

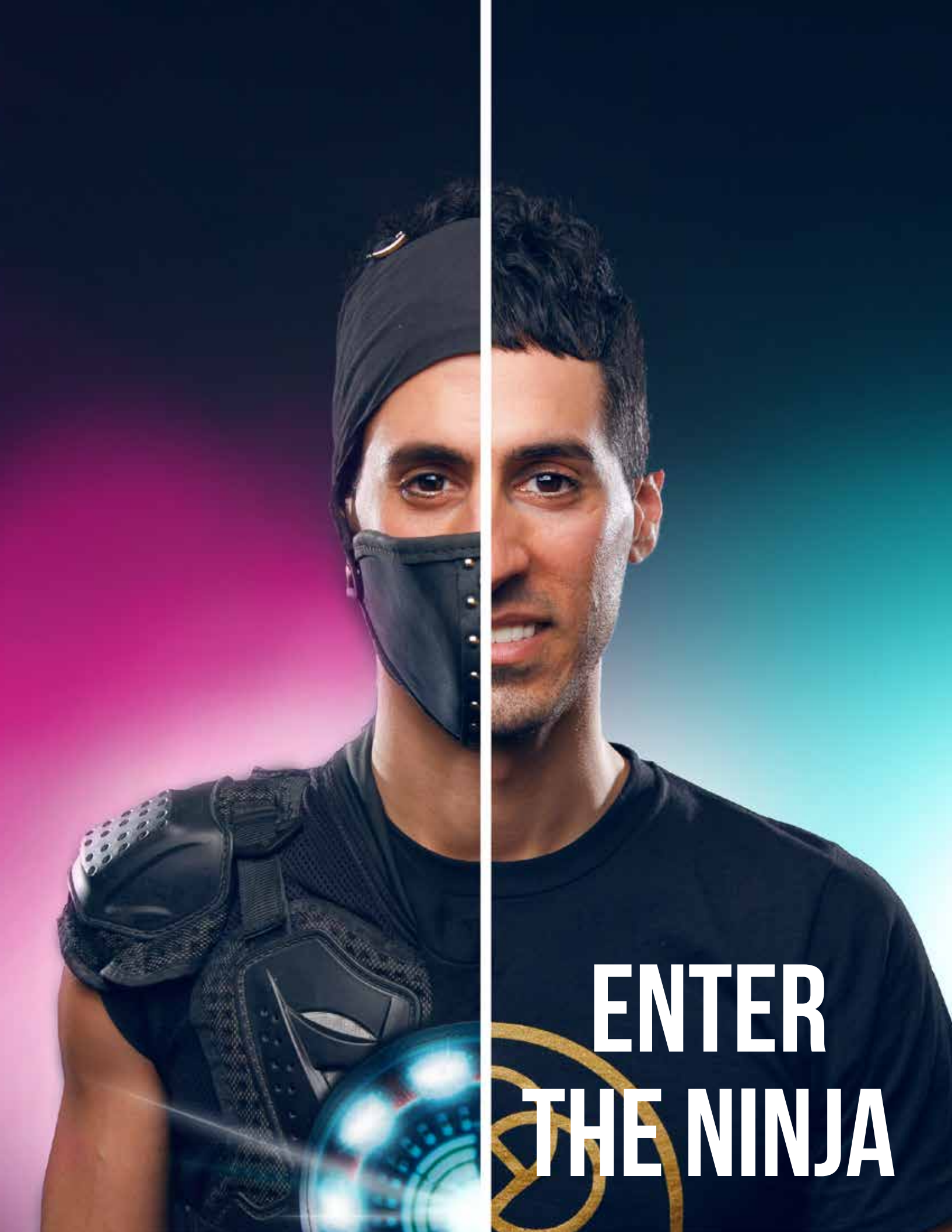
THE ART OF NINJA



7 *KEYS* TO MASTERING BODY, MIND, AND LIFE
JONATHAN ANGELILLI



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**ENTER
THE NINJA**

THE WARRIOR'S PATH TO FREEDOM

Welcome to the adventure of a lifetime, specifically, the adventure of YOUR life: the most thrilling, fun, and empowering thing you will ever experience; the amazing path to becoming who you were born to be. There will be many ups and downs, twists and turns, and it will take hard work and sacrifice, but even more so, it will be fun and exciting.

...and you already have all you need to realize your potential deep inside you.

I'm absolutely thrilled you're reading this. I've distilled 33 years of life and 13 years of holistic fitness coaching experience into **30** pages of pure ninja magic.

No matter who you are, where you're coming from, and what mistakes you've made in the past, you are a honored guest here. Just your willingness to spend your precious time allowing me to guide you gives me tremendous meaning and purpose, I don't take it lightly and I pray you do the same.

If there's anything I've learned, it's that the more messed up your past is, the more powerful your transformation will be; the bad just becomes fuel for your fire. The bigger the fire, the larger the phoenix that rises out of it.



THE MOST BEAUTIFUL PEOPLE WE HAVE KNOWN ARE THOSE WHO HAVE KNOWN DEFEAT, KNOWN SUFFERING, KNOWN STRUGGLE, KNOWN LOSS, AND HAVE FOUND THEIR WAY OUT OF THE DEPTHS. THESE PERSONS HAVE AN APPRECIATION, A SENSITIVITY, AND AN UNDERSTANDING OF LIFE THAT FILLS THEM WITH COMPASSION, GENTLENESS, AND A DEEP LOVING CONCERN. BEAUTIFUL PEOPLE DO NOT JUST HAPPEN.

— ELISABETH KÜBLER-ROSS



The danger's you will face on the warrior's path to freedom are very real, as are the rewards. If you actually do the work, take action, and use the "Art of Ninja Journal" to track your progress, perhaps you'll realize the greatest reward of all: who you really are.

Inside you lives your "inner ninja", who has 5 main archetypal powers.



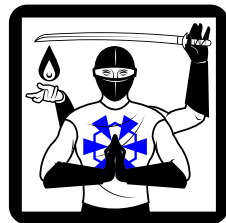
1. // YOUR OWN SUPER HERO //

- The best version of yourself physically, mentally, & spiritually. Live your legend and save the world!



