

Aggressive Fat Loss

[The Kinobody Guide To Becoming
Present & Conquering Your Goals]

By:

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KINOBODY

Chapter 1:

The Kinobody Morning Ritual Routine

I believe that everyone should have a morning ritual routine. It will completely and absolutely transform your life. How you spend the first 30 minutes of your day, will in fact, shape the rest of your day.

Just by doing a simple morning routine, you will be more focused throughout the day, you will be more productive, you will take action when required and you will stick to your

plan effortlessly. Each and everyday, you will move closer and closer to the man (or woman) that you want to be.



Moreover, you will carry yourself with a calm, confident and powerful aura that will feel incredible and will support your goals and dreams. Very few people have this aura. And when you notice people that have it, well you can't help but want to be in their company.

But before I share with you my powerful morning ritual routine, I am going to catch you up to speed on the concepts and inner workings of the mind and how to reshape yourself into the person that you want to be.

Why Most People Never Achieve Their Goals

One simple reason why people never achieve the goals they want in life – whether it's to start a business or grow their existing one, transform their

bodies or become more confident socially – it's not because they don't know what to do.

Most people know what they have to do to get to their goals, one way or another. But something is stopping them from taking action and something is holding them back.

Perhaps you haven't accessed a part of your brain that is laser focused on taking action and conquering goals?

Perhaps, you are living in fear, fear of failure, fear of judgment or even fear of achieving your goals.

The Number One Driving Force is Not Success

The bottom line is that the number one driving force is not to succeed. It's not to achieve everything you want in your life.

The number one driving force is homeostasis, to keep your current identity intact.

Most often, what people want in life contradicts their present identity and self-image. It doesn't matter if you want to look like an absolute Greek god and be strong and chiseled in the future.

What matters is how you see yourself right now.

If you see yourself now as fat, out of shape and weak, well you will constantly be defined by that negative perception. You must lose yourself. Let go of any identity that you're carrying with you. Opening your eyes like this is the first day of your new life.

This requires you to carefully observe your mind and tune into all of the negative thoughts and stories that are playing in your head. When you're

able to pull away and witness these thoughts, they lose all power they have over you.

You can then reshape yourself each and everyday. Create a brand new you. But you can only do this once you've lost the old you.

The Kinobody Morning Ritual Routine



Each and every morning you are going to listen to Practicing The Power of Now for 20 minutes. You are going to listen to the audiobook in complete stillness, not while you are distracted.

You are going to quiet your mind and allow yourself to reach a state of deep presence and peace. This 20 minute drill will imbue your entire day with positive energy, peace and joy. You will become more grounded, centered and confident.

You will learn to dissolve any fear, anxiety, stress or negativity that you feel. “No fear, no distractions, the ability to let that which does not matter truly slide” (Fight Club).

You are then going to go about your day carefully observing your mind and watching how often it escapes the present moment. You will see just how often you project happiness into the future, complain about the present moment or let the past and your victim story define you now.

You will also witness how often our mind procrastinates and creates false rationalizations, excuses and reasons not to do the things that we need to do. Don't be shocked or upset. This is a good thing. By observing these mental processes, you will be able to gain control over your mind and your life.

Each and everyday, you will become more and more present. And over the course of the next three weeks your entire life will transform. For probably the first time in your life, you will have complete control over yourself.

Tolle Meditation

Think of this 20-minute drill as a supercharged form of meditation. Meditation has a tremendous and profound benefits backed by science. I will not address them here, because it's beyond the scope of this article.

That said, I have found listening to Tolle to be definitively more powerful than meditating. In the process of listening to Practicing The Power of Now, you experience a shift in consciousness, as you learn to transcend the ego and enter a state of deep stillness.

You also begin to have deep realizations while gaining perspective on your entire life. Moreover, you learn and develop the skill of moment to moment presence. So instead of just doing traditional meditating for 20 minutes per

day, you learn to bring more consciousness, more present awareness into your everyday life.

Don't just listen to the entire audiobook just once. Listen to it over and over again. Every time you listen to it, you will have new realizations and learn to become more present and more in control of your own mind.

How This Will Transform Your Physique

When you learn to become present, the entire journey to your goals will become filled with ease, joy and lightness. It will no longer be a chronic obsession to arrive, to attain and to make it. You will truly enjoy each and everyday that unfolds as you work towards your goals.

Furthermore, you will have complete comfort in yourself. Your emotional state and self-confidence will no longer be tied to how you look that day or any external validation.

You will simply just be.

This will be truly liberating! You will be able to experience true joy and peace right now, no matter what is going on around you.

