

# YOU ARE THE SCULPTOR OF YOUR LIFE

After years of digging and unearthing the mysteries of life I am convinced that there is only one corner of the universe that you can be certain of improving and that is your own self.

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**W**hen considering that our life here on planet Earth is limited and our days are numbered, have you asked yourself what really matters to you- today?  
For me it is the following:

**#1** My family- I love them very dearly.

**#2** Being able to live my life to its fullest-I am enjoying every bit of it and don't want anything to come in my way

**#3** To have the strength and vigour to continue having the positive impact I'm having on others- my life purpose being to improve the lives of those that come along my path.

As we navigate our lives, building businesses, creating wealth and abundance in all areas, it is truly imperative -and it's what really matters- that we operate in alignment with that which we are and that which honours our spirit, ever growing and forever expanding and expressing ourselves in better and greater ways. Fortunately, this also helps us have what most people call an absolutely magical experience of life.

This is a beautiful world that you and I are a part of. Unfortunately we only think of wealth and how to accumulate it. What we forget is that while it is important to be wealthy, it is of equal importance that we are able to enjoy the fruit of that wealth.


We were created to enjoy all the good that life has to offer. We are God's greatest creation and are wired to win. Unfortunately not everyone views it like this. Many don't even see it as a good place to be in. They perceive it as a harsh world and are forever struggling to make ends meet or keep relationships together never taking the time to enjoy what they have or to soak in the beauty they are enveloped in, forever running on a treadmill going nowhere. This world may generally be divided into two. On one side are the wise winners and on the other the ignorant losers. What is the difference between them? Winners are aware of a place within, which we refer to as the higher self. Within this higher self, there is an image of perfection which is forever expressing to find itself. When the winner calls upon this higher self, they set about to carve out a new being for themselves. Much like a sculptor shapes what at first appears a formless stone.

You may be wondering whether I am wandering all over but you are wrong. I am just giving you a brief on the road ahead. You are the sculptor of your life and I am going to teach you how to take charge of yourself.

Below was my journey in brief. Check it out. It could be the same for you. I lost more than 23 kilos (almost 51 pounds) and have kept it off for many years. I promise you it wasn't even difficult.

As a kid I was neither thin nor handsome but always aspired to be both. Due to my rather amusing physique I was regularly christened differently by nicknames that weren't always pleasant. As years went by I progressed getting larger and larger with no clue of how to turn the situation around. Suddenly I became aware of my plight and all at once I was getting desperate. It was sometime around the year 1995, I was young and able but sloppy and seriously out of shape when I set off to right all that was wrong with me. To lose weight I took to the pool. I would swim nonstop for an hour almost every day but nothing happened. I enjoyed swimming. There was nothing like waking up in the morning and taking a dive into a nice warm pool of lovely and welcoming water. What about becoming one with water where one could feel like a fish and cruise like a submarine. If I wanted to I could even sail like a boat while at the same time enjoy the all-encompassing joy of just being. Nevertheless not an ounce did I lose. I was told it would help if I sped up and covered a greater distance during the hour. I swam as if chased by a shark. I missed out on the pleasures of swimming but if it helped dissolve some fat into the chlorine etched water it would be worth it. A few weeks on and nothing happened. The flaw was not in the swim. I couldn't lose weight since I felt famished after it. I would end up inclined to devour anything placed in front of me. While the swim left me feeling good I never shed any weight. I felt healthy and happy but remained terribly out of shape. Obviously swimming wasn't a solution to my obesity problem.



A hand with purple nail polish holds a white rectangular card with a thin grey border. The card contains a quote in black text. The background is a blurred image of a body of water with sunlight reflecting off the surface, creating a bokeh effect. The overall tone is inspirational and serene.

“Life is not only  
about  
accumulating  
wealth. It is also  
about being  
physically well  
and able to enjoy  
it.”



A few months down the road and I joined a local health club. Going to the club was both fascinating and amusing. I say fascinating and amusing in hindsight but believe me initially it was both embarrassing and intimidating. Andrew the burly trainer sitting at the reception was very affable. He was truly welcoming and that made me feel quite comfortable. I thought to myself—"maybe I wasn't that odd looking after all". All the same I was super nervous. I had an eerie feeling up my spine. Have you been into a dark tunnel, with a failing torch light? I was in two minds. Should I move on through the winding dark hole or run back to the familiar and the sunlight. The gym instructor quickly put me through a few basic exercises. I guess he wanted to understand my abilities and short comings too. A little later he got me to lie down on a floor mat where I was to do a few abdominal exercises. Within a few seconds of my getting onto this mat I got this sinking feeling. (Getting onto the mat itself was a feat as I couldn't bend down easily; I was after all more than 117 kg or 258 pounds). As if choreographed I was promptly surrounded by 5 cheering young studs. These six pack guys were encouraging me to perform with chants of 'come on you can do it'. In the background the trainer called out 'one, two, three' encouraging me to do the abdominals. Given my poor fitness I just couldn't go beyond number three! I was stuck. My body and mind were both tearing apart. Since I couldn't go further Andrew stopped counting and the hurrahs stopped too. The guys were being nice but it felt like Gulliver with his Lilliput's. Obviously I was Gulliver! Anyway I

stuck on and over a period of time could actually do about 40 crunches without too much ado. I didn't however lose weight. It just wasn't happening. I was trying but nothing was working.

With time I became an avid treadmill user but just as in swimming I would lose weight for a few days and then put it all on and add a few more kilos to get back to where I originally was. There was just no long term solution I could latch onto.

Could it be because losing weight needed to be looked at more holistically? Could it be that I had to look at health rather than just weight loss? Could it be because it had to be a combination of weights, aerobics and a diet plan? Or was it all this and more?

It felt terrible. I had all the wealth I needed to have a good life but I would rather have died than be forced into a diet plan that would almost starve me to death anyway. Not for me were diet plans that would starve me half way to death and leave me alive only to continue being starved.

Then there was this question I asked myself regarding my very existence. Why did God have to give me everything but curse me with having to go through the drudgery of weights, aerobics and a diet for the rest of my life? I was enjoying life and aspired to enjoy it to 140 but how could I get there without a plan?







Weights and aerobics could be fun but a diet? Why, Lord, why? I was also taught to believe that the God I knew was all merciful and kind. I knew he wasn't cruel neither was he wicked. There had to be a doorway out of this mess.

It was now apparent to me that none of what I was doing was of much help. By now I also knew that focusing a lot on my abdomen and related exercise wasn't the right thing to do. It had to be a combination of exercise, a reasonable diet plan and much more. What about overall health? If I was serious and really aspired to live to a healthy and happy 140, I had to have a plan. I had to figure this out. I had the wealth but now had to get the password combination that would unlock the mysteries of good health.

I would scout for this key always preparing myself for the long haul but on the following non-negotiable terms. I refused to change my social life by too much. I also would not change my eating habits by a yard. I knew though that I would have to tweak it all. I would go on the journey of life keeping in mind my longevity goals but all the while would play it by ear. Rules were never meant for me and I wasn't just about to put myself under the command of some dietician or yoga guru. That was not for me. I knew I would never be able to sustain that unless (just like when I gave up smoking) I studied life in detail, understood the paradigm, convinced myself of the way forward and got going.

I have since found the master code and am happy to share it with you as we go along. Come with me on a journey - A beautiful transformational journey that will make you the master of your destiny.

Life is not only about accumulating wealth. It is also about being physically well and able to enjoy it. If you don't get this then understand that you are only accumulating wealth to be able to pay for your medical bills at a later date. I will show you how you can eat your cake and have it all at the same time.

Hang on to receive more.

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