

Transform Your Life to a Place of  
**EPIC JOY & HEALTH**



# 10 STEP

PROCESS TO YOUR PERFECT HEALTH

eBook *by* Steve Curtis - *Rebel With A Cause*

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PROCESS TO YOUR PERFECT HEALTH

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## STEVE CURTIS - REBEL WITH A CAUSE

also known as a visionary entrepreneur, author, philanthropist, and innovative leader:

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Coming back from a terminal diagnosis is something that doesn't happen enough in the world. So many people suffer with illness, dis-ease, and unhappiness. It's my mission to share with the world my healing journey, from fatal diagnosis to fully healed, happy, healthy, and whole human being. I want others to know they can do the same.

**The following is the 10 step process I used to cure my “incurable” dis-ease. I hope it assists you in your journey. This healing process has brought me to a place where I currently embody epic joy and boundless health.**

To learn more about Steve, visit [steve-curtis.com](http://steve-curtis.com)



When people comment that climbing Mount Everest must have been the hardest thing I ever did, I tell them it was the second hardest. For all its insane difficulty, it didn't compare to the gut-wrenching, soul-ripping, ego-smashing terror I experienced when I learned of my terminal diagnosis and the courage it took to face, embrace, and overcome it.

And when we do start paying attention, we start to hear a voice - quiet at first, steady and strong, existing beyond the shadows and beyond all limitations. If we surrender to its call and follow its path, it will lead us on a journey of transformation.

My story is not about Everest, but it is a personal story about climbing from out of the depths of despair. The journeys were similar, though: the impossible challenge, the long painful path, the absolute terror, the haunting dark, the loss of friends, the constant wondering whether or not it was real, the nagging self-doubt that I could really make it through, the constant specter of failure and death. And then, somehow, survival: the radical transformation, arriving on the other side, still not certain that it actually happened. Yet it did, and nothing will ever be the same.

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**When doctors talk about the one percent - the one percent who survive, the one percent who are the exception and not the rule, the one percent who miraculously heal from an otherwise terminal diagnosis - know that I AM that one percent.**

**I'm here to tell you there is absolutely nothing in this world that stops you from being miraculously healed, *except fear.***





In 2005, I was diagnosed with a rare type of cancer for which there was no treatment, no cure, nor survivors past a few years. This is when I learned that critical illness is a great teacher, offering a lesson from a long-lost part of us, in the art of paying attention.

Today, I am profoundly grateful for this experience - for in my darkest moment, I learned my deepest truth. There is always hope.

Never in my wildest dreams could I have imagined the epic plot this would entail... to be wildly successful at a young age and then suddenly find myself consumed by darkness, falling down the abyss, destined to die a meaningless death from a diagnosis of terminal cancer with no hope of survival.

**This is a story about hope, about hearing and following our calling, about facing our limits, and then transforming them into possibilities that we never thought could exist.**

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These 10 steps are for you if you're dealing with cancer or some other illness and need the tools to support your healing. If you have lost a loved one to cancer or another serious disease, or if you're trying to help save an afflicted loved one - this is for you. If you are stuck in an existence of anxiety, fear, loss, anger, grief, or depression, and are looking for a way out - this is for you. This is an invitation for you to choose something different.

It's an adventure of discovery that takes us to the depth of the human heart and beyond. My one final request as we share this journey together - is for you to engage your heart as well as your mind. As Helen Keller said...



THE BEST AND MOST BEAUTIFUL THINGS  
CANNOT BE SEEN OR EVEN TOUCHED -

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THEY MUST BE FELT  
**WITH THE HEART**

- HELEN KELLER

STEP ONE  
**ACCEPT CHANGE**

STEP TWO  
**LIVE IN GRATITUDE**

STEP THREE  
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STEP EIGHT  
**LEAN IN**

STEP NINE  
**LIVE IN LOVE**

STEP TEN  
**BE JOY**

# STEP ONE

# ACCEPT CHANGE

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**Accept that miracles do happen and that anything is possible.**

Accept that illness might be a choice you make, deep in your unconscious, and that you have a choice to receive its message. When you do, the need for the illness can be let go; you can accept change by choosing to let the dis-ease go.

How do you want to live? Do you want to be well? Does it bring you comfort to have illness as your identity? Do you like the attention you receive for being sick or unwell? If you want to heal, you must be willing to answer these questions honestly.

