

CONSCIOUS YOWIES CRYPTO, HEALTH, WEALTH and HAPPINESS MENTOR GROUP

This Group has Free and Unlimited Lifetime Access to any and all events, services and coaching in the Consciously Integrated Yowie community. Access to networking with like minded self motivated people who are actively working to enjoy their lives more and developing themselves physically, mentally, spiritually and financially. Mentorship and support into the Crypto world and becoming financially free, physically fit and spiritually aligned with your self.

How can you fly like an Eagle if your surrounded by Turkeys, these people are eagles and will be a community of supportive and positive peers you can network with who are putting effort into themselves and working towards goals as you are.

There are 4 Basic Pillars of Self Development and Achievement Provided in this Community which members will receive unlimited access and 1on1 intimate help with if they chose.

These are:

CASH YOWIES - Monetary Gain and Investment

VIBING FIT and CONSCIOUS - Mind, Psychological wellbeing and Spirituality

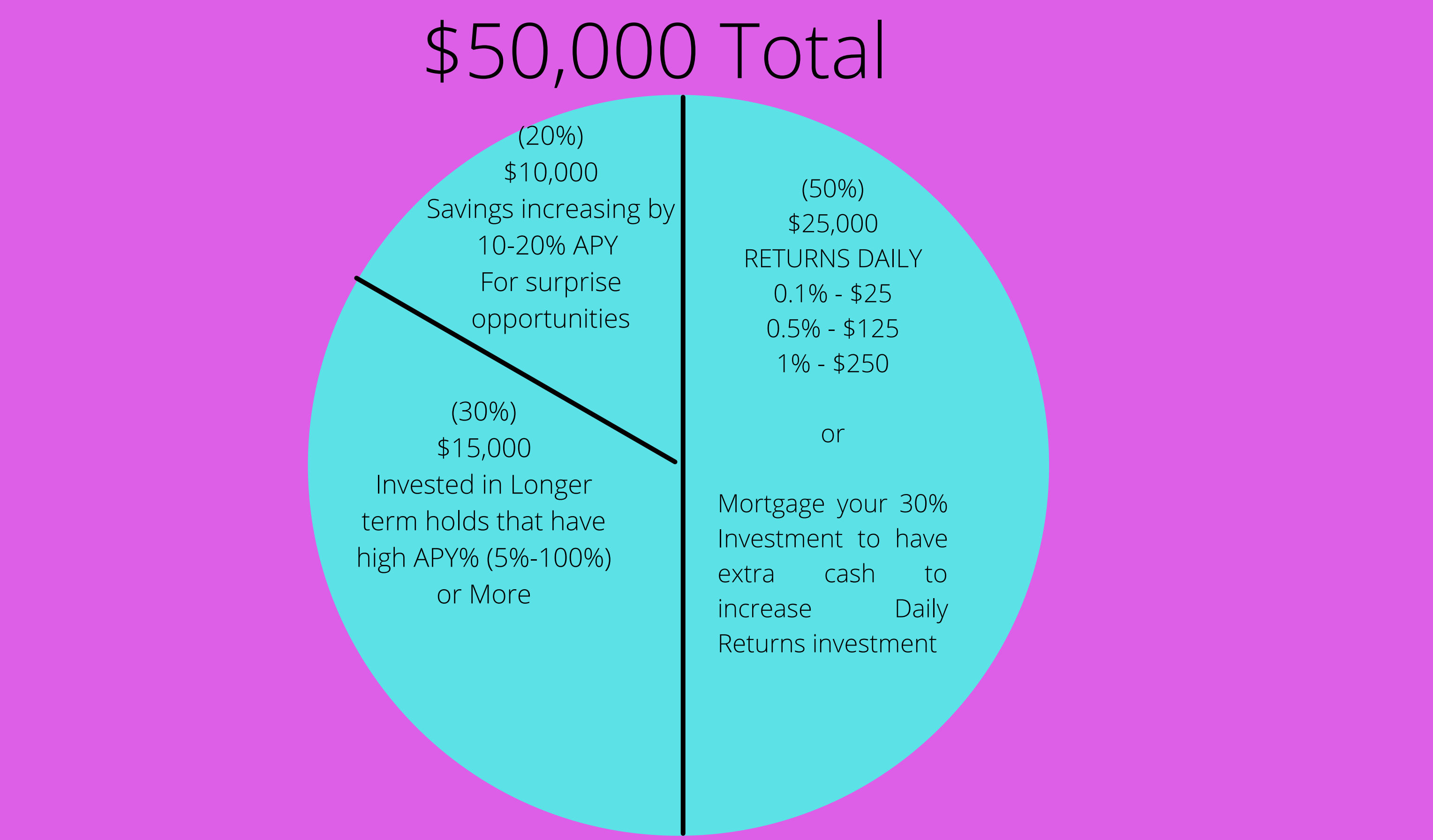
HOLOS - Cellular Regeneration and Healing

