

**How to Fall in Love with Your Body  
so you can Look Good...Feel Great...  
Think Clearly...Choose Best...and  
Be Happy.**

**Simply by peaking your 5 Vital IQs: physical, emotional, mental, moral, & spiritual—you can break through *all* the barriers in your life and free *all* the places you feel stuck and trapped.**

**Did say simply? Yes I Did...Read on.**

**What is a Body Breakthrough?**

A Body Breakthrough is a paradigm shift in the way we live in, experience, and know our bodies.

It is a radical reclaiming of our oldest and dearest friend; the flesh and blood wisdom that has lived in the shadow of the mind for the past two thousand years. A Body Breakthrough is a doorway to a Sensational life; it requires total shifts in our physical, emotional, mental, moral, and spiritual lives. It breaks through all we have ever known to be true and introduces us to dreams we never even knew were possible.

**The  
strongest,  
surest way  
to the soul  
is through  
the flesh.**

-Mable  
Dodge

## **How this Special Report Came to Be...**

I wish you could have been there...

A group of diehard environmentalists and indefatigable social workers were standing under an oak tree on a delightful fall day. We were at the Texas Bioneers conference—a three day event bridging Environmental Restoration, Social Justice, Health, and Spirituality.

Surprised at the twenty people who showed up for my breakout session: “Mastering Your Five Vital Intelligences” (there were some great leaders teaching in the main building), these activists instantly revealed how divorced they were from their bodies.

For all the tremendous energy they poured into changing our world, they were longing for the sense, wisdom, and comfort of our flesh and bones.

In the sunny breeze we relaxed and swayed; we tuned in and sensed our bodies. By the end of the class they were hungry for more.

These dedicated Bioneers wanted something to take home with them. Thus, this report; Body Breakthroughs for Life Breakthroughs.

## **Why Should You Listen to Me?**

I’m Alan Davidson, the Body Breakthrough Coach. I help people break through the barriers they have with their bodies, hearts, minds, choices, and spirits. I help them untie the knots of confusion, suffering, and fear that bind them to lives

**Health is  
natural,  
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individual  
who has  
achieved  
harmony  
between  
body and  
mind.**

-Ron  
Perfetti

they no longer want to live.

**My life has not always been this healthy (or healing)**

Outside the window I saw the traffic on Houston's busy Richmond Avenue. The heat shimmered off the pavement.

Sitting in an uncomfortable chair, I could feel the fear in the walls around me. The fear of all the people who had sat in these chairs waiting for the news they would die.

I was at the Montrose Clinic waiting for the results of my first HIV test. When I first learned that AIDS was caused by a virus I assumed that I would die.

And why wouldn't I?

Truth be told, the late 1970s and early 1980s, whizzed by in a haze of flashing highs and crashing lows. Moving to Houston to become bartender to the fabulous, I shot meth-amphetamine into my arms and shared needles with men who had already died of AIDS.

I expected to die a lonely, painful death, too.

My roommate in 1987 happened to be a MD. Dr. Wayne kept saying, "Alan, I think you're negative. You're just too healthy."

Getting clean and sober earlier that spring allowed me to think about the future. I summoned my courage for the HIV test to decide if life had short term plans for me, or long term plans.

The test was, and still is, negative. I knew that day the executioner spared my life. Spared me for what I did not know. I left the clinic that day vowing to quit squandering my talents and strengths.

**Your  
Capacities  
are  
trembling  
to be born.**

-Abraham  
Maslow

### **A new discovery**

I planned go back to college (I'd dropped out for the party life) and finish my degree in Psychology and become a psychotherapist.

But six months later I found my way to massage school. I soon realized massage is more than therapeutic touch...it is a spiritual practice. I explored the place where my body (long ignored), my mind (long indulged), my feelings (long buried), and my spirit (long denied) were interconnected. I began to heal.

I did finish my college degree, but by then I saw how powerful touch therapy could be and chose it over talk therapy.

### **The Body Breakthrough Coach**

I've been a body-mind-spirit therapist since 1988 and taught massage, movement, yoga, tai chi, dance, meditation, breath, and energy work since 1890.

In my own studies and work with thousands of clients and students, I realized we have these Five Vital Intelligences: physical, emotional, mental, moral, and spiritual. I call them IQs. These Intelligences can each be measured, and more importantly, boosted, improved, and peaked.

My book, *Body Brilliance: Mastering Your Five Vital Intelligences*, hit the #1 Health and Diet book on Barnes & Noble.com the week it came out (March 13<sup>th</sup>), 2007. It's also won two 2007 National Book-of-the-Year Awards.

Today I combine all the aspects of my past—my love of bodywork, psychology, sociology, philosophy, religion, ritual, spiritual practice, and even the flair and drama of a

**The  
curious  
paradox is  
that when  
I accept  
myself as I  
am, then I  
can  
change.**

-Carl  
Rogers

bartender. Combining all these diverse elements gives me the creativity, insight, and wisdom to see the patterns of limitation clients bring to their coaching sessions. Together we design the perfect plan for them to breakthrough old, fearful conditioning and live into the worlds they most dream of.