When you become truly present, you will dissolve false hunger and cravings. You will be in touch with your bodies real physiological hunger. If we can master the ability to eat according to our bodies true needs, not the desires of our mind, getting and staying lean becomes rather automatic.

Now it's up to you to put this drill into practice and to completely transform your life.

Chapter 2:

The Six Pack Paradox

These following points of resistance are what make up the six pack paradox.

Until you stop resisting, you will unconsciously sabotage any and all efforts at making forward progress. Now funny enough, these points of resistance are completely paradoxical in nature as you will soon see.

Accept Yourself As You Are

“Completely accept what is, because you cannot give your full attention to something and at the same time resist it.” Eckhart Tolle

Look, here’s the deal, we all have insecurities and things that we want to change. But you must learn to accept these characteristics. If you haven’t accepted these traits, if you haven’t accepted how you look right now, there will be constant stress, anxiety and urgency behind everything you do.

In the game of dieting, stress, anxiety and urgency are your greatest foes. This is what turns dieting into a grind, this is what makes life a burden and this is what leads you into engulfing an entire bag of cookies on a lonesome night, only to feel unbearable guilt.

The clients that have the easiest road to leanness are okay with who they are. They’re not stressing out about their body fat percentage and they’re not making a huge deal about how they look. They simply focus on sticking to the plan and enjoying the ride.

When you have accepted yourself, completely and totally, your life will transform. Now you can begin productively working towards your goals

without your mind messing with you. So take some time to accept and love the person you are right now. Understand that on the deepest level, nothing you could ever do, have or become will make you a more complete person.

If you catch yourself scrutinizing the person you see in the mirror, calmly and without judgment remind yourself to 'stop resisting'. Remind yourself that you're already awesome right now and that you're working towards your goals to become even more awesome!

When you feel awesome you will experience positive energy to work towards your goals. When you feel down on yourself and irritated and ashamed, you will experience negative energy that will only ever work against you, pushing you into the wrong direction.

Realize Six Pack Abs Will Not Make You Happy and Complete



Most people tie their happiness and fulfillment to some form or another. They believe that sometime in the future when they have this body, this car, this girlfriend or this job then they will be enough, okay and alright. And until that point comes, they are not enough and not complete. This is a dreadful way to live your life and this makes living hard.

When you tie your self worth to some form, like six pack abs for example, you will be hard pressed to reach your goal.

Moreover, you will never ever experience true happiness and fulfillment.

This mentality of romanticizing the future kills the present moment. It turns your fitness journey into a chronic obsession to get six pack abs. This is when everything takes a turn for the worse. You're constantly thinking

about your diet, the days go by slower than ever and you miss out on enjoying the true beauty of life.

You become consumed and taken over by your mind and instead of being able to enjoy the present moment that you're in, all you can think about is your goal and your diet. Nearly all the pain and commitment that dieting takes is mind created.

Your mind is constantly resisting the present moment. Trying to escape every second of real life because it believes that your fulfillment is tied to the future with some arbitrary look. Stop resisting. Stop escaping the present moment. The more you do so, the more stress, struggle and anxiety you will create.

Once you honor the present moment, nearly all of the hard work and commitment that dieting takes dissolves. Now it's just a matter of following a simple plan and enjoying each and every day as you get closer to your goal.

Understand that Perfection is Not Necessary

Stop trying to be perfect, to hell with perfection! It's not realistic and it's not dynamic. If you try to be perfect you will be polarizing yourself from everyone around you and you will be setting yourself up for cold, hard, failure.

Stick to your nutrition plan to the best of your capabilities but understand if you slip up once in a while it's not a big deal. Give yourself permission to not be perfect. By having a relaxed attitude you will make dieting much more enjoyable and when you do slip up, you won't feel to guilty about it. This means that you won't turn a trivial few hundred calories into an all out food binge.

Moreover, sometimes we need to live our lives. We have to go into situations where we can't stick to our diets or our macros to the tee. Maybe we get invited to dinner or we want to go get ice cream with this cute girl. If you're able to exercise moderation and you're able to be accountable over what you eat, in any situation, then being in great shape year round will be effortless.

Some people can only be in control when they're at home, tracking and recording everything they eat. Then when they're out of their comfort zone and not sticking to their usual diet they lose all ability to exercise self-control.

Being really, really, ridiculously good at not being perfect goes a long way.