For some of us, we don't really want to live that much and this is one of the roots of our dis-eased state, our desperate and deep unhappiness. For some of us, being sick gives us attention, allows us to hide in our illness so we don't have to face our lives and make the changes we know in our hearts we need to make: the really hard changes, to become the people our Spirit calls us to become, to live an authentic life. Instead, we hide in our dis-ease.

In order to live, to heal, to be well, you have to give up the identity of everything that holds you to your dis-ease. Some may call this identity your ego. You have a choice, in every moment: you can choose the way of the ego, the way of identity and fear, or you can change. You have to believe in your heart and in your mind that there is another choice, that you are powerful beyond measure, that this world is one of infinite possibilities, and that you have the power within you to change anything you set your mind and spirit to.

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**My challenge for you:**

Do you want to live? Do you want to be well?

Have you ever noticed how when people become sick, they start to refer to themselves as their dis-ease? It becomes the identity used to describe themselves in conversations. Some people even introduce themselves that way – as their dis-ease: “Hi, my name is \_\_\_\_ and I have cancer.”

Stop it. Change now. Your words have power and how you identify yourself is who you become. You must let go of all identity with your ego, with your dis-ease, with the person you have been, manifesting the sickness.



# STEP TWO

# LIVE IN GRATITUDE

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Live in gratitude for your illness and every single element of your journey.

Gratitude is the gateway to abundance; and in this perfect place - is our abundance of health. It is through our ability to find gratitude, even in the worst of things that break open our hearts just enough to let the light of healing begin to shine through.

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## My challenge for you:

Every single day say thank you.

At first, it may seem forced. How can you say thank you for something so horrible? How can there be any good in sickness?

Have gratitude anyway. For whatever your illness - it is a message from your Spirit.

Counterintuitively, thank your Spirit for giving you your illness, sickness, or dis-ease; thank it for showing you where you have not listened to your heart. Ask it for guidance to show you how to heal. Thank it for the messages it has for you, even if you can't hear them yet. It is the greatest gift of your life, if you let it guide you.

Say "thank you" to every single person, thing, and experience that have caused you pain. Make a list of everyone whom you believe has ever wronged you, hurt you, or caused you strife. Thank them each day as genuinely as you can in that moment. Each and every experience in your life has made you who you are today. **You are Love.** That is all you have ever been. You are just remembering that now.



GRATITUDE  
IS THE GATEWAY TO  
ABUNDANCE



**Change the narrative, change your story – you have the power.**

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Even if your past contains the most horrific experiences imaginable, you have the choice to be a victim of it or to take the life you've lived and be empowered by it.

For some of you who are harboring memories that are too painful to remember, start with the smallest speck of gratitude you can find and build from there.

Some people may ask, "But how can I be thankful for a horrific childhood? I was just a child; I was a victim."

If you say you are a victim, you will remain a victim.

**Have gratitude for the strength you have learnt as an adult through such challenging experiences.**

Have gratitude for the ability to heal such deep trauma so that you may help others to heal theirs. Have gratitude for the people who love you.



CHANGE THE NARRATIVE, CHANGE YOUR STORY -  
**YOU HAVE THE POWER**  
WITHIN TO HEAL



# STEP THREE

# SET INTENTIONS

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**Intention is the mother of invention.** If we are not using intention to cultivate our lives, then our ego will cultivate another life for us, or someone else will create it for us.

Intention is the most powerful tool we have to manifest our future. Our words have power. We become the very things we tell ourselves. What will your story be?

**“In the beginning was the Word, and the Word was with God, and the Word was God.”**  
(John 1:1, King James)

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## **My challenge for you:**

See yourself AS the person you want to be. Cultivate and accept an image of yourself that is living in every way: powerful, whole, healthy, and joyful. Find unique ways to bring this future vision into your present reality. Create a vision board of your life fully healed. Use visualization techniques – for example, get quiet every day for ten minutes and see yourself running, laughing, and playing as a healthy, happy, whole person.

Tell stories about who you are as a well person. Create mantras that you repeat to yourself throughout the day as often as possible. Make plans, adventures, goals, and experiences that are your greatest dreams, and begin moving towards them.

## **Make it real and real it will become.**

Write your obituary, now. I know that might seem morbid, but do it even if you are absolutely healthy. Write how you would describe your life, your legacy.

