

EPIGENETICS+

The Physical & Metaphysical Epigenetics of the Unlimited Lifespan

BLISS, ECSTASIS
& THE EROTIC SOUL

YOU+

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"poetry is intelligence in love" – rensen

YOU+



MADE REAL | BEAUTIFUL

YOU+



FUTUREFEMME | BLISSDESIGNED



AGE REVERSAL

blissDesigned

DR | DENISA RENSEN



" any intelligent fool can make things
bigger and more complex...
it takes a touch of genius and a lot of courage
to move in the opposite direction"

Albert Einstein

*" medicine as poetic essentialism –
minimalist, beautiful, healthy, to the point "*
– denisa rensen

"We know that up to 30,000 variations from a single inherited gene sequence may be produced at any given instance.

Our psychological and biological environment delegates which of these get expressed in real time.

The future human is - **YOU+**
higher consciousness, sublime embodiment, resonant technology, regenerative genomic expression."



Denisa Rensen
AGE REVERSAL | blissDesigned

"Everything you experience designs your gene expression & thereby all your flesh.
Unlimited lifespans will happen only once our body is set to the
FLOW – BLISS – ECSTASIS – EROS
genomic tract."

YOU+



MADE REAL | BEAUTIFUL

Denisa Rensen
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FLOW

optimal state of consciousness where
we *feel our best* and we *perform our best*
" *create our best* "

* Moment of total absorption. Time speeds up or slows down like a freeze-frame effect. Mental and physical ability go through roof, and the brain takes in more information per second, processing it more deeply *

| **STER** |
selflessness
timelessness
effortlessness
richness

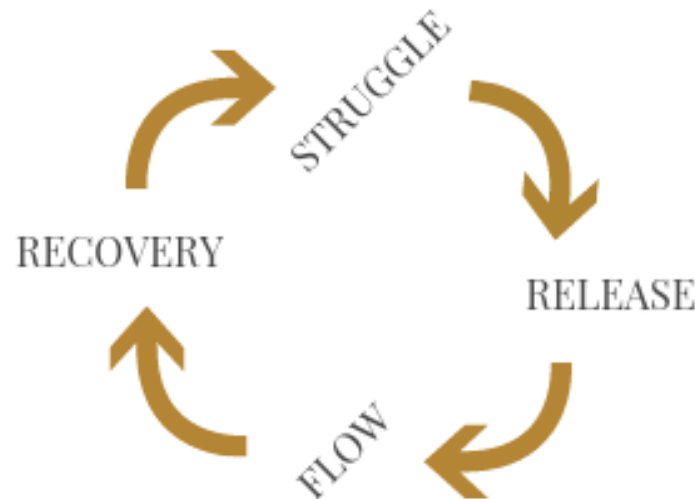
CURIOSITY | FOCUS | PERSISTENCE | SELFLESSNESS | AUTOTELIC

... Wheal, Kotler, Benson, Csíkszentmihályi ...

BLISS | ECSTASIS

The FLOW CYCLE

- 1 | **STRUGGLE** | Beta | Cortisol Norepinephrine
- 2 | **RELEASE** | Alpha | Nitric Oxide
- 3 | **FLOW** | Theta | Dopamine Endorphins Anandamide
- 4 | **RECOVERY** | Delta | Serotonin Oxytocin



BLISS | ECSTASIS

19+ FLOW TRIGGERS

PSYCHOLOGICAL

Intensely Focused Attention
Clear Goals
Immediate Feedback
The Challenge/Skill Ratio

SOCIAL

Serious Concentration
Shared, Clear Goals
Good Communication
Familiarity
Equal Participation and Skill
Level
Risk
Sense of Control
Close Listening
Always Say Yes

ENVIRONMENTAL
High Consequences
Rich Environment
Deep Embodiment



CREATIVE
Pattern Recognition
Risk-Taking

FLOW

BLISS

ananda, blessedness, beauty, pleasure, delight, elation, receptive, inhale, yin



ECSTASIS

intense euphoria, awe, vivid, detailed, revealing, rapturous, exhale, yang

blissDesigned SALON
with Dr. Devina Denise

" optimal state of consciousness where
we **feel** our best and we **perform** our best "
create

non-egoic & liberated

BLISS

non-ordinary flow state of consciousness that embodies FLOW
coupled with a sense of BLESSEDNESS.
The feminine frequency, the Yin of FLOW.

