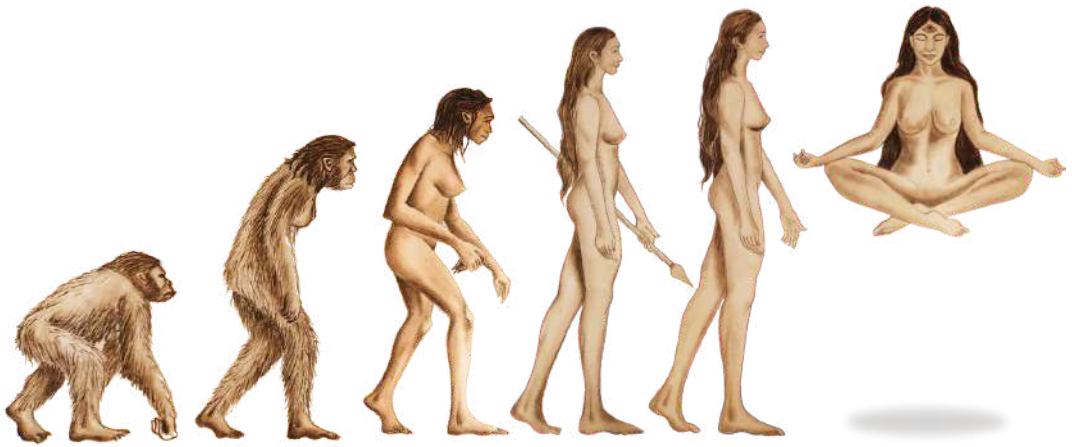


EVOLVING TEMPLE



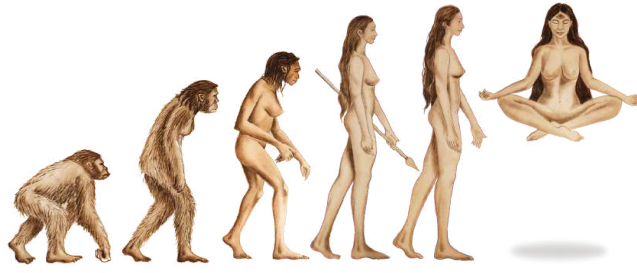
Healing, Life Enhancement
& Spiritual Attainment Through
CLINICAL OUT-OF-BODY EXPERIENCES

AUGMENTED BRAIN REWIRING

Clinically Aligned Metaphysically Informed

TREATMENT CATALOGUE

www.EvolvingTemple.org



EVOLVING TEMPLE

The cosmos is vast, and its ancient dance formed iron, a key component of our heartbeat. The water in us, 70% of our being, is older than our solar system. Life on Earth began with a single cell, leading to today's diversity, a testament to evolution's incredible journey.

Ideas evolve like stars. Simple thoughts can lead to monumental creations, like the wheel of the airplane. Our bodies and minds constantly transform, reflecting the universe's continuous evolution.

Our consciousness is our most sacred trait, allowing us to understand our place in the cosmos. Throughout history, we've revered the sacred in temples. Yet, the most profound temple? It's within you, in your evolving mind and body.

You are the Evolving Temple.



True healing emerges from the depths of
those who journey inward.

Fernando Hettiyadura



I AM NOT YOUR HEALER.

In moments of distress or dis-ease, many of us quickly turn outward, seeking solace in doctors, medicine, or healers. Though these avenues provide temporary relief to the symptoms of dis-ease, the true origins of our ailments often reside deep within, periodically surfacing in our body, mind, and emotions. Genuine healing emerges when you recognize that the ultimate healer isn't external but resides within you.

I am here to serve you with guidance, intervention, insights, and accountability on your path to self-healing. So, you are the healer and I'm your compass.


Warmly, Fernando.



OUR PHILOSOPHY

Immerse in a unique fusion of contemporary modern science and ancient wisdom to transform yourself beyond what you know is possible. We interweave the intricacies of developmental neuroscience, behavioral psychology, and the Vipassana, Buddhist meditation practice with a modern approach. And this unique protocol is augmented with the power of energy medicine and enriched with reflective coaching and multidisciplinary therapies designed to evoke powerful breakthroughs in healing, life enhancement, and spiritual growth.

Through a carefully crafted systematic intervention, elevating your conscious awareness and transforming your subconscious and unconscious realms, we unlock profound healing and development within you. This is an invitation to witness the remarkable transformation that emerges as swiftly as a single consultation or evolves over a few transformative months, tailored to your individual needs.





