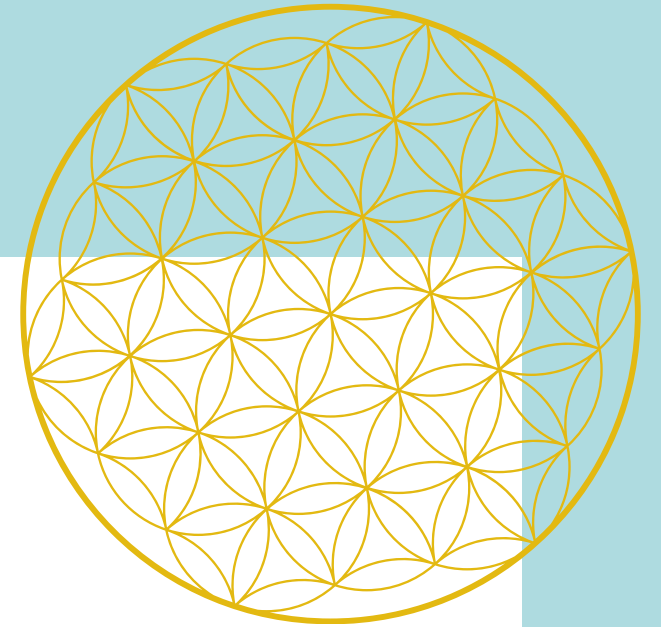


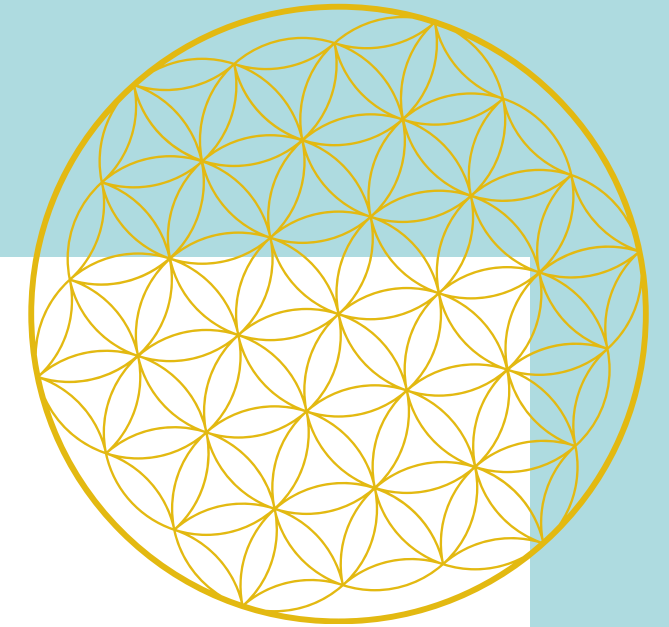


Introduction to Elevate



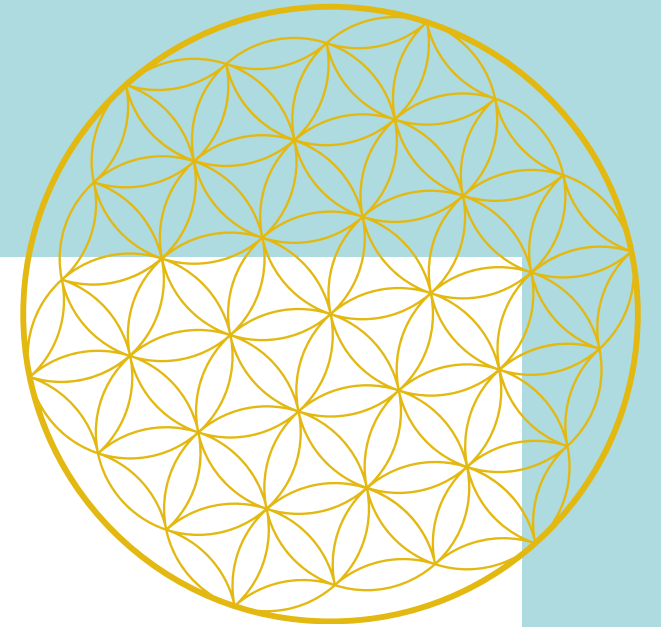
“All things are created twice. There's a mental or first creation, and a physical or second creation to all things.”

The 7 Habits of Highly Effective People, Stephen Covey



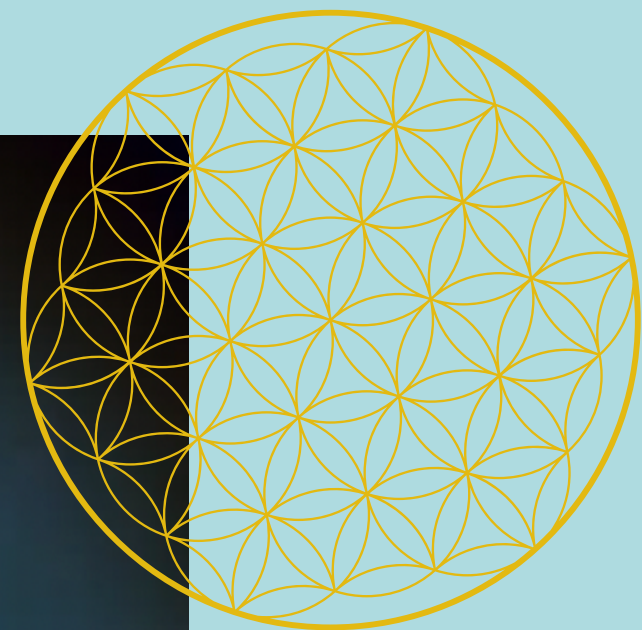
“Everything is created twice, first in the mind and then in reality.”

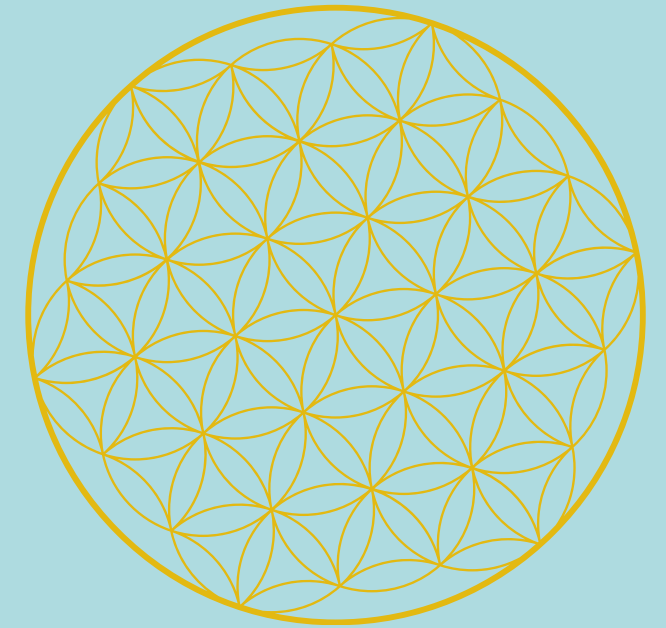
The Monk Who Sold His Ferrari, Robin Sharma

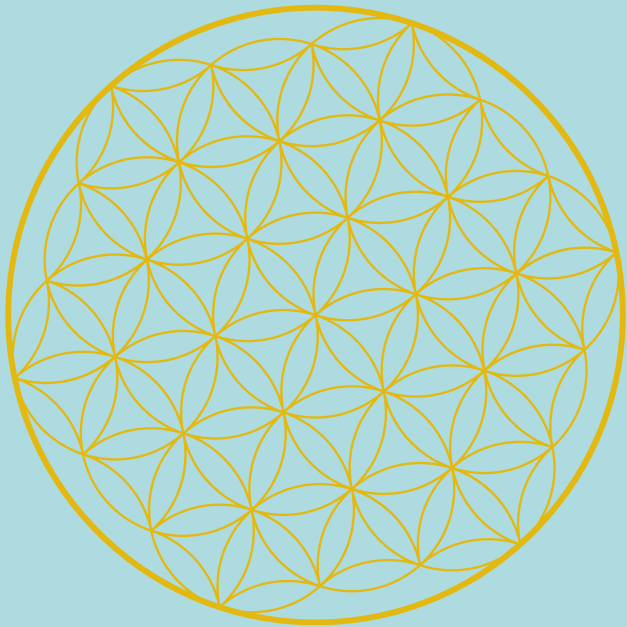


The Principle of Mentalism:
“The ALL is MIND; the Universe is Mental.”

