

Health/Wellness: INTRODUCTION

KNOWING YOUR BLUEPRINT:

The Ayurvedic Secret to Restoring Your Vitality in 30 Days

Ayurveda is an ancient system of healing that originated in India 5,000 years ~~millennia~~ ago. ~~I have studied its thousand pages of wisdom, but my goal here is to give you a practical guide to restore your health. Its wisdom is contained in over a thousand pages of esoteric medical and spiritual texts. But you won't find any of them here.~~

What you will find is a practical guide to revealing your unique nature. According to Ayurveda, we each have natural born qualities ~~thate~~ that comprise your *dosha* or Blueprint™. ~~It is y~~our inherited blueprint that unlocks the surprising key to your vibrant health and success. ~~that awaits you.~~

~~You will d~~Discover the best and worst foods for your genotype, the exercise and daily routine ~~that will~~ to make you thrive, easy ways to lose weight, your ideal career, the secrets of relationship, and more. No matter what problem or challenge you are facing, in 30-days you can uncover the secret to undiminished vitality and be on the way to achieving your goals. ~~You can~~Get unstuck and finally experience the vibrant health and success you want to have! You'll also enjoy the fascinating stories that reveal how even the most difficult life situation can be changed-transformed when the light of the blueprints is shined on it.

Many of us have unrealistic views of ourselves and of our capabilities. Knowing-Your Blueprint (Part I) will give you a clear view of what mental, physical, emotional and spiritual tendencies and strengths you have inherited. It will also give help-you tools to understand your friends, family and co-workers.

Business/Security Industry: INTRODUCTION

It was a calm, brilliant morning. Four days of stormy weather had lifted and I was happy to be walking from the parking lot to my office without wind and rain tearing at my jacket. That evening I had plans to attend my daughter's ballet recital. I remember she was so excited that she put on her costume before breakfast to show me.

It was a busy Friday. We had shipments coming in unexpectedly and one of the cashiers was out. At 2:30, the buzzer on my walkie-talkie went off and within minutes we were in lockdown, with 12 customers trapped in the storeroom under gunpoint—by a regular customer I found out later with a long list of grievances that nobody had paid much attention to.

Something I knew could happen but probably never would—had just happened. Two hours later I made a call to Ellen, the wife of one of our security guards who was shot and killed. Seven customers suffered gunshot wounds, another died of a heart attack. That evening, only because my wife insisted, I managed to catch the tail end of my daughter's ballet performance. She was disappointed.

The above story is the rough equivalent of an interview I did with a store manager when I was working as an investigator.

Whether you are an HR executive, a pastor, VP of Customer service, or a CEO, I hope and pray that you will never have to make such a phone call. Fortunately, the statistics are on your side. Unfortunately, there aren't any reassurances.

A look at the numbers show more than 2 million incidents of workplace violence occur each year:

~~It will show you the roadmap to an easier life, a life in which you have more control over your choices and outcomes.~~

Part II of this book will show you how to live your blueprint and achieve a goal in four weeks. You will be unstoppable. What does that mean? It means you will not stop until you have achieved your goal. How would your life be if you could not be stopped?

The secret to being unstoppable is balance. When you are balanced, your energy and actions can be easily focused on your goals. You will not be distracted by pain, low energy, sluggishness, or resistance. ~~Therefore your goals can be easily achieved.~~

Secrets of Ayurvedic Wisdom Revealed

This book reveals the secrets of Ayurvedic wisdom used to overcome chronic ill health and low energy, validated by my 33 years of experience ~~during my time~~ as an Ayurvedic practitioner. I have ~~led~~ guided nearly a thousand clients ~~through~~ this program ~~and they have to~~ achieved not only restored health and vitality, but increased willpower, decisiveness, and courage—qualities that put their goals within easy reach.

This is the book for you if you are:

- >Overweight with a history of struggling and have struggled unsuccessfully to lose weight
- >Depressed, anxious, ~~worried~~ and unable to move forward in your life
- >Exhausted and too weak unable to exercise ~~or enjoy your life~~
- >Tired all the time due to insomnia
- >Experiencing digestive distress that interferes with your enjoyment of life

1 in 7 employees are physically attacked
1 in 5 employees are threatened with physical harm or harassed
Over 1,000 homicides and/or injuries

I'm sure you would agree that safety is a top priority for everyone in your organization and the people they serve. No one argues this. But how do you go about ensuring it? Many organizations have responded to the increased violence of our times by hiring more security guards or creating Violence Training Programs to deal with the aftermath of a violent incident. As a certified security professional, I applaud these necessary efforts.

However, after 30 years protecting the people and assets of service-oriented corporations, including 10 years at Disney World managing security operations, I see a serious gap in today's response to violence in most organizations, especially among hospitals, large retailers, churches, and schools.

I once asked a security professional in one of my courses on "Addressing Disruptive Behaviors" to tell me how he would handle a situation with a man who entered the store in a long, baggy coat and started walking up and down aisles looking around nervously. With unmistakable pride, he replied: "I'd walk up to that dude and tell him to get the hell out of my store and never come back." There was some laughter and clearing of throats.

