

Dawson Church, PhD - Wire Yourself for Enlightenment 2025



Module 1: September 3, 2025

Cultivate Spiritual Intelligence to Unlock Your Blueprint for Transcendence

Your brain contains not only the circuits for fear and survival, but the map for spiritual awakening.

Explore how the Caveman Brain survivalist mindset evolved, why it causes so much suffering, and **how to activate your brain's Enlightenment Network** instead.

Dawson will share **how emotional regulation, attention, empathy, and self-awareness arise** from this network — and why they're foundational to bliss, resilience, and spiritual insight.

With the right practices, **spiritual intelligence (SQ) is not a mystery — it's a learnable skill.**

In this module, you'll:

- Begin to **dial down your brain's survival circuits (Caveman Brain)** to quiet fear, anxiety, and overthinking — and access the calm and clarity of your higher mind
- Explore the **4 specific brain circuits activated in moments of deep spiritual connection** — and how to train them using methods proven in MRI and gene expression studies

- Learn why **blissful states of oneness are not rare or reserved for saints**, but are biologically available to anyone who uses the right combination of practice and intention
- Understand how building your **spiritual intelligence leads to lasting changes in your brain structure** — boosting resilience, creativity, and compassion for the rest of your life
- Be guided in **breathwork exercises** as the foundation for spiritual connection



Module 2: September 10, 2025

Shrink Fear & Suffering and Grow Joy By Increasing Your Brain's Plasticity

With every breath and every thought, your brain is remodeling itself.

Expand your understanding of the remarkable plasticity of the adult brain. Appreciate how practices like **meditation rapidly grow neural tissue in the circuits of joy, clarity, and peace**.

Learn how to shrink the fear-based Default Mode Network and **expand the brain's emotional regulation center**. Even in cases of cognitive decline, SQ practices have reversed neurological aging.

Begin to **build the inner architecture of awakening**.

In this module, you'll:

- Discover how **meditation grows key brain regions** like the hippocampus
- Learn **the science of neuroplasticity** and how quickly change happens
- **Reverse the negative effects of stress** on your brain and body
- Understand how **consistent SQ practices boost emotion regulation** and cognition

- Be inspired by real-life case studies — including **brain rejuvenation in Alzheimer patients**
- Discover how to bring mindfulness to physicality during **a guided body scan meditation practice** that increases somatic awareness and brings big alpha and theta waves to the body



Module 3: October 1, 2025

Make Joy & Peace Your New Baseline As You Shift From “Seeker” to “Finder”

There comes a moment when bliss is no longer fleeting — when awakening becomes your baseline.

Dawson will share **the tipping point of spiritual intelligence** and how — just as lifting weights builds muscle — consistent SQ practices **build durable brain structures**.

Discover how states become traits, and how seekers become finders.

Through **inspiring case studies and neuroscience insights**, see how ordinary people cross the threshold into extraordinary awareness — *and how you can, too*.

In this module, you’ll:

- Learn how temporary states of **joy and peace become permanent traits**
- Explore the tipping point at which **brain rewiring leads to spiritual stability**
- Compare traditional paths to awakening with **new neuroscience-accelerated methods**
- See how belief is helpful — but **practice and brain change are essential**
- Discover **how ordinary people experience extraordinary breakthroughs** through SQ

- **Be guided in an EcoMeditation** — a practice to quickly calm your nervous system, quiet the mind, and open the heart by combining evidence-based techniques like EFT, mindfulness, heart coherence, and neurofeedback
- Be guided in a **Buddhist witness perspective practice** to shift out of suffering by observing your thoughts — and creating space between local and nonlocal consciousness



Module 4: October 8, 2025

Invoke the Awakened Mind Through the 5 Qualities of Transcendent Experiences

What does spiritual awakening actually feel like? Explore the interior world of those who've crossed the threshold and experienced transcendence.

Drawing on breakthrough research and stories of finders, discover the **five key qualities of transcendent experience** — oneness, clarity, surrender, meaning, and the sense that mystical states are more real than daily life.

Explore nonduality and the stages of enlightenment, integrating ancient wisdom with modern brain science.

Dawson will also guide you in practices to **evoke the awakened mind**.

In this module, you'll:

- Understand the **5 core characteristics** of transcendent experiences
- Explore the four “**locations**” seekers reach through enlightenment experiences
- Compare new research with ancient teachings like the “Samadhi” of Patanjali's *Yoga Sutras*

- Discover **what nonduality feels like** — and how it transforms your sense of self
- Learn **simple practices to access “witness consciousness”** and inner clarity
- **Be guided in an EcoMeditation** — a practice to quickly calm your nervous system, quiet the mind, and open the heart by combining evidence-based techniques like EFT, mindfulness, heart coherence, and neurofeedback
- Practice activating multiple brain regions with sensory aspects of experience during a guided meditation that helps you **experience the spiritual self as the real self**



Module 5: October 22, 2025

Find Your Flow to Trigger the Bliss Brain & Shift Into Greater Creativity, Self-Authority & Joy

You don't need to be spiritual to awaken. Flow states — whether in athletics, art, or entrepreneurship — can produce the same brain states as mystics.

Learn how to trigger “Bliss Brain” through biological, not just spiritual, means.

Recognize how **EcoMeditation and flow-inducing practices shift you into peak performance, creativity, and joy.**

This awareness is especially empowering for skeptics, pragmatists, and professionals. It demonstrates how SQ upgrades your life, *even if you don't believe* in anything mystical.

