

# CONSCIOUS HEALTH REVOLUTION.GLOBAL MOVEMENT MANIFESTO

**We are unlimited energy;  
fluid, free and FLOWING**

**We are the  
MASTERS  
of our own  
health and  
happiness**

Our body always  
adapts as part of an  
**INTELLIGENT**  
survival strategy

There is no good or bad,  
only the **MEANING**  
**we give to things-**  
this meaning determines  
what we attract and holds  
**the key to our healing**

**We HONOUR** our  
survival-intelligence  
and seek the meaning  
and wisdom to heal our  
physical, mental and  
emotional dis-ease

We are each **UNIQUELY** perfect,  
we are the gift that only we can give

**Our LIFESTYLE**  
is our medicine,  
every choice matters

**We SHINE** our light  
without apology so that  
others may shine too

We are **CURIOUS** & enquire without  
judgment, open to understanding  
ourselves, others and the world

**We are AWAKENED**  
to our true nature of  
**compassion and kindness**

**We claim full**  
responsibility for our  
**POWER, PASSION &  
PURPOSE** & choose  
that which brings joy

**We are not separate; we are  
INTER-CONNECTED** parts  
of a **Conscious Matrix**,  
what we do to others we  
do to ourselves (and vice versa)

It is our nature to move away from pain,  
towards growth, to process experiences  
and build physical, mental and emotional  
**strength, wisdom and RESILIENCE**

The mind thinks,  
the **HEART** knows  
and love heals  
**everything**

Breathe, breathe & breathe again,  
and if in doubt, **BREATHE**

