

FULFILL YOUR HEART'S DESIRE

What You Can Expect

This meditation gently encourages you to explore your heart's most sincere needs and desires. You are guided to feel the fulfillment of your desires at a core cellular level. As you imagine and embody already having what you desire, your energy field will expand to attract people and opportunities that resonate with what you want. With regular practice your life will gracefully reorganize to fulfill your heart's desire.

Clinically Proven Method

Fulfill Your Heart's Desire provides 60 minutes of soothing music combined with a unique combination of brainwave frequencies scientists refer to as *window frequencies*. These are extremely precise frequencies that seem to resonate and act on the body at a cellular level. Essentially, they are highly specific frequencies that fit through narrow biological windows and have a direct effect on the cells.

Other Benefits

The special combination of Theta brain wave frequencies on this program induce expanded states of consciousness associated with deep meditation. Cumulative benefits include: Greater clarity of thought, increased creativity, more peaceful states of mind, enhanced ability to concentrate and improved well being.

Instructions for Listening

Practice this meditation everyday for six weeks. Choose a time and place when you will not be disturbed. Work towards embodying the experience of fulfillment in your mind, heart and body. Allow yourself to indulge in the sensations of feeling completely fulfilled, as if you already have everything you need. The more you can feel fulfillment at a cellular level, the sooner your life will unfold with opportunities that resonate with your desires. Acknowledging even the smallest synchronicities as they appear in your life will help build more positive momentum. Sit or lay down with your spine straight, put on your headphones and follow the guidance on the CD.

**To experience the brain optimizing effects of this program,
listen with headphones.**

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