

Mario Martinez - 4 Longevity Factors of People Who Live Happily & Healthily to 100+ 2022

In this 7-module journey into healthy aging, you'll discover:

- How to **cultivate the 4 fundamental factors** found in the consciousness of centenarians
- **How to identify what Mario calls *cultural editors*** that shape your self-valuation and what you think about aging (even if you don't realize it)
- How you can embody causes of health that centenarians have in common — **including righteous anger, curiosity, gratitude, admiration without envy**, and more
- The ways culture can **block the development of your selfhood** through archetypal wounds like abandonment, shame, or betrayal
- How you can reverse the aging of your cells and thereby your biological age
- How **family illnesses are tendencies** rather than genetic certainties
- Why time doesn't actually **contribute to your biology**
- How most centenarians believe that everyone loves them — and why you should embrace *healthy narcissism*
- Ways to ignite your personal agency, **perceiving and acting in ways that shape your fate into destiny**
- The power of wellness subcultures and **how to create a community** that shares your new perspectives on aging

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Mario will guide you through the fundamental skills you'll need to successfully explore how causes of *health* are inherited, and how longevity is a culturally learned consciousness that can biologically prevent physical illness and disease and help you extend your life — so you can thrive as you live to 100 and beyond!

This course will feature step-by-step teachings and experiential practices with Mario. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to embody the four longevity factors of people who live happily and healthily to age 100+.

Module 1: How Mind & Body Communicate in Cultural Contexts

We're all sentient beings who inherit our genetic predisposition for health, illness, and longevity from our ancestors. We're also triggered by how our cultures teach us to interpret the internal and external world we experience.

Culture is the collective set of beliefs that a group shares about aesthetics, ethics, transcendence, wellness, aging — and other significant elements of survival and meaning.

In this opening module, **Mario will introduce you to the biocognitive mindscape**. He'll explain how cultural editors, co-authors, portals, and tribal admonishments shape the way we perceive the intimate language of love we share in our relationships.

Mario will also share the biocognitive terminology he'll be using throughout the course.

In this module, you'll:

- Learn the language of the **biocognitive paradigm**
- Understand how **mind and body communicate** in culturally constructed contexts
- **Identify the cultural editors** that shaped your self-valuation
- Explore the **foundational contemplative method** you'll apply throughout the course

Module 2: Archetypal Wounds, Their Antidotes & the Immune System

In this module, you'll explore how cultures can sometimes block the development of selfhood through *archetypal wounds*.

During his extensive ethnographic research on five continents, Mario found that cultures wound us with abandonment, shame, or betrayal “for our own good.”

Mario will explain how these **archetypal wounds have psychoneuroimmunological (mind-nerve-immune) implications and can affect the quality of your relationships and health**.

In this module, you'll learn to untangle archetypal wounds from your culturally assimilated language — to bring pristine love to your relationship with yourself and others.

In this module, you'll:

- Identify your **archetypal wounds** and their antidotes
- Explore how each archetypal wound **affects the immune system** through stress hormones and inflammatory reactions
- Discover how to **free archetypal wounds** from the intimate language of love
- Learn to navigate the path of the **outlier within you**

Module 3: The First Centenarian Factor — Aging Consciousness

In this module, Mario will walk you through the pathways of **chronological** and **biological** aging...

As Mario explains the first centenarian factor, aging consciousness, he'll share the difference between aging and growing older. **Aging** is the passing of time, while **growing older** is how we experience the survival and existential beliefs we absorb from our cultures across time.

Research in cultural epigenetics (how cultural beliefs affect gene expression and how they're inherited and passed down through generations) indicate that your **chronological age** (how old you are) and your biological age (the aging of your cells) are different.

Fortunately, you can reverse your biological age by learning **centenarian consciousness** and other methods Mario will share in the modules to come.

In this module, you'll:

- Discover the difference between **growing older and aging**
- Be introduced to **cultural epigenetics and its impact on personal wellness**
- Recognize how **family illnesses are tendencies** rather than genetic certainties
- Identify Mario's principles of **centenarian consciousness**

Module 4: The Second Centenarian Factor — Time Consciousness

Time is only an affordance for the duration of space.

The second centenarian factor, time consciousness, defines the **difference between perceived time expansion and perceived time compression**.

As Mario will explain, centenarians have a way of viewing their journeys and confronting adversity as if they have all the time in the world.

You'll discover how this perceptual view has implications regarding how we age and identify with cultural portals that are shaped by our collective beliefs, rather than being biologically determined.

In this session, you'll discover:

- How to elongate your **perception of time**
- How to **reverse cultural aging**
- Why time doesn't actually **contribute to your biology**
- How to live a life that's **free of cultural portals**

Module 5: The Third Centenarian Factor — Health Consciousness

In this module, you'll explore how family illnesses are predispositions rather than genetic fates.

While conventional gerontology studies the pathology of aging, **biocognitive science identifies the causes of health in the process of growing older**.

Mario will discuss the latest research on how illnesses attributed to aging are reversible in many instances — and why growing older is a progression from simple to complex, rather than from order to disorder.

He'll also explain how the mind and the brain age differently, and introduce methods to reverse the difficulties of diminished function often associated with biological aging.

