



Farsam Shadab: Technology of the Embodiment Paradox



Pulling from Cognitive Science and Integrative Studies, Farsam - who seeded Wikipedia in the '90s - speaks about Embodiment and technology. Hear about an open system for self-developmental care and reflect upon your own technological practices.

TOP EMBODIMENT TIP: Wear blue light blockers; don't let yourself be hijacked by technology.

Mixed Feelings About Technology: Our Current Technology Forms Habits and Culture

- For example, your phone! You can't survive a day without it. Heard of the "infinite scroll"?
- This is an addictive practice, which begets various entrainments.
- We can bring embodiment systems into play. We can change and transform the global technological infrastructures.

Your Brain Is Changing: The Human Blink Rate Reduces While Looking At a Screen

- Blue light toxicity dis-regulates our hormones (melatonin, et al.).
- We use the technology to save time, but using it at night prevents us from getting the sleep we require.
- We are wrapped into cycles of unhealthy addiction, late night use and unfulfilled usage.
- Technology has "hijacked your limbic system." Tristan Harris (The Center for Humane Technology)

<u>Technology's Effect on our Nervous System:</u> We Are Stressed From Our Technology

- Limbic hijack brings you into a shallow nervous system engagement: stressed.
- It is being shown in teenagers and the average adult.
- Lower sperm count found in younger generations of Japanese males, caused by technology.

Wear Blue Light Blockers: This allows for natural production of melatonin

- Without blue light blockers, using technology at night imbalances circadian rhythms.
- Blue light keeps you awake from prohibiting inner production of melatonin.
- The glasses allow you to use technology, even at night, and not have a neurological effect.

Resources

Website: https://www.interenactive.com/

* References: The Center for Humane Technology





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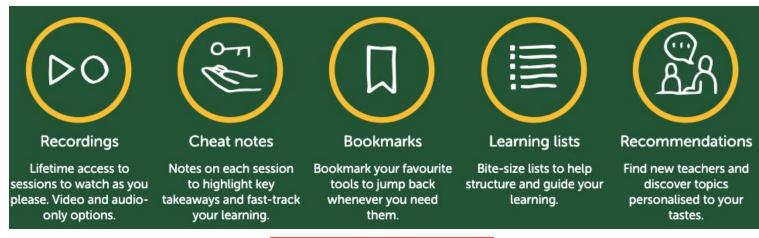


Michelle Boulé is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and 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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