UltraWODs - Fitness

Financial Independence

- Our Goal is to help Motivated Members become financially Independent through the Currently growing world of Crypto
- The FIRST goal for all is to recreate equal value of your current Living Income within a year to reduce Financial Stress and develop a sense of freedom in your life even if you currently have \$0 to invest.
- Investing techniques that pay your return in cash on day 1 of beginning
- In Months to a year we want you in a position where if you so desire you would not have to continue working
- Currently we value this knowledge, Support and Mentorship minimally at \$5,000 just to do a course that provides a similar level of education. The gains in this part of crypto are unreal

This is not a get rich quick scheme, but it is a stable and strong method for you to build substantial wealth, increasing over time. More like a get wealthy, stealthy scheme
Here are some basic rates to give a very simplified example. You can do some easy math to have play with these to see what's possible. Once implemented this method requires only minutes a month to build your wealth at a substancial rate



CELLULAR REGENERATION AND PHYSICAL HEALING (HoloS)

- Cellular Regeneration is exactly how it sounds, Natural Healing and regenerating old and damaged cells, which even us young folk have which leads to illness and lack of health
- 1on1 Personalized Cellular Regeneration and Healing Programs aimed to reverse and specifically undo your current Health Issues
- There is no illness or Health issue that cannot be healed through this work
- Basic Healing and Lifestyle correctional advice as a community. i.e Nutritional guidance, weight loss, Fitness Programs and Monthly Community Programming
- Currently we value this knowledge, Support and Level of Mentorship minimally at \$5,000 if you were to receive this level of attention and services externally

PHYSICAL FITNESS (UltraWODs)

- As a Community and 1on1 PT Sessions to get you going there is simple but effective Programming for physical Fitness of any level or age to reach a higher state of Physical Ability and Health
- At the end of each month there will be an organized community events/self development type workout challenge you can do on your own or with our fellow community members to test yourself and enjoy the progress you have made over the previous month
- This Fitness programming builds specifically, respiratory fitness and endurance. Physical strength and muscular endurance. Mental fortitude and new levels of ability with a powerful sense of personal achievement
- This style of group programming helps develop and achieving goal setting, commitment to the self and monthly self progression tests
- Currently we value this knowledge, Support and Level of Mentorship minimally at \$5,000 if you were to receive this level of attention and services externally

SPIRITUAL/MINDSET DEVELOPMENT (Vibing Fit & Conscious)

- This Community is built around the foundation of peoples willingness to live happier, healthier and more positive lives. This can never be done without experiencing the power of the self and self discovery
- Self development involving the mind increases emotional understanding and mental health clarity
- The community has free access to all events and services including but not limited to, breath work sessions, group meditation, ice baths and overcoming barriers guidance, counseling/advice and support e.c.t
- 1on1 Coaching and guided sessions of emotional release, self hypnosis, emotional barrier reduction and much more
- Learning how to live in a state of happiness and creation and recognize when in a state of fear and self preservation

As a member of the community there will be a growing experiences and value on offer. These will be outlined in the Road Map for future development of the community. The more value we can give and develop for the community the better the experience of being in our community will be, so it is in our best interest to look after your best interests.

The Crypto world is fast growing but still very new. It is a place for growth and something people can share positive financial value in rather than competing for success.

We are going to teach and guide members to success along with us in this world while sharing the knowledge and experiences we have to offer while building a community which provides extra value in its self by the variety of people in it with their own value to share.

Being a member of the community is expressed in the ownership of 1 of our NFT's in the Consciously Integrated Yowie collection. An NFT is a Non-Fungible Token, something that is unique and the only one of its kind. These are digital assets and can be sold, traded or owned for \$ value or Crypto Currency.

As Crypto may be brand new to you we will assist you with on boarding to the crypto world and purchasing your NFT Token membership. There is lots to learn and no pressure to learn it now.

