

# FOREWORD

*Gay Hendricks, Ph.D.*

**T**HIS IS A timeless book on a timeless subject: the art of creating what you most want and enjoying what you have. By timeless, I mean that you could pick it up ten years or a hundred years from now and its wisdom would be just as relevant as it is today. It also brings a uniquely balanced approach to a field that sees a fair amount of extremist philosophies. Most of the books on manifestation I've read are too cognitive, leaving the body out of the process, or too metaphysical, missing the specific action steps that ground the concept in clear, physical reality. Steve Sisgold shows how to most effectively use the full range of human potential: physical, emotional, mental, and spiritual.

I have had the great pleasure of knowing Steve for many years. I first heard of him through friends, who raved about his successful work in coaching authors and musicians I knew or admired. Later, my wife, Kathlyn, and I engaged his services to help us create the organization and career focus that we needed. I look back on that decision as one of the watershed moments of my life. Although we were already quite successful, there were many goals we would have liked to achieve that seemed impossible and outside our reach. Within a short time, using the information and practices Steve offered, we mani-

fested them all, including appearing on “The Oprah Winfrey Show” twice. This is the power of Steve’s gift: showing how to translate your dreams into clear action steps, all grounded in love, balance, and purpose.

One of the things I most admire about Steve is that he is a man of many talents. He is equally at home giving a heart-felt motivational speech, strumming a tune he’s written on his guitar, and cheering at a Warriors basketball game with his son. He knows how to make his own dreams into reality, in every area of his life, and he has inspired thousands of others to do the same.

I urge you to make use of this book in your work, leisure, personal relationships, and everywhere else, even if you are already successful. There’s a natural longing in all of us to make full use of our inherent gifts. Steve recognizes this, and he has developed powerful—and powerfully simple—techniques for drawing out your gifts.

May this fine work assist you on your path to a life of passion and purpose.

## ACKNOWLEDGMENTS

I AM BLESSED TO have met so many good people through my work over the years. To all of you, I am honored by your willingness to tune in to your body's intelligence with me. It's you who have inspired me to write this.

When my agent took this book to market I had one wish: to sign with a publisher who understood and appreciated the importance of my message. I found that in the McGraw-Hill team—especially in my dream editor there, Emily Carleton. She is the savvy, caring, skilled team player who positioned my book to be its best for you.

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# INTRODUCTION

## *What Is Whole-Body Consciousness?*

### You Have an Ally

YOUR ALLY holds a map to your destiny, your deepest desires and dreams.

Your ally is your best friend and counselor—the ultimate success coach.

Your ally supplies you with key insights and information whenever you need it.

Your ally monitors your health, relationships, and finances with a clear eye.

Your ally shows you the deepest truth in any moment in the most direct and simple way.

Your ally can clear your mind in an instant, and erase fear and doubt in a heartbeat.

Your ally is on call and in your corner twenty-four hours a day.

Your ally is your brilliant body!

## A Five-Star Thrill Ride

An amazing and unpredictable adventure began when you were conceived. From that very moment, your innate intelligence has steered you through a nonstop stream of sensations, feelings, thoughts, and impressions that make up the five-star thrill ride called life. Sometimes this kaleidoscopic stream of stimuli makes sense to you, and you navigate it easily. Other times a wave of feeling or sudden event comes your way and sweeps you off course. Either way, *everything that happens to you is registered in your body*, literally etched in your cells and your consciousness. Your body is infinitely complex and fantastically creative. It has a huge capacity to receive, process, and integrate highly energized information—even when stuck in difficult circumstances or painful experiences. Constantly scanning both within and without, your body sorts and prioritizes all that information so you can function effectively. Regardless of where your attention might wander, your body knows all it needs to know.

I call your body “brilliant” because of its sophisticated somatic intelligence, its boundless memory, and its unique, intuitive guidance system. All your experience and knowledge, your pain and joy, your forgotten secrets and your deepest desires are recorded there. As a result, your body has its own intelligence—a natural grasp of the deeper truths your mind alone cannot comprehend. The best move you can make, in many situations, is to get out of your head and into your body.

Your body speaks to you directly in the language of sensations, most notably *primary feelings*, such as tension, temperature changes, butterflies, nausea, headaches, changes in breath—even a rush of elation! Unfortunately, primary feelings are oftentimes lost in a wash of secondary emotion that

is triggered by an unresolved past—both your individual past and humanity’s collective past.