METAMORPHOSIS

Our interventions transcend superficial façades as we recalibrate and rebalance quantum alignments across your emotional, mental, physical, and metaphysical being. This is an invitation to cocreate a long-lasting true shift within you if you feel the innate calling for your metamorphosis.





OUT-OF-BODY EXPERIENCES

An out-of-body experience allows you to perceive realities through the 'lens of your consciousness', transcending the mere 'sight of your eyes'. This is an elevated perception operating beyond our everyday awareness.

While some may dismiss this as mere mysticism, such experiences have been integral to human evolution for millennia. Time-honored traditions like Buddhism and Hinduism extol the transformative power of these journeys, often achieved through practices like meditation or Kundalini.


From ancient sages to contemporary icons, many have harnessed this elevated state for profound self-evolution, driving impactful change in the world around them.



CREATING PROFOUND TRANSFORMATION

Recognizing detrimental behaviors or gaining spiritual insights doesn't always lead to transformative life changes. True metamorphosis arises when you transition this 'conscious recognition' deep into your subconscious and unconscious realms.

By integrating this awareness into these deeper layers, you can effortlessly transcend negative patterns, paving the way for emotional harmony, success, and abundance. Because when your subconscious and unconscious are aligned with your conscious realizations, your actions and emotions seamlessly reflect well-being and balance.






AUGMENTED BRAIN REWIRING

Dive into the realm of Augmented Brain Rewiring, a scientifically recognized technique designed to achieve superior states of consciousness, rooted in both clinical principles and metaphysical insights.

This groundbreaking approach melds the strengths of neuroscience, behavioral psychology, and the ancient wisdom of Vipassana Buddhist meditation, all while harnessing the potent force of natural plant energy medicine. Our tailored protocol delves deep, recalibrating your core mindset, enabling you to naturally embrace transformative actions and achieve remarkable shifts in your holistic well-being with unmatched speed. Experience profound metamorphosis, effortlessly.






CATALYST FOR AUGMENTED STATE OF YOUR BRAIN: THE ENERGY MEDICINE


Step into the world of Psilocybin Integrated Coaching and Therapy, a time-honored natural remedy often referred to as Hallucinogenic Mushrooms, that has intricately woven into the tapestry of human evolution.

Historical insights suggest this wondrous natural elixir has left indelible marks on our developmental journey.

Today, with the backing of rigorous clinical studies, numerous nations endorse Psilocybin's therapeutic applications, cementing its status as the safest psychedelic for human use. Don't let misconceptions, societal stigmas, or external controls veil its transformative power. Seize this chance to unlock unparalleled healing and self-growth.








YOUR MIND IS LIKE A SNOWMOUNTAIN

Imagine your mind as a snow-covered mountain, with each thought carving out a familiar path, like sleds and trekkers. Over time, these paths become so well-trodden that they limit our thinking, confining us to repetitive patterns.

Think of the Superior State of Consciousness (augmented state of your mind) created by the plant psychedelic as a revitalizing snowfall, offering a pristine canvas. Suddenly, you have the chance to blaze new trails, cultivating fresh feelings, innovative thoughts, and transformative behaviors.

It's not just change; it's evolution. Embarking on a journey of rediscovering the vast expanse of your mind's potential and redefining possibilities.