2. // A PEACEFUL WARRIOR //

- One who protects and fights for what they love and hold sacred. A freedom fighter who recognizes that life's ultimate opponents come from with-in ourselves.



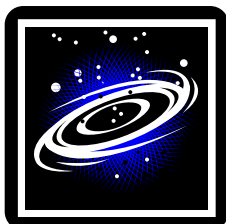
3. // A HIGHLY SKILLED JACK OF ALL TRADES //

- One who trains to become highly resourceful, radically self-reliant, and combines all useful knowledge to achieve their goals.



4. // A SAGE //

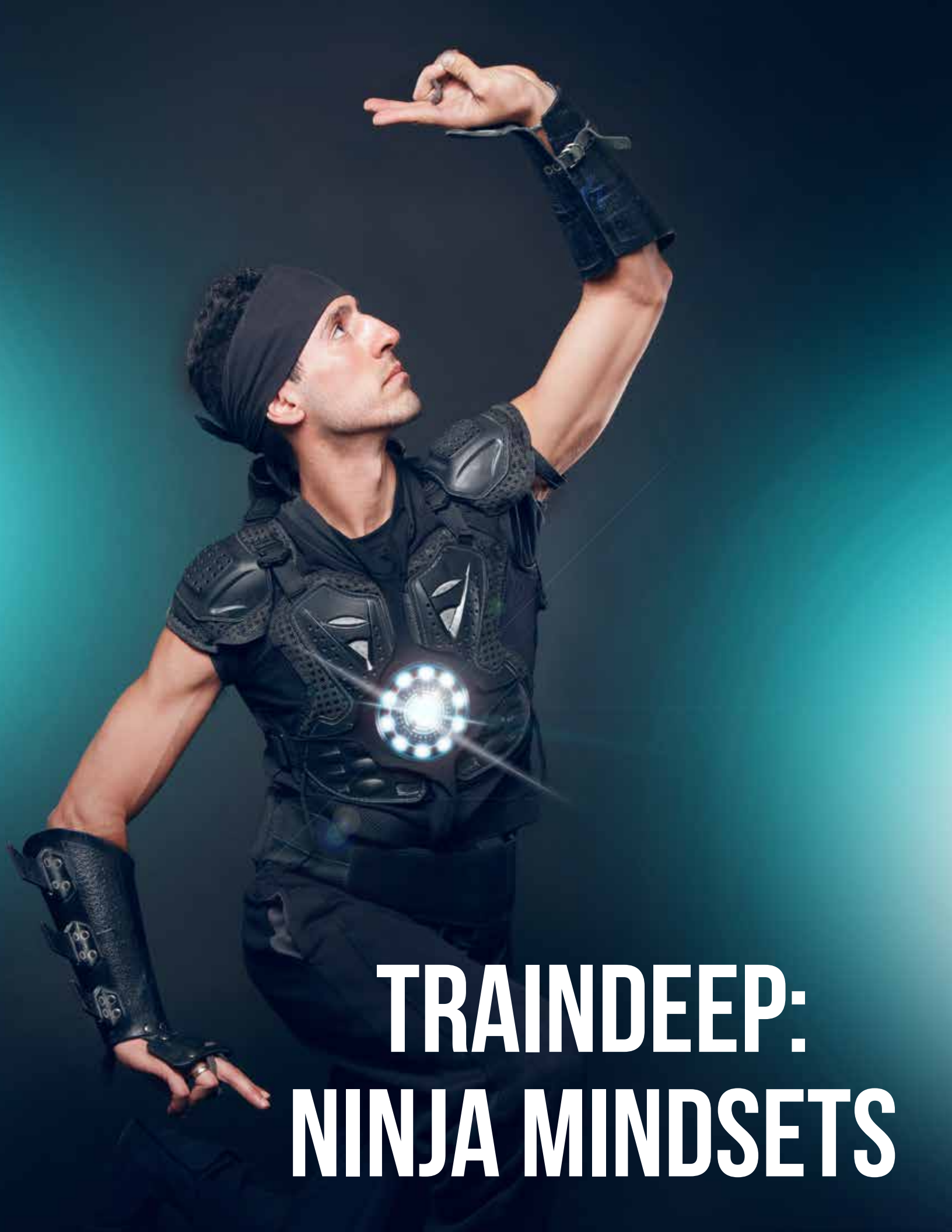
- Someone who has embodied profound wisdom and can persevere in any situation and use adversity as a catalyst for greatness.



5. // A CREATOR AND COSMIC FORCE //

- Your inner power, the creative force that flows through you, allowing you to create what matters most to you in your life.

Or to put it in a simple sentence, NINJA is the ability to "spontaneously adapt to any circumstance or situation with supreme grace and skill."



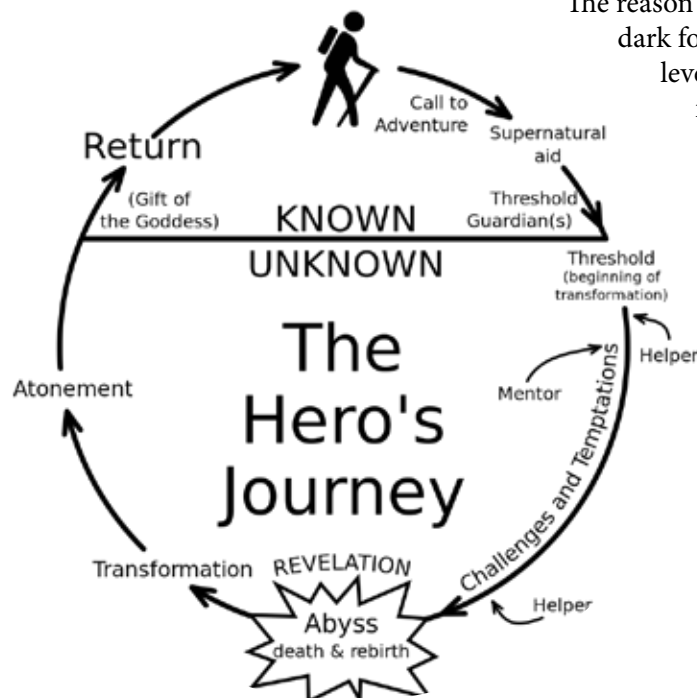
TRAINDEEP: NINJA MINDSETS

TRAINDEEP® FITNESS NINJA

MINDSET #1: YOU ARE A SUPER HERO

My role as Ninja Mentor is to help you explore yourself and tap into that deep resource within each of us. You come from an unbroken line of survivors, your ancestors, who even this very moment conspire to help you on your way home. There are no guarantees, and no one can walk your path for you, yet greatness is your natural born birthright, deep inside of you, there for the taking, waiting patiently to be nurtured, unblocked, refined, and harnessed!