The Kybalion



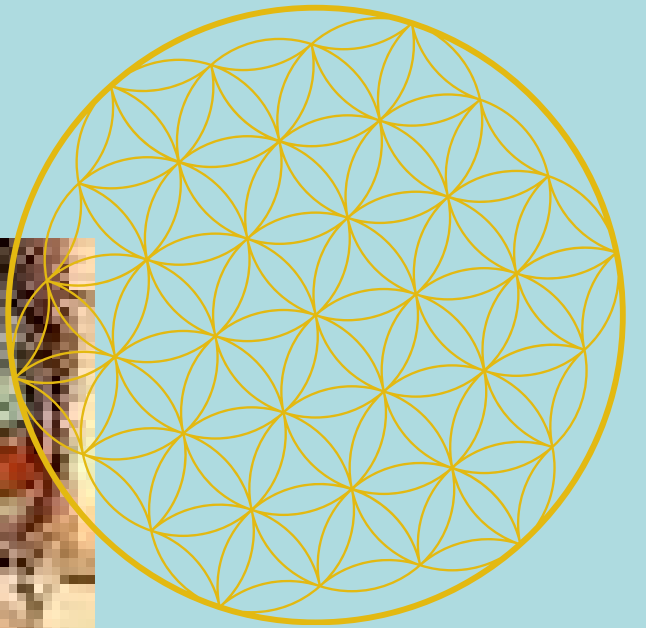


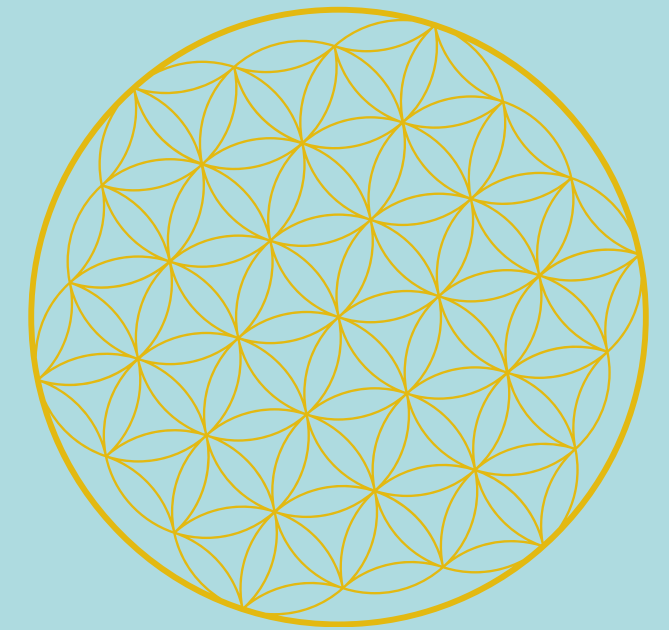


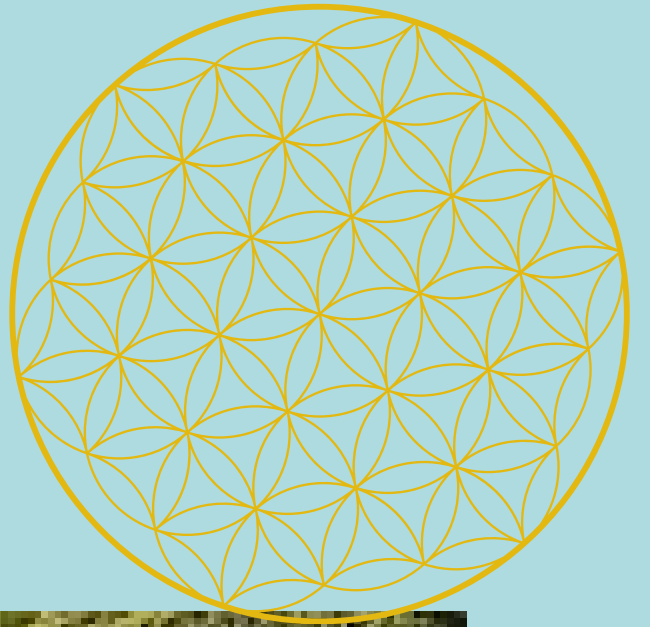


“Mind (as well as metals and elements) may be transmuted,
from state to state; degree to degree; condition to
condition; pole to pole; vibration to vibration. True Hermetic
Transmutation is a Mental Art.”

