

Austria - May 2022

SUPERnatural You

The Neuroscience of Intention – Taking Our Natural Capacities to the Next Level for Supernatural Results

Did you know that by injecting intention into the present moment together with elevated positive emotions, we have the capacity to alter our biochemistry and directly transform our biology, a cascade of biochemical changes unfold with far reaching consequences, including; epigenetic changes, healthy gene expression, a reduction of allostatic load, oxidation, inflammatory cytokines and inflamaging. What's more, our immune system augments, telomere length optimises and energy levels ramp up ready for us to direct and distribute.

With the principals of intention, positive emotions and present moment awareness, we gain mastery over our lives, bio-hacking our natural abilities to SUPERnatural responses

Contemporary science now gives us an understandable explanation of how miracles occur, how perfect love casts out fear including the biological impact of fear, paving the way for the chemistry of love to transform.

As we learn how to set these powerful principals in motion learning-dependant neurogenesis occurs. Repeating the experience neurochemically conditions us into our new future of supernatural health and wholeness; psychoneuroimmunology + spirituality = wellness.

When we move beyond giving attention to our predictable past and encounter the present with pure consciousness we are getting beyond ourselves, we move from the predictable known self to a clear state, a realm of possibility, where insights and revelations can occur

Bio-chemical electromagnetic changes in our body usher in a neuroception of safety, a state of mind where we feel so much better; open hearted, generous, forgiving, loving, connected and kind. In this open field it is possible that many material things we thought we wanted may become less important and fade into insignificance. Within this open field, we can at last be freed from the limitations of the past and a previously fixed identity.

Our genes become a library of possibilities, so that when we learn to live with intention, we can envision new possibilities that are waiting for us in the creative present now.

Come and join us at the newly refurbished Shutterhoff Wellness Hotel, in the breath-taking Austrian mountains for a three day retreat where we will learn how to enter the creative present now and experience the SUPERnatural You.

St Therese found this possibility when she said, "For me, prayer is an aspiration of the heart, it is a simple glance directed to heaven, it is a cry of gratitude and love in the midst of trial as well as joy; finally, it is something great, supernatural, which expands my soul and unites me to Jesus."

St. Therese of Lisieux

Brother Lawrence lived in this way, he famously proclaimed his intentions, “I have abandoned all particular forms of devotion, all prayer techniques. My only prayer practice is attention. I carry on a habitual, silent, and secret conversation with God that fills me with overwhelming joy.

Brother Lawrence