This is the hero's path, which is our shared inheritance, a concept that was popularized by Joseph Campbell after years of studying the mythology of many different indigenous peoples and synthesizing it into a single narrative. George Lucas, the creator of Star Wars, was a student of Campbell and based his movies on this "hero's journey" concept.



The reason that stories of hero's overcoming dark forces speaks to all of us on a deep level is because that archetypal story is our individual story too. The line between good and evil runs right through the heart of every single human. It takes real courage to wake up every day and take ownership over one's life, to see and accept both the good and bad, yet still choose good. (And as you progress on the path to self-mastery, you'll even be able to use the bad to do good!)



TRAINDEEP® FITNESS NINJA

MINDSET #2: THE TEACHER & THE STUDENT

CREATE THE TEACHING

Never give your power away to anyone, especially to me! I am not responsible for your success, I am not responsible for your understanding, and I am not responsible for your confusion. I respect your power, and mine, too much to pretend otherwise. Own your life, really look at it, explore it, and then surrender to your inner power. This graphic says it all.

—
“A teacher is never
a giver of truth;
he is a guide,
a pointer to the truth
that each student
must find for himself.
I don't teach you anything,
I just help you...”

...explore yourself.

- BRUCE LEE -



TRAINDEEP® FITNESS NINJA

MINDSET #3: THE TECHNIQUE VERSUS THE

“ENERGY” BEHIND THE TECHNIQUE

Ever shook someone's hand, and could tell right away they were genuinely glad to meet you? How about the opposite, shook someone's hand and you could feel they weren't happy?

Not all handshakes are the same, because the energy behind the shake is always different. You may not be able to articulate exactly what you feel, but each hand shake has a different feeling. The more you listen to your feelings, the more you will be able to accurately interpret them and use them: intuition, instinct, and your animal powers will come alive!

This is how sensitive you want to be while practicing all of the techniques below. There is no magic in the 7 Keys, the magic is in you and the way that you practice. Sure, you could update your ninja journal with 1 hour of practicing gratitude, but if you feel angry or even just impatient or distracted, were you really practicing gratitude? Nope! You were practicing “anger masquerading as gratitude.”

So be sensitive when you use these keys, don't follow the directions blindly, tune in to the spirit of the practice and what that means for you personally. The keys are only valuable if you use them on the correct locks inside of you, you're front door key will never unlock your car.



TRAINDEEP® FITNESS NINJA

MINDSET #4: SUSTAINABLE PROGRESS

02

// LEVEL UP //

There are levels to help you motivate and break down larger goals into smaller milestones. Everyone starts at level zero for each ninja skill. You may jump from level zero to level 3 right away, or it might take you a few weeks to get to level 1; either rate of success is ok. In fact, how fast you progress is neutral, not good nor bad. It's the way that you practice, and consistency, that matters way more than how fast you progress. Someone who is approaching their limits consciously will, in the long term, fare much better than someone who plows through all the levels unconsciously. Guaranteed.

Use the journal to track your success and jot notes down. For best results, post it somewhere you can see it every day, as a reminder. But don't share it with anyone who doesn't support you and care about you, hopefully you don't live with anyone like that! If you do, print out the ninja journal and put it in a journal notebook that you keep safe and close by at all times; you're very own personal ninja bible!

// USING GOALS //

Write out some goals of what you hope to accomplish doing this program. Process goals are more important than outcome goals. For instance "I'll practice at least 1 of the keys every day for 6 weeks" is a process goal. "I will go from Ninja Strength Level 0 to Level 5 in 6 weeks" is an outcome goals.

In the beginning, process goals are way more helpful than outcome goals. Yes, outcome goals are sexy, results oriented, and enticing, but they are more beneficial for intermediates.

And for Advanced Ninja's on the path of mastery? Well, then you don't define your goals at all, otherwise, your goals will define you. And therefore limit you. The advanced student doesn't define or strive for success, but rather recognizes it when it occurs.

Self knowledge is everything, know where to start. Are you a beginner? Great, have a couple of process goals and maybe 1 outcome goal. Intermediate? More outcome goals are good, but still have at least 1 process goal. Advanced student? I bow to you with love.

// REMAIN CURIOUS //

Yes, you can be a Level 5 "Ninja Strength" while at the same time being a Level 1 "Ninja Love". Try to embrace and explore these imbalances, rather than use the imbalance to feel bad about yourself. A ninja must be able to adapt to any situation; you are only as strong as your weakest link, and your weakest links are a great opportunity to increase your inner strength.

If you commit to this program, you will have an undeniable taste of just how powerful you are by the end of 6 weeks, the kind of experience that you cannot forget and will fuel your passion and motivation for years to come. When you look back from your the top of your sacred mountain, a fully awakened Ninja Warrior looking over the vast landscape of a beautiful life you've created for yourself and your people, you will say, "Wow. That Art of Ninja program was a defining moment in my life". And then we'll laugh full belly laughs and drink tea.



**KEY #1:
NINJA STRENGTH**

HARNESSING PHYSICAL FORCE

A ninja's ultimate weapon, resource, and connection to power and reality is inside his/her body. In fact, the split between body and mind is a huge misperception perpetuated by our western culture; the word bodymind is way more accurate. Have you ever considered where your body ends and your mind begins?

Body and mind are 2 sides of the same coin.

This is great news. That means you can affect your mind through training the body, and your mind can affect your body, it's a two way street.

All ancient wisdom traditions have known this simple truth and used it for self-development and mastery; training the body transforms the mind. Our main emphasis, especially in the beginning, will be to use the body to train the mind.

