

# *Shred Your Longevity Blockers*



Release Impurities Mind, Body, Spirit

## *Step 3*



Welcome to Day 3 of the B.A.S.I.C Blueprint To Biohack Your Longevity Challenge. The third step in our BASIC Blueprint is S for Shred Your Longevity Blockers - Release Impurities Mind, Body, Spirit.

Longevity blockers are not just physical toxins that hinder and even block your body from regenerating and rejuvenating. Limiting beliefs around your body, aging and negative beliefs in general, act as toxin blockers to your full immortal spirit energy and consciousness. Just as it's all the craze to express the loss of body fat as "shredding", shredding your subconscious mind is a helpful tool in biohacking your longevity because you're getting rid of the "thought fat" you don't need, and that's making you age.

Epigenetics tells us mindset is critical for longevity because your thoughts and emotions directly influence your gene expression and whether or not genetic predispositions will turn on or remain inert.



What you believe about aging, health, and vitality shapes how your body responds on a cellular level. So the most powerful biohack you have isn't a supplement or a diet—it's your mindset's belief system.

The good news about that, is that your belief system is easy to change if you have the willingness and follow it up with consistent action.

Everything biological begins first in consciousness. Positive affirmations, or positive sentences, when applied correctly, are the best biohack because they help you identify limiting beliefs that act as a blocker or saboteur to longevity. Once identified you can shred them.

Affirmations help you detox your thoughts while positively enforcing what you want to speak about.

# How Affirmations Biohack Your Longevity

Affirmations biohack longevity by helping to turn on genes associated with cellular repair, stress resilience, and anti-aging while downregulating those linked to inflammation and disease.

Positive self-talk reduces cortisol and activates pathways like BDNF (brain-derived neurotrophic factor) and telomeres, which support brain function and DNA protection. By consistently reinforcing positive beliefs you create a biochemical environment that aligns mind, body, spirit with longevity.

## **Affirmations....:**

**Rewire Gene Expression** – Positive thoughts activate genes linked to cellular repair and longevity.

**Reduce Stress Hormones** – A positive belief system lowers cortisol levels, decreasing inflammation.

**Boost Immune Function** – Optimistic thinking enhances immune response, making you more resilient.

**Increases Lifespan** – Studies show that people with a positive outlook live longer, healthier lives.

**Regulates Neurotransmitters** – Enhancing mental resilience balances dopamine and serotonin, reducing aging-related decline.

**Reverses the Aging Mindset** – Reframing aging as a time of growth and expansion shifts your biological response to experience aging positively.

**Lengthen Telomeres** - We know through epigenetics we can lengthen the telomeres with a change in thinking, attitudes and beliefs. The length of our Telomeres determine how long we live.

# How Best To Use Affirmations To Shred Your Mental Toxicity

Affirmations work best when done correctly because they rewire the subconscious mind, shifting deeply ingrained beliefs and thought patterns that influence behavior, emotions, and even physiology. When done incorrectly they may make you feel good temporarily but will either take a long time to work, or not work at all.

For affirmations to be effective, they must be believable, emotionally charged, and consistently repeated. You must also be in a state of mind where your brainwaves have slowed right down into a theta state so you can receive them.

The best brainwave state for affirmations to be received by the subconscious mind is the theta state of 4–8 Hz.

Theta brainwaves are dominant during deep relaxation, meditation, and the moments just before falling asleep or waking up.

In this state, the subconscious mind is highly receptive, making it easier to bypass critical thinking and implant new beliefs. That's why it's good to do your affirmations upon rising and just before bed.



# Tips For Effective Affirmations

**Tip 1:** Affirmations need to be phrased so your subconscious can accept them. Saying "I am wealthy" when you feel broke, may trigger inner resistance. Saying instead - "I am open to new opportunities for wealth" feels more accessible and believable.

**Tip 2:** Affirmations must evoke emotion; simply reciting words without feeling won't create the neural impact needed for transformation. Visualizing the outcome and truly feeling it as if it's already happening, supercharges the process. Using pictures, emotive instrumental music, binaural beats or a visionboard, MindMovie all add to the power of affirmations.

