



Brandon Bays: Peace Amongst the Chaos



Brandon Bays is one of the world's leading authorities on emotional healing and life transformation. She is the pioneer of The Journey Method, a practical and liberating tool for healing and awakening. Immerse yourself in Brandon's presentation on her personal journey towards finding peace, from her point of illness, and how we ourselves may find peace amongst the present chaos.

TOP EMBODIMENT TIP: The Journey process is very gentle and very embracing, giving you a shareable toolbox to deal with any emotional shutdown or physical issue, to move towards peace.

Many of Us are Living in a Pressure Cooker Since Covid Emerged:

- Living in a constant state of the unknown, and with ongoing limitations, is triggering many emotions inside us. We don't have the tools to deal with this.
- A coping mechanism most people employ in this situation is to shut down their emotions, to repress them.

Brandon's Illness was Diagnosed 27 Years Ago:

- Brandon's diagnosis of having a basketball-sized tumor in her belly came at a peak point in her life, when she felt healthy and on track. She experienced overwhelming shame, despair and fear.
- Following a Satori moment - when time stood still and deep insight emerged - she followed her gut feeling to be guided to heal herself, in 6.5 weeks and without medical intervention.
- Brandon was inspired by the work of then-practicing surgeon Deepak Chopra who had amassed thousands of case studies of people who had healed against the odds (due to accessing Infinite Intelligence - the vast awareness of love that we entered this world with).

Accessing the Infinite Intelligence:

- As babies, we are born feeling connected to All of Life as part of the vast field of Love.
- Being able to reaccess this field as adults, we can uncover cell memories to heal and regenerate healthy new cells.
- Brandon began doing case studies of others in similar situations and The Journey Method was born.

Embrace Your Emotions:

- Deep in the core of your worst emotion, you will find the peace that you are seeking.

Resources:

- ❖ **Books:** *The Journey: A Practical Guide to Healing Your Life and Setting Yourself Free*
- ❖ **Website:** thejourney.com **Retreat Registration:** [The Journey Intensive Online](http://TheJourneyIntensiveOnline)
- ❖ **References:** Deepak Chopra



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**