

LIVE LIFE **AT A HIGHER LEVEL** **ARE YOU READY?!**



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CONTENTS

Introduction	1
What do you want?	1
The test: Are you REALLY ready?	1
Who Am I and Why Should You Listen to What I Have to Say?	2
Living Life at a Higher Level	5
Concept #1	6
Concept #2	8
The Four Pillars of a Full Spectrum Life	10
Pillar #1: Health	11
Pillar #2: Wealth	13
Pillar #3: Relationships	15
Pillar#4: Contribution	17
Where to From Here?	19
Step 1: Assess your Four Pillars current status	19
Step 2: Take advantage of a FREE 30 minute “Are You Ready?” Coaching Session	20
About FullSpectrumLife.org.....	21

INTRODUCTION

The knowledge, understanding and principles set out in this book *change lives*. They have changed my life and I have seen them change countless other lives for the better too. **BUT** you should only read this book if you are **REALLY** ready. Only if you are willing, not only to learn, but to take **ACTION**. To make changes. To bring these concepts into your everyday life... the way you think, the way you feel and the way that you behave.

What do you want?

- What's going on for you right now?
- Why were you attracted to this book?
- Are you feeling out of balance in some part of your life?
- Are you feeling stale, bored, lacking in purpose and direction?
- Have you achieved success, however you define that, and want to take your life to the next level?
- How do you feel about your health?
- What about finances?
- How are your relationships working? Business and professional? Family? Friends? Primary?
- Do you have fun in your life?
- Are you joyful and at peace?

I am going to assume that, since you have been attracted to this book, you want something more from your life than you are currently getting; that you want to *live life at a higher level*. What I can't make an assumption about though, is whether you are ready or not. Only you know the answer to that question.

The test: Are you REALLY ready?

Are you willing to take on board and enact in your life the following two concepts:

1. **My life works in direct proportion to the commitments I make and keep... including those I make to myself.**
2. **I, and I alone, am 100% responsible for the quality of my entire life experience.**

If you are open to exploring and bringing these two concepts into the way you live your life, then you are ready.

WHO AM I? Why Should You Listen to What I Have to Say ?

I'll give you a brief overview of my background. More of my story will be told as we move through this book together. My name is Claire Cameron. I was born Claire Safford in Wakefield, Yorkshire in the north of England at the end of 1959. That puts me firmly in the baby boomer generation.

I grew up in a middle class family in a small town in Yorkshire with my brother and sister. In some ways we were a very ordinary family, in others not so. My father was a power station engineer. He had come from a working class background in Hull. He left school at 15 to start work and quickly rose to the top of his field. At the age of 19 he was in charge of the control room at the power station. My mother was a teacher. Unusually for the time, she went back to work once the three of us were at school.

At the age of 16, I had decided that I wanted a career rather than children and that I didn't feel I could do justice to either if I tried to do both. I also remember thinking that I didn't want to get landed trying to bring up kids on my own like my mother had. Another unusual aspect of my upbringing... at that time it was rare for people to separate and/or divorce. My parents split up when I was 12. I didn't know anyone else in my school whose parents were not together. An aspect of society that has changed dramatically!

The formula for success that I was taught, at home and at school, was work hard at getting a good education. From there you will be able to get a good job and then you will be comfortably taken care of for the rest of your life if you keep working hard. How the world has changed!

I followed the formula. I got a Bachelors degree and then a Masters degree in Economics and Statistics. I got a good job in London with a global insurance broker in the risk management consulting subsidiary. Continuing to apply the formula, I worked hard to climb the corporate ladder.

On the personal side, I was in a stable and comfortable relationship with a kind and gentle man who was also successfully following the same formula.

In 1990, at the age of 30, I was given the opportunity to transfer to the Toronto office in Canada. Serendipitously, my partner also got a job transfer to Toronto at the same time. We jumped at the opportunity, sold up in the UK and continued to apply the formula.

We worked hard, we carried on climbing the corporate ladder, we bought a house, we drove late model cars, we took interesting holidays around the world as well as trips to the UK to visit family, and we had a good circle of people to socialize with. I travelled throughout North America for business. I was also in Zurich and Bermuda regularly. I had a fancy title and the commensurate salary and perks.

