



Laura Hames Franklin: Franklin Method and Universal Health Principles



Laura Hames Franklin is the creator of the Universal Health Principles Healing System and founder of Superhuman School. Her passion is to uncover the secrets of infinite joy, health and creativity so you can create change in your own life and be a catalyst for change in the world. Find out how to use embodiment and your imagination to bring more of what you want into your life.

TOP EMBODIMENT TIP: If you imagine something different from reality, you are going to feel tension.

Finding Desire:

- What is a primary desire you have in life? To feel connected, to have a purpose, to feel good in your body?
- So how do I just become my desire? **Embodiment is a quantum leap from one version of ourselves to another.**
- When we don't feel good about ourselves and our desires, then we can spiral, and it can be hard to break the cycle.
- It's like going through your day eating random things and not feeling good afterwards. We are constantly consuming things with our minds that are affecting us. If we are not aware, then how can we choose to change our diet or our mental diet?

Imagination:

- **Pairing movement with imagination is very powerful.**
- If in your mind you imagine something different from reality, you are going to feel tension.

Experiential Practices: How do I tap into my potential?

- Laura guides us through simple, but very effective practices in this presentation.

Universal Health Principle: How do we tap into systems of the universe to create health?

- The body is designed to heal itself, like the universe is designed to self-organize.
- Tuning in: What are we ready to improve? "Is there a fear connected to the purpose of my life?"
- The organs support our understanding in the Universal Health Principle.

Resources

- ❖ **Courses:** [Wholly Shift](#)
- ❖ **Website:** laurahamesfranklin.com
- ❖ **Social:** [Youtube: laurahamesfranklin](#), [Instagram: @laurahamesfranklin](#)



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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