



Collaborative Pilot Study

**with Core Embodiment_(R) &
EPPIC8_(TM) Future Design
Station Life**





METHODOLOGY

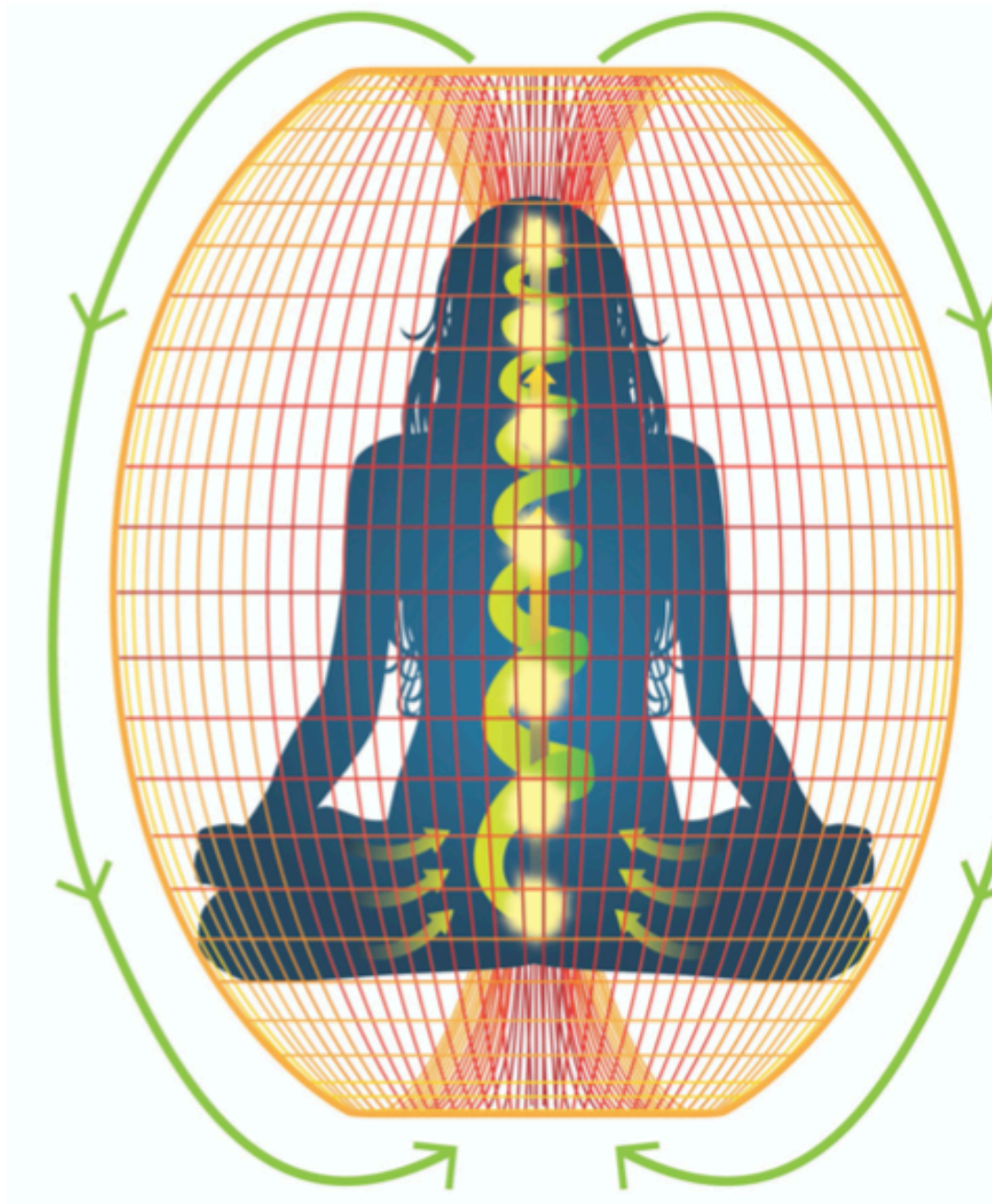
The EPICC™ (by Future Design Life, Liza Lichtinger) modality and model was used for Neuro-feedback measurements including an EEG device. EPICC encompasses Equilibrium, Presence, Identity, Coherence, Connection. In this study the specific metric was on Coherence and Flow States.

