

Finding Your Primal Sense

Readers Summary

1. Somewhere within is our primal sense.
2. How might you open your mind before The Leptin Rx Reset is begun and find your primal sense?

I recently did a video interview with a former patient and friend of mine, Mrs. Jodi Wibel, from New Orleans, who sustained a massive change to her life recently. This will be chronicled in an informal video testimonial on my site shortly. Her story inspired me on many levels to write this blog. Much of what she said to me that day really resonated with me. She told me after the interview that I needed to write more about how I think, and how I motivate and seek to help people change themselves when they are at a crossroads.

Too often, we and the people around us, become creatures to how we think chronically, without ever realizing it. This thinking is what creates ruts and plateaus in our life. Change is best carried out, not when we are in a rut, but when we are at the **edge of our comfort zone**. Even our friends and family can be enablers to our bad habitual thinking about change. People who lack the clarity, courage, or determination to follow their own dreams will often find ways to discourage yours. **When you change for the better, the people around you will be inspired to change also. But only after doing their best to make you stop.** Live your truth and don't ever stop! I tell you this now so you read it and understand it consciously, because this unconscious thought is behind why you do not appear to want change. Once you perceive that this might be a correct statement, you will then begin to look at your circumstances from a new perspective. That new perspective is critical in seeing your life in a new way. Jodi believed it was the key to how the science became part of her

“skeptics life” without a fight from her old habitual thinking. You must break free of the shackles of your old mind and embrace all your fears. On the other side of all your fears is the freedom in your life to make choices to give you an Optimal Life. For this entire week, her single thought has filled my mind with how to write this post. I decided to stop trying to feel it and to just write what my thoughts were about how I view change now after my own leptin Rx reset 5 years ago.

So how might we evolve to a change?

How might I blow your mind up to get out of the rut of thinking in the same fashion chronically? How do you embrace change when you have a broken heart or will? You know that if you continue to do the same thing over and over again, you are going to get the same results. You also know that you want a different life and different existence. So, how do you change a life? I get asked this a lot. Instead of answering it directly, I sit people down and tell them to listen to how I say what I believe. Listen to the passion in my words and in my cadence of speech. None of it is contrived. Passion cannot be faked or bought. Authenticity is the one human trait that is illogical because when it is felt and perceived as genuine, despite rhyme or reason, our gut seems to sense it before our brain does. If you don't believe in what you say or live, people will perceive it before your thought is completed. **People do not care what you know, until they know how much you care.**

When I get criticized for any reason, I have pre-decided to use the bricks thrown at me as cornerstone foundations to my core beliefs. When I burn bridges, I let those fires burn the path I am on. No matter the poor choices I have made, I am never too old, never too bad, never too late, and never too sick to start from scratch once again. I have learned that when I have stumbled, I was still moving forward. Was it ideal

or optimal? No, it was not, but I learned a lot from it. We cannot discover “new oceans” unless we have the courage to lose sight of the shoreline at times. We often must embrace our worse fears to do so. We should not ever say we don’t have enough time to complete a task. We have exactly the same number of hours per day that were given to Michelangelo, Leonardo da Vinci, and Albert Einstein. That congruency needs to sink in when we are alone by ourselves ponder what we have done with the time we were given.