Of course this is tricky, since most of our educational system focuses on training the mind and getting good at thinking, which is very linear and black and white. The body communicates through feelings and internal sensations, which are much messier than black or white thoughts! But the more you communicate directly with your body, the more intuitive and powerful you will become in every aspect of your life.

No, you don't need any equipment, you don't need a new workout DVD or a new supplement. Your body is the most technologically advanced thing in the universe; all you need to do is use it and gravity. When you truly master your bodymind, you'll have mastered the most complex thing in the universe, how cool is that!

Later on, you'll get into all kinds of cool tools and toys you can train with, but for now, stick with the basics, the foundation, the hundreds of trillions of cells under your command, collectively called the bodymind.

Figure 1- This is the ancient symbol for "spirit-mind-force". In other words, spirit, mind, and force are actually the same thing, not 3 separate concepts! There is no one word equivalent word in the English language... AKA Qi, Prana, "the force".

PRACTICE:

To start with, we'll focus on Isometrics. "Iso" means same and "metric" means length. When you do isometrics, you hold a position while your body works against gravity to maintain that position without motion, so your muscles stay the "same length", engaging without shortening or lengthening.

Isometrics are great to start with because there is less technique involved, and because you don't have to spend as much as your bandwidth on form, you can focus on the quality of your mental state. Start slowly with circuit #1. If you need more challenge, do circuit #1 three times. As you get more advanced, you can do all 3 circuits in the same workout for multiple sets.

Circuit #1- Isometric Squats & Plank

Circuit #2- Isometric Lunge & Side Plank

Circuit #3- Jump rope, then back extensions

Level 1: 30 seconds, 1 or 2 sets, 2x/week

Level 2: 60 seconds, 2 sets, 2x/week

Level 3: 90 seconds, 2 sets, 2-3x/week

Level 4: 2 minutes, 2 sets, 2-3x/week

Level 5: 2 minutes, 3 sets, 2-3x/week

COMMON TRAPS:

Keep a close watch on the "internal environment" when you exert yourself, especially as you approach your limits. Notice your self-talk, can you train without judgment? Is it negative, positive, or neutral? Or you focused on the fact that you aren't moving and that its "boring", or can you be curious about what going on inside your amazing body? Can you find some peace within the discomfort? Be aware of bullying yourself or trying to coerce yourself, especially as the challenge increases.

At the end of the workout, take a moment to just sit or stand in a comfortable position and relax or do a breath meditation. Take a moment to feel the effect of the force you just put into your body, even if you don't understand it, just remain curious and pay attention to the sensations as you body recovers from your efforts. Then journal about how you are feeling in you Ninja Journal.



**KEY #2:
NINJA LOVE**

THE WARRIOR'S GREATEST WEAPON

The biggest secrets are often hidden in plain sight. And this is a big one that's been obscured by tons of bad 80's movies; being a ninja means being, at your very core, a great lover, not a violent assassin.

Yup, it's true. Sure, you'll become a powerful warrior, completely capable of protecting all who you adore, but that power always comes from a place of love and service: not from the ego, your demons, or some distant authority figure like a General or politician.

Here's another wild secret that is also a fact. Every part of your body is designed to be highly capable of giving and receiving love; it's so important that it's hardwired into your cells. Physiologically, love is treated as an absolute necessity. In terms of evolution, this makes perfect sense; we're not the strongest species, we rose to the top by working together and forming complex social groups.

Team work makes the dream work, and love is the glue that keeps groups together.

And no, we are not talking about the oversimplified and dangerously limited western definition of love as romance; we are talking about your bodies definition of love.

That feeling when you feel like less of an "I" and more of a "we".

Anytime you share a positive emotion with someone, anyone (even a stranger), it satisfies your bodies definition of love and lights up powerful hormones that help your body feel good, regenerate, and heal itself. This is called positivity resonance, and it causes your body to physiologically expand.

In other words, love is vital for your health, and your destiny as a ninja is to achieve super health. Super health means you have a beast of an immune system and the ability to avoid getting sick, heal yourself quickly if you do, and be able to tolerate ridiculous amounts of stress. And I'm an example, I haven't missed a day of work from being sick in over 8 years (and I used to get sick all the time when I was a teenager.)

Why is health so important? Because all other goals are dependent on it as a foundation. You can't achieve physical, mental, and spiritual self-mastery without a super healthy bodymind.

In other words, sharing positive emotions is vital to the ninja path, because experiencing love is rocket fuel for your health and wellness.

PRACTICE:

Loving-Kindness Visualization- this is an ancient practice with deep roots in many wisdom traditions. In other words, it's powerful, it works, and it's your birthright, so claim it! Start by sitting in a comfortable position with your spine erect and your shoulders and arms relaxed. Think of your spine as a two way antenna between Heaven and Earth, sitting upright with a "feeling of nobility" puts your antenna in a great position for transmitting energy between above and below.

Close your eyes, and as you breath, tune into the internal sensation and experience of breathing. Feel your heart, and notice how each inhale and exhale gently moves your heart, which is cradled between your lungs. Now imagine someone you love, and mentally/silently repeat the following phrases while feeling your heart internally.

**"May (Name) experience happiness and joy,
may (Name) be safe and protected,
may (Name) feel strength and confidence,
may (Name) be peaceful and free."**

Don't get hung up on the exact wording, it's way more important that you actually imagine giving that person love, happiness, and freedom, to actually experience those emotions and sensations, and then offer it to them. You can actually visualize what it would look like in your mind's eye to give someone safety and freedom. Write notes about your experience in your "Book of Ninja".

Level 1: 5 minutes per day

Level 2: 10 minutes per day

Level 3: 15 minutes per day

Level 4: 20 minutes per day

Level 5: 30 minutes per day

COMMON TRAPS:

Be sure to practice by yourself and don't expect anything from the people you are focusing your goodness on. This practice is way more about you than about the subject of your loving attention. There are more advanced practices that involve working directly with people, but first master this solo practice. If you try and force connection with others, you'll create disconnection and fear instead.

