

MANIFEST

The life you desire



Gaia

Summit Guide & Workbook

April 4 - April 8, 2023

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From ancient practices to modern science, there are many ways to manifest the life you desire. Explore groundbreaking new ideas, daily practices, and manifestation techniques that support a thriving lifestyle.

Gaia's Manifest the Life Your Desire Guide & Workbook covers a wide range of modalities that explore epigenetics, spirituality, visualization, meditation, and the heart-mind connection.

Gaia Headquarters
Louisville, CO 80027
www.gaia.com

Gaia

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Welcome to Manifest the Life You Desire Summit

We're delighted to have you join the our like-minded community, who are creating their most vibrant lives now. During the summit, you'll be guided through the latest manifesting discoveries and practices by world-renowned experts, including Gregg Braden, Dr. Theresa Bullard, Bruce Lipton, PhD, Michael Beckwith, Regina Meredith, and Bill McKenna.

Awaken with life-altering wisdom and practices that open up a quantum world of infinite possibilities.



Make the Most of Your Summit - Important Information

- Tuesday, April 4 - Saturday, April 8, 2023.
 - Episodes stream at 9 AM ET.
-

- Use this guide as a workbook.
 - Enjoy writing down your pre-summit intentions, notes and practices during the summit, along with your post-summit reflections.
 - This guide was designed with flexibility to accommodate your schedule, no matter when you start the process.
 - Practices can be used at anytime during the manifestation process.
 - Download the guide to your computer and type answers in the workbook.
 - Be sure to click "save" while typing in your workbook.
 - Create a reminder when episodes launch.
 - Schedule a designated time to view the episodes and fill out the workbook.
 - Invite friends and family to join you for a watch party!
-

Pre-Summit

- Set your intention for manifestation.
- Consider reading the articles and watching bonus videos that are designed to prep you for the summit and make the most of manifesting.
- Share the summit with friends and family to help with accountability.

During Summit

- Stream episodes.
- Take Notes in the workbook.
- Fill out the practices after each episode.

Post-Summit

- Write in the Reflection Wisdom & Take Aways.
- Set your Post-Summit Intentions.
- Share your summit experience with us via email.
- Join Gaia and continue to manifest the life you desire.

Episode Guide

Reference the following episode guide and mark it in your calendar for a reminder.

Day 1: Life Visioning with Michael Beckwith

Tuesday, April 4, 2023, 9 AM ET

Day 2: Science of Manifesting Health with Bruce Lipton, PhD

Wednesday, April 5, 2023, 9 AM ET

Day 3: Manifesting Through Source with Dr. Theresa Bullard

Thursday, April 6, 2023, 9 AM ET

Day 4: A Simple Method of Manifestation with Bill McKenna

Friday, April 7, 2023, 9 AM ET

Day 5: Manifestation in a Participatory Reality with Gregg Braden

Saturday, April 8, 2023, 9 AM ET

Bonus Material

Enjoy our curated collection of bonuses designed to enhance your manifestation experience.

- **Manifest the Life You Desire Guide & Workbook**

Start manifesting now with the 40+ page guide and workbook. Continue your practice during and after the summit. Learn from Gaia's experts and apply their creation techniques to elevate your manifestations.

- **The HeartMath Experience**

Enjoy this 9-Part Mini Series with scientifically validated HeartMath techniques to activate your heart power and intelligence. An inspirational way prep your mind and body for manifestation. Featuring: *Howard Martin, Deborah Rozman, Rollin McCraty, Owen Ward, Robert Browning, and Laird Small.*

- **Living Warrior Visualization with Jon Gabriel**

Join Gabriel, a weight loss and visualization expert and the author and creator of The Gabriel Method, to create your most empowered day. An inspiring visualization to coerce your hidden warrior energy within to bring power and strength into your body and life.

- **Becoming Supernatural with Dr. Joe Dispenza**

What does it mean to become supernatural? Dispenza traveled the world to study people who have spontaneously healed and uncovered the connection between the body and mind. George Noory interviews Dispenza, who shares techniques to create a state of wellbeing.

- **Visualize Abundance with Jon Gabriel**

Gabriel, creator of The Gabriel Method, helps you bring about your most abundant life. Allow the invisible energy of thought to nourish every cell of your body as you dive into an infinite ocean of abundance and manifestation of your own success through visualization.

Pre-Summit

Set Your Intention

Type in your intentions for this summit below. What do you desire to achieve? How will you hold yourself accountable to get the most out of the summit and manifest the life you desire?

Plan for Manifestation

Type 3 manifestations, goals, or visions that you desire to create or explore by the end of the summit below.

1. Vision:

2. Vision:

3. Vision:

LIFE VISIONING

with Michael Beckwith

• Life Vision • Manifestation Process • Shift Consciousness

How can you overcome fear to awaken your authentic self and life path? Release limiting beliefs and blockages with Michael Beckwith, Founder of Agape International Spiritual Center and author of Life Visioning and Spiritual Liberation, to claim your life vision. Beckwith guides you in this life-altering episode with 4 spiritual practices to awaken your true self and manifest your desires. "When you become the vibrational condition, you can not not happen. Because you are the condition and you are the life force itself behind it."



Life Visioning

Pre-Summit Article

Which Type of Meditation Style is Best for You

By Cara Herbert

While some may think that meditation requires nothing more than sitting silently, it isn't necessarily as easy as it seems. The commitment needed to practice every day, coupled with the challenge to empty your mind of everyday stressors, can be discouraging. However, it doesn't necessarily need to be.

Meditation has been scientifically proven to reduce stress and anxiety, improve health, and increase happiness. However, the most essential aspect of meditation is appealing to your spirit. It is an entirely subjective practice and there is no right or wrong way to meditate. By practicing every day and finding a style that compliments your soul – you'll not only experience the joy in meditation, but you might just find you're better at it than you thought! The following is a list of the most common types of meditation. Discover which one speaks to you!

Before you begin, ask yourself a few questions:

Do you find increased focus through movement?