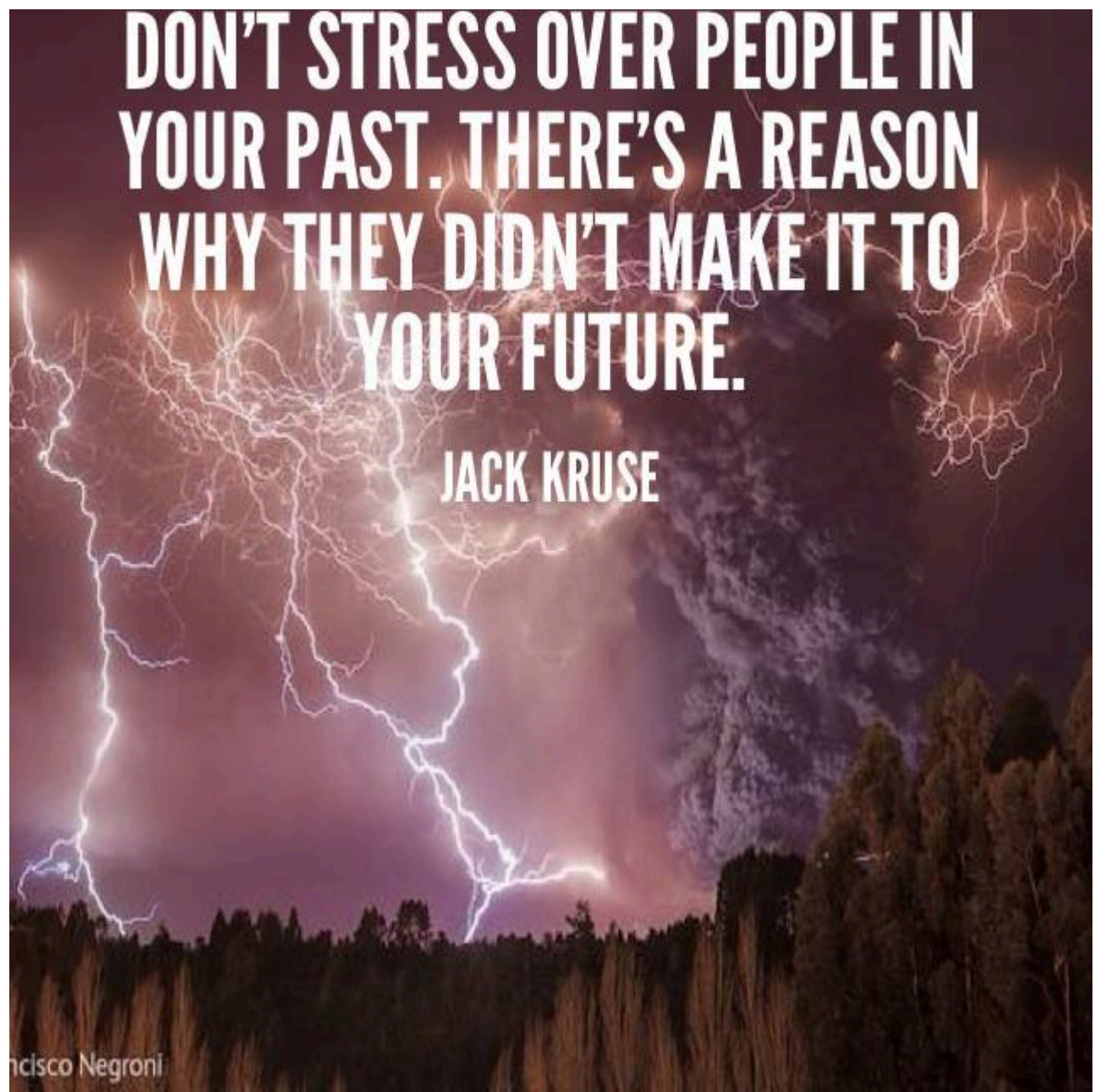
We have all been told at one time or another that today is the first day of the rest of our life. When it is said, it has that, “cliche” feeling attached to it. When I hear it now, I make sure that I feel it in the way it was meant the first time it was ever uttered. All great changes are preceded by chaos in my opinion. I have told my closest friends that I was a creature to chaos. Patients love to praise physicians when we do well by them, but I have a hard time accepting that gift. Why you may ask? I think it’s because I know how small a difference there is between success and failure in surgery and in life actually. In most things in life, we learn our best lessons from failure, not success. In medicine and surgery, if you “fail too often”, you will be out of business quick. I had to learn to avoid errors early in my training by being prepared well and reading about other’s failures and how to avoid them before I made the error and learned by razor’s edge. It is like getting through a “mine field” and then when you get through it safely, somebody wants to pat you on the back and say good job, but you just want to go somewhere quiet and try to regain your sanity before you have to walk back through the mine field again. The stress level never stops, so you must learn how to control stress or it will kill you eventually. That really was my epiphany that I had to “**get out of line**” and start anew.

