

# Body Mindset and Body Wisdom

How to Maximize our Biology  
to impact our Super-Longevity



# The Brain Hug Experience

70,000/Day



# Our Human Experience is based on TWO Modalities

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## THINKING and FEELING



### Mortal World

Thinking is highly developed, Feeling is starving



### Immortal World

Thinking is connected to and inspired by Feeling =  
Higher level of Intelligence



**What is the difference between Feelings and Emotions?**

## Experiment #2: How many heartbeats?

- Per minute: \_\_\_\_\_
- Per hour: \_\_\_\_\_
- Per Day: \_\_\_\_\_
- Per Year: \_\_\_\_\_
- In 70 Years: \_\_\_\_\_



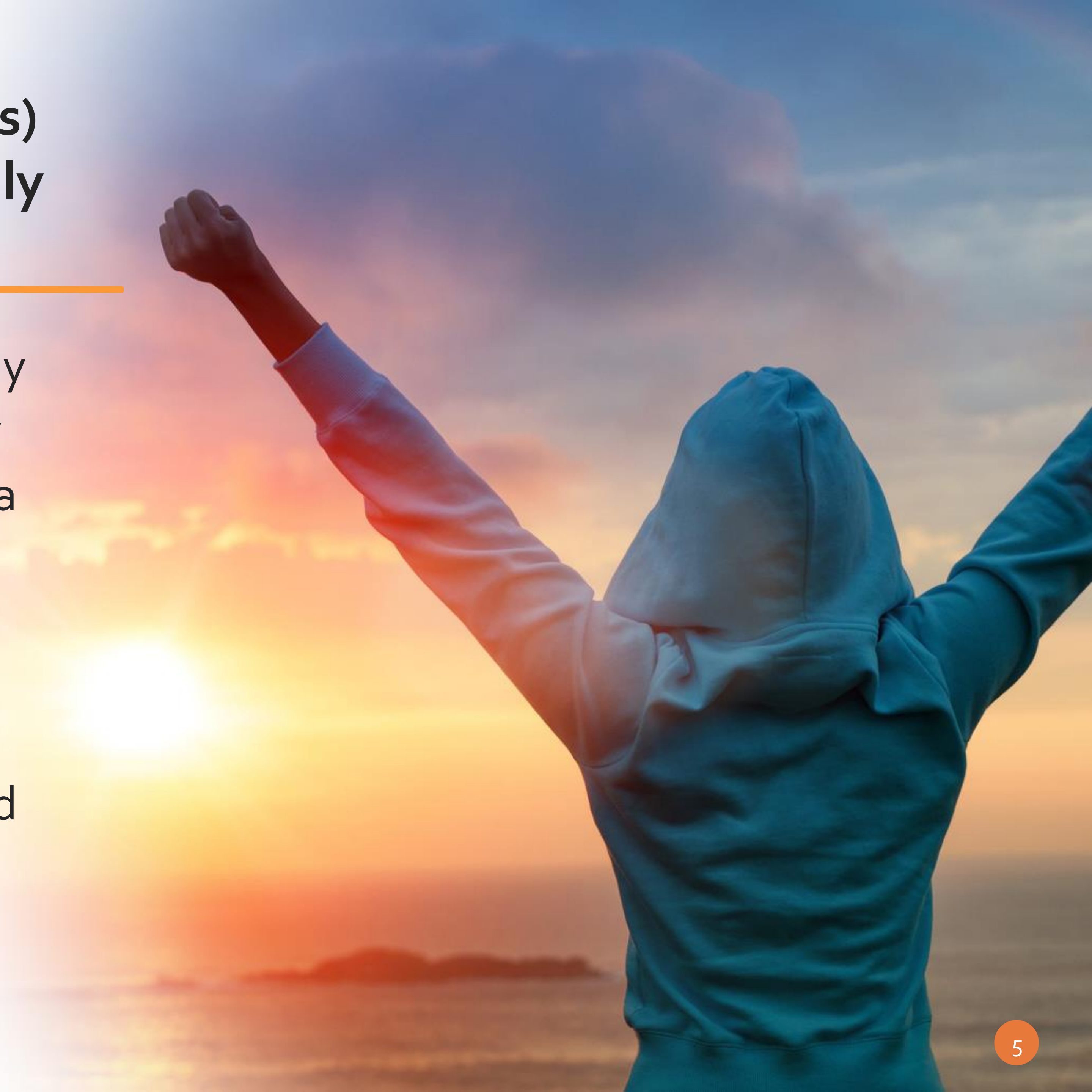
49 Million heartbeats occurred before you were born

How do you feel about these numbers?

