



UNIFY CONSCIOUS MEDIA CLEANSE 2018

HOW TO JOIN:

1. **Make the commitment** to yourself to abstain from mainstream media and news for the 3-day period of time at your convenience (between October 17 - November 1).
2. [Sign up](#) for a nearly-free Gaia membership at 2 months for 99 cents to get access to the cleanse-content (A portion of this is donated to the UNIFY non-profit!)
3. **Choose** one (or more) pieces of uplifting content per day (options below) and watch them at some point during each day.
4. **Invite** your friends and share your experience on the [Unify Facebook page](#).

DAY 1 – Inspire New Possibilities – Choose at least one

[PHI](#) (Documentary)

PHI is a documentary about the evolution of consciousness. Take a journey with some of the world's most renowned experts in spirituality, psychology and philosophy as we unravel the ego, embark on a journey of self-discovery and ultimately find and share a path to mindful existence.

The film is woven together with twenty-six unique experts — psychologists, yogis, mystics, philosophers, spiritual leaders, and the occasional skeptic for good measure — who strip down what we think we know about human consciousness and bring it back to its core: us.

The film itself is an experience — one that can help you uncover the deepest, truest you.

[What the Bleep Do We Know?!](#) (Documentary)

At the time of its release, *What the BLEEP Do We Know?!* was a new type of film – part documentary, part story, and part elaborate and inspiring visual effects and animations. The protagonist, Amanda, played by Marlee Matlin, finds herself in a fantastic Alice in Wonderland experience when her daily, uninspired life literally begins to unravel, revealing the uncertain world of the quantum field hidden behind what we consider to be our normal, waking reality.

As we watch Amanda struggle to understand the fundamental premises of her life, we see commentary on her search from a host of top scientists and mystics who serve as a modern day Greek chorus. Their wisdom and ideas are woven together as a tapestry of truth, adding emphasis to the film's underlying concept of the interconnectedness of all things.

First released in theaters in 2004, *What the BLEEP Do We Know!?* went on to become one of the most successful documentaries of all time. Now distributed in more than 30 countries, it has stunned audiences with its revolutionary cinematic blend of dramatic film, documentary, animation and comedy, while serving up a mind-jarring blend of Quantum Physics, spirituality, neurology and evolutionary thought.

[Astral City](#) (Feature Narrative)

This is one of our favorites at Unify!

Spiritual medium Chico Xavier documented his visions of the afterlife in his best-selling book, Astral City. Xavier's visions of life in an astral city that hovers in the upper layers of the Earth's atmosphere are brought to life with an amazing score, by composer Phillip Glass, and brilliant special effects.

Life after death was never a concern for Dr. Andre Luiz. That is, until he wakes up feeling lost and confused in a darkened wasteland. What he has yet to realize, is that he has died and is now struggling with his afterlife. Lost in a dimension full of pain and suffering, he desperately yearns for redemption.

His pleas are mercifully heard and he is rescued to an amazing city full of beauty and wonder. In the astral city, Our Home, Dr. Luiz begins a process of transformation that is full

of surprising and enlightening experiences. It is this new life in the spiritual dimension where he can start over and bring true healing to himself and others.

DAY 2 – Awaken Inner Peace (Meditations) – Choose at least one

Tuning to [Gratitude](#) (6 minutes)

Each day in our lives is a precious gift, and if we can experience the world through gratitude it can open our hearts.

[Foundation: Meditation Practice with Kevin Courtney](#) (7 minutes)

Attune your awareness to presence, breath, and any emerging sensations in this meditation focused on natural breathing.

While the meditation in this section is short, it is a powerful, core practice for all meditators. The more you practice this meditation, the more you will get out of it. Get some insight about your experience with the Foundation: Check In video.

[Healing Kundalini Meditation With Krishna Kaur](#) (33 minutes)

Krishna Kaur, Master Teacher and Trainer of Kundalini Yoga as taught by Yogi Bhajan, leads us through a long-time used Kundalini meditation that can be used to send healing energies to loved ones or to ourselves. In this more advanced meditation she uses the mantra: Ra-Ma-Da-Sa Sa-Say-So-Hung. Krishna Kaur explains the power of mantra and sound in creating healing frequencies and vibration to help invite balance into our lives.

DAY 3 – Health Reset – Choose at least one

[Thrive: Ancient Medicine, Modern Application](#) (20 min)

Learn how ayurvedic wisdom can help you enter into a deeper relationship with yourself and the natural world around you.

[Thrive: Kitchari Cleansing Meal](#) (13 minutes)

Clean out your digestive track and remove toxicity from your body with this nourishing and delicious dish made of rice, lentils, and spices.

[Thrive: Yoga for Stamina and Strength with Justine Lemos, PhD](#) (29 min)

Kindle your inner strength while grounding your energy into the earth in this powerful flow that will work your lower body and open your upper body.

[Thrive: What is Blocking Your Vitality?](#) (15 min)

Release stagnant emotional and physical toxins, known as ama, in order to live a more positive, conscious, and connected life.

Get started [now](#) with a membership to Gaia, and get access to 2 months for only 99 cents!