You must adapt to life constantly, or you will die unhappy. Initially, it seems mentally draining to you, but you learn

how to accept it and then you embrace the chaos of walking in the "mine field" over and over again. Just like a roller coaster that slows at the beginning, but you can never get off it totally until you are dead. Yes, I get paid to re-engineer humans and repair their nervous system to health, but I paid a huge personal price to do it before I decided to change me. I knew I had too, because if I did not, my time would run out before my life's missions were complete. Some of us recover from these stresses, and some of us never do and wallow in it too long. The proof of that wasted time is the scars we carry embedded in our personality. What I learned is that we can choose to leave those personality flaws exposed to the world or we can choose to change them for the better. As a neurosurgeon, remembering that we are going to eventually die is the best way I know to avoid the trap of thinking you really have something to lose. In reality, we are already quite naked psychologically. There is absolutely no reason not to follow your heart or your passion in the here and now. If what you're doing in life is not your passion, then you really have nothing to lose by changing now.

I have learned to embrace change because nothing diminishes anxiety faster than action. I came to realize each person's task in life is to improve our former selves. Not all of us get this text message in time. All of our dreams can come true if we have the courage to just pursue them at some level. Our life does not get better by chance; it gets better by accepting change. I learned to embrace all failures because I found it made me better. Failure of fear, uncertainty, and discomfort are our compasses toward future growth. If you doubt your innate talents, use what talents you possess today. If you do not follow this dictum, the forests would be very silent if no birds sang there, except those birds that sang their song best! I now believe that if we are breathing, our life's mission is likely still unfulfilled because time remains to further draft our message. Action is always a better choice than inaction. **The best thing you can do is the**

right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing. Nothing leads to unhappiness in life. I no longer settle for a C, D or a B. I only shoot for straight A's. We must seek to change the changeable, accept the unchangeable in life, and remove ourselves from the unacceptable things we face. I no longer fear failure. Seeing death happen daily in people's lives made me realize the greatest mistake we can make in life is to continually fear that we will make an error. Today, I can accept failure. Everyone fails at something. But I can't accept not trying my best at life. This includes the friends and family I keep.

A dramatic landscape photograph featuring a lightning storm over a forest at night. The sky is dark with multiple bright, jagged lightning bolts striking down. The foreground shows the silhouettes of trees and a field of tall grass. The overall mood is intense and powerful.

**DON'T STRESS OVER PEOPLE IN
YOUR PAST. THERE'S A REASON
WHY THEY DIDN'T MAKE IT TO
YOUR FUTURE.**

JACK KRUSE

I now believe that I must strive to do the things I believe I am not capable of doing. We are braver than we believe, and stronger than we seem, and smarter than we think. That courage does not always roar in us; sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.

20 years from now, I will not be disappointed by the things I didn't do, rather I will rejoice in the conquests I took on regardless of the feat. One day our life will flash before our eyes and I plan on saying I made it worth living for. It doesn't matter where you are right now, you are nowhere compared to where you might go. No one can go back and start a new beginning at life, but any one of us can start today and make a new ending to our life.



**STOP WAITING
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JACK KRUSE

Accepting **core change** into my life has made me realize that sometimes good things fall apart so better things can fall together. Often this means that some really good friends and family might be toxic for the new my new business plan for wellness. You have to surround yourself with people who matter toward your goals and limit those who detract from it. This was a very tough lesson to learn. That is what inspires me to change every day now. 80{a7b724a0454d92c70890dedf5ec22a026af4df067c7b55aa6009b4d34d5da3c6} of the information we get from life comes from our visual inputs, but what we see with our eyes may pale in comparison to what we see with our thoughts via our minds eye.

The one day given to you today is really an amazing gift if you think about it. When you close your eyes and think about it, it is the only gift you have right now today in your life. Your only appropriate response is a response of gratitude to using this time you have now wisely. If you do nothing else today, cultivate that response to the great gift that today really is to you right now. Do not procrastinate and wait for change to happen to you. Become the change today you want to see in your life right now. If you train your mind to learn to respond as if it was the first day of your life, and simultaneously the last day of your life, you will have spent this day quite well. You will have learned how to use every single moment of the day to squeeze all of the wonder it encompasses. Most days, people let that time slip through their hands like sand through an hour glass. Most of you know that I begin each day of my life since I performed the leptin reset on myself by reflecting on my new day, and posting my best thought on my Facebook wall for you all to see. I want to share with you how I get all the juice from the grapes of my life.

The six best healers in the world
that I know:

1. Sunlight
2. Un-fluoridated water
3. magnetism/grounding to Earth
4. seafood
5. Self Confidence
6. Friends

That is all.....Carry On.