What a life! OK I was exhausted all the time, caught colds all winter, had no energy left for anything outside of work and the socializing that required, was stressed out and feeling taken advantage of... but I was living the high life according to the formula.

By 1994, I was beginning to hear a little voice in my head saying “Is this it? Is this all there is to life? Working 70+ hour weeks for what?” I started to feel like there was something missing. An emptiness. As though my life was a wonderful façade on the outside, but there was nothing of substance that I valued on the inside. I heard that small voice saying, “What difference are you making on the planet even though you are working so hard and giving so much time and energy to your work?” And then, loudly and determinedly, one day I heard the voice saying, “There has to be a better way to live my life.”

That was the start of my journey to a full spectrum life and living life at a higher level.

It was that thought that lead me to start doing personal development work myself and ultimately to assisting others in their own personal development. In July 1994, on the recommendation of a trusted friend, I attended a weekend experiential workshop that changed my life. At the end of the weekend I knew in my heart that, yes, there was a better way to live my life and that I had the power to change my life experience and live life at a higher level.

That weekend workshop is where the seeds were planted for what I will share with you in this book. The principles I am going to share are a synthesis of what I have learned over the two decades since those seeds were planted in me. I have learned, and continue to learn, from so many different people and processes... workshops, coaches, books, mentors, teachers, friends, colleagues, life experiences.

I apply these principles every day. They have become a part of who I am.

I said earlier that the workshop in July 1994 changed my life. I should give you some examples of how it changed. Here are a few of the things that the workshop lead me to:

- Made the decision to separate from my partner in order to open the opportunity to a more fulfilling primary relationship. We remain friends to this day.
- At work, I learned to speak out confidently and set limits on what I was prepared to do... I still got a promotion and two pay rises in a time when everything was supposed to be frozen.
- Met and married a gifted personal development workshop facilitator and coach.
- Left the corporate world and became an independent consultant.
- Started to study nutrition and its influence on wellness.
- I took charge of what I was putting into my body.
- As I studied spirituality, I began to feel much more peace and connection.
- Assisted in personal development workshops, helping others to start, or further, their own journeys towards living life at a higher level.
- Focus for income shifted to creating residual income to continue paying me when I am not working.
- Started a wellness nutrition business.
- Co-founded a leadership development company to bring the full spectrum principles to the corporate world.
- Experienced myself demonstrating grace and acceptance, rather than anger and fear, as my husband and, only months later, my father both passed away from cancer.
- Established FullSpectrumLife.org to share my knowledge and experience with other individuals so that they too can live life at a higher level.

LIVING LIFE AT A HIGHER LEVEL

The subtleties of words are important. The word used is “higher”, a relative term. It is not “high”, which is an absolute term. If we used the word “high” it would suggest that there is some “correct” level to achieve which, once achieved, is the end of the journey. Achieve that “high” level and you have made it. No more growth necessary. Nowhere else to go.

But that is not what life is about. You have heard the phrases, “Life is a journey.” Or, “It’s not about the final destination, it’s about how we get there.” Clichéd as they might sound, they are true! We all face the same final destination... we are all going to die one day. Until that day, there are infinite possibilities for us to choose as we head towards our last day.

The late Jim Quinn had a favourite saying: “If you are green you grow. If you are ripe you rot!” He was saying that, to be alive, we need to be growing, striving to live life at a higher level.

When we are living life at a higher level it means that we are “green”, we are learning, we are growing. We are becoming more professional at life. We are becoming more and more who we *really* are. We are manifesting on the outside more and more of the substance and values we have on the inside. Who we really are, and who the world sees are in greater and greater alignment. In other words, we are living in increasing integrity and authenticity.

There is no right or wrong level to be at. We are where we are. The important thing is to be moving towards living life at a *higher* level and a higher level and a higher level...

Let’s take a look at the two overarching concepts to see how they apply to living life at a higher level.

Concept #1

My life works in direct proportion to the commitments I make and keep... including those I make to myself.

There is so much in this short phrase! Isn't life all about being committed?

How often do you **try** to achieve something? Or you tell yourself you **might** do it one day? Or you **think** you will have a go at something? Have you ever **really committed** to something? Are the results different?

