

EVERT HEINTZ

FLOW



FOR LIFE

DISCOVER YOUR UNPRECEDENTED
CAPABILITIES WITH
THE PYRAMID OF INSIGHT

INTRODUCTION

“Suddenly the ground disappeared from under my feet and I fell into the abyss. During my fall I landed on a snow bridge which saved my life as the crevasse was at least fifty meters deep.”

As a person you can do much more than you think! In this fascinating book you will learn to discover your unprecedented capabilities and thus increase the flow and energy in your own life. When I was mountain climbing in the summer of 2002, I fell 15 meters deep into a glacier. I literally floated between life and death for two hours. One misstep and I wouldn't have lived to tell the tale. Instead of panicking, I took action and came out on my own. After this near-death experience, I learned to look differently at my energy.

I developed the insights and experience gained into the vitality model The Pyramid of Insight. In this book I challenge you to take matters into your own hands to increase the quality of your life. With exercises and concrete tools to put into practice immediately, both at home and at work.

This book is not a hype or a vague story. It is a concrete way to take responsibility for more happiness, health and quality in your life. The common thread running through the book is the idea that you can do much more than you think, physically, mentally and emotionally. But also how you can learn to listen to and trust your intuition. That you can step out of the role of 'victim' and learn to take 100% responsibility for your own experiences. No matter how challenging and unpleasant the situation is, you always have a choice about how you deal with your own experiences.

The Pyramid of Insight is a total concept and consists of six elements that reinforce each other:

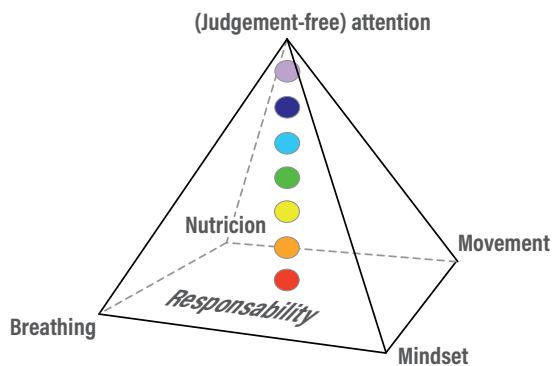
- ▲ Responsibility, the base of the pyramid
- ▲ (Judgement-free) attention
- ▲ Mindset
- ▲ Breathing
- ▲ Movement
- ▲ Nutrition

The book discusses one element per chapter and provides experience stories and practical exercises that can be applied to your own life.

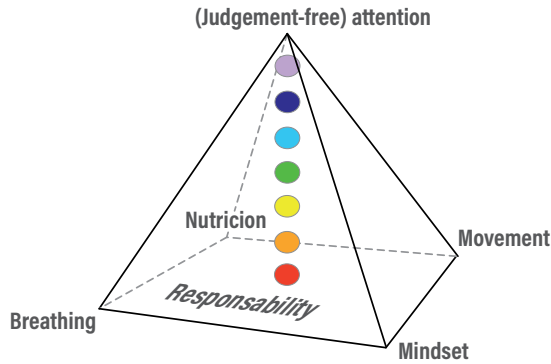
Do you want to learn to live from inner freedom and flow? Then quickly get started with this book.

Have fun!

Evert Heintz



▲ THE PYRAMID OF INSIGHT



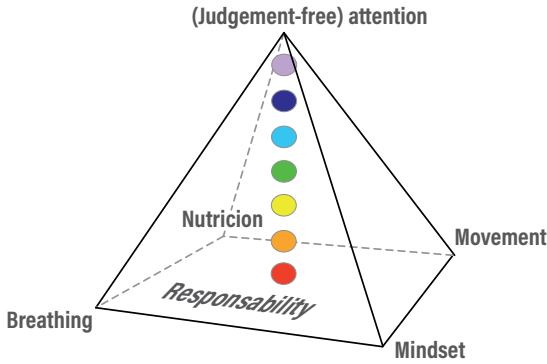
HI

THE PYRAMID OF INSIGHT

In 2004 I worked as an account manager for a wholesaler of mountaineering equipment. I was on my way to a customer and while driving I suddenly got a very clear insight into the structure and shape of the Pyramid of Insight. The special thing was that I immediately recognized the elements (Responsibility, (Judgement-Free) Attention, Mindset, Movement, Breathing and Nutrition) I was already applying into my own life. Only now it was a concrete model that is clear and practically applicable in daily life. This way, the Pyramid of Insight came to me and I then started working on it in the following years when the vitality model has finally become what it is today.

The purpose of the Pyramid of Insight vitality model is to give you concrete tools that you can use immediately in your daily work and private life. It teaches you to approach your life with vitality and to become more and/or the helmsman of your own life again. By applying the different elements you consciously stimulate the flow in your life and you will notice that your life will run more smoothly.

