

The Disordered Human Specie

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“The holistic methodology gives you the secret key to re-connect and survive the next era.”

-Julie Rammal

In pre-historic times the human specie was balanced in: body, mind, spirit, however; today the majority of us have lost this natural internal harmony. As a result, numerous mental, emotional, physical issues will continue to rise, forcing the human specie to devolve, evolve, or become a new semi-robotic specie.

In the near future we will be forced to adapt to changes that are beyond emotional, cultural, economic, financial, and social ones. We will be facing genetic modification of the human specie, resulting from less: Earth resources, higher prices, fewer jobs, lower income, increased stress, health and mental issues, climate changes, incurable diseases, natural disasters, shortage of clean water and nutritious food and more. Moreover; we will lose connection to being human. This change has already begun, as many of us can no longer understand their: hearts, emotions, and feelings. Technology has started to significantly impact our human body, mind, spirit, and soul. The majority of new humans are semi or fully controlled via technology. To think, feel, and access self-emotions has become a rarity rather than the normal way of human behaviour in life. Alongside, many people are losing vision, purpose, and simply engaging in a robotic routine behaviour unconsciously. Life is meant to be beautiful, joyous, happy, loving, and healthy for all. The majority of humans are being transformed to semi-robots. Only a minority, are still in engaged in sports, human activities, as the recent outburst of our dependency on technology has risen. The world is changing rapidly, and it is our duty to remember the honor the remaining human being. If we are not in control of our technology, our technology will become our own enemy. To survive the future and next era, it is important to survive within and outside ourselves by embracing and preparing ourselves for change.

The holistic methodology is the key to surpassing the future changes in the next era. The methodology, education and training is the mastery of

our self to adapt to the alarming changes that affect our: body, mind, and spirit. It offers internal and external awareness, training, discipline, and movement that combines an understanding of science, nature, ancestral knowledge, and healing modalities.

The majority of the human population today are suffering: loss of purpose, identity, focus, feeling, mental, physical, emotional dis-balance, distress, confusion, and oppression of themselves. Many people live without having an internal awareness. Most people are engaging their conscious minds to live their lives. The conscious mind is the weakest organ that is only a small percentage of our brain's abilities. Our heart and subconscious have the strongest fields of power to change our mind, body, and life. If we do not live the right way, our body will give us symptoms such as: anxiety, depression, mental disorders, stress, heart palpitations, obesity, confusion, disproportionate bodies, illness and disease and so forth. Today, these symptoms have become normal in our society, however; it is not a standard and nor should it be. It is the right of every human being to live a healthy, disease free life filled with positivity, joy, and a feeling of being and belonging. The current norm of symptoms we are facing are rising because change is occurring faster than the human's ability to adapt. We are de-attaching from our human powers, and from being humans. It is no doubt that we have been weakened on all levels in body, mind, energy level, and spirit. Many of our souls are suffering, being sold, tormented, and destroyed. Our conscious minds control us, rather than our hearts, feelings, and our subconscious minds. Many of us are living a complicated life as we adapt to the current life demands, and have lost ourselves in the process.

The holistic methodology teaches us self- mastery, education, and training to understand our world, the universe and how we must fit in it to survive and surpass all mental, emotional, and physical changes in the upcoming decade.