VIPASSANA

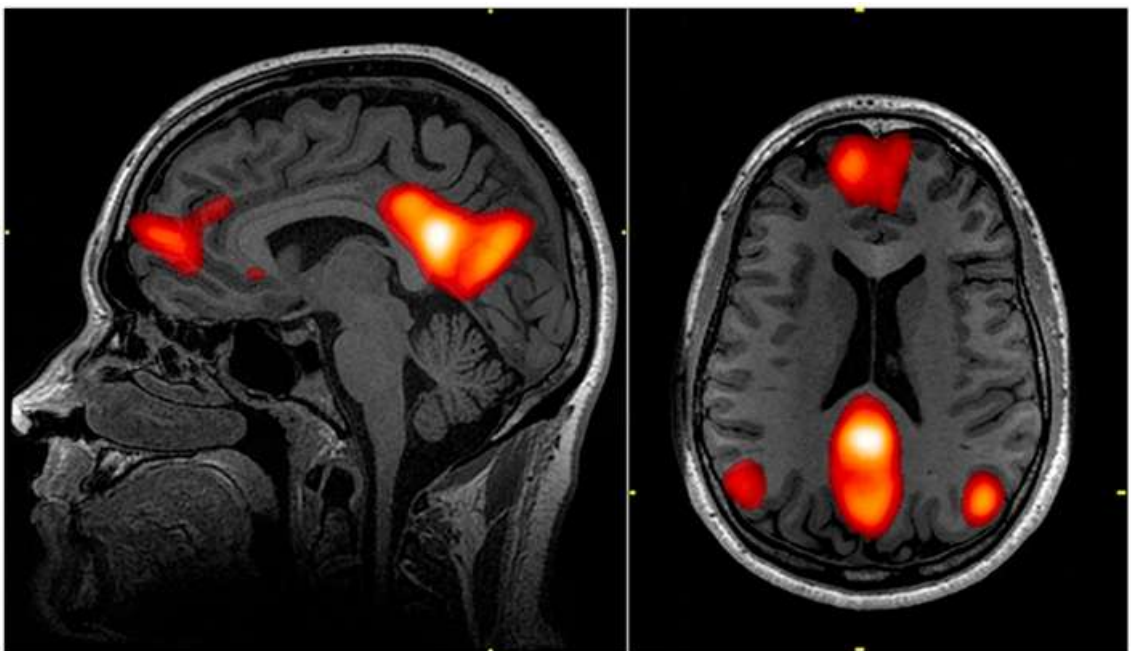
Dive deep with Vipassana, an ancient meditation technique that has been rekindling minds for millennia. Modern neuroscience now affirms what sages have proclaimed: Vipassana profoundly reshapes our brain, enhancing regions linked to attention, empathy, and self-awareness.

With our unique techniques of self-reflection, as you journey within, you'll discover a transformative shift in your sense of self, moving from fleeting thoughts and emotions to a more rooted, expansive awareness. Embrace this time-honored practice and unlock an elevated understanding of yourself, harmonizing mind, body, and spirit. Join us to illuminate your inner world, harnessing the science-backed power of Vipassana.



