



# Foundation for Mind-Being Research

*Where science meets consciousness...*

## The Divine Design of Our Toroidal Nature and Coherence

*workshop with **Bob Whitehouse Ed.D.***

**A Deeper Dive into the Divine Design** of our toroidal nature and universe: Dr. Whitehouse will lead a deeper exploration through slides, discussion, and exercises including exploration of big questions, taking stock of where you and we are, and an if-then action plan you choose to make a difference.

**Coherence: The Science and Practices:** What's your status, what's your Heart Rate Variability (HRV) and what's it got to do with love, physical, mental and social health and the Global picture and how are you a holographic and essential part of the universe? What is the recommended practice for your health and quality of life? How can this help you and us make it through the TURN? Good coherence depends on healthy breathing. Find out what that is and how to restore it when it is off. HINT: we have many incorrect myths about what good breathing and good HRV is. You can get your personal HRV with printout and a breathing chemistry analysis, too.



*Dr. Bob Whitehouse* has studied and taught Arthur Young's Theory of Process for 40 years and now shares new breakthroughs. He is also a psychologist and biofeedback provider, emeritus professor of psychology, consultant, presenter and workshop leader, and author of the forthcoming book *Divine Design, Unfolding Now---Humankind at the Turn, with Reason to Hope*. [www.BobWhitehouseEdD.com](http://www.BobWhitehouseEdD.com)  
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