



Get More in Life With Power Meditations.

Start enjoying the benefits now!

There's been a lot of mystery around the "secret" of manifesting recently. Did you know, however, that you are already manifesting, whether you are conscious of it or not? The mystery lies in how to manifest what you want instead of what you don't want. One key that helps unlock the mystery is actually quite simple... yet profound... it's meditation.

If you think you have to manipulate yourself into pretzel positions that you may not be able to get out of, and it will take hours or perhaps years to reap any benefits from meditation, think again. Meditation has gone mainstream, and the benefits can be yours. The busiest executives and dedicated parents with a perpetual 24/7 schedule can empower themselves with the vast benefits of Power Meditations that are as diverse as we are unique individuals.

*“With as little as just seven powerful minutes each day,
you can harness the power to change your life.”*

Do you have any issues with family, friends, co-workers, or yourself? Are you in perpetual “fast forward” mode accomplishing much or all of your days on “auto pilot”? Do you have stressful events in your life? Are you alive and breathing? If you answered yes to “any” of these questions, you can benefit from Power Meditations.

Anyone can do it, and there is no experience necessary. In fact, several years ago I answered a BIG perpetual “Yes” to all but the last question. Since I've been practicing Power Meditations I'm alive and breathing again, my life has dramatically improved.



With as little as just seven powerful minutes each day, you can harness the power to change your life. On days that you just can't seem to fit in seven minutes for yourself, there are even ways to take just one to three minutes at a time that will hold benefits for you. In fact, you can do it in the bathroom, in the lunch line, and virtually anywhere. You'll find a few useful tips below.

Before you start your Power Meditation practice it can be helpful to begin benefiting from three simple secrets that are available to you immediately. Small children seem to have direct access to these "secrets". The older we get, the less natural these things seem to be. Whether you decide to start a meditation practice or not, by learning how to apply these three factors into your daily life... you will be able to start harnessing the power to get more in life!

1. **Smile** from the inside, out to shift your focus from negative life- draining thoughts to positive life-supporting thoughts.
2. **Breathe** deeply several times from your diaphragm to relax and free your mind and body from the effects of stressful thinking.
3. **Dream** about what makes you happy instead of choosing to waste precious energy on negative thoughts.



By replaying an emotional thought, event, or image in your mind, that makes you happy, you are able to create a natural smile from the inside, out. This simple act holds great power. You create more of what you want in your life when you are in a happy state of mind. Not to mention... the gift of a smile is a gift you can give away freely without fear of running out, it creates endorphins that support your wellness, and there's nothing with a quicker return on your investment! So, smile more! It's good for you.

During times of stress, we tend to hold our breath. I'm a champion at it! I've held my breath for most of my natural life, and I still work at breathing right. It's worth the conscious effort; our bodies thrive on oxygenating our cells! In fact, since most of us are feeling some form of stress on a daily or minute-by-minute basis, we simply don't reap the benefits of deep breathing... because we don't do it! Do it now a minimum of three times. Fill your diaphragm with air, and watch your belly move out as you feel your stress dissipate a little more with each deep breath.

Remember the days when your parents and your teachers told you, "stop your daydreaming and pay attention?" Well, start your daydreaming; it holds immense power that keeps your thoughts and life moving in a positive direction. Use your better judgment, though; don't do it when you're driving. By connecting with the positive emotions created by your daydreams, you fill your body's tank with the fuel/passion to manifest your dreams... that helps you get more in life! If you don't allow yourself the chance to dream, your dreams don't have a chance at coming true!