For over twenty years, I’ve enjoyed teaching clients and seminar participants how to get out of their heads and access their internal guidance system. People are consistently amazed to discover that they can truly rely on the body’s deep authority as a navigator. The insights and methodology contained in this book have been tested over and over, with great results. Many people experience remarkable personal and professional breakthroughs once they tap into their body-based intelligence. My clients have found all kinds of success—including Grammy awards, world championship poker titles, and best-selling books. Others have used whole-body consciousness to overcome personal tragedy, break free of crippling addictions, start a new career, or attract a loving life partner.

This book is designed to catalyze a key alliance—the one between your mind and body—and free you from the straight-jacket of outdated thinking that keeps you treating them as two separate entities. As you read, page by page, you will feel your body come alive. You will begin to appreciate it for its true brilliance, even if you have concerns about how it may look or perform for you right now.

People find something priceless and unexpected when they tap into the natural brilliance of their bodies. This book is full of their stories—real-life accounts that demonstrate the power that lies—usually dormant—within each of us. You can activate this power and use it to heal, to grow, to awaken, and to create the life of your dreams. In the pages that follow, you will learn how to hear and understand your body’s primal communications. By the end, you will be able to shift into whole-body consciousness at will, and *just know* what the next right move is for you. You will learn to communicate with greater effectiveness and clarity, and you will be able to identify, release, and

change the subconscious beliefs that sabotage your happiness. You will learn how to find and heal old traumas and painful emotions that may be stored in your body. In essence, you will reclaim your natural ability to determine what it is you truly desire and consistently achieve the outcomes that are aligned with your higher purpose.

This work is the culmination of a prolonged and systematic study of body language, somatic intelligence, psychology, and spirituality as they relate to human health, well-being, and success. My investigation has taken me around the world to study and practice various spiritual teachings and methods, both ancient and modern.

Everywhere I go, across countries, cultures, and stations of life, I have observed this basic truth: whole-body consciousness makes you more intelligent—better able to discern what you want and what’s in your way, and become unstoppable. On a micro level, in your personal life, WBC gives you the confidence you need to face family, economic, health, or other issues head-on. On a macro level, just imagine the positive influence you can have on the world if you access the mind in your heart and the mind in your gut—and use these in harmony with the mind in your skull.

This book is designed to walk you through a body-mind-heart integration process that attunes and harmonizes your entire being. Read, reflect, and jump into the exercises, and you will develop a closer relationship with your body, an expanded sense of purpose, greater faith in humanity, and an increased capacity for love and happiness that emanates from your true core. I applaud and thank you for joining me in this journey of self-discovery. Let’s begin!

CHAPTER

☰ I ☰

# Your Body Rocks

*The body is a device to calculate the astronomy of the spirit;  
look through that astrolabe and become oceanic.*

—RUMI

..... ☰ Baltimore, Maryland, 1961 ☰ .....

SITTING IN MY usual seat at the family dinner table, I feel a surge of energy coursing through my twelve-year-old body. My father has just put his lifelong dream into words: “Midget Grocery has one of its stores up for sale; I want to buy it and run my own business.” His excitement is tangible; the air feels electrified. My mother, who was not privy to his plan before this announcement, looks a bit stunned. After a pause, she begins to marshal a series of practical arguments for why he should forget the whole idea.

“What? And give up your management position with an established grocery chain?”

My father has always had a predictable schedule and a dependable salary that provides quite a bit of security for our family. My mom’s reasons are solid, and her arguments perfectly sensible. The risk to our family’s financial picture is too great—end of story. Pass the blintzes, please.

I try my darnedest to keep a lid on my feelings. Thoughts race through my head: *Don't interrupt! . . . You better keep quiet! . . . Mind your own business. . . . What do you know? You're just a kid.* But my body, with heart thumping, will hear nothing of it. A strong sense of certainty washes over me, and I cannot keep quiet. Like the cork on a bottle of bubbly, I pop: "*Dad, get the store! You can do it!*" I look at my mom with soft eyes of apology, but inside I feel like James Brown strutting the one-step and singing, "I feel good."

The morning after my dinner-table outburst, my mom agrees to accompany my dad and take a look at the store, saying, "Why not? We'll see the place, and afterward we'll get a corned beef sandwich."