Does darkness help you to relax?

Do you find sounds calming or distracting?

Are you trying to focus your mind or empty it?

Answering these simple questions can help you to narrow down which type of meditation is most suited for you. If by the end of this article you still can't decide – Why not try them all?

Focused Meditation

Who should try it: Excellent for true beginners or anyone who needs a little extra help focusing.

Focused meditation is a general label for any kind of meditation that concentrates on any of the five senses. While visualizations are the most popular, other aspects may include focusing on sounds or touch. In focused meditation, you'll also commonly be asked to concentrate on the flow of your breath – as it moves in and out of your body and pulses energy throughout your body.

Spiritual Meditation

Who should try it: People who thrive in silence and are looking for spiritual growth.

Spiritual meditation, while similar to prayer, includes various elements to help practitioners reach a more reflective and contemplative state. In spiritual meditation, you embrace the

silence around you – whether at home or a place of worship – and slowly begin to let your mind wander to an internal prayer or question. Some people find that the answer to their deepest question comes from outside themselves through the Divine, God, or Universe. Others find that simply allowing themselves to be comfortable within the silence brings the answer from within.

Mantra Meditation

Who should try it: People who dislike silence and find peace in repetition.

Despite popular belief, silence isn't the only way to meditate. Mantra meditation uses a repetitive sound or set of sounds to clear the mind. By reciting or chanting a mantra, your mind is able to focus on the rhythmic song and release the stressors of the day. With a long tradition in meditation, mantras can be sung loudly or whispered quietly. You can use an inspirational phrase or even a simple onomatopoeia like "Om" or "Aum." Meditation is subjective and there's no one right technique – it all depends on what the experience means to you personally.

Transcendental Meditation

Who should try it: People looking for a more structured meditation practice or those new to meditation but serious about maintaining the practice.

Founded by Maharishi Mahesh Yogi, Transcendental meditation is the most studied type by scientists. Made popular by celebrity followers like the Beatles, transcendental meditation is by far the most popular type with nearly 5 million practitioners worldwide. It uses a mantra or series of Sanskrit words to help the practitioner focus during meditation in lieu of just following breath. While some believe transcendental meditation and mantra meditation to be the same – transcendental meditation is slightly more organized and structured, with each student receiving a specific mantra based on a number of different factors such as birth year and sometimes gender. The official website for transcendental meditation states this form of meditation is "... a simple, natural, effortless procedure practiced 20 minutes, twice each day, while sitting comfortably with the eyes closed. It's not a religion, philosophy, or lifestyle." (con't)



Movement Meditation

Who should try it: Anyone who finds sitting still to be a distraction, finds peace through action, or is tired of sitting at a desk all day.

A fairly broad category, movement meditation is the active branch of meditation and incorporates some form of motion. Rather than getting your heart rate going, movement meditation utilizes walks through the woods, yoga, gardening, or even basic housecleaning to clear the mind. By allowing the gentle movements to guide you, your mind is free to wander and explore within itself.

Mindfulness Meditation

Who should try it: Anyone without access to a regular teacher.

Mindfulness meditation is an ongoing life practice and is the umbrella category for all techniques used to accept all that arises without judgement. Less of a separate activity and more a type of lifestyle, mindfulness meditation originates from Buddhist teachings and teaches the practitioner to address and release stress in the moment it is happening. It promotes a focused attention and observation of the world immediately around you and nurtures a tone of surrender to that which you cannot change. This daily meditation practice is generally best for those who don't have access to a regular teacher as it can be practiced alone and further information and community support groups are easily found across the internet.

WATCH

LIFE VISIONING with Michael Beckwith



Tuesday, April 4, 2023
9 AM ET

"The possibilities within you are infinite, they are limitless."

Life Visioning

During Summit: Practice

Type the 4 steps that Michael Beckwith recommends for manifestation and what you'd like to shift or address below.

Step 1:

I'd like to focus on:

Step 2:

I'd like to focus on:

Step 3:

I'd like to focus on:

Step 4:

I'd like to focus on:



Life Visioning

Notes

Type your take aways, ideas, and thoughts from the episode below.

SCIENCE OF MANIFESTING HEALTH

with Bruce Lipton, PhD

• Scientific Manifestation • Stress & Anxiety Relief • Balance Mind & Body

Is the path to a healthy life found in stress?

The American Psychological Association has recognized that up to 90% of all doctor visits are for stress-related ailments. Discover the three sources of disease and how they affect the wellness of our mental, emotional, and physical states on micro- and macro-levels.

Bruce Lipton, a stem cell biologist and best selling author of *The Biology of Belief*, shares how to identify ailments within your own body and how a president healed a depressed nation by shifting his consciousness.

Science of Manifesting Health

Pre-Summit Article

The Magic of the Morning Ritual

By Christine Miller

For years, science has backed the idea of a morning ritual. Neural pathways are the most malleable in these early hours of the morning. Creating a routine to prepare your mindset and body to support your day provides a well of resilience for the twists and turns of life. The ritual can change over time, be it meditation, movement, or breathwork. It's the time of day that stays the same. The practice is about showing up for yourself.

We also see evidence in current cultures across the world, of a morning practice being passed down from the ancients. The mystics of India called this time of day, just before dawn, the Brahma Muhurta. They say it's the most sacred time to align the inner cosmos with the outer.

For example, Ayurveda's recommendation for easing depression is to walk outside and get sun in your eyes first thing in the morning. Science has confirmed that this helps reset the circadian rhythm with the biological clock and supports the vitality of several health-related topics, including a good night's sleep.

So, there are plenty of reasons why a morning ritual is a great way to start the day. Perhaps the bigger question is...how?

Neuroscience continues to provide valuable information on building new, healthy habits and dissolving the less desirable ones. For starters, we don't need to rely on sheer willpower. Atomic Habits author James Clear quotes Greek poet Archilochus:

"You do not rise to the level of your goals. You fall to the level of your systems."

