

Corporate Exertiveness

“Any claim on business, right of ownership it’s a defeat to start with. Business is itself an identity – complete and perfect. You serve the business, and the business in return shares with you the profit.”

Exertiveness is the faculty to express purpose and realize intentions regardless the circumstances.

Being exertive means to use the radiant authority, presence and expertise in order to make something happen despite any adverse circumstances. It is the ability to be in contact with reality and assess the circumstances even while completely absorbed in action, to hold each boundary and division of role with integrity and accuracy. It is the faculty of superior manners and social interactions, which requires the capacity to counteract stress into vitality.

Being exertive is the sine qua non of success, prosperity and happiness in this time of transition to a new paradigm.

The Science of Reality

“A leader is a human being, ontologically complete and therefore able to reverse the current crisis with individual effort. He is capable to sense the reality of the changing world around us, perceive the subtle facets of each unique event, and compute the opportunities that arise from the environment. He is able to deal with any given circumstance or adversity and create welfare and prosperity for ourselves and others. He can apply the mind to succeed in any field he focuses on.”

Our approach is rooted in *The Science of Mind and Humanology for Leadership and Success*[®], a branch of the teachings of The Science of Essence. It applies through a vast technology that is delivered through two main approaches, lens and lever.

Lens is the faculty to see and perceive what is under the surface to diagnose which dynamic does not allow either the individual or the group to efficiently reach the pre-fixed purpose.

Lever is the faculty to uplift, solve, make flow the optimum functionality with simple techniques and innovative strategies.

Techniques

“Unfold your strength of reality, your power of Infinity, your mission to accomplish, to succeed. You are the perfect projection of success. The secret of your success is to let it unfold.” [Yogi Bhajna]

The applied techniques and theoretical foundations derive from both the modern neurosciences and the ancient yogic wisdom offering an empowering technology that unfolds human excellence by mastering the mind. On this path of personal growth, a well-balanced, successful, authentic person emerges.

The Key to Personal Excellence

The Science of Essence is based in the once-secret yoga that owns a toolbox for inner peace and sustainable everyday excellence. It is a spiritual discipline intended, in ancient times, solely for kings

to elevate, guide and support those who had the responsibility of leading others to happiness and excellence. Originally, it was taught one to one just by words. Yoga is known as the fastest way to achieve a state of yoga and heightened awareness, a complete physical, mental and spiritual balance. It has its roots in a more than 7000-year-old history, but was kept secret mainly due to its transformative powers.

The effects of yoga are proven by science through a number of research studies. The applied technologies are concentrated in Kriyas. A Kriya is a sequence of postures (Asanas), combined with hand positions (Mudras), concentration of the eyes (Dhristi), specific breathing techniques (Pranayama) and certain frequencies of sound (Mantra), assembled into a single permutation and combination to stimulate the physical, mental and energetic system. It is a complete action with accurate execution times, pauses and relaxations to allow a certain predictable and desired state of consciousness.

The impact on the body to stimulate the electromagnetic field is accompanied by a decisive operation of the subconscious. The action of the Kriya penetrates the subconscious to remove the blocks that don't allow us to relate to something. On a mental level, it educates the neurons to find new associative paths, unravelling old habitual patterns, opening up new opportunities and scenarios, thus preparing the mind to see as possible something it previously didn't believe.

Yoga combines the functional and impersonal minds to interact in certain proportions to experience new mental habits, appropriate for every kind of need, task and situation. The perceptive and creative activity is improved and refined with the meditations and the vibration of the sound current, stimulating the hypothalamus, thalamus and frontal lobe, responsible for the development of our Self Sensory System.

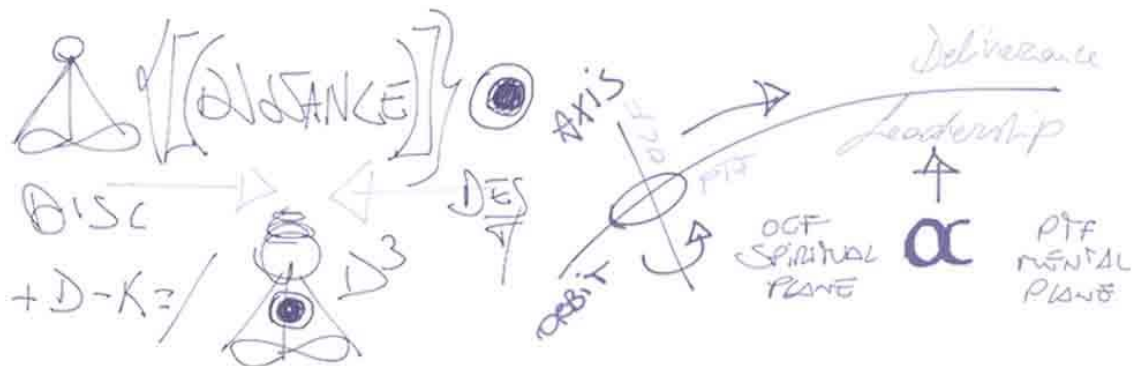
In each technique, directly and indirectly, the kundalini energy is stimulated to awaken and ascend. This gives clarity, awareness and magnitude to understand the reality of ourselves and of others, and to perceive the consequences of our intentions, words and actions. This acceleration in awareness and pace of change and renewal are supported by the active cooperation of a strong nervous and glandular system, and all other systems are monitored, managed and regulated. Health and vitality enable us to identify ourselves, and then expand.

The subconscious is cleaned through meditation. Its psychic structures, such as the hidden identity with its hidden agenda, personality and reactive form, can be worked on by expanding the energetic body to give us the confidence we need to see them, and the honour of being ourselves. The activation of the frontal lobe gives us the ability to identify and constantly refine thoughts and tendencies. The science of sound, applied in the specific frequencies of these subconscious psychic structures, can alter and transform the contents that make them so.

Yoga can be practiced by everyone (also sitting on a chair) and has no special physical or mental requirements.

Deliver Exertiveness and Manifest Success

Our aim is to deliver exertiveness, the faculty to express purpose and realize intentions regardless the circumstances and thus enable individuals and corporations to manifest success. This process implements the practical application of any professional competency and any technical training.



Some of the results can be summarised as follows:

- Improve stress resistance, be more concentrated and attentive
- Sharpen clarity and speed of thought, even when overloaded
- Increase radiance and magnetic attraction for opportunities
- Acquire capacity to recharge oneself in just a few minutes
- Have more available time in face of so many things to do
- Enhance one's own health and change undesirable habits
- Strengthen the capacity of intuition in every situation
- Consciously understand cause, impact and consequences of our intentions, words, actions