

Emily Fletcher (ZivaMeditation) - Moving into Mastery

Turn your wildest dreams into your everyday reality.

If the life you're currently living isn't the life of your dreams...it's time to try something *different*.

Moving into Mastery will change how you approach 8 key areas of your life.

Enrollment is now closed for Moving into Mastery, but we got you!

Sign up for the waitlist and we'll email you with any juicy updates.

What is Moving into Mastery?

Moving into Mastery is an advanced combination of neuroscience, ancient wisdom from the Vedas, performance training, life coaching and positive psychology that will radically uplevel your consciousness and your life.

In this year-long curriculum, you'll swim in some of the most illuminating concepts ever cognized — but more importantly you'll discover how to implement these teachings into 2023 life.

Emily enlisted an elite team of thought leaders — including a Stanford neuroscientist, a world renowned relationship coach, and an Oprah-anointed mindfulness expert — to help bring the ancient concepts you'll learn into 3D so you can apply them to your daily life. You'll learn to master your:

Relationships

Body

Brain

Money

Purpose

Performance

Creativity

Time

On this journey, you're gonna get crystal clear on your dreams, purify your body, which will optimize your sleep and eating habits. You'll change your relationship with money, uplevel your deserving power and finally learn how to make your fear work for you instead of against you.

Imagine a life where you'll be able to

Heal Core Relationships

Break the patterns you inherited that can keep you stuck in resentment. Hold yourself accountable to the greatness you know is inside of you. Cultivate healthy,

loving relationships with friends and family by transforming your relationship with yourself.

Optimize Your Brain & Body

Nourish your body as a complete system that knows how to heal itself. Let your brain perform like the miraculous machine that it is. Neuroscience and nutrition have never looked so good

Master Your Finances

Transition from lack to abundance by gaining the fundamental rules of money. Take a clear look at your finances and get some world class guidance on how to make your money work for you.

Get Crystal Clear on Your Purpose

The world is changing quickly. We need you lit up and in alignment with your purpose. When you align your goals with your actions, the life of your dreams shows up quickly.

Module 01: Foundation Training

Harness the power of Nature (instead of fighting it)

What's Inside This Module:

The powerful introduction, Foundations, is the Vedas according to Emily. This tills the soil for all the knowledge to be planted in future intensives.

- Learn **why nothingness became somethingness**
- Explore the **ancient philosophies of our practice** and how they can be implemented today
- **How the three states of nature (creation, maintenance and destruction)** play out in your life

Module 02: Mastering Your Relationships

Call in the love you want or optimize the love you have

What's Inside This Module:

Relationships are meant to be an outlet for our fulfillment, not a place to go to fill ourselves up. Expert

- Explore your relationship with yourSELF before unpacking your relationship with your parents
- Upgrade the operating system you inherited from those who raised you
- **Change your story around love and worthiness**

- **Learn a system of consequences and integrity to improve your relationship habits and express what you need.**

Module 03: Mastering Your Body with Max Lugavere, Dr. Liz Letchford and Dr. Mark Hyman

Nourish your unique body type

What's Inside This Module:

Explore the beautiful art and science of Ayurveda. Learn to use food as the powerful medicine it is to strengthen and purify your body. Discover how to eat for brain health.

- See your body as a whole complete system and take responsibility for your health
- Take our dosha quiz to find out your Ayurvedic body type
- **Learn how to hack insomnia**
- **Learn the best way to start your day**
- **Discover how to optimize your food, your exercise and your meditation habits for better performance**
- **Balance your hormones and reverse your biological age**
- **Learn the keys to longevity and living a long, healthy life**
- **Explore how trauma is stored in the body and master the skill of feeling your feelings**
- **Heal your skin from within**
- **Get a comprehensive suggested supplement list**

Module 04: Mastering Your Brain with Andrew Huberman, Dr. Allison Mulcahy & Jere Simpson

Make fear work for you, not against you.

What's Inside This Module:

Your brain is responsible for printing every cell in your body and for making every decision. Let's get to know it, shall we?

- Learn the seven states of consciousness and how to perceive the self and the universe, knower and the known
- How meditation is structurally changing your brain, plus powerful yet simple brain hacks
- **Neuroscience tools to rapidly reset your brain to flow state, increase focus and empathy and use your fear (instead of letting it use you).**
- **Explore the mind/body connection and how psychedelics play a role in healing.**
- **Learn how indigenous wisdom can be used to train AI and enable you to live up to your fullest potential**

Module 05: Mastering Your Money with Samantha Clark, Kate Northrup and Amanda Cassatt

Change your money mindset from lack to abundance

What's Inside This Module:

Shift your mindset from lack and fear to abundance and confidence. Money is the bogeyman that we all congratulate each other for fearing. But money is just energy, and energy is meant to flow. Learn the real power of generosity and how creating more of an outflow inspires more of an inflow.

- Increase your deserving power
- Stop worshipping your non-posessions and get practical tools to celebrate what you have.
- **Let go of limiting beliefs, move toward financial freedom and learn the nitty gritty of how money works and how to wisely save, donate and invest.**
- **Dive into the relationship between money and emotions — and how managing one radically impacts the other.**
- **Explore how blockchain can help give power back to creators.**

Module 06: Mastering Your Purpose with Jesse Israel

Get crystal clear on your deepest desires

What's Inside This Module:

What is your purpose on this planet? If you're clear on your mission, life organizes around you in a way that you feel supported and in flow.

- Get crystal clear on what your true purpose is on this planet
- Inspire people to join you on your mission or use your enthusiasm to help others find their own.
- **Learn exercises from Jesse to remove the obstacles to your dreams**
- **Follow Emily's 4 steps to finding your purpose.**

Module 07: Mastering Your Performance + Creativity with Anthony Miendl & In-Q

Tap into your creative genius (yes, you DO have it)

What's Inside This Module:

This unique double intensive will develop your presence, creativity and listening to get you into the right now.

- Move beyond your critical mind and into your intuitive mind
- Move beyond fear to become more confident in every area of your life from the boardroom to the bedroom
- **Clarify your story and step beyond your self-imposed limitations**
- **Manifest your biggest dreams through storytelling and get ready to surprise yourself.**

Module 08: Mastering Your Time with Emily Fletcher

Become a time management ninja

What's Inside This Module:

Are you in an abusive relationship with time? Do you feel like you're running out of it? Always running late? Behind schedule?

- Develop a whole new relationship with time and access to younger versions of yourself
- Re-live memories knowing that you have support and that (spoiler alert!) everything turns out beautifully in the end
- **Accomplish more in less time with just a post-it note**
- **Learn to invest your most valuable asset – your time – wisely (and get returns!)**

Archive: <https://archive.ph/wip/1ADE2>