WHY IS MEMBERSHIP AN NFT?? AND...WTF is an NFT??

The Value of having an NFT as a membership token is its ability to add value back to the members. NFTs record indisputable ownership information on the Block Chain which means you are the sole owner of that NFT token.

This means your membership is a digital asset, like a house or car and can hold its value and be resold by a member leaving the community for higher value then when they came, or if the demand and value of the community increases, so does the monetary value of your NFT.

Here is an example.

Imagine buying a Gym Membership at your local gym for a year at \$20 a week, \$1040 a year and they only have 100 memberships available. If you miss payments your access is revoked, charges may incur and if you don't use it you lose the value and when it expires you must reinvest. On top of that if you wanted to cancel your membership you may have to pay to end it early.

Now imagine with your NFT however, you buy it once as a membership and it gives you unlimited access, a say in how the gym is run, prepaid access to any events held or any future offers developed. It also holds value so if you wanted to end your membership you could sell it to the next person who wants to gain membership for the same price you bought it for or more. Essentially becoming a ticket that grows as an asset, giving you value in experiences and access to the gym which you then sell on to get your initial investment back. If that gym becomes more popular, people are willing to pay more to buy your membership because there is only 100 available. The community governs and determines the value of the NFTs. The cheapest they will ever be is at the beginning.

You can even mortgage NFTs and borrow money against them in some places.

NFT VALUE HOLDING

The guarantee that your NFT will always hold at the minimum value you bought it for is that there is a limited number in existence, meaning a limited number of membership positions and that the price to become a member will never go down, in the future it may only go up which creates the potential for you to trade your membership in at a profit. Our goal is to over time, reinvest back into the community to offer even more value and experience, which in turn may drive the value of an NFT up. This will be explained further in the Road Map info and what extra perks holders are entitled to in the Holders Guide.

Our Community of NFT holders, fellow Integrated Yowies can somewhat consider themselves shareholders in a “business” without any of the risk. We don’t want to run a business, as the mindset core of a business is to gain more, we have figured out how we can grow in value by GIVING more.

Currently if we were to breakdown what we offer into courses, time and 1on1 support what we are offering is well over \$20,000 in value per person. We have worked out how to not only give the members the potential to earn that monetary value or more for themselves through the knowledge and experiences we offer, we also DO NOT HAVE TO CHARGE ANYWHERE NEAR THAT LEVEL to do what we are intending.

Think of it like a ticket or members card that you can sell so that when and if you finally move on you regain the money you initially invested in yourself if not more.

This project is fully developed by us, we are not professional artists or coders and have had to learn and develop everything on our own. It was Lots of Fun and will be ever evolving.

SEMINARS

Our first seminars will be like introductions to Crypto, giving mindset experiences, breathe work, self-hypnosis, meditation and brushing over the possibilities of health. These can be intense experiences and very eye opening. This seminar will be an on boarding to everything. It will be a lot of fun, mind blowing and even if you are not new to some of the concepts, the weekend will be lit.

The first seminars will also act as intro sessions for Crypto investing, setting up your wallets and gaining your NFT if you require help with that. At the end of the 2 day seminar you will have the knowledge and skills to begin making money with Crypto without taking any risk and essentially doing nothing. The crypto world at times seems too good to be true, but we are keeping the strategy extremely basic, no risk and highly effective. You stand to begin making cash income from the moment you set up, making real money on day 1. It is really, very exciting and as a part of our community we will be there to help guide you every turn if needed.

One of the best things about these strategies of making money with Crypto is that it gives you a sense of direction and passion with your money, at least your savings are making you money instead of just sitting there and it gives you small incremental goals to look forward to which allow you to measure your progress by achievement.

During the seminar we will be setting up Demo's with fake money so you can practice and gain confidence and understanding before you invest real \$\$\$\$\$. You will also get a view into the reality of how effective this is by watching the live results yourself and as a group over the weekend. You can run these for weeks or months if you want to before having to invest. The options are all up to you and we are there to support all of your decisions.

We find that the Crypto is almost a spiritual way of making income, because it helps teach you that you just need to CHILL TF OUT AND LET IT DO ITS THING FOR YOU as its not out to ruin your life. :)

We don't see the accumulation of new money as more important then the self development aspects of healing and our community, but we do recognize that without money issues and with an excess of it, for most of us it creates an extra layer of support and stability that allows us to work on ourselves and enjoy life more which is why we want to help you get to wealth. If we can reduce financial worries imagine how much spare time and energy you will have for yourself.

