers while breathing deeply and slowly (30 seconds)
- C. Repeat steps 1 and 2, three to four times.



Triple Finger Mudra

Caution: Do not do this if you have neck injuries, are experiencing a migraine or if you are pregnant.

III. Step 3: Combination Breathing Technique™ (4 min) (Maha Mudra: thumb enclosed by all the fingers in a fist)

- A. Inhale slowly and deeply starting with abdominal breathing, then chest and shoulder breathing (full breath, about 10 counts) then hold your breath for a few seconds (around 5 counts) but relaxed
- B. Exhale all air slowly (about 10 counts) and hold for around 5 counts
- C. Repeat steps 1 and 2 for about 4 minutes.

Caution: Do not do this if you have heart ailments, chest pain, cancer, high blood pressure, HIV/AIDS, headaches/migraines or if you are pregnant

IV. Step 4: Centering and Navel Breathing Meditation™ (3 min) (Navel Mudra: left palm over right with tips of thumbs joined)

- A. Focus on your navel and breathe slowly and deeply but relaxed
- B. Do this for about 3 minutes



Navel Breathing

Module 3 Weekly Schedule

I. JustBE alive™ Practices

Suggested days of practice: Tuesday, Thursday and Saturday

Recommendation:

- Morning is better for most people but you can practice anytime except for 2 hours after meals.

Caution

1. *Don't do the Synchronized Breathing Method if you have neck injuries, are experiencing migraine or headaches, or if you are pregnant*
2. *Don't do the Combination Breathing Technique if you have severe heart ailments, chest pain, high blood pressure, cancer, headaches/migraine or if you are pregnant*
3. *Don't over exert while exercising. Stay within your range of motion especially if you have any injuries, recent illnesses or surgeries*
4. *Don't do Expanding Squats if you have knee pain or injuries*
5. *Don't exercise in a closed and congested area. Make sure you have fresh air.*

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HIGHER CONSCIOUSNESS
MASTERING LIFE AHEAD OF ITS TIME

Meditation Department Programs

- The Science and Art of Meditation
- 8 Types of Yoga
- The Hidden Dangers of Meditation and Yoga
- Energy Anatomy and Spiritual Psychology - Basic Level
- JustBEFree Meditation: Self - Healing Method
- JustBEalive Meditation: Healing and Rejuvenation Method
- JustBEaligned: Aligning and Balancing Method
- Inner Renewal Meditation: Advance Self Healing and Balancing Method
- Namascar Meditation: Technique of Enlightenment and Soul Alignment
- Divine Alchemy Meditation: Balancing your Material and Spiritual Life Method (Level 1)
- Certifications For Specialists, Facilitators and Trainers