This means if you aren't meeting your goals for a morning routine, don't take it personally. The key to success in building a ritual is to troubleshoot your systems, not your willpower.

Clear says there are four essential elements to setting up a process that makes new routines achievable.

Building New, Healthy Habits

Make it Obvious: For a new habit to be successful, create a time and space for your ritual. Set your alarm. Add a block of time to your calendar and prepare your space by laying out clothes ahead of time, your tea cup, journal, or yoga mat.

Make it Attractive: Add something you know you'll enjoy to your ritual. Perhaps your favorite music plays in the background during your yoga practice. Or learn about some of your favorite topics while hydrating with your morning tonic or smoothie.

Make it Easy: If a guided meditation is part of your morning routine, pick one ahead of time and have it ready to go on your device. One recommendation is to have two duration options available. If you are short on time, you can still accomplish the shorter routine at the time you set aside. Build the muscle of showing up at the time and date you have set aside for yourself, even if it's a shorter practice.

Make it Satisfying: Hopefully, after following through for a week with your ritual, endorphins will begin to flow and confidence will build. You can always try habit-stacking and let your morning coffee or breakfast be the reward for completing your ritual practice every day.

Breaking Unwanted Habits

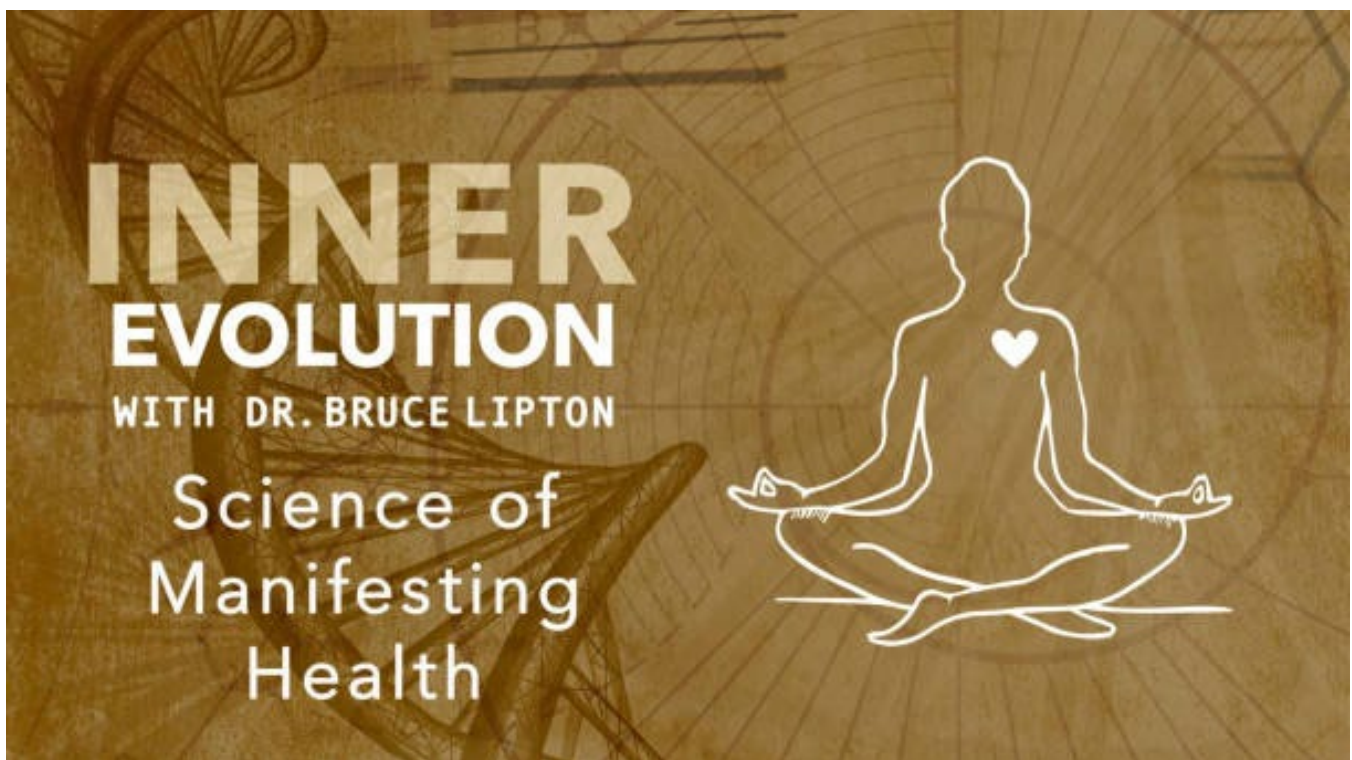
If you have habits you want to release, ask yourself the opposite of the questions above:

How do I make this habit less attractive?

How do I make it more difficult to engage in this behavior?

If you are building your Morning Ritual with Gaia, we recommend using our Playlist feature. Create as many Playlists as you like for specific days of the week or for certain durations.

Most importantly, go easy on yourself. The Morning Ritual that suits your lifestyle may change over time, and creating new routines can also be fun. Just as the Willow tree bends in the wind, allow yourself the flexibility to adjust what works for you as lifestyle changes arise. Ultimately, your unique ritual is meant for you, to grow your sense of self-love and increase your love of life!



Pre-Summit: Reflection on Articles

Type your thoughts about the meditation and morning ritual articles below. Is there anything you'd like to add, shift, or change based upon them?

WATCH

SCIENCE OF MANIFESTING HEALTH with Bruce Lipton, PhD



Wednesday, April 5, 2023
9 AM ET

"The moment you change your perception is the moment you rewrite the chemistry of your body."

Science of Manifesting Health

During Summit: Practice

In this 5-10 minute exercise, start by sitting in a quiet area. Do you need music to relax? If so, play music. Otherwise, feel free to sit in silence. Apply what you learned in Bruce Lipton's video and tap into your body and emotions below.