The Kybalion





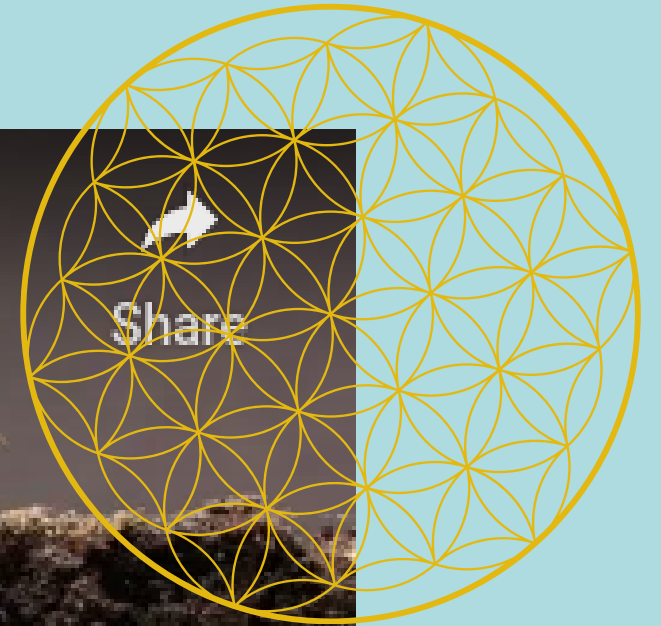


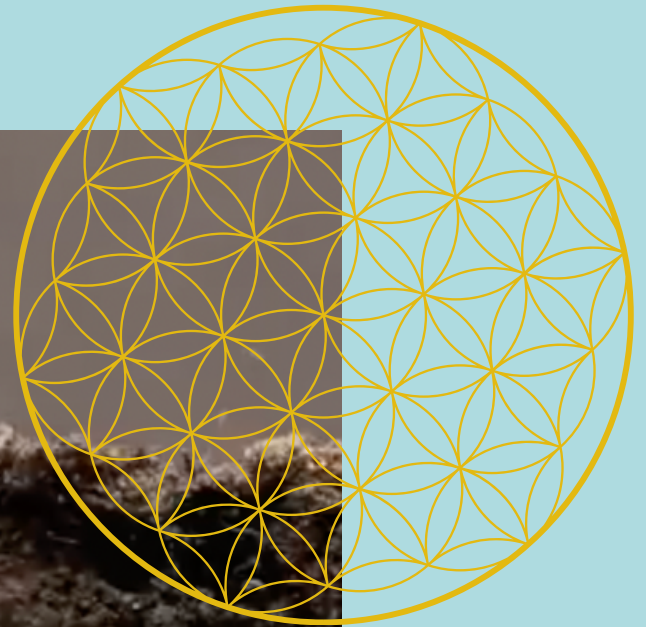
GPhase

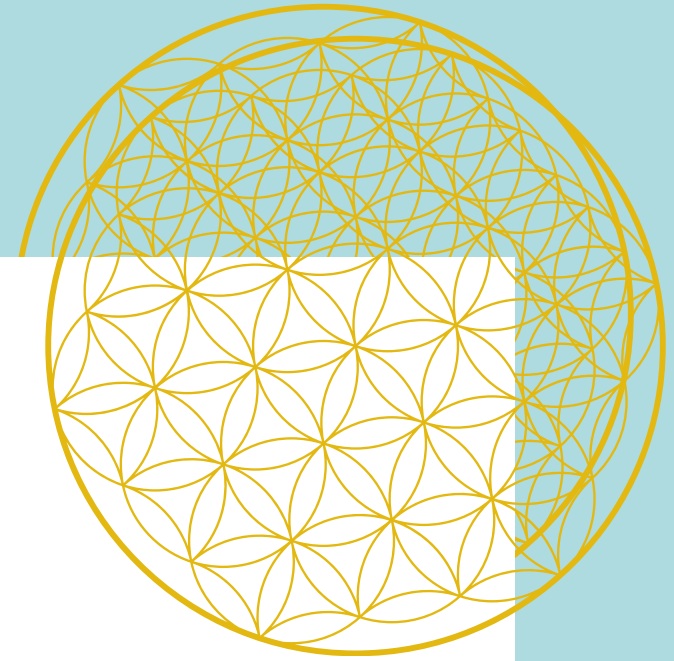
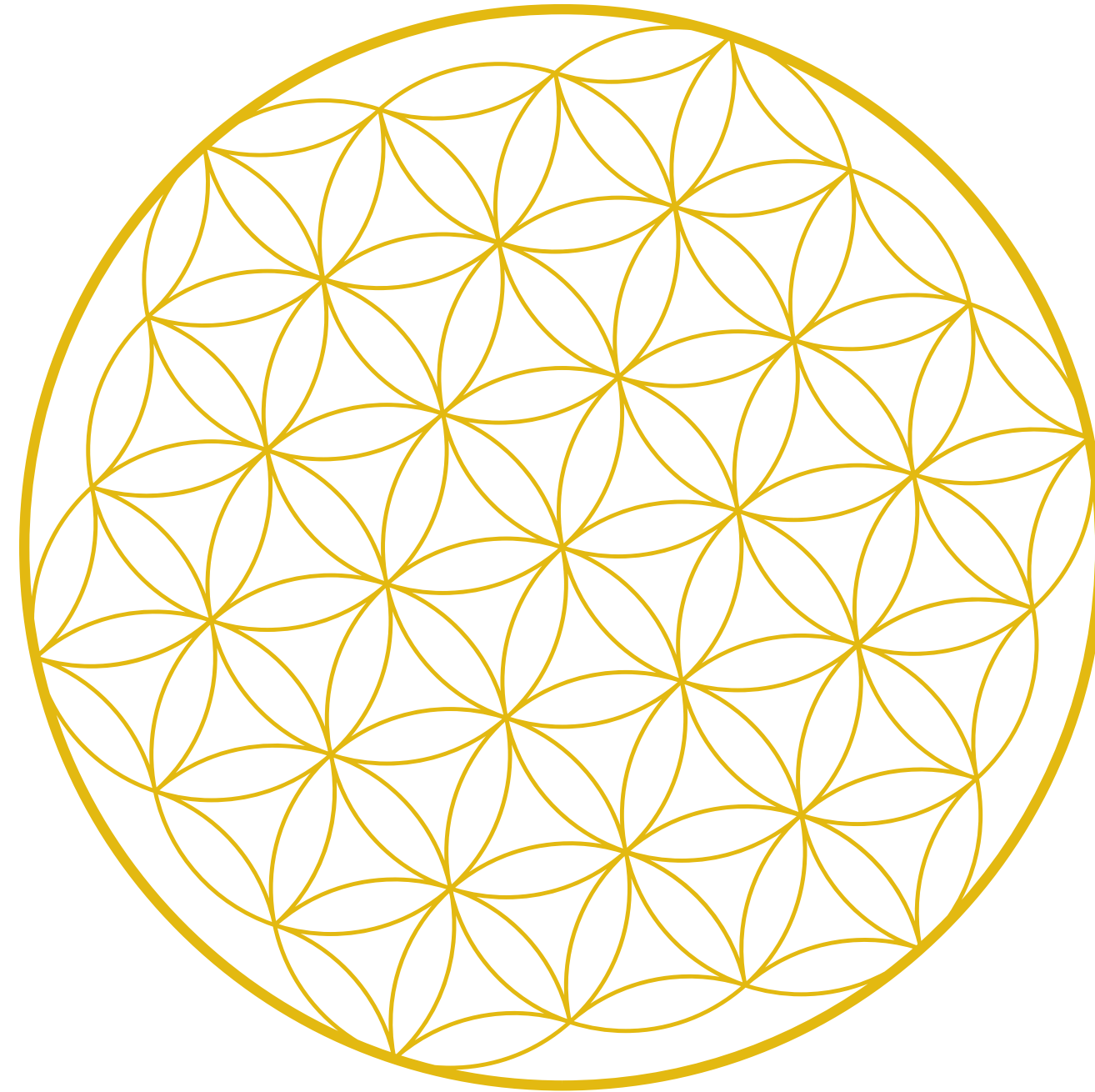
Bean Time-Lapse - 25 days | Soil cross section

