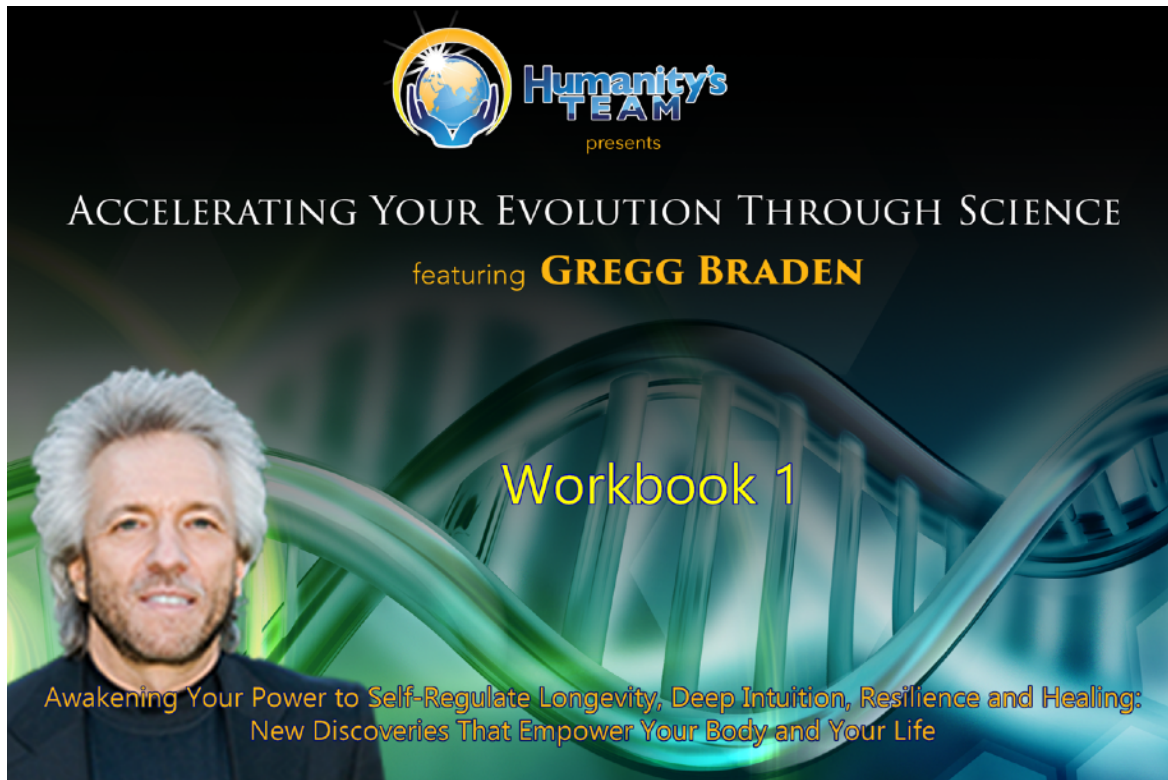


Humanity's Team Workbook

Accelerating Your Evolution Through Science

Leading-Edge Discoveries That Will Improve Every Area Your Life
(and the World)



3 WAYS TO GET THE MOST FROM USING THIS WORKBOOK

1. PRINT this workbook and use it during the webinar to stay fully engaged and take notes on the actions you want to implement quickly. (If you want to save some ink, don't print the first page.)
2. To maximize your time on the webinar, at the end of the sessions decide on just one ACTION you plan to complete in the next 24 hours. Taking action right away will give you instant momentum to start seeing BIG results. Use the spaces below to take notes.

Workbook for Gregg Braden’s FREE Online Event:

**“Awakening Your Power to Self-Regulate
Longevity, Deep Intuition, Resilience and
Healing: New Discoveries That Empower Your
Body and Your Life”**

**with Bestselling Author, Scientist & Visionary
Gregg Braden**

**Tuesday, April 9th
5:00 P.M. Pacific / 8:00 P.M. Eastern**

Takeaways and Notes:

Use the techniques of ancient teachers who employed “mirror neurons” to catapult their students beyond their perceived limitations

Access specialized cells in the human heart to awaken extraordinary abilities previously only available to monks, yogis and mystics.

Tell the difference between instinct and intuition, and understand the deeper language of intuition inside your own body

Approach life knowing that your body is designed to constantly repair, rejuvenate, and heal, creating chemistry in your cells that mirrors that awareness
