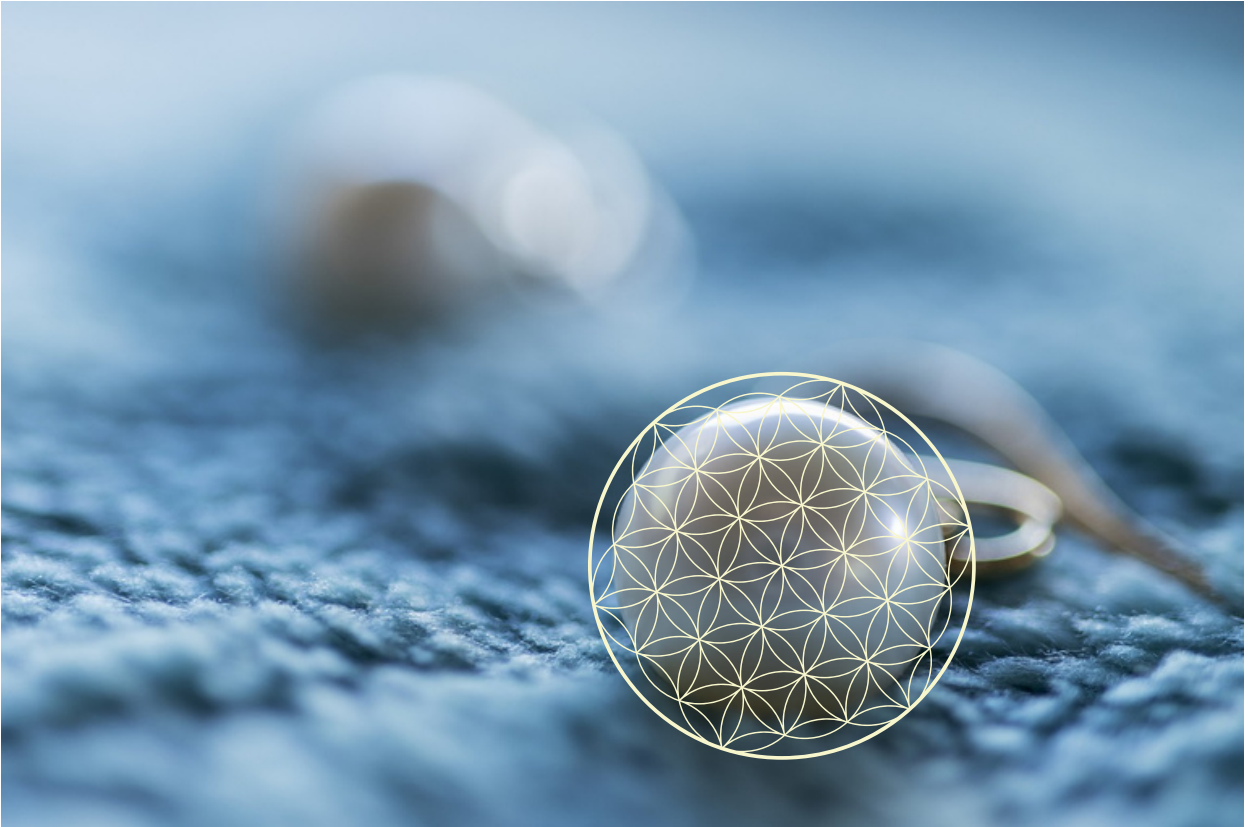


TREASURE



Introduction to Elevate

Stage 2 Elevate

Video Transcript

Welcome to Stage 2 Elevate.

You've done lots of great work in the previous stage, which laid the groundwork for you to uncover your buried TREASURE, and I'd like to congratulate you on your dedication and commitment.

Here at the next stage, we will take things up a notch by building on everything you've learnt about mindset, intention setting, and conscious language. We will elevate the mental programmes that runs your beliefs and stories by harnessing the power of your imagination, by cultivating greater precision in the language you use and, by extension, the thoughts and narratives that you create. And then we'll layer on another powerful piece: building emotional resilience through nervous system regulation. All this will be first grounded in the energetics of the Flower of Life, where you will practise attuning to the frequencies of love, balance, and harmony that this sacred geometrical pattern offers.

Let me first speak into the significance of powering your mindset. In his book, "The 7 Habits of Highly Effective People," Stephen Covey had this to say: "All things are created twice. There's a mental or first creation, and a physical or second creation to all things."

In another book, "The Monk Who Sold His Ferrari," Robin Sharma also had this to say: "Everything is created twice, first in the mind and then in reality."

