



Introduction to the HRT-Tool

The HRT-Tool's rhythmic graphs were designed to empower its users to systematically eliminate the defensive stress that adversely affects the optimal state of their physical, emotional, and mental health.

Even though this technology was designed to help you eliminate reactionary stress, it's fundamentally important for the user to fully understand how perceived stress affects their body's design. Specifically, stress triggers the fight-or-flight defensive response. This involuntary neurological reaction creates a biochemical response within our brain that influences us to want to fight or avoid stress. Unfortunately, this defensive reflex frequently persuades our mind to invest in stressful defensive strategies instead of peaceful cooperative ones.

You see stress is a two-fold problem. Not only does it hinder optimal function, but it also triggers a cascade of chemicals that influence you to continue to think and act defensively. If you spend a lifetime making decisions influenced by this negative feedback loop, your stress will only accumulate. This accumulated stress accelerates the aging process and will negatively impact the quality and length of your life.

This simple awareness of how the body deals with stress inspired the red thought, yellow thought, and green thought strategy to improved health. This straightforward terminology will help you clearly understand how to use the HRT-Tool to prevent the reactionary stress the cycle of death's negative feedback loop promotes.

How red, yellow, and green thought influence the state of our individual and collective health.

(Negative) Red Thought = **Fight**

Red thoughts are reinforced by your body's defensive biochemistry. These thoughts persuade you to stand up and fight for your personal opinions in hurtful ways. Red thoughts are the most destructive, as they persuade you to attack people that do not share your opinions. Individuals that predominately



execute red thoughts will experience accelerated wear and tear on their bodies due to the hostile (-) negative mental environment red creates.

(Negative) Yellow Thought = Flight

Yellow thoughts are also reinforced by your body's defensive biochemistry. These thoughts persuade you to hide your personal opinions and beliefs from the people in your life to avoid conflict with them. Yellow thoughts can cause you to avoid people or situations entirely and although they're not as destructive as having a full confrontation, you still end up carrying around the stress of avoidance and the worry of when it is safe to share your opinion. Individuals that predominately execute yellow thoughts will experience less wear and tear than those with red thoughts but still damage their bodies due to the unsettled (-) negative mental environment yellow creates.

(Positive) Green Thought = Peace

Green thoughts are not triggered by your biochemistry, nor are they part of the defensive design of your body. Instead, green thoughts must be consciously developed and improved through individual effort. Green thought is the act of overriding your fight-or-flight responses and focusing on conflict resolution versus conflict embracement or avoidance. Developing and strengthening green thoughts will help you begin to neutralize past stress and prevent the accumulation of additional stress. It is the only thought pattern that will lead to improved physical, emotional and mental health. Green thoughts will result in the least amount of wear and tear on your body due to the peaceful (+) positive mental environment green creates.

How green thoughts relate to free will and conscious awareness.

The HRT-Tool was designed to assist the individual in developing and strengthening green thought. To best understand how to achieve green thought you must first understand the concepts of free will and conscious awareness. Free will is defined as the ability to act at one's own discretion. This means not letting your fight-or-flight response trigger you into red and yellow reactionary thinking but instead overriding your biology and staying peaceful in the



moment. Conscious awareness is defined as being aware and responsive to yourself and surroundings. Utilizing that peaceful awareness to guide the positive cooperative intentions needed to optimize your relationships, experiences, and health.

A person not 'consciously aware' will be predominantly influenced by red and yellow reactionary thoughts, resulting in more cumulative stress. Unconsciously, these individuals are allowing their biology to persuade and direct their choices and are not 'choosing' anything. In contrast, a more aware person will acknowledge the negative outcomes linked to their past defensive reactions. This more aware person will prioritize the development of their 'free will' to prevent future defensive reactions. The conscious commitment to stop defensive reactions will result in less cumulative stress. The more cumulative stress a committed individual prevents the better that individual's future state of health becomes.

Because our biology (red and yellow thought) opposes our free will (green thought), we can conclude that no one is born with the ability to execute free will easily. To develop and strengthen your free will, you must first acknowledge you were previously unaware of the persuasive nature of our biology. That persuasive nature is more evident now than ever as defensive red and yellow thoughts are overwhelming our societies. If humanity's awareness continues to be suppressed by our biology, this vicious cycle of stress will predictably amplify to catastrophic levels.

Health Reconnected was created to spread this vital awareness so that each of us can be empowered to resolve the stress we contribute to the overall conflict. Using the HRT-Tool to eliminate defensive reactionary behaviors at the individual level is the first step in achieving a collective future of peace and optimal health for all of us.

