

The CFS Recovery Project Manifesto

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Is This You?

You have a fatigue condition, such as Chronic Fatigue Syndrome, Adrenal Fatigue, and Fibromyalgia, and you want to regain your happiness, functionality, and, ultimately, your health.

Does this sound like your situation?

If you have come down with Chronic Fatigue Syndrome or a related condition, life can seem like its falling apart all around you. Most information you read, gives you little hope that things will ever get better. Many of the activities that used to give you joy, such as eating your favorite foods, exercising, studying, or working, are activities you can no longer participate in. Not only does your body not feel quite right, but your mind feels debilitated and weakened, too. You don't see a way out, yet you know something will have to change in order for you to regain your quality of life.

What Have You Tried to Get Better?

When you are sick, you will try (*anything* italicize) to get better. You may have seen physicians, worked with a nutritionist, and read books about CFS and Fibromyalgia. But what if you've changed your diet, took all the pills and herbs, and you still don't feel better?

You may have gone on to try meditation or have seen a psychological therapist specializing in Chronic Fatigue Syndrome who helped you to bring your mind and body in a more relaxed, healing state, but still, you're not fully recovered.

If you've tried these standard solutions, but are not yet fully well again, it's likely that what's missing in order for you to regain your happiness and functionality, are some of the less well-known solutions outlined in this manifesto.

On the next few pages, you will find a description of some of the standard solutions you may have tried, along with techniques and strategies that could be the missing pieces to you achieving the next level of recovery.

Even if you haven't tried all or any of these standard solutions, take a moment to look at this manifesto. I believe that it can shave years of struggle and feeling unwell off of your recovery journey.

Why the Standard Solutions May Not Have Worked for You and What You Can Do Instead

You've already tried many or some approaches to getting better and wonder whether there is anything more to recovery? This section is about the standard

solutions and what might be missing in your toolkit if you've tried them, but are not yet where you want to be in your recovery process.

If you've tried medical treatments

Medical treatments will only work to their full potential if your body is in a *healing state*. What is a healing state? It's basically a state in which you are happy and relaxed. If you experience agitated exhaustion (also often referred to as a "tired but wired feeling"), negative thoughts and emotions, or your body is otherwise stressed, your medicine might be helpful in theory, but your body is not ready to benefit from it.

If you suspect that your body is not in a healing state, have a look at what you can do about it in the [Enter the Healing State](#) section of this manifesto. In that section, I'll talk about how to get your body into a healing state, in which it is set up to best heal naturally, and in which any treatments you try can reach their full potential. I'm not saying that you shouldn't work with doctors or nutritionists—quite the contrary, actually. I just believe that there is more to getting better—mainly that our body has to be in a psychological healing state in order for you to recover.

If you've already tried medical treatments, here is what else might be crucial to your recovery:

- [Enter the Healing State](#)
- [Meditation, Yoga, and Mindfulness](#)
- [Healing State Life, Love, and Work Approach](#)

If you've worked with a nutritionist

Just as with medical treatments, you'll want to bring your body in a psychological healing state while working with a nutritionist. See the entire explanation in the previous [If You've Tried Medical Treatments](#) section of this manifesto.

You can also jump directly to what might be missing in order for you to reach the next level of recovery:

- [Enter the Healing State](#)
- [Meditation, Yoga, and Mindfulness](#)
- [Healing State Life, Love, and Work Approach](#)

If you're practicing the Amygdala Retraining Program, Lightning Process, or DNRS Retraining program

The Amygdala Retraining Program, Lightning Process, and DNRS retraining are great at eliminating illness-perpetuating patterns in the lives of people with Chronic Fatigue Syndrome and Fibromyalgia and helping their bodies and minds enter a healing state.

The next step after you've been able to bring your mind and body into a healing state is to live your entire life in that state, whether you're spending time preparing your meals, working, or spending time with your loved ones.

Check out the following program to reach the next level of recovery:

- [Healing State Life, Love, and Work Approach](#)

If you've seen a psychological therapist

While psychotherapists are perfectly equipped to work with you through the trauma and emotional challenge of getting ill, most are not specialized in Chronic Fatigue Syndrome and Fibromyalgia and therefore are not able to help you get better.

I believe that Chronic Fatigue Syndrome and Fibromyalgia are such enigmatic conditions that therapists can only fully understand the conditions when they've had them themselves.

If you're in the fortunate position that your therapist specializes in CFS or Fibromyalgia, they can bring you a long way down the recovery path. They will likely use techniques to help you stop illness promoting patterns in your life and help your body get in a [healing state](#), such as those taught in the [Amygdala Retraining Program](#).

Research and experience of senior therapists suggest, however, that in 70% of all cases, recovery takes a long time and even then the healing is often only partial. In many cases, there is no 100% cure for Chronic Fatigue Syndrome and Fibromyalgia, which lends importance to employing 'outside systems' to get you to or beyond your pre-illness levels of functionality and happiness. So what might be a missing piece in your recovery is the [Healing State Life, Love, and Work Approach](#) which creates unique synergies between your mind and outside systems to help you regain full happiness and functionality. Learn more about it in the section on the [Healing State Life, Love, and Work Approach](#).

Things to check out:

- [Mindfulness, Meditation and Yoga](#)
- [Healing State Life, Love, and Work Approach](#)
- If your therapist's approach is not specifically geared towards bringing your body into a healing state, [Enter the Healing Zone](#)

If you've tried meditation, yoga, and mindfulness

It's common for people with CFS or FMS to have incorporated a yoga and mindfulness meditation practice into their lives as part of their recovery efforts.

I believe that anyone with a fatigue condition can benefit from adding these techniques to their daily lives.