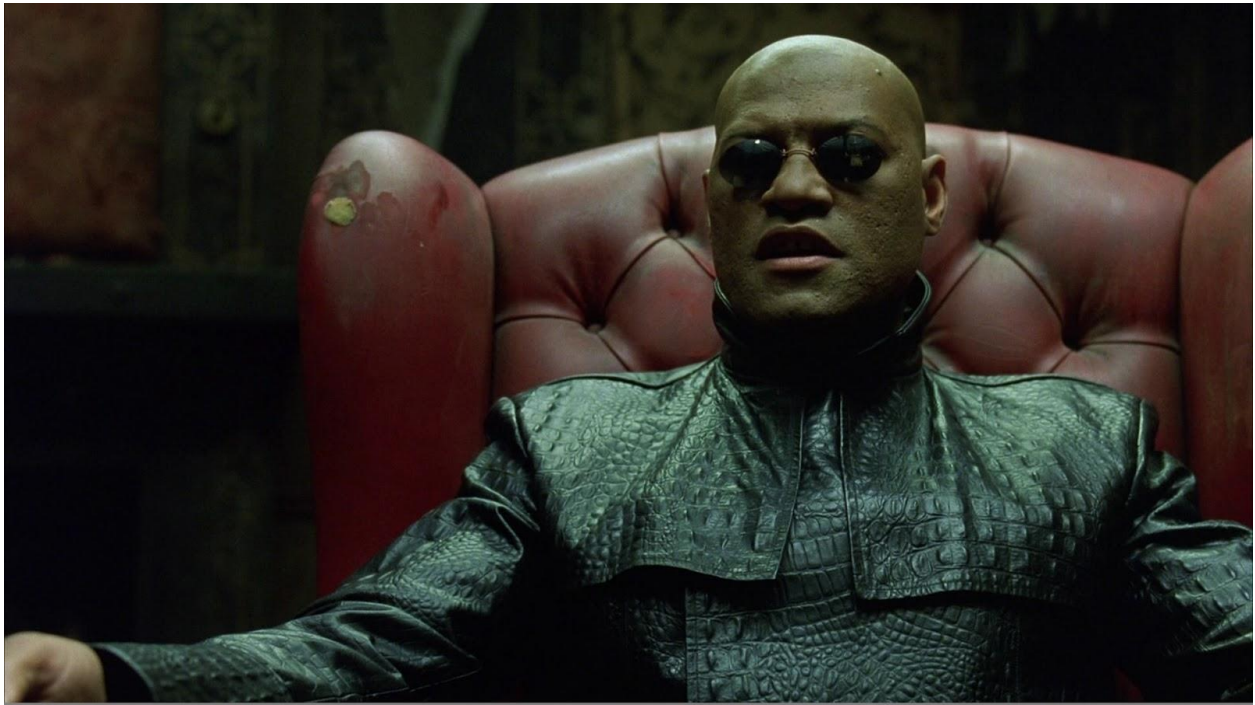
This allows you to make slow and steady progress no matter what situation you find yourself in. Then when you want to tighten things up for a few weeks, you can. Afterwards, you can go back to more of a relaxed and slow, but steady approach. This is a really enjoyable way for long-term, sustainable fat loss.

People that accept nothing but perfection invariably take the two steps forward, one step back approach. Or worse, one step forward and one step back.

At the end of the day, they either never get to their goal or they get there but in a miserable and obsessive fashion and lack the ability to maintain their results.

Chapter 3:

The Truth About Happiness & Success



What if I told you that you have been hijacked by your mind?

You would probably think that I'm crazy and you would probably want a hit of the crack that I appear to be smoking. Well in truth, I am dead serious and at this moment, completely sober and this article may in fact rewire and change your whole perception of who you are and what's possible.

But before you can resonate with any of this, you first must take back control of the throttle that your ego has so desperately wrapped itself around. You see, what most people fail to realize is that you are not your mind and until you realize this critical fact, you will forever be a slave to your mind.

Once you can dis-identify from your mind by observing it, it's no longer in control and you can use your mind as a tool, as opposed to being taken over by it. It's almost like human beings were created with a glaring flaw. A flaw that would prove so destructive that it would poison any and all chance of happiness.

As humans we walk through life in a daze and our minds are constantly running all over the place, doing whatever it can to escape the very moment that we're in. If you go about your day as normal, you will witness your mind wander continuously.

For example, you're at work but desperately looking to the weekend for salvation. Or maybe you're at the gym working out but instead of focusing on the set you're doing you begin to let your mind drift off.

Next, imagine you're at a bar and you see a gorgeous girl. Do you bring your attention to the present moment, walk up to her and meet her. Or do you retreat to your mind, and wander what you should say and if she will like you, and then do you justify your lack of action by coming up with a creative reason for why you shouldn't talk to her.

