

DOSENT MANIFESTO VIDEO :60

We believe the present moment offers more than most of us can see on our own.

How we experience it depends on our mindstate.

Human consciousness is deep and malleable, and the ability to change it lies within our hands.

While we strive for routine and balance in our lives, sometimes routine becomes our enemy, driving us into complacency, ruts and self-perpetuating negative cycles.

Is there anything worse than a stagnating mind and spirit that isn't reaching its potential?

Without practices that change consciousness, the mind can become like a vinyl record, with a needle running through the same grooves over and over.

Let your mind rise to the occasion of life by changing it.