

Meta-Psycho-Physiology Concepts

What is it?

Meta-Psycho-Physiology is an approach to reorganizing the physical body to integrate growing awareness of metaphysics and transformational psychology to accommodate the increased vibrations that accompany this knowledge. MPP for a better me!

Why do we need it?

Have you ever had an idea of how you wanted to do something and tried to do it, and it just didn't come out the way you thought or hoped? Have you ever planned to bring up a tender subject with someone with the specific aim of speaking non-confrontationally, and then when you tried, you lost it? It didn't come out right at all. Right? This was not a problem of lack of intention. It was not a problem of lack of know-how. It was the gap between the intention, knowledge and your body's expression. Your body didn't know how to apply your mind's learnings.

Since the physical body has grown to house your old thought patterns and belief systems, when you adopt new ones, your old body may slow down or block the integration of new knowledge. Imagine how very helpful it could be to retrain your body's energy flow to assist in integrating your new self. You may alter your posture, quality of movements, way of walking, habitual gestures and your personal atmosphere, among other things. You can experience great side benefits such as decreased body strain and more easily trigger endorphins. MPP is designed to complement any other self-development approach you may undertake.

Can you give me an example of how it could be used?

Suppose you are a person dominated by a strong intellect, and you are developing a great "heart centered" approach. It is most likely that you have certain tendencies to gesture with your index finger, have joints touch other joints (like crossing your arms, legs, hands on hips) and have linear movements in general. These will reinforce the logical left brained activities. If you curve your gestures and lower them to the heart area, tilt your head, you may find accessing your heart intelligence easier.

Another please?

Let's say that you have gone deeply into spiritual studies and find dealing with daily life to be very challenging. You are tending to stay isolated, dreaming, meditating and praying extensively while having no desire to engage with society. Chances are you are ungrounded and move into altered states frequently. This could lead to unhealthy states. Since each one of us is made up of the elements of earth, water, air and light, you could add more earth-quality to your walk and gestures. Literally dig your heels into the earth. You could emphasize certain sounds in your speech to galvanize your will force. Your center of energy, from which your movement impulses springs, could be lowered. Being more grounded, you can then work to bring the physical form to the higher vibration, rather than leaving it behind.

What is the goal?

We strive to reprogram our powerful mind, heart and soul to one of joy, belief in abundance, freedom from illness and injustice. Yet some are frustrated by their own lack of ability to integrate their new insights fully into their lives. Meta-psycho-physiology can help you retrain your body to hold higher vibrations now anchoring into this dimension. There are universal movement patterns that will restore your potential to transform and there are special approaches to use for your special circumstances, personality, and goals.

How do I learn about MPP?

- Introductory Seminars are available, for any size group that will teach the Universal patterns.
- Workshops for longer durations help train the participant to have a specific plan for developing the Universal and Archetypal patterns.
- Private coaching and Small Group Intensives take the participants into their own Meta-Psycho-Physiology to develop deeply Transformational Gestures.

How do I start?

- Take time to investigate your goals and intentions. Decide if you are willing to change now. When your answer is an unqualified "Yes, I am ready and willing to transform now" proceed.
- Write down where you are and where you imagine your transformed self to be.
- Contact Lisa to express your interest by sending your statement to Lisa.
- Lisa will arrange a Free strategy session with you after completing your application. This maybe via phone, skype or in person.
- During the strategy session Lisa will aim to discover whether MPP is a good fit for your goals and propose a strategy.
- Choose the plan that works best for you in achieving your goals!
- Be a MPP Champion and host a program near you! Contact us for how to do this.