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Fwd: Intermediate Final Exam

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Intermediate Final Exam

Congratulations, You have made it to the end of the Intermediate Course. Please answer the following Questions.

Email address *

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The best way to physically define your mind is: **5 Points**

Your central nervous system: brain, brainstem and spine

2 Points



The combination of your brain, your gut and your heart

2 Points

- The comprehensive coordinated network of connected cells, tissues and systems throughout your body 5 Points
- The universal will of all life in nature
- The cerebral cortex

Name the 5 Laws of Mental/Emotional Health. 5 Points

Belief/Attitude, Learning, Choice, Balance, Action

Which of the following is evidence of how the mind dominates the body?

- Athletic achievement
- The fulfillment of ideas
- The Placebo Effect
- Emotional motivation
- All of these

2 Points for any of these...

5 Points

Which power allows the mind to recognize patterns? 5 Points

- The power of Illusion
- The power of association
- Magical powers
- The power of language
- The power of truth

How does the brain process the millions of signals it receives from the body?

5 Points

- They go to the emotional center, associated by emotions, then associated with past experience
- They go to the conscious mind, reasoned by thought, then passed to the emotional centers
- They go to the outside cortex, associated with past experiences, then passed to the emotional center
- They go to the subconscious mind, they are spread everywhere inside the brain, invoke past emotions
- They are bounced around between different areas of the brain and eventually come together in the emotional center

Which of these does the unconscious or subconscious mind NOT do?

5 Points

- Stores all impressions, memories, feelings
- Works around the clock to realize beliefs
- Protects us from pain
- Gives us immense calculating power
- Has the ability to judge and reason

Do you have the power to Choose your Beliefs, Attitude and how you respond?

2 Points

- True
- False

Do our Beliefs and Attitudes affect all our cells and vital body systems?

3 Points

- Yes
- No
- Maybe

Name one of your body systems that your beliefs and attitudes affect. Briefly explain how it is affected. Provide references **7 Points**

Cardiovascular system: It has been shown that those with a positive belief system and attitude have 22% less chance for heart disease. WebMD <https://www.webmd.com/heart-disease/news/20091119/positive-attitude-staves-off-heart-disease#1>

What most motivates us to learn? **5 Points (1 Point for an incorrect answer)**

- The availability of text books, educational opportunities, privileges
- Our parent's education
- The excitement of wanting to understand something we don't know
- Competition among peers
- The achievement of extensive knowlege

How does Learning affect the Subconscious Mind? **5 Points**

- The subconscious mind programs the conscious mind based on what it has learned
- Learning influences the conscious mind to choose beliefs that program the subconscious mind
- What we learn can only influence our conscious mind
- What we learn goes directly into our subconscious mind and is sorted out while we sleep
- Learning does not influence the subconscious mind

How much more computing power does our subconscious mind have than our conscious mind? Provide exterior references (google it). **5 Points**

It depends on the source but estimates range from 1000x to more than 10,000,000x

What is meant by the Law of Choice? **5 Points**

- We can choose the TV station we watch
- We can choose what we believe and the meaning of our life
- We can only choose the options available through our circumstances
- What we choose to be is limited by our abilities
- What we feel determines what we choose

What is meant by "You are given the keys to a powerful vehicle and a map to guide you to your chosen destination"? **5 Points**

- Dr. Samuelson promised to buy you a powerful car and a road map
- Once you have chosen your destination, then you will automatically have the way to get there
- The keys and vehicle represent what you have chosen to get you to your destination
- You will need a powerful vehicle to overcome all the obstacles that get in the way
- The vehicle is your mind, the keys are principles that activate your mind, the map shows how to get to your destination

What is the HPA axis? **5 Points**

- Happiness Principle Association, brain mechanism producing happiness hormones
- Hypothalamus, Pituitary, Adrenal, produce hormones which motivate us to act to eliminate threats
- Hyperactive Pituitary Anomaly, caused by hormonal imbalances that lead to stress

- Hypothalamus Produced Anxiety, the hormonal production of anxiety
- HypoPotamic Acid, induces mental balance and stability in the emontional centers

Name 4 "happiness hormones". **4 Points**

Norepinephrine, serotonin, endorphins, oxytocin, dopamine

What is the most powerful emotional stressor? **5 Points**

- Dissonance, the incongruence between what we believe and how we choose to act
- Loneliness, the need to know that someone cares about us
- Hyperadreniline, the flight or fight hormone
- Poor Attitude, caused by environmental factors that affect our emotions
- Happiness hormones, the hormones provide positive stress to motivate us toward greatness

What is the most important Law of Mental/Emotional Health? (Hint: All of them lead to ...) **5 Points (1 point for incorrect answer)**

- Belief/Attitude
- Learning
- Choice
- Balance
- Action

Write down 6 quotes that inspire you to make your vision bigger than your obstacles. **6 Points**

- 1) Attitude is everything, choose a good one
- 2) The best way to predict the future, is to create it.
- 3) Where there is knowledge there is responsibility

- 4) You can choose the meaning of your life
 - 5) Don't get stuck in a pile of shoulds.
 - 6) There is no try, only DO!
-

Consider the 5 Laws of Mental Health, discuss how each one gives you the keys to program your subconscious mind to get you to your chosen destination. **8 Points**

Belief - What you really believe programs your subconscious mind, day and night

Learning - Learning influences your belief systems

Choice - You can choose what you believe, which in turn programs your mind

Balance - Your mind will make your behavior conform to your beliefs

Action - Action is the only way to "cement" your beliefs into your mind

Please share your finished Goal Worksheets and Vision Boards with your Assistant Coach, with Inspiring Images and Specific, Measurable, Attainable, Relevant, Time-bound Goals.

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