

# GETTING YOU STARTED ON A HIGH ENERGY LIFE

LESSON 4 HIGH ENERGY MASTERCLASS

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What is a “**High Energy Life?**”

Let me explain.

Let’s imagine you are in this side A of current health.

There could be multiple scenarios for you here depending on your existing conditions on Side A.

You are a person who wants to lose weight, a little or a lot but PERMANENTLY.

You want to have increased energy levels to cope with your life.

You want to regain youthfulness or you want to look & feel younger 5-10 years.

You want to get in the best shape of your life.

You want to manage your lifestyle ailments now and do not want to become a prescription case study.

You want to recover from an injury or you are already healthy but want to elevate your wellness or you simply want to enjoy a pain free, disease free life.

You may be someone who have tried at least 4-5 diets but still unable to eliminate the food cravings and addictions.

If any of this is applicable to you, you are on this side, on this life, we call it Side A. Now, let’s see what if you get stuck up on this Side A forever. I mean what would **be the cost of remaining stuck in this Side A forever.**

There would be 3 types of cost you may end up paying.

- 1) **Healthcare Cost** – This includes visiting doctors, working on treating the symptoms, buying prescription drugs every month and often longer and painful hospital bills and surgeries in case there is any life style disease progression. Modern healthcare system is broken, it is focused on charging the patient to FIX the problem rather than teaching the patient to prevent the problem in the first place. You will spend both money & time here, may be in thousands of rupees every month, however this is still the cheapest cost.

- 2) **Mental Cost** – This includes not being able to perform at your best or show up your best in the world. Workplace productivity may suffer, your focus may be compromised, and you will pay a bigger price for not being able to bring your best to outside world.
  
- 3) **Emotional Cost** – This is the highest price that you end up paying. For example, if you are unable to manage your weight, it can impact your self-image, your self-esteem, it can destroy your peace, happiness, your confidence. It can also have a ripple effect on your family, on your loved ones and what kind of energy you transmit to them.

If you do not believe me on this, ask anybody who has been bed ridden for few weeks and they will tell you the value of health.

They will also tell you the amount of cost they ended up paying; financial cost, mental cost and emotional cost.

Let's talk about how the life is on the other side B.

I call it second life. **Your 2.0 Version, your Second life of wellness.**

Once you reach here, first of all, you cross over 2 billion people literally to join .01% population who is able to sustain long-term weight loss, which means remaining slender for more than a decade.

Secondly, you experience radical shifts in energy, self-esteem, happiness and self-confidence. Having Wellness, weight loss and vitality – it becomes a **HIGH ENERGY EXPERINCE.**

Here's what happens to you once you reach Side B.

- 1) **Achieve your natural weight** – You finally stop carrying the extra weight on your body and allow your body to go back to its natural, most optimised state without going for any more diet or starvation using sheer willpower.
- 2) **Turbo charge your energy level** – You get the energy boost to show up your best to the world and achieve all the things you want in life.

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- 3) **Wake up Refreshed** – With a balance energy and internal cleansing, you calm your nervous and hormonal system for better sleep cycles.
- 4) **Achieve food freedom** – You change the relationship with food forever. Your old taste buds get changed. You are able to eliminate your carvings naturally and start enjoying food.
- 5) **Boost your metabolism** – You clean your body from inside probably first time, so you release the toxins, you become lighter, you have more energy and you look forward to exercise.
- 6) **Boost your self-esteem** – Your self-esteem and your self-image gets a boost as you look your best in front of mirror and on zoom calls. Also you experience self-confidence and self-love, because you're in the best shape and health of your life.
- 7) **Break the cycle of lethargy** - You come to a place where illness & pain have no space and finally you are able to break the cycle of lethargy.
- 8) **Improved performance** - You are able to achieve focus, clarity, direction & drive and move forward in your key projects by enhancing mental performance.
- 9) **Personal power** - You step into your personal power and have the energy you need to live the life of your dreams.
- 10) **Improving relationships** - You boost your intimacy with your love partners and enjoy superior health for you & your loved ones.
- 11) **Improving workplace productivity** - You are able to master time, find true work life balance and get more done in less time.
- 12) **Join the 1% Club** – and finally you become top 1% of the healthiest people on planet and reclaim your vibrancy, zest for life & health.

