

THIS BOOK COULD SAVE YOUR LIFE

Increase Your Heart Health Easily

With The Active Energy System

**A synthesis of over 20 years of
working in health and wellbeing**

Written by

Adam Shaw



*“Your heart is not just the muscle that keeps you alive,
it is the intelligence that can kill or cure you.”*

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What the reviewers who read and actually used the book said...

“We are often so busy living our lives that we often fail to live in the moment. In a fascinating insight into his concept, Adam Shaw’s Active Energy System takes us on a personal journey of self-discovery and enlightenment that everyone CAN relate to.”

Stuart Brooks, Managing Director at Blackbird Communications

“The Active Energy System is deceptively simple, yet amazingly powerful. I find it easy to understand and have been able to make positive changes in my life as a result. While walking with the audio download I felt on top of the world and felt I was radiating energy”

Ceri Baldi, Occupational Therapist, Solihul Care Trust

“I have found The Active Energy System to be very beneficial. It’s a great way to combine personal development with exercise...This product encourages you to slow down, notice more around you and feel gratitude.”

Trevor Aird, Public Speaking Trainer, Inner Zest

Comments from the editor

“So many lives are cut short by heart disease and heart attacks yet the issues tend to get deliberately ignored. This book by Adam Shaw makes the whole subject somehow easier to engage with by being informative, practical and, perhaps most importantly, being tackled with a sense of humour.”

About the author



From the humble beginnings of spending the first 17 years of my life growing up within the grounds of a Psychiatric Hospital (my parents both worked there), via 13 years of nursing, I have been surrounded by people with various health challenges pretty much all of my life. I now work as The Heart Guy, educating people on the early warning symptoms of heart disease and how to reverse them easily.

My journey has taken me to 6 continents, of which I have worked in 4 of them and studied the various health practices of many different cultures. I am qualified in Nursing, Reiki, Energetic NLP, Vortex Healing, Neuro Linguistic Programming (NLP), Hypnotherapy, Time-Line Therapy and Channelling. I have also worked as a fitness instructor and have been published in several magazines, including Chat, Real People, High Spirit, Candis and Choices.

My interest in heart health through working with thousands of people who had experienced heart attacks, was exacerbated when I experienced angina myself. It was my own journey that led me to look at a more holistic view of heart disease and share the insights that I have learned along the path."

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Introduction

“Your heart is not just the muscle that keeps you alive, it is the intelligence that can kill or cure you.”

Adam Shaw

Does your head sometimes tell you something, while your heart says another?

I hear this phrase a lot. How often has your heart craved something only to be talked out of it by your head?

Your head and heart have two separate functions. Your head is like a computer, full of programs/beliefs that have been installed by others. Some of these programs are great and others are not so great. You know a not so great one because it will usually lead you to an unfulfilling job or relationship where you start compromising what you really want and who your truly are on a regular basis to keep others happy. You may not realise exactly when or how this happened but you find yourself in a stuck place where you may feel powerless to change your current circumstances.

When this status quo of unhappiness perpetuates it can lead to increasing stress, pains, aches, mood dips, frustrations, arguments and feelings of being stuck or helpless. These are just a few symptoms that can become regular companions when your heart intelligence is overruled by the programming in your head.

Your heart intelligence is always communicating with you and wants you to love your life more.

The thoughts that you have release chemicals from your brain that affect your body. Some of these chemicals feel good and some don't. How you feel is your heart's message to you in any given moment. If something feels good then your heart is telling you that your current thoughts are in alignment with what's good for your heart. When you don't, this is an invitation from your heart to change what you are thinking about.

There is no such thing as a negative emotion.

All emotions are sent as a guide to your head. Just because a certain emotion doesn't feel good, does not mean that it isn't good. It is simply a guide. This E-book is the template of a system that can guide you towards better thoughts and feelings more often, via a set of personal experiences that have led me to it.

It is not a magic wand or a miracle cure. It will not work if you don't use it and it will not replace anything that you are currently using to regulate your health. What it will do is add something more positive to your life.

What if there was a way to be healthier that accepted you for who you are and asked you to give nothing up?



As with almost everything in life – balance is the true key to any sort of sustainable intervention. I once worked on an American fat camp and listened to the nutritionists educate the kids on how to lose weight. They were taught that they could eat anything they liked as long as it was in moderation. Sweets, chocolate and French fries were then banned on the camp and children were not allowed to eat any of these.

This paradoxical situation helped to ensure that many of the kids lost weight whilst in the camp but soon put it on again once they left. *As with prohibition, telling people that they cannot do something is never likely to work.*

Increase Your Heart Health Easily with The Active Energy System is designed for people who are not ready to give up all of their habits that could be considered less than good by some experts.

It was designed for anyone who is ready to accept that they are less than perfect and have less stress and guilt and more happiness and fun. It is a lifestyle tool that alchemises everything that hasn't been working for you into a sustainable path to better health, better relationships and a better life. If this is you then this book will help.

Disclaimer: This System is a supplement. It is not designed to replace anything and should only be used in conjunction with advice from your current medical professional if you are currently being treated for anything else.

It pains me that I have been advised to write the above paragraph so let me put it a little more bluntly. This book is entirely my opinion and I ask that you don't believe anything that doesn't feel right for you. The fact that it is based on my dealings with thousands of people with serious health challenges is irrelevant. If you are looking for excuses to not live a better, healthier life you will find them without reading on. This book is not for you!

The first step of our Active Energy System has the potential to get you positive results in every area of your life. It is the foundation of the whole process and the most important step of all.

This one step will guarantee you results all on its own – in every area of your life. Without this step, all of the others become largely meaningless
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