HOLDERS GUIDE

HOLDERS OF THE NFT WILL GAIN:

- Access to all value, mentoring and associated experiences
- At the attainment of each Member Token, the holder will make a guess to the total of the collection/NFTs that will be capped. The first person to guess correct will earn themselves \$50,000. This will be activated in phase 2 to allow a cohort of original members and future holders to be included. Original holders will get 2 guesses, just for fun and to show some appreciation
- The holder that is responsible for the most referrals at completion of total NFTs Memberships will earn \$100,000
- Holders are entitled to have a vote or say in all decisions relevant to the Yowies "Business" decisions
- Holders can present their ideas and desire of how the community should be run and ideas regarding the future developments inline with the Road Map
- Money will be invested on behalf of the community so that the community has extra funds to execute on ideas and any profit can be distributed among holders. Money from future external revenues will also be added to this pool
- The core of the community will be developed to hold and gain value and revenue for holders. Many ideas exist currently and will be released as they come into action
- As the community progresses there will be a newsletter type communication to keep holders updated with added aspects and ones coming into play
- The more active the member is in utilizing us for self development and in the community in general, the higher the voice they stand to hold in ideas, development and in the communities eyes
- We will not be determining members value on what they can bring or their \$\$ worth, it will be by their passion, creativity and self drive to give goodness to all and avoid any kind of hierarchy of power

Each Yowie will be named by/after the original, first owner

Every Yowie is hand drawn and created manually, independently

NFT Value Adding

- When members total reaches certain undisclosed targets, e.g 10 or 20 or 30, e.c.t the next memberships released will increase in price by a small percentage adding value to earlier holders assets
- When final membership is sold. The asset value will be at least \$3,000-\$10,000 based on the concept above. This is yet to be determined, as we want members to have a say as it progresses in how we value it and to keep it accessible for people in need. Its not always about the money
- Once total Token Memberships are in existence no more will be created
- To keep supply and demand in check, until entire collection is released, there will only be an NFT Token Minted with each new member. If a member decides to leave and is selling, we will connect their sale to an oncoming new member at a slightly higher price to help lift the floor price and cancel the need to mint a new token
- A community investment and income pool will be created at no cost to members to grow in monetary value able to be distributed among holders and develop new ideas of value. Reinvesting and creating experiential activities. A few generic examples of this is the prize pool of \$150,000 will be invested into the strategies we teach until they are gifted to the relevant members. Revenue created from outside of holders in future developments such as a gym, healing centers and retreats, e.c.t will be added into this pool
- Unlike other NFTs ours has practical real world utility locally and will not become available in a large-scale drop. Members will be somewhat vetted based on their interest to becoming part of the community to keep away people who have the wrong intentions or intentions that aren't inline with what the community stands for and offers also allowing growth at a rate with which we can guarantee value to members at a personal level instead of becoming lost in a crowd

Our NFT's are homemade by us...Non artists, built from the heart and express the core value we are establishing through a symbolic story

ROAD MAP FROM THE PRESENT TO FUTURE

PHASE 1

- Phase 1 one of the Consciously Integrated Yowie community is local to Bargara and Bundaberg surrounds so that we can provide quality value and support to our Original Base. We want to remain loyal and deliver much value. Our goal of course is to progress to provide value and when we see fit and realistic we will expand our reach of community further at base levels
- We begin with local weekend, hands on seminars that will evolve with the community. Beginning seminars will onboard everyone to Crypto investing and give experiences of connecting with yourself in Mindset techniques, self development practices and things I cant even put into words here showing what we offer and opening members up to their options
- Later Seminars will evolve in complexity to add to the communities individual advancement, learning and experience
- Seminars will increase in specificity and allow options for people at different stages of their holistic journey
- Coaching and guidance in creating financial freedom in Crypto, 0 Risk and a solid foundation for wealth growth. This is provided and guided at a personal level to ensure 0 risk, support and a stress free journey
- Coaching and guidance to fitter and healthier bodies through healing, personal programming and community group sessions
- Access to all 'classes' and group sessions; Breathwork, Meditation, Fitness, e.c.t
- Monthly Community workout/adventure (UltraWODs Programming)
- Community activities both locally and holiday/adventure style away
- Immediate access to any further developments and offers
- Exclusive access to community events with likeminded positive people
- Developing a pool of \$\$\$\$ which can then be given back to members who are struggling to get ahead