Additionally, don't get hung up on the amount of time you practice. Truly experiencing and visualizing love for 5 minutes is way more effective than impatiently checking your watch for 10 minutes. With practice, the ability to give and receive love freely will become second nature.

For more information on this beautiful practice and your body's definition of love, see the Ninja Resources section below.

KEY #3: NINJA REGENERATION

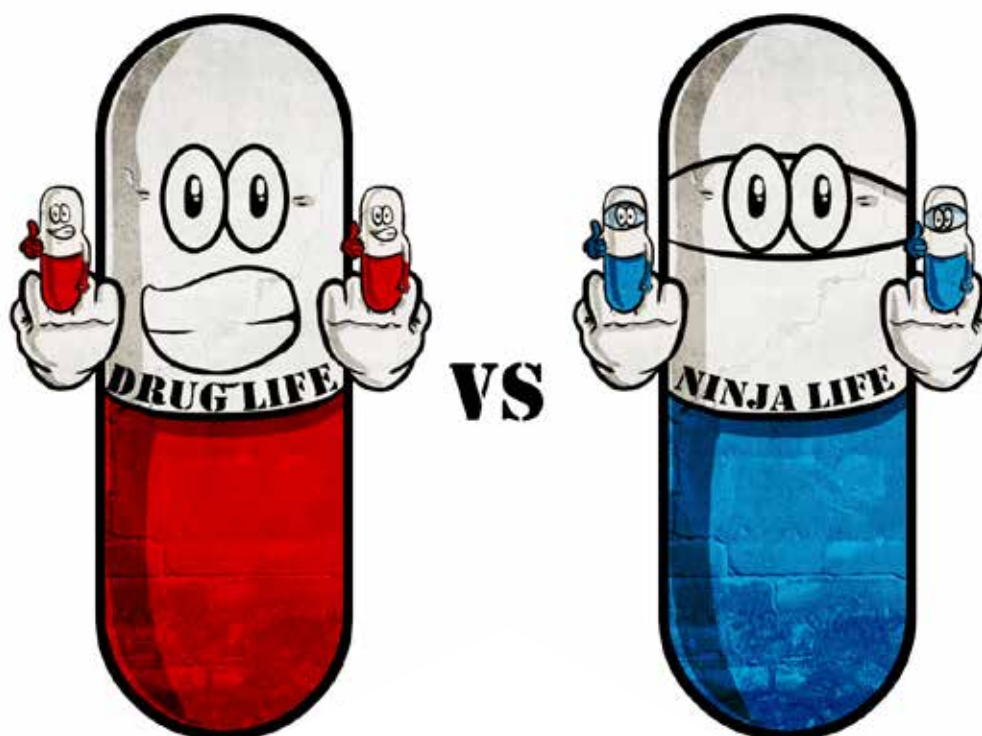


PLUGGING INTO THE SOURCE

The bodymind has an amazing ability to regenerate and rejuvenate itself, if you just give it space to do that. Most of us haven't mastered our ability to heal ourselves for many reasons, but the biggest one is that our culture treats exhaustion as a status symbol and disease as inevitable. We fill up so much of our days, weeks, and years with activity and doing stuff, and leave very little time for being quiet with ourselves. It scares the crap out of us! Yet it's only when we stop doing and start being that our bodies can truly begin to balance themselves out.

We live in a very "Yang" dominant culture: more equals more, bigger is better, and who needs sleep anyway. This is completely out of balance with nature and reality. Moments of regeneration, healing, joy, and peace DO NOT take away from our ability to do epic shit, they support it by making sure that we don't break down.

The second big reason we don't heal ourselves is because we are taught in our culture that disease is inevitable, and to look for solutions outside of ourselves, especially in synthetic drugs, when it strikes.



Did you know that there is no drug that can be created that doesn't already have a naturally occurring equivalent in the body? Isn't that amazing!

For any drug to be absorbed into your bodies network, it has to have the correctly shaped key which fits into your bodies

locks aka receptors. In other words, synthetic drugs have to mimic the keys of naturally occurring chemicals your body produces, otherwise you couldn't even absorb them.

You have the most technologically advanced pharmaceutical plant built into you skeletal tissue, organs, and glands. No, you can't just take a pill to tap into this beautiful, powerful, and network, but you can control it completely by the lifestyle choices you make: the foods you eat, when you go to bed, how much you exercise and in what way, how often you share love, how well you are at relaxing and releasing stress, how often you connect to nature.

Indeed, all of these techniques are less "convenient" than just taking a pill, but the upside is that they not only work better, you'll learn a ton about yourself and your ability to heal yourself, which is empowering. Perhaps you'll find that "convenient" isn't the highest priority when it comes to health and happiness.

The final massive reason we are not connected to our ability to heal ourselves is because we are disconnected from our bodies' ability to move and feel. From a very young age, we are taught to sit still, don't move, and use just your rational mind to do reading, writing, and math. This is completely out of balance with what it means to be a human being, and causes a great amount of suffering. Most of us never learn how to harness and use our body in a physical and conscious way. Conscious movement is both an art and a science that will empower every aspect of your life.

PRACTICE:

Take your Ninja Vitamins! Yup, that's a thing, but they don't come in pill form; it's the ability to open yourself up as a channel and let nature do all the heavy lifting so you can just receive. Spending time in nature has been proven to boost your immune system. It can be as simple as going for a walk in a park, hiking, or even just making time to stare at the sunset, stars, or moon and clouds. Focus on the natural beauty around you and your bodymind will do the rest!

Earthing or grounding yourself is an even more powerful practice; connecting your bare feet to the Earth allows your body to pull free electrons from the Earth's surface into your body and cool off your immune system, which creates a surplus of positively charged free radicals when you are under constant stress. Basically, your body's immune system can go into overdrive from chronic stress and create too many of these positively charged particles, whose job it is to attack foreign substances to keep the body healthy. When your immune system goes into overdrive, it starts attacking healthy tissue in your body, and that is what's called chronic inflammation! Chronic inflammation is the precursor to many of the most fatal disease and baffling disorders: cancer, heart disease, arthritis, auto-immune disorders. Standing barefoot on the Earth helps cool off this inflammation rapidly! It's key to make sure you don't have shoes on, the rubber doesn't connect electromagnetic energy and cuts you off from your main power source, Mother Earth.