I'll never be sure how much I influenced her by blurting out my conviction, but five minutes after she walked into the store, my mother changed her tune and supported my father's decision to buy it. One week after my father opened his store, a statewide food strike closed down all the local supermarket chains. People lined up halfway down the block waiting to buy their groceries. This went on for weeks, and many of them became long-term customers. The opening of his first business, Super Discount, was a personal triumph for my dad. He loved working for himself, and my mom leapt at the chance to work as his right hand. He became an overnight success by following his instinct, which was encouraged by mine.

## A New Kind of Awareness

The lesson I learned at the dinner table that night was pivotal. It was a marker moment in my life—that flash of conviction searing through my body and compelling me to blurt out, "*You can do it!*" What I didn't understand at the time (and couldn't put into words until much, much later) was that it was my first

experience with *whole-body consciousness*—an expanded form of awareness that transcends and expands our rational way of knowing. I literally became a different kind of person than I had been before. Taking the risk required to break with convention and speak aloud what I simply *knew in my body beyond all reason* changed me at a very basic level. A kind of knowledge outside the dominion of rational thought had revealed itself. I would not notice or name this subtle shift for quite some time, and yet the net effect of my outburst was evidenced quickly. My father's work life immediately improved, and our family life took a turn for the better as well.

## The Queen of Diamonds

Fast-forward some forty years to another table, where whole-body consciousness is about to yield keen awareness once again. This time the key player is not a wisecracking preteen but a dynamo political strategist. Nancy Todd Tyner has run 196 political campaigns in forty-two states and six countries—and won 98 percent of them.

Nancy first learned to play poker at her family's kitchen table when she was a girl. A resident of Las Vegas, Nancy had watched the World Poker Tour on television but rarely went into the casinos. All that changed in the months that followed the death of her fourteen-year-old son. Hayden had died of cancer, and to keep from going crazy with grief one night, Nancy fled to the noise and lights of the MGM Grand and sat down at a poker table. Surprised at how readily her skill as a political strategist transferred to the competitive atmosphere of tournament poker, she got hooked. The game gave her something to look forward to during her otherwise dismal days of grief. The more Nancy played, the clearer she became about her goal: she wanted to become the first woman to win the

male-dominated World Series of Poker tournament. She continued to build her skills and even attended World Poker Tour Boot Camp.

But somewhere along the line, Nancy's confidence began to falter. She found herself distracted by errant thoughts and self-doubt, especially when sitting at the poker table with men. She started to overthink her instincts in an effort to show the men she was no dumb blond, and distracting thoughts arose when she faced female opponents. In an interview on national television, Nancy talked about the type of mental noise that often got in her way: "When I first started playing, someone told me, lose the jewelry, tone it down, and I took it to heart, but when I showed up, I wasn't comfortable." Competitive anxiety from the past would flood Nancy's mind and make it impossible to remain present and alert in the game. This woman, who rarely saw a loss in the cutthroat world of politics, found it difficult to manage her thoughts and feelings when she lost a hand. But Nancy wasn't ready to walk away and felt certain in her gut that if she stuck with it, she could win at this game, too. But she knew she needed help to get the defeatist voices out of her mind.

Nancy called and set up a one-day intensive with me. A quick study, she learned to get out of her head and access whole-body consciousness at will through the same simple steps I've taught thousands of people in my seminars and which you'll read about in the chapters that follow. Nancy learned to recognize when her thinking got caught in what I call a *spin trap*—those dead-end thought loops in which distracted, fear-based thinking makes the natural intelligence of the body impossible to hear. Together we uncovered the fearful beliefs that fed her negative thoughts. I led her through an exercise to discover and embody her larger life purpose, and this clarity shed new

light on her zest for poker. What was initially a means to an end—coping with her grief—became a platform from which she now speaks out on cancer education to help parents whose children have been struck with the disease.

With renewed inspiration, Nancy set an initial goal to win the first women’s World Poker Tour Championship. The going was tough at first. Nancy had to face down the negative thoughts and beliefs that prompted her to make desperate, losing moves. After going through a host of tournaments, she developed much greater awareness of her internal mechanism as well as the external bodily signals that gave her away. It worked—and fast. Instead of getting eliminated in the first round, she moved up to the final tables several events in a row. With certainty and a new winning edge, she entered the World Poker Tour Ladies Championship.

Nancy’s political career had taught her all she needed to know about being the underdog. She knows the long-shot territory better than most. When the two top sponsors, Poker Stars and Full Tilt Poker, declined to back her, she was unfazed. One representative said, “No need to take on another horse,” citing the fact that they had all three pros at the table and were certain of a win. As a political strategist, Nancy was regularly cast in the role of David against some Goliath of a campaign. She was amused to find herself on familiar ground.