Answer the following questions:

1. When you think about your body like a dashboard, which areas are giving you a warning sign?

2. What do those warning signs mean to you?

3. What steps do you want to take to heal those warning signs?



Science of Manifesting Health

Notes

Type your take aways, ideas, and thoughts from the episode below.

MANIFESTING THROUGH SOURCE

with Dr. Theresa Bullard

• Conscious Manifestation • Spirit, Mind, Body Awakening • Esoteric Practices

What would you do with a blueprint for manifesting your best life? Awaken your spirit, mind, and body with Kabbalah wisdom that produces powerful co-creation in the spiritual and physical realms. Discover ancient practices that provide a creation blueprint that brings us back into alignment and makes the impossible possible. Join renowned expert, Dr. Theresa Bullard, a physicist, author and host of Gaia's Mystery Teachings, as we delve into the process of ascending the Tree of Life and the journey of reclaiming our full potential.

MANIFESTING THROUGH SOURCE

Pre-Summit Article

How to Connect with the Divine Energy Your Higher Self Holds

By Gaia Staff

The Divine Self, or the Higher Self, as it is also known, is a belief held by Hindus and New Age thought alike. According to these beliefs, the Divine Self is the Self that exists at an even higher level than the soul; it is in every human being ever born. It is the true self essence of the Universe that dwells in your being, the source of all light and life within you, and your true motivation for living.

The Divine self is what energizes you and makes you wonder. It is the spiritual journey of the soul light at your core that chose to be incarnate at this point in time. It's ever-aware and has been thinking since you began existing in this lifetime, and since your birth in other lifetimes. The body and the physical realm, in which we dwell in our own life, are thought to be but a vehicle for the Higher Self.

If you've ever experienced synchronicities, where coincidences that are too uncanny to be coincidental occur in your life, you may be in the process of connecting with your higher self. In the same beliefs, the soul is closer to the personality and is an intermediary between the person and her Divine Self, until such time as she is able to directly experience and realize the Divine Self as who she is.

How to Contact Your Higher Consciousness

If you're interested in opening up to your Divine Self, the practice promises guidance, peace, harmony, and illuminating light through its higher knowledge. Believers also claim that you can more easily turn away from the distractions of the physical world, and restore yourself in the light, love, and power of this eternal Self, because it will reveal the illusions, desires, and attachments that keep you trapped in a lower vibration and on a lesser path, thus enabling you to find your higher path. You are also supposed to gain a greater ability to recognize limiting, disharmonious, and restricting energies and forms.

The Divine Self is always trying to reach you, to send you the higher power, illumination, love, and wisdom to draw higher forms, thoughts, feelings, and situations into your everyday life. The Divine Self is wise; it knows all and is always showing you an easier, better, more joyful way to live.

Because of these things, it's not a huge struggle through your willpower to contact your Divine Self. All you need do is set your intention and open to all the gifts of consciousness that await you as you connect with this Self.

1. Sit Quietly

Find a calm, quiet spot to spend some time in. Set your intention to make contact with your Divine Self, to open to It and to receive Its positive energy, love, inspiration, and all the transformation, awareness, and gifts of consciousness It is always offering you. Silence is a

vital factor in this process, as the connection with the Divine Self goes beyond the mind and physical body.

Rid yourself of as many distractions as possible. Because of this, though, you may not feel you have made contact your first time, but don't feel discouraged! Your intention to connect with your Higher Self consciousness and your receptivity to It are all that is needed to make this connection and to receive Its guidance, energy, and inspiration. It always responds to your call.

2. Let Your Thoughts Go

Release any negative thought patterns swimming around in your mind, and imagine that you are infinite intelligence, unconditional love, and all-knowing wisdom, looking out through your eyes. Sense the "I" within you that is always present, which is pure awareness.

Bring your mind to a state of inner stillness, with nothing to do or think about, even if just for a moment. Let go of any thoughts about the outer world and go within, asking for your Divine Self to draw you into Itself. You can make the connection to your Divine Self even stronger by having the intention to release any thoughts or beliefs that may be an obstacle to contacting your Divine Self or to receiving its gifts.

3. Speak to the Divine Self

If you want to try, ask for guidance, an insight, or an answer as you enter into the silence. You can do this out loud or just in your mind. It is in moments of silence that the higher self communicates and can impart to you as much of its wisdom, power, and love that you can receive. Allow the voice of the higher self to speak to you, allow it to be your spiritual teacher as it can affect you in powerful ways.

Notice what new thoughts you have after these moments of silence, calling upon your Divine Self. Doing this brings more power, love, wisdom, guidance, abundance, and spiritual growth, and spiritual intelligence. Let your higher self become your best friend.

4. Be Receptive

Afterward, you may receive an inner message that may feel like you giving yourself a message, which is totally normal. Contact may come through a sense of energy, peace, an inner knowing, an answer, a deeper breath, or in many other ways. It is fine if you do not have any response you can feel or identify; know that contact has been made simply through your intention to make contact. With this, some insight, extra energy, or inspiration has been imparted to you that will unfold at the perfect time.

You don't have to spend a lot of time doing this meditation; in fact, it is very effective to have frequent ten or twenty-second meditation periods during the day. Even pausing briefly during a busy day to get quiet and ask for energy or guidance is a wonderful way to deepen contact with your Divine Self.

Pick Up Yoga to Connect

One of the best ways to get in touch with your heart center and find inner peace is through yoga. Regular yoga practice allows you to maintain a clear mental state in order to continue your personal development in your everyday life. And while practicing yoga isn't guaranteed to result in a spiritual awakening, it can be used as a tool to connect with your spiritual self more often.