Then of course it is not just about **making** a commitment but **keeping** it. A commitment made but not kept is just a pipe dream, wishful thinking.

The keeping part of this concept is all about **ACTION**. Without action there is nothing. Action is not necessarily "doing" though. For example, it might be a thought pattern, changing an emotional response, spending time incubating an idea or response.

Are you really good at keeping commitments you make to other people at the expense of your own desires and plans? What would your life feel like if you were as good at making and keeping commitments to yourself as you are with commitment to others?

Before I learned and understood this concept, I was really good at making and keeping all kinds of commitments to others, mostly around my job. But I was so bad at keeping commitments to anything other than work that I actually stopped making commitments to things outside of work, including myself. And of course when you are the one who will always be counted on to get stuff done at work no matter what, then you are the one who always gets called upon!

When I first heard this concept I remember thinking, "I don't want more commitment, I want less. I want freedom!" The truth of this concept sank in when I did start making and keeping commitments to myself. I began to feel freer! I began to feel less shackled!

I remember the exhilaration, confidence and centeredness I felt the first time I said "No. I am sorry I cannot do that. I have another commitment." That commitment was that I should get some rest and relaxation that weekend no matter what anyone at the office asked me to come in to do.

Keeping a commitment is so much easier if you set up accountability at the same time. Have you ever experienced how different a commitment is when you have told someone about what you are planning compared to if you just keep it to yourself? The most successful people have coaches and mentors to provide a sounding board, a different perspective and a point of accountability.

This concept is one of those powerful truths that unveil deeper and deeper layers as you bring it further into your daily life. Try it. Make commitment to your life, your values, your integrity, your passion, your contribution a centerpiece to the way you conduct yourself every day. And set up an accountability system. Find a mentor, a coach, someone who will not buy into your excuses.

Concept #2

I, and I alone, am 100% responsible for the quality of my entire life experience.

Now this concept often causes some resistance and debate! The resistance usually sounds something like this, “How can I be responsible for being abused?” Or, “How can I be responsible for my wife cheating on me?” Or, “How can I be responsible for being injured in that car crash? Or, “How can I be responsible for my husband dying?” You get the idea.

There are schools of thought that say yes you are responsible because everything that shows up in your life you have attracted, whether consciously or subconsciously, through the energy you put out. This is **NOT** what Concept #2 is about.

There is a critical distinction to make which takes away those resistance arguments and the need for belief in The Law of Attraction. Here is the distinction:

- Concept #2 is about life **experience** not life **circumstances**.

The resistance all comes when we get into a debate over who is responsible for our life **circumstances**. Circumstances are just circumstances.

We experience life through the way we think, the way we feel and the way we behave. Therefore, our life experience has nothing to do with circumstances and everything to do with how we respond to those circumstances in the way we think, feel and behave.

And who is responsible for the way you think, the way you feel and the way you behave. It's you, and you alone!

Let's take a couple of classic examples:

Many child abusers were themselves abused. However, not every child who is abused becomes an abuser. The opposite can happen. Often those working to protect children from abuse were themselves abused. The abuse is a circumstance. The life experience is determined by how the abused responds with thoughts, feelings and behaviours.

Many alcoholics were brought up by alcoholic parents. However not every child of an alcoholic becomes an alcoholic. Some choose to avoid alcohol consumption all together.

Again the alcoholic parent is a circumstance. The life experience is determined by the choice of the way we think, feel and behave in the circumstance.

So the bottom line on this concept is that, whilst I may be dealing with a difficult life circumstance, I can take charge of how I experience that circumstance by choosing my thoughts, feelings and behaviours in such a way as to move me towards living life at a higher level, rather than spiraling down to a lower level.

Simple but not necessarily easy.

The key to remember is that we **ALWAYS** have a **CHOICE** as to the thoughts, feelings and behaviours we engage. It takes discipline and practice to gradually make more choices that take us to living life at a higher level and to make those choices with greater speed. There are tools, techniques and skills we can learn in order to increase the odds of quickly getting to a higher level choice.

THE FOUR PILLARS OF A FULL SPECTRUM LIFE

So far, we have explored two overarching concepts that provide a framework for living life at a higher level. It's time to start drilling down to a more detailed level.

