



David Fleming: Stress, Meditation, Nature and the Brain



David Fleming is the co-founder of AMN Academy, and is the Director of Education there. He is a personal trainer, holistic health practitioner, and delegate of the Resonance Science Foundation. Explore how the human brain functions and how we can operate this technology that we have as human beings to optimize our health and get the most out of our life.

TOP EMBODIMENT TIP: Understand the Influence and Power of Where You Put Your Attention. Meditation is a Way to Utilise and Direct That Attention, for the Benefit of Yourself, and Those Around You.

The Science Behind Embodiment:

- **Human beings are a representation and iteration of the universe as a whole.**
- When we start to gain that insight gain and understanding, we see that there is a fractal organization to the universe, to how the human body and indeed the brain function, and how they process information, and we are a specific iteration of the entire whole at a specific scale and specific frequency.
- **Biological life itself is really a specific iteration of the cosmos; we are a specific frequency of energy at a specific scale.**

The Brain and The Natural Environment:

- **Physiologically, the interaction with our natural environment is key to our normal function.**
- As symbiotic hosts to bacteria which directly impact our resilience to disease, our behaviour, response to stress, we need to understand how to keep all of the cells bacterial and human happy to optimize our health and wellness.

Meditation as a Tool To Manage Stress: The Science And Benefits Behind Meditation

- Benefits to meditation include physiological, neurological, psychological, emotional. It impacts on the frequency of the brain oscillations.
- Meditation as the bridge between internal and external worlds, and the science behind this.

Stress and Its Impact:

- Stress is subjective.
- Stimulation of autonomic sympathetic nervous system, and impact of long term activation.
- Recovery from injury impacted by stress state prior to injury. The brain responds to acute/chronic stress in the same way as an impact injury.

Resources

- ❖ **Website:** [AMN Academy](#).
- ❖ **Social:** [Facebook: AMN Academy](#)
- ❖ **References:** [Holistic Health Coach - AMN Academy](#)



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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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