



Maria Carelius: Biohacking and Embodiment



Maria is an “agent for change” with a background in cognitive neuroscience, user experience requirements and innovation. Find out more about biohacking and physical practices of contrast.

TOP EMBODIMENT TIP: Notice!

Embodiment Towards Cognitive Neuroscience:

- Explore a brief history of Maria’s journey **from neuroscience to biohacking.**
- Biohacking is **upgrading oneself**; the most advanced technology we have is the body.

Main Ideas:

- Your mind is a software; your body is a shell.
- **Biology can be changed!**

Technology and Gadgets:

- **Electrocology** is used for electrifying the brain for altered focus.
- Maria explains their potential use in the brain.

Introducing Different Levels of Intelligence:

- Linguistic, interpersonal, spacial, musical, naturalist
- Sensed intelligences (dropping from thinking mind into sensing body)
- The **intuitive mind** is “what we are here for.”

Moving from Bodyhacking to Body Wisdom:

- Presented practice of focus and receiving.
- **Awareness learns from contrast.**

Practices:

- Tapping into the intuitive mind & observing the hand as a mechanic; being mindful of the hand; the embodied way; how to get focus from a state shift in the body; receiving, open body; more focus training (“sword”); embodied decision making; meditation with peripheral vision.

Resources:

- ❖ **Website:** [Maria Carelius](#)



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As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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