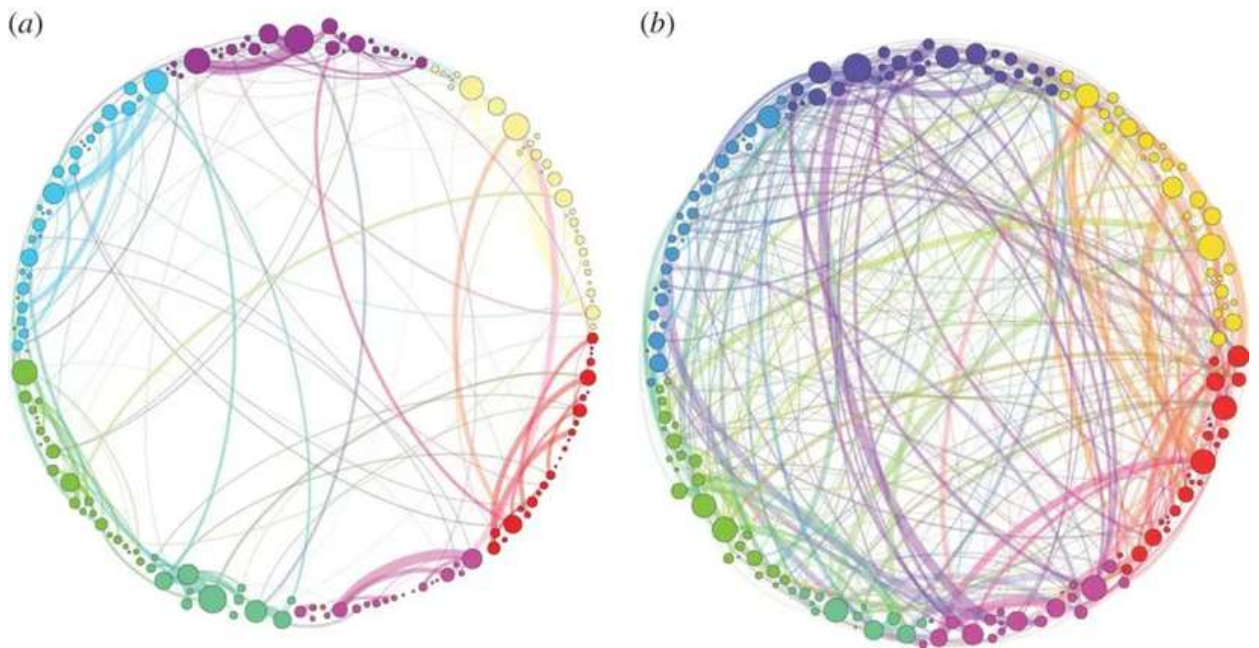
SENSE OF SELFE

As a matter of fact, the study of Brain MRI Neuroimaging clinically concluded that the augmented state of the brain connects your cortexes (particularly your cerebral cortex, which is the outermost wrinkled gray matter of your brain involved in voluntary actions of your body and is linked to perception, language, memory, problem-solving, etc.) positively change and increase brain connectivity significantly several times higher than the usual state of your brain.



The image shows an fMRI imaging of the areas responsible for the Default Mode Network (DMN) of your brain which hosts the sense of self. Image resource: Wikipedia

BRAIN CONNECTION UNDER AUGMENTED STATE



This is an infographic representation of a scientifically accurate representation of brain connections.

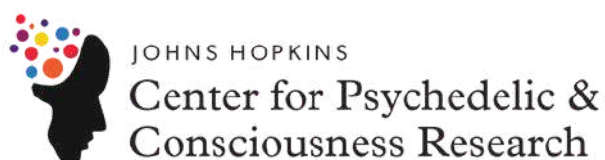
Diagram (a) shows the brain connections at our normal awake state. Diagram (b) shows the brain connections on Psilocybin.

This hyper-connected state is where the mystical experience takes place, and subconscious and unconscious transformation takes place in you.

Resource: Journal of the Royal Society Interface.