INTERVENTION

Ajaya Sommers is the founder of a unique somatic discovery process called, Core Embodiment® – an integrated system of embodiment practices, principles and perceptual orientations to awaken and align with the power of your human potential. She is a certified Biodynamic Craniosacral Integration Teacher, a NARM practitioner (Neuro-affective-relational model) as well as an Authorized Continuum Teacher.



IN THE CORE EMBODIMENT
PRACTICE STORED ENERGY IS
MOVED FROM THE LOWER BODY
TO THE BRAIN VIA THE CENTRAL
CHANNEL



The magnetic poles of the body begin to open and we grow our capacity and connection to the subtle core as our Primary Reference (positive behavior change). This occurs after charging the energy in the lower body to increase Life Force.

DEFINITION OF FLOW:

In positive psychology, a flow state, also known colloquially as being “in the zone”, is the mental state in which a person performing some activity is fully immersed in a feeling of energized focus, full involvement, and enjoyment in the process of the activity. In essence, flow is characterized by a complete absorption in what one does, and a resulting transformation in one's sense of time.

DEFINITION OF COHERENCE:

Coherence is one metric that can be measured when a mathematical method is used to determine if two or more brain regions have similar neuronal oscillatory activity with each other. Since the 1960's, coherence has generally been assessed on the similarity of the frequency content across EEG sensors. States of psychological coherence allow an efficient harmonious functioning of a whole self.

PURPOSE:

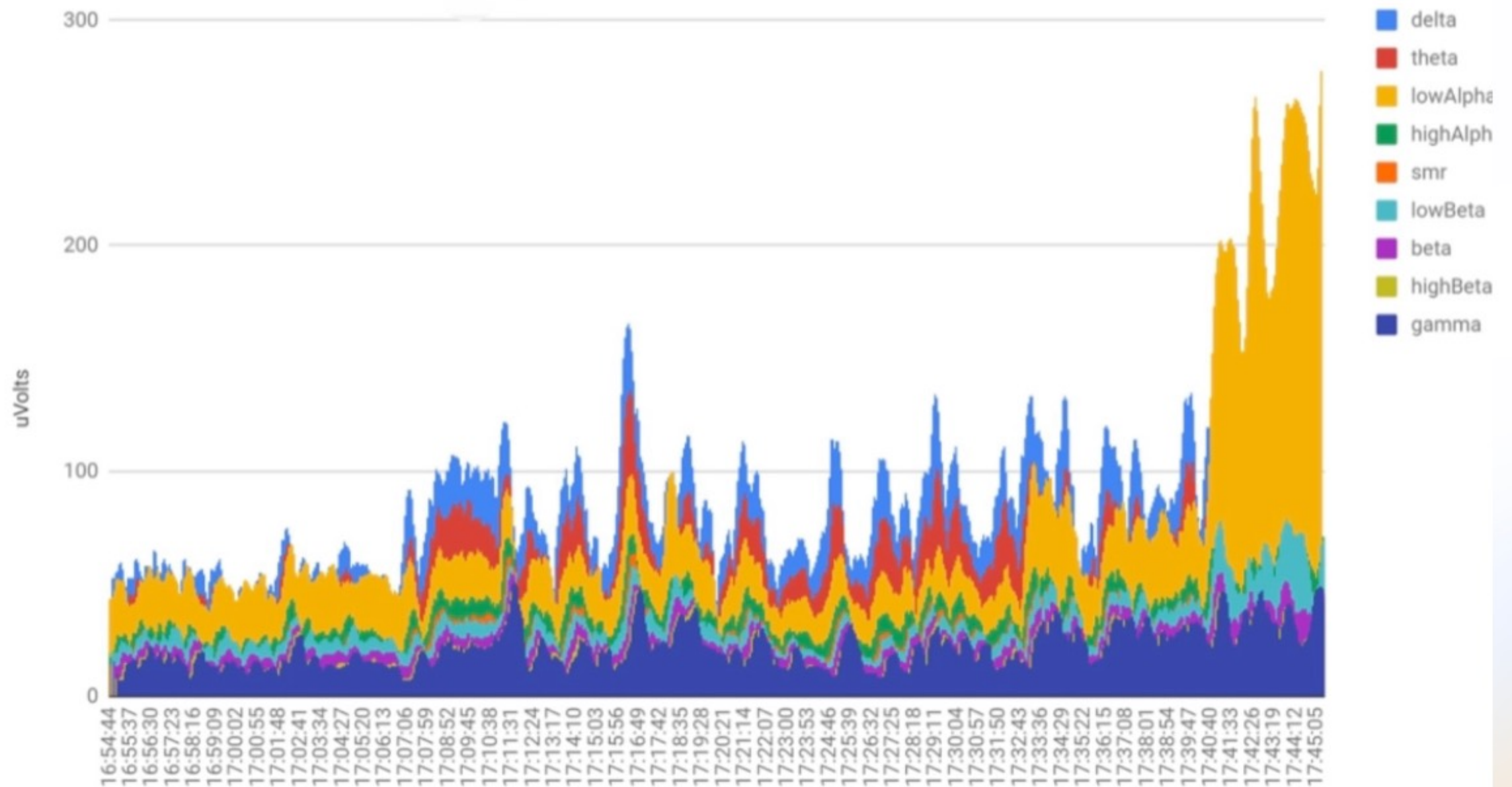
This is for you (or a group of individuals) seeking to obtain overall health and creative power in your life. As well as an increase in your mental clarity and focus on projects. You can utilize this practice to establish a consistent motivational drive towards sustaining long term engagement within yourself, social relations, work focus and connection to your purpose.

