



Daniel Leviathan: Changing our Internal OS (Operating System) from Surviving to Aliveness



Daniel Leviathan Started off as a 12 year old who didn't know how to read or write and worked his way up to the head of strategy of a multi-million dollar business. At the age of 21, he was leading an Innovation & Artificial Intelligence section in the Israeli intelligence Corps. At the top of his career, he left everything and disappeared, embarking on a journey into the unknown. Join this session to consider how we can reprogram our internal operating system and cultivate one that is based on freedom and aliveness?

TOP EMBODIMENT TIP: Bring rituals, practice and action to life.

Operating System: Survival and Aliveness

- Survival is useful when necessary; Aliveness is the Operating System that allows full living and opportunities.
- How to change the OS from the inside.
- The cycle of survival involves threat; In animals when they are not under threat, they rest or play.
- We ask from a place of absence, what we need to get to be fulfilled.

Two Cycles: Friendly and Threatening Universe

- How we operate from the cycle of the perception of the Universe is Friendly or Threatening.
- When we are in our shadow or triggered, we access our shadow and are in survival.
- When we operate from aliveness, we are much more in possibility and feeling great.
- Ask yourself what you like doing and what would you do just for the fun of it?

Experience: The Willingness and Experience of Aliveness

- When we align and let the energy flow then we access the flow state; There are many technologies to access this state and shift the OS.
- Ask yourself what tools resonate with you from this conference.
- When we are open, free and alive then we can listen to inspiration. Survival creates reaction to the world and others.

Practices: Observer, Emotional Release and Movement

- You can practice being an observer of your thoughts. You can just move or dance. You can make sounds with breath.

Rituals: Tools for Manifestations in Time and Space

- You can make a ritual of choosing life again and again every morning.
- Use the tools from the conference and make it consistent and varied.

Resources

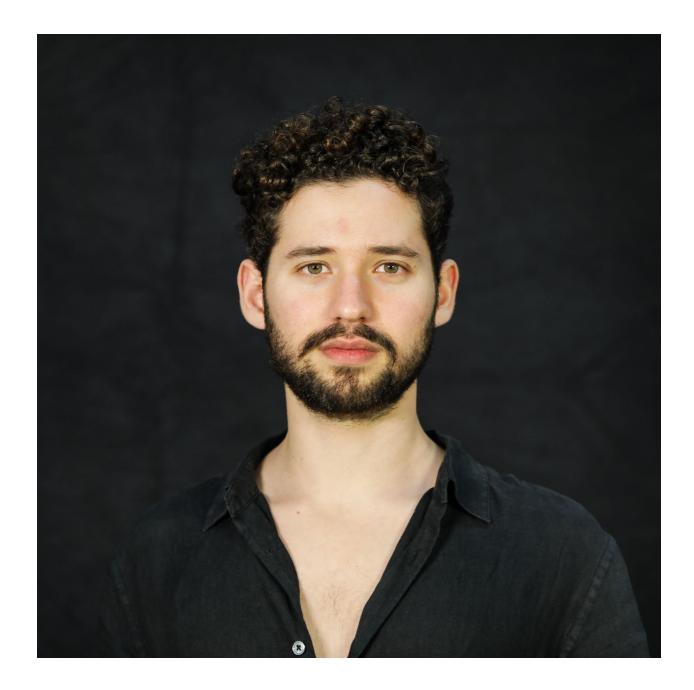
* References: Forbes: Daniel Leviathan

Social Media: LinkedIn: <u>Daniel Leviathan</u>.





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Michelle Boulé is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please <u>click here</u> 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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