While meditation, yoga, and mindfulness usually give people with fatigue conditions much appreciated benefits, these practices unfortunately often don't even get them close to regaining their full happiness and functionality.

If you are practicing yoga, mindfulness, and meditation, here is what might help you to get to the next level of recovery.

- [Enter The Healing State](#)
- [Healing State Life, Love, and Work Approach](#), which focuses on bringing the benefits of mindfulness and meditation to every aspect of life.

Solutions You'll Discover with the CFS Recovery Project

Enter the Healing State

While meditation, yoga, and mindfulness often help people with CFS and Fibromyalgia to sustain feelings of peace and happiness once they have achieved those healing states, these practices are usually not enough to help them to enter those states initially.

Think of your body and mind as a field on which health and happiness, as well as illness and negativity, can grow. Meditation is like rain and sunshine to the field; it nurtures its crops and helps them to grow. The illness-triggered stress and negativity that naturally build up in the body and mind of someone with Chronic Fatigue Syndrome or Fibromyalgia are like weeds on the field.

Meditating, yoga and mindfulness are like watering the field, but because of all the weeds in the field, health and happiness have a hard time and little space to grow.

Practicing an Enter the Healing State technique, such as the [Amygdala Retraining Technique](#), is like eradicating the weeds from the field; it prepares the ground on which health and happiness can grow on. Once the field has been prepared, the

healing effects of medical and nutritional treatments, as well as yoga, mindfulness, and meditation can reach their full healing potential.

Once you've been able to bring your mind and body in a Healing State, the next level of recovery can be achieved by successfully bringing that Healing State to every aspect of your life.

The last crucial piece to reaching your full recovery potential is to employ "outside systems". Read about this funny term and about how to bring the Healing State to every aspect of your life in the next section on the [Healing State Life, Love, and Work Approach](#).

Healing State Life, Love, and Work Approach

Once you've been able to bring your mind and body into a healing state, living your life in a mindful, stress-free way is key to expanding that healing state to every aspect of your life. Traditional yoga and meditation teachings can be of great help in manifesting mindfulness in the lives of people with Chronic Fatigue Syndrome and Fibromyalgia.

I first became aware of the limits of the traditional mindfulness teachings of my favorite Zen-teacher, Thich Nhat Hanh, when I noticed that my CFS-affected mind worked differently than his healthy mind. As is common with fatigue conditions,

CFS had left my mind more easily agitated and less focused than that of the average mindfulness, meditation, or yoga practitioner. I tried really hard to eat mindfully, practice yoga, and meditate on my breath, but many of the techniques that worked for 'normal' people just didn't work for me in that the techniques made me tired or I lacked the ability to focus enough to reap the benefits. Even seasoned meditation practitioners, for example Tony Bernhard in her [latest book](#), report that traditional meditation no longer worked for them after coming down with Chronic Fatigue Syndrome or Fibromyalgia.

If you're finding yourself in a similar situation, the Healing State Life, Love, and Work Approach could be your thing. It will help you to apply the miracle of mindfulness to every single aspect of your Chronic Fatigue Syndrome or Fibromyalgia affected life and will thus allow you to constantly live in a healing state.

What does the Healing State Life, Love, and Work approach have that traditional meditation and mindfulness teachings don't? While traditional mindfulness teachings are often based on internal techniques such as meditation, breathing, being present, and single tasking, my programs add "outside systems" to the mix, as well.

What are outside systems? I'll go in a little more detail here than I did with the other solutions discussed in this manifesto because "outside systems" are something I have not seen offered by anyone else. So let me give you some examples of what I mean when I refer to "outside systems":

One example of an "outside system" is a mindfulness-promoting setup on the computer. A computer can throw even a healthy person easily into a tizzy. The cognitive restrictions of someone with CFS or FMS make us even more susceptible to being negatively affected by a computer.

I'm speaking for myself here, as this aspect of the CFS Recovery Project has not been tested on many clients. Through setting up my computer and smartphone in a way that suits my cognitive abilities, the computer has been the biggest part of my being able to increase my workload from 20 to 40 hours a week while remaining in a happy, healing state of mind.

Another outside system to aid mindfulness, stress reduction, and ultimately recovery has been my smart phone. It features my favorite relaxations soundtracks and plays them for me right when I need them. It allows me to offload tons of information from my head into my pocket (My smartphone is more reliable than my head anyway). Journaling on my phone at the beginning of

a rest has allowed me to more quickly calm down and ease the transition from doing to resting.

So long as people have not fully recovered, outside systems can close the gap in well-being and productivity to a fully well person.

Outside systems can serve as the perfect crutch. Although I have not fully regained my mental capacity, I believe that with the help of my outside systems, I'm able to do many things—even working—better than before I was ill—just like [these sprinters in the Paralympics](#) can run faster than I ever could prior to CFS 😊.

How You Can Immediately Benefit From the CFS Recovery Project

The CFS Recovery Project's mission is to help you bring your recovery to the next level by teaching you how to enter the healing state, and then live, work, and love in that state every moment of your life. You can learn in three ways:

1. free articles on the [blog](#),
2. free email courses (coming soon),
3. Coaching programs

If you're interested in receiving free articles and announcements about the email courses and coaching programs, you can sign up to our free email list by entering your email address following this link:

[Email Signup](#)

If you're interested in one of the coaching programs, you can sign up for a [free thirty minute consultation here](#), where I'll help you gain clarity around whether the coaching programs offered on CFS Recovery Project can help you reach the next level of recovery.

Best to your health,

A handwritten signature in cursive script that reads "Johannes".

Johannes Starke, founder of the CFS Recovery Project