"you are receiving life"

Denisa Rensen
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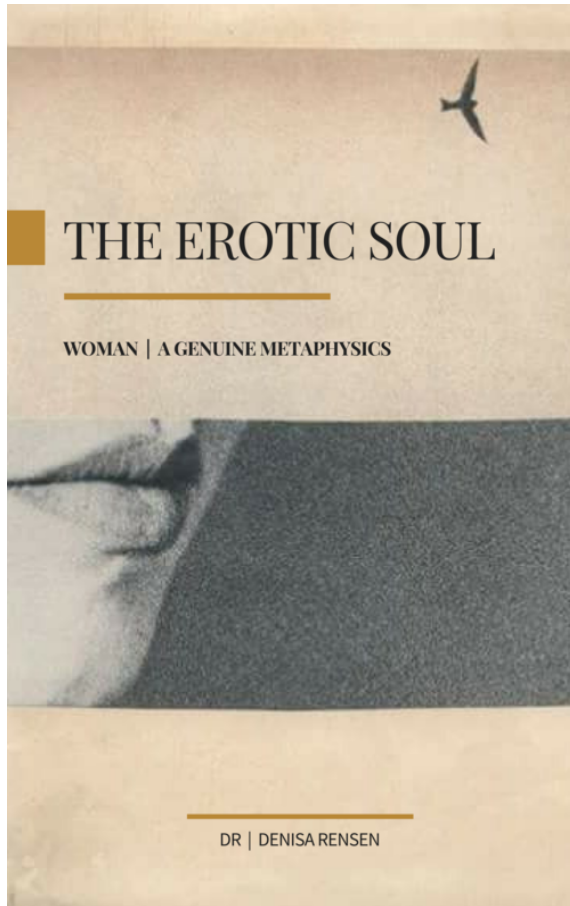
ECSTASIS

non-ordinary flow state of consciousness that embodies FLOW
coupled with a sense of AWE.

The masculine frequency, the Yang of FLOW.

"you are penetrating life"

Denisa Rensen
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EROS

“I must, I must
it’s all I heard,
a voice inside me
pulling at my heart strings,
yearning my womb,
spreading my limbs”

Denisa Rensen
EROTIC SOUL | Woman - A Genuine Metaphysics

EROS

"Creation is otherworldly.

An ingenious emergent property of life

essentially - yearning to live itself, seeking itself.

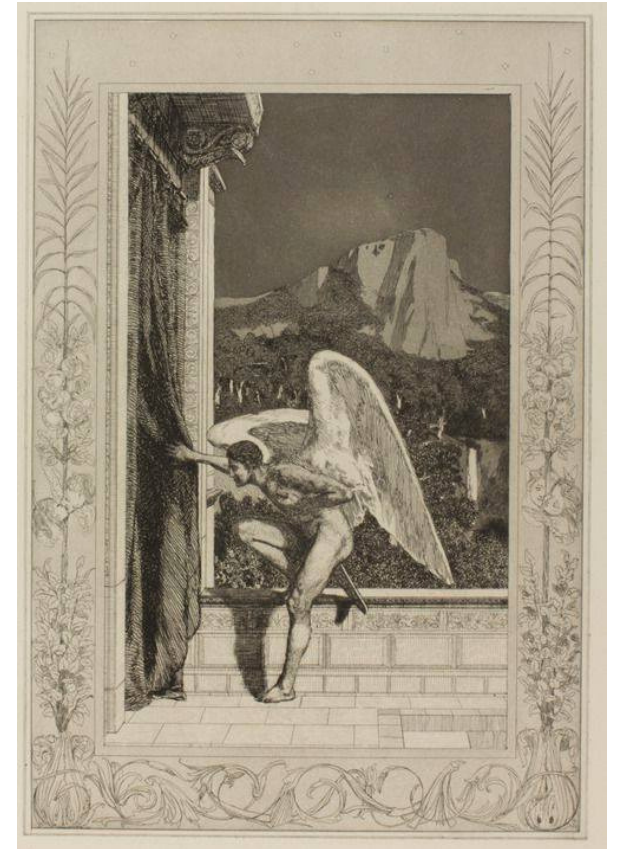
It almost matters not what it is seeking. The juice of this entire design is in the pull, the yearning, the cosmic necessity of it all."

Denisa Rensen

EROTIC SOUL | Woman - A Genuine Metaphysics

EROS

“ It’s not the arrow,
it’s the **wings!**
Those waking whips of arousal. “



Denisa Rensen
EROTIC SOUL | Woman - A Genuine Metaphysics

"BLISS, ECSTASIS & The EroCreative –
The Future Human will embody these non-
ordinary states of consciousness not as mere
fleeting 'states' of today, but as long-lasting
'TRAITS'."