The best future health strategy requires emotional growth at the individual level.

Every individual that utilizes the HRT-Tool to expand their emotional awareness will experience improved health and well-being. As you attempt to master your unique rhythms you will be required to develop and strengthen



positive green thought (emotional awareness). Your ‘will’ to develop your emotional awareness will lead to cooperative strategies that reduce and eliminate the stress that adversely affects your health.

This conscious commitment to eliminate defensive reactionary stress will empower your body to slow the aging process and improve its healing capacity. In fact, I can confidently say with mathematical certainty if you master green thought, you will create an environment that can foster miraculous healing. Fully understanding the healing power of green thought will certainly inspire the individual momentum needed to create cooperative solutions for all our problems, big or small.

Before you start this process, you should assess your physical and emotional awareness.

To best understand how your physical and emotional awareness affect your health, we will reference a numeric scoring system. This scoring system empowers you to understand how your current state of health has been determined by the accumulation of your physical and emotional routines. For simplicity, we will use a scoring structure of ten points: five points awarded for a perfect physical score and five points awarded for a perfect emotional score. Once you determine what your current physical and emotional scores are, you will clearly understand how to expand these complementary states of awareness to achieve an optimal state of health.

We will begin our discussion with the physical scoring system. This score will directly relate to the five core physical strategies that need to be consistently executed to ensure you are physically healthy. Cumulative research has proven these five components are necessary before your body can achieve optimal physical health.

1. Consistently getting restorative sleep.
2. Consistently drinking good, clean, bioavailable water for your liquid intake.
3. Consistently eating a low inflammatory diet that is well balanced with all the vitamins, minerals and naturally occurring organic compounds, our body needs to function optimally.



4. Consistently stretching to balance the tension on the frame of the body to preserve optimal posture.
5. Consistently practicing functional exercise designed to preserve the biomechanical function of your body.

Your physical score is determined by your consistent efforts to achieve these five vital components of physical health. For example, if you get good sleep 80% of the time, drink and eat healthy 70% of the time, exercise and stretch 50% of the time, your combined physical health score is 3.2.

(.8 for sleep + .7 for water + .7 for food + .5 for stretching + .5 for exercise = 3.2)

We will now discuss the emotional scoring system. These scores will directly relate to the maturation of your emotional body. We will now discuss and define scores 1-5:

1. Refers to an individual that has an emotional awareness that everyone else is to blame for their stress. This individual will not accept any responsibility for their emotional unrest and demand that others must change before their stress is eliminated.
2. Refers to an individual that has an emotional awareness that others have more blame than they are willing to assess on themselves. This individual will only accept limited responsibility for their emotional unrest, which implies that everyone else must change more than them before their stress is eliminated.
3. Refers to an individual that has an emotional awareness that they and everyone else share equal responsibility for their stress. This individual freely accepts that they created half of their emotional unrest and will request that others change with them for their stress to be eliminated.
4. Refers to an individual that has an emotional awareness that they are responsible for most of the emotional unrest they feel. This individual understands that others may have contributed to their stress, but they complicated their stress when they neglected their past emotional responsibilities. They also know that any positive change they make now will make it easier for others to expand their emotional awareness in the future.



5. Refers to an individual that has an emotional awareness that they are solely responsible for how they feel. They understand that others influence them but realize that the discrepancy between their states of emotional awareness is the problem, not the individual. They understand that they must move forward intending to help others develop their emotional awareness so they too can take full responsibility for how they feel.

Your emotional score is determined by your accumulated emotional approach with all people. To determine your emotional score, you must be honest about how you deal with all the people in your life. For example, if you withhold your feelings in most of your relationships and consistently suggest that others have more blame than you, then your average emotional score would be a 2.

Many of us will have relationships that have evolved into 3-5 emotional levels. However, please be aware that your emotional score is created by the overall emotional approach you take with everyone. For example, if you have two relationships at a 4 but all the other relationships in your life function at the emotional level of a 2, then your average emotional score will be closer to a 2. The only way to achieve a level 5 emotional score requires that you practice full emotional disclosure with all the people in your life. Level 5 relationships are strong enough to talk through any subject matter without thinking or acting defensively.

Health Reconnected was created to ensure we all achieve optimal health!

Health Reconnected offers this advanced technology for free to help address social and environmental challenges. The organization appreciates your commitment to optimal health and aims to inspire individual and collective action toward a more cooperative and peaceful world.