What mark did you make? How is the world a better place because you were a part of it?  
**Describe yourself as the person you see yourself becoming.**

# STEP FOUR

# BUILD YOUR TEAM

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Just like a journey to the top of the world, the healing adventure will take an entire team to get you there. The people you choose to spend your time with are a part of you and have a dramatic effect on reinforcing a dis-eased identity.

Learn to see how others affect you and welcome into your life: support, trust, love, gifts, and people who see you as healed. Be willing to make changes, even in the relationships that you feel the most tied to. Changing who we are and how we interact with others on the outside has a dramatic impact on who we are on the inside.

Really, when we boil it all down to quantum physics, there is no separation between you and I. There are just different densities of matter in different forms. At a quantum level, and as the old sages in New Age have been saying for years, “we are one.”

If you have toxicity in your body and you have “toxic people” in your life, one may be mirroring the other. As within, so without. Detoxify your space.



**You only have one life and time is the one thing we haven't really figured out how to create more of – choose who you spend it with wisely.** Surround yourself with people who have what you want, who support your healing journey, and who talk to you as if you are a **healthy, whole, fully healed person.**

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### **My challenge for you:**

Do not invite toxic people into your space. Negativity is everywhere in the world. Turn the news off, only watch movies that uplift your spirits, and keep the “Negative-Nellies” away.

Build a team of individuals around you who inspire you, who bring you creative ways to nurture yourself, who take care of you emotionally and spiritually, who challenge you to look deeper and discover more truths, who are willing to be crazy, and believe that you have the power to heal anything if you set your mind to it.

Bring in experts, bring in a Shaman, and bring in woo-woo touchy-feely people who want to help you learn to cry. Bring in music and creativity, joy and positivity, more laughter and life!

Surround yourself with a team of people who reflect this to you every single day.

# STEP FIVE MASTER PHYSICAL HEALTH

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Modern science has done a good job defining what physical health looks like. Eat mostly green leafy vegetables. Exercise moderately thirty minutes a day. Every day; drink water; eat low-sugar food regularly; sleep eight hours with the circadian rhythm; breathe often and deeply. That's it. Take care of your vehicle and it will get you to your destination. Educate yourself. Devour knowledge on how your body functions. Exercise in a meaningful way that takes care of you.

Your body is your temple. It is the physical form that you use to have this human experience called life, and you only get one body for this life. Treat it kindly and with respect.

If you don't, ask yourself why? Why are you unable to love yourself enough to take care of your body every single moment of the day? Why are you unwilling to nurture your physical body? **Why are you unwilling to take care of yourself?**

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## My challenge for you:

**What does your body need to be healthy? Listen to it. Nurture it.** Each of us is unique. Some do yoga or maybe swimming. What does your body hunger for to be loved and nurtured in its physical form? What will you do for your body that would take care of it?

What is the best diet for you? What is the best combination of vitamins or natural products? What natural remedies do you benefit from? What are the benefits of different botanicals, foods, cooking processes? Learn about proper acid/alkaline balance. Learn about toxicity in your diet or about a physical regime that may be hurting your body. Detox. Clean up your diet.





**“At the centre of your being, the truth shines like a 1000 suns.”**  
- the Vedas

Perfect health is an agreement among the holy trinity: the mind, body, and spirit. Each of these elements requires attention and cultivation in the healing process.

**Here are my core health-giving truths which have shaped my framework for change through the power of the mind. This is my truth. I invite you to live and find yours.**

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**1. Perfect Health** is not a process or a destination. It's a way of being.

**2. Perfect Health** is not a function of the mind, body, and spirit, but a partnership between the three, where each has an equal voice.

**3. Perfect Health** is not something we can make happen; it's something that we allow to happen.

**4. Perfect Health** is our natural state. It is who we are when we honour the needs of our mind, body, and spirit.

# STEP SIX

## FIND REST

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Deep and profound relaxation is a critical and required part of the healing process. This is not sleep; instead it is a waking state where the body and mind are completely relaxed.

The term, 'Relaxation Response' was coined by Dr. Herbert Benson, professor, cardiologist, and founder of Harvard's Mind/Body Medical Institute. Dr. Lissa Rankin's book, 'Mind Over Medicine,' clearly defines **the relaxation response vs. stress response**:

**"Your nervous system operates in two different states – the 'fight-or-flight' stress response, when the sympathetic nervous system dominates, and the relaxation response, when the parasympathetic nervous system is in charge. But here's the kicker - your body's natural self-repair mechanisms only activate when your body is in a relaxation response!"**

**The following are scientifically-proven relaxation response activators:**

Laughter, playing with animals, meditation, dance, generous giving of time or gifts, massage, creative expression, practising gratitude, nurturing touch, seeing an alternative medicine practitioner, and listening to music.