Your mind is stopping you from talking to her because of its unconscious fear of rejection. So long that you're inside your head, your ego is in control and anything that may potentially hurt your ego, you will avoid.

When you bring your attention away from mind activity and into the now, your ego no longer exists. Fear in all of its forms disappears and you are truly free. Furthermore, it's only when you are deeply present that true happiness can arise.

Projecting Fulfillment 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 those 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.

If you're 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.

And as a result, any and all relationships and interactions will secretly have a hidden agenda. There will be an outcome, to feel validated and to give your ego a more complete sense of self.

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.

Letting go of the Ego

I want you to imagine that your entire life up until this moment has been erased. Everything you know of till this very second is gone; your name, your possessions, your past experiences and your identity!

As Tyler Durden said in Fight Club, *“It’s only after we’ve lost everything that we’re free to do anything.”*

What was he talking about? This is so much deeper than losing your job, your car, your money or your looks. This is about losing your ego!

Without any past there is no pride, no fear, no insecurity, no judgments, no mental labeling and no emotional complexes and thus, you can simply be! That being is the very essence of who you are.

To achieve this state you need to bring your fullest attention to what you’re doing, to the very moment that you’re in, only then will you feel peace, aliveness and joy.

Your life will flow with much more grace and ease and things will start to go your way as your mind will no longer be holding you back and it will no longer become dependent on an outcome. Your mind will no longer be taking you out of the moment, which is all we ever have.

How will this transform your life?

Without any ego identification, there is nothing holding you back. In the words of Jordan Belfort (Wolf of Wall Street), “Most people tell themselves

this wild story about why they can't take action and in truth, the story they tell themselves is exactly what's holding them back from being successful.

They complain and justify and that stops them from moving forward." With no ego, there is no fear of failure! Your excuses and false rationalizations will go out the window. You will have empowered yourself by taking complete and absolute responsibility for everything in your life.

Only once you have accepted that the buck stops with you and only you, only then will you be free to conquer your goals and to take action. And only then will you stop subconsciously sabotaging any and all attempts at fulfillment, success and happiness.

"No fear no distractions, the ability to let that which does not matter truly slide." (Fight Club)

Everything in life will bring you much more joy and people will sense this deeply sincere and incredible energy about you that they can't help but be drawn to.

Further, you will become so deeply grounded in yourself and in the moment that very rarely will anyone or any circumstance have the power to upset you or get you off your game.

Chapter 4:

The Seven Principles To Magnetic Success

Throughout my journey I have ended up with seven life principles. When you live in alignment with these seven principles, you get out of your own way and in turn you begin to attract success with magnetic-like power. But first things first, you need to have a vision for where you want to go and a plan to get there.

Once you have defined what success looks like to you and you have a strategy in place then these seven principles will work their magic. Perhaps you want to build an incredible body. You may have a certain look in mind and you might currently be using a solid workout and nutrition plan to get there. But that in and of itself isn't enough.

Nothing worth having is easy to come by. Because of this, most people aren't able to follow through or push through when the going gets tough. Live by these seven principles and you will transmute discomfort, burden and struggle into joy, ease and lightness. This will make conquering your goals downright fulfilling and uplifting!

Principle #1 – Be in a State of Complete Acceptance

This is one of the single most important principles I have ever learned in my entire life. When things go wrong and you're unhappy with an event or situation, the mind likes to resist it. By resisting it, you create negativity. The mind believes that through negativity it can manipulate a desired outcome, otherwise why else would you create negativity?

Negativity only ever brings more negativity and all it takes is one retrospection to see that this is the case. This is precisely why when one thing goes wrong, everything goes wrong. To be in a state of complete

acceptance means to embrace everything in your life, even the worst stuff as if you had chosen it. You no longer let your mind and ego cling onto an undesired event.

What happens is absolutely beautiful! You create room for positive action. You're no longer resisting anything and because of this, nothing is holding you back. You're completely free to work toward your goals. Furthermore, this shift in outlook creates gratitude.

When you're grateful for what you have, you're acting out of a state of abundance and more great things seem to come your way. In the area of fat loss, you must accept where you are right now and take full and absolute responsibility. Then and only then will you be able to move forward.

Principle #2 – Learn from your past, don't identify with it as a hard done by person

One lesson I picked up on pretty quickly by comparing those that succeeded by those that could never seem to catch a break, was this; the 'unlucky' person always seems to dwell on their past and all the unfortunate things that were done to them. They see themselves as a hard done by person and they feel sorry for themselves.