Share

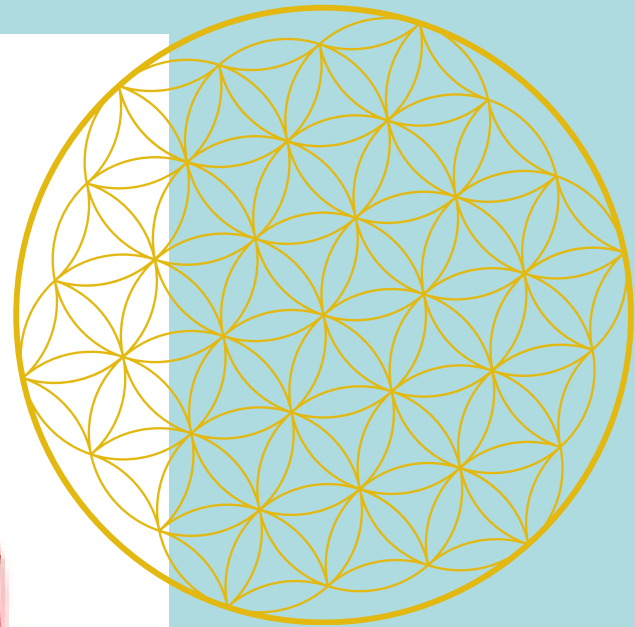
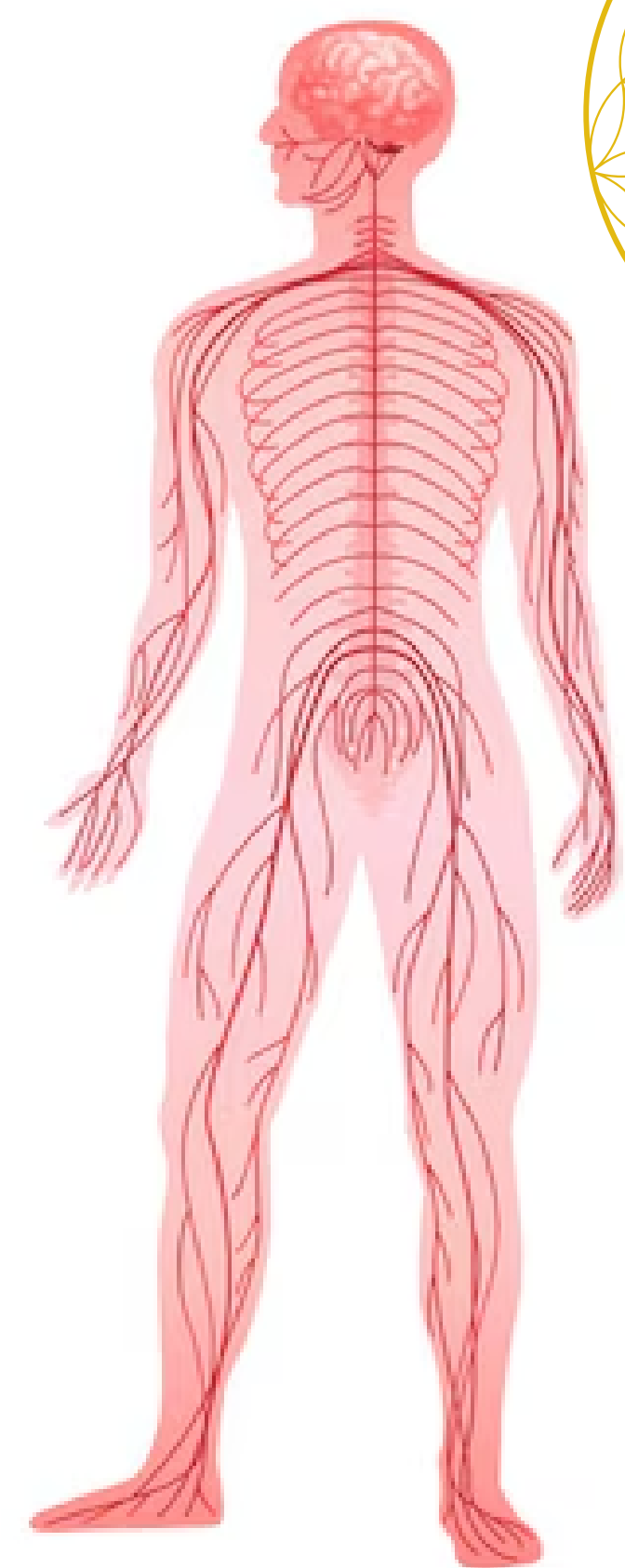
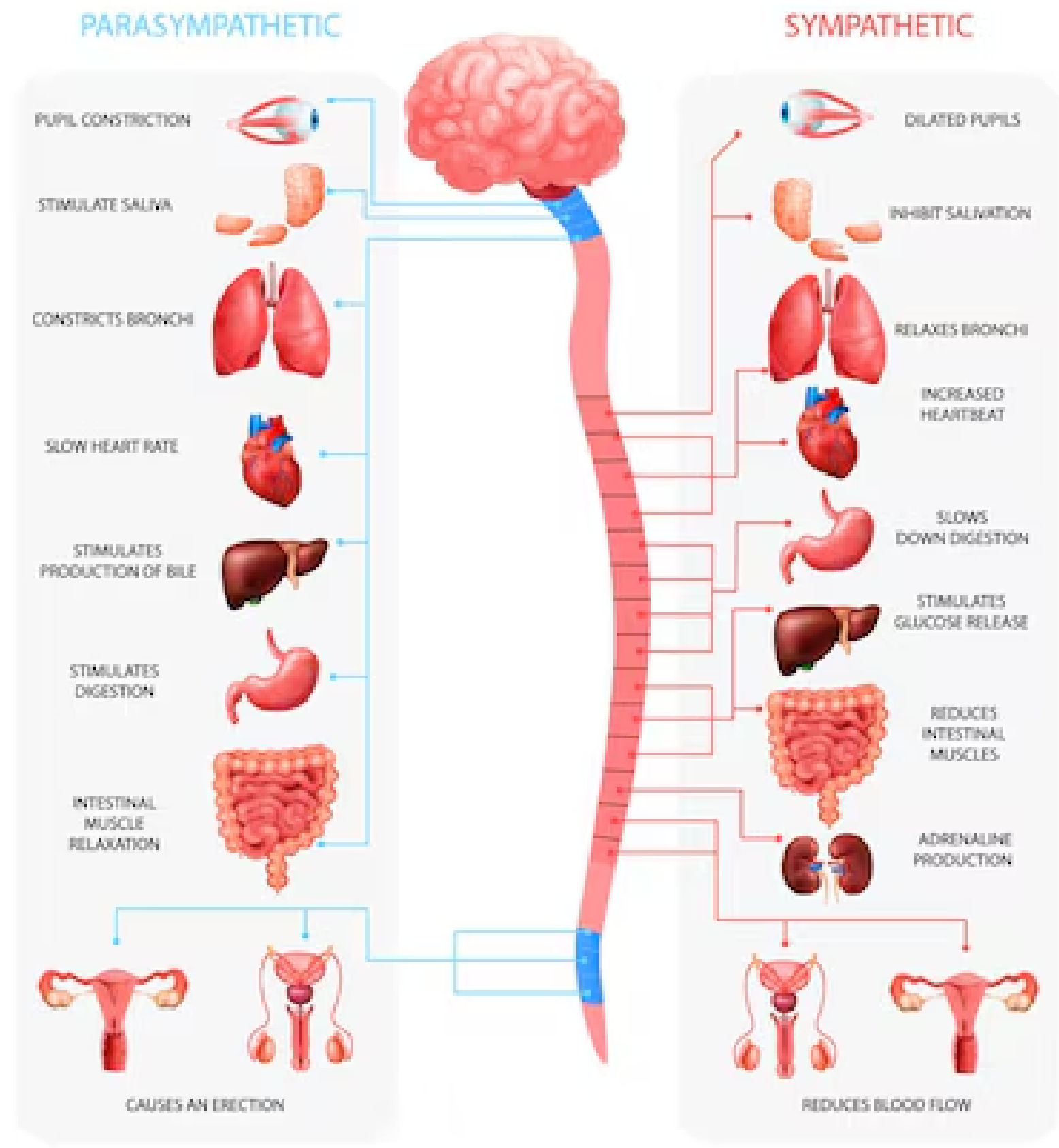
Watch on  YouTube

