

# Special Report:

*BUST THE TOXIC  
BELIEF THAT  
AGES YOU WAY TOO  
SOON,  
ZAPS YOUR VITALITY  
AND STEALS YOUR  
POTENTIAL!*

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*“Beliefs have the power to create and the power to destroy.”*

~ Anthony Robbins

**There is a sad, dangerous, and all-too-common belief in our culture.  
Sometimes it is in-your-face blatant.  
More often it is subtle and sneaky.  
Either way it is toxic to your mind, body and soul.**

**You may well have this belief.  
If so, I invite you to let it go today.**

If you hold onto it, this way of thinking will age you way too soon, zap your vitality, damage your health, diminish hope for your future, steal your natural potential, squeeze your soul and prevent you from bringing your gifts fully into the world.

This is the idea that, at some point around midlife, maybe at 40 or 50 or 60, you begin an unstoppable decline toward the end of your life.

**This is the **Myth of Inevitable Decline.****

***Do any of these statements sound familiar?***

*“Oh, well, that’s how it is: being tired and achy are just part of life as you get older.”*

*“It’s too late for me to ...(find true love/ write my book / start a business/ play an instrument/ learn to speak Italian/ improve my marriage).”*

*“I’m too old to...(get in shape/ feel fabulous/ make a difference/ learn new things/ change my habits or shift my beliefs).”*

*“I used to dream of changing the world and making a difference.....  
but now I realize my time is past.”*

*“Haha! I guess it’s just downhill from now on.”*

*“Well, you know, we’re just getting old.”*

*“My best years are behind me.”*

*“There’s still so much I want to create and accomplish but I’m afraid I won’t have the energy to do it.”*

*“I’m becoming irrelevant in this quickly-changing world.”*

*“Just when I start to figure out who I really am, I’m heading into the invisible years, and soon I’ll just be withering and fading away...”*

Sometimes these things are said as jokes, sometimes as laments; you may hear a similar comment from a friend or family member or echoing inside your own head. These attitudes show up in advertising, in TV shows and movies.

**They are lies.**

**Nothing is inevitable.**

Yes, it is true that at some point in the future you and I will leave these sweet, physical bodies. Could be today, could be decades from now.

You don’t have forever in this life.

**You do have choice in how you live your remaining moments and years.**

*“While aging is inevitable, there is no reason why advancing years must be associated with pain, disability or mental decline.” ~ Andrew Weil MD*

Most of the negative aspects of aging are a result of the accumulation of our habits, beliefs, actions and daily choices over a lifetime.

If you believe aging means an inevitable decline, you will most likely make choices that support that.

If, on the other hand, you choose to believe you can create a second half of life rich with vibrant health, creative vitality, love, joy, zest and purpose, you will be far more motivated to take great care of yourself and to create a future in line with your beliefs.

**I am on a mission to help people at midlife - and beyond - create lives of expansion, not decline!**

## **More About Me and How My Experiences Can Help You**

**Nearly thirty years ago, I had a serious immune system breakdown.** I was told by medical professionals that I had a chronic condition that would likely get worse for the rest of my life.

Fortunately, I did not believe this.

Fortunately, I believed I could fully recover.

I began a quest to answer the question: *How can I create optimal health and vitality and expand into my full potential of body, mind, heart and soul?*

My commitment to heal my body and my life has led me on a fascinating journey.

### **I dove into study with:**

- Masters of energy healing, spirituality, yoga, chi kung and shamanism
- Cutting-edge practitioners of the modern sciences of psycho-immunology, quantum healing, brain research, human potential and transpersonal psychology

***With Life-in-My-Body as my laboratory, I learned to access and to partner with the vast healing intelligence within me.***

**My passion for unlocking this extraordinary, transformational power that lives within *each of us***, led me to a master's degree in psychology with an emphasis on mind-body healing and shaped my career and my life's work.

As I learned to heal myself I was able to help thousands of other people.