What does living life at a higher level look like?

First of all, it is a *full spectrum life*. And secondly, it is an *ever developing* full spectrum life.

So what is a full spectrum life? It is a life in which we are aware of, and focus attention on, developing all four of the fundamental aspects of ourselves as a human being: health (physical), wealth (mental), relationships (emotional) and contribution (spiritual). As we live life at a higher level, we are increasing the functionality and effectiveness of each of these four aspects and bringing them into balance with each other.



I call the four aspects of a full spectrum life the four pillars. Each pillar needs to be strong and balanced with the others in order to have a life that functions well and serves us and our purpose. If one pillar is weak or off balance, then the whole structure is weakened and may collapse.

Sometimes I visualize these four pillars supporting each corner of the platform that is “life”. It only takes one weak pillar and life is in danger of falling down. If one pillar is shorter than the others, life is in danger of crashing to the floor.

Let's take a look at each of the four pillars.



HEALTH

Pillar #1: Health

Health represents our physical nature. If our physical health gets out of balance it affects every other aspect of life. If you take a look at a book store you will find shelves and shelves full of books about health and wellness. Obviously, I can only scratch the surface in this short introduction to the health pillar. So I am going to ask you some questions to get you thinking.

- What lifestyle choices do you need to change in order to strengthen your health pillar? For example, are you a smoker? Are you overweight? Do you burn the candle at both ends?
- Are you knowledgeable and conscious of what you are putting into your body in the form of food? Do your food choices nourish you and serve you or are they destroying your energy and health?
- How are the other parts of your life – work, family, social, hobbies and activities – affected by your health and energy status?
- Do you rely on painkillers, alcohol or any other potentially harmful substance to get you through the day?

My big health awakening came around nutrition. I was about 39. I was in reasonable shape. Never smoked. Didn't drink much alcohol. No coffee or tea. Reasonable weight for my height. Ate lots of vegetarian food and not much red meat. Very little fast food, but a fair bit of pre-prepared food because of the busy life style. Took some vitamins every day and dosed myself heavily when I got a cold. Despite good sleep habits and meditation my energy levels were low. I thought it was just deep seated exhaustion from the busy city lifestyle.

Long story short, I ended up going to a naturopath because I got fed up of my doctor just writing a prescription to mask some symptoms I was having rather than finding out the underlying cause and dealing with that.

The naturopath put me on a strict diet which required me to avoid a long list of foods and ingredients. Grocery shopping became a conscious and focused event as I read every label and started to understand what I had been putting into my body even in the supposedly reasonably healthy choices I had been making. All those "low fat" products loaded with sugar and gums for example. Sugar in all kinds of savoury dishes. And

starting to see the long list of chemical ingredients in so many products. It was an eye opener!

Diet was not the only thing I did with the naturopath. We used homeopathic products and nutritional supplements along with the diet in order to get my body back into balance. And it worked. The symptoms disappeared. But more significant was that gradually, as the months went by, my energy came back and the fog in my brain lifted.

I was on the path to learning about nutrition, supplements and being conscious of what I put into my body. It has ultimately lead me to helping people to put together personalized nutrition plans to support their health and wellness goals as part of what I do.

What's interesting for me now is, looking back on my life, I realize that it shouldn't really be a surprise to me to find myself using and promoting nutritional programmes and supplements. As a child, at a time when nutrition and wellness were really not part of everyday awareness, my mother used to give us various supplements. I hated the cod liver oil and malt extract!! But I also remember her giving me high doses of vitamin C if I got a cold. Her knowledge and belief in the efficacy of supplementation came from her background as a physical education student in the post war rationing era in the UK.

So where are you at with your health pillar? What commitments do you need to make with respect to your health? What accountability system are you going to put in place to help you not just make health commitments, but also keep them?



WEALTH

Pillar #2: Wealth

Wealth represents our mental nature. It is a much bigger concept than just money. However, it does include, what I call, the money equation. If the money equation is out of balance that too can affect every other aspect of life. In addition to money, the wealth pillar takes in career, learning, prosperity in the broadest sense of the word, as well as fun and recreation.

The money equation is very important to the options that we can have available to us in life. However, money alone does not make a strong wealth pillar. Without mental stimulation, fun and recreation our wealth pillar is not fully established.