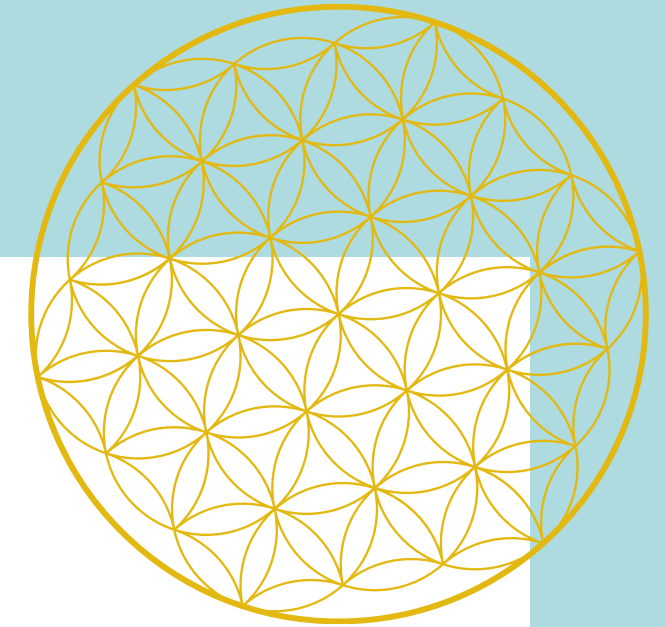






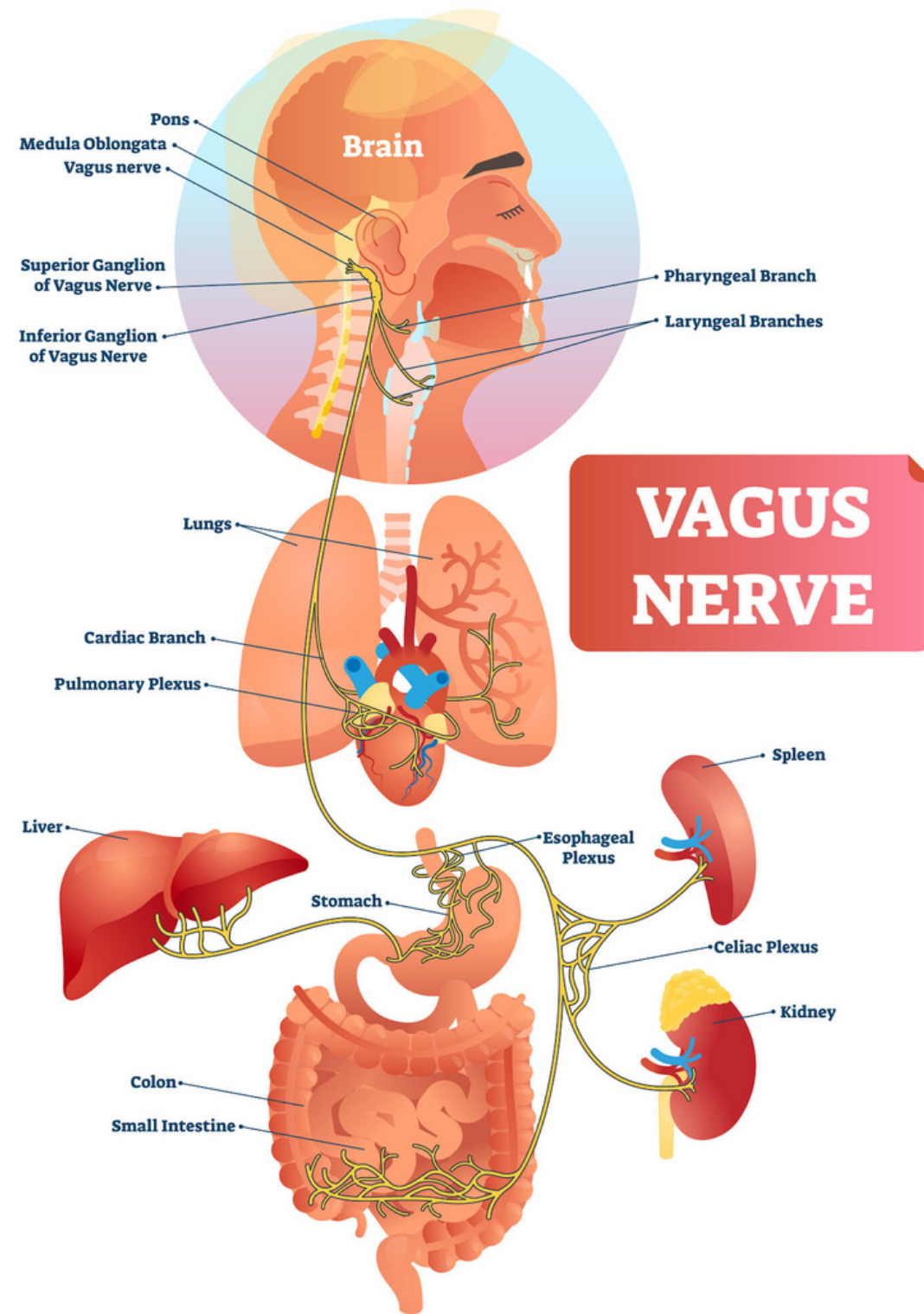
HUMAN NERVOUS SYSTEM

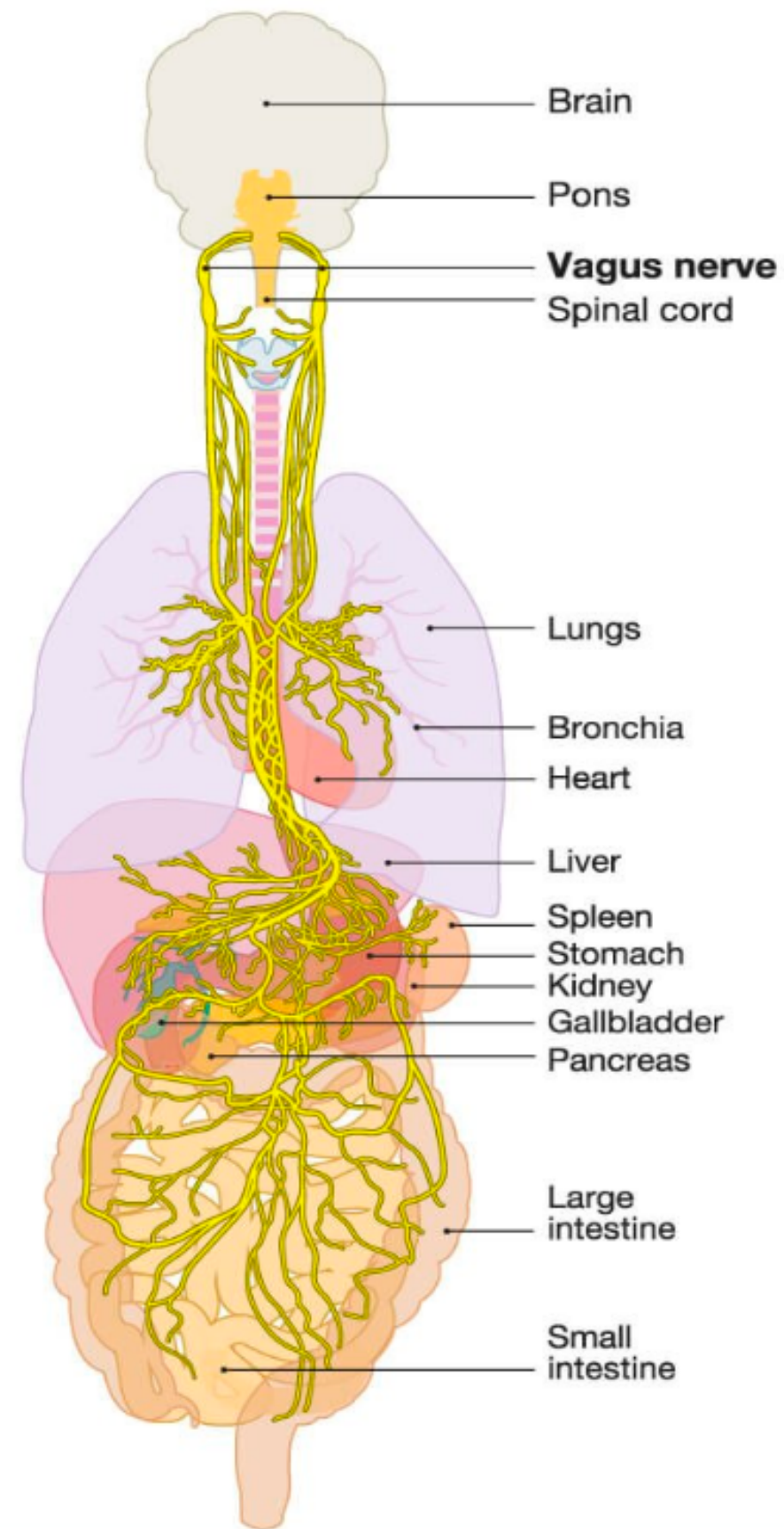




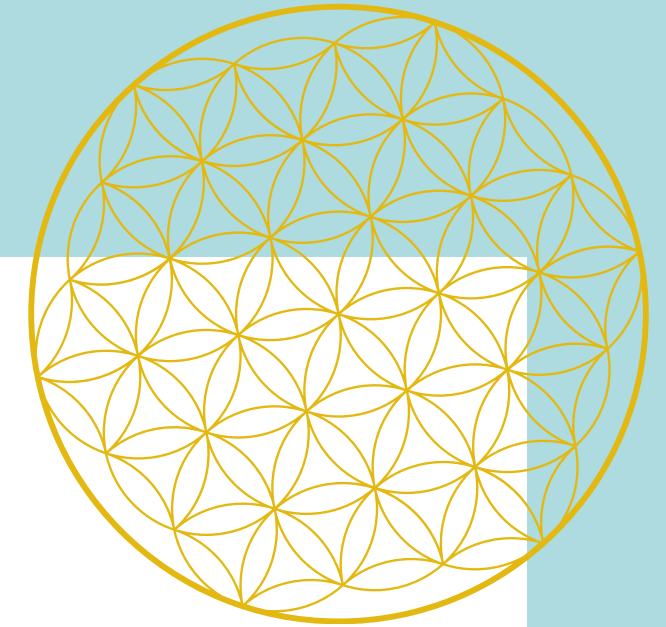
Vagus Nerve

- Vagus – ‘Wandering’
- The longest cranial nerve in the body
- part of your autonomic nervous system (ANS)