## **What is this path to energized living?**

The Five Vital Intelligences or IQs—physical, emotional, mental, moral, and spiritual—are layers nested one within the other. Each of them is a layer of consciousness, a field of quantum energy, a capacity for growth, and often-unrealized potential.

We know these intelligences by their noticeable quality of energy: we can feel

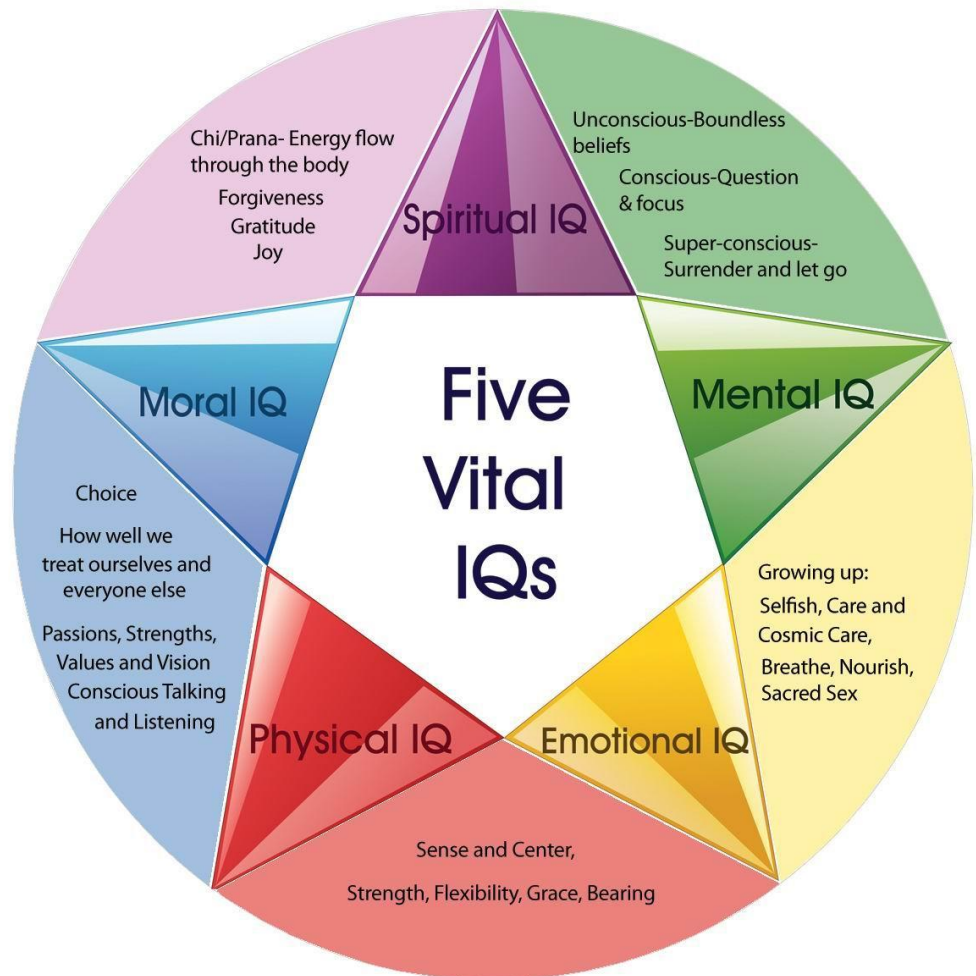
- Physically charged,
- Emotionally thrilled,
- Mentally crisp,
- Morally engaged,
- Spiritually vital.

Our energy at each level of intelligence is our marker and our measure of how we are fulfilling the potential of that layer. Are we living into the full promise of that IQ or are we running on fumes in that area of our lives?

Imagine a star, the five separate points extending from the

**The self is  
entering  
into  
relation  
with the  
body.**

-Edward  
Carpenter



hub. The center of the star's energy is unaffected by the individual points, much like the stillness of God's blessing in the center of the dervish's whirling body.

Never the less, the star points—while connected to the center—are separate, each emanating a bit differently from the other four.

Similarly, the five vital intelligences each have their own

**These five  
IQs—  
physical,  
emotional,  
mental,  
moral and  
spiritual—  
represent  
the sum  
total of  
energized  
living.**

-Alan  
Davidson

vibration or frequency, each has its own techniques for success. Taken together, these five levels create an eternal, constant center: what the Asian mystics and quantum physicists call “the pure stillness of being” or the “stillness within all movement.” Such a core is the beginning and the end, the doorway to pure energy of life and the sum total of our lives’ efforts.