PHASE 2

- Purchase or Develop a Gym/Centre in Bargara or Bundaberg where members can live the lifestyle daily and commune in their self development activities
- Develop and build a campground on our 700 acre property in Bucca that members can utilize for positive lifestyle activities and host Community events, giving them and their families positive health conscious experiences. A river, bike riding, canoeing, adventure, e.c.t
- Fully Developed content online for external and personal use and distanced access, begin providing value and experiences of the same to other locations and members in Queensland
- Increase intensity of Value adding for Yowie Holders of the NFT
- Implementation of \$50,000 giveaway now that a cohort has gathered

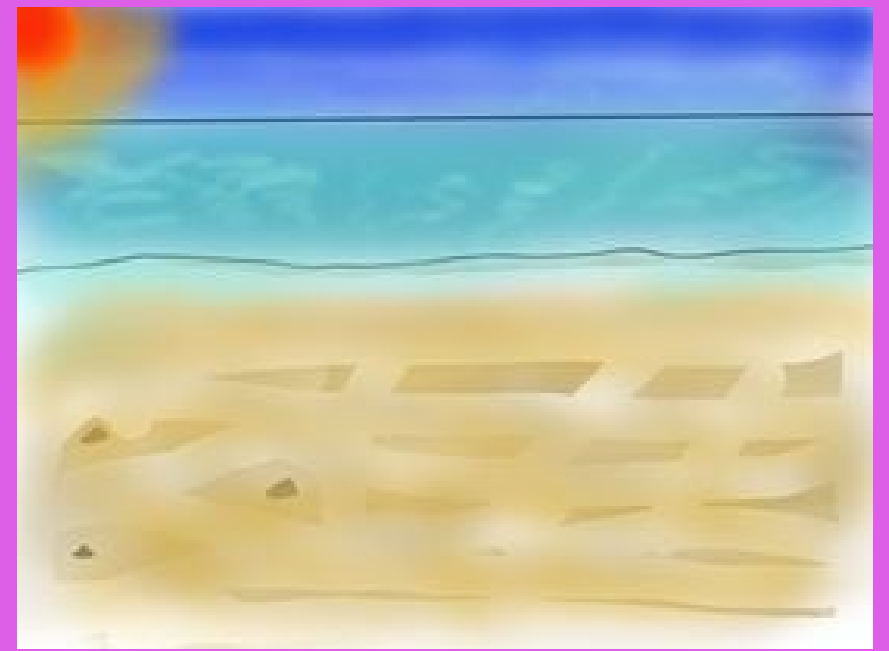
PHASE 3

- Purchase land in the Sunshine Coast Region and Northern Queensland (Cairns Area) to build healing and health retreat centers for members to utilize and access guided healing programs, education and activities and further revenue for holders
- Ongoing Ideas for Future

IDEAS IMPLEMENTED WHENEVER

- Business's or owners that are holders and Yowie Members will be able to network with us and develop relationships so we can offer more access to value and experiences to our member community and local community while also providing value to the Members business in a supportive cycle
- When the community requires assistance it will develop professional paid positions and of course fill these with members to give opportunities of lifestyle quality, internal experience to continue creating a cycle of value creation
- Develop extra income streams to add monetary value back to members

THE ROAD MAP AND HOLDERS GUIDE WILL BE UPDATED IF AND WHEN NEW DEVELOPMENTS OR IDEAS ARE INSTALLED



NFT YOWIE HISTORY, BECOMING CONSCIOUSLY INTEGRATED

The first Yowie's spiritual journey started in darkness and they began to align with something above, much higher than themselves for guidance. They began to turn their attention up and noticed the beauty of their star sign. Then light began to grow above them and it turned into the moon.

Summer brought light and warmth as positing affirmations and thoughts motivate the Yowie. Then the Yowie slowly became conscious of the difficulties they were facing in their own lives because of their own inner state of being and began to feel the pain, anguish and turmoil of the Yowies emotions. The Yowie noticed there were parts of the self that were being hidden even though there was so much comfort in Summer.

The bright Summer quickly turns to Autumn as parts of the Yowies world begin stripping away and the Yowie learns to let go. Trees lose their leaves and as the Yowie moves on things become more serene and all encompassing. Everything seems the same, everything blurs together and is one. Autumn grows cold and uncertain then becomes Winter. A blank white slate of unknown with familiar foundations of the Yowies true self, holding strong like Boulders in the blank snow. These foundations give the Yowie strength and confidence to BE and follow the path they are on.

