

The logo for 'SOUL HAPPY' is centered on a large, textured orange sphere. The word 'SOUL' is in a dark purple font, with the letter 'O' containing a stylized brain icon. The word 'HAPPY' is in a lighter purple font. A vertical line separates 'SOUL' and 'HAPPY'.

SOUL HAPPY

***WELCOME TO THE
21ST CENTURY OF MENTAL WELLNESS***

SOUL HAPPY

mind pod

The Next Generation of Stress Reduction

An experiential, innovative, and real-time therapeutic environment entirely designed to de-escalate anxiety.



About Us



CARA HEWETT, M.A.

TRACY ZBORIL, M.S.W.

Cara and Tracy are psychotherapists with over 50 years of combined experience. They became frustrated with years of practicing traditional talk therapy and its limitations and set out to find a better way.

New discoveries in the field of neuroscience allowed them to understand that the mind is capable of rewiring itself for positivity, a process known as neuroplasticity. This ignited a passion in them for bridging science, psychology and spirituality, resulting in the development of the Soul Happy Technique.

They are co-founders of Soul Happy, a company aimed at revolutionizing the field of mental health into a lifestyle approach for humanity, making mental fitness and mind exercises a part of everyday life to instill increased positivity and a higher potential.

The Science Behind Soul Happy

THE SCIENCE BEHIND IT

who

This deeply researched and science-based technique has already changed the lives and businesses of high-performing athletes, C-suite executives, and elite business owners.

what

Through the use of evidence-based mind exercises, we clear past negativity that holds us back and then we program a winning confidence that results in the ability to reach our highest potential.

how

New discoveries in neuroscience allowed for a radical novel approach to treating behavior. We now know that the mind can rewire itself through process called neuroplasticity. We do this through evidence based mind exercises that ultimately reprogram the mind for positivity and higher potential.

why

Cara and Tracy saw a need for more immediate, effective and quick relief from anxiety and stress so prevalent in modern day life. This scientific approach does just that, making mental wellness a lifestyle change through practicing mental fitness.



Three-Pronged Approach



KEYS TO MENTAL WELLNESS

1

Soul Happy Technique

2

Interactive therapeutic workshops & retreats

3

mind pod



Soul Happy Technique

SOUL HAPPY SESSIONS

Online therapeutic self-directed technique
done in the privacy of your own home



Session 1: How Your Mind Works

For the technique to be effective, Cara and Tracy both believe it is pertinent for individuals to have an in-depth understanding of how their minds work and the neuroscience behind how the technique works as well.



Session 3: Expanding Your Awareness

This session is about getting in touch with the real you and the state in which your strengths exist in their purest forms; the you who was there before you were programmed with all those negative memories over time, from your childhood to your adult life.



Session 2: Clearing the Cluster

This session goes directly to your subconscious mind to clear out the negative emotions, failures and disappointments tied to certain memories that have all accumulated into a giant cluster.



Session 4: Reprogramming Through Sensory Imprinting

Once the negativity cluster is cleared out and you're working with your true self, this session then reprograms the cleared space to fill it up with positive, winning scenarios.

Mental Rehearsal



The conscious mind needs repetition to form a new habit. Mental Rehearsal ensures repetition for the tools used in the technique for it to become a life-long habit.

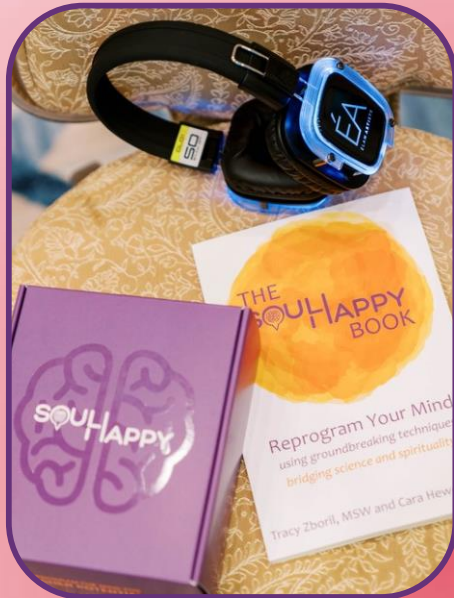
Immersive Workshops & Retreats

An interactive therapeutic workshop for high performers

Speaker Session (live & online)

Therapist in a Box:

Includes sensory reprogramming tools, author signed book, and use of stereo headsets



What will I gain from this workshop?