Jack Kruse

Begin by opening your eyes to your mind. Look up at the incredible sights, arrays of sounds, and the passing thoughts from your mind awakening as you wait for the sun. We have an incredible array of information offered to us as soon as we rise that we take for granted. We can only experience 25,000 sunrises in a human life. I decided five years ago I could no longer afford to waste my mornings, not seeing this awakening of life and to listening to the thoughts in my own head. We constantly let pure enjoyment pass us by when we do not take advantage of this time. I think about this every time I look at the morning sky. The clouds and sky changes minute to minute and that experience are never returned to us. The

clouds show me how easy change can really be if we embrace it, as the sky embraces the free movement of the clouds every morning. If we generalize that principle to the faces of people we see in life or on social media that we are open to everyday, we become aware of the stories behind their faces. Each face, like a cloud, carries a story that you could never really fathom. Sometimes you will see their relatives and their ancestors stories unfold for your mind if you are observing them well. Try to let all of these experiences coalesce in your mind, to meet you today, right now this one day in time; this moment in your life is for you to see and effect you to action right now. This time you were previously unaware of, are like rivers colliding downstream and emptying into the vastness of the ocean to mix with all the other water on earth; just as a thought does when it enters your brain when you allow it to.

Today, you should consider opening your heart and mind to the number of gifts around you. Become aware of how they might change and improve you. Teach yourself to let those things flow through you every new day you are alive. Let these thoughts come through your eyes and your mind to touch your present self. Let the gratefulness they bring overflow in you, revealing your daily blessings all around you. This is how a thought can change your DNA and how happiness revealed itself to me five years ago.

Mrs. Jodi Wibel got me to think about this when I interviewed her for a video testimonial. She was central in me writing these thoughts. She told me that getting her to think to value her time and to move to action was the greatest gift I gave her. She thought that this is something I had to share with you all here on the blog. So I have, because she was right. I hope this can help you get to the place where you allow a thought to change your mind about a lot. This is the core factor in the Leptin Rx that went unsaid in that blog.

Jodi's thoughts to me

I want to share with you some of Jodi's comments. I shared with her a rough draft of this blog and her reply touched me. And I knew I had to include her perspective as a former skeptic, and now a completely transformed 40 year old mother of three with a bikini body.

Jodi said, "I was reading your blog draft and thinking of all the different excuses I hear from my current friends who want to get my results but don't **believe** they're capable of making lifelong changes. I hear, *I can't give up grains, so I'll just keep doing what I'm doing and maybe cut back on sweets. Or, That's not a realistic lifestyle for a human. Or, You should do things in moderation, not go to such extremes. It's not practical. Or, my obese family member, who says, I can't do just about every solution suggestion thrown at her.*