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### **My challenge for you:**

Yin yoga, meditation, and guided visualization are all good ways to achieve this space. Engage the parasympathetic nervous system, and invoke the relaxation response 20 minutes a day (recommended one hour for more serious conditions). This alone will have a dramatic impact on your healing process.

**Develop a morning routine where you begin each day with the following:**

- A prayer
- A list of everything you are grateful for
- A list of everyone that you forgive today, as deeply as your heart will allow you to forgive them in this moment. Make this a daily practice
- A mantra that you create around your healed state, in the present tense, as if it has already happened (for example: "I am perfectly and permanently healed" or "I am well" or "I live in perfect health with joy and ease"). Repeat this mantra as part of your meditation process
- Then allow yourself to relax into a deep, restful meditation for at least 20 minutes

# STEP SEVEN

## HEAR THE CALL - LIVE WITH SPIRIT

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Often times, our Spirit calls us to listen in other ways. When we don't hear it, it often manifests itself as a symptom in our physical body. How else can it get our attention?

Have you ever noticed that when you really need some downtime, but haven't been listening to your body, you manifest a cold so you have to take some time to rest? We are busy rushing through our lives that we forget to be present in our lives. We don't hear the call of our hearts – not with bills to pay, kids to feed, jobs to do, households to run, and traffic to get through.

When we listen to our body, listen to our symptoms, and slowly learn to hear the deeper calling of our hearts, we can see dis-ease for what it really is – a message from our Spirit to help us find the way back to our purpose and back to our hearts. Through systematic, disciplined, and courageous exploration and self-adaption, we have the opportunity to redefine who we are. We can adapt from malady to life as a healthy, whole, and happy human being. It is often a long, perilous journey, fraught with deep chasms of fear, doubt, resistance, and painful history that must be healed. It will definitely be the most challenging experience of your life. However, with the deepest commitment fueled by a purpose greater than yourself, it is possible.

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### **My challenge for you:**

Conflict between a perceived or delivered Spirit's call is often the root cause of illness. We hear our mind (nak, nak, nak), we feel our body, but often the spirit of our inner child/sage is buried so deeply under a pile of rocks, it cannot be heard. Find ways to lift the rocks from the pile, until the Spirit can be heard and becomes a core part of your daily living.

Singing, reading poetry, writing, serving others, improving self-dialogue can all be gateways to living with your Spirit.

WHAT DOES  
YOUR BODY NEED  
TO BE HEALTHY?  
FEEL IT TO HEAL IT.





# STEP EIGHT

## LEAN IN

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**“Nothing is easy about living in mystical consciousness,  
but it is even more difficult to live outside it.”**

- Caroline M. Myss

That which we resist controls us. The experiences, people, places that give us the most emotional hardship will be our greatest teachers. When you encounter things that make you fearful, hurt, angry, sad, or anxious; rather than running from them, take a deep breath and throw yourself in.

**The old Zen saying dares us to “Leap and the net will appear.”  
If you don’t leap, there is no net.**

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### **My challenge for you:**

Whatever it may be - loving others, allowing yourself to be loved, being alone or being with others, speaking or singing in public, being seen as the fake, fraudulent or shameful person you are - jump right in! Yell on the mountain-top and send an email to everyone you know revealing your shadows and vulnerabilities such as, “I feel shameful because...”

Find others who can hold your hand and help you to see your blind spots, and gather the courage. Walk into the valley of death, for confronting your greatest fears will often feel worse than death. Only through re-breaking our unhealed bones can we set them straight and heal them again. Guides can be therapists, coaches, spirit workers, healers, shamans, and friends who just help you make a game of it.

# STEP NINE

# LIVE IN LOVE

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**"Self-love has no conditions. It is right now."**

- Snatam Kaur

The kind of Love I refer to is that which knows no conditions or boundaries – the Love from which we all came and we all return to. The Love that we all are at the core of our being.