- A liberating perspective of how worry, fear, and guilt (all of which cause anxiety) are a colossal waste of time
- You will have cleared out the negativity sabotaging your success, thereby allowing space to program positive winning scenarios
- You will be given tools to ensure your ongoing transformation

SOUL HAPPY mind pod



We identified an urgent need for immediate stress reduction in today's society.



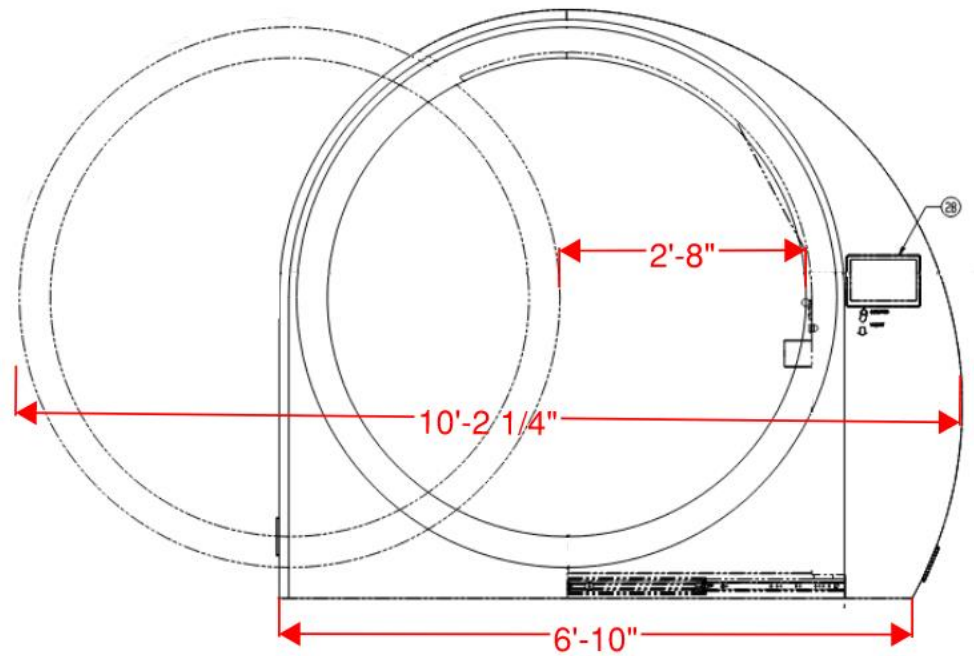
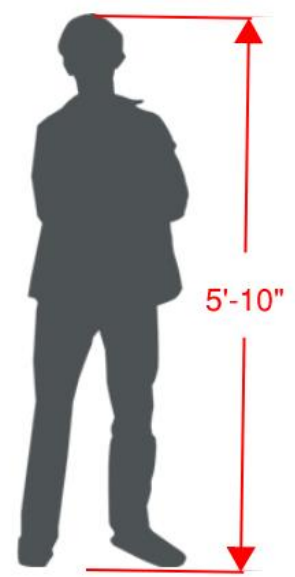