### **Where the Five IQs come from**

According to Howard Gardner in his book *Frames of Mind: The Theory of Multiple Intelligences*, humans do not have just mental intelligence—the ability for thinking and learning—but emotional, physical and spiritual intelligences: the potential for being fit, for seeing themselves through others’ eyes, for the journey toward contentment and enlightenment.

I add moral intelligence to Gardner’s list: a level of intelligence that enables not only understanding of another’s pain but the desire for justice.

The Tantric philosophy of India describes five distinct koshas, or layers of consciousness, weaving together to create our human lives.

The sports psychologists Jim Loehr and Tony Schwartz point out the value of physical, emotional, mental, and spiritual energy in their book *The Power of Full Engagement*, joining Gardner in a contemporary explanation of what the yogis explained in their ancient texts: that each of us, although unique, is a bundle of energies that can be felt, measured and fully experienced.

I've distilled these principles into the Five Essential Intelligence Quotients. These five IQs—physical, emotional, mental, moral and spiritual—represent the sum total of energized living.



## Boosting Your Physical IQ:

TORINO, Italy, February, 2006: Representing China, at the Winter Olympic Games, Zhang Dan and her partner, Zhang Hao, stepped onto the ice for their free-skate performance. They ranked second after their dazzling performance in the short program, and since the pair skated last, the silver and bronze medals were still very much in play. The young couple's skating is punched by their power, speed, and grace. The Zhangs (they are not related) are famous for their quadruple twist, a very difficult maneuver during which Hao spins Dan four times as her body is almost horizontal and parallel to the ice.

A few seconds into their program, they attempted something never before tried in Olympic competition: an unprecedented quadruple-throw salchow, in which the man throws his partner into the air as she launches from the back edge of her skates, spins four times and lands gracefully on the ice. As the crowd gasped, Zhang Dan missed the graceful landing. She crashed, her left knee slammed into the ice and her legs splayed out. Dan spun across the ice and rammed into the sideboards surrounding the rink.

Visibly stunned and doubled over in pain, Dan struggled to her feet with her partner's help. Hao held her gently from behind, as they glided to the sidelines, seemingly finished.

Five minutes later, after consulting with coaches, a medic, and officials, 20-year-old Dan gingerly returned to the ice. The crowd roared and she even managed a timid smile. The pair continued their performance to the thundering applause of the crowd.



Zhang Dan &  
Zhang Hao

No one could have expected much from Zhang and Zhang after such a shocking accident. I can't imagine what high demands are placed on all the elite Chinese athletes, or what Dan's life has been like to create this kind of sheer willpower. "We are challenging the extreme limits of what a human being can do," said Zhang Dan. "We were still empty in our minds. When the music started again we didn't know where to start our elements, but we gave a gesture and then we carried on." Hao added, "Gradually after we restarted, it became more clear in our minds how we could continue."

Following a display of bravery seldom seen on an ice rink, the Zhangs began again and nailed every move. Four minutes later, the entire crowd was standing and cheering their effort, which gave them second place and China's first-ever Olympic figure skating silver medal. By the time they came out to receive their medals, Dan's left leg was heavily iced and bandaged. The plucky skater, however, limped a victory lap around the rink to still more applause.

### What is Physical IQ?

Through training and sheer will Zhang Dan and Zhang Hao mastered their physical intelligences. They were ambassadors of this vital IQ. Physical Intelligences rests on six qualities. The foundation is Sense and Center. On this foundation are four pillars: Strength, Flexibility, Grace and Bearing.

## **Sensation is the Language of the Body.**

-Debbie  
Rosas

- **Sensation** is the language of the body; a language many of us have ignored for most of our lives. To feel the sensations of our bodies is to actually experience ourselves; raw, life coursing through us, present in our most immediate sense.
- **Centering** is a key element of all the martial arts, from Aikido, Tai Chi, to Tae Kwan Do. This simple, yet profound, practice asks us to drop into our center of gravity. The Asian traditions call this part of the body, about two inches below the navel, the tan 'tien in China or the hara in Japan.
- **Strength** relies on "Calisthenics" which comes from the Greek words kallos for beauty and thenos for strength. These healthful exercises are designed to create muscle fitness, which includes muscular strength, gracefulness, and physical well being.
- **Flexibility** represents much more than just stretching the muscles or connective tissues. Good stretching affects three different parts of our bodies: the nerves, the muscle fibers and the connective tissues.
- **Grace** is often simply called balance, conscious movement, or skillful movement. It's ease and suppleness of movement and bearing."
- **Bearing** is the stance and posture of the body in space. It is the natural alignment of the skeleton. Balance is the interplay of gravity and our bones, and a reflection of our overall sense of wholeness and ease.

## Growing Your Emotional IQ:



The little chamber orchestra playing secular music for a couple of Christian missionaries was the first clue this wedding was going to be different. The second clue was the barefoot bridesmaids with matching ankle bracelets. It was a typical Fort Worth, scorching afternoon; and the heat just seemed to shimmer around the old Methodist Church. After the bridesmaids came the bride, Kimmie,\* just as barefoot as the day she was born.