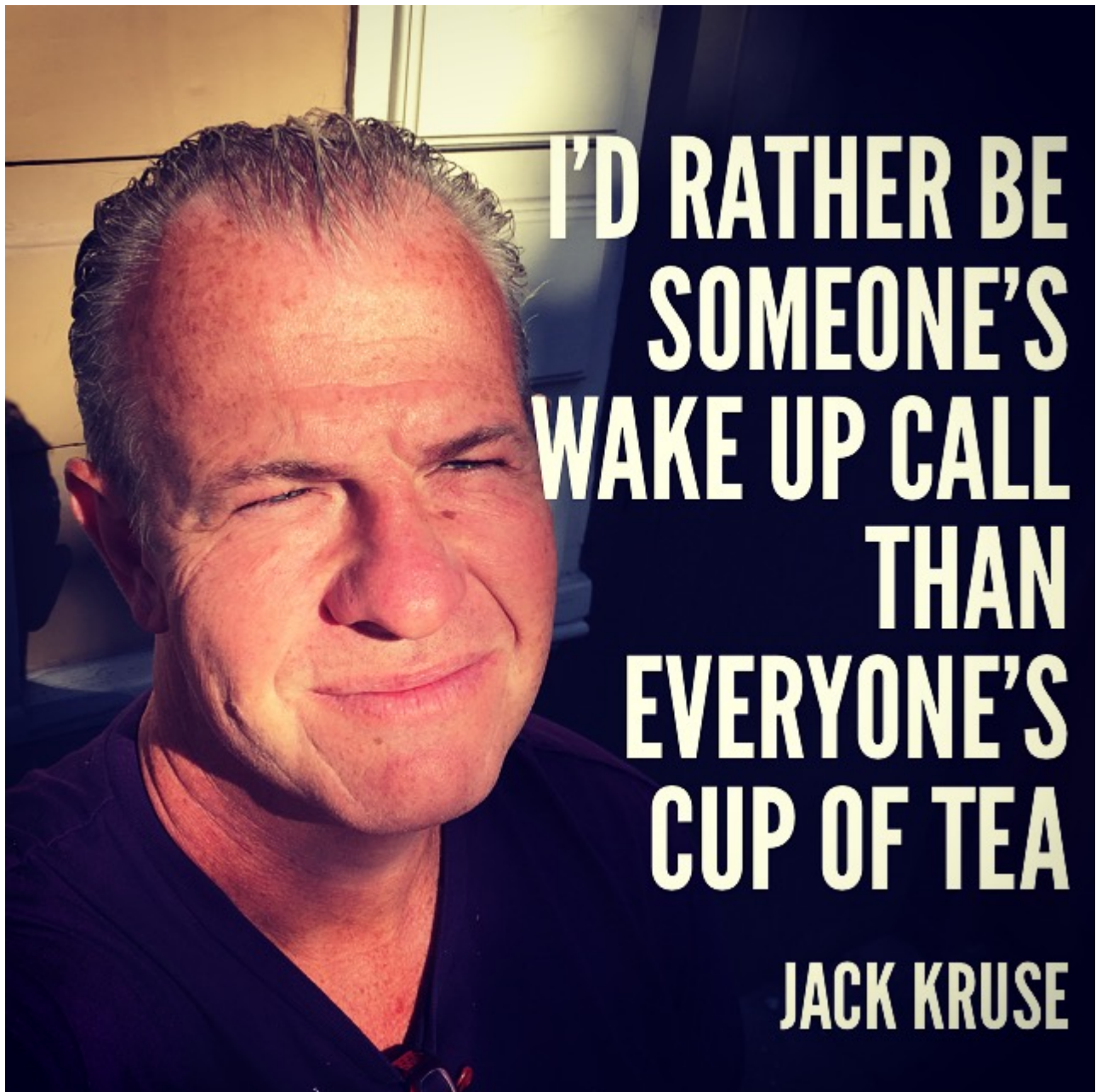
If we accept mediocrity or do things in moderation we will never get to Optimal. We will get average. I have said many times I no longer accept a D, C, or a B when an A is available to me. How did I change this in my mind? How did Jodi do the same?

Jodi, went on to ponder this, "I think once you cross that **belief** barrier in your mind, you can do anything you want to. And with me, it took you to make me believe it was possible. It was like you getting in my face (well, cyberistically speaking) and said, if you do what I tell you, you will have the body and health you never dreamed possible. I believed it. And so I did it." For those of you that have not seen the video yet, I operated on Jodi in 2007 for a neck fusion that caused spinal cord compression. During her transformation, the only physical contact we had was through Facebook and the phone. I never once laid a hand on her during her transformation. Thoughts, however, radically changed her DNA as you will see.

She went on to say, "I like how you used the analogy of the ocean and the shore in your blog. It is so true visually! It's all about believing you have the ability to change your circumstances. Most people are unhappy with themselves but they wallow in their mediocrity because they don't feel they are strong enough, smart enough, self-disciplined enough to change direction. It's sad, because like you said, fast forward 20-30 years, what will you look back on this time in your life and wish you could've done differently? I could easily be 40 years old and in the same unsatisfactory shape I was in a year ago, but I made a decision to change direction, no matter what the sacrifice, because I was tired of being self-conscious."

Jodi went on to say, "Life really is too short to not take control of the things you truly can control, like what you eat and how much exercise you fit in your schedule. To me, this new environment and my diet and my Cross-fit regime gives me a sense of control in a life that is often chaotic. I haven't had a piece of bread or a morsel of sugar in 10 months. Proof therein that NO ONE can force a person to be unhealthy. **Only we can do that to ourselves.** It's all in your mind. And your mind is more powerful than we all think."

Intuition, in my opinion is the brain's way to recognize a patterns in our environment subconsciously to make a decision about them. Intuition is the highest form of intelligence.