Results That The Study Revealed

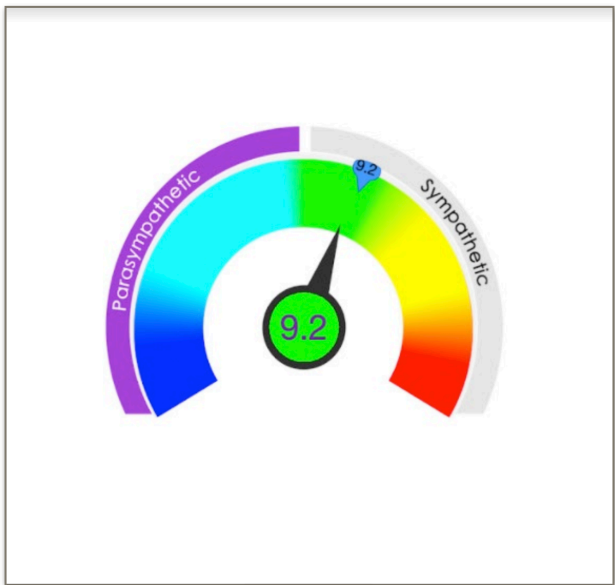
A series of EEG tests were performed during the Core Embodiment® Practice to assess the practice as an intervention in shifting brain wave states from a lower to a higher level of coherence and flow. These neuro-feedback measurements depict a balanced state of flow and coherence, resulting in maximum creativity and focus.