WATCH

MANIFESTING THROUGH SOURCE with Dr. Theresa Bullard



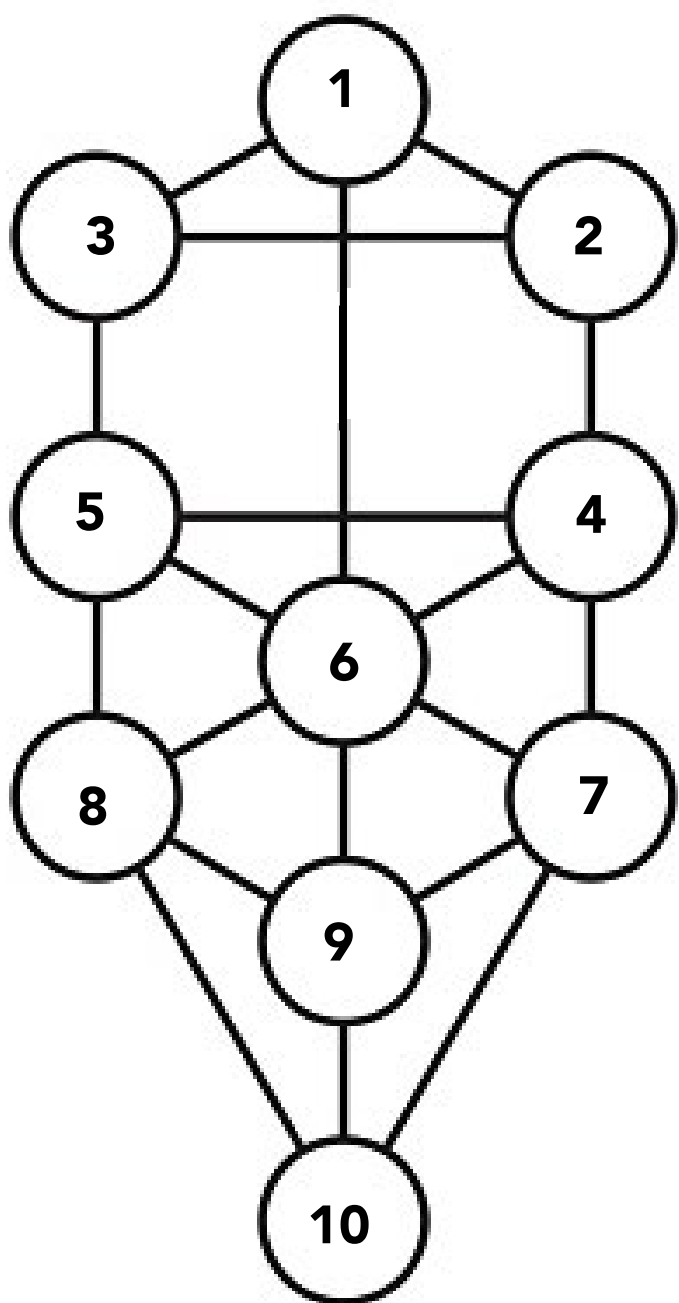
Thursday, April 6, 2023
9 AM ET

"How can we access that infinite, universal mind of the source to gain truly new insights rather than just recycling old ideas from the collective consciousness of humanity?"

Kabbalah - Tree of Life

During Summit: Practice

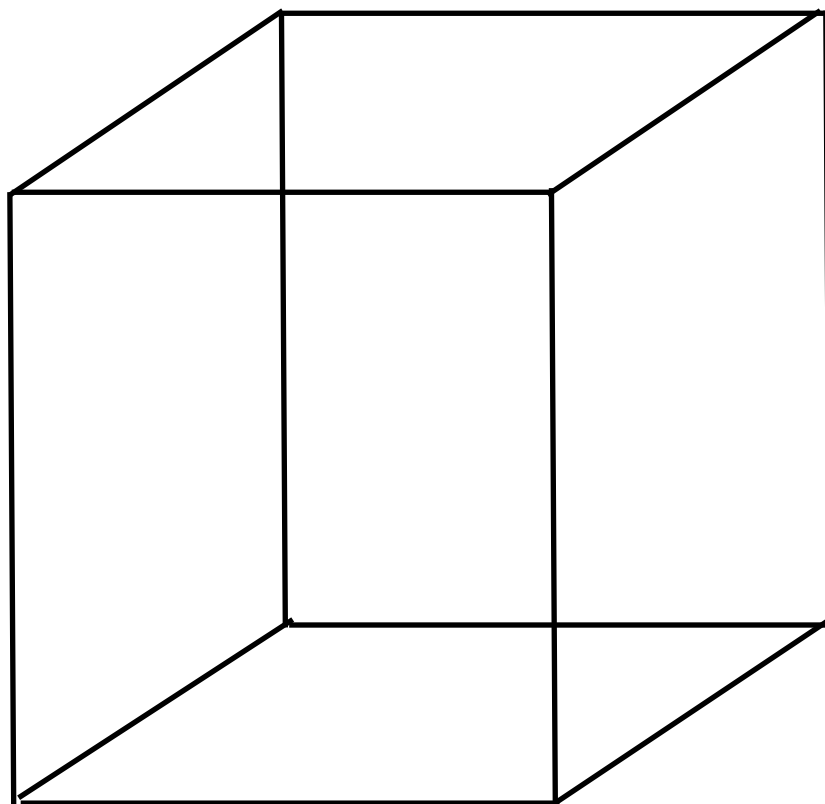
Add notes and take aways regarding the Tree of Life below.



Manifesting Through Source

During Summit: Practice

Follow Dr. Theresa Bullard's guidance as you write and visualize with the cube below.





Manifesting with Source

Notes

Type your take aways, ideas, and thoughts from the episode below.

A SIMPLE METHOD OF MANIFESTATION

with Regina Meredith and Bill McKenna



• Intentional Manifestation • Simple Practice • Visualization

Our energy field is influenced by our minds, and we can manifest healing within ourselves through our chakra energy. Regina Meredith interviews Bill McKenna, who shares that in his experience as an energy healer and teacher, how the energies of the chakras are connected to what manifests in our lives. As we work to mindfully release attachments to past events, we can move our energy upward, and manifest a state of well being. McKenna demonstrates a method for manifestation by clearing energy through visualizing a physical connection to negative thoughts, then letting them go.

