

HOLLY ERIN COPELAND

Uniting Ancient Wisdom with Modern Science



ABOUT ME

I am Holly Erin Copeland, founder and owner of HeartMind Alchemy, human potential coach, meditation teacher, Reiki master, and sound healing practitioner.

I am passionate about the intersection of consciousness, awakening, technology and biohacking for the benefit of health and well-being. My mission is to help humanity crack the code to upgrade from "ordinary mind" into luminous awareness and discover the loving, peaceful and resilient presence within. Uniting ancient wisdom with modern science, I utilize wearable technology or "neurotech" to supercharge human potential and catalyze deep personal transformation and healing.

I guide my clients to harness their inner GPS and navigate the challenging terrain of life from a stable ground of being--the aware and free mind that is naturally calm and clear. This sets them on a path to discover their inner truth and live their highest potential.

LIVING IN FLOW IS REORIENTING TO THE LIVEWARE WITHIN YOU
THAT IS ALREADY INSTALLED — YOU JUST HAVEN'T ACTIVATED IT YET.

Modern Science meets Ancient Wisdom

"The universe is a living, connected, electrical organism made up of all the light we can and cannot see. We are part of that illuminated, eternal, mind-boggling, amazingness." - Eileen Day McKusick

We live in an electric universe made of consciousness that is intelligent, interconnected and whole. These deep truths were understood by the ancient wisdom traditions long before we even knew the term quantum field. Modern science makes the invisible visible through the use of bio-feedback devices, which creates confidence, accelerates transformation, and enhances healing.

Uniting ancient wisdom with modern science, I support people to a clear, calm and awakened mind through neurofeedback, brain training, meditation coaching, quantum healing, workshops and retreats.

This is the HeartMind Alchemy Journey.



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PROFESSIONAL BIO

Holly Copeland, MA is a certified Human Potential coach and Biofield Tuning Practitioner, NeuroMeditation and Subtle Energy Meditation teacher, and Reiki Master. She teaches non-dual awareness and subtle energy meditation techniques and uses neurotechnology, Reiki and tuning forks in transformative quantum healing experiences and in her coaching work.

Holly's childhood passion for maps, the environment, technology and spirituality initially led her to a 25 year career as a conservation scientist mapping the Earth's ecosystems with GPS. Heartbroken by the state of the planet coupled with a personal health crisis, she set out on a new path of healing and transformation. She shifted her focus from exterior to interior and rewired her brain to a state of resilience and joy.

Founder of HeartMind Alchemy, and as a former scientist turned meditation teacher and coach, Holly unites ancient wisdom with modern science and harnesses modern technology and neuroscience to empower clients on their path to human flourishing and upgrading from "ordinary mind" to luminous awareness. She guides people out of the muddy waters of the thinking mind to live in flow joyfully and effortlessly from their own inner compass - their own stable ground of being.



TO KNOW AND LOVE THYSELF IS TRUE FREEDOM
AND THE GREATEST GIFT WE CAN GIVE OURSELVES AND OTHERS.

Offerings

HEARTMIND
ALCHEMY

- Human potential, cognitive performance and meditation coaching
- Quantum healing sessions with Healy, Reiki, and biofield tuning
- Talks, workshops and retreats: subtle energy meditation, dream yoga, neurotech, luminous awareness
- Nerdy conversations into the rabbit hole of consciousness on [HeartMind Alchemy Lab](#)

IN CONVERSATION WITH HOLLY

Inspiration for Interview Questions and Speaking Topics



LET'S CONNECT!

Here are some ideas for interview questions:

What does it mean to live from your inner GPS and how can you connect to it?

How can we live a life of flow, calm, and happiness?

What is the importance of accessing and embodying our true self?

Combining ancient wisdom and modern science - Why is this the ultimate life-hack?

Why is meditation and the turn inwards so critical to happiness?

How can non-dual awareness be a path to effortless meditation?

How can we overcome the trap of not-enough and live in wholeness?

How can technology and biofeedback devices help rewire your brain for calm and happiness and support our healing process?

What does it mean to upgrade from ordinary to awakened mind?

What is your perspective as a conservationist on how awakened consciousness is critical to solving the global environmental crisis?

YOU DON'T NEED TO SIT IN A CAVE FOR THREE YEARS
TO ACCESS MENTAL STABILITY AND INNER JOY.

Speaking topics:

From Chaos to Clarity: My Journey to "Step into the Flow Life"

Upgrade from Ordinary to Awakened Mind: A 21st Century Approach to Mind Training (aka Meditation)

Combining Ancient Wisdom and Modern Science to Rewire Your Brain for Inner Calm and Clarity

5 Tips to Enhance Your Meditation With the Help of Neuroscience and Neurotechnology

The 10 Minute Best Life Hack: A Clear, Awakened Mind is Closer Than You Think

What I Learned Tracking My Brainwaves for 6 Months and How You Can Map Your Brain Too

Living From Wholeness: A Conservationist's Perspective on How the Inner Path is Critical to Solving the Global Conservation and Humanitarian Crisis

PHOTOS

FOR YOU TO DOWNLOAD

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CONTACT INFORMATION

Get in touch!

www.heartmindalchemy.com



holly@heartmindalchemy.com



[@heartmindalchemy](https://www.facebook.com/heartmindalchemy)



[@heartmindalchemist](https://www.instagram.com/heartmindalchemist)



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[@heartmindalchemy](https://www.linkedin.com/company/heartmindalchemy)



A CLEAR, AWAKENED MIND

is closer than you think!

