

## *THE MISSING CHAPTER*

By  
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## – Chapter 10 –

# **Taking Action and Following Through (Mastering The Art of Presence)**

This is probably the most important chapter of the entire book! I can provide you with the greatest strategy to get lean and develop a totally shredded physique, but unless you actually take action, you won't see any results.

**People think taking action is a matter of being strong willed, but I strongly disagree.**

Relying on willpower to push you to take action can work in the short term, but eventually you will stall out and quit. What we actually need to do is to shut off your mind from creating unnecessary stress, anxiety and urgency. It's your mind that messes with you, tells you to procrastinate, tells you to go off your diet and tells you to skip your workout and it's your mind that causes you to compulsively think about your diet, training and rate of progress.

If you identify with your mind it will control you. If you observe your mind, you can become free from it.

When you learn to live in the present moment and only use your mind for practical purposes, all of the sudden progress happens effortlessly. Following through and taking action on any pursuit happens automatically. There is no longer any unconscious resistance.

It sounds paradoxical that living in the moment would actually help you create the future you want. But the truth of that matter is that the quality of your future is dependent on the quality of your consciousness.

The more present you become, the more natural it is to take action and follow the steps you need to take. And the more deeply present you are, the more joy and fulfillment you get along the way.

## **Step 1: Resist Nothing**

The first step is to stop resisting the present moment. I understand if you're sick, tired and unhappy with your current physique, but you need to escape this deadly mentality!

Right now I want you to repeat the following, "I completely and totally accept where I am right now."

I don't care if you're 350 lbs and 40% body fat. You must completely and unconditionally accept yourself right now! Once you do so, you will replace negativity, stress, anxiety and urgency with gratitude, joy, peace and patience.

There is this incredible perspective shift that takes place. You start to see the positive in your life and thus you start to attract more good things.

Furthermore, there will no longer be this compulsive need to arrive and attain. And thus, you can simply enjoy the fitness adventure. This is when working out and dieting starts to fall into the background of your life. It doesn't take up much time or mental energy.

What's more, this is when fitness becomes extraordinarily rewarding and improves all other aspects of your life.

## **Step 2: Know that you are not your mind**

Understand deeply that you are not your mind. Treat your mind and its thoughts as a six year old child. Observe it, don't judge it. So long as you are observing your mind and not identifying with it, you will withdraw all power it has over you.

For example, if you catch your mind telling you a story about why you can't succeed or why you shouldn't take action, observe the thought.

Overtime these thoughts and self limiting beliefs that have been emotionally tied to your ego will no longer bear influence over you. And you will be able to use your mind as a tool, instead of being hijacked by your mind.

## **Step 3: Bring your awareness into the present moment**

Keep your mind focused and honed in on the present moment. Wherever you are, be there totally. Don't make the mistake of compulsively thinking about your diet, training and rate of progress.

This will only make the journey seem much slower and drawn out than it needs to be. Only think about your training, diet and fitness stuff for practical purposes.

If you find yourself constantly reading fitness articles on the internet and watching fitness clips on YouTube then you need to find a life outside fitness. Furthermore, if you're out with friends and thinking about what you're going to eat for dinner later or the workout you have tomorrow, stop it.

All this mind activity is not helping you get to your goal faster. It's just taking you out of the moment; it's taking you out of life. Your goal no longer becomes an uplifting adventure but rather a compulsive need to arrive and to make it.

When you can spend as much time living in the moment as possible and being present, your life will be far more fulfilling.

If you're with friends, if you're at work, if you're watching a movie then do that. In fact, being very busy and always having things on the go will make your fat loss journey go by much faster. The more time I have to kill, the more I compulsively think about fitness and it's almost like slowing down time. With my mind constantly thinking, it becomes much more likely that I will mess up my diet or make stupid changes to my routine.

If you find your mind is wandering and taking you out of the moment, try to catch it. Once you realize you're not present, you become present. With time, you will be able to spend greater lengths of time in the now.

Being in the now will put you in the best possible state. And it is the quality of your state that determines your success and happiness.

If you're at the gym, be at the gym totally. Concentrate completely on performing the exercises and while resting

between sets, focus on your breathing. If your mind tries to escape the moment and wander, catch it then focus back on the present moment. Think of it as a skill set that you're developing. In time you will be able to live in the present moment for as long as you feel comfortable and only use your mind and thoughts when necessary for practical purposes.