A SIMPLE METHOD OF MANIFESTATION

Pre-Summit Article

Seven Points of Meditation Posture

By Kreg Weiss

The seven points of meditation posture have been used for thousands of years by great Masters and Yogis and have proven to be highly effective for creating successful meditation practices. These meditation cues are a necessary foundation to become successful in taming your mind through this ancient practice. Whenever preparing to meditate, check into your body and encourage that all 7 points are in position.

For a person not accustomed to meditating, the sitting posture may be an uncomfortable position to achieve. The most difficult part can be sitting in a cross-legged position called Full Lotus Pose (Padmasana). If you cannot do the Full Lotus Position, then explore Half Lotus Pose (Ardha Padmasana). If you still cannot be relaxed or comfortable in Half Lotus, then just sit in a position that is comfortable and stable. Generally, people can sit in a loosely, cross-legged posture with the feet beneath the legs, but many people do not naturally have flexible joints or may have some injuries or damage. So please do not be shy if you need to use a chair or sit on props. Folded up blankets work nicely as well to elevate the hips and release discomfort or tension out of the legs, hips, and back.

The seven points of meditation posture are:

The sitting position.

The position of your back should be straight but not tense or tight.

The position of your shoulders should be back a little. Raise your shoulders up to your ears and then roll them back so that your shoulder blades move downwards. This motion helps to guide the upper body into position.

The position of our hands: there are three methods:

For general relaxation, your hands are in your lap, not too low, with the right hand in the left hand, palms up and the thumbs touching.

For determination, your hands are flat, palms down, resting one hand on each knee.

For stimulation, which activates and frees the energy systems of the body (especially the Body, Speech and Mind), each hand has the thumb touching the base of the ring finger, and the fingers closed firmly, not too tight, round the thumb, and the hand resting palm down on each knee.

The position of your neck is held tall while lightly tilting the skull down a few millimeters (by gently bringing in your chin). Ensure the balance of the skull is maintained over the neck.

The position of your eyes: there are three methods:

The eyes look down following the tip of your nose.

The eyes are gently closed.

The eyes look straight ahead, but very slightly lower than level or lower than the horizon.

The position of your mouth and tongue:

Your mouth can either be closed or just slightly open so air can escape (as if you were saying softly the letter AH). The tongue is relaxed in a natural position, or the tip of the tongue can lightly touch the roof of the mouth just behind the area where the gums meet the upper front teeth (this called Jiva Bandha).

Now that you have an idea of a comfortable meditation position, you simply breathe out, breathe in, relax, and watch the breath without interfering. The traffic of your thoughts in your mind is always there. Just let the thoughts move, do not interfere or try to change anything, do not try to diminish anything, or try to increase anything. As you rest and watch the breath, the thoughts will dissolve on their own. They will diminish and dissolve to the earth, dissolve to space, and dissolve to the air. The mind will relax on it's own and become more peaceful and content.

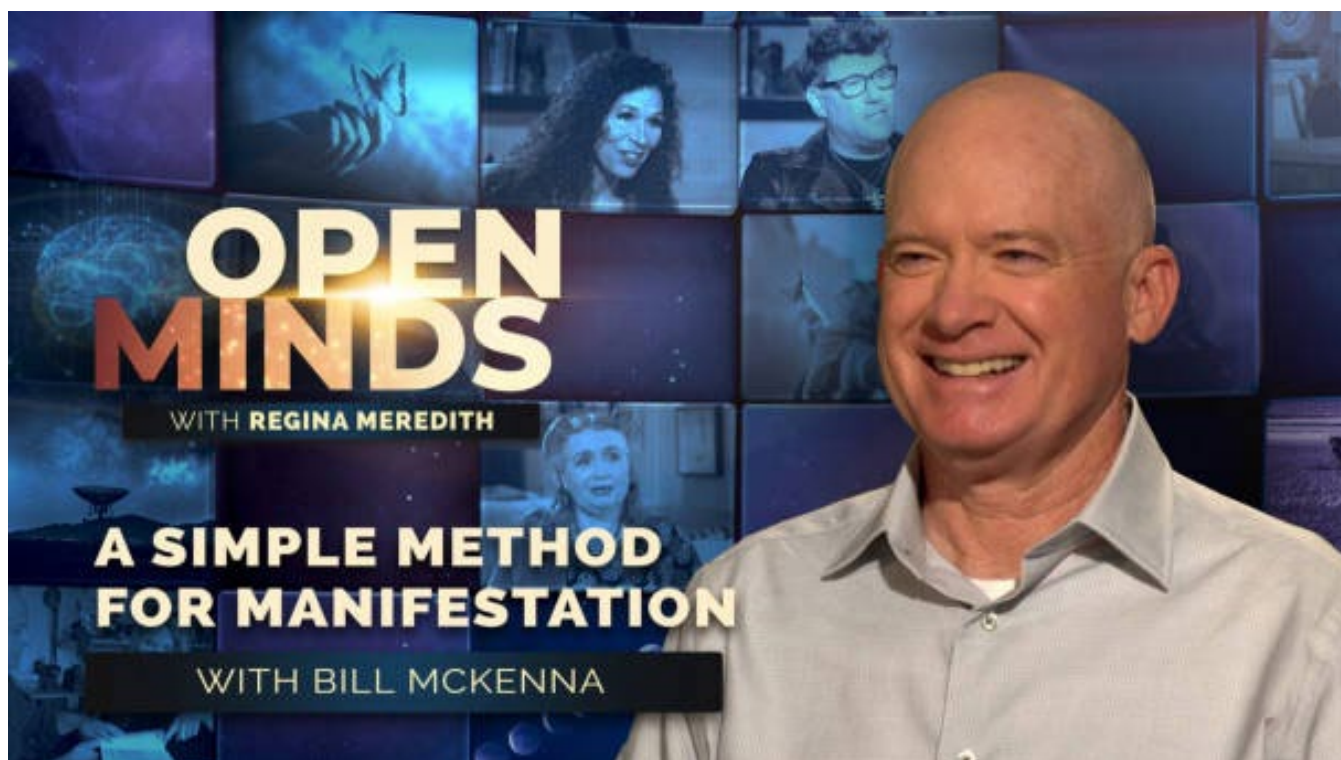
For those who wish to pursue meditation lessons, it is crucial to understand this Three-Point Instruction:

Meditation is not meditation unless you make it a habit. When meditation practice becomes habitual, this becomes meditation.