In this session, you'll:

- Determine the limits and **flaws of conventional gerontology**
- Explore how most illnesses — including hypertension, fibromyalgia, and more — have a **learning component** that can be reversed
- Identify the **cultural editors** of health and illness in your life
- Discover how **the mind and the brain** age differently

Module 6: The Fourth Centenarian Factor — Self-Love Consciousness

In this module, Mario will discuss the transition from self-neglect to self-significance.

Did you know that most centenarians believe that everyone loves them? It's a mindscape that Mario's mentor, **Dr. George Solomon**, a pioneer in psychoneuroimmunology, called *healthy narcissism*.

Although the term can be confused with the pathological diagnosis of narcissism, this **centenarian way of perceiving love** is quite different — and it's one of the *causes of health* you'll learn to incorporate.

Additionally, Mario will explain how most cultures teach false humility, which can cause you to deny your excellence or minimize compliments you receive. You'll also be introduced to the psychoneuroimmunology of gratitude and learn how to embody personal excellence.

In this session, you'll:

- Discover the **3 pillars of self-esteem**
- Examine **healthy narcissism** and how to transcend the cultural restraints on growth
- Dissect and redefine the **common and harmful teaching of false humility**
- Explore the **mind-body response** to gratitude and generosity

Module 7: Creating Subcultures of Wellness — Supporting Outlier Life Beyond the Pale

In this closing module, Mario will share how you can find ***communities of excellence full of people who share your new views on aging***.

Mario's research and the research of his colleague at Harvard, **Dr. Ellen Langer**, independently found the importance of social support in maintaining cultural beliefs about longevity-wellness.

As this course comes to a close, Mario will discuss how the centenarian consciousness and other wellness practices you've learned require supportive co-authors to help you **maintain gains and continue to grow**.

A convergence of the four centenarian consciousness factors affords a mind-body perception of growing older as *time simply passing*, **free of the cultural construct that aging means inevitable deterioration**.

Centenarian consciousness includes a sense of having sufficient time for a meaningful life, **viewing the genetics of illnesses as propensities that can be avoided**, and understanding that self-love is the foundation for loving others.

In this final module, you'll discover:

- The **power of subcultures** of wellness and how to create them
- How to **live beyond the pale** for health and longevity
- The psychoneuroimmunology of **self-love**
- More secrets of **centenarians**

The 4 Longevity Factors Bonus Collection

In addition to Mario's transformative 7-module virtual course, you'll receive these special bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

5 Sessions From the *Science of Healing Summit*

Selected Recordings and Transcripts From the 2021 Summit

Who wouldn't benefit from evidence-based practices that unleash our bodies' natural ability to heal? In this wisdom-packed bonus, you'll receive five of our most-loved interviews with pioneering teachers, medical professionals, and healers... all sharing leading-edge energy practices to amp up healing powers for yourself, your loved ones, and the collective. You'll receive sessions with Shamini Jain and Paul Mills, Jeralyn Glass, Gregg Braden, Bruce Lipton, and Rupert Sheldrake.

The Archetypal Wound of Shame & Its Deleterious Health Consequences

Video Dialogue With Dr. Mario Martinez and Dr. Natasha Fallahi

In this fascinating conversation, Dr. Mario Martinez and Dr. Natasha Fallahi share their insights about mind-body healing, empaths and illness, causes of health, secrets of longevity, and sacred rituals of wellness. Dr. Fallahi, known as "The Sensitive Doctor," brings a unique perspective as a mind-body health expert, functional medicine practitioner, energy therapist, certified autoimmune coach, and multimedia artist. Her work brings together sensitive people experiencing anxiety, depression, and overwhelm, guiding them to connect with their intuition, develop holistic rituals, overcome trauma, and meet kindred spirits.

Plus... you'll receive these bonuses too!

Expanding Ceilings of Abundance

Video Dialogue With Dr. Mario Martinez and Marabina Jaimes

The limitations we place on our health, wealth, and love are culturally learned. In this teaching, Mario and Emmy-winning actress Marabina Jaimes reflect on how unknown joy is more stressful than known misery because of how the brain codes adversity. The two also discuss how you can raise your ceilings of abundance to accommodate greater love, health, and wealth without self-sabotage.

Excerpt From *The Phoenix Self: In Search of Methuselah*

PDF Chapter From the Book by Dr. Mario Martinez

In this psychological novel, Mario applies credible mind-body research on longevity to a fictional scenario. By learning five secret attainments, people can live several hundred years of productive life. Read along as the novel's protagonist responds to the question "Breogan, since your remarkable longevity has given you so many opportunities to explore your private self, what can you tell me about what matters most to you in life?"

How Cultures Shape Our Self-Valuation & Sense of Worthiness

Video Dialogue With Dr. Mario Martinez and Baisakhi Saha

Explore two empowering perspectives on how we can shift and uplift the ways we perceive ourselves... and the ways we experience life. In this teaching, Mario discusses how our worthiness and acceptance of our excellence is mostly culturally learned. Baisakhi is a thought leader who teaches how she overcame the prejudice of her Indian culture and disdain from other cultures as she traveled worldwide.