# Your body – YOU – operate(s) on a genius level - biologically

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1. Heart beats 100,000 times per day
2. Blood is on a 60,000 mile journey
3. Lungs are large enough to cover a tennis court
4. Brain has 100 billion nerve cells
5. Nerve signals travel at 124 miles per hour
6. Body creates 100 billion red blood cells every day



## Body-Attitude

➔ **So what?**

➔ "Machine mindset" = Fear of something going wrong

➔ Being in awe of the biological miracle and magic

➔ Feeling the biochemical power of your own body and trusting it

➔ **Biological GRATITUDE**



# The NEW Bodymindset

**Feeling + Thinking + Experience = Body Wisdom**

**Sense of Value**

**Extreme Self Care**

**Interdependence**

**Will to live**

**Vulnerability**

**Tenderness**

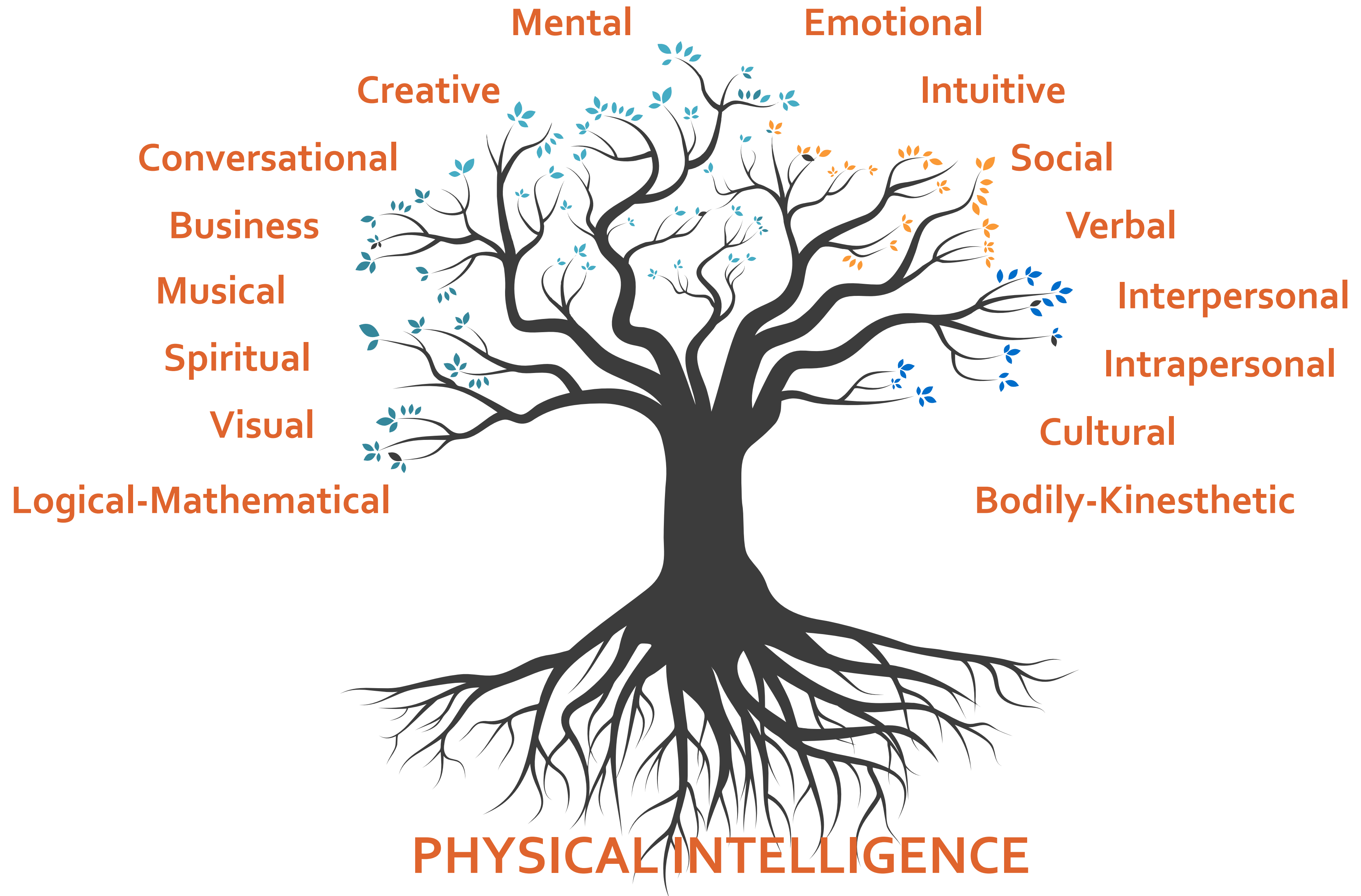
**Instant and Consistent Gratitude**

**Biological One-ness of body, mind, spirit and soul**

**Psychobiology**

**Physical  
intelligence**

# Physical Intelligence as the Root Cause of All Human Intelligence



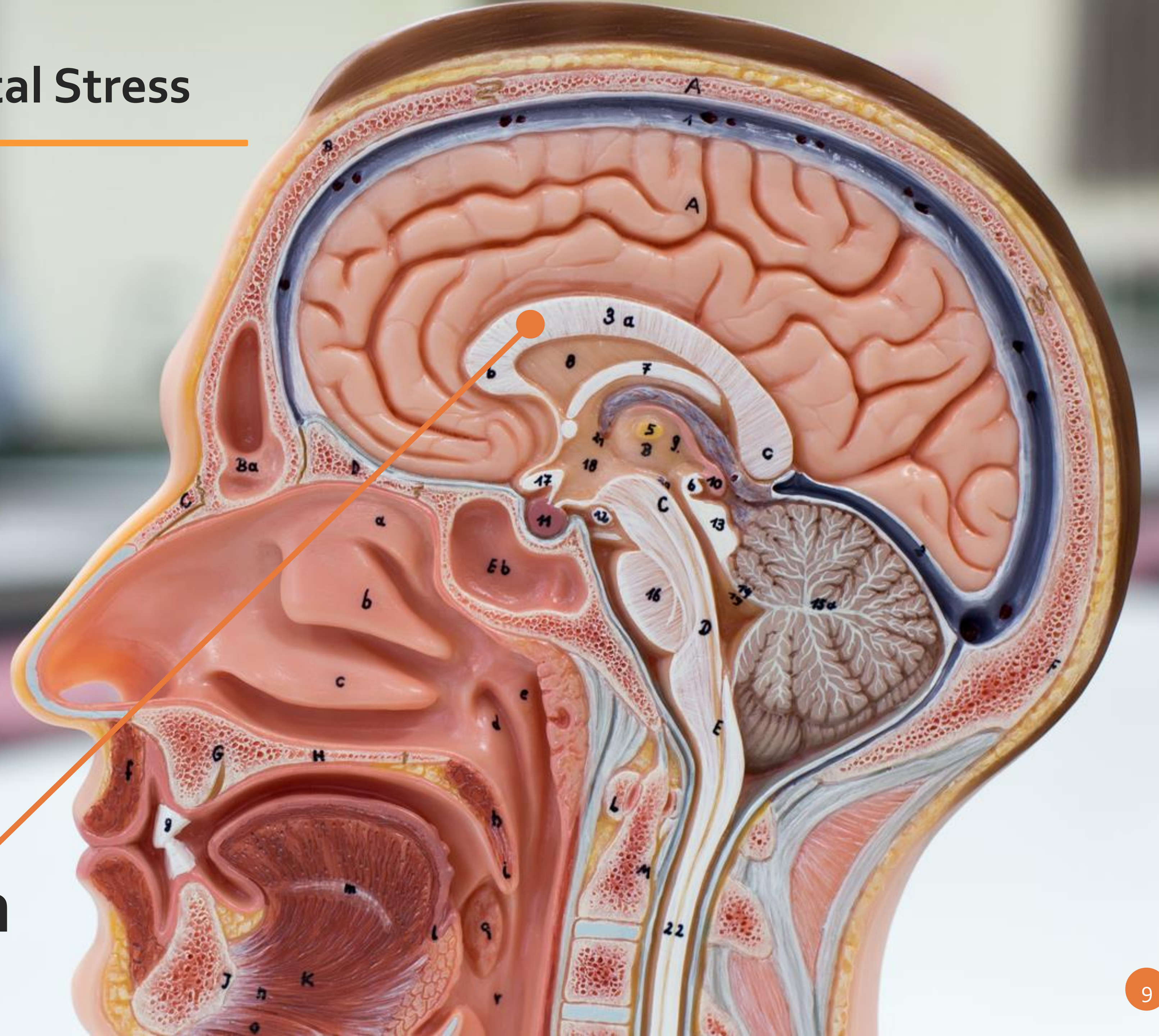


# Body Wisdom and Mental Stress

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Physiology of  
brain panic

**Corpus  
Callosum**

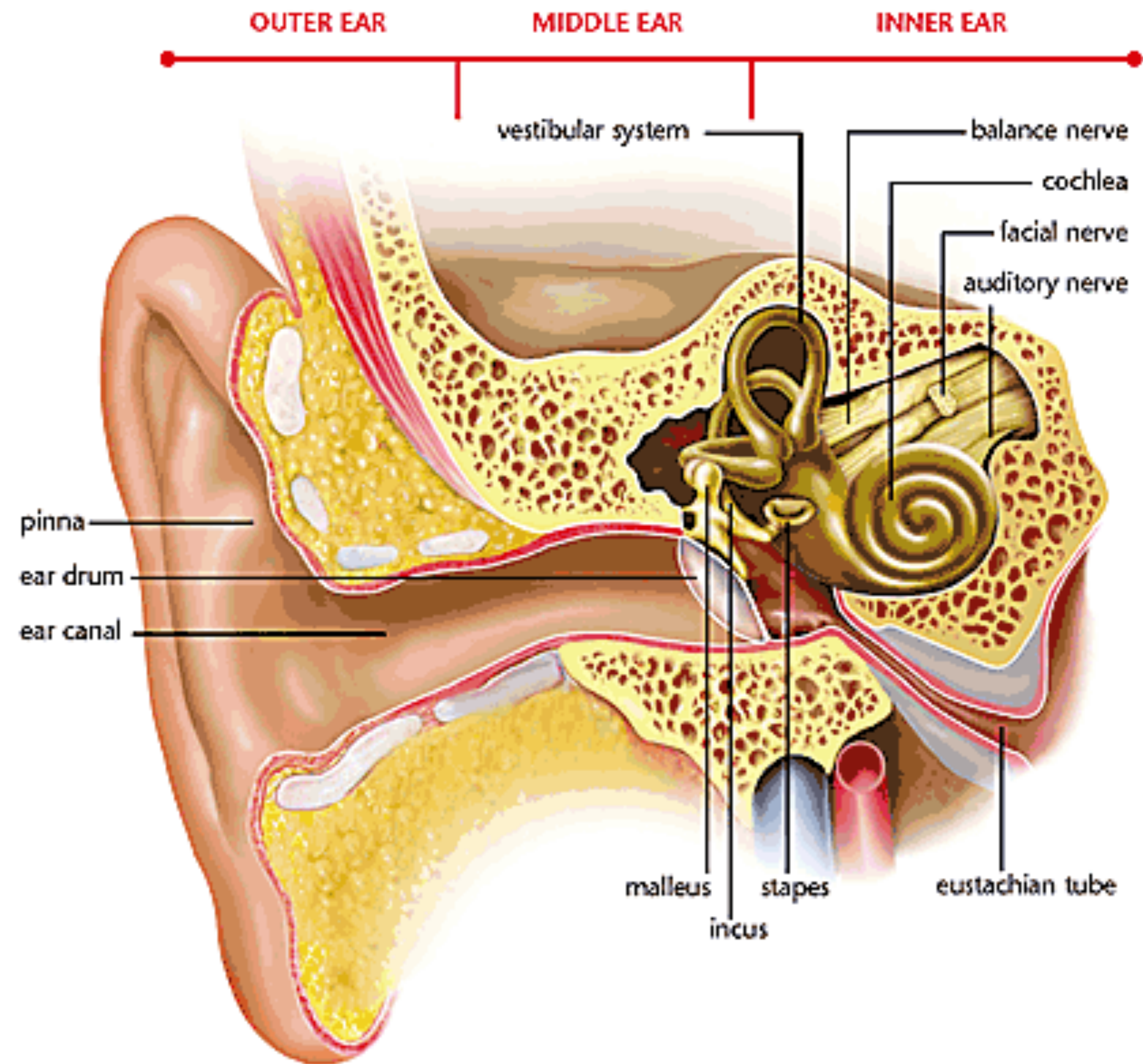