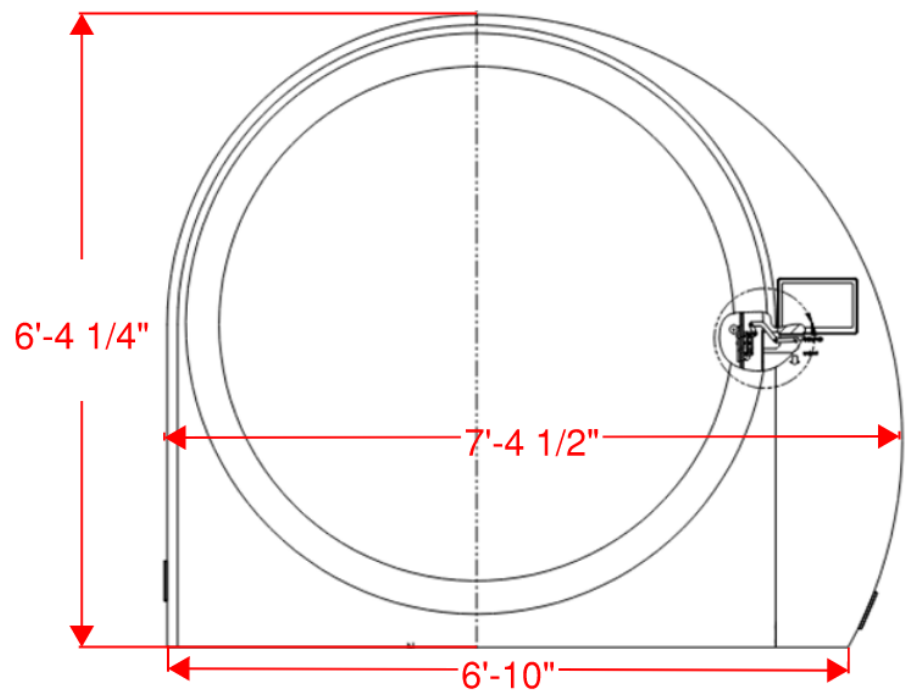
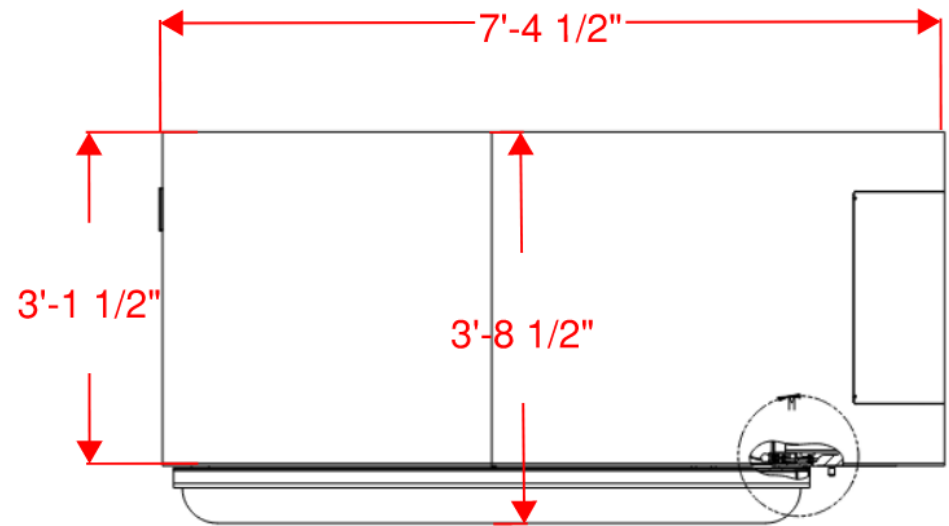
The mind pod offers privacy to do short directive mind exercises specific for stress reduction.

SOUL HAPPY mind pod

Discover an experiential, innovative and real-time therapeutic environment entirely designed to de-escalate anxiety. The Soul Happy Mind Pod is an enclosure that allows for an engaging sanctuary-like environment, while a series of evidence-based directive videos provides an immediate reduction of stress.



