

Re-Igniting Our Body and Mind to Surpass Future Challenges

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The human body and mind is incredibly intelligent and powerful. Our body, mind, organs and everything within us speaks its own language, records its own data, and to boost health, energy, and positive emotion one must unblock stagnant energy in body, mind or soul or the system may fail, collapse or become diseased.

The Holistic Movement focuses on sharing this movement with a language that the body and mind recognizes and reacts to. The Holistic methodology focuses on connecting the human body, mind, and soul naturally back into the system to find health, happiness, energy and youthfulness. It is the movement designed for present and the future. It effectively unblocks the body and mind, renews its energy, re-connects it back to itself and a higher source of power and gives it a drive or vision to surpass future challenges.

Within the Holistic Movement, there are 5 divisions that include training: body, mind, living, healing, and education. In the Holistic methodology the body is taught to unblock, re-connect, expand and to move naturally within the holistic methodology system. Lack of proper movement or movement can dramatically affect the health and energy of the body, mind, and soul. In the mind training section, the mind is rewired to create a strong, focused, disciplined mind with implanted thoughts, beliefs, and visions. This is done thru working on a higher field of energy where everything is connected to. Once one is connected to this field, the results are fabulous.

In our current and future era, the body, mind and movement may become a challenge as our lives will become more sedentary, stressed, connected to technology, away from nature, and time may become less available. The Holistic movement offers an intelligent way to train, detox, rewire, unblock, and strengthen the body and mind naturally as it offers a mix of integrated ancient therapies, alternative medicine, movements, and holistic stretching to re-vitalize and boost energy and health. The body and mind work offer balance and equilibrium into body, mind and soul naturally.

For the majority, the current human species is dis-connected and unaligned to the universal field of energy and themselves. As a result, this lack of connection has weakened the human species

on all levels. The future human species must equally inter-connect within, above, and to technology to surpass the challenges that are poised on the creation and existence of the human species. If not the human species will transform into a trans robotic specie and will have little or no emotions, lack of thought, motivation, decreased health, and will solely perform tasks as their body and mind systems have been programmed to do so. These changes are already visible in the movement, health, living, and medical sectors. Individuals who are currently facing health challenges may have a more challenging time to adapt to the future and evolutionary changes in our environments, lifestyle, and movement.

In conclusion, the Holistic Movement is the movement of the future to help people inter-connect to themselves, train body and mind, boost healing, and to live a naturally healthy life. The movements have been intelligently designed to speak and understand the body and receive effective body and mind results.

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