

*Secrets of How to Look
and Feel Younger*



*for the
Infinite Being*

by Clinton Fong

Introduction

Have you ever wondered what it would be like to look and feel younger again? To have that youthful body you once had in your younger days without the constraints of age? Perhaps now the experiences of your younger life exist only as faded memories in your thoughts, and the photographs taken in your prime give evidence of how young you once were. If you knew there was a way to allow your body to become more youthful, energetic, and greater-looking, would you consider it? Would you consider the possibility of your body being more joyful with youth again?

This book may not be like any book you've ever read. It is not a book on cosmetics or covering your body with products in an attempt to look younger or more attractive. Nor is it about creating illusions that offer you false hope of a better life, or to take you away from the life that you know to some fantasy dream that deludes and distracts you from living. It is also not a book on spirituality nor is it a book on medicine or personal growth.

Looking and feeling younger is a by-product of how you see and feel about yourself and the life you live from your perspective, and from the depths of what you truly are. It is about you being more joyful, conscious, and aware of the way you live your life from moment to moment, and how willing you are to let go of the limitations, beliefs, and trauma that binds you to the life of a victim in the environment that takes life from your body's health.

Looking and feeling younger is about how willing you are to be in total allowance of all things including yourself and your body without judgments, and the willingness to have you in totality and to truly honor and receive you and your body. When you become more joyful and happy with yourself from the space that is you, your body will naturally begin to look and feel younger, and you will be imbued with new life.

The aging of your body is dictated by what you have bought as truth, rejected as false, the battles that you fight to defend the rightness of

Introduction

your points of view, what you hold onto as real, and the food that you eat to cover up that perceived trauma and not look at the true greatness that you are.

Aging is a byproduct of the diminishing of you to fit within the confines of this reality, the deterioration of your body to the box of limitations that you have bought as more real than you, and the weight of the lies your body carries that resulted from the density and degeneration of greater possibilities through generations of unawareness and misinformation.

What if your life was a lie? What if you were more powerful than what you could possibly imagine, and more potent than what you have been led to believe? What if you were living in a make-believe world of the mind, where anything was possible or impossible, and it was just a simple choice that you had to make? So what does looking and feeling younger mean to you?

The world that you see around you is a product of your creations, and the experiences that you live are what you are willing, have been willing, and have not been willing to receive. Your body is the product of how you see yourself in your reality.

The limitations that rule your life are held within your mind, and the values that you hold dear outline what you have and have not been willing to receive. What you have bought into as truth, created as real, and made significant defines who you are and what you are.

How you function in this world is dictated by what you've been told verbally and non-verbally since you were a child, where the imprints of what you've seen, heard, felt, smelt, and tasted leave their marks on you like a magnetic stain that either pushes you away or pulls you towards your next series of events, to the objects of your desires, or of your demise.

How you look and how you hold yourself is how you view life through the eyes of your history.

To totally change the way your body looks and feels, let go of everything you know to be right and step out of human embodiment to embody the true greatness and power you are. Change the way that you perceive reality, and change your reality to what could be possible for you and your body without the shackles and confines of human embodiment with their outlooks of impossibilities.

The concepts presented in this book may seem quite radical in approach, and require a different, open-minded way of thinking. This book is more about consciousness and awareness. It was written to make a request of you to look at life a little differently. It is not intended to give you the answers. Nor is it about giving you guidelines or procedures to follow based on some obscure authority in the field of science, religion, or the like which may or may not be true. It is an invitation to live differently in a different space to function from.

Look at what you know to be true for you, and look at life as just an interesting point of view. If you're the slightest bit curious, then I invite you to open your mind to the possibilities of infinite choice. I offer you the opportunity to discover what's possible for you, and I offer you some of the keys I have found in my search for a greater life that resulted and assisted me in unlocking some of the secrets of youth. Don't buy any of it as real. Look at what you know to be true for you, and look at what is being said here as just an interesting point of view, and what you could take from it that would change your world.

This book is more about what sustains you from within, and its target is for you to recognize what and who you truly are, and what's possible for you. Some of the concepts here may seem quite far-reaching and may challenge some of your beliefs. However, they are not aimed to make your beliefs wrong, nor are they aimed to make you look dumb or stupid. They were written to provide a different perspective at the way we look at life with a bit of humor.

Fighting the aging process is not encouraged, as this will make you weak, tired, and weary. Instead be in total allowance of it, neither accepting it nor rejecting it; and by simply acknowledging the truth

Introduction

of you, the truth that is you and your body, you allow magic to show up for you and your body. Look deep within you, deep within the far reaches of your soul to your very being, and acknowledge the truth that is buried and hidden there, and see if you can perceive greater possibilities for you and your body.

I ask that you keep an open mind and consider the possibilities for change during and after reading this book; possibilities that would allow you to truly show up as you, and for you to be the change that will change your world.

What would it take for you to truly step up to the greatness that you are, and not lay blame or excuses on things external to you that caused you to have the life that you live? What would it take for you to be that change that will change your world, and have the world you would truly enjoy, show up with a lot more ease, joy, fun, wealth, and glory?

As you read this book, if some of it initially does not make sense to you, don't let it hinder you, and just keep on reading. Allow your consciousness and awareness to sort it out for your brain to comprehend. Do not be too concerned if it seems like you're reading a foreign language. Just keep reading and it may become clearer as some of the points are re-illustrated, and you begin to see a pattern to what's being said.

In some places I will be asking a lot of questions. Do not try to answer them straight off the bat, or attempt to find a solution for them with the mind or otherwise. These questions are there to open up your mind to different possibilities, and for you to look at what's truly going on in the different areas of your life. Allow the questions to linger in your awareness and allow your answers to come to you.

Look at these questions and let them churn over in your head. Observe the answers that come up and don't make attempts to answer them if nothing comes to mind immediately. Allow the questions to seep through your mind and mingle with your views of reality. Observe the responses of your body to these questions, in the

way they sound, taste, smell, look, and feel. Relax and allow yourself to consider the different options, possibilities, and choices that are available to you, and the way your body receives them.

This book will not give you an answer or solution for solving your problems. It is also not going to tell you what to do or how to deal with what is being stirred up by the questions asked. What it does provide are keys and clues for you to find you, and your own way, since only you know what works for you and what doesn't. And be aware that you already know more than you realize.

This book presents information in combination with stories to make the information more palatable for the reader to digest. The stories are written in italics and are used to illustrate and emphasize some of the concepts mentioned.

There are also exercises as well to assist in the illustration of the concepts, and these are in bold.