



Self Mastery to Survive The Next Era

Julie Rammal

ⓂJSPORT, United States

Abstract:

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, and are being forced to: devolve, evolve, or become a new semi robotic specie. The holistic methodology is our education, training, and discipline to survive the next era.

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 etc. Moreover; the human race may face extinction if not awoken in time. Our evolution can be seen, in our lack of internal connection and awareness to our: hearts, emotions, and feelings. Technology has started to significantly impact our: body, mind, and spirit. 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 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.



Biography:

Julie is the founder of the holistic movement, trainer, speaker, consultant, and creator of the world's 1st Holistic Fitness DVD and Holistic book. She has spoken at international conferences, and shares her work in: health clubs, embassies, corporations, schools, resort & spa centers, and has trained celebrities, vip, and public worldwide. She studied in USA and Europe and has multiple degrees in: alternative medicine, energy healing, aromatherapy, personal training, meditation, pilates, yoga, sound therapy, rehabilitative sport and more. Her work has been seen on international TV channels, newspapers, journals, radio and media.

Recent Publications:

1. The Extinction or Resurrected Human Specie.
2. Thunderbird International Business Review - "Global Talent Management in the "New Normal"
3. The Affectivity of Things in Julie Dash's Daughters of the Dust

[Webinar on Hypertension and Healthcare, December 14, 2020, Vienna, Austria](#)

Citation: Julie Rammal, Self Mastery to Survive The Next Era, December 14, 2020, Vienna, Austria