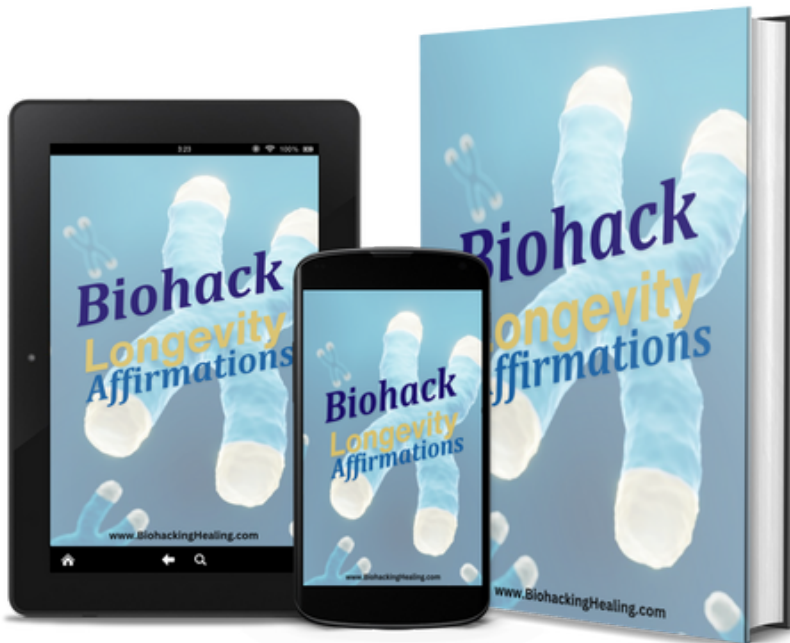
**Tip 3:** Releasing negative ideas that come up as you affirm is critical to success. You may find negative resistant thoughts in the form of limiting beliefs, come up when you do your affirmations. This is good because once you've identified limiting beliefs you can release them and create space for the new thought to take hold.

**Tip 4:** Get into a Theta state (meditational relaxed state) before you begin your affirmations. Sit silently in a relaxed position for at least 3 minutes. Having a calming mantra that you repeat during this time helps to slow down brainwaves.

**Tip 5:** Repetition is key. Affirmations should be practiced daily - ideally spoken out loud with conviction, written down, or recorded and listened to. Over time, these statements reshape your internal narrative, aligning your mindset with the reality you want to create. It takes 28 days to form new habits, including thinking habits, so repeating these affirmations for 2 x 28 days would be optimal. Give it time for the new thoughts to become habits.

# Simple Actionable Step

## The Longevity Frequency Biohack



1-Download the Biohack Longevity Affirmations booklet from Day 3 webpage of the 5 Day BASIC Longevity Biohack Challenge.

2-Choose at least 11-33 affirmations from the list in the booklet that excite you the most, or you want to work on believing the most. Choose all of them if you have time.

3-Get into a relaxed state with 3 minutes of meditation by repeating this amazing mantra from A Course In Miracles.

**“Peace To My Mind, Let All My Thoughts Be Still.”**

4-Repeat your chosen affirmations out loud today.

5-Pay attention to any negative internal responses. These indicate limiting beliefs that may be holding you back. If and when they come up simply observe them and say...

***“These beliefs I do not want. They no longer serve me, I lovingly let them go.”***

Then get back to repeating your affirmations.



# Day 3 Biohack Accelerator

Repeating affirmations and shredding your subconscious mind of these longevity blockers is one way to detox the mind and install a longevity mindset.

Arguably one of the best bihacks to remove longevity-blocking beliefs is by cleansing your body of parasites, worms, and pathogens. These organisms influence not just your physical health but also your mental clarity and emotional well-being. Many of the thoughts you experience might not even be your own—they may be influenced by the biochemical activity and consciousness of these invaders.

A targeted detoxification regimen eliminates these longevity blockers, restoring mental clarity, energy, and emotional balance. When you detox your body, you also detox your mind—allowing you to fully embrace the Longevity Belief System and create a life of health, vitality, and purpose. Having released both mind and body, your spirit is able to shine brighter and you have the opportunity to feel its presence more as you become more sensitive to energy and consciousness.

I believe that detoxification is not just a biohack on longevity, it's a path to eventual enlightenment. As we lighten our load, our Spirit's presence that has always been there, is more deeply experienced.

My Detox protocol of choice is Brett Elliott's Ultimate Herbal BodiClenz because it contains nutrition and protein to avoid malnourishment as you detox. It also works with the body's intelligence to prioritize what needs to be released and in what order.

BodiClenz is a Vegan product, but you don't have to go on a Vegan diet to get benefits from it.

Lighten your load with an all in one parasite, worm, pathogen, liver, heavy metal detox. Get BodiClenz today.

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