And if we go far back in time to yet another book, "The Kybalion," purportedly written by Hermes Trismegistus, one of the first of seven Hermetic principles - which are a set of metaphysical ideas -, states that "The ALL is MIND; the Universe is Mental." In other words, everything in the universe is a product of the mind. This is the Hermetic principle of mentalism: Mental creation comes first, followed by the physical creation. Everything you experience is an interpretation in your mind, and your thoughts, beliefs, and then the actions that you take, these are what shape your reality.

That is why we began TREASURE by examining the stories and limiting beliefs you have held about yourself. We also spent time planting seeds and setting a vision for your life. Now that you've connected with the Creation blueprint in the Seed of Life, we can now put it into action. You want the seeds you have planted to sprout into a thriving bud, for it to grow deep roots so that above ground, it can stay strong. The higher you wish your tree to grow, the more extensive your root system needs to be.

Most people seem to care about how big, how tall, how much. Let's use sunflowers as an example: these are beautiful, bright, flowers that grow super tall, even up to 2 meters! But what most people don't realise, is that tall sunflowers have deep and complex root systems. Without them, they'd never

get very high. And Stage 1 was all about roots. About anchoring your life vision deeply in your dreams, desires, and in those you love and seek to serve. It's about creating a life and legacy you can be proud of.

So before we proceed, I just want to add a quick reminder that, in the Divine Feminine way, the process is never linear. Every so often, you'll find it necessary to spiral back to the practices you did in Stage 1, to strengthen your foundation and grow deeper roots. In particular, Shadow Work, where you bring parts of yourself that you've repressed or ignored into the light of consciousness, is a key ongoing process. This is really the journey of exploration and integration, where you discover that you are an infinite being who holds the capacity for all. And as an infinite being with an eternal soul span, you will come to realise that it is the journey, not the destination, that counts.

We had ended Stage 1 by looking at Chiron, and the core wounds that needed healing. This is part of the Shadow work you need to undergo. Now, in Shadow work, it is natural - and necessary - for uncomfortable emotions to arise, so in Stage 2, we're going to look at the transmutation of emotions like sadness and anger.

"Mind (as well as metals and elements) may be transmuted, from state to state; degree to degree; condition to condition; pole to pole; vibration to vibration. True Hermetic Transmutation is a Mental Art."

This quote is taken from the Kybalion, and it talks about transmutation of the mind. To transmute means to alter, to change in form, nature, or substance, usually to a higher form. For example, the

alchemist's work is to transmute lead, a base metal into gold, which is highly prized because it represents the perfection of all matter on any level.

Now, in alchemy, a variety of techniques are used for transmutation. One needs to remove impurities, to combine substances, to use special ingredients etc. Careful experimentation was needed, and things tended to take a long time to be changed or altered. That's why a catalyst is often used. You may be familiar with what a catalyst is - it's the thing that causes or accelerates a reaction. The right catalyst makes things happen, and they are also needed in gardening.

Seeds, soil, and sunlight alone won't grow anything. But add water, and you're on your way to a thriving garden. Water is the catalyst: without it, nothing happens. With it, everything changes. It's true that sometimes people do eventually get some results without a catalyst, sort of like a barren garden having something green pop up here or there. But that will be a tiny fraction of the bounty, the TREASURE, that could have been reaped if they simply added sufficient amounts of water. And since here in TREASURE, the goal is to consciously bring your gifts into Being, it will definitely be helpful to use the right catalyst.

Using the garden metaphor, you can think of water, the catalyst, as related to your emotions. Emotions can be understood as energy in motion, and your emotions are really what propels your decision making. In Stage 1, Excavate, you uncovered limiting beliefs by becoming aware of the thoughts running through your mind. The trigger, or initial thought, is

mostly neutral, and it's the train of thoughts that follow which brings on all kinds of emotions, including worry, frustration, and anger. And it's these emotions that arise which cause so much trouble. So we'll look at ways in which you can elevate both your mindset, and your emotions. Later on in Stage 3, Equilibrate, we'll go into more strategies to develop resilience, also known as the ability to bounce back more quickly and easefully when you get shaken.

With Elevate, you'll be watering the seeds that you've planted, and seeing the alchemy, the magic of your seed sprouting. I'd like to show you this short clip of a seed sprouting:

<https://www.youtube.com/watch?v=w77zPA+VTuI>

In its quest to flower, your little seed of an intention is likely to find itself pushing against a whole lot of soil or dirt. So what you see first is not the sprout itself, but the dirt being pushed up. This dirt represents the trauma you'd experienced as part and parcel of living on planet earth. Trauma operates by initially pushing you off your center, sometimes even knocking you down completely. Then you get back up, you return, so you can get stronger, learn from what happened and let your roots run deeper so the next challenge can be better met.