Recreation is often a neglected aspect of wealth. Break the word down and you get re-creation. Recreation is what allows us to recharge, rejuvenate and let go. It allows us to re-create ourselves ready for the next task.

We need fun and celebration in our lives. To pause and reflect on achievements. Something I have to constantly keep in my awareness. Being a task driven individual, it is too easy for me to just plough on with the next task rather than taking a break to have some fun, celebrate and connect.

When I first started down the path to a full spectrum life, the money part of my wealth pillar was doing fine. I was working within what I now know is a formula that is deeply flawed, however the short term money equation was well taken care of. But my wealth pillar was not well developed because I just wasn't having fun. I did very little to relax, rejuvenate and re-create.

Again some questions to get you thinking.

- Do you have the financial resources that you need and desire today and in the future? Will you ever be able to afford to retire? When you stop working, will your income be sufficient for you to enjoy a fulfilling retirement or just survive?
- Have you stagnated or are you still curious and learning?
- How much fun are you having in life? When was your last adventure – big or small?

My wealth pillar is now much stronger than it was. There are two main contributory factors to that. The first is that I now have diversified sources of income, some of which is residual, i.e. the money continues to flow long after I have done the work. And secondly, I now make time for fun and re-creation by applying the overarching concept of commitment.

The author and educator Robert Kiyosaki's book *The Cashflow Quadrant* totally changed the way I look at how to generate income. What I learned in that book has enabled me to get to the position of having a diversified source of income, including some residual income.

What is residual income? It is income that continues after the work is done. For example an author writes a book and is then paid every time the book is sold in the future. The same with songwriters, they are paid when their songs are played. The life insurance agent gets commission each time the premium is paid on a policy.

When my husband was taken ill in the summer of 2010, I was able to stop virtually all my work activity in order to focus on helping him through his treatments. When he became incapacitated I was able to spend my time with him at the hospice rather than working. A few months after my husband's death, I had still not got back into work when my father was diagnosed with cancer too. I was able to spend my time helping to support my father through his illness and final days. For close to three years I put absolutely no effort into my source of residual income and yet I continued to be paid throughout that time.

The old formula of "get an education, get a good job, work hard and you will be looked after" is well and truly defunct. However, anyone can successfully create a residual income if you carefully choose the vehicle to use.

Where are you at with your wealth pillar? What do you need to learn about how the money equation works in today's world? Who are you going to learn from?



RELATIONSHIPS

Pillar #3: Relationships

Relationships represent our emotional nature. When you think about it, our lives are dominated by relationships. They may be life-long or literally just minutes in duration. But everywhere we go and everything we do involves relationships. Living a full spectrum life means being skilful in our relationships.

Perhaps the most important relationship of all is usually the most neglected. That is the relationship with our self. The quality of all other relationships stems from the relationship we have with our self. If we don't trust and respect ourselves, have compassion for ourselves, how can we trust, love and respect others.

Relationships provide the means for us to experience our emotions. If we are not fully engaged in relationships then we are not fully engaged in our emotional nature. When I went to that weekend workshop back in 1994 there was a moment I will never forget. The facilitator was talking about emotions and relationships. Then he said something which hit me so hard! He said, ***"John Doe/Jane Doe, born 1900, died 1925, buried 1975."*** There it was. That was me. I felt that statement not in my head, not in my heart, but at a visceral level almost as if it went right into my cells. At that moment I committed to coming back from the dead and living my life at a higher level.

Today we live in a world of email, texts, Facebook, Twitter and so on. In some ways we are more connected to other people than ever. And yet how many of those connections are real relationships? People that you could count on for support, advice, help and that they could count on you.

Whether it is in your business and professional life or your personal activities, the quality of your relationships will determine your success and fulfillment. Wouldn't it be interesting if there was a way for the accountants to measure the quality of a business' relationships along with usual assets and liabilities? That would be a sure fire way of deciding where to invest!

Jim Rohn talks about the need to make careful choices about who we are associated with. Sometimes, because of history, we find ourselves connected to people who are detrimental to our life and the path we are on today. It is important to invest our time in relationships that serve us and our purpose. It may be necessary to cut the ties to certain particularly toxic relationships.