In this module, you'll:

- Discover how flow states mimic **the brain activity of seasoned meditators**
- Use biological methods like EcoMeditation to **enter high-performance flow**

- Learn how SQ boosts **productivity, creativity, and emotional intelligence**
- Apply flow science to business, sports, parenting, and everyday challenges
- See how **the Bliss Brain is available to everyone** — regardless of spiritual beliefs
- **Be guided in an EcoMeditation** — a practice to quickly calm your nervous system, quiet the mind, and open the heart by combining evidence-based techniques like EFT, mindfulness, heart coherence, and neurofeedback
- Practice **a morning meditation** that sets up your day for flow



Module 6: October 29, 2025

Rewire Your Brain & Accelerate Your Evolution With Kindness & Compassion

Meditation changes your brain in weeks — but compassion changes it for life.

Explore how **practices of kindness, forgiveness, and connection literally evolve your brain's anatomy**.

Learn why humans are the only species able to accelerate their own neurological evolution — and how this capacity has led to the emergence of higher consciousness across generations.

Compassion is more than virtue — it's a superpower that rewires your brain, uplifts your biology, and reshapes our shared future.

In this module, you'll:

- Explore how **compassion drives the most profound brain changes** of any technique
- Understand rapid evolution — how **your brain can change in just weeks**

- Discover the **epigenetic effects of meditation and kindness** across generations
- Learn how increased empathy is **transforming humanity**
- Step into **your power as a conscious co-creator** of your own brain
- **Be guided in an EcoMeditation** — a practice to quickly calm your nervous system, quiet the mind, and open the heart by combining evidence-based techniques like EFT, mindfulness, heart coherence, and neurofeedback
- Experience **the practice of activating self-compassion** — to hold all parts of self and increase feelings of self-worth



Module 7: November 6, 2025

Deepen Your Spiritual Intelligence & Understand Your Role in Supporting a Flourishing World

What would the world look like if millions of people lived from spiritual intelligence?

Explore how **SQ is already reshaping health, education, politics, technology, and business.**

Learn why compassionate societies are emerging rapidly, how crime and conflict are decreasing in high-SQ cultures, and **what role you can play in this evolution.**

Acquire a personal plan to cultivate your gifts — and contribute to a flourishing future for all.

In this module, you'll:

- Discover how **SQ is reshaping medicine, education, and leadership**
- Learn why high-SQ societies experience **less violence, illness, and inequality**
- Explore **your role in the planetary shift** toward awakening

- Visualize how **your own transformation contributes to collective evolution**
- Leave with an actionable plan to **deepen your SQ and uplift others**
- **Be guided in an EcoMeditation** — a practice to quickly calm your nervous system, quiet the mind, and open the heart by combining evidence-based techniques like EFT, mindfulness, heart coherence, and neurofeedback
- Receive an affirmation to **envision yourself flourishing in a flourishing world**

SPECIAL BONUS OFFER

When you register by Saturday, August 23, at 2:00pm Indochina Time, you'll receive special bonus offerings designed to complement Dawson's transformative 7-module course — and deepen your understanding and practice even further.



Bonus: Expires August 23

The Science of Heart Intelligence

Video Dialogue Between Dr. Dawson Church and Rollin McCraty

In this inspiring and information-rich bonus video, Dr. Rollin McCraty, Director of Research at the Institute of HeartMath, joins Dawson to explore the science of heart intelligence, emotional energetics, and human-earth coherence. Sharing his personal journey from military tech and entrepreneurial success to consciousness and heart-centered science, Dr. McCraty reveals how our emotions shape our physiology, intuition, and even our DNA. The conversation dives deep into heart-rate variability, magnetic fields, and the profound ways in which coherent states like compassion and gratitude enhance our health and connect us to a larger energetic web. Learn practical tools — like heart-focused breathing — to shift emotional states, increase coherence, and become more attuned antennas for intuitive guidance and global harmony.



Bonus: Expires September 29

The Intersection of Spirituality, Neuroscience & Psychological Healing

Video Dialogue Between Dr. Dawson Church and Lisa Miller

Dr. Lisa Miller, author of *The Awakened Brain*, joins Dawson to explore the profound intersection of spirituality, neuroscience, and psychological healing. Drawing from decades of research and clinical experience, Dr. Miller shares powerful stories — from pediatric psychiatric wards to MRI brain scans — that reveal how spiritual awakening can emerge from depression and trauma. Together, they unpack the biological and cultural dimensions of spiritual development, commonalities across global traditions, and how life transitions often serve as portals to deeper meaning and transcendence. Listeners will gain both scientific insights and soulful encouragement to embrace their own awakening journey — at any stage of life.

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



Bonus

EcoMeditation for Transcending Trauma

Video With Dr. Dawson Church to Calm Your Nervous System

Dawson guides you through a full EcoMeditation designed to calm your nervous system, clear emotional tension, and reconnect you to a grounded sense of peace and inner strength. Drawing on EFT tapping, heart-focused breathing, mindfulness, and visualization, this gentle yet powerful practice supports emotional regulation, heart coherence, and a felt experience of safety and self-acceptance. Move through key meridian tapping points, breathwork rhythms, sensory awareness, and connection with loving presence to cultivate resilience and presence. With affirmations like *“I am centered, calm, and balanced right now”* and *“I affirm my resilience,”* this meditation empowers you to access emotional clarity — even during challenging times. A true reset for your heart, mind, and body.



Bonus

Spiritual Intelligence: The Neuroscience of Awakening

PDF Chapters 1 & 2 of Dr. Dawson Church's Book

In this exclusive bonus, receive a beautifully designed PDF of the first two chapters of *Spiritual Intelligence: The Neuroscience of Awakening* — the foundation for everything you'll experience in the course. Discover how your brain is wired for transcendence, and how to shift out of survival mode into deep joy, clarity, and purpose. Explore the four key circuits of the Enlightenment Network, the power of neuroplasticity, and real-life stories of people who've rewired their brains for lasting transformation. It's a compelling, science-based roadmap to your highest potential — yours to read, reflect on, and return to anytime.