In Elevate, you'll learn ways to recognise and resolve your fears, to remove emotional scar tissue, and strengthen your confidence. You'll be following up on the preparation you've done in Stage 1, and transmute damaging old ideas about yourself. You'll learn that you aren't defined by the mistakes you made; rather, you're defined by the lessons you've

learned and resources you've gathered along the way. You'll tend to your emotional needs & well-being from a space of inner alignment, and you will do so by up leveling your nervous system and your capacity to regulate your emotions.

Your Nervous System

In this introductory video, I'm going to provide a brief overview of the nervous system, and this lays the foundation for the practices we'll be doing in the upcoming modules. Here, I'll be covering both the biological nervous system, as well as the energetic system, for the two are inextricably related. On the physiological level, the nervous system is regarded as the body's command center, and is responsible for regulating many of its functions and responses. It includes the brain, spinal cord, and a complex network of nerves. This system sends messages back and forth between the brain and the body, and operates much like a communication superhighway.

The brain is what controls all the body's functions, and the spinal cord runs from the brain down through the back. It's easy to overlook the complexity of the nervous system and its profound impact on our well-being because so much happens in the background. By learning more about it, you'll come to understand how to manage stress, how to engage socially and achieve inner balance and harmony more effectively and efficiently.

Of key importance is the vagus nerve, the longest cranial nerve in the body. Vagus carries the same root as the word 'vagabond,' and means wandering.

That's because this nerve is the longest one that we have in our body; it extends beyond the head and neck area, and reaches all the way to the gut. The vagus nerve is part of your autonomic nervous system (ANS for short), which regulates all of your body's basic functions. Autonomic means involuntary or unconscious, it happens without you having to consciously perform these functions. For instance, if you touch a hot plate, you reflexively pull back your hand and your nerves simultaneously send pain signals to your brain. You don't have to think about it, because it happens automatically. Thus, your autonomic nervous system functions like an automatic alarm system to keep you safe and to help you survive.

Though it is called vagus nerve, it is actually a pair of nerves, so there are 2 nerves, that emerge from the top of the brain stem and, after leaving the skull, enter the upper neck area behind the ears. It then passes down through the neck to the throat and vocal chords to all your major organs: the heart, lungs, stomach, liver, kidney, spleen, gallbladder, and pancreas, and finally to the small intestine and part of the large intestine. Knowing its location enables you to activate it, and we'll explore more of this soon. As this pair of nerves travels through the body, it regulates vital processes like swallowing, vocalization, breathing, heart rate, blood pressure, digestion, immune responses, and the microbiome of our intestines.

You may have come across polyvagal theory, which was introduced by Dr Stephen Porges. This theory, which has gained increasing popularity, highlights how the autonomic nervous system – in other words,

the vagus nerve - plays a role not just in physiological processes like breathing and digestion, but also in emotional regulation, social connection, and the fear response.

In the two branches of the vagus nerve, the one that communicates with your autonomic nervous system has three branches. In layman terms, there is the sympathetic (fight/flight), parasympathetic (rest/restore), and enteric (digestion/elimination). Most of the time, processes like your breathing and heart rate take place without you being conscious of them. Your vagus nerve responds to your environment, and due to stress and trauma, you likely have developed maladaptive strategies, such as turning to comfort foods or alcohol, to help you cope with stress.

What the polyvagal framework proposes is that although physiological responses such as increased heart rate and shallow breathing happen even if you don't realize that your brain has detected danger or threat, you can turn things around. By learning to pay more attention to your bodily sensations and responses, you can recognize when your autonomic nervous system is activated and what response is dominant.

Indeed, it is entirely possible to consciously regulate these processes so that you are not at the mercy of your environment. Being stable, and knowing how to regulate your vagus nerve, also known as developing vagal tone, will help you come into equilibrium, and this is where true transformation can occur. You'll be able to recover better when your body goes into

fight or flight, for example, and return to a restorative parasympathetic state. Strong vagal tone can improve overall health, physical stability, emotional balance, flexibility and adaptability, recovery and regeneration after shock and trauma, and your ability to connect and engage with others. Most importantly, you'll be able to self-regulate and build emotional resilience, which is the key focus of Stage 2 Elevate.

