

# **EXERCISE / EXORCISM™**

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What if you could write down your wants, needs, and desires where you are able to make a spiritual connection with God that will provide all your answers in miracles. Wouldn't you want to know how?

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The autonomic nervous system has two subdivisions:  
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# INTRODUCTION

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## WHAT'S INSIDE THIS BOOK

EXERCISE / **EXORCISM**™

*“Neglecting to Exercise is Tantamount  
to Being Possessed.”*

. . . Edward J Longo



## INTRODUCTION

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### WHAT'S INSIDE THIS BOOK EXERCISE / **EXORCISM**™

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#### THE AUTHOR'S DECISION TO WRITE **EXERCISE / EXORCISM**

*While serving four years in the US Naval Air Force, much of the time was spent doing bodybuilding exercises. It wasn't until long after I was discharged that it occurred to me that there should be more to the body than meets the eye.*

*Upon facing that analogy I began the process of learning what was good for the body regarding nutrition, what was beneficial to the mind regarding mental health, and what was necessary for the soul regarding the spirit.*

*I believe it was the culmination of these processes that finally resulted in my being able to claim that, although approaching the age of seventy-six, chronologically, I appear to be twenty years younger, physiologically, mentally, and spiritually.*

. . . The author



## INTRODUCTION

### WHAT'S INSIDE THIS BOOK

### **EXERCISE / EXORCISM™**

This in-depth novel has been created for the purpose of resolving physiological, and emotional issues in regard to aerobic, and anaerobic exercise. The novel, **Exercise / Exorcism™**, addresses more than exercise, the information herein is intended, not as medical advice, but to initiate self-esteem, instill confidence, and inspire positive attitudes toward an ideal transformation. In essence, the context herein has been specifically developed to put an end to needless suffering due to the lack of understanding of what it takes to make the body, mind and spirit tick.

Have you ever wondered why it is that people don't like to exercise? Well, as a practicing hypnotherapist, I can tell you this firsthand: Mostly, it is due to false thinking that it will drain their energy. But that is just not the case. In fact, the opposite is true: *The more one participates in exercising, the more the body becomes energized.* The surge of energy one feels right after exercising is one of extreme elation, and rejuvenation - especially if it has been a while since participating. Indeed, exercising could often be described as a form of exorcism.

Exercising, whether aerobic, or anaerobic, on any level tends to create a mellowing, calming parasympathetic response. It is that natural high that causes the release of endorphins, or natural opiates, to enter the blood stream. Exercise also releases hormones that have been known to slow down, and even reverse the aging process. Combined with deep breathing, even minimal exercise can influence the physical body, thereby preventing it from aging too soon. Physiologically, the person who exercises will eventually become so invigorated it would seem as though an exorcism has actually been performed.

Although I am a practicing hypnotherapist now, I have spent years using body building methods and developing exercise regimens in the past, and then incorporating this to inspire my clients to exercise. This logical explanation, while never expressed in writing before now, was the reason for coming up with the title of my book, **Exercise / Exorcism™**.

The good news is that, in addition to being a book intended to exercise physical fitness it addresses premature aging, weight control, physiological dexterity, and positive transformation.

## **EXERCISE / EXORCISM™** (continued)

The idea, then, is to get persons to the point where they will look forward to doing exercises, rather than dreading to do them. Developing a healthy attitude toward exercise must become the inspiration that will eventually lead to feeling that life is worth living. Surprisingly, you will find that during a short period of time you will begin feeling less depressed while becoming more excited about getting up each new day. Then, much to your amazement, you will find it such that you have become reborn, where even the feeling that you've been exorcised becomes apparent. And what exactly does exorcism do? It frees the spirit – as, so too, does physical exercise.

Ladies and gentlemen, even if it is only as little as motivational walking, exercise is exactly what it takes to have your innate spirit become enabled, ready, willing and eager to face life's unpredictable challenges. Admit it now: Exercise is a great way to stay in shape.

### **RECITE THE FOLLOWING AFFIRMATION DAILY:**

“I promise to commit to Exercise Physical Fitness. Every day in every way, I will participate in some form of Physical Fitness activity.”

Please consider the undertakings of this expert advise so that you will become enabled, rather than allowing dementia to set in, or even having to face the possibility of becoming disabled. Why allow shortsightedness to inhibit your mental and physical state by inviting negativity to sabotage your way of life? Why not consider assigning a harmless, healthy exorcism to remove your fears, or grudges, against physical exercise?

Why is it feasible that exercise could act as a form of exorcism? Think about it: Since the term exorcism became derived out of a Catholic ritual for removing evil spirits, wouldn't it make sense that some form of positive belief system would be able to remove, or prevent, the spirit from aging prematurely? And wouldn't it follow that doing nothing to instill inspiration, enthusiasm, or a positive attitude, would be the same as hindering the development of the psyche?

What I am actually saying here is that the privilege of being able to indulge in exercise must be, in and of itself, a blessing. Let us now begin working toward a new kind of supportive belief system.

## THE AUTHOR'S DEFINITION OF **EXERCISE** / **EXORCISM**

**EXERCISE:** *The cutting off of forces that lead to dead or diseased tissue – hence, a form of Exorcism. Physical activity performed to free the flesh from negative bondage; Physical activity performed for the purpose of training or developing the body, or mind; The systematic practice, especially that of body exertions, for the Purpose of health; The regulated series of specific movements designed to strengthen, or develop some part of the body; To put the body into use so as to develop, or train a muscle, the mind, a skill, or physiological function.*

**EXORCISM:** *Terminology – only as far as this book is concerned: It is the process of casting out or dismissing negative or injurious influence through physical activity. So, the word is used herein only to associate stress and physiological degeneration with the ill, or negative forces, especially in conjunction with physical exercise.*

**EXORCISM:** *(Not actually applied.) Verbal formulas, or rituals used for exorcising spells, or curses; Rituals used to drive evil forces away by prayers, or incantations; Oaths designed to banish evil spirits intended to free the spirit from negative bondage.*

NOTE: There is no other novel quite like this. This book presents a lifesaving education in nutrition and mental health education, but without the complex technical jargon. It has been written for anyone who is tired of being diseased, exhausted, and broke thanks to conventional medicine. It is intended for people who want to take charge of their health and transform it, freeing themselves from the deadly influence of drug companies and poorly informed health practitioners.

Whether you want to prevent a chronic disease, or defeat that disease you may already be experiencing, this book gives you the life-extending information you need in order to take charge of the outcome regarding your health. Much of the information presented herein has been strongly supported by thousands of naturopathic doctors, nutritionists, herbalists and natural health practitioners around the world.

*While it is true that knowledge will set you free,  
Putting it into practice is the most important key . . . Edward J Longo.*

*Disclaimer: this book is not intended as medical advice. It is advisable to work with a naturopathic physician in treating any health condition, whenever possible.*

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NOTE: Edward J Longo is an ABH Board Certified Hypnotherapist and the American College of Hypnotherapy. He is also is founder of the hypnotherapy website, <http://www.affinityzone.com/>