Denisa Rensen
AGE REVERSAL | blissDesigned

HUMAN

THE 3
SPECTRA

PHYSICAL

DEGENERATION

REGENERATION

METAPHYSICAL

VICTIM/WOUNDED

FREEDOM/HEALTHY

EROTIC

NUMBNESS/THANATOS

BLISS/ECSTASIS/EROS

HUMAN | PHYSICAL

DEGENERATION

INFLAMMATION
OXIDATIVE STRESS
IMMUNE & HORMONAL
DYSREGULATION
DNA & CELLULAR DAMAGE
AUTOREGULATION
BREAKDOWN
SENESCENCE
LOSS OF STEM CELLS
LOSS OF MOTION
STAGNATION
TOXIC BUILD UP
DAMAGE
ETC



REGENERATION

AUTOREGULATION
ECS/HOMEOSTASIS
NEURO
IMMUNE
ENDOCRINE
DETOX
NUTRIENT ASSIMILATION
AUTOPHAGY
PERFUSION
CIRCULATION
O₂/NO RADIANCE
STEM CELLS
GENE THERAPY
REGENERATIVE BIOTECH
ETC

HUMAN | PHYSICAL

you - sensing - you

basic 5 senses
extra senses
phenomenological senses
esoteric senses
energetic senses

"pointing consciousness,
awareness
into your body"

blissDesigned BODY
SALON SERIES

SALON 1
SENSING YOU

with Dr. DENISA RENSEN



HUMAN | PHYSICAL

you - sensing - you

Wooden					Expanded
Congested					Expansive
Dull	Tender				Flowing
Dense	Sensitive				Floating
Frozen	Bruised			Calm	Fluid
Icy	Achy	Shaky		Energized	Draining
Disconnected	Sore	Trembly	Prickly	Smooth	Joyful
Thick	Tense	Throbbing	Electric	Streaming	Resonant
Blocked	Tight	Pounding	Tingling	Warm	Connected
Contracted	Nauseous	Fluttery	Nervy	Cool	Integrated
Heavy	Tense	Shivery	Twitchy	Relaxed	Whole
Suffocated	Tight	Queasy	Burning	Open	Exquisite
Cold	Constricted	Wobbly	Radiating	Light	Yummy
Numb	Clenched	Bubbly	Referring	Spacious	Blissful
Closed	Knotted	Dizzy	Buzzy	Airy	Ecstatic
Dark	Hot	Spacey	Itchy	Releasing	Sublime
Hollow	Full	Breathless		Luminous	
Empty	Sweaty				

"touching on medical intuition, medical QI GONG"

HUMAN | METAPHYSICAL

WOUNDED
VICTIMHOOD



HEALTHY
FREEDOM

HUMAN | METAPHYSICAL

LOVE
EROS

receiving
embodiment of sovereignty
opening, expressing
connecting, choosing
beautifying, allowing
intuiting, desire, inviting

HEALTHY

giving, action

upholding sovereignty
discerning, solving
awareness, service
stance, structures, offering
trust

PEACE
EROS

YIN
feminine

shame, guilt, martyrdom, doubt
dependence, explaining, taking
expecting, scarcity, hiding
unworth, shrinking,
submissiveness

YANG
masculine

control, judgement, protection,
blame, critique, directing,
achieving, demanding, reacting,
over/giving, dominating, pushing,
pressing, hurrying, mistrust

FILLING/ADDICTION
THANATOS

WOUNDED

DISSOLVING/END
THANATOS

HUMAN | METAPHYSICAL



“O.N.E.”

Ongoing Non-Symbolic Experience, persistent non-symbolic experience (PNSE), “enlightenment,” “nondual consciousness,” “persistent mystical experience,” “awakening,” “self-transcendence,” “unity consciousness,”