▲ ARE YOU WILLING TO TAKE RESPONSIBILITY?

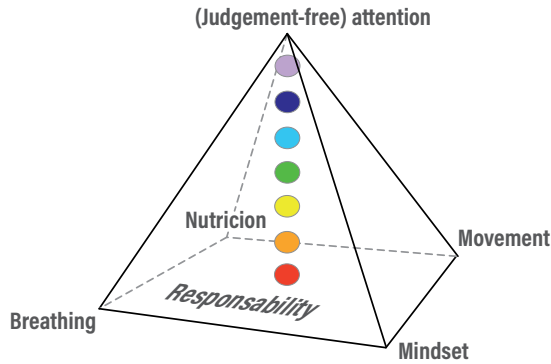


H2

ARE YOU WILLING TO TAKE RESPONSIBILITY?

After my 15-meter fall into the crevasse, I went to the doctor with the two Englishmen to get stitches for the cut in my eye. He advised me to rest for a few days before resuming any activities. The next day, my friend Maarten arrived at the campsite and was surprised to see my black eye. After I told him the whole story, we decided to take it easy for a few days and walk around the beautiful Swiss alpine meadows. During one of these walks, we discussed our deepest wishes for our future work. He wanted to work in sustainable project development, and I wanted to be a trainer and coach in the field of consciousness and health. It is amazing to see how we planted the seeds of our dreams in our consciousness and saw them fully blossom 10 years later.

In chapter 4, I will explain how you can use the Dream Shift to shape your ideal reality and plant the seeds in your consciousness.



H3

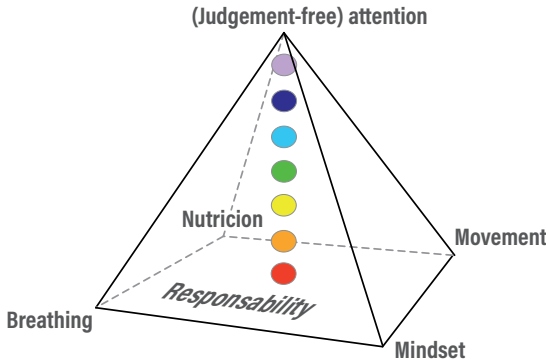
THE POWER OF (JUDGE-FREE) ATTENTION

*Everything you do with attention makes your day
a little more beautiful ~ Evert Heintz*

THE LAW OF NATURAL “WHAT YOU PAY ATTENTION TO, GROWS.”

We all know the natural law of gravity. For example, if we drop a pen from our hand, everyone knows what happens... the pen falls to the floor. What is special about this is that you cannot perceive gravity itself. You can see the effect of gravity because the pen falls to the ground when you let go. This is a law of nature that makes perfect sense to everyone and there is no discussion about it.

Another special law of nature is “What you pay attention to grows.” In English “Where the attention goes, is where the energy flows.” In Dutch words you could say “Energy follows attention”.



H4

MINDSET

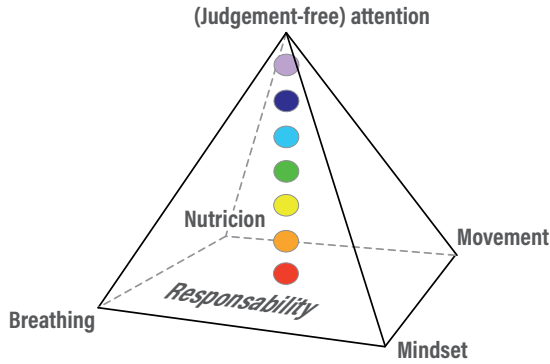
THE POWER OF EMOTIONS, THOUGHTS AND INTUITION

STRESS, A STIMULANT FOR FLOW

Shall I tell you a secret?... Stress is healthy. Scientific research has shown that the hormone Oxytocin is produced with a healthy level of stress.

Oxytocin is called the happiness hormone and ensures that you have a good feeling, the feeling of being in flow. In this sense, healthy stress is an incentive to stimulate the flow in your life. Later in this chapter I will explain how you can awaken this healthy stress by stepping into your stretch zone and thus consciously activate oxytocin.

Personally, I think the art in life is to find the balance, such as between tension and relaxation. Too much stress causes an overload on your mental and physical health and this actually lowers the quality of your life. This allows you to go for a long time and get all kinds of unpleasant complaints over time. The challenge lies in consciously focusing.