They create an identity out of their past and they tell their victim story to other people to strengthen it. So long that you're identifying with your past, you will never escape free of it. Your sense of self is invested in being this hard done by person and to succeed would be to contradict your very identity. So your ego will never let you succeed, its life depends on it.

Only when you take responsibility for where you are right now, will you be able to move forward. This may sound quite simple, but the magnitude of this very thinking process can not be understated. Instead of deflecting the blame onto someone else, you are taking full responsibility and thereby

taking complete power over your life. This is the very start of a massive life transformation.

You were blind but now you can see. Instead of seeing yourself as a victim to your circumstances, you now see all the different things you could have done to avoid a situation. This process gets the brain working and puts you into success mode.

Principle #3 – Don't look to the future for salvation

The human condition always likes to project happiness into the future. It tells us that we'll be happy, complete and fulfilled when we have this and that... As long as you're chasing fulfillment in the future, you'll always feel incomplete and inadequate. Why?

Well because fulfillment, happiness and salvation can only ever be experienced in the present moment. It can't be experienced in the future, nothing can ever be experienced in the future.

This is hard for the mind to grasp. But when the day comes that you thought would give your life meaning, invariably the same state of lack reappears. This is really a dreadful mentality to have. Moreover, this mindset strips away the beauty of the adventure and sees the present moment as a mere stepping stone.

Your life turns into a chronic obsession to arrive, to attain and to make it. This desperation kills the beauty, creativity and liveliness behind what you do. Everything becomes a means to an end instead of joyous in it's on right. As far as fitness is concerned, this mentality makes the journey a slow and painful one.

Principle #4 – 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 that 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.

Principle #5 – Make the present moment the primary emphasis of your life

In the great words of Eckhart Tolle, "As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out of the present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love – even the most simple action."

The idea is to spend most of your life with your attention honed in on the moment that you're in. This is when working and seemingly laborious tasks become so deeply satisfying. Have you ever been so intensely focused on what you were doing that all your problems dissolved? Nothing else in life mattered. You were just simply being and it felt fantastic. Surely you have!

This is precisely why people love drinking, partying, riding motorcycles, surfing, racing and sex.... Anything that takes them out of their head for a change and makes them feel alive. The greatest artists, athletes, writers, business people.. They get so enraptured with their work because it brings them into presence and it connects them to being.

When you can become present to what you're doing you'll be amazed at just how incredible life becomes. However, this is a very difficult skill set to attain, but easily one of the greatest skills you can ever learn. It requires you to observe your mind and to catch your mind when it tries to escape the present moment.

Principle #6 - Create a vision

See things as they are and then see them better than they are. Decide how you want your life to be and make it so! A clear, identifiable and purpose driven vision is what separates the successful from the unsuccessful.

If you don't have a vision for where you want to be, it will be really hard to get motivated. But when you have created a strong vision for your life and for yourself, it's easy to be motivated and nothing can get in your way. Nothing can stop you from taking right action. And with this vision you unleash a greater sense of purpose, drive and ambition.

Principle #7 - Have a strategy

To build an incredible physique or to succeed in any pursuit, you must have a strategy in place. You must commit to a plan! Unfortunately there is so much information available to us that we become overly convoluted and have no idea where to start.

We keep changing things up, complicating things, trying new things, and constantly looking for a different approach when we never put the initial one into action. We feel as if we are moving forward but in actuality we haven't even left the driveway.

It's as if you're about to embark on a journey but keep stalling, wondering if you're taking the right approach. It's okay to fail, it's okay to make mistakes, this is what being human is all about! But for gods sake, take action and adjust as necessary along the way.

Now that you have invested in the Aggressive Fat Loss Program, you have a strategy in place. So stick to it! Start recording your progress and moving forward. It's easy to get side tracked and want to change programs every 3 days, but don't. You will only be sabotaging your efforts.

Final Comments



When you can utilize these principles while actively working towards your goals, everything will come together. In closing, I want to leave you with one final note....

We've all been guilty of putting our life on hold, waiting for the perfect moment before taking action. Hell, we've even let our mind stop us dead in our tracks, by replaying some story about how we'll never succeed. I say enough with this! The only thing holding you back is yourself. Once you realize this, barriers become stepping stones and life begins to flow with much more ease and grace.

So let's stop living for the future.

Let's stop sobbing about our past.

And let's stop resisting what we don't want.

You have complete and full power over your life and who you become. This is the most beautiful thing in the world to me.

Transform Your Physique &
Live the Life of Your Dreams

Greg O'Gallagher

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