

Gregg Braden - Human by Design

What You'll Discover in These 6 Modules

In this 6-module transformational intensive, Gregg will guide you through the fundamental skills and competencies you'll need to awaken the extraordinary abilities for self-healing and self-regulation that lie within you, enabling you to thrive in even the most stressful of environments.

Each contemplation and training 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 shift to a new, more positive paradigm with regard to the way you think about yourself and your relationship to others and to the world.

Module 1: Human by Design

Beyond Darwin's Idea of Evolution



We live our lives, solve our problems, create our relationships, and care for our bodies based upon the way we've been taught to think of ourselves. Stunning new research has called into question 150 years of scientific thinking on everything from evolution and humanity's origin to our relationship with other people and with the world. We've been taught that we're powerless and insignificant beings living in a world of competition, conflict, separation, and struggle. This false belief is reflected in everything from how we approach our most intimate relationships to the social issues that are destroying our communities and societies today.

The good news is that new, science-based discoveries now give us concrete reasons to think of ourselves in expansive, powerful, healthy, and life-affirming ways. The better we know ourselves, the less we fear change in our personal lives — and the less we fear new cultures, new customs, and other people in our collective lives.

In this module, you'll discover:

- The new, science-based discoveries that are writing the new human story
- The new DNA evidence that makes the current story of evolution and our origin obsolete
- Why the discoveries matter to you, your healing, and your family
- What the new human story means in your everyday life

Module 2: Coherence

The Key to Maximum Human Potential



The 1991 discovery of specialized cells in the human heart has revolutionized the way we think about the heart and the role it plays in our body. We now know that the heart and the brain function together as a powerful system that regulates everything from our ability to embrace change in a healthy way... to the degree of intuition available to us in our everyday lives... to our immune response... and even to the degree of longevity we enjoy in our lives. We also know that the ability to self-regulate the low-frequency signal between the heart and the brain is the key to awaken these extraordinary abilities — the same abilities that in the past have been relegated to monks, yogis, shamans, and mystics living in monasteries, nunneries, and other isolated locations in distant lands.

In this module, you'll discover:

- The 1991 discovery of the specialized cells in the heart and the new science of neurocardiology

- Time-proven techniques for creating heart-brain coherence based upon the discoveries of modern science and the techniques developed in ancient and Indigenous traditions
- The passive and active benefits of self-regulating heart-brain harmony
- How to awaken extraordinary abilities such as deep intuition, enhanced perception, super learning, and much more!

Module 3: Thriving in Life's Extremes

Super Learning & Personal Resilience



Your ability to embrace change in your life, on any level, begins in your heart. The greater you can optimize your heart's beat-to-beat rhythm — your Heart Rate Variability (HRV) — the better equipped you are to deal with changes in your life in a healthy way. The good news is that you can increase and optimize your HRV, at any age, through the self-regulation of heart-brain coherence.

In this module, you'll discover:

- The powerful relationship between HRV and life resilience
- The case histories that demonstrate the effectiveness of heart-brain harmony and personal resilience in everyday life
- How gamma relates to the more familiar states of healing such as alpha, beta, and theta
- How to access the gamma state on demand

Module 4: Deep Intuition

On Demand!



We've all experienced powerful moments of intuition that seem to happen spontaneously, such as when we have sudden insight and clarity regarding a job, relationship, or healthcare decision. While these powerful moments of clarity can change the course of our lives, we often find that when we most need our heart's guidance, the conditions of stress, fear, and hurt make it difficult to access and trust this deep state of communion. The question then becomes: How do we tap deep intuition when we need it most, and do so on demand?

In this module, you'll discover:

- How to recognize the powerful difference between instinct and intuition
- The unique signature of the language that your heart-based intelligence uses to communicate with you
- The primer to test the messages from your heart
- The confidence to trust your heart's intelligence

Module 5: From Miracle to Technology

Bringing Extraordinary Experiences Into Everyday Life



In 2004, Italian scientists discovered specialized cells in the brain that allow us to learn — and our bodies to respond — to life conditions in an unexpected way. These cells become active both when we have an experience directly *and* when we see someone else having an experience. These specialized cells hold extraordinary implications for learning and healing, and have forever changed the way we think about our limits and our potential.

In this module, you'll discover:

- Precisely what specialized “learning cells” are, and the power of where they’re located in your brain
- How ancient mystics and teachers used these specialized cells to quickly catapult their students beyond their perceived limitations to realize their greatest potential
- How to expose your brain’s learning cells to a demonstration of disease reversal and healing
- How you can harness the potential of your learning cells, *right now!*

Module 6: One Hundred Twenty Years Old, But Who’s Counting?

Unleashing the Power of Your Longevity Enzyme!



Precise portions of the DNA in each cell of your body are recognized as the biological markers for health, rejuvenation, and longevity. When factors that sustain this DNA are compromised by aging and lifestyle choices, the cell's ability to divide properly may be lost or impaired, resulting in symptoms that we recognize as "old age." A 2009 discovery revealed how these markers function, and most importantly, how we can awaken a key enzyme in every cell that is designed to repair, heal, and rejuvenate these vital portions of our cells.

In this module, you'll discover:

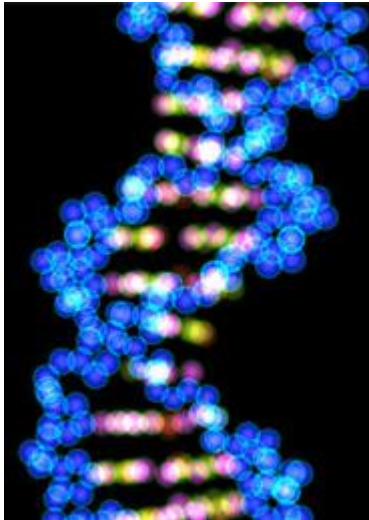
- The new thinking regarding aging, cell deterioration, and the key genetic marker that can slow, and even reverse, the aging process
- Case histories, including Gregg's personal experience of encountering men and women living to advanced ages in monasteries he's visited
- The factor that most contributes to unhealthy aging
- Key factors you can change today to support your body's built-in longevity clock

The Human by Design Bonus Collection

In addition to Gregg's transformative 6-module virtual course, you'll receive these powerful training sessions. These bonus sessions complement the course — and promise to take your understanding and practice to an even deeper level.

Science Is Now in Forbidden Territory: Revelations of the Human DNA Studies

Video From Gregg Braden



Recent advances in technology now make it possible for scientists to extract the fossilized DNA from ancient forms of life — including the life forms previously believed to be our ancestors. In this supplemental video, Gregg offers additional explanation and details of those discoveries that did not fit into the format of your course, including his personal insights regarding where the evidence is leading and what it's telling us.

Saving the World One Heart at a Time: Planetary Heart-based Coherence

Video From Gregg Braden



Scientists have long recognized a direct relationship between the magnetic field strength of our planet and the effect of that field upon human communities and societies — the earth/heart connection. In this video, Gregg describes the science of that connection, including a new discovery made in 2017 that sheds new light on our human/earth connection and how we can benefit from that connection in our everyday lives!