The Ninja of history understood the power of Earth, and many of their legendary abilities came from their ability to channel natural forces. The Ninja could run 100+ miles in a day, sleep one night, and do the same thing the next day! They did this by burying themselves up to the neck in Earth at night, allowing their body maximum exposure to the Earth's healing electromagnetic energy. This is also a powerful shamanic ritual, one that is dangerous and can only be done safely under the care of expert trusted guides who stay with and protect you.

For a triple dose of powerful healing, meditate on the beautiful aspect of nature while grounding and doing the "Ninja Focus" practice that follows! Now you're mastering time and space :-)

Level 1: 5 minutes per day

Level 2: 10 minutes per day

Level 3: 20 minutes per day

Level 4: 40 minutes per day

Level 5: 60 minutes per day

COMMON TRAPS:

If you stress out while doing this exercise, and try to squeeze it in but your mind is elsewhere while you do it, it will not work as well. Be fluid. Yes the goals are a specific amount per day, but go with the flow; some days you may only be able to relax for 5 minutes, and on a weekend you might be able to do this practice for a few hours. Don't get too caught up in getting a precise amount every single day, just track your time and try to keep the weekly average increasing.





KEY #4:
NINJA FOCUS

THE ART OF BEING

The ninja of history achieved super human abilities through training their bodymind; with supreme focus, they shaped their entire being into a powerful force of nature.

We've all had little moments in life where something greater seems to take over, we get out of our head and into our body, and the perfect action arises spontaneously without any conscious effort. Some people call this "being in the zone", and for many it happens while playing sports or creating art. A real Ninja Master can live in the zone 24/7/365!

The Chinese call it "Wu Wei" which roughly translates to "Doing Non-Doing", and can be understood as spontaneous non-egoic action.

How does one "Do not doing". It's a paradox that requires direct transmission from a teacher. In the meantime, you can prepare yourself by training to consciously relax while remaining focused.

PRACTICE:

You can practice standing or seated. Either way, your spine should be perfectly erect, a noble yet relaxed spine. If standing, your knees should be slightly bent, arms and feet relaxed and heavy, head and spine buoyant and light, whole body gently swaying like a tree in the breeze. If seated, your knees should be grounded, arms relaxed and hands resting in your lap. Either way, imagine there is a thread connection the very top and center of your head to the sky, as if your head was being lifted straight up, allowing you to lengthen your spine. (You can even use a hand to gently pull up on some hair in the center of your head, and then let your hand drop down but keep that upward lifting feeling in your awareness.)

As you sit still or gently stand, focus your attention on your breath, but keep some awareness on your body, especially focusing on whatever parts of your body feel good.

As you inhale, silently say "Let", using your inner/mental voice. As you exhale, silently say "Go".

Pretend you have a tiny soldier holding vigil, standing on your upper lip just below your nose. Focus your awareness on your soldier, who just watches as the air goes in, and watches as their air goes out.

Don't control the breath, let the breath breathe you.

If you lose focus, don't get angry, just gently direct yourself back to your silent Mantra "Let Go" and your little soldier. Stay with the practice as long as it feels good.

Level 1: 5 minutes per day

Level 2: 10 minutes per day

Level 3: 20 minutes per day

Level 4: 40 minutes per day

Level 5: 60 minutes per day

TRAP:

Make sure you are in a comfortable position, otherwise you will be practicing suffering and that is the opposite of our goal! Only stay as long as feels joyful, and write down any observations and how long you stay in your Ninja Journal. It's way better to feel great for 3 minutes and then get up to feel miserable and stay with it for an hour.



A person in a dark, futuristic costume with a mask and a glowing blue sword. The person is wearing a dark hood and a mask with a vertical slit for the mouth. They are holding a glowing blue sword vertically in front of them. The background is dark with some blue light effects.

KEY #5: NINJA DARKNESS

TRANSFORM DEMONS INTO POWERFUL ALLIES

Ninja represents the ability to harness the power of mystery, darkness, and shadow to achieve seemingly impossible goals. There's no shortage of historical accounts of Ninja using the cover of night to pull off daring missions. Yet there is a deeply spiritual aspect to harnessing darkness, one that is even more integral to becoming a real ninja: facing your own shadow.

The shadow represents the darker aspects of your psyche, the inner demons that you have, we all have, that can wreak havoc on our lives, even destroy us and those we care about most, if we let them. It's all the inner voices that got stuck in your head from childhood: the mean teacher who said you're stupid, the kid who teased you about you're big nose, even a well-intentioned mother who transfer her nervous energy to you.

Having a shadow is part of being a human, don't feel bad about it. Rather, choose to face and own your shadow. The key to do this successfully is to approach your demons with compassion and not condemnation. If you can do that, and just look at them instead of trying to change them, your shadow will become a powerful ally. This is a way better option than repressing your shadow, which allows it power to germinate beyond your control, emerging as a destructive unconscious force.

PRACTICE:

Own your demons through creative writing. Write about the darker parts of your life, the moments that are "not our proudest", or the things you've done that you're ashamed to talk about, even with your closest friends. As much as possible, write from a place of love, curiosity, and acceptance, and keep the crucial distinction between doing bad things, which we all do, and being innately bad, which isn't true until we decide it is. Have your inner demons taught you anything, or perhaps served to protect you in some way? Be sure to keep this writing very safe, either password protect it or hide your journal well.

Level 1: Smallest Demon, 1 hour/week

Level 2: Small Demon, 1 hour/week

Level 3: Medium Size Demon, 1 hour/week

Level 4: Large Demon, 1 hour/week

Level 5: Largest Demon, 1 hour/week

COMMON TRAPS:

If you feel like you need more guidance in this practice, I highly recommend you get Abdi Assadi's book "Shadow's on the Path". Of all the practices shared in this ninja manual, this is the most powerful. That could be good or bad. Power is neutral, it can be either creative or destructive. If you have a lot of fear about doing shadow work, get Assadi's book and find a trained professional that can guide you directly. The key is to express the darker aspects of your shadow with awareness, so you can accept and integrate all aspects of yourself in a way that is empowering and creative. A ninja never hurts himself/herself or others.