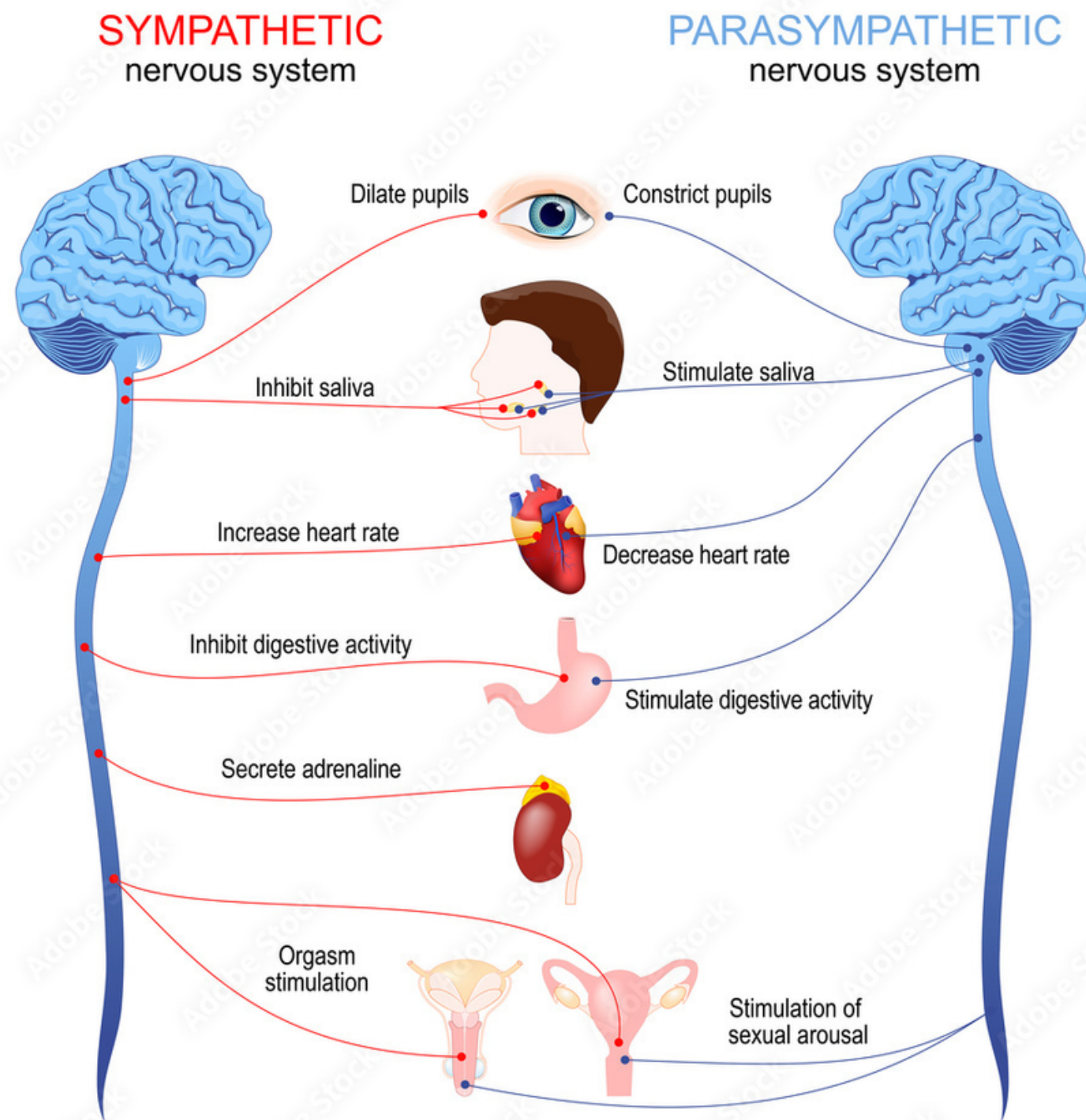




Vagus Nerve



- Regulates key processes in the body, such as breathing, heart rate, and digestion
- Polyvagal theory: The vagus nerve plays a key role in emotional regulation as well



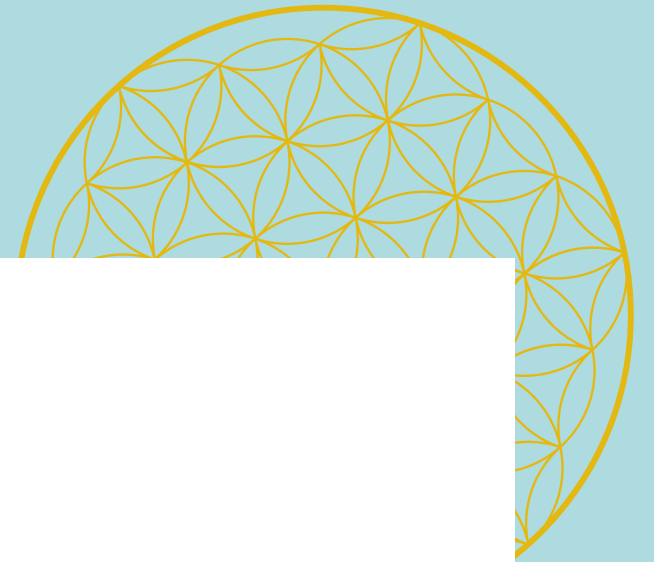
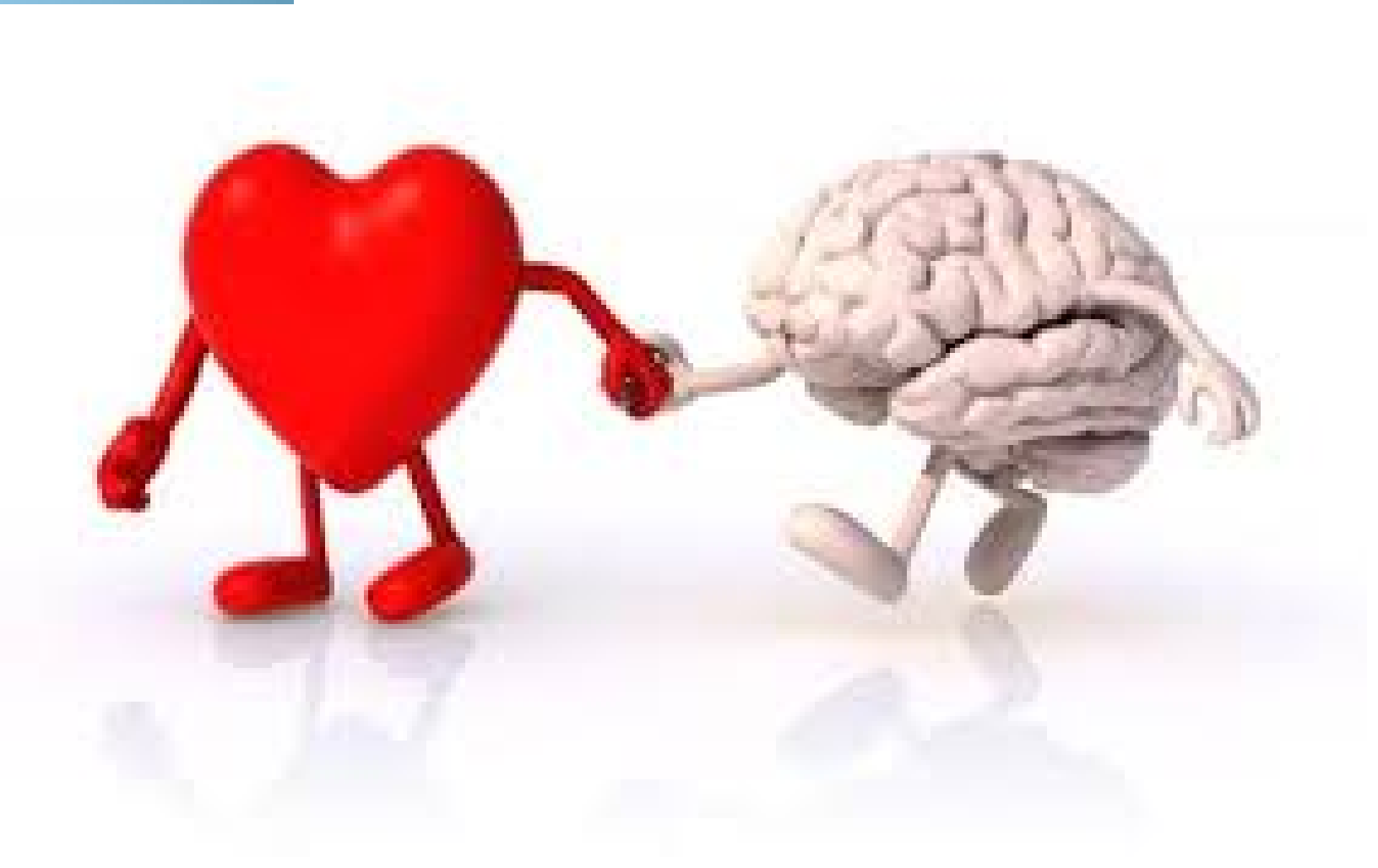
Vagus Nerve

