

# LIVING PRAYER

## What You Can Expect

This meditation gently encourages you to discover the prayers that reside within you. These are prayers that rise up from your heart and have enormous power to heal, repair and bestow gifts of grace. You are guided to heal trespasses from the past and to move forward to co-create a life that is imbued with grace.

## Clinically Proven Method

*Living Prayer* 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 where you will not be disturbed. Either sit or lay down with your spine straight. Work towards fully embodying the experience of reverence and gratitude in your heart, mind and body. This will generate more grace in your life. 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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**800-444-SYNC**

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