Growing up with her missionary parents in Africa, Kimmie never much cared for shoes. She was however, gorgeous in a strapless long white wedding gown. Jacob,\* the groom, waited for his bride-to-be with a splitting smile. They beamed at each other with such happiness; their vows seemed eclipsed by the simple beauty of their love.

Sealing their marriage with a passionate kiss, released by the minister, they turned together and skipped down the aisle and into their future; much to the smiles of their guests. Barely a dry eye in the house, the crowd rose to their feet for the procession.

The bride's mother and father, glowing in their own right, followed the wedding party down the aisle. Just as they reached the last pews the Father-of-the-Bride saw an old gentleman, standing near the aisle, tears streaming down his face. The two men embraced. A silent moment of understanding and gratitude passed between them.

The sodden cheeked cowboy, dapperly dressed in full regalia—grey suite, boots, big belt buckle, and bolo tie—was Kimmie's surgeon, Dr. Creighton Edwards. Together they knew what

she had endured to skip down that aisle. As her father said later, “All these years we thought we’d be planning a funeral. Who knew we’d be planning a wedding.”

When Kimmie was eighteen months old doctors found a large, solid tumor in her vagina. The standard treatment at that time for such a virulent, dangerous tumor was a full Pelvic “Removal;” vagina, uterus, ovaries, and often the bladder and rectum, too. This radical surgery would leave the baby girl with a colostomy bag, a urinary diversion, and no female sex and hormonal organs.



Dr. Creighton  
Edwards, M.D.

With advances in chemo and radiation therapy, Dr. Edwards argued for a less radical surgery. Skillfully, he only removed Kimmie’s vagina, where the tumor was located, and created the urinary diversion.

Kimmie was able to grow up with her own ovaries intact. Just before she hit puberty she underwent another surgery to create her a new vagina. Unfortunately, in her late teenage years the cancer came back. Twice. Finally they had to remove her uterus and ovaries. And yet, as the unique wedding revealed, here was a twenty-seven year-old, happy, healthy, young woman; primed for a new life, together with her husband carrying on her parent’s mission, spreading the good news of Christ’s love for everyone.

Dr. Creighton Edwards is a fine example of Emotional Intelligence. He’s a 73 year old, old-school, gentleman doctor; now on staff at The Baylor College of Medicine. They call him the Cowboy Surgeon because he always operates in his boots. His specialty is Gyn Oncology—female reproductive cancer.

Dr. Edwards is internationally regarded as an innovative surgeon, teacher, and doctor. One of his most unusual

**Only two percent of the world's population lives consciously at the Cosmic Care level of development.**

-Ken  
Wilber

talents; however, is patient care. In a time when doctors in general, cancer doctors in particular, treat patients like objects, Dr. Edwards is known for his care; his ability to be present with his patients through all the many stages of their treatment. He has the rare Emotional IQ to stay gently, fiercely open-hearted and connected to his patients, even till death in many cases.

I've seen many of my own friends die of AIDS and didn't manage my own emotions and grief as well as I would have liked. I asked Dr. Edwards once how he stays open and caring in the face of so much dying. He said simply, "I think of all the lives I help and save. It gives me strength." Certainly moments like the joy and tears at Kimmie's wedding help to make it worth while. And then there's the quality of Living given to those who hear Cancer's clarion call, no matter what the outcome of their diagnosis.

### What is Emotional IQ?

Peaking Emotional IQ requires us to master our emotions. So often we are hijacked by these powerful feelings that course through our bodies; helpless to change how we react to them. Raising our Emotional IQ, our emotional maturity, passes through three stages of development: **Selfish**, **Care**, and **Cosmic Care**.

Emotional IQ at **Selfish** is the "what's in it for me" phase. It's also the stage where we treat other people as objects rather than human beings. This is where many doctors retreat to

deal with the overwhelming grief and stress of their jobs—it's easier to treat people like things instead of feel their pain and

**The 5 IQs includes the potential for being fit, for seeing ourselves through others' eyes, for the journey toward contentment and en-lighten-ment.**

-Alan  
Davidson

fear.

**Care** is the level of Emotional development when we genuinely care for the other people in our lives. The focus changes from Me (as in Selfish) to Us (as in Care). This shift is an important and necessary change of perspective for Emotional growth.

**Cosmic Care** is the open-heartedness to all of life, All of Us; the shift from Us (Care) to All of Us (Cosmic Care). At Cosmic Care we love all of humanity deeply, our animal friends; the dance of the sky/earth song around us. This peak of care also requires a tremendous open-heartedness to the suffering of the world around us, with the ability to stay centered in ourselves without being tossed away by our deepening emotions.