..... ≡ Bellagio Hotel, Spring 2008 ≡ .....

The Inaugural WPT Ladies Championship

“The Queen of Diamonds,” Nancy Todd Tyner, is head-to-head with “the Brooklyn Bluffer,” Vanessa Selbst, the heavy favorite here at the finals table. Vanessa has Nancy on the ropes. Nancy looks down at her dwindling pile of chips and realizes

she has slipped into her old pattern of spin-thinking and needs to regroup. She asks for a time-out and takes a break. While alone in the ladies' room, Nancy realigns with her purpose by talking aloud to her son: "Hayden, I didn't come here to lose, and I have no intention of it. I'm not asking for aces and kings, I'm asking you to help me read my opponent. . . . Then I can do this."

Nancy returns to the table and breathes deeply into her body to access whole-body consciousness. She reaches into her bag for her iPod and listens briefly to a digital recording of my voice, reminding her that she can avoid reacting to her opponent by getting out of her head and expanding her awareness. The light goes on—*I can't read my opponent if I'm not reading myself*. She scans her body and notices the tension that has her leaning forward with an anxious look on her face. She sits back, feels her natural winning instinct return, and takes the next hand. She is back in the zone. Her bejeweled fingers sparkle—*bling, bling*. Two, three hours pass as the two women fight for every chip.

At one point, Vanessa looks Nancy in the eye and says, "You know, you should smile more. . . . We're both going to make a lot of money tonight."

"Honestly," Nancy says, "I'm not playing for the money."

That puts an end to distracting chitchat.

Within an hour, Nancy emerged victorious and took home the purse—a \$68,640 first prize. The next day, the local media pronounced: "Todd Tyner displayed consummate patience . . . and although rather new to the game compared to lots of the tour pros, she played like an old pro, without getting overwhelmed by the final-table aggression." Nancy smiled into the camera in a postwin interview and summed it up this way: "I am a good poker player because I am attuned to everything that is happening while playing."

Nancy has now set her sights on being the first woman to win the male-dominated World Series of Poker tournament. If I were a betting man, I'd wager a pile of chips that she will!

## Higher-Order Thinking

What I was able to impress upon Nancy is the simple fact that we all have a brilliant body, with innate intelligence that will serve as an inner compass—if only we let it. A few simple tools and steady application was all it took for Nancy to actualize whole-body consciousness (WBC). In other words, she practiced getting out of her head and put WBC to the test in the laboratory called *high-stakes poker with a purpose*.

Each of us is dealt our own set of circumstances unique to our personal path through life. At times our circumstances are fairly predictable, even boring. At other times, the squeeze of modern life pushes us outside our comfort zone and onto the steep slope of a new learning curve. And sometimes we are faced with a major upheaval—divorce, the loss of a loved one or our source of income. Major disasters, such as a hurricane or a tsunami, come along, and we are forced into volatile conditions utterly beyond our control. Given that life and the larger world are likely to continue pushing and prodding humanity along in this unpredictable way, we owe it to ourselves, to our families, and to our future to upgrade our internal navigation system.

The information and techniques set forth in the chapters that follow will catalyze your brilliant body and familiarize you with WBC so you become well equipped to steer through life, whether you encounter rough waters or calm seas. Especially helpful in rapidly changing times, this resource allows you to step out of mental spin traps where fear and limitation can take over your thoughts and blind you. With whole-body

consciousness, you gain a new edge that lets you to drop the illusion created by spin traps in favor of the kind of higher-order thinking Albert Einstein pointed to when he said, “We can’t solve problems by using the same kind of thinking we used when we created them.”

## Stop Overthinking and Start Living

Problem solving is a crucial skill that forces your mind to work through the obstacles that stand between you and your goals. If you are like most people, however, at times you err on the side of overthinking—getting so lost in your head that you lose perspective. Whole-body consciousness allows you to shift gears, disengage from the hyperrational and often reactionary mind, and tap into your inner knowing that holds the solution to every problem. Shifting to whole-body consciousness and listening to what your body is telling you is that quantum move.