Thus, we will be focusing on how to regulate your nervous system by developing strong vagal tone. Thanks to neuroplasticity, also known as your brain's capacity to reorganise itself by forming new neural connections, you'll practice how to create lasting change in your nervous system, and thereby experience more calm, peace, and centeredness in your life. Through conscious practices — whether it's by reconnecting with the earth, by pausing to breathe deeply, or by finding solace in human connection — you get to navigate the ebbs and flows of your psychological and physiological states with greater ease and flow.

Let's now move on to the chakra system. Though there are approximately 114 chakras in the human body, we'll only be focusing on the 7 main chakras that represent significant crossing points along the body's energy pathways. Visually, you can see that there is a connection, from the brain all the way down to your root center. And this is why the spine, in a lot of esoteric traditions, is seen as a very crucial part of your anatomy. There is a clear correspondence between the vagus nerve and the energetic system in your body, also known as the chakras. These energy centers in your body affect

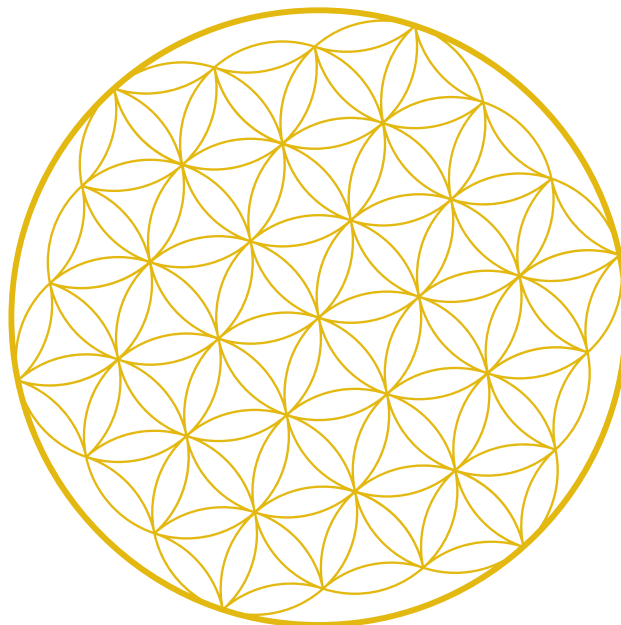
physical, mental, emotional, and spiritual health. Because TREASURE focuses on the energetics of your divine matrix, it's important to bring them into our discussion.

You are probably already familiar with the chakras, so I'll provide a brief summary of key points to note here. 'Chakra' means wheel in Sanskrit, and these are vortexes of energy that correspond to certain states in your energy field.

- **Root chakra**
 - Located at the base of the spine, this chakra is associated with survival, safety, and stability.
- **Sacral chakra**
 - Located in the lower abdomen, this chakra is associated with creativity, sensuality, and emotions.
- **Solar plexus chakra**
 - Located in the upper abdomen, this chakra is associated with self-esteem, confidence, and willpower.
- **Heart chakra**
 - Located in the center of the chest, this chakra is associated with love, compassion, and connection.
- **Throat chakra**
 - Located in the throat area, this chakra is associated with communication, self-expression, and truth.
- **Third eye chakra**
 - Located between the eyebrows, this chakra is associated with intuition, insight, and inner wisdom.
- **Crown chakra**
 - Located at the top of the head, this chakra is associated with pure consciousness and a connection to divine energy.

Keeping them open and spinning strongly helps to maintain good vibrational health. Oftentimes, you may hear of chakras being blocked, and learning how to unblock them is a whole science unto itself. Yoga and ayurveda go more deeply into this, and we'll explore more practices in upcoming modules.

Now that we have this overview, let's end with a short grounding exercise that supports nervous system regulation.



Additional Resources & Practice

More on Polyvagal Theory:

Watch "Trauma and the nervous system: a Polyvagal perspective" (9 minutes)

- Learn more about Polyvagal Theory and the Autonomic Nervous System (ANS)
- Understand the causes of nervous system dysregulation, and the problems this causes
- Clarify what Trauma refers to (experiences vs events)

Practice:

1. Practice the short grounding exercise (approximately 3 minutes) at the end of this video teaching every day. Notice what effect/s it has as you go about your day. Observe if you feel more centered, calm, and balanced.
2. There are many ways to regulate your nervous system, such as grounding, earthing, breathwork, and meditation. Movement such as dance and yoga can also support your nervous system. What is 1 practice you already do/have, and what new practice would you like to try out?
3. If you would like to refresh your understanding of trauma and practice a nervous system exercise, you can re-watch Module 1 The Seed of Life