This Love is known by many names: Allah, God, Krishna, the Universe... No matter what our religious beliefs, in the end, we are all just the same. Each of us come from a Source where Love knows no bounds. **Love is our truth.**

Our greatest fear is that underneath it all, we are not loveable, we are not wanted, or special, or worthy. But when we reach through our fear, what we find is that underneath, we are the Love we've been looking for all along. It lives infinitely and purposefully on the other side of our fears, of our perception, of our dis-ease.

**Love above all - is the most profound of all healing tools.** For most, to learn to truly love oneself is the journey of many lifetimes. Yet, love transcends biology and in the healing process, it is the fabled philosopher's stone that enables all other elements of healing to take place.

**Make *loving yourself* and *others* an area of study and mastery.** Through learning to love all parts of ourselves, we allow repressed elements of our being, which may be causing illness, to come to the surface and rejoin team life. The meaning of the word "heal" actually comes from the old English word "*haelan*", which means "to make whole." It is so much more than just a cure.

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### **My challenge for you:**

Writing your thoughts down for the next 15 minutes is a great way to test yourself. Do your thoughts express self-love? How about the way they relate to others?

**Whether you believe in a higher power or are just mystified by the spiritual magic of modern physics and psychology, everything that happens in our lives is divinely inspired.**

Accept illness as the profound gift it is and courageously accept the opportunity it offers to transform you into a person who lives a life of purpose, peace, and epic joy. So our task is to love our dis-ease rather than fight it. Make peace with it, for it is a message from our Spirit - telling us that we have not been paying attention, that we have not been listening to our heart's call, and that we have not been living our truest purpose.



# FOR MOST,

to learn to truly love oneself is the journey of many lifetimes.

# STEP TEN

## BE JOY

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**"Facing the dark - past and present - is often a prerequisite for shining our light.  
By unleashing our soul, we create energetic pathways for others to do so as well."**

- Sera Beak, Author and Harvard-trained Scholar

Dis-ease is less about the genes we inherit and more about the way our genes express themselves (epigenetics). How we think changes the way our cells behave. The emerging field of psychoneuroimmunology shows us that having a positive, relaxed, happy, and joyful way of being has a huge impact on all systems of our body.

**"Surprisingly, courage is not the opposite of fear. The opposite of fear is joy. I had thought that joy was the same as happiness, but joy is far more than happiness. The capacity for joy seems to come from an unconditional relationship to life, a willingness to show up and meet with whatever is there. It is an openness that takes us beyond the wish to control life to the capacity to celebrate life. It moves us from an adversarial relationship toward life to the experience of mystery and wonder which is at the heart of life. Ultimately it can heal us."**

- Lissa Rankin, *'Fear Cure'*

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### **My challenge for you:**

Define "epic joy" for yourself.

How do you invite joy into your life? Take any opportunity you can to tell more jokes, celebrate, high-five people, give hugs, and smile - just because you can! Modern science has demonstrated that, through neuroplasticity, your brain will change to become what you are practising. If you are not feeling joy, fake it until you make it, and before you know it, you will be there, experiencing "epic joy."

Finally, choose joy.

Create a personal practice where you are in a joyful state for one whole hour. Get creative and stick to what works for you: jump for joy, dance for joy, climb for joy and/or be still for joy.