Emotional IQ also includes three other domains of living:

**Breath, Diet, and Sacred Sex.** You may have noticed the powerful effects that breathing, food and drink, and sexual desire can have on your emotions, or vice versa.

It's worth noting that many of the compulsions and addictions prominent in American society; smoking, over/under eating, binge-drinking, and sex are ways people cope with their emotions. Peaking Emotional IQ requires us to master the flow of our emotions, our breath, nutrition, and the art of sacred sex.

\*The names are changed to protect their privacy.

## **Launching Your Mental IQ:**

Linus Pauling was born in Portland, Oregon in 1901. His father, Herman, was an unsuccessful pharmacist. Herman



moved his family a number of times around the state. Finally moving back to Portland in 1909, Mr. Pauling died of an ulcer the next year. At the age of 12, Linus was working in a friend of the family's pharmacy to support his mother and two sisters.

Linus was a voracious reader; and at one point his father even wrote a letter to a local paper asking readers for suggestions of good books to occupy his young mind. In spite of his working full time, Linus excelled in high school and began to develop an interest in science. A friend, Lloyd Jeffress, had a small chemistry laboratory in his bedroom, and their laboratory experiments inspired Pauling to become a chemical engineer.

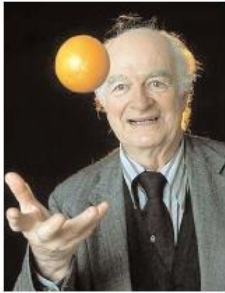
Although his mother wanted him to become a machinist, Linus was determined to become a research scientist and entered the Oregon Agricultural College (now Oregon State University) to study chemistry. Because he was a brilliant student, he was often asked to teach courses he had just taken. While teaching chemistry to home economics majors, he met his future wife, Ava Helen Miller.

Pauling developed ways of using chemical and mathematic equations in the growing field of quantum theory. The values that he calculated for the bond strength of molecules matched closely the results from x-ray studies being done.

His marriage of quantum theory and his own experimental work added the concepts "hydrogen bonding," "resonance," "hybrid bond," and "valence bond" to our understanding of the universe.

In 1939, Pauling published his famous book, *The Nature of the Chemical Bond*.

Like many other scientists during World War II, Pauling



Nobel Prize  
winner Linus  
Pauling

devoted himself and his laboratory to the war effort. He devised explosives and missile propellants for the Navy, invented an oxygen meter for submarines, and, together with others, developed a synthetic blood plasma substitute to be used for emergency transfusions on the battlefield.

After the war, Pauling returned to his research on protein structures but was increasingly concerned about the dangers he saw in the dawning nuclear age.

In his time, Pauling was frequently honored with the title "Father of molecular biology." In 1954 Pauling was awarded the Nobel Prize in chemistry for his work describing the nature of chemical bonds.

Pauling received the Nobel Peace Prize in 1962 for his campaign against above-ground nuclear testing, and is the only person in History to win two Nobel prizes that were not shared with another recipient.

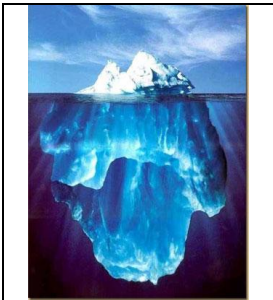
At age 40, Pauling was diagnosed with a serious form of Bright's disease, a fatal renal disease. Experts believed then that Bright's disease was untreatable, but Pauling was able to control the disease with an unusual, low protein, salt-free diet. Linus also took vitamins and minerals for his life threatening disease.

Pauling turned his attention to what he called, "Molecular Medicine". His discovery of sickle cell anemia as a 'molecular disease' opened the way toward examining genetically acquired mutations at a molecular level. By the late 1950s, Pauling worked on the role of enzymes in brain function, believing that mental illness may be partly caused by enzyme dysfunction.

It wasn't until 1965 that he realized that vitamins might have important biochemical effects. Pauling's research and prestige, along with his book Vitamin C and the Common Cold, gave "birth" to the popular but controversial megavitamin therapy movement of the 1970s.

Though the scientific community at large did not agree with Pauling's conclusions in his vitamin-related medical research and writing, his entry into the fray gave a larger voice in the public mind to nutrients such as vitamins and minerals for disease prevention.

### What is Mental IQ?



The unconscious mind is like the iceberg. The largest mass floats beneath the surface.

Peaking Your Mental IQ relies on harmonizing your **unconscious, conscious, and super-conscious minds**. I've greatly expanded the idea of the traditional cognitive IQ test.

- Our **unconscious mind** controls our primary body functions like digestion, heart rate, hormone production, etc. The incredibly powerful unconscious mind also stores all of our beliefs. These "below the surface" thought clusters exert powerful control over our reactions and responses to life.
- Our **conscious mind** is our thinking mind. We have these streams of thoughts and rarely, if ever, stop to ask they are true. We simply believe what we are thinking and act from these unquestioned thoughts—often causing us more suffering.