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A Clear, Awakened Mind is Closer Than You Think

by Holly Erin Copeland

In the last two years, I learned to meditate in a quest to finally calm my perpetually busy and intellectual Western mind. And, because I tend to go “all in” on virtually everything I do, I dedicated about 2000 hours to practicing, or about 3 hours per day. It inexplicably and profoundly changed my life.

Along the way though, I discovered something of a miracle. There is an ancient direct path to access a peaceful and happy mind. You actually don't need to meditate for 1500 hours. This miracle is a kind of waking up into your own awareness and who you truly are.

The process of accessing awareness and living from there is not complicated, but it requires shifting out of an ordinary thought-based and conceptual way of knowing the world. Perhaps you've never understood this before, but you don't need to think to know the world. Since this is profound and may be a new idea to you, I'm going to repeat it. **You don't need to think to know the world.**

In fact, thinking gets in the way of our most intelligent and sophisticated knowing. Extraordinary things happen when we switch from ordinary, conceptual thought-based mind to knowing awareness.

Living from our knowing awareness (or simply 'awareness') is also more heart and body centered and a much more direct and intelligent way of knowing that bypasses all the hesitation, worry, fear, and doubt of our typical brain-based thinking processes. Accessing awareness is our internal wifi system to directly communicate with our soul-centered or true Self. How do we turn on and access this extraordinary system?

Awareness

The first step is to locate awareness.

Awareness can most easily be felt as a knowing, witnessing presence aware of phenomena through our senses, including thoughts and emotions. Awareness is also a felt sense of an unchanging presence that has been with you your entire life, from your earliest memories to now.

Awareness is the stable ground of your being. It is the only thing in your experience which remains while everything else comes and goes from the drama playing out on the screen of your life. Nothing can be taken away from it, nor added to it. Nor can awareness be harmed. In order to find the happiness and peace amidst the chaos of our mental chatter, we simply need to turn towards the awareness that lies at the heart of our own being.

Love, peace and happiness are inherent in the knowing of our own being. In fact, they are the knowing of being. They are simply other names for our self.


— Rupert Spira, Presence: The Intimacy of All Experience

Awareness cannot be taken away and is the foundation of the “via negativa” or Hindu neti, neti (“not this, not this”) paths because when all else disappears, awareness or true Self remains. It is the “I am” presence talked about in spiritual traditions.

Attention

The next critical step is to understand the relationship between attention and awareness.

Attention is the movement or stretching of awareness away from itself towards an object. When you “attend” to objects — whether physical objects or intangible objects like thoughts about what you ate for breakfast — you shift attention from awareness (the subject) to the objects of your attention. The movement outwards to the objects of attention creates the perception of separation between the subject (“I”) and the object “thing being perceived.”



A CLEAR, AWAKENED MIND

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You spend your life creating and “attending” to the collection of ideas, personality, beliefs and memories that you build into an illusory, identified self. Solidifying this identity hides the fundamental indivisible, whole and complete awareness that you are. Identity also keeps you seeking outwards for answers, looking away from awareness to find yourself.

Ultimately, when you experience your true Self as awareness, you see that identity is an illusion and fundamentally a set of self-created objects of attention.

Seeing Through the Illusory Self

To live as an object is ignorance.

To live as the subject is freedom and natural joy — Mooji

The critical shift in perspective is to “attend” to awareness — to shift from perceiving the object to perceiving the subject of your attention — not the mind-created subject, but the actual subject of all existence, subtle pure awareness of the inner “I”. In this way, you are living as awareness aware of itself.

To feel it, all you need to do is turn your attention inward. It feels like a you-turn or shift of attention from an outward focus to the knowing presence within (the subject). The shift is similar to watching a movie and being so engrossed and lost in the story that you forget you are in a movie theatre. Suddenly, a scary part occurs and you shift attention from the screen back to your awareness to recognize that you are safe in the theatre.

When you are lost in identity, problems take on a solidity that tends to grab our attention. The key is to allow attention to relax or surrender and sink backwards into it’s source (awareness). When you penetrate the illusion of identity, you discover the inherently calm, loving and pure awareness shining through all experience.

Living as Awareness

When you transform your mind, everything you experience is transformed.”

— Yongey Mingyur Rinpoche

In the direct path, life IS the meditation. So, you don’t need to sit down on a cushion and meditate hours a day, but you do need to practice shifting to subject. The more the better. I never stop practicing.

With continued practice of turning the mind back on itself (on awareness), you cease focusing on objects and don’t get involved with the contents of your mind. Without your attentive energy, thoughts begin to lose their power to grab and carry “you” along in the mind-created story.

When you turn attention away from identity and back on the ‘subject’ of awareness, life flows with a kind of grace and acceptance of what is. Freed from incessant inner commentary, struggles dissolve. A tranquil inner clarity and confidence in the flow of life arises naturally in its place.

The great sage Krishnamurti knew this. When asked on his deathbed what was one last piece of advice he had, he said “I don’t mind what happens.” This is the power of turning inwards. You simply relax into awareness and find that events and circumstances of the outside world no longer have the same grab or hold. Just don’t leave awareness. That’s it.

When you finally stop living from the limited thinking mind, life unfolds in flow with clarity, ease and grace and offers unlimited potential. From here, peace and happiness is realized as the fundamental and unshakable ground of your being — you awaken to the joy and boundless freedom that is your birthright.

You’re welcome to use this essay as a guest article on your website.

Please don’t make any changes, mention Holly Copeland as the author, and link to <https://www.heartmindalchemy.com>