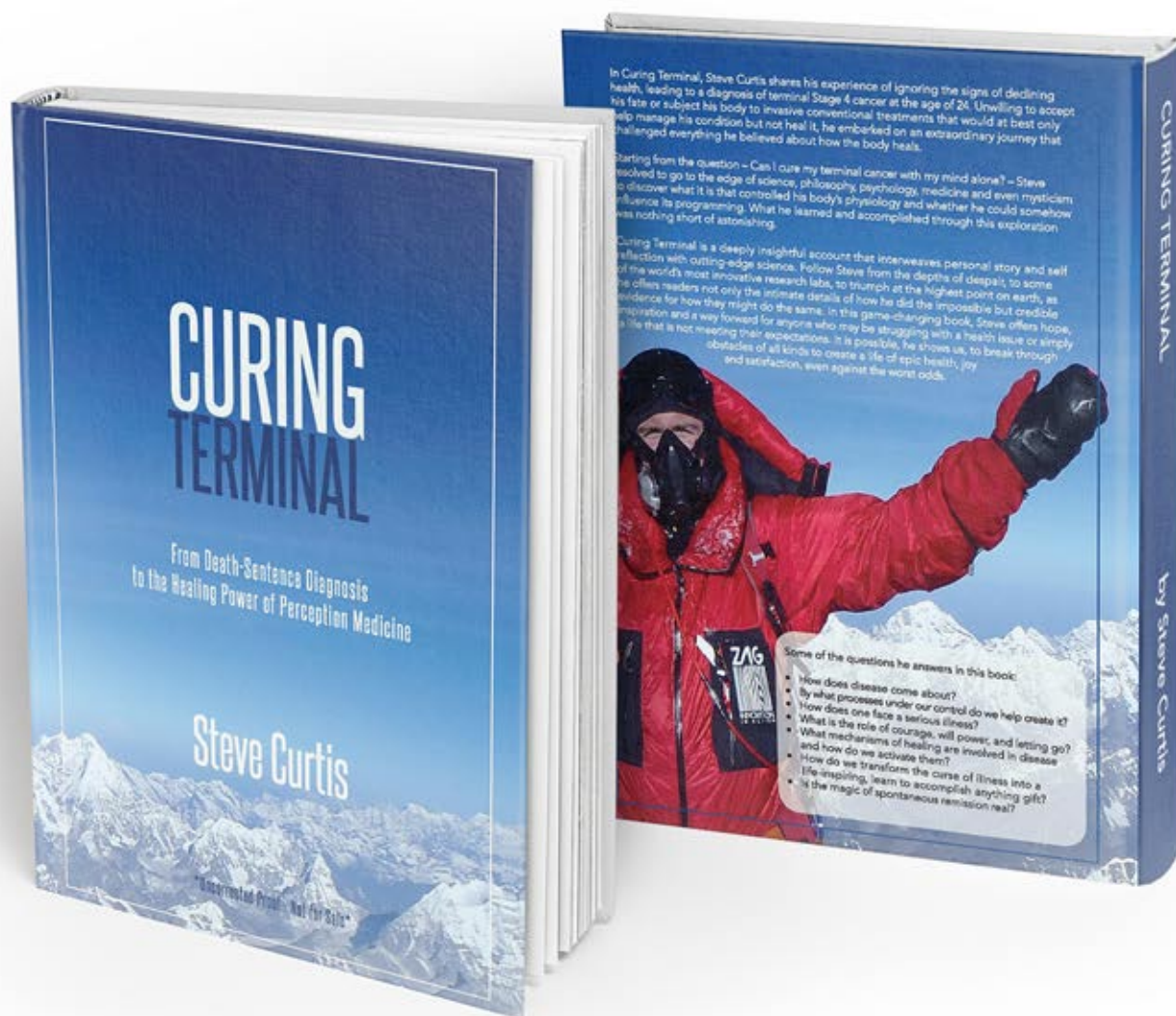
Make this practice non-negotiable.

Create a commitment to yourself to honour yourself by choosing time for you. This commitment was instrumental to my healing - one hour of peacefulness and joy every single day, until that one hour becomes a full day and then, a lifestyle, expanding into a lifetime.





Get exclusive access to the first chapter of Steve's upcoming book "Curing Terminal" at **book.steve-curtis.com**



In the book, you will learn how to free yourself from dis-ease and allow your mind, body, and spirit to heal through the ten tools that anyone can use to unleash their healing potential.

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*"This book is dedicated to the adventurers, the pioneers of history who risked their reputations, their health, their security, their freedom, and for some, even their lives in search of and in service to deeper truths that benefit the world. It is also dedicated to the amazing people who dedicate themselves daily to collaborating, teaching, driving, inspiring, and enabling me to be the most I can be and to live a life of epic joy. You know who you are and I am everything because of you. This is your work as much as it is mine." - Steve Curtis*

# CONNECT WITH STEVE CURTIS

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**Author of “Curing Terminal”,  
Founder of ZAG Group and the Perception Medicine Foundation**

Steve’s mission - bringing plants back to people - is the driving factor behind his passion and purpose to create a world of happier and healthier people. Starting ZAG Group at 19 with \$500, 15 years later he’s grown ZAG to \$40M in revenue, on track for \$220M in 2015. At 25, diagnosed with terminal cancer, the direction of his life changed. He invented revolutionary natural products and launched the Perception Medicine Foundation to build a new model of medicine, where the power of the mind is both central and critical to the healing process.

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Join our community and connect with Steve at **[www.steve-curtis.com](http://www.steve-curtis.com)**