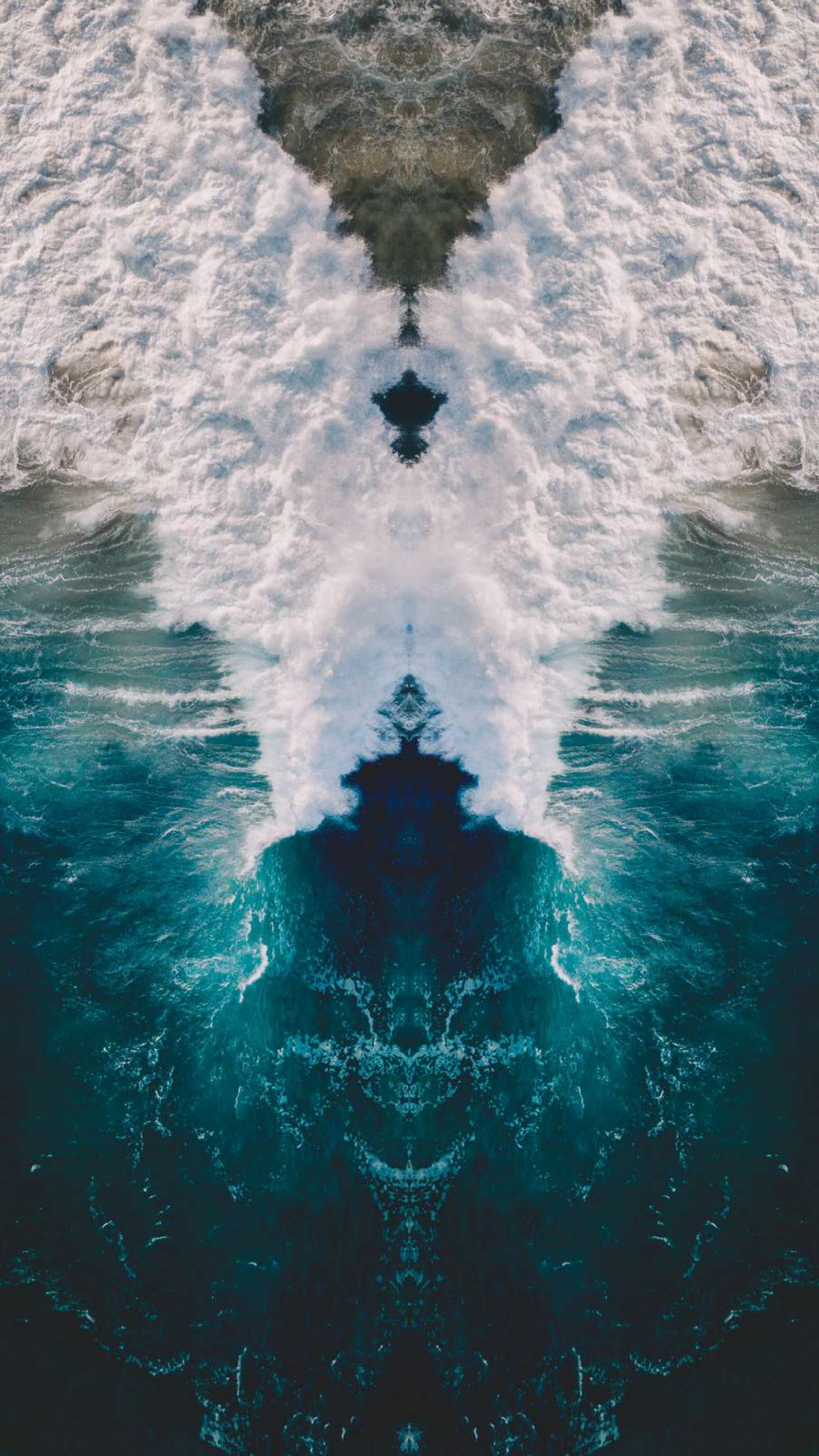
CLINICAL RESEARCH

- Clinical study at Johns Hopkins Psychedelic Research found that after just one month, 70% of participants felt better and half were back to feeling like their normal selves.
- Six months after a study involving cancer patients, 80% felt less anxious or depressed. An impressive 67% rated the experience as one of their top five spiritual moments, and 70% counted it among their most impactful life experiences.



IMPACT ON HEALTHY ADULTS

- Another study conducted by John Hopkins Psychedelic Research, 80% of participants ranked their experience as profoundly significant, likening its impact to major life events like the birth of a child or losing a loved one.
- Furthermore, 90% of healthy adults in the study noticed a positive shift in their life, feeling happier and enjoying improved relationships.



TREATMENTS FOR RECOVERY & HEALING



QUANTUM HEALING Mental Emotional Physical Recovery and Deep Healing

At the heart of our interventions is the commitment to fostering transformation in healthy individuals. Yet, we also extend healing to those grappling with challenges such as depression, anxiety, phobias, chronic fear, and addictions, enabling profound remission to a healthy range of mental and emotional state in a rapid phase with evidence-based clinically proven results.



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TREATMENTS FOR RECOVERY & HEALING

OASIS OF YOUTH

You are as young as you feel

Age is just a number



Unveil the power of our unique protocol, designed to reinvigorate your body from the cellular core, tapping into the cosmic intelligence woven into your DNA. This transformative treatment is more than just skin deep; it instigates a holistic shift – mentally, emotionally, and physically. Rediscover confidence, nurture body-positive eating habits, and ignite a passion for maintaining optimum health. As you embrace a profound sense of self-love, witness a remarkable rejuvenation, feeling and looking younger, as if turning back even the unforgiving time.



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TREATMENTS FOR RECOVERY & HEALING

SENSUAL RENAISSANCE

Reboot your sexual energy



While we proudly claim the title of Earth's most intelligent species, the demands and stresses of contemporary living have distanced us from the vital reservoirs of energy innate within us. Just think: the profound ability to breathe life into another being exists within our very essence, underscoring the potency of sexual energy as the very force of life. Beyond the realms of pleasure and intimacy, this energy is a gateway to rejuvenating your overall well-being, radiance, and success. Our intervention invites you on a journey of self-exploration within a sanctuary of the safety of our internationally accredited practitioners, cultivating and refining your sexual energy, empowering you to embrace a life of abundance and fulfillment.



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TREATMENTS FOR PERSONAL & PROFESSIONAL ENHANCEMENT

THE REBIRTH

Reset Your Mind, Reset Your Life.



Experience a groundbreaking intervention designed for either those feeling mentally tethered, unlocking pathways obstructed by mental blocks or stagnant emotions and thoughts, or you are simply ready for a new phase of your life.

Using the transformative therapeutic power of energy medicine, our bespoke 'brain reset' offers more than rejuvenation—it's a release from the chains holding you back. Ideal for those with entrenched mindsets or cognitive barriers, this curated journey paves the way to rediscovering clarity and purpose. Break free from limitations, embrace a fresh perspective, and awaken a renewed spirit. Embark on a transformative odyssey and redefine your reality.



