



## Self Mastery to Survive The Next Era

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### Abstract:

We have come to a time, where we must choose our paths. The human specie can only continue with a shift in consciousness, increase in spirituality, mastery of oneself, and change of heart. The rapid evolution of the human specie has torn the body, mind, and spirit connection resulting in increase medical, mental and physical care facilities. However; none of the facilities look at the human specie as a body, mind and spirit. Through history, change took time. The first apes appeared approximately 6-7 million years ago, followed by an evolution in tool making that occurred around 3.3. million years ago. Around 2.8-2.75 million years ago, the oldest remains of the genus Homo appeared, and humans only appeared around 315,000 years ago. We are currently evolving much quicker than history has recorded the human evolution.

### Biography:

Julie Rammal, founder of JSport and the holistic fitness movement, International Holistic Trainer, Speaker & Influencer, writer, consultant and founder of the world's first holistic fitness dvd: In Light Of Change. She has inspired thousands worldwide on the power of holistic fitness. Having trained numerous VIP & celebrities, corporations, embassies, resorts she is widely known for her holistic approach towards understanding, commu-



nicating, and assisting the body and mind in just three energy-fuelled sessions. Her work has been published in: Yahoo Finance, Khaleej Times, Gulf times, USA press, and seen on MTV, Future TV, NBN and multiple more press worldwide. JSport's latest innovations are privately organized retreats for vip's with Julie to change their lives, body, and mind, Julie's Fitness DVDs, new youtube channel.

### Recent Publications:

1. THE SECRET BREATH TO WEIGHT LOSS
2. THE EVOLUTION OF BELLY FAT
3. On The Go Lower Back Relief

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