SOUL HAPPY mind pod



SOULHAPPY

mind pod equipment



- 1 32" Monitor
- 2 Headrest Speakers
- 3 LED Lighting Bar
- 4 Sound bar
- 5 Ergonomic Seating
- 6 7" & 10" Touch Screen Display
- 7 LED Lighting
- 8 AV Media Plays
- 9 Air Purifier
- 10 Oculus Glasses

*Oculus Glasses to be used for same immersive experience without Mind Pod

Contact Us



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www.soulhappy.com



Follow us: [@soulhappytechnique](https://www.instagram.com/soulhappytechnique)

The Future of the Mind Pod..the sky is the limit

NUMEROUS CUSTOMIZABLE OPPORTUNITIES INCLUDING:

Collaborative app based interactive meditation videos

Employee training videos

University settings for one-on-one learning

Energetic sound healing modalities

Infrared panels for enhanced well-being

Appendix



mind pod Equipment Cont.



Audio, Video, and Lighting Technical Scope:							
Bill of Materials							
Ref #	Manufacturer	Model	Qty	Description	Dimenions (HxWxD)	Power Draw (Amps @ 120V)	Mounting/ Location
Power/ Network:							
1	Tripp Lite	PS361206	1	Power Distrobution - 12 Outlet - 3'	1.25 x 1.50 x 36.0	NA	Storage Cabinet
2	Netgear	GS308E	1	(6) Port Network Switch	6.2 x 4 x 1.1	0.01	Storage Cabinet
Video:							
3	BrightSign	HD1024 Expanded I/O	3	AV Media Player	6.3 x 0.87 x 5.7	0.2	Storage Cabinet
4	BrightSign	GPIO-TB-6	6	GPIO Block Connector	NA	NA	Integrated Part
5	BrightSign	SDHC-32C10-1(M)	3	32 Gb Micro SD Card	NA	NA	Integrated Part
6	BrightSign	USB Modem	2	Cellular USB Expander	NA	NA	Integrated Part
7	Beetronics	7TS7M	1	7" Touch Screen Display	7.1 x 4.8 x 1.5"	0.2	Wall Mounted
8	Beetronics	10TS7	1	10" Touch Screen Display	13.6 x 5.4 x 1.3	0.2	Exterior
9	Beetronics	VWB1	2	Touch Screen Mount - Flat Mounting	4.5 x 4.5 x .43	NA	Wall Mounted
10	NEC	E328	1	32" Commercial Display - 1080p	28.61 x 16.63 x 2.64	1	Wall Mounted
11	Chief	KQW100S	1	Wall Mount - Pivot	7.58 x 4.55 x 4.91	NA	Wall Mounted
Audio:							
12	Dayton Audio	DSP-408	1	Digital Sound Processor	6.53 x 1.02 x 4.55	0.15	Storage Cabinet
13	Dayton Audio	STA30HP	1	30w 2 Channel Audio Amplifier	1.28 x 3.82 x 5.16	0.3	Storage Cabinet
14	COSOOS	39.4inch 50W Soundbar	1	Soundbar - Detachable, Wall Mounted	20 x 2.8 x 2.8	0.875	Wall Mounted
15	Dayton Audio	DMA45-4	2	1.5" Full Range Driver	1.81 x 1.02	NA	Chair Mounted
Lighting:							
16	Solid Apollo	SA-CTRL-25	1	DMX Stand Alone Controller	6.5 x 3.98 x 1.5	0.005	Storage Cabinet
17	Solid Apollo	SA-CTRL-DMX-SPI-CTRL	2	DMX Pixel Controller	4.1 x 2.5 x 1.6	NA	Storage Cabinet
18	Solid Apollo	SA-PS-12V-4A-48W	2	LED Power Supply 12V 48W	4.8 x 2.2 x 1.3	NA	Storage Cabinet
19	Solid Apollo	SA-LS-RGB-3PXL-WHT-5050-300-12V	2	PixelLine RGB LED Strip - 16.4' total length	.39 x 2 x .08	0.6	Ceiling Mounted
20	Solid Apollo	SA-PROF-FLEX-AL-78	5	78" Flex Aluminium Strip Channel	78 x .53 x .22	NA	Ceiling Mounted
21	Solid Apollo	SA-PROF-FLEX-AL-BRACKET	10	AdaptFlex Channel Bracket	NA	NA	Mounting Hardware
22	Solid Apollo	SA-PROF-FLEX-AL-ENDCAP	2	AdaptFlex Endcap	NA	NA	Integrated Part
23	Solid Apollo	SA-LS-ACC-INCHAN-101	2	RGB In-Channel Connector	NA	NA	Integrated Part
25	Solid Apollo	SA-LS-ACC-5Wire-Splice	2	5-Wire Splice Block Wire Connector	NA	NA	Integrated Part
Misc:							
26	Amazon Basics	HDMI Cable	3	10'	NA	NA	Cabling
27	Amazon Basics	CAT6 Cable	3	5'	NA	NA	Cabling
28	Amazon Basics	3.5mm Jack to RCA	1	4'	NA	NA	Cabling
29	Amazon Basics	RCA cable	2	6'	NA	NA	Cabling
	Solid Apollo	SA-LS-ACC-TRANS-RGB-CABLE	1	RGB Wire Cable - 50'	NA	NA	Cabling
30	Belden	6200UE	1	Speaker Cabling 16AWG - 100'	NA	NA	Cabling
31	Accu-Cable	AC3PDMX5	2	3 pin DMX Cable - 5'	NA	NA	Cabling