– Dr. Jeffrey Martin, Transformative Space

HUMAN | EROTIC

NUMBNESS
SURVIVAL
STATUS QUO
THANATOS



BLISS
ECSTASIS
CREATIVE
EROS

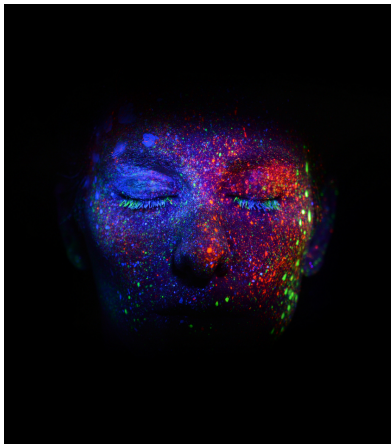
HUMAN | EROTIC



SENSUAL - EXQUISITE - ALIVE

*Intimate - Nourishing - Youthful - Illuminating -
Expansive - Mystical - Sizzling - Transcendent -
Luxurious - Inspiring - Piquant - Appetizing -
Sophisticated - Rejuvenating - Fearless - High
Frequency - Sexy - Conscious - Captivating -
Quantum - Healing - Sensuous - Awakening -
Delicious - Adventurous - Healthy - Succulent -
Ageless - Chic - Erotic - Intelligent - Free -
Luscious - Transformational - Transcendent -
Ignitive - Deeply Loving - Present*

"The future is not what it used to be.
Neither is the present."



IMMORTALIS
blissDesigned

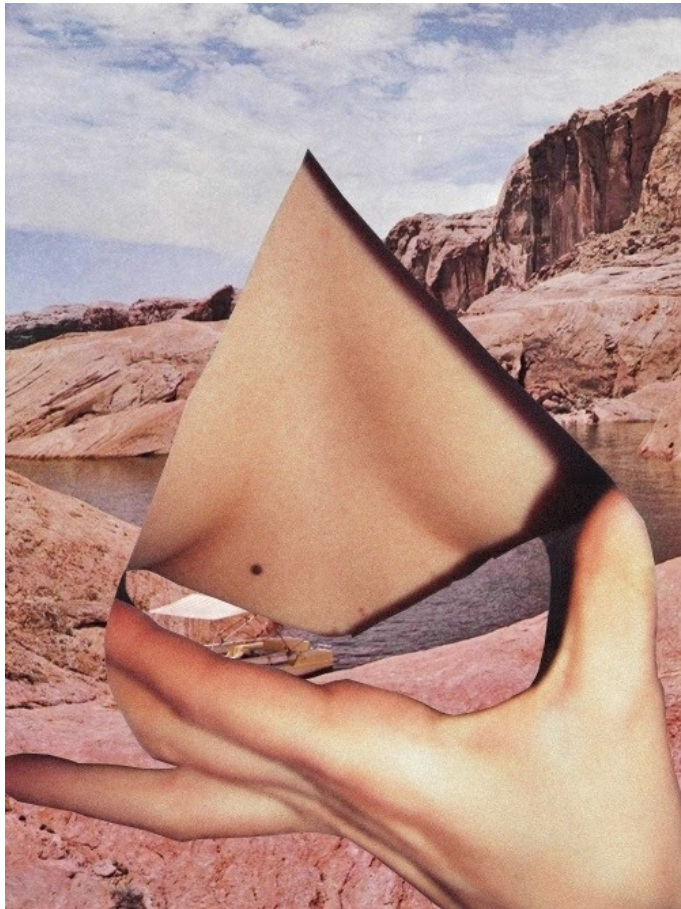
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IMMORTALIS | blissDesigned

The Hedonistic Imperative outlines how nanotechnology and genetic engineering will eliminate aversive experience from the living world. Over the next thousand years or so, the biological substrates of suffering will be eradicated completely.

"Physical" and "mental" pain alike are destined to disappear into evolutionary history. The biochemistry of everyday discontents will be genetically phased out too. Malaise will be replaced by the **biochemistry of bliss**. Matter and energy will be sculpted into **life-loving super-beings** animated by gradients of well-being. The states of mind of our descendants are likely to be incomprehensibly diverse by comparison with today. Yet all will share at least one common feature: **a sublime and all-pervasive happiness**.

This feeling of absolute well-being will surpass anything contemporary human neurochemistry can imagine, let alone sustain. The story gets better. Post-human states of **magical joy** will be biologically refined, multiplied and intensified indefinitely. Notions of what now passes for tolerably good mental health are likely to be superseded. They will be written off as mood-congruent pathologies of the primordial Darwinian psyche. Such ugly thoughts and feelings will be diagnosed as typical of the tragic lives of emotional primitives from the previous era. In time, the deliberate re-creation of today's state-spectrum of normal waking and dreaming consciousness may be outlawed as cruel and immoral.



*ensouled flesh emptying mind
the work of being human*

- rensen

only the high get lucid

- rensen