Now in the journey where you are at Side A and you want to reach to Side B ,

I call it Hero's Journey, there are **5 Enemies ready to derail you.**

Let's see who they are:

- 1) **Navigation** – Just knowing the destination is not enough, you need a guide, you need a GPS system to take you there. If you do not have a guide or a GPS system, searching for the Side B will be a long, painful journey of trial and error with a high failure rate.

- 2) **Learning time** – You could do self-learning thru trial & error (like I did and it took me 3 years) or you could enrol yourself into a college / university program, but the problem is that the knowledge will be outdated and it will come with huge investment of time & money.
- 3) **Habit Formation** – Even when you get knowledge, the thing which will get you results is action and implementation and for that you need to replace the old habits.

Remember the formula in Lesson 1,

Knowledge + Consistent Action **LEADS TO**

Building Momentum + Automated Habits

Which **LEADS TO** Results + Transformation

Is the theoretical knowledge enough for behavioural change?

Let me ask you. You have the knowledge that eating cucumber is healthy than eating chips or popcorns.

When you are watching TV and there is a packet of chips or popcorns in front of you and there are also cucumbers in your refrigerator, if you do not change your habits and rely on your willpower only, who will win?

Give me an honest answer, what will you end up eating?

Chips or popcorn OR Cucumbers?

This is what I mean by habit formation.

- 4) **Cravings & temptations** – We already covered in lesson 2 that we have a limited amount of willpower each day. If you do not know how to handle these food villains, it will be a matter of few minutes, hours or days that you will give up.
- 5) **Social Management (Special occasions, parties, travel)** – How to handle peer pressure, how to interact socially, what to say, how to say, all these are important tools to stay on track. If unchecked and unprepared for, each one can derail you quickly.

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So how do you tackle these **5 enemies** on your journey from Side A to Side B?

You can't look to science, because there isn't a single program that's been scientifically proven to work long-term.

So you need to find a real, live human being to guide you.

And that makes sense, right?

If you need to get from Side A to Side B, and you know in advance that hardly anyone ever gets to point B successfully, you've got to find someone who has made the journey and is willing to show you how to do it.

Not your friend or neighbour or mother who has lost 5 KG. Or even 50 KG. As hard as that is to do, it's relatively common.

Nope, you need to set your bar higher.

You're looking for someone who meets **the following 5 criteria**:

1. They have a history with overweight, obesity, and food cravings that's as bad as yours (or worse). That way you can be sure that the solution they are sharing with you is potent enough.
2. They have regained their health, lost all their weight and gotten truly slender.
3. They have kept the weight off for years upon years (over a decade is good...that's how long it takes for 99% of those who lose weight to gain it back).
4. The plan they follow has worked for lots of others, too.
5. Ideally, you want someone who has hands-on experience coaching a large number of people to regain health, lose weight and keep it off long-term. Nothing beats a seasoned guide.

That's a pretty high bar, for sure.

But it's the only way to ensure that you're getting **KNOWLEDGE WITH HANDHOLDING** that really works.

Remember, an ambitious estimate is that 1% of people manage to make the journey successfully. You've got to go to great lengths to find an effective roadmap if you want to join the 1%.

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If you need a guide, I'm happy to help. I meet all these five criteria.

Because let me ask you, **wouldn't it be AMAZING to join the 1%?**

I am happy to announce opening up my 10 weeks long online program **HIGH ENERGY EXPERIENCE**, which is a proven guided way to reach from Side A to Side B.

It works from the comfort of your home. You can access it on your desktop or on mobile.

Registration for the HEX Intensive Program is open right now.

It comes with the launch price and registration is about to close down.

The deadline is this **SUNDAY 29<sup>th</sup> NOVEMBER**.

But please don't wait until Sunday. I don't want you to forget about the deadline and then have to wait for many months to join me in the program.

Here's the link:

**[CLICK HERE for all the details about HEX Intensive](#)**

P.S. This page also has a link to the 11 Case Studies... and a super-extensive Frequently Asked Questions document.

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*Vineet*