Just as you created your own personal identification number to access your bank account, you can create your own whole-body access code to get into whole-body consciousness. You may use kinesthetic, auditory, or visual cues, or some combination of these. To clarify: Feel your hands holding this book right now—that is a kinesthetic cue. Listen to the birds outside or the sounds inside the room—that is an auditory cue. If you say inwardly, “I’ve slipped into spin thoughts,” that is an auditory-kinesthetic cue, because you both hear that inner voice and feel the vibration in your throat. Go look in a mirror at your own eyes—that is a visual cue. Have fun experimenting with various cues and find out what brings you most fully into your body in the moment. You will get to explore this further in Chapter 4 when you learn the “self-evident truth” technique.

Once you know your access code and can readily tune in to WBC, you can adapt to changing circumstances with greater finesse. For instance, let's say you access WBC while driving to work and discover that your hands are gripping the wheel like there's no tomorrow. You breathe into the tightness of your grip and notice that your neck is all crunched up and that your mind is in a constant loop of worrisome thoughts. With this added awareness, you instantly choose to release the tension in your body, breathe deeply into your lower belly, and practice one of the WBC techniques that you will learn in the chapters that follow. Your grip on the wheel loosens, and your worries begin to fade. What's more, should someone swerve into your lane, you'll have the presence of mind to handle it effortlessly and maintain your cool. The ride to work need not set you up for a long day of headaches and neck pain nor threaten your safe-driver status. As you internalize this new awareness, your whole way of thinking, speaking, acting, and navigating through life will change for the better. Biochemically, you're a new person.

This power to shift your biochemistry into a peak state—what I call *being in the beam*—is now being verified in research studies by leading-edge scientists. With WBC you are fully equipped to live your best life.

## Intelligence Is as Intelligence Does

*Intelligence has nothing whatsoever to do with thought.  
... Intelligence comes into being when the mind, the  
heart, and the body are really harmonious.*

—J. KRISHNAMURTI

The inner workings of the body-mind are under the microscope, as modern-day scientists discover just how powerful and

diverse human capabilities are. Science has now demonstrated that the mind and body are one system. Only in our human philosophies were they ever separated. A new wave of mind-body scientists and healers are opening up new possibilities for human development in every area of life. We are learning that our physiology affects our emotions. Emotions affect our thinking. Thoughts affect our emotions, which affect our physiology, which then affects feeling and thinking, and so it goes.

A growing body of new research shows the following: (1) feelings contain as much, if not more, information as thoughts, (2) information is stored in our physical bodies at a cellular level, (3) every thought and feeling creates a physiological effect that is etched into our cells, and (4) this information exerts a profound, yet largely subliminal, influence on our perceptions, behaviors, and experience. As cell biologist Bruce Lipton, Ph.D., explains in his book *The Biology of Belief*, “A human organism is a community of upwards of fifty trillion cells operating in unison and harmony, trying to conform to the requests and demands of that central voice. And it is the central voice that acquires and learns the perceptions that we must deal with throughout our lives.”

Deepak Chopra, in his foreword to Candace Pert's book *Molecules of Emotion*, refers to the intelligence that resides throughout our entire body as a *mobile brain*. According to Chopra, Pert shows us that “our biochemical messengers act with intelligence by communicating information, orchestrating a vast complex of conscious and unconscious activities at any one moment. This information transfer takes place over a network, linking all of our systems and organs, engaging all of our molecules of emotion, as the means of communication. What we see is an image of a ‘mobile brain’—one that moves

throughout our entire body, located in all places at once and not just in the head.”

We now have new fields of medicine such as *neurogastroenterology*, founded by Dr. Michael Gershon, author of *The Second Brain*. Gershon is also the chairman of the department of anatomy and cell biology at Columbia, where he focuses on interactions of the central nervous system with the so-called brain-gut axis. Another relatively new field in medicine is *neurocardiology*, which views the heart as an intelligent organ and studies its interactions with both the peripheral nervous system and the central nervous system.

Mind and body have always been one whole and complete system. This is the interdependence that prompted me to challenge my mother’s reasonable fears at the dinner table that night long ago. It is also what gave Nancy the certainty to navigate the uncharted waters at the Bellagio Hotel.

Unfortunately, many of us learned to repress our inner knowing when we were told not to speak up at the dinner table. Or we ignored the exquisite direction of the body’s navigation system and have difficulty finding our winning edge because we get caught up in spin thoughts just as Nancy did before she tapped into WBC. Let’s take a look at how and why this happens and close the gap in awareness—for your body’s brilliance, and what it has to tell you, is little more than a breath away.