One way to question these thoughts is through The Work of Byron Katie. Another aspect of peaking our conscious minds is focus—this can be more traditional meditation techniques of focusing, or simple exercises in undisturbed productive

time.

- Our **super-conscious mind** is our connection to cosmic mind, the ever knowing, ever-wise intelligence of the universe. It is through our super-conscious minds that the higher mind “speaks” to us. The Big Mind process is excellent for access our higher-wisdom.

I like Linus Pauling for this example because he’s a Nobel Laureate genius. His story also shows a man who overcame great instability during his young life, tremendous odds, and the complex patterns of his unconscious mind to achieve his brilliance, and enjoy the great successes of his life.



## Peaking our Spiritual IQ

David Chethlahe Paladin was born at the bottom of Canyon de Chelly (pronounced de Shay) on the Arizona Navajo reservation.

Chethlahe (pronounced Chet-la-hay) is Navajo for Little-Turtle-Who-Cries-in-the-Night. His last name comes from Paladin Mesa on the reservation. The Indian School authorities didn’t like the clan name Bitter Water so named him for the mesa near his home.

David and his cousin Joe were often in trouble at the Santa Fe Indian School. One day a teacher would talk about Chicago and the next they’d be hitchhiking to Chicago. Despite being very young, it was during the depression, they’d catch rides. Eventually someone in Chicago realized they were runaways and put them on a bus back to Santa Fe.



### Fifth World

By David  
Chethlahe  
Palidin

Still in their early teens, David and Joe hitchhiked to San Francisco. Spotting a ship on the docks of the Embarcadero with an unguarded gangplank they stowed away. They “decided it was a wonderful chance to see if the world was round.” On the ship they met Ted Keck, a young man from Germany.

Sailing across the Pacific the three became fast friends. By the time the ship docked in Australia, World War II had started in Europe. Keck, fearing arrest because of his German nationality, slipped away unnoticed. David and Joe tramped around the Pacific until Pearl Harbor. They returned to Australia to report to the Americans what they had seen in their Pacific travels.

David, still quite young, clearly was a runaway; and quite resourceful, drew the attention of the American OSS, the forerunner of the CIA. He was recruited to “steal airplanes, blow up safes, scale walls—and carry out espionage behind enemy lines.”

Captured by the Germans while wearing a German uniform David was sentenced to death as a spy. Transported to Dachau for his execution he met Ted Keck again, his old friend from their Pacific cruise. He was now a German officer. Keck saved David’s life by exchanging his name-tags with someone else being shipped to a work camp.

Most of the prisoners at Furstenburg Camp were Jews, David being the only goyim, or non-Jew. One Christmas morning David and the 700-plus Jews at the camp were forced to kneel in a blizzard for beatings and to sing the praises of the Christian God. They knelt, freezing with at least 50 men dying on the spot. David says, “My heart was burnt; it



Slave  
laborers at  
Dachau  
Prison Camp

seemed to split in two. At that moment I couldn't believe there was a God, a Christ, or anything good in the world.

Later that night a small group of prisoners sneaked into his room with makeshift candles and began to softly sing. In German with a Jewish accent they sang Silent Night. As the song died out a boy came forward to give David a Christmas present; a handmade coat sewn together with string and one Camel cigarette—a priceless gift.

He would never know where they found the American cigarette. The next morning many of the Jewish prisoners were trucked to Auschwitz. Their gift “strengthened my belief in the community of humankind which goes beyond the barriers of race and religion.”

Transferred to yet another camp, all of these prisoners were forced to march around in circles until they dropped. David reached for a priest who collapsed. A German officer-in-charge accused him of acting “Christ like.” As punishment the officer proceeded to nail his feet to a wooden floor. Before he could nail his hands to the wall another officer stopped the cruelty. The Officer-in-charge relented by yanking him out the door, the heads of the nails ripping through his feet.

David's feet developed gangrene that spread up his legs. Later when alone at night in the infirmary still another officer visited him to place maggots on his feet and legs and to force raw chicken entrails down his throat. The officer seemed to enjoy these special visits and David grew to hate this man. At the end of the war David, weighing 62 pounds, was found on a train car at the Dachau prison camp, surrounded by dead bodies.

***Enlightenment  
is  
gratitude  
for all  
things.***

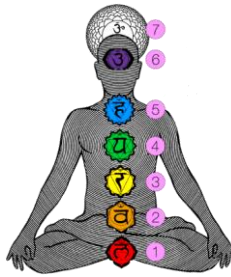
-Alan  
Davidson

With the war over David testified at the Nuremberg War Crime Trials in 1945 and 1946. The officer he hated most was on trial. After David's testimony another man addressed the court. This man said he did not intend to defend the officer on trial, but perhaps the court should consider that the officer actually saved David's life, and at potential risk of his own. The maggots ate the dead flesh of the gangrene, which allowed for new flesh to grow and the chicken entrails were the only thing, in his weakened condition that could nourish him.