**In the last 25 years I've worked in a variety of positions including:**

- Teacher of yoga, chi kung and transformational dance
- Director of an international yoga therapy master's program
- Body-mind Therapist at an integrative medical clinic
- Coordinator of Employee Wellness for a large hospital system
- Holistic Wellness Consultant
- Facilitator of patient groups for an Internal Medicine Clinic
- Transformational Life Coach, Mentor and Speaker

I have had the joy and honor of empowering thousands of people of all ages to create healthier, happier and more satisfying lives.

Now I am delighted to guide people at 40, 50, 60 - and beyond- to become more vibrant, joyful, energized and creative than they ever imagined was possible.

**Because the second half of life is not a time of inevitable decline.**

**It is a time of possibilities expanding!**

*"Your forties are good. Your 50s are great. Your 60s are fab. And 70 is f\*\*\*\*ing awesome." ~ Dame Helen Mirren*

**Now is your time to step more fully than ever before into your powerful, unique and miraculous self. As you do, the effects ripple out, and your family, relationships, work and health all benefit.**

Each day I see this in my own life, and in my clients' lives.

I want that for you, as well.

## ***Are you ready to bust the Myth of inevitable Decline?***

**Hooray! Here are three powerful steps you can take today.**

### **Step One: Choose to Notice, with Compassionate Curiosity, Your Beliefs Around Aging.**

Where do negative beliefs about getting older show up for you?

In our ageist culture negative beliefs about aging are so common, you may be infected by them without knowing it.

***Kindly notice where negative beliefs about aging show up.***

*In your thoughts?*

*In your words to yourself and others?*

*In the media?*

*From friends and family?*

*“Are we more likely to suffer from arthritis, stiff joints, poor memory, flagging energy, and decreased sex drive as we age, simply because that’s the version of the truth that ads, commercials, television shows, and media reports bombard us with?”*

*“~ Joe Dispenza, You are the Placebo*

***Ask yourself:***

*Are these beliefs about aging really true?*

*Is decline inevitable or it is just so common that I have fallen into the cultural trance of believing it?*

***Are you willing to let go of these negative beliefs to clear the way for your expanding possibilities?***

## **Step Two: Open to the High Dream of Your Future.**

**Begin today to replace the negative cultural beliefs of aging with a rich, juicy vision of the bright future you would love to live.**

### ***Ask yourself:***

*How would I love to feel and what would I love be doing 5 years, 20 years...40...50 years from now?*

**Spend time each day steeping in the delightful feelings and images of your High Dream Future.**

When you hear negative beliefs, around you and within you, say to yourself, “I choose a better story!” and shift your attention, thoughts and imagination toward what you want.

*“In the province of the mind, what one believes to be true either is true or becomes true.” ~ John Lilly*

## **Step Three: Connect with Vibrant, Creative Community**

The Myth of Inevitable Decline is so pervasive in our culture that you can easily take it on as truth without even realizing it. Help yourself ease into your High Dream Future by surrounding yourself with people who focus on expanding possibilities. With positive support you can expand into greater health, creativity, meaning, purpose, love, contribution and joy.

***Ready to start doing that today?***

**Join my new on-line Community: Creative Vitality Rising!**

**E-newsletter:** [Sign up for twice-monthly](#) updates delivered to your inbox with innovative, enjoyable and practical strategies for vibrant, healthy, creative living. If you signed up to receive this report, you are automatically on the email list. If this report was forwarded to you, [sign up here](#).

**Facebook:** Like my new [Facebook page: Creative Vitality Rising at Midlife and Beyond](#). Enjoy inspiration, resources, tips and support for creating your best life and future full of zest, health, impact, joy and vitality.

*“The moment you change your perception is the moment you rewrite the chemistry of your body.” ~ Bruce Lipton, MD*

I'd love to hear from you! [Email me](#) and tell a little about yourself.

Wishing You a Life of Expanding Possibilities,



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*Grow ageless with me... your best is yet to be!*