**Limbic System - Emotions and Long-term Memory**

**Removing Mental Blocks Effectively**



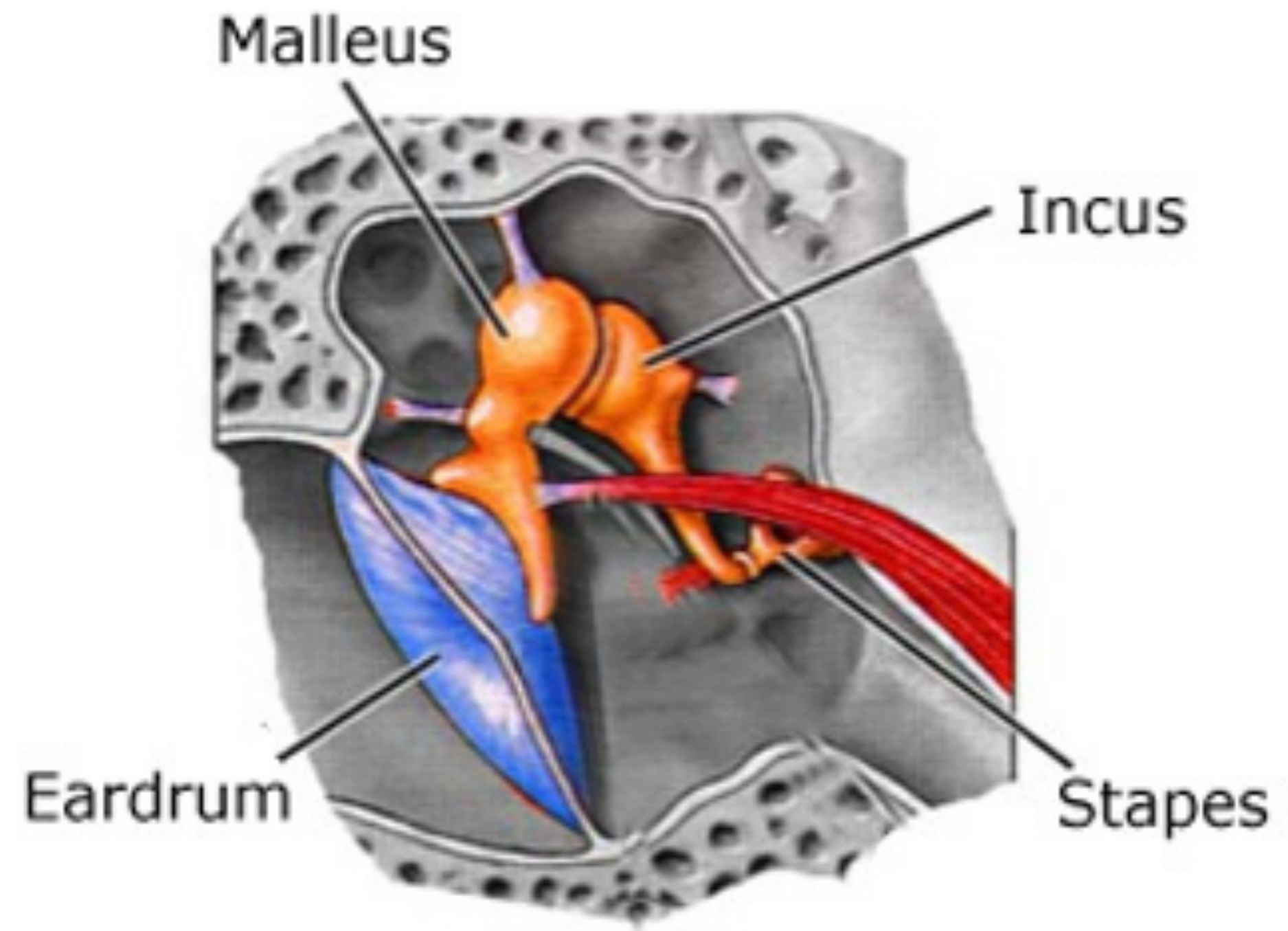
# Example #2: The Miracle of Listening



# Middle Ear

- Eardrum: 9mm diameter, 0.1 mm thick
- Malleus - 8mm long, 25mg
- Incus – 28 mg
- Stapes – 3 mg

**Sound amplification 20x**



# Creative Exercises: Relax Your Tiny Ear Muscles

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## GENIUS EXERCISES FOR DEEPER LISTENING

“The Ear Unfolder”

“The Energy Yawn”

“The wise owl looks back”



# My "Incurable" Tinnitus



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# Unlimited FUN Bodymindset Practices

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- **Tai Chi Exercises - FLOW**
- **Ongoing Biological Gratitude**
- **Quality eating, movement, connections,..**
- **Take time to eat and chew longer**
- **Give and receive a warm human feeling**
- **Express yourself in fashion**
- **Deep connections with likeminded people**
- **Thank your organs daily and treat them well**
- **Interrupt and replace de-energizing thought immediately**
- **Playfulness and Joy**



# Art and Science of our Physical Body = Physical Intelligence



Physical Intelligence =  
The Art and Science  
of FEELING Your Body





**People Feel their Bodies Last**

**“Physical Immortality IS the Body”**

*- Bernadeane*