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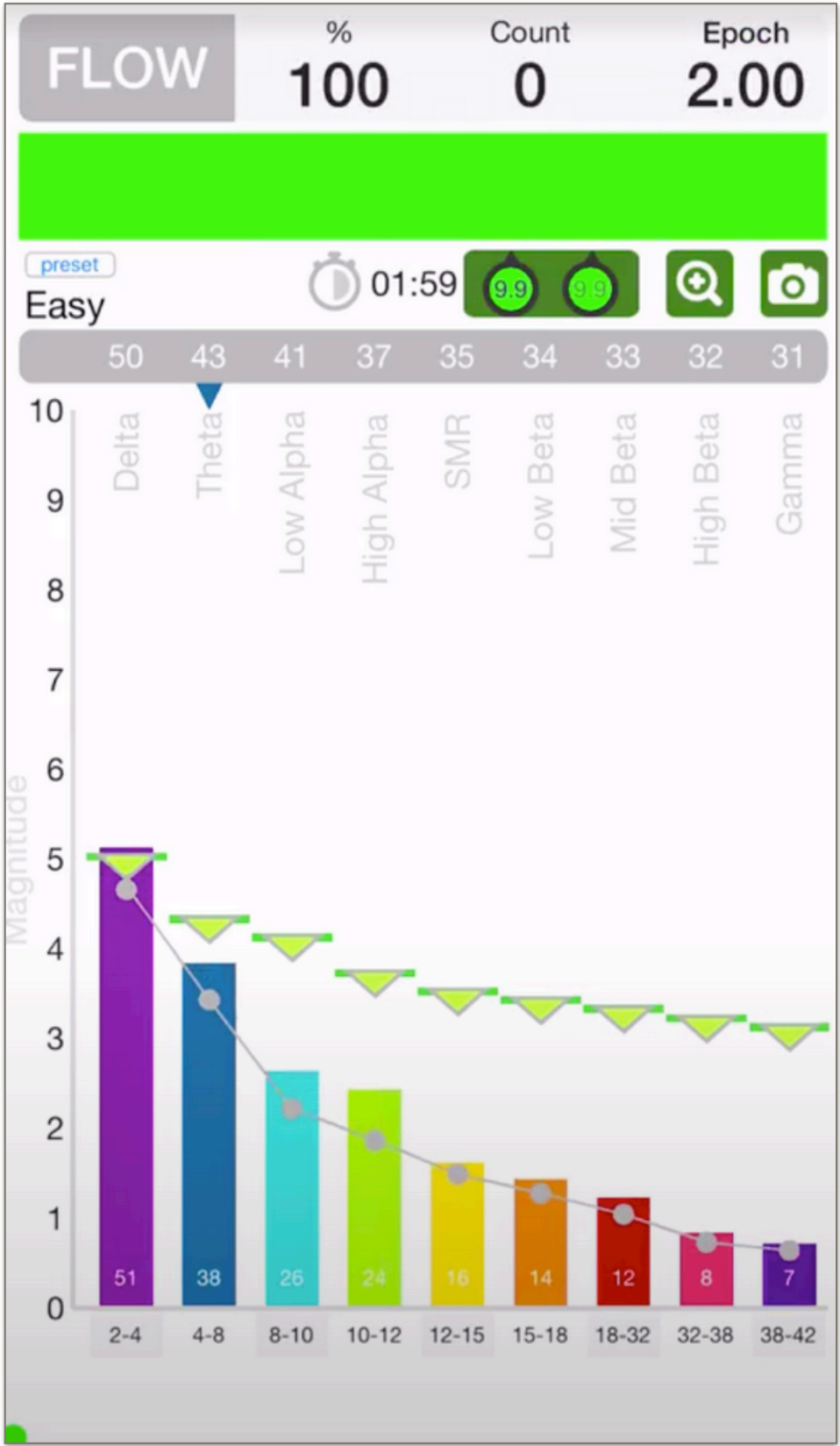
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During and post **Core Embodiment**® interventions these brain measurements showed us that people were more centered after being engaged in the practice for the amount of 30 minutes. Coherence metric was optimal, meaning that after each session there was a sustained state of mental focus positively shifting peoples old stagnation patterns to a new pattern of clarity. This positive behavior change allowed people to engage for longer periods of time, applying their attention towards an inspired response for creativity.



The Core Embodiment, core practice as a psycho-spiritual somatic integration technique fundamentally increases the flow state. It is rare that any technique used can create this quality of change in such a short time frame while remaining consistent throughout the participants experience. This was consistent throughout the entire pilot study that took place over one year in total.



100% in the graph above means they were in a sustained flow state (as picture reflects energy cycle).