Ideas and dreams begin to bud and manifest into the Yowies life. Slowly but surely all around a completely new world grows around them, full of beautiful chaos we call Spring. The Yowie could now experience the beauty of uncontrolled, random chaos as they had Consciously Integrated themselves. Never mastering the world around them, just mastering the self.

The Yowies have helped others navigate this journey ever since and repeat it yearly themselves in ever evolving seasons their entire life's. Letting their known world be broken down and created anew. The only difference in the process they experience is that they now know how to walk through the darkness while experience the light.

The End, and Begin Again.

OUR SIMPLE CORE VALUE AND GUIDENCE FOR EVERYTHING AND EVERYONE IN THE COMMUNITY IS TO SIMPLY CREATE AND GIVE MORE WHILE TAKING AND RECEIVING LESS AND LESS.

A quote from Greg Glassman that has always had an impact in my view of the moeny world, 'We want to increase the size of the pie, not take more of the pie for ourselves'. Something like that. Thats what were trying to do.

ABOUT US

We are two peeps that have a huge passion for helping and watching others grow in the realm of fitness, self development and healing. We have both been through a spiritual, fitness and healing journey of our own and have lots of experience in this realm to share.

About Thynne without ALL the details: I began my journey into fitness at school doing sports and learning about personal training, bodybuilding, athletics, soccer, cross country running, track and field events. I always had a fascination with Psychology and studied it in my spare time during high school instead of doing any actual 'study'. This fascination made me make decisions based around playing with my own learning of Psychology. When school was over I moved to Bundaberg with my family and began working in hairdressing, doing beauty and similar things. We moved from the NT with cattle and were continually trying to live the old bush and cattle life as a family.

I watched my parents do an amazing job of surviving with the stress's of life plus my brother who I love more than anything who has autism. We evolved a lot as a family and finally let go of the cattle industry and collectively got further into health and fitness. Something that anyone from our previous life would be shocked to learn in our changed way of living.

We began a life in town and things progressively became more and more amazing for us all. My parents went from a place of illness to extreme levels of physical fitness and developed a much higher sense of belonging. I think the amazing community surrounding The Journey cafe in Bargara and BundyFIT CrossFit in Bundaberg helped with that alot, but you would have to ask my parents. That is the magic of a supportive community, I challenge any 20 year old to outwork either of them or have as much energy as them.

I have battled issues with weight gain myself multiple times and am doing so again currently. I also fell in love with the CrossFit methodology through training at BundyFit and will forever owe a huge amount my success, happiness and passion for helping people with fitness to the owner and trainer there whether he knows it or not and hold incredible amounts of gratitude for experiences I have gained there as well as my family. I left Bundaberg in attempts to reach one of my dream goals, to open a CrossFit gym of my own where I can play Kpop while helping people get fit and healthy and vowed to "retire" by 25.

I worked for the government and as a support worker in separate jobs, sometimes working 48+ hours straight without letting people know.

I opened my CrossFit gym with the help of my Dad so I could keep working with the GOV for a while before quitting and essentially 'retiring' at 23. Running and owning my own gym and healing programs.

I loved my gym and the community we had. This is where I met Daniel when he became a member at my gym. I watched him build intensity in his journey and develop unreal levels of fitness and ability becoming an inspiration for lots of people in our gym and the town community itself.

I began studying spirituality actively and delved even deeper into natural healing practices. My motivational thought to continue learning new things was that somewhere there had to be a way to reverse all disease and health issues no matter how controversial or what mainstream methods say. Turns out there is and it's very simple.

In my active practice to understanding the spiritual journey for myself I did activities as simple as lone breath work sessions in the Hot NT sun for hours to meditation on ants nests to develop a sense of internal oneness and deeper emotional control and many things in between. Don't worry I don't think these will be great teaching methods. Spirituality and the journey of the self isn't a blanket program mimicked by everyone. You can be guided but its all your own.

I began developing a healing course connecting cellular regeneration concepts with spiritual development and mindset practices to implement in my gym and integrate with fitness. I did a lot of learning, learning how different people react to different things and thoroughly enjoyed succeeding and failing attempting to bring these practices to people for free. Its amazing watching the way different people create and attach value to things.