- Sympathetic (flight/fight)
- Parasympathetic (rest/restore)
- Enteric (digestion/elimination)

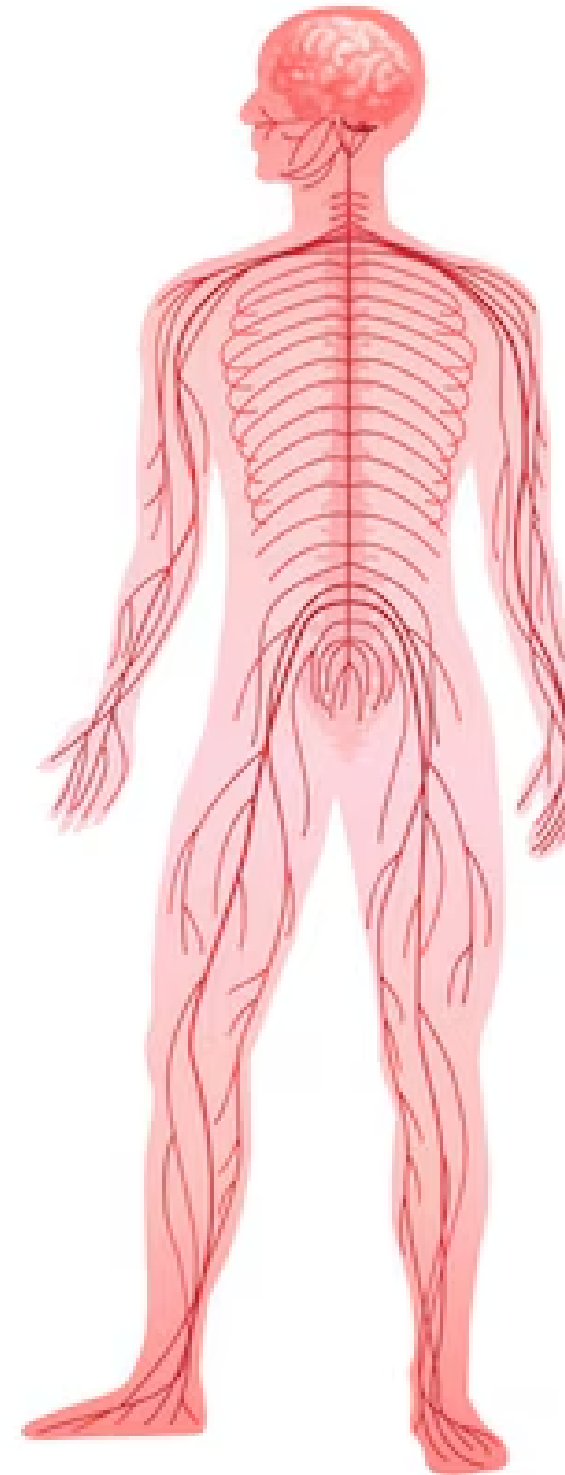
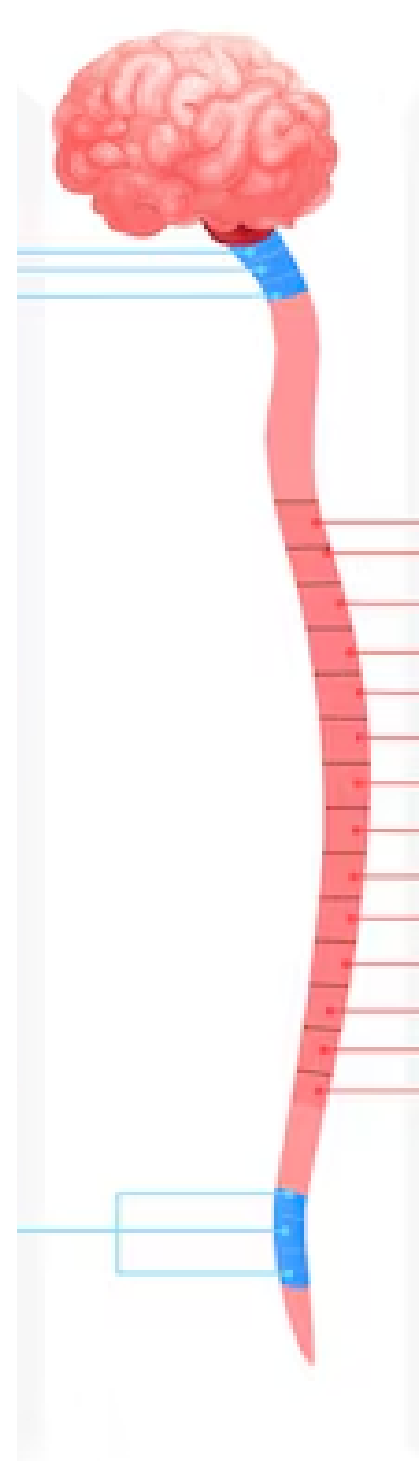
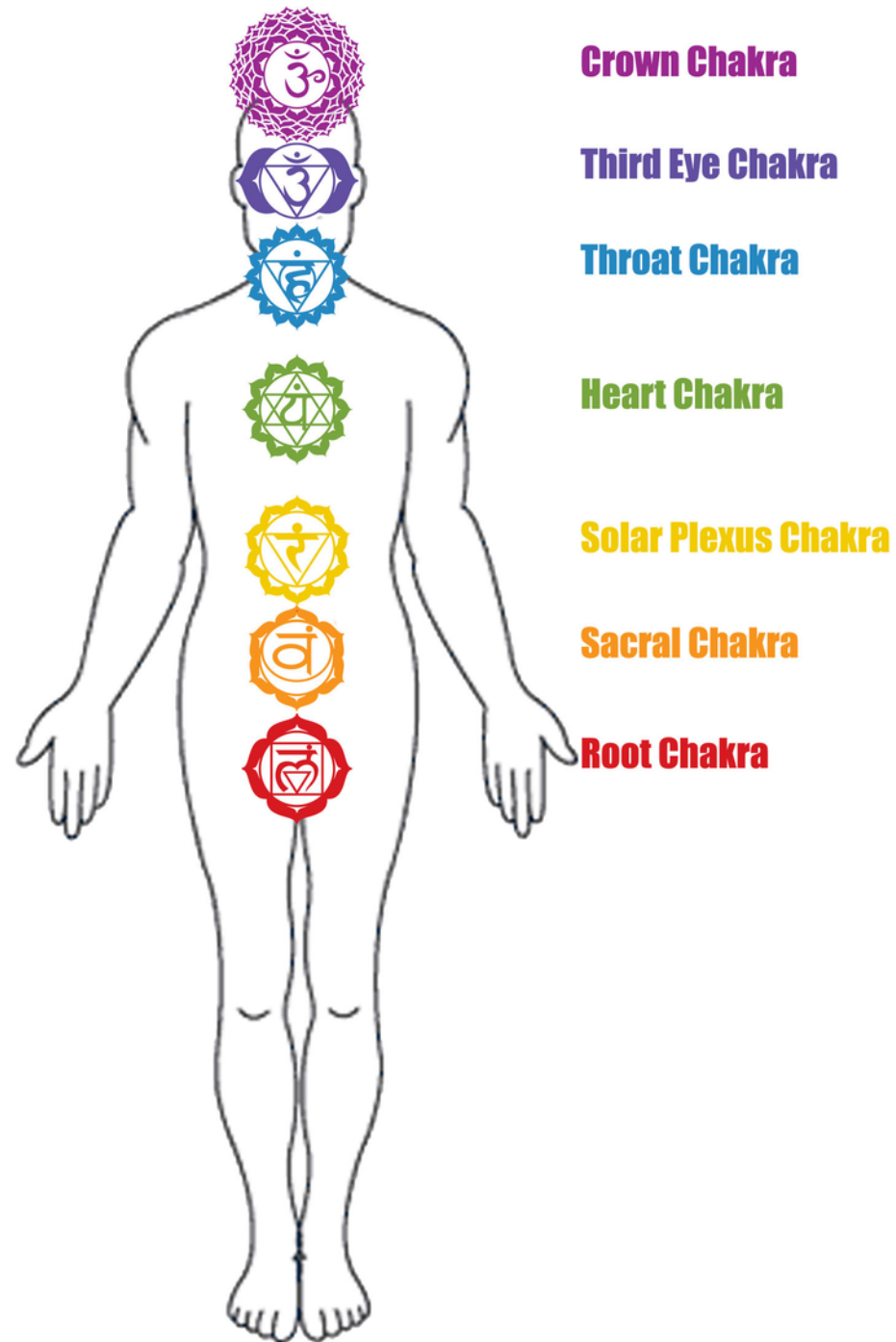