Relationships are about communication. The good news about that is that communication skills can be learned. Therefore, relationship skills can be learned!

- What is the state of your relationships?
- Do you have a pool of real relationships not just virtual connections?
- How is your relationship with yourself?
- Do you need to make a commitment to further develop relationships in order to change the quality of your business or personal experience?



Pillar#4: Contribution

Contribution reflects the aspirational side of the nature of human beings. The spiritual side. It is not about religion. Rather, it is about *our sense of purpose and meaning in life*. The sense of belonging to some form of community. The sense of making a contribution.

This need to belong and contribute has been identified by psychologists as a fundamental need of human beings. I remember back in the mid 1990's, when I was still working in the corporate world, I had my own experience of the importance of this need to belong.

I used to work in a small subsidiary of a huge global corporation. There was a strong sense of team and shared purpose within the subsidiary. Then the parent company decided to remove our separate identity and submerge us into the global morass of the main business. I remember how lost I felt. I remember how it felt as though somehow I had lost my sense of who I was. I didn't really understand what was happening to me at the time.

A few months later I was reading a book by Denis Waitley, I think it was *The Psychology of Winning*. All of a sudden the penny dropped when he talked about this psychological need that human beings have to belong. That feeling of being lost was because I didn't know what I belonged to any more. It was a powerful contrast to the clear and strong sense of identity that had existed for us in the subsidiary.

Later on, as I continued developing my full spectrum life, my need not just to belong but to make a contribution to the planet became overwhelming. I could not ignore any longer that voice in my head saying, "What difference are you making on the planet even though you are working so hard and giving so much time and energy to your work?"

Someone I used to know had a great phrase for this question. He used to say, *"What have you done for the planet today? Or are you just sucking air?"*

Having moved away from that corporate role and added other businesses to my activities, I now feel like I am in fact making a difference in people's daily lives through the work that I do. If I can find a way to feel connected to a purpose and feel like I am making a difference, so can you!

My contribution pillar was very weak and low when I started down the path towards a full spectrum life. I have come a long way since then. After making changes over a period of years, I now know that what I do every day in my work makes a difference.

The power of focusing on contribution was made very clear to me during my husband's illness and death, followed quickly by the same for my father. By focusing my attention on contribution to making their final life experience the best it could be, I found strength, acceptance, calmness and purpose.

The contribution pillar is about *the big questions*:

- Who am I?
- Why am I here?
- What is my purpose?
- How can I make a difference?

To get answers to these questions we need to be still, be quiet and listen to our inner wisdom. Answers may take some time to emerge, not a popular notion in this day of instant everything. But perseverance and commitment to making time to be still and quiet will pay off.

This is another skill. It can be learned with guidance from an experienced teacher. If someone like me, always on the go, can learn to do this and now teach it, then so can you!

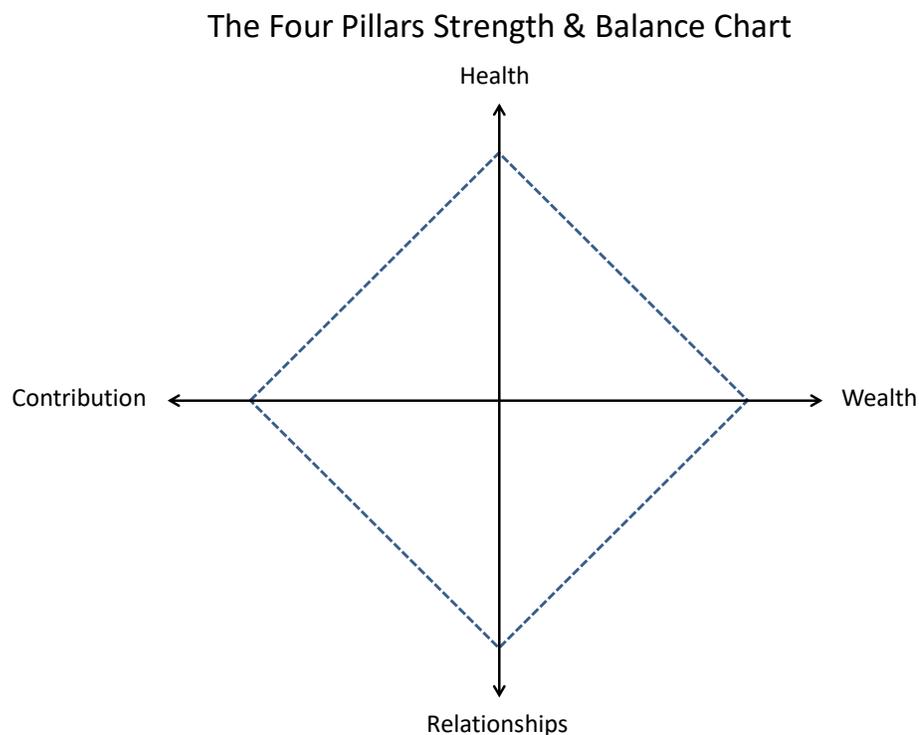
WHERE TO FROM HERE?