## **Step 4: Stop Projecting Happiness into the Future**

Our mind likes to do whatever it can to keep us out of the very moment that we're in. It pushes our very happiness and fulfillment into the future. And in doing so, the present moment, this moment right here, becomes reduced to a mere stepping-stone into future without any real value.

**Everything we do in life becomes a chronic obsession to arrive, to have and to attain.** The enjoyment from our moment-to-moment life is gone, as everything becomes a means to an end.

We tell ourselves that we'll be happy when we have that job, that car, that perfect girlfriend or that six-pack abs. But as long as you're projecting your happiness into the future, your mind will keep it there.

What you need to understand is that to the ego there is no present, only past and future. We look to our past to give us an identity and we look to our future for salvation.

Creating an identity for you, whether positive or negative, is like casting yourself in a prison. You are no longer free as you have some false sense of self to uphold. There will constantly

be fear and anxiety at anything that may threaten this false sense of self.

**If you've identified with your mind and seeking fulfillment in the future, your mind will always keep it in the future.**

What people initially think will make them happy inevitably makes them feel empty again. When you seek happiness through ego validation, it quickly wears off and before you know it, you need another fix.

So long that you're seeking happiness in the future through catering to your ego's need, you will never truly be happy.

By all means, have a vision for yourself, go after your dreams, build an incredible physique and date amazing women. But don't do so on the premise that it will make you happy.

The true power and fulfillment that you get from working towards your vision comes not from the end result, but from how deeply it brings you into the present moment.

To truly succeed and create the life you want, you must honor the now. You must learn to utilize your mind and not become hijacked by it.

When your attention is in the present moment, all limiting beliefs will have disappeared and you will be in an empowered state that is clear, focused and confident. In pursuing your dreams and taking action, you will have strengthened your presence power and taken control of your mind. This is the ultimate form of freedom.



## **A beautiful quote from Eckhart Tolle**

I now wish to share one of my favorite quotes. This is from Eckhart Tolle's book "Practicing the Power of Now":

*"Set yourself a goal and work towards it. Be aware of where you want to go, but honor and give your fullest attention to the step that you are taking at this present moment. If you become obsessively focused on the goal, perhaps because you are seeking happiness, fulfillment, or a more complete sense of self in it, the now is no longer honored. It becomes reduced to a mere stepping stone to the future with no intrinsic value. Your life's journey is no longer an adventure. Just an obsessive need to arrive, to attain, to make it. You no longer see or smell the flowers by the way side either. Nor are you aware of the beauty or the miracle of life that unfolds around you when you are present in the now."*

In the past, this completely described me to an absolute tee. I was treating each day as means to an end and thus put a big portion of my life on hold waiting for the day that I would be absolutely shredded.

### **This was exhausting and no way to live your life.**

Since adopting a new outlook, I no longer obsess about the end destination. I accept where I am now and work towards the goal without seeking fulfillment from it.

This mind shift alone makes the journey much more smooth and joyful. You can actually enjoy every day, as you get closer to your goal.

## **This is when getting lean became effortless.**

My latest cut that took me from 13% body fat to a shredded 7% body fat was the easiest cut of my life. It was as if I didn't even realize I was dieting.

Use these strategies. Don't write them off.

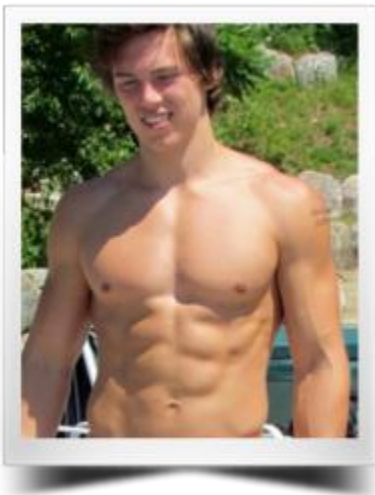
You might be tempted to. You might want to just skip this "mental stuff" and cut straight to the workout.

Don't do that.

Read this chapter again and absorb what I'm saying. Read Tolle's book "Practicing the Power of Now", in fact.

When you do that, you'll realize it's not about the six pack abs at all.

## **Transform your physique and live the life of your dreams.**



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