



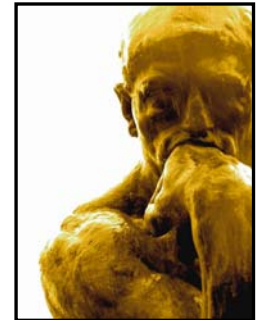
## CHI -eNews

### The Chi of Thought

The body is servant to the mind. Control the mind and you control the body. We become what we think about.

Click link > [http://www.youtube.com/watch?v=4lyS56\\_BeVA](http://www.youtube.com/watch?v=4lyS56_BeVA)

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### Saving the World



*“In the unlikely event of a sudden change in cabin pressure an oxygen mask will drop down in front of you. Place the mask over your nose and mouth. Secure your own mask **first** before assisting others.”*

If you're a frequent flyer then you're familiar with this standard safety protocol given to all passengers before take-off. Every airline in the world takes the same position without exception. Secure your own mask before assisting others.

The advice is the same in industrial first aid.

*“After identifying an emergency situation, prior to making direct contact with the casualty, it is important to assess the scene for danger to **yourself**, bystanders and the casualty.*

Once again the “me” comes before the “we”. Sounds selfish because it is, however, this advice is both wise and benevolent. We're all taught to put others before ourselves, but this is nonsense and explains in part why so many people suffer with such extremely poor health and depression.

The world is terribly confused by self-importance. Many of us suffer with massive insecurity and low self-esteem. We all want to be happy yet we're “selfish” for wanting what we truly desire. Our own thoughts are viewed as worth “less” compared to what our own family or society thinks.

If you go “down the tubes” because of self-neglect then everyone who depends on you will suffer. This principle relates to safety, medicine, team sports, money and most importantly, your own personal health.

We’ve all heard the adage “Those who can’t do, teach”. How true this statement really is when it comes to the WORK of personal health care. It’s so much easier to criticize or tell people what to do than actually do the work ourselves. Most of us struggle with the management of our own well-being. In fact for most people based on simple observation, it would be easier get a PhD in astrophysics and fly to the moon than create a powerful, lean-for-life, disease resistant, fit body, especially over the age of 50.

How many of us are spending exorbitant amounts of precious time, energy and money trying to save the world, but in the process, partially or completely neglect our own body and physical health. Stop trying to save the world! Get your own act together **first** or you WILL become a liability if you’re not one already! You’re Numero Uno baby. Don’t forget it!

### Audio Excerpt

### SNU Special Guest Interview V8N2 (part 3)

Gabriel Lightfriend: A Brighter Life

Click link> <http://www.coryholly.com/snu/archive.cfm?id=84>



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Dallas Texas USA

Cory competes as a Masters athlete in natural bodybuilding and track and field (hammer thrower) and was a Grand Master Silver Medalist at the 10th Annual 2007 INBA Natural Olympia in Greece.. [www.coryholly.com/about](http://www.coryholly.com/about)

### CHI Motto

*Eat as hard as you train...*

A handwritten signature in black ink that reads 'Cory Holly'. The signature is stylized with large, sweeping loops and a long tail on the final 'y'.