You have to spin the twisted yarn or string of the mind not too tight and not too loose. Too tight, it will be too hard and it will break. And too loose, it will be too soft and it also will break. When you find this balance of mental tension, this becomes meditation.

If you do not stir water, it settles and remains clear. If you do not disturb the mind, it will settle and become peaceful and free. When you achieve this state, this is mediation.

A regular meditation practice will definitely allow your mind to organize and stabilize itself, and this will allow us to gain peace, happiness, clarity, and tranquility. Mastering the seven points of meditation posture, as well as understanding the Three-point instructions on meditation, are key elements in cultivating a solid foundation for your meditation practice. Enjoy your peace of mind!



WATCH

A SIMPLE METHOD OF MANIFESTATION with Regina Meredith & Bill McKenna

Friday, April 7, 2023
9 AM ET





A Simple Method of Manifestation

During Summit: Practice

What do you want to manifest?

What does it look like? Feel like, etc.?

Follow Bill McKenna's manifestation steps.

Reflection:

What was your experience like?

What was your biggest take away?



A Simple Method of Manifestation

Notes

Type your take aways, ideas, and thoughts from the episode.

MANIFESTATION IN A PARTICIPATORY REALITY

with Gregg Braden

• Scientific & Spiritual • Consciousness • Ancient Manifestation

What if you had a 2,500 year old proven template for manifestation? Gregg Braden, bestselling author of *The God Code* and *Divine Matrix*, introduces us to a lost form that helps us move beyond the problems we are facing to become a part of the solution. This is something that is practiced by many indigenous cultures and is present within the lost Gospel of Thomas. "I can't think of a more powerful, more sophisticated, more beautiful technology that has been left to us than our ability to communicate with this field in a meaningful way."



Manifestation in a Participatory Reality

Pre-Summit Articles

The Mysteries of the Human Heart

By Gaia Staff

"The human heart has hidden treasures, in secret kept,
in silence sealed." —Charlotte Brontë

The human heart, the size of two adult fists, is mysterious, intelligent, powerful, and sometimes inexplicable. The Egyptians believed that Anubis, the god of the underworld and judge of the dead, weighed the hearts of the recently deceased against a feather — if the two balanced, the heart would be returned to owner. If the heart was heavier, it was weighted by bad deeds and fed to a monster.

Heart as Ruler of the Brain

Aristotle considered the heart as the center of reason, thought, and emotion, senior to the brain in importance. Ninth century Arabic philosopher, Abu Nasr al-Farabi, believed that, "The ruling organ in the human body is the heart; the brain is a secondary ruling organ subordinated to the heart." Auguste Comte, a 19th century French philosopher declared that the brain should be servant to the heart.

"The most common denominator in all religions is that the heart is the seat of wisdom," said Rollin McCraty Ph.d, director of research at the groundbreaking HeartMath Institute in Santa Cruz, CA.

Twelfth century Christian mystic, Hildegard of Bingen, would agree. She wrote, "The soul sits at the center of the heart, as though in a house."

The Heart-Brain Connection

If you can read this, your heart is beating at twice the pace of most animals — and humans have vascular disease, while our cousins the great apes do not. With its own electrical impulse, the human heart can continue to beat if taken from the body. Beating heart cells grown in Petri dishes synchronize with each other. The heart emits a signature electrical frequency thousands of times more powerful than anything else in the body.

Neurons, the brain cells responsible for processing sense-based input, send messages to the body, such as, "Reach the hand to pick up a sandwich." Neurons also transmit emotion. These specialized cells are found in the brain and nervous system, but importantly, also in the heart. Neurons can be harnessed to establish heart-brain coherence — In fact, heart neurons fire in conjunction with the brain neurons. The heart and brain are undisputedly, profoundly connected.

Heart-Brain Harmony

Originally trained as a geologist, Gregg Braden explores the intersection of science and spirituality from the perspective of a trained scientist. He speaks of the heart/brain union, saying, “Our brain receives many of its instructions on what to do from the heart. Studies show that the heart is able to think, feel, and have emotions on its own.”

Heartache vs. Happiness

Studies have shown that intense anger is damaging to the heart — intense grief as well. Statistically, we are 20 times more likely to have a heart attack after the death of a loved one.

Positive emotions like joy and contentment are accompanied by coherent heart rhythms. Happiness is good for the heart. We don’t think of the heart as being capable of producing hormones like the endocrine system, but oxytocin, called the “love” hormone, is manufactured in the heart.

The Heart’s Singular Intuition

For 25 years, researchers at the HeartMath Institute have innovated tools and methods designed to achieve measurable heart/brain coherence. HeartMath has focused on the psychophysiology of stress, emotions, and heart/brain interaction. Working within the parameters of the prevailing scientific model, these researchers have produced and published over 300 peer-reviewed or independent studies of the effectiveness of HeartMath techniques and technologies. Their research documents several types of beneficial outcomes from achieving heart/mind coherence.

Rollin McCraty Ph.D., one of the original founders of Heartmath, said, “The biggest hidden source of stress on the planet is the disorganization of heart/mind, causing lack of resonance. Lack of alignment eats the life force and happiness out of humanity.”

McCraty described intuition from the perspective of brain science, which identifies “ordinary,” “expert,” and “strategic” intuition. In his book “Strategic Intuition: The Creative Spark in Human Achievement,” William Duggan, wrote, “Ordinary intuition is a feeling, a gut instinct. Expert intuition is snap judgment when you instantly recognize something familiar, the way a tennis pro knows where the ball will go from the arc and speed of the opponent’s racket.