The officer probably saved his life. David says, "The impact of these words was shattering. I broke down in tears as I released the years of bitterness I had harbored toward that officer. I made a silent oath to myself never again to hate or condemn another person." David was finally able to **forgive**.

After the war David returned to the United States crippled, confused and in despair. He resigned himself to live in seclusion at a VA hospital. He visited the reservations of his childhood to say a final goodbye to his friends and family. While at the Pueblo reservation a friend said, "You're not giving up." They did a healing ceremony. Stripped of his braces, tied around the waist with rope, he was submerged in a tank of water.

There through days of prayer he began to heal his broken spirit. He realized that his body would never completely recover from what was done to him, but he did have the strength to survive. The outcome depended on his attitude; "I learned I could succeed at anything by doing the best I could with whatever I had at the moment."



Chakras, the subtle energy of the body.

### What is Spiritual IQ?

Spiritual IQ includes the flow of life energy through our bodies. The Chinese call it **chi**, the Hindu's **prana**. It's the life force that animates our very bones and muscles. Ayurveda and Acupuncture are the far Hindu and Chinese systems of medicine that measure and treat these very subtle flows of energy. The Asians believe that all disease is due to blocked flow of our life force, our link to the divine energetic flow of the cosmos itself.

Peaking our Spiritual IQ also includes the qualities of **Forgiveness, Gratitude, and Joy.**

- **Forgiveness**, in Aramaic--the language of Jesus, means to unbind. It points to the places in our hearts, minds, and souls we have bound and tied ourselves with fear, resentment, and hatred.
- **Gratitude** is the state of "Thanks;" of welcoming every experience that comes into our lives as a friend.
- **Joy** is simply our peak state of being, of celebrating our very human lives, the lives of our animal friends, and the pulse of the cosmos itself.

### **Moral IQ Brilliance**

February 14, 2006-- Joey Cheek was the fastest man in the world yesterday. Blades slicing through ice, wind shussing past him as he hit forty miles an hour, thighs burning, his breath pumping, arms slinging in a precise rhythm, he was a far cry from the former high school geek, "least-likely-to-participate-in-a-sporting-event." With a world class show of

grace and speed, Joey Cheek won his Olympic gold medal in the 500 Meter race.



Joey Cheek,  
Olympic and  
Moral  
Champion

During the Winter 2002 Salt Lake City Olympics, Apolo Ohno pushed the sport of speedskating into the forefront of the Olympic scene. First, while leading in the 1,000 meter speed skating race, he crashed on the last lap and lacerated his leg with a skate, but still managed to crawl over the line for a silver medal. Then, a couple days later he made an admirable comeback from the injury to finish first and win the gold medal in the 1,500-meter race. His heroics showed Short-track speedskating was fast, furious, and all-around dangerous.”

The following December Joey went from being the undiscovered-only-his-mother-ever-heard-of-him skater to break two American records at the 2002 U.S. Olympic Trials in December, in the 1000-meters (1:07.98) and 500-meters (34.66).

After winning his gold medal Cheek said he would donate his \$25,000 prize money from the U.S. Olympic Committee to Right to Play humanitarian organization. Right to Play is an athlete-driven organization that uses sport and play as a tool to develop children and youth in the most disadvantaged areas of the world.

After placing second in the 1,000 meters Saturday, Cheek said he will also donate his \$15,000 in USOC prize money from that event to Right to Play’s relief efforts. He wanted it to be earmarked for the Darfur region of Sudan. Someone asked, “Why Africa?”

“The Sudanese government had basically sponsored militias to

slaughter an ethnic minority," he said. A million had been displaced from their homes and, Cheek said, "nearest estimate, over 180,000 people killed."

Our state department declared genocide. Genocide. That word conjures up 'Holocaust.' A hundred thousand people killed by a government, and no one even knew about it."

In the days after Cheek's uncommon generosity, something incredible happened. More people wanted to give. Koss, the Olympic athlete that founded Rite to Play, had touched him and now Cheek had touched others. And the donations kept coming.

By a week later \$392,996 had been donated in matching contributions to Cheek's original \$40,000, including \$45,000 from the USOC.



### What is Moral IQ?

Moral IQ really explores how well we **Choose**; how well we treat ourselves, and each other. It includes **Conscious Talking** and **Listening**. It also contains our personal **Passions**, natural **Strengths**, our core **Values**, and the **Vision** we create for ourselves, and our world, based on these qualities.

With Mastering Your Five Vital IQs, I make the distinction between genius and “brilliance.”

- Joey Cheek is a Physical IQ genius, as most of our professional and Olympic athletes are. But Joey took the power and tremendous energy created by mastering his Physical Intelligence and turned it toward making a

**The true  
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and each  
other.**

-Alan  
Davidson

difference in the world. He chose to peak his Moral IQ by donating his Olympic prize money to the children of Darfur, Africa. With the fame and notoriety given him by his own passions and strengths, Joey made a difference for those kids and enlightened us at the same time.