"Do you think that was effective?" I asked. His eyebrows shot up and he nodded, "Oh yeah. Never saw that guy again." What this man didn't realize was that his disrespectful and aggressive words have a consequence. They generate more aggression and are likely to result in a grievance that will build up and find another outlet, perhaps next time a more dangerous one.

- >Missing the passion and enthusiasm you used to have
- >Frustrated that you can't find a job that feels right ~~forte~~ you
- >Struggling with ~~in~~ a difficult relationship.
- >Ready to find out what diet and lifestyle will make you thrive.

Knowing and living by your Blueprint is essential to achieving your goals

Your Blueprint will tell you which foods create vitality for you and which foods make you feel sluggish. You will know which activities enliven you, and which exhaust you. When you know your Blueprint, you understand why some things are easy for you and others are hard. You know what supports your inherent strengths and what reveals is the cause your inherent weaknesses. You can use this knowledge to sustain your vitality and guide the choices of your life path so you can achieve your goal. ~~your goals are easily achieved.~~

If you don't have the strength to make a decision or are continually distracted by pain, you won't achieve your goals. ~~If you are continually distracted by anxiety or pain, you won't have the necessary focus to achieve your goals.~~ Therefore, an essential part of this book focuses on the diet and lifestyle that will restore your balance health and vitality.

Habits

We spend a lifetime creating our habits. ~~These habits protect us from danger, sometimes they save our pride.~~ Most of us believe that these habits protect us from danger, that they help us cope and survive. But are they serving us? Are they the Do they blossoming of our original Blueprint, ~~which~~ bring us balance and personal power and

The first thing to understand is this: People on both sides of potential violence have become accustomed to feeling threatened and victimized. When people feel that way—whether they are customers or customer service professionals—they don't treat people with respect. They react with demeaning language and intimidation. These disruptive behaviors, unchecked, lead to physical violence.

The Wake-up Call

After 9/11, the security world changed. The switch was dramatic at Disney World, which welcomed over 19 million visitors annually. Suddenly we went from focusing on criminal detection and protecting property to keeping people safe from terrorist attacks. We went from looking for the guy trying to steal a souvenir to the guy taking photographs of rooftops.

During this challenging transition, I began to see the necessity of going beyond detection. (Detection has been the traditional approach to both criminal and anti-terrorist surveillance and prevention.) I recognized that we needed a better understanding of human behavior to address the causes of aggression and our ability to shift them. This was and is a game changer. Because it addresses causes, not symptoms. It is an approach that alters human chemistry away from anger and aggression to calm and compliance.

When I left Disney I had a goal—and a mission. To help companies develop new policies and create innovative training programs that altered the path of violence at its root. The basic premise is simple: *The way people view and respond to disruptive behaviors has a huge influence on the outcome of a potentially violent situation.*

It starts with an understanding of human

vitality or are they habits that feel comfortable while blocking our success and happiness?

This book gives you the tools to discover your own unique Blueprint. In simple steps you will discover how to create a life that expresses your greatest, most balanced self. You have the opportunity to dig deeply into your heart and find the goal that is most meaningful and important to you *right now*. It is my fervent desire that this ancient knowledge of ~~our~~ Ayurvedic Blueprints become common knowledge to help everyone live fulfilled happy and lives.

behavior and why people react the way they do. Most people possess this understanding innately but it's easily forgotten in situations of conflict. Think of an instance when someone steps in line in front of you, blocks your turning lane, ignores a reasonable request, or invades your personal space. What is your first reaction?

As leaders, you have the opportunity to empower *everyone* in your organization to create and contribute to a safe and peaceful workplace. To become influencers, not victims. It begins with you and spreads to your staff, your team members, your associates, your cashiers, and yes, your security guards.

Preventing and reducing violence is a life skill for our times that is too important to postpone.

After seven years of formulating and teaching violence prevention courses to hospitals, corporations, and churches, I decided to compile a series of short books to share this critical information with a wider audience.

Change begins with perception

Violence is reduced and prevented by altering both our perception of the “aggressor” and our behavior toward them. The foundational principles and practices in this book will empower people to:

- Understand what disruptive behaviors are and their impact on safety
Appreciate and actively embrace the important role you play in keeping the workplace safe
- Learn why people behave aggressively and what to do about it
- Minimize injury, legal exposure, and loss of reputation for your company
- Recognize and use your “unique position of influence” to change other people’s

disruptive behavior

- Identify the 3 common mistakes that make a bad situation worse
- Recognize and interpret the verbal and nonverbal signs of aggression
- Learn the 3 skills that instantly reduce conflict
- Learn the 4 basic responses to conflict and which ones are effective in reducing violence

I invite you to learn and share these principles with the people whose safety you care about and are responsible for. You will be taking a significant step toward ensuring a workplace of security and well-being in which your organization and its employees can flourish.

Outline

Story: When disaster/danger hits

Statistics: Highlight problem

Core Idea: Empower your people to be safe

Credibility: Why listen to me?

Promise: What you and your staff are going to learn

Invitation: Make a difference, reduce violence, protect your employees