H5 BREATHING

A POWERFUL TOOL FOR A VITAL LIFE

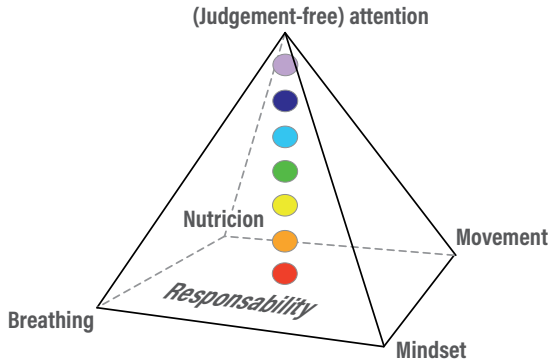
THE ENGINE OF VITALITY

I call breathing the engine of vitality, because we can get an enormous amount of energy from it provided we practice healthy breathing.

Unfortunately, we often do not learn what healthy breathing is during our education, which is why many people unconsciously practice unhealthy breathing. This in turn has an impact on your health and overall energy level.

The positive side is that you can exert a lot of influence yourself to create healthy breathing and we will work on that in this chapter!

An interesting thing about consciously applying your breathing, for example, is that it puts you in the now. This makes it an easy way to immediately relax yourself during, for example, a stressful situation.



H6

MOVEMENT, TAKE ACTION!

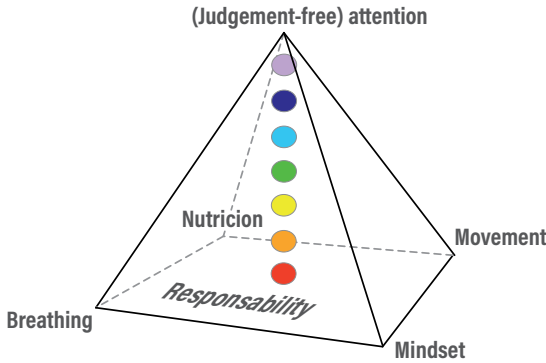
SITTING IS THE NEW SMOKING

Those who do not exercise enough are more likely to become ill, both physically and mentally. And anyone who is ill will get better sooner by exercising or continuing to exercise, as far as possible of course.

Research is becoming increasingly clear how important exercise is for our health. Professor Frank Backx, professor sports medicine at the UMC Utrecht is finding out more and more about this through research. Sitting for long periods of time is now called the new smoking.

The more time you spend sitting, the greater the health risks, according to a University of Leicester study among almost 800,000 people. Those who sat the longest daily had more than twice the risk of diabetes and almost 2.5 times the risk of cardiovascular disease. Even in people who also got enough exercise, the risk was greater.

According to another study published in the British Medical Journal you can add two years to your life just by sitting on your butt for less



H7

NUTRITION, YOU ARE WHAT YOU EAT

Let food be your medicine. And your medicine, your food
~ Hippocrates, founder of conventional medicine 460 BC to 370 BC.

A PIECE OF HISTORY

To give you an idea of the changes in the last 100 years of nutrition, I provide a brief overview of the history and development of how our food was and is being prepared.

The traditional family farm with a mixed business started to specialize in the course of the 20th century. Land consolidation creates large fields and meadows, usually with electric fencing instead of the woven hedge and wooded bank. After the Second World War, the horse was exchanged for the tractor, and the milking machine enabled the farmer to milk dozens of cows on his own.

This is how the large-scale specialized bio industry arises.

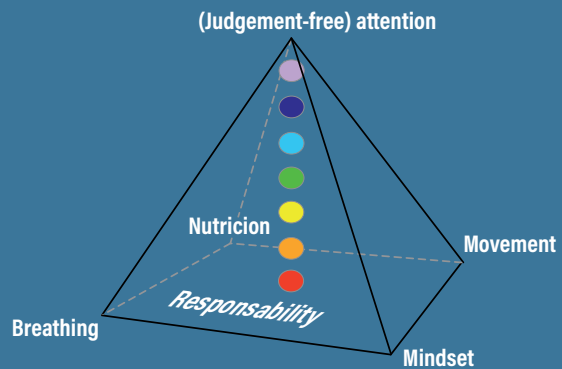
Calves are fattened in boxes, pigs on slats instead of straw. Chickens are kept in battery cages. Potatoes, vegetables and fruit are sprayed with DDT and other pesticides.

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Evert Heintz (1975) is a flow specialist and inspirational speaker in the business world. He provides training, coaching and masterclasses on topics such as personal leadership, teambuilding and stress management to renowned organizations and individuals. Frequently he combines these training sessions with challenging activities like climbing and abseiling, allowing participants to experience that they are capable of much more than they often realize. For more information, visit: www.enjoythemoment.nu

Wim Hof over *Flow*
Hundred percent score, anybody can do it!