



User Guide to the Human Being...Or How to Use Our True Nature!

Our current evolution offers healing & synthesis between our Higher & Lower Nature

HEAVEN

We are vessel for Divine Nature – Earth is magnetic field feedback loop for celestial energy!

CROWN - HIGHER CONSCIOUSNESS

Connection to SOUL CODE & Guidance - faith trust synchronicity flow

THIRD EYE MIND

Link between Rational Left Brain & Intuitive Right Brain – Magical Thinking

THROAT

Safe Communication & Connection with world– Self Worth

HEART = LOVE = BLISS

No future or past all's well – Activates Creativity & LOVE – Authenticity - Our natural energetic

SOLAR PLEXUS

Seat of Feeling & Emotional SAFETY = Key to EVERYTHING

Sympathetic Nervous System

'NOT SAFE' creates STRESS

Controls body/mind for Survival

FEAR TERROR Program = Fight or Flight & Adaptation

Enhances autonomic reactions
strength & speed

Adrenalin & Cortisol = Chronic Disease

Keeps us in Lower Nature suppressing feelings

Auto-immune diseases & leaky gut

Para-sympathetic Nervous System

'SAFE' = Rest and Digest – Repairs stress

Ensures open respiratory & circulatory flow

Rejuvenates vitality & restores harmony

Enables reflection, creativity, visualization, such as
memory recall, learning & organization

Re-claim our imaginations & healthy reality

Access to Higher Nature trust flow & **CALM**

Correct foods & digestion = healthy immune

**Neither are good or bad as we need both TENSION-> followed by CALM->then integration-> then growth!
Must maintain balance between BOTH for harmony & ability to stay CALM & WELL**

LOWER CONSCIOUS NATURE

SACRAL PLEXUS – Power Control others when 'unsafe' V HEALTHY POWER & WILL
Store unprocessed/suppressed feelings – Rage guilt shame helplessness impotence

BASE – HEAVEN DOWN TO EARTH

SOUL Expression into FORM