**I'D RATHER BE
SOMEONE'S
WAKE UP CALL
THAN
EVERYONE'S
CUP OF TEA**

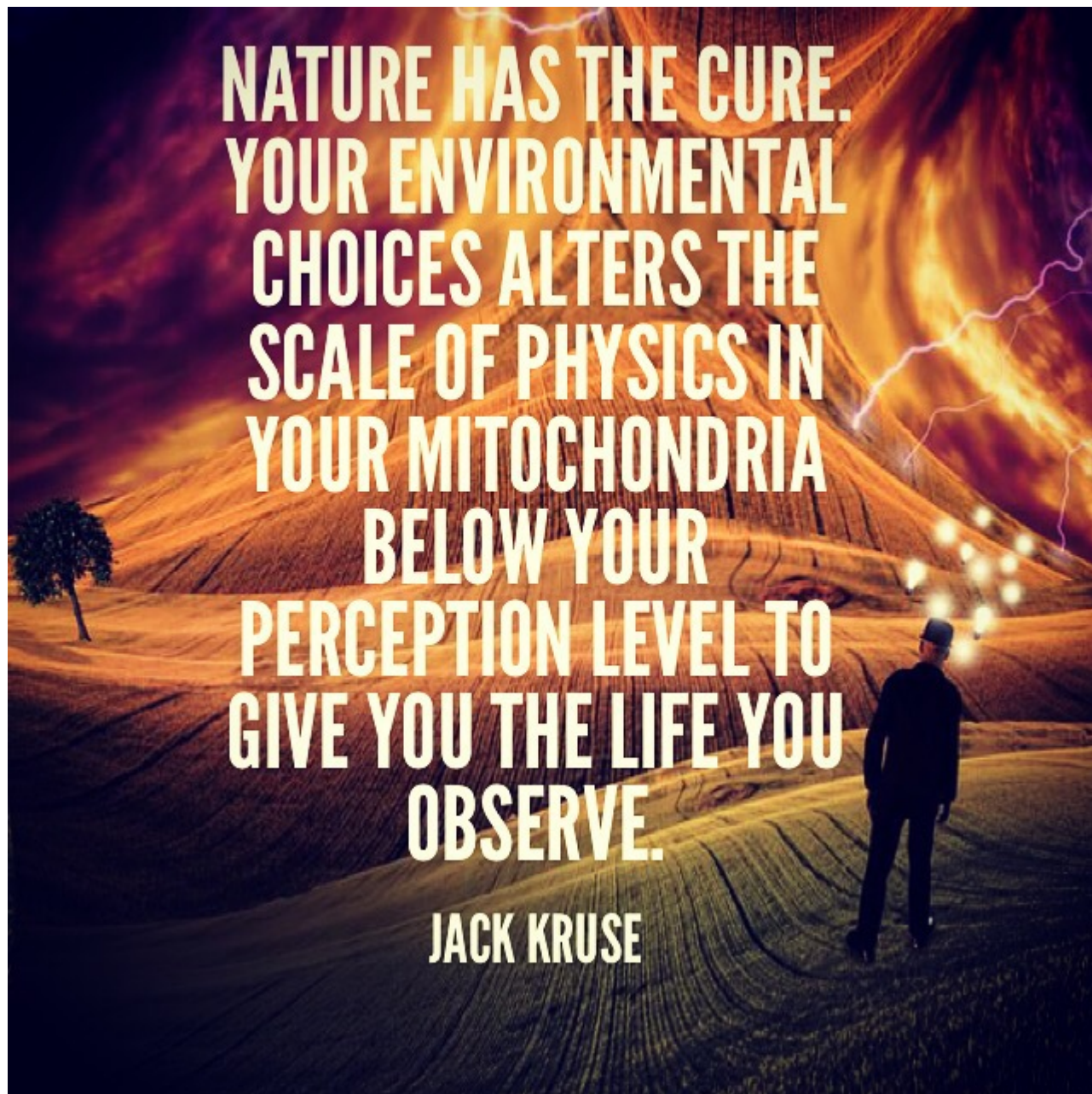
JACK KRUSE

My parting thought comes from a person who became the change he wanted to see become reality all around him by forcing change with thoughts. Ghandi said, "Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

Primal Sense is our belief of what we will become when we think it constantly. Primal sense is your intuition speaking to the mitochondria in your brain and heart. This sense is

not focused for finding yourself.....This mitochondrial sense is about creating yourself. Become a mitochondriac!

It's time to build a community of thoughts in your mind that will support that natural being inside of you that you were born to be. It will be easy to reject the zoo animal version of that humans currently advocate and desire.



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