

MIND – BODY SPIRIT

“PLACE ASIDE ALL PRECONCEIVED NOTIONS AND
CONCEPTS YOU THINK OR FEEL YOU HAVE AN
UNDERSTANDING OF”

“REMOVE YOUR CLOTHING AND
BELONGINGS PRIOR TO ENTERING”

“CEASE IDENTIFICATION
WITH ALL
PHENOMENALITY”

“There is truth in everything, but there is refinement of ALL truths”
“If your truth is the only truth, then what is everything else?”

MIND

INTUITION

Higher Mind

PHYSICAL MIND
EGO BEHAVIOR

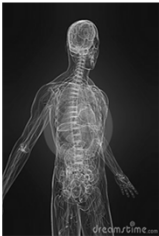


Unconscious – Beliefs

*Subconscious – Emotions
(Energy In Motion)*

Conscious - Thoughts

IMAGINATION

BODY

spirit

Chi

Prana

Breath

Soul

HEARTSessence

Incorporeal
consciousness

E=MC2

E=M

“LOGIC WILL GET YOU FROM POINT A TO B, IMAGINATION
WILL TAKE YOU EVERYWHERE”

“INFORMATION IS NOT KNOWLEDGE”

“IF THE FACTS DO NOT FIT THE THEORY, CHANGE THE FACTS”

“INSANITY IS DOING THE SAME THING OVER&OVER AGAIN
AND EXPECTING DIFFERENT RESULTS”

Albert Einstein

STRESS

- Simple word for complex concept
- **Borysenko Model of Stress & Disease**
 - Autonomic Dysregulation**–Epinephrine/Cortisol/Aldosterone
HTN, CAD, IBS, Asthma,
Migraines/Headaches
 - Immune Dysregulation**–overreaction/underreaction
Allergies, Autoimmune, Cancer, Infections

(8,9,10)

PERT MODEL

- Candace Pert (former chief of brain chemistry at The National Institute for Mental Health)
Neuro-peptides, (messenger hormones), produced in the brain are able to fit into receptor sites of lymphocytes, altering there metabolic function.

Her Research showed that throughout the body immune cells have receptors for neuropeptides, but individual organs can systems can manufacture them independently.

The codes of neuro-peptide information are spoken through receptor sites of various lymphocyte cells located throughout the body which seem to sustain a kind of memory that enables them to adapt to specific emotional responses.

(8, 11, 12, 13)

STRESS

GERBER AND THE HUMAN ENERGY FIELD

IN A STATE OF OPTIMAL HEALTH ALL FREQUENCIES ARE IN HARMONY

A DISRUPTION IN THE HARMONY OF FREQUENCIES IS SAID TO EVENTUALLY LEAD TO ILLNESS & DISEASE

According to the model, a specific thought ie. My grades will be bad

Coupled with an emotion ie. Fear, cascades through the energy levels resulting in a Effect on some parts of the body ie. Suppressed immune system



Kirlian Photography-Technique developed by Russian Semyan Kirlian enabling the viewer to see the electromagnetic field given off by an object such as a leaf or human hand.



(8, 14)

Mind-body-spirit

- Dr Kenneth Pelletier-NeuroPsychoImmunology is the study of intricate interactions of the mind & the body and how the CNS and immune system are affected
- 1. Multiple Personality Disorder (MPD)
- 2. Spontaneous Remission
- 3. Hypnosis
- 4. Placebo's-positive reactions & Nocebo's-negative recations
- 5. Cell Memory
- 6. Subtle Energy
- 7. Immunoenhancement

(10)

- Emotion can have A powerful effect on memory
- Numerous studies have shown that the most vivid autobiographical memories tend to be of emotional events
- These events are more likely to be recalled more often and with enhanced clarity/detail than neutral events.

(1), (2), (3), (4), (5), (6), (7), (15), (16)

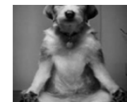
The Breath

- Connects the involuntary and voluntary nervous systems
- Deep Focus Breathing, also known as Pranayama, helps balance the different systems of the body.
- Clear evidence that it improves Oxygenation.
- Also been shown to positively affect:
 - +Immune Function
 - +Blood pressure and other aspects of Vascular
 - +Asthma and other breathing disorders
 - +Psychological disturbances

(9)

MINDFULNESS

TRANSITIONING FROM SOMEONE WHO KNOWS NOT WHAT THEY DO, TO SOMEONE WHO IS ABLE TO ACT UPON YOUR DEEPEST KNOWING



THE PRACTICE OF BEING IN THE MOMENT AT ALL TIMES WHICH HELPS US GET TO THE NEXT LEVEL

Thich Nhat Hanh

"If you Judge, you have no time to Love" Mother Teresa

"I believe that unarmed truth & unconditional Love will have the final word in reality" Dr Martin Luther King Jr

"Forgiveness Liberates the Soul, it removes fear" Nelson Mandela

"When you stay busy with the outward principles constantly, you tend to make a mockery of the inward principles" The Ram

"We can never truly make peace with the outer-world until we make peace with ourselves" Dalia Lama

"when you condemn another for something, you are only condemning aspects of yourself seen within them. That is why they are so easy to identify" The Ram

KEYS TO UNDERSTANDING

ACCOUNTABILITY-being accountable for the ego, recognizing it and understanding its nature. **Appreciating it without judging self.** And understanding the intuition=feeling of the body, prior to the build up....

HONOR-the people around you that may be behaving with "insane ego's". Understand that **everyone is your teacher, instead of my ego wanting to teach everyone.** Compliment and perform acts for people without waiting for or expecting validation from them.

KEYS TO UNDERSTANDING

HUMILITY-Once my way & Life's way is ONE, I am able to perceive manifestations as I will be in alignment. **If problems arise, release my way, which shows humility!**

SERVICE-**Live in service to everyone that comes your way by supporting them with love.** They may lash out at you, which suggests they may not be ready, or afraid, to let the love in. Its ok. Gently give them space.

KEYS TO UNDERSTANDING

Instead of trying to turn yourself into a project of spiritual perfection, just look and understand the 4 above phases:

- 1) Where Can I Be More Accountable?
- 2) How Can I Be More Honorable?
- 3) How Can I Cultivate Deeper Humility?
- 4) How Can I live in Greater Service To Those Around Me, Including Myself

"No need for validation friends, Serve out love for your true within and all that you experience without expectations. Keep this not just as intellectual reminder, but instead a steadfast reminder to your hearts. Gently tell your ego-mind it is appreciated, but it can now relax its judgments and trials of protection" Saberi, Ali MD

"BE LOVE. That's it. Why is it necessary to be anything else? When this understanding enters the self within, nothing, no one, nor predicament will ever cause disturbance for you, as it is all something to learn from and love. Use your feelings as your gauge, and if you feel negative, you now know that you can choose another perspective so as not to feel such" Saberi, Ali MD

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