KEY #6:
NINJA GRATITUDE

PRACTICING HAPPINESS & ABUNDANCE

Sure, Ninja are super powerful and feed off of hard work, but when it comes to happiness and abundance, they are more than willing to take the "short cut" in the name of efficiency and speed.

Context is everything, which is why to be a real powerful ninja you have to study many things and understand the intricate relationship between the whole and its parts.

Ninja Gratitude is as simple as counting your blessings and recognizing all the amazing things you have in your life already. There is no faster way to abundance and happiness. I've had all kinds of students in my 13 years as a Fitness Ninja; I've got a student who is a billionaire and still thinks he doesn't have enough, and I've got a student who is only got a couple hundred dollars to his name and feels rich.

And please don't reduce your wealth to just financial; include spiritual, material, mental, fitness, family, friends, and health in your definition of wealth.

PRACTICE:

Practicing gratitude. In the morning when you get up, right before bed, even throughout your day. Say out loud and list all the things you are grateful for. Saying it is good, but really feeling grateful is the key.

Level 1: 5 minutes/day

Level 2: 10 minutes/day

Level 3: 20 minutes/day

Level 4: Practicing throughout the day. "Accidentally" influencing someone else's gratitude.

Level 5: Practicing with your enemies.

COMMON TRAPS:

If, while doing this practice, you feel like you "should" be happier because of all the good things in your life, you are not practicing gratitude. You are practicing self-imposed guilt! Let go of the "shoulds", say the things you are grateful for, and if your natural reaction is a little bit of sadness, own that sadness and really look at it, instead of trying to guilt or coerce yourself into happiness. Self-deception and manipulating reality is one of the biggest traps on the path to greatness.



KEY #7: NINJA MAGIC

NURTURING THE SEED OF POWER

There is no greater power than your innate ability to transform yourself from the inside out; to re-imagine, re-invent, re-frame, and re-create your relationship to your bodymind, your tribe, the universe, and your place in it.

It takes a very real leap of faith, you must want it with every part of your being. The universe demands you show you're serious by making a sacrifice. To sacrifice means to make sacred, and we're not talking about slaughter a goat and drinking its blood. We're talking about stuff like the negative self-talk, the undermining "friends", the perfectionism and procrastination, the ignorance, the ridiculous amounts of time on Facebook, and other self-destructive habits you must sacrifice to become the ninja you were born to be.

If you consistently express your power to choice in a way that is in alignment with your goal, victory is inevitable. You are what you do over and over again, and you are "the way" you do it too.

PRACTICE:

Write a letter to yourself about why you are practicing "The Art of Ninja"; what do you hope to achieve and what are you willing to sacrifice to achieve it? Why? Write from the heart, spontaneously, about your feelings; this will take real courage (not the fake kind you see in movies!) Don't do it on a computer, write it out and put the letter in a sealed envelope, hide the envelope somewhere safe, and address it to yourself with a date to open it. Then track your successes, print & use this Ninja Journal. Weeks later, open the letter, read it, and then write another to yourself.

Level 1: Wait 3 weeks to open the letter.

Level 2: Write a new letter and wait 6 weeks.

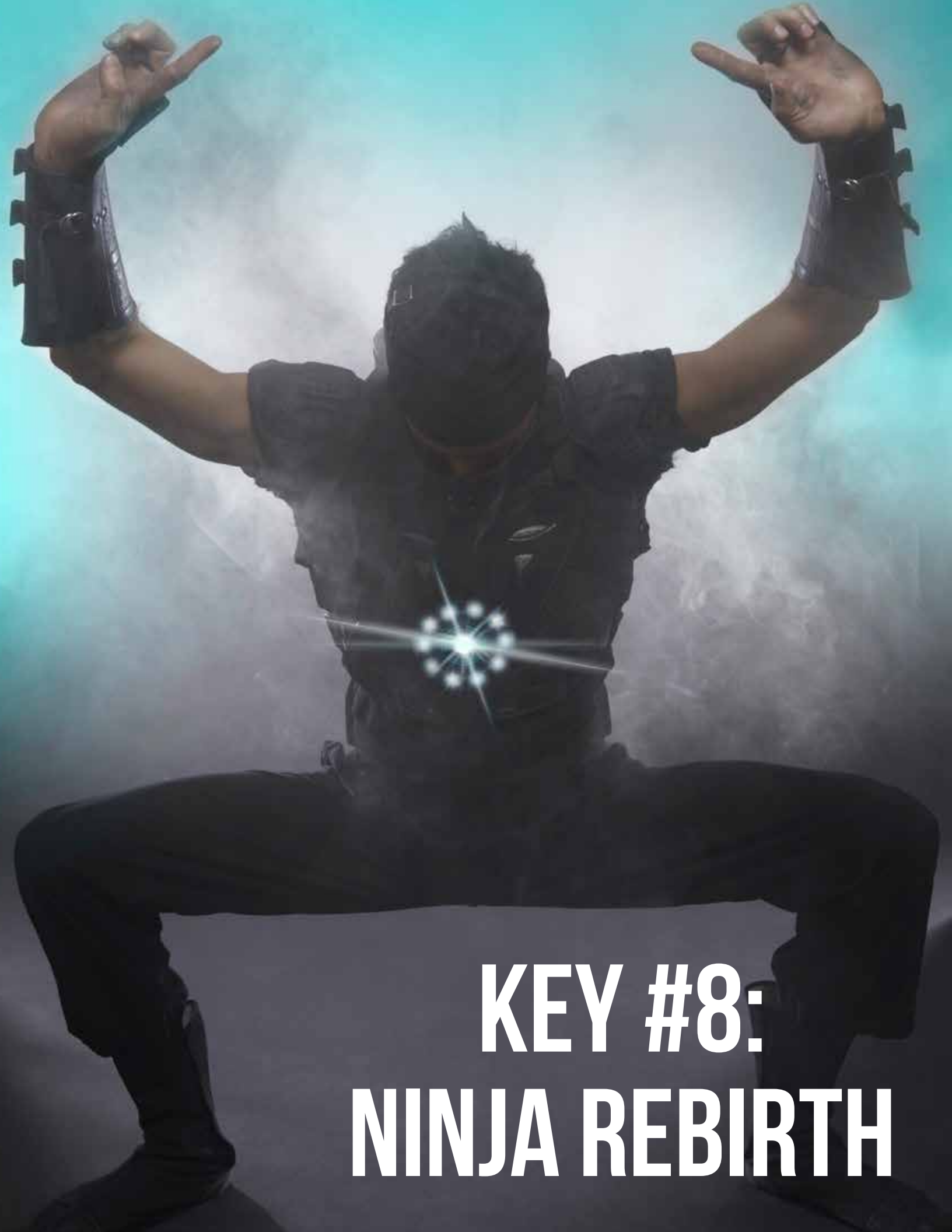
Level 3: Write a new letter and wait 3 months.