Vagus Nerve

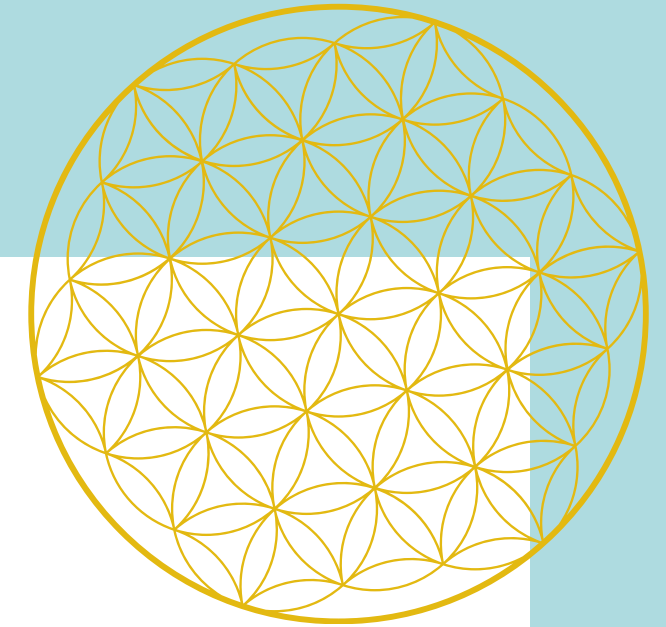
- Regulation = developing strong vagal tone
- Equilibrium = Transformation
- Self-regulate and build emotional resilience



The 7 Main Chakras

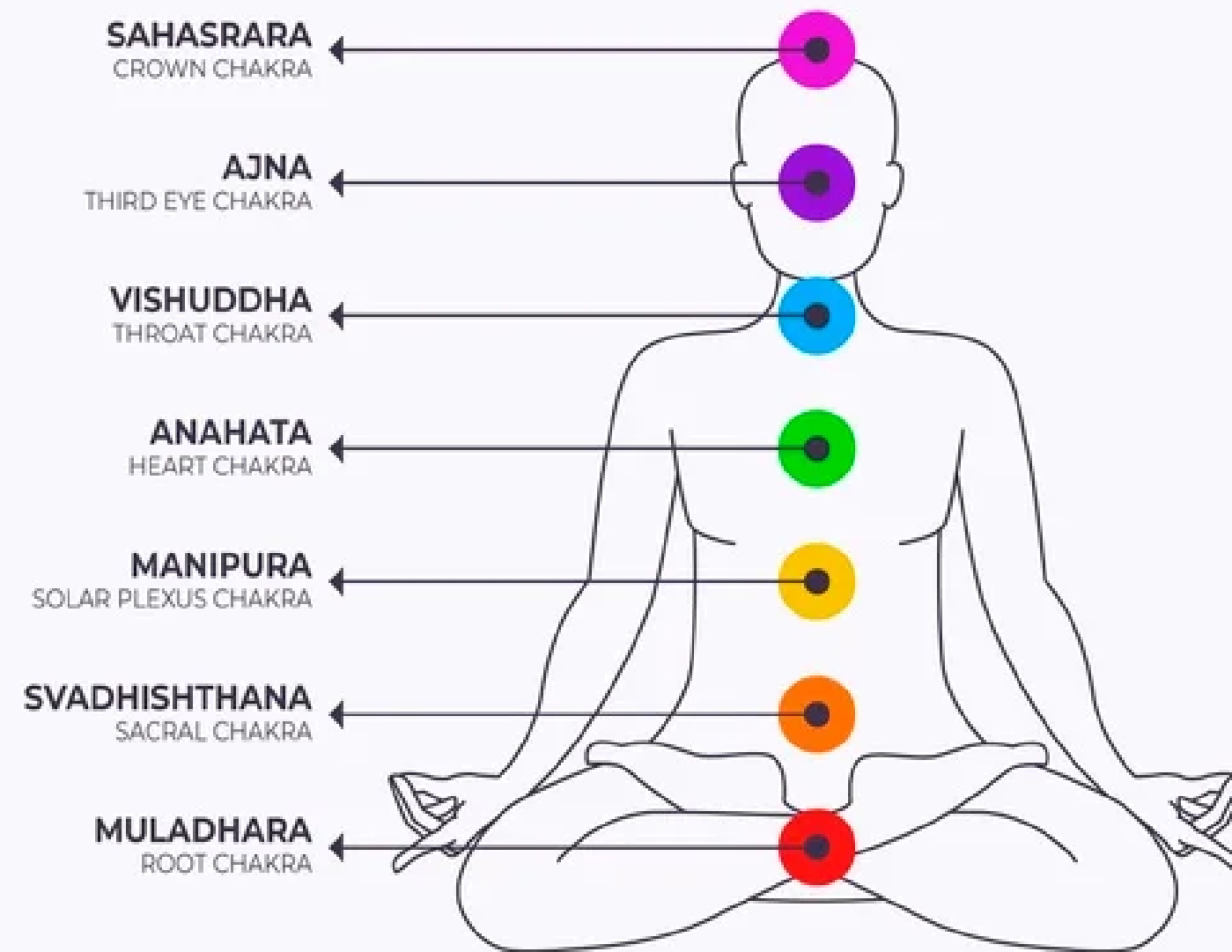


Chakras



- 7 main chakras along the body's energy pathways
- Connection between the Vagus nerve & the Chakras

BODY CHAKRAS



- Root: survival, safety, and stability.
- Sacral: creativity, sensuality, and emotions.
- Solar plexus: self-esteem, confidence, and willpower.
- Heart: love, compassion, and connection.
- Throat: communication, self-expression, and truth.
- Third eye chakra: intuition, insight, and inner wisdom.
- Crown chakra: pure consciousness and a connection to divine energy.



Grounding Exercise