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TREATMENTS FOR PERSONAL & PROFESSIONAL ENHANCEMENT

REBOOT ACADEMIC & PROFESSIONAL EXCELLENCE

Maximize brain
connections & capacity



Dive into an innovative realm of mind development with this intervention by literally enhancing brain connections with a proven scientific approach to amplify your innate ability to perceive the broader tapestry of self, life, situations, and decision-making. Embark on a transformative journey that hones emotions, refines habits, and breaks barriers in leadership, communication, and performance. Redefine your excellence through increased brain connectivity and elevated Insight.



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TREATMENTS FOR PERSONAL & PROFESSIONAL ENHANCEMENT

METAMORPHOSIS OF CREATIVITY

Reboot your creativity

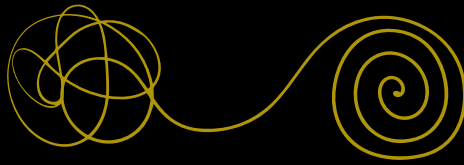


In today's bustling urban landscape, even the most creative souls can feel drained. Whether you're a writer, coder, leader, or an artist, the constant tug of deadlines, financial pressures, and life itself can stifle inspiration. But what if you could reignite that creative spark in a matter of hours? With this intervention, we tap into the dormant wellsprings of creativity within you. Through quantum alignment renewal, see the world with fresh eyes and new perspectives. Feel renewed emotions and rediscover vibrancy in every hue. It's more than just a creative reboot—it's a journey to becoming an unstoppable force of artistry, enabling you to embrace your renewed creative essence and let your passion flow freely.



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TREATMENTS FOR PERSONAL & PROFESSIONAL ENHANCEMENT



DECODE WEALTH CONSCIOUSNESS

Develop healthy relationship with money

In the maze of life's challenges, many are tethered by limiting beliefs, past traumas, and ingrained conditioning—particularly when it comes to finances. Money is more than currency; it's an energy, one that demands the right mindset to cultivate and channel. If you experience trapped in realizing wealth, this intervention is designed to elevate your money mindset addressing your unique challenges. Dive deep to shatter the subconscious barriers holding you back, opening pathways to financial freedom. Embark on a transformative journey to unlock effortless wealth and savor life's luxuries.



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TREATMENTS FOR PERSONAL & PROFESSIONAL ENHANCEMENT

ABUNDANCE OF ROMANCE & INTIMACY

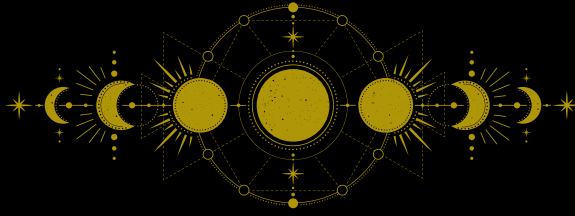


In the labyrinth of life, unseen barriers like limiting beliefs, past traumas, and deep-rooted conditioning often stand between us and true happiness—especially in our quest for the right romantic partner. Our innate longing for connection and shared life experiences can sometimes feel thwarted by invisible chains. It's time to dive deep, break free from these subconscious shackles, and align with the universe's boundless love. Embark on a transformative exploration, where you'll pave the way for genuine love and the fulfilling romantic partnership you truly deserve.



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TREATMENTS FOR PERSONAL & PROFESSIONAL ENHANCEMENT



REIGNITE SOUL CONNECTIONS

Revitalize your relationships

In a world teeming with challenges, our emotions often tread a delicate balance, easily swayed by the storm of circumstances. Amid life's tumult, the authenticity and warmth of our connections, whether with family, friends, or colleagues, can sometimes fade. Yet, it's the genuine care and deep love inherent in these relationships that serve as our anchors, healing and nurturing our spirit. If you're seeking to rejuvenate these vital connections, this intervention will create a heartwarming transformation in you and your loved ones.



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TREATMENTS FOR PERSONAL & PROFESSIONAL ENHANCEMENT

FOUNTAIN OF LIFE

Reinvent a 'new you'



In your journey so far through our individual solution-specific bespoke healing and development offerings, should you feel the pull towards a profound holistic transformation incorporating all aspects of your life? One that reshapes you, yet remains true to your core essence and beauty? This is your gateway to delve holistically into every facet of your existence, effortlessly refining your thoughts, emotions, aura, and demeanor through a therapeutic and life-transforming paradigm shift. Rediscover balance and confidence, crafting a powerful renewed self-image that not only embodies elegance but also ignites inspiration in those you encounter. Invitation is to become a brand new you!