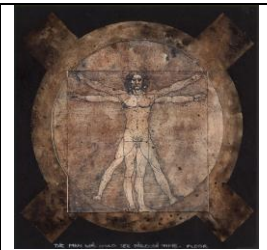
- Dr. Creighton Edwards, the open-hearted surgeon I talk about in Emotional IQ, dedicates his life to teaching young residents the fine art of surgery and, as equally important, patient care and concern.
- Linus Pauling, the example Mental IQ, deeply affected by WWII, became a peace activist. He lectured tirelessly on the dangers of nuclear arms and risked his public standing as a Nobel Laureate to create peace through nuclear disarmament.
- David Chethlahe Paladin, the Navajo survivor of the WWII Prisoner of War Camp, who became one of the most celebrated modern Navajo painters. David spent his later years teaching younger Indian artists, living on impoverished Indian reservations across America, how to paint their dreams; and how their art can create harmony within them and our world.

We live into our brilliance when we peak our Physical, Emotional, Mental, Moral, and Spiritual IQs, ride the wave of tremendous energy created, and channel that energy into

changing our world.

## How to Use the 5 IQs:

People often ask me, “Where do I start? How do I use the 5 IQs in my life?” Neglecting even one of your Five Vital IQs can cause disease, painful relationships, confused thinking, poor choices, and unhappiness.



Joy, love, happiness—these are the measure that all of our IQs are humming in harmony.

Take a look at your life. Ask yourself if there’s one area of your life that sucks...if one of your IQs has tanked. Perhaps...

- Your body hurts; or you keep injuring your self—tend to your physical IQ
- You get hijacked by your Emotions. You’re about to go postal at work (or home) and you don’t work at a post office—Tend to your Emotional IQ.
- You’re riddled with Stinking Thinking—you just can’t keep a realistic and positive attitude about yourself and life—Tend to your Mental IQ.
- You constantly make choices that sabotage your happiness and wellbeing—no matter how hard to try to improve your life—Tend to you Moral IQ.
- You are haunted by resentment and scarred by bitterness—Tend to your Spiritual IQ.

If one of our IQs is pathologically out of whack, it affects, or even ruins, the good work we do with our other IQs. Think about the Enron execs; those were some of the smartest guys in business (Mental IQ), but there pitiful Moral IQ landed them in jail.

If your IQs are humming along nicely, kick-up your natural

strength. We each have an IQ that comes easiest to us—we're naturally strong in that area of our lives. I say build and flex your natural strengths...and fuse it with your Moral IQ. Choose to ride the energy you get from that IQ and make a difference in your corner of the world.

Although few of us succeed in maximizing even one of our vital IQs, much less all of them, it's never too late.

Whether you choose to develop one or all of the body's intelligences, the central premise is that these energies come from and are developed Through the Body.

It's our factory, our temple, our storehouse of whatever we do, good or bad. It's our oldest and dearest friend. Love it like you mean it.

## What if?

What if you could peak just one of your IQs. How would your life be different?

You could have

- better health,
- loving relationships,
- peace of mind,
- enjoyable work,
- financial freedom,
- Lasting joy and happiness.

WHAT WOULD  
YOU ATTEMPT  
TO DO IF YOU  
KNEW YOU  
COULD NOT FAIL?

(UNKNOWN)

If one of your IQs is tanking...What one thing could you do today to stop the downward spiral? Develop this IQ instead of squander it?

The choice is yours...

Be brilliant!

**Body  
Break  
throughs  
for  
Life Break  
throughs.**



## Don't Want To Do It All Alone?

### I can help!

**Through  
Your Body**

**Be  
Brilliant!**

- I specialize in helping people look good, feel great, think clearly, choose best, and be happy. Here's just some of the ways I can help you.
- Personal Coaching—I support you in designing a Five IQ program to reach your ideal joy, dreams, and happiness.
- Advice—using the toolbox of tips, tricks, and techniques I've learned working with clients and students over the past 20-plus years.
- Acceptance—Many clients report resistance from family and friends as they seek to grow and change. Through Your Body is a welcoming sanctuary for you.
- Accountability for the short-term and long-term goals you set for your Five IQ program.
- Facilitate you through the barriers and limitations you meet along the way.
- Celebrate your accomplishments with you.

**Call today and let's explore how you can look good, feel great, think clearly, choose best, and be happy by Mastering Your Five Vital IQs.**



Love your way,

*Alan Davidson*

Alan Davidson

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**[www.ThroughYourBody.com](http://www.ThroughYourBody.com)**

**Dedicated to our  
healthy, happy, and  
prosperous world  
through the full  
enlightenment of  
every human being—  
that means all of us...**