My next goal was to be able to be with my family and have the freedom to JUST LIVE. Covid hit and when they closed gyms we packed up that day and moved to Bundaberg. I got to just BE and be close to my family. I took up ultra running Inspired by the notorious Matt Grills the Tattooed Vegan Runner God and owner of The Journey Bargara. I gained a lot of weight and accomplished many silly runs for a heavy boy. I spent the quarantine season training and developing “UltraWODs” with my Dad doing very long and some might say crazy workouts. It was a lot of fun. My Dad became an Ultra Running, CrossFiting, Weightlifter cruising around the Bargara beaches and cafes. Not too long after my mum also became an avid runner and conquered some crazy runs, while Weightlifting and CrossFiting her self. Now were here, 2022.

Just a little side story, I tried giving my programs, time and teaching for free and only a select few wanted it, but when I put an \$800 price tag on it all of a sudden people wanted in. I learned one of the most valuable lessons you can as teacher and that is people have to motivate themselves to be successful and you can only guide and give them tools to do so.

I have always wished I could offer huge amounts of value in Health, Healing and Fitness for free to help people without the need to earn money. Sadly most of us are stuck in a place where money is somewhat important. We want to use money as driving force to help people work on themselves and not a limitation.

I believe The Consciously Integrated Yowie community is that wish coming true where we can offer and develop stupid amounts of value in helping others without requesting ongoing monetary commitments and not have a value exchange held above our heads while developing valuable relationships and experiences.

About Daniel without ALL the details:

Growing up I had always been very physically active playing all different forms of sports. This began to fall off towards the end of high-school where I experimented with a lot of substances. I was very anxious during my childhood and felt that being good at sports was a good way for me to fit in and feel accepted. Inevitably when this attachment dissolved, the underlying insecurities were still present so I turned to another form of external escape, drugs and alcohol. Eventually after a few life lessons I learned that this wasn't the best way to live or the way I really wanted. Life is a gift to be enjoyed, so I decided to delve a little deeper into myself.

This began in becoming physically fitter and facing some fears. So number one I began Muay Thai (Kick boxing). I was scared of conflict when I was younger and had even been beaten up by my twin brother so I felt this was something bothering me that I had to face. I had an organized fight and I won but there was much more inside me I felt like I had to uncover.

I dove headfirst into fitness training after moving to the NT and meeting Thynne at his gym. I trained and battled with my capacity to withstand exercise exhaustion, Inspired by David Goggins. Ironically my main reason for doing this was strengthening my mind through physical exertion so I challenged myself daily through physical exercise. I moved away from the NT and ended up running Ultra Marathons, doing several 100km races while working as a personal Trainer and F45 Trainer.

This got me more intrigued about the mind to body connection and what we are truly capable of when we set our mind to a task and pair it with a powerful belief within ourselves. In the last several years I have delved more towards Ice Baths, Breath work and conscious healing aspects of holistic health modalities, connecting deeper to the innate power within all of us. I have realized how much our internal state affects our external world and everything starts within us. Each and every one of us have the ability to change our world through changing and aligning with our perception of it and the beliefs we have placed upon ourselves.

I ran my own business teaching these techniques, running sessions and doing fitness in Brisbane, which drove my passion even more.

This is what drives me to the feeling of inner freedom and peace, which comes from delving deeper and realizing who you truly are at your core and being your truth. The journey continues as always, much Love.

WHY YOU SHOULD HAVE A CONCIIOUSLY INTEGRATED YOWIE?

Because they are awesome and you get to name one. Oh also because even if we don't get your Yowie to the moon in \$\$ value, we will get YOU there and you WILL have a lot of fun and gain a lot experiences with us all as a community which in of itself I think is simply worth it.

Love you, xoxo Gossip Yowie ;)

CONTACT US

Since our Yowie are not being delivered in a Large NFT drop and are made per member on boarding, if your interested in joining us, get in contact and we will help you move forward in becoming a Consciously Integrated Yowie NFT Holder.

Current price is \$1000 to onboard and become a holder and there will be no further cost towards being a member....EVER

First on boarding seminar will be in the middle of Fuburary and you will need to be a holder to attend. Once you ar a holder you have imediate access to all services currently even before the seminar

Contact:

Daniel - Instagram (vibingfitandconscious_) or Mobile: 0413344353

Thynne - Instagram (consciouslyowies) or Facebook (Thynne MacFarlane)