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Consultation](#)



INTERVENTIONS FOR SPIRITUAL ATTAINMENT



SPIRITUAL AWAKENINGS

Embarking on a spiritual journey is about delving deep into one's inner essence, transcending mere physical existence, and aligning with universal truths. At its core, spiritual attainment encapsulates a heightened sense of consciousness, serenity, and profound self-awareness. Though the path to enlightenment isn't linear, we hold the belief that the human spirit is ever-evolving. True spiritual awakening isn't bound by preconceived notions but is felt profoundly within. Life itself becomes a testament to spiritual veracity. Our approach offers a sanctuary for introspection, allowing you to resonate with inherent spiritual truths. Through our refined methodologies, we fast-track the spiritual revelations that traditional practices like meditation or kundalini might take decades to achieve. Dive in, discover, and embody your spiritual essence.



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INTERVENTIONS FOR SPIRITUAL ATTAINMENT



CLINICAL ENLIGHTENMENT

Embarking on the path to enlightenment is a profound, personal journey of spiritual awakening and heightened consciousness. While enlightenment remains an expansive concept, certain measurable signs can reflect its presence, such as sustained emotional serenity, innate healing capacities, and the cessation of external seeking. Key indicators include unshakeable self-assurance with humility, a compassionate view of life, equitable treatment of all beings, and a balanced, self-sufficient demeanor. True enlightenment transcends the ego, allowing one to perceive reality authentically, rather than through a filtered self-perspective. Our intervention offers tailored guidance and a transformative experience, accelerating your path towards this profound realization and the cessation of inner seeking.

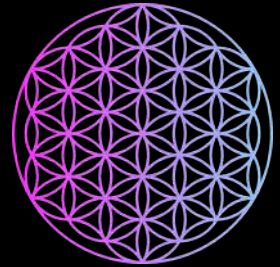


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INTERVENTIONS FOR SPIRITUAL ATTAINMENT

CELESTIAL ONENESS

Experience Ego Dissolution



In every fiber of our being, a universal intelligence pulses, often beyond our comprehension. From mystical wonders to evolutionary marvels, it hints at a grand design shaping our existence. Imagine transcending your individual self, tapping into an expansive cosmic consciousness, and feeling the intricate tapestry of realities beyond the known. We offer a beacon for spiritual explorers, guiding you safely to experience this profound connection, embracing the unity of the cosmos and beyond.



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Consultation](#)



EVOLVING TEMPLE RETREATS

Embark on a transformative journey nestled in the serene mountains, blending the ancient wisdom of Vipassana meditation with the cutting-edge insights of neuroscience. Our retreats melds Plant Energy Medicine integration, expert coaching, and therapeutic modalities, ensuring a holistic experience.

Dive deep into innate wisdom, aided by nature's catalysts and time-tested Buddhist practices. Elevate consciousness, harness creativity, and find profound inner peace. Join us in this sanctuary where tradition meets science, unlocking pathways to your authentic self.



[Discover Further Details
About Our Retreats](#)

TRAUMA-INFORMED PSYCHEDELIC INTEGRATED HOLISTIC COACHING CERTIFICATION

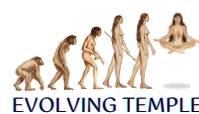
Accredited by the International Coaching Federation (ICF)

Become a pioneer of transformative healing with world's first ever ICF-Accredited Trauma-Informed Holistic Coaching Certification, a monumental step in Psychedelic-Integrated Coaching. This advanced practitioner program melds heart-centered ethos with holistic approach, creating paradigm-shifting transformation in your clients.

For those ignited by a passion to touch lives profoundly, this is more than just a professional development journey, it's a rare opportunity to intertwine emotional fulfillment with a rewarding practice. Be part of this revolutionary wave, blending compassion with prosperity.



[Download the Curriculum](#)





YOUR DEVELOPMENT IS OUR PRIDE

I had a good training period with Fernando in preparation for taking the medicine. The way he facilitated the topics to me and my companion in that journey challenged us both, but in a loving way.

On the day of the ceremony, he took us through an amazing meditation, which was the last piece of the puzzle I needed before beginning the journey.

His support and devotion to seeing both of us integrate our trip was unparalleled.

If you are serious about using plant medicine in order to heal, you could not choose a better companion and coach than him.

Rafael G. A



YOUR DEVELOPMENT IS OUR PRIDE

This experience completely changed my life. It made me see life in a whole new way and made me rethink everything I've done. I was dealing with depression at the time, to the point where I couldn't even enjoy music because I couldn't feel its rhythm. This was my state of mind before the experience, and it's what motivated me to go through with it. Afterward, I noticed a significant improvement in my mental health.

