

7 Days to a Higher Vibration

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Synopsis

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If you could reach your biggest dream by spending 10 minutes a day doing this unique practice, would you? Read on. Think of a time when you felt in complete control of things, excited to see what came next. Did you notice how you powerfully built momentum, working quickly and effectively with amazing ideas flowing to you effortlessly? That's the power of operating at a higher vibration. Guided meditation and creative visualization are two powerful ways to keep you in a higher vibrational state, so you can keep moving in the right direction toward your goals, full speed ahead. Meditation helps you:

- To establish greater control over your thoughts
- To let go of distractions and evil temptations in life
- To relax and increase your focus to be more productive and realize greater possibility

Additionally, creative visualization uses powerful scripts and narration to walk you through a vivid and exciting, yet believable, new reality where you have already achieved your dreams. **In *7 Days to a Higher Vibration*, you'll discover:**

- Expertly designed scripts that take meditation and visualization to the next level
- Three simple relaxation tricks to make your mind believe what's necessary to achieve your dreams
- How holding this one surprising item will improve your meditation practice and results (Hint: It's not a fruit)
- One small mental shift that gets you to picture your desires so convincingly your subconscious responds immediately
- How losing one thing you thought you absolutely needed gets you everything you've ever wanted
- A powerful technique for staying rooted in the present
- The way your heart is 5,000 times more powerful than your mind and how it can dramatically increase your vibration

If you want to set and reach bigger goals more effectively, listen to this audiobook. **PLEASE NOTE:** When you purchase this title, the accompanying PDF will be available in your Audible Library

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