

Think
Feel
Believe
Behave
Become

4

3





5 6

1

Paying Attention to How We Pay Attention

RELAXED/OPEN ___ IMMERSIVE FOCUS

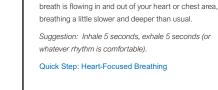
> Wholeness Background Equal to Foreground Peripheral/Space Merging/Timelessness **Energy Replenishing**



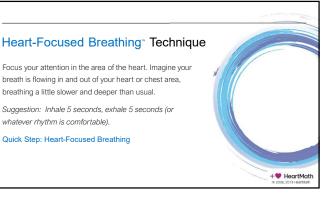
CALLING YOUR ENERGY BACK TO YOU

7

Softening Your Focus Perceiving Space Sense Periphery Open to Possibilities Beyond the Knowns



Focus your attention in the area of the heart. Imagine your



9 10

Think Feel Believe Behave Become



Freeze Frame® Technique Gain clarity by accessing intuitive intelligence. Make better decisions and access out-of-the-box solutions. Stop energy drain and shift physiology into a coherent state. Improves our mental functions and helps us access a wider range of intelligence.

11 12

2

Freeze Frame® Quick steps

- 1. Acknowledge the issue
- 2. Heart-Focused Breathing
- 3. Activate a positive or renewing feeling
- 1 Δel

13

5. Quietly observe subtle changes and act



14

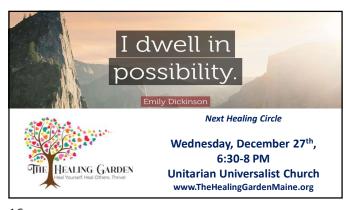
Lose yourself in the act of

• Sensing

• Perceiving

• Feeling into the energy of space





15 16

3