“The third kind, strategic intuition, is not a vague feeling, like ordinary intuition. Strategic intuition is a clear thought. And it’s not fast, like expert intuition. It’s slow. That flash of insight you had last night might solve a problem that’s been on your mind for a month.”

What Duggan calls “strategic” intuition, HeartMath researchers refer to as “non-local” intuition and have established that this type of insight, or “knowing,” is a function of the heart. Non-local intuition is the only type of intuition that involves the heart — the other two are derived from the brain’s experience and entrainment.

“We found that from the body perspective, the heart is the first to receive these non-local signals or intuitions, then they are passed to the brain. It’s a result I wouldn’t have predicted.

The heart has access to information outside the boundaries of time and space. It's been proven beyond a shadow of a doubt," McCraty said.

But convincing the brain to accept what it may view as "irrational" is the challenge addressed in the HeartMath model, where researchers explore ways to resolve the heart/mind split, or "incoherence." The Western view asserts that the brain is senior to the heart — our cultural and educational focus is on the brain, which is habituated to believing it's the boss. But making the shift is as easy as intentionally creating new neural pathways in the brain. "The human brain doesn't like change. Shift to the heart to send messages to the brain," said Gregg Braden.

Discussing coherence and healing, McCraty said, "Living systems have the capacity to self-heal. Multiple studies show heart self-regulation lowers blood pressure, improves hormonal balance, and gives better recovery from heart attacks. More coherence means more health. Coherence facilitates the body's natural regenerative processes."

Howard Martin, HeartMath Inc.'s Executive Vice President said, "We have this magnificent intelligence that lifts us beyond our problems even in the midst of chaos and confusion. When the heart is put into practical application in daily life, we can experience a new fulfillment, a new life, beyond our greatest expectations."

Martin described a HeartMath study in which subjects were wired to measure respiratory, heart, and other physiological functions were sat in front of computers viewing random images — some beautiful, some potentially distressing. The image stream included a small time gap between pictures. Six seconds before an image displayed, test subjects' physiology would react to what was coming, be it awful or wonderful. The conclusion drawn was that the heart's "non-local" intuition anticipated imminent stress or pleasure a full six seconds before the actual experience.

The Heart's Electromagnetic Field

McCraty explained that the earth's geomagnetic field is a stationary, pure static magnetic field he likened to that of a refrigerator magnet. A magnet's invisible electromagnetic fields are seen in iron filings that organize into patterns with lines that express the field. These line patterns are called "magnetic field lines." "These lines within a magnetic field literally act like guitar strings and have their own resonant frequency. Solar wind plucks the earth's magnetic lines, causing vibration — field line resonance. The Earth's primary resonance on a normal day is around 1 Hz, precisely the same as the coherent heart," McCraty said.

He went on to say that human heart rhythms synchronize to the Earth's resonant frequency to a level or degree no one ever thought possible. "Independent of time zones, we are all synchronizing to the Earth, and at HeartMath, we're studying how it happens."

Achieving Heart-Mind Resonance

Dozens of studies have documented the benefits of meditation. Researchers have observed lowered blood pressure, anxiety and depression relief, increased brain "gray matter," and

pain relief, to name a few. Meditation practices also achieve heart/brain coherence. "In meditation, different methods produce heart signatures — a loving-kindness meditation shows a different signature than say, a mindfulness meditation. Loving-kindness practices shift the heart into a different state, called coherence, a synchronized heart/brain neurology," McCraty said.

HeartMath has developed practices and technologies to support heart/brain coherence, but McCraty shared some fundamental principles. "The HeartMath tools, techniques and training process all have one thing in common — they operate in the present moment. The method is to:

1. focus on the heart, 2. activate compassion, 3. and radiate that feeling to self and others." This simple, deliberate method can relieve stress, anxiety, or depression, and lead to all the countless other benefits of heart coherence.

With persistent practice, exercise becomes a habit. Braden said, "There are four keywords for coherence: appreciation, gratitude, care, and compassion. When we practice moving into states aligned with one of these words, or some combination of the four, we create communication between the heart and the brain. This practice takes about three days to establish new neural network habit patterns supporting the heart/brain connection and communication."

This coherence is not only beneficial to us as individuals — it is possible to create coherence on larger scales than we might imagine.



Pre-Summit: Reflection on Articles

Type your thoughts about the meditation posture, higher self, or human heart articles below.

WATCH

MANIFESTATION IN A PARTICIPATORY REALITY with Dr. Gregg Braden



Saturday, April 8, 2023
9 AM ET

"I can't think of a more powerful, more sophisticated, more beautiful technology that has been left to us than our ability to communicate with this field in a meaningful way."



Manifestation in a Participatory Reality

During Summit: Practice

Describe the vision you want to manifest.

Reference back to your exercise with Bill McKenna. Use Gregg Braden's friend Dave's example of creating rain as you write. Be sure to include all of your senses (see, hear, smell, taste, and touch) below.

Manifestation in a Participatory Reality

Notes

Type your take aways, ideas, and thoughts from the episode.

CONGRATULATIONS! You completed your manifestation summit.

Post-Summit: Wisdom

Take a few minutes to reflect on the summit and type 3 take aways that resonate with you.

1. Take Away:

2. Take Away:

3. Take Away:

Reflection & Next Step

Has your vision(s) remained the same or changed? Why?

What ideas and/or practices did you explore that you'd like to incorporate in your manifestation practice?

What are you committed to doing in order to manifest the life you desire?

1.

2.

3.

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A person with short dark hair, wearing a white long-sleeved shirt and white pants, is sitting in a lotus position on a grassy hill. Their eyes are closed, and their hands are resting on their knees in a meditative gesture. The background shows a misty or foggy landscape with mountains in the distance. The entire scene is enclosed within a circular frame composed of concentric, semi-transparent rainbow-colored rings.

Thank You!

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