Level 4: Write a new letter and wait 6 months.

Level 5: Write a new letter and wait 1 Year. (or do it on your birthday, it's an amazing gift to oneself!)

COMMON TRAPS:

Give yourself permission to make mistakes. There is no right or wrong with this practice, feel your way through it and be honest with yourself. You may not be willing to sacrifice something yet, that's fine. Take your time and see this work as a process and adventure, not a destination, and you'll be rewarded greatly.



KEY #8: NINJA REBIRTH

TRAINDEEP TO RISEUP

The more of yourself you put into these practices, the more you will get out of it. If you truly commit to the art of ninja and walking the warrior's path, I have no doubts that you'll discover what it is you've always been looking for... and so much more. You'll learn how to realize your potential, and have a framework for not only surviving whatever life throws at you, but using anything and everything as fuel to thrive.

Through continuous cycles of refinement, you'll give birth to your very own super hero, you're inner ninja, and be able to tap into that source for the rest of your life (and for some of you, beyond the threshold of death and into the after-life.)

Please update us with your progress at **MyNinja@TrainDeep.com** and let us know how we can support you. Once you've complete the program, send us your results and we will send you a link to a secret page where you can post your results, support other ninjas, and get your questions answered directly.

I even have a special surprise for any ninja who does the program for 6 weeks and shares their results.

Leave supportive and courageous comments at TrainDeep.com, or meet other ninja's on our FB page. And be on the lookout for some very special ninja adventures in the future, including a online Jedi Fitness Ninja Academy, youth empowerment non-profit, and real world Ninja Retreats and Wilderness Initiations.

Until we meet again, TrainDeep.

JONATHAN

Email me at **MyNinja@TrainDeep.com**

www.facebook.com/TrainDeep

www.twitter.com/TrainDeep

"You could tell the secret of life 10 times over, and it would still be safe. After all, the secret is only known when people make it real in their own lives, not when they simply hear it."

Deng Ming-Dao



TRAINDEEP
EXERCISE ALCHEMY

DISCLAIMER:

After years of studying the human body, exercise science, eastern spirituality, Taoist arts, meditation, shamanism, martial arts, and yoga, there is only 1 thing I am absolutely certain of: I have no idea what I am talking about.

I know nothing about Ninjas, exercise, and what it takes to become who you were born to be. I can only talk about who I am, my personal experiences, and my path to becoming and belonging, in hopes that it inspires you to find your own path.

Even though I've spent the last 13 years teaching and coaching others on their path to empowerment and super fitness, I am not your coach. This is just an ebook. What you do with it is totally up to you. Get creative, have fun with it, but keep it sacred.

By engaging in the "Art of Ninja" program, you are taking full responsibility for your actions and their consequences. You'd be wise to consult a doctor before doing any exercise or following any of the humble advice offered above. TrainDeep and myself are not responsible for your success, understanding, or confusion. They all belong to you completely. You're welcome.



ANY BOOK YOU BELIEVE IN 100% IS USELESS."

— CHINESE SAYING

NINJA RESOURCES - GO DEEPER:

- **Earthing** by Clint Ober, Stephen Sinatra, and Martin Zucker
- **Shadows on the Path** by Abdi Assadi
- **Love 2.0** by Barbara Fredrickson, Ph.D.
- **Ninja Journal** by Yours Truly

DIRECTIONS:

Just print out 6 of the Art of Ninja Journal, one for each week. Track your notes about what level you are at, and any observations or questions you have. You can always buy a regular notebook to keep track of your progress. Write in your goals for the end of 6 weeks.

TRAINDEEP PRINCIPLES:



PRIMAL NATURE

- Humanity and nature are a unified singular whole. Disconnecting from nature is impossible and only leads to incredible amounts of preventable suffering, disease, and injustice.



TRIBE

- Belonging to and serving a community that you believe in is the highest honor life has to offer and a path to real immortality.



WARRIOR SPIRIT

- It takes courage to grow up and become the person you were born to be. Inner demons are life's greatest opponents, and can only be tamed and turned into allies through compassion and not condemnation.



PLAY

- Fun, imagination, and creativity spark real learning and growth. Play is healing and integral to being a balanced and thriving happy adult.



TRAINDEEP
EXERCISE ALCHEMY



TRANSFORMATION

- The source of all power lies deep within. Use it to turn suffering into purpose and overcome all obstacles, barriers, and boundaries.



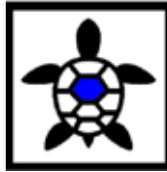
BODY-MIND

- The body and mind are 2 sides of the same coin. Shape it into a powerful force of nature.



AWARENESS

- Energy follows focus; what you think, do, and believe becomes your reality. Develop all powers of perception to a high level.



DIRECT EXPERIENCE

- No idea or technology is a substitute for personal experience and human development.



ULTIMATE LIFE

- How you live is your message to the world. Leading by example and being the change is the most satisfying way to live.



NOURISHMENT

- Your relationship to food and media is vital. You are what you absorb; consume things that support your greatness.



STILLNESS

- Rest, relaxation, and meditation are the foundation of all progress. Slow down to progress faster.



MOVEMENT

- Self-mastery and vitality are the primary goals of exercise. Fitness and athletic abilities are secondary. Aesthetics are tertiary.