SOUL HAPPY mind pod

FRESH AIR MOBILE

Our pocket-sized purifier provides clean, healthy air when you're on the go; significantly reducing surface and airborne contaminants, odors and pollutants in the areas where you spend your time.



WHAT'S POLLUTING YOUR AIR?

- VOCs, smoke and odors
- Pollen, dust and dander
- Residue from cleaning chemicals
- Mold and fungal spores
- Poor indoor air quality
- Exhaust from other vehicles
- Stale air from the air conditioner/heater

WHAT IT DOES

- Our proprietary ActivePure® Technology destroys up to 99% of surface and airborne contaminants
- Touch sensitive settings to provide ease of operation and function
- Disinfects surfaces and air, removes VOCs, smoke and odors
- Reduces airborne contaminants and allergens that can trigger asthma and allergy symptoms
- Freshens air and removes odors
- Reduces dirt and dust from the air to make cleaning easier
- Creates healthy, pure indoor spaces

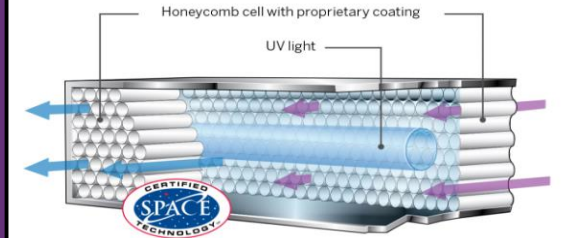


After 8 hours with ActivePure® Technology



Before ActivePure® Technology

PATENTED CELL DESIGN



SO WHAT IS ACTIVEPURE® TECHNOLOGY?

ActivePure®
TECHNOLOGY

ActivePure is based on technology originally developed by NASA. It is proven to reduce over 99% of surface micro-organisms and dramatically reduce airborne contaminants and allergens in the air.

In 2017, ActivePure® Technology was inducted into the Space Technology Hall of Fame by The Space Foundation.



HOW ACTIVEPURE® WORKS

ActivePure® has been tested in independent labs and proven to reduce and eliminate viruses, bacteria, mold and fungi on surfaces and in the air.

It works by harnessing microscopic oxygen and water molecules in the air that then go through our purification units, which are equipped with an ActivePure® honeycomb matrix.

While inside the matrix, the molecules are transformed into friendly-yet-powerful oxidizers. As they're released back into the air, these supercharged ActivePure® molecules seek and rapidly destroy contaminants, fungi, mold, and odor-causing bacteria – even ones that try to hide in hard-to-reach places.



SOUL HAPPY

The logo features the word "SOUL" in a dark purple font, where the letter "O" is replaced by a stylized brain icon inside a speech bubble shape. The word "HAPPY" is in a lighter purple font. The entire logo is centered on a large, circular watercolor-style background in shades of orange and yellow. The background of the image is a soft-focus bokeh of warm, glowing lights in yellow, orange, and red tones.