Psychedelics allowed me to explore my inner self, and I was lucky to have Fernando as my therapist for this journey. I'm thankful for the months he spent helping me prepare for it, guiding me through it, and helping me uncover the areas that needed healing. If you're searching for a real spiritual experience, Fernando Hettiyadura is the perfect guide. He can help you find your path to self-healing. This experience is priceless; you can't put a value on it in terms of money. It's a journey that everyone should consider in their lifetime.

-Sandun N



FIRE CIRCLE

Psychedelic Preparation Protocol

Are you seeking a profound shift, not only in awareness but in your very essence? Dive deep into a wellspring of inner wisdom nurtured by the ancient practice of guided introspection, combined with the revolutionary insights of modern psychology. Welcome to the Fire Circle of Evolving Temple. Fire circles intend to guide you inward and outward, exploring the essential alignments for you to surrender to out-of-body-like superior states of consciousness.

These sessions are especially suitable if you like to take things step by step and explore the waters before diving in. You are able to join these introspective sessions even if you choose not to partake in Psychedelic Integration.



[Join Fire Circle](#)



FERNANDO HETTIYADURA
Founder of Evolving Temple

THE CREATOR OF EVOLVING TEMPLE

FERNANDO HETTIYADURA

After personally experiencing the transformative power of plant psychedelics, Fernando dedicated his life to exploring healing and the expansion of consciousness through superior states of awareness.

Fernando Hettiyadura, the visionary behind Evolving Temple, Ignite Global, Awaken Mind Guide, and the Global Center for Reflective Practices and Consciousness, has led the charge in pioneering research and organizations focused on uncovering the vast potential of the human mind.

Taking innovation a step further, Fernando has introduced the world's first-ever Psychedelic Integrated Professional Coaching Qualification for Advanced Practitioners.

Fernando is an Alternative Multidisciplinary Therapist and an ICF-designated Master Certified Coach with over 18 years of diverse experience.

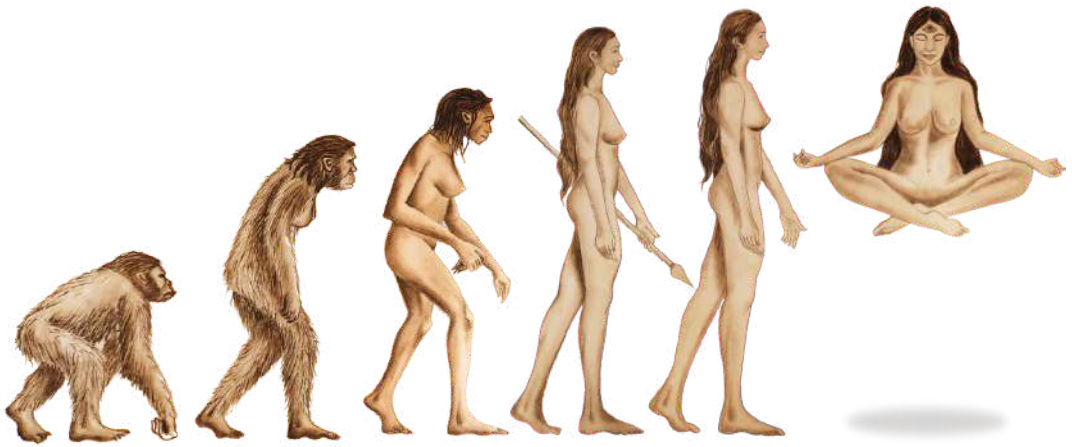
Fernando is deeply passionate about his endeavors, and he seamlessly merges a variety of integrative therapies in his practice and uses client-centric reflective inquiry as the medium of delivery of his interventions. With over 18 years of diverse experience, Fernando's expertise spans as an educator, mentor, and supervisor for reflective practices.

At the heart of his work, Fernando's distinctive interventions serve as a powerful catalyst in inspiring both individuals and professionals, guiding them to ascend to new personal, professional, and spiritual heights.

Fernando embraces meditation, and he is a passionate salsa dancer.



EVOLVING TEMPLE



Healing, Life Enhancement
& Spiritual Attainment Through
CLINICAL OUT-OF-BODY EXPERIENCES

AUGMENTED BRAIN REWIRING
Clinically Aligned Metaphysically Informed

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