First answer this question: Do you want to live your life at a higher level?

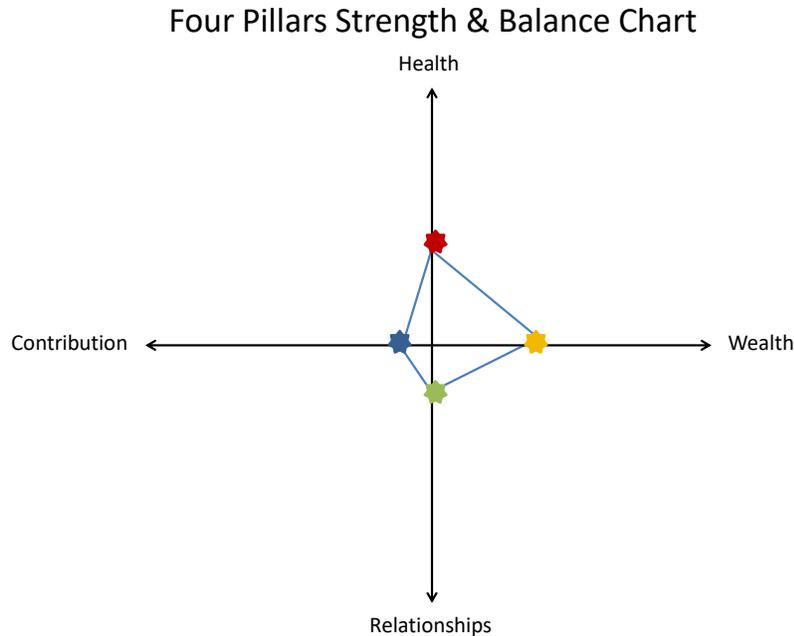
If your answer is yes, then it is *time to take action*.

Step 1: Assess your Four Pillars current status

Use this tool to assess the strength and balance of your four pillars. On each axis mark where you place yourself right now. Then join the four points to form a shape. The dotted line diamond shows four strong pillars perfectly balanced. The more asymmetrical is your shape, then the more out of balance are your four pillars. Be honest with yourself and remember the fullness of the definitions. For example, wealth is not just about money, but also about fun and learning.



As an example, here is what my chart would have looked like back in 1994 if I had had this tool.



Your chart may not be as asymmetrical as mine was. Perhaps your pillars are well balanced, but you want to take your life to the next level. To expand the size of your diamond. Whether it is asymmetry or the desire to expand your chart, in either case your next step is the same.

Step 2: Take advantage of a FREE 30 minute “Are You Ready?” Coaching Session

Call +44 (0)1724 712300 to make your appointment.

To close, here is one final quote from the late, great Jim Quinn:

If you know it, but don't do it, then you don't know it.

ABOUT FullSpectrumLife.org



FullSpectrumLife.org was established by Claire Cameron in 2013 to provide access to resources for people who wish to live by the maxim “Living life at a higher level”.

It brings together the knowledge, wisdom and experience she has gained since her own journey towards full spectrum life began in 1994.

Services offered covering all four pillars of a full spectrum life include:

- Coaching
- Mentoring
- Workshops and seminars

In addition, specialty services include:

- Health Pillar: Personalized Nutrition Planning
- Wealth Pillar: Residual Income Mentorship Programme

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