



To find out more go to
www.EnergyMeditationSecrets.com

Brought to you by The Mind-Body Training Company
www.MindBodyTrainingCompany.com

Extracted from "Raise Your Vibration: A Guide To Core Energy Meditation". Visit www.EnergyMeditationSecrets.com to find out more!

Do Feel Free To Share This Report!

Great News! You now own full re-print and distribution rights for this amazing report (Value \$97). This means you may re-print, re-sell and distribute this document however you wish.

If you're a publisher, you may sell or package this report with any paid product or program for whatever price you like and keep 100% of the profit. The only restriction is that you must not modify any of the content in any way.

NOTE: If have an opt-in newsletter or offline publication and would like more information on promoting our programs, please [click here](#)

Of course, if you'd just like to share something special and powerful with friends and family, feel free to do that as well!

How To Get Amazing Results With The Law Of Attraction

You may have heard about the Law of Attraction. In effect, this Law says that "energetic vibrations tend to attract like vibrations." For instance, if you cultivate prosperity consciousness, you will tend to attract prosperous circumstances. The more strongly, positively, clearly, and coherently you can maintain a particular vibration, the greater its' organizing and attracting force.

You may have tried some techniques to make the Law of Attraction work for you. You may have recited affirmations, reminded yourself to think positively, set some goals, and visualized your success. If you are like many of us, a lack of results with these techniques may have left you questioning if the Law of Attraction is real. No need to worry, the Law of Attraction is working just fine. You just need to know how to use it effectively.

Affirmations, positive thinking, goal-setting, and visualization are good things to do, but they often don't work in and of themselves. Why is that? The answer is that they don't work deeply enough. To see what I mean, think of your being in terms of three layers:

- 1. Surface Consciousness**
- 2. Subconscious**
- 3. Subtle Energy System**

1. Surface Consciousness

If you are doing affirmations, positive thinking, visualization, and goal-setting you are working with your surface consciousness. Surface consciousness is made of the thoughts, feelings, beliefs, and actions that

you are consciously aware of. This is the layer of your being that you're most familiar with because it is what occupies the foreground of your attention.

Why do many self-help techniques fail to deliver what they promise? Why do many of your attempts to manifest the life of your dreams end in frustration? The answer is that there are little devils in the process working against you. They live in a second layer of your being, your subconscious mind.

2. Subconscious

Your subconscious is a simple stimulus-response mechanism. It holds all the automatic processes that make your life possible and all the conditioning that you have accumulated through your life. There's a lot of good and necessary programming in there: how to breathe, how to pump blood, how to fight off infection, how to walk, how to drive a car. You can't live without the million little tasks that are carried out by your subconscious.

If you were aware of all these activities at once, they would overwhelm you. That's why consciousness is set up so that you don't have to pay attention to them. They are carried out subconsciously.

However, your subconscious also houses those little devils that get in your way: the habitual tensions, negative emotions, and limiting beliefs that run counter to your best and highest intentions.

How do you neutralize these little devils? You've got to go yet deeper into a third layer of your being, your subtle energy system.

3. Subtle Energy System

This layer is the primary causal level of your life experience. It is the matrix which gives birth to the other layers.

Shifting the subtle energetic layer of your being changes the way that your subconscious processes and conscious mind operate. If you want to make significant shifts in your life, it's most effective to work directly at this level.

When you work at the subtle energetic level you are working at the same level that the Law of Attraction works. You are working on the quality of your "vibration." This program will explain what I mean by that and empower you to do it.

In this program, you'll learn the secret that was left out of the hit movie, "The Secret." In the Secret, they said that "you can do, be, or have anything that you desire," but they never fully described how to do it.

Effective manifestation using the Law of Attraction requires that you neutralize your little subconscious devils and raise the strength, quality, clarity, and coherence of your energetic vibration.

You're about to learn how to do just that.

How To Raise Your Vibration

The emerging model of human nature reveals that we are self-programmable energy systems. What that means is that by consciously choosing your intentions, thoughts, feelings, and actions you can shift your internal energy and dramatically improve your life experience. Energetic training is indeed the next step in our evolution as human beings.

Because energetic vibration is the most powerful force affecting the human system, when you raise the strength, quality, clarity, and coherence of your energetic vibration you can improve your health, happiness, and success more effectively than by any other means. I invite you to prove that for yourself by practicing what you are about to learn.

What I'm talking about is analogous to an athlete "getting into the zone" for a big game. When athletes are "in the zone" their actions flow easily and circumstances seem to align in their favor. In the game of "real life" we, likewise, find ourselves in and out of the zone. If you're like most of us, this seems to *happen to you* without your conscious control. When you learn to raise your vibration, you'll be able to put yourself in the zone at will.

The key to manifesting the results you want in life is to change your vibration to match what you desire. If you want health, happiness, and abundance you must shift into the energetic vibration of those experiences. Core Energy Meditation™ will empower you to do just that.

Through twenty-three years of research, study, teaching, and practice I've refined [Core Energy Meditation™](#) to its present form. Now you can realize the profound benefits of this powerful practice to raise your vibration and transform your life for the better.

Before we get to the details of the Core Energy Meditation™ technique, let's cover some important background information. This will give you a context to understand the technique better and use it more effectively.

Meditation: The Missing Key

In the past few years, we've witnessed an explosion of interest in meditation practice. Instead of being relegated to the exotic and esoteric, meditation has come to the foreground in mainstream culture as well as scientific research.

Meditation is now *scientifically proven* to help you relax and de-stress your nervous system, improve your health, vitality, and immune response, and generate positive thoughts, feelings, and success in your life. In addition, as always, meditation is still a proven path for spiritual growth. It is powerfully effective training for mind, body, heart, and spirit.

What Makes Core Energy Meditation™ Unique?

Core Energy Meditation™ is a holistic style of meditation that develops all aspects of your being: mind, body, heart, and spirit. As such, it is the most integrated and complete style of meditation that I know. It works at an energetic level, the most fundamental level of your existence. It reprograms your system down through your cells and your subconscious mind to the very roots of your being.

Through Core Energy Meditation™ you'll experience a sense of deep connection with "who you are" and "what you are here to do."

Core Energy Meditation™ was created from the ancient Chinese practice of qigong (pronounced "chee gung" and meaning "cultivating life energy"). I've combined the energetic anatomy of qigong with the latest scientific research on the brain and the heart to create a proven technique for whole-body enlightenment.

Many people are not aware of their subtle energy system. It's not something that we are taught in school. The idea of subtle energy is just now reaching the mainstream in Western culture. Because of that, you may be skeptical about it. Yet it isn't a new experience or a new concept.

To familiarize you with it, let's discuss the subtle energy system and understand why it is so critical for your health, happiness, and success.

A Brief Primer On Energy

Core Energy Meditation™ comes from an energetic point of view. This viewpoint has been researched for over 3000 years in India and China. Today, modern physics and biology have joined the study. It is now known and accepted in the East and the West that "everything is energy." From the computer that I am typing on, to the cells of our bodies, to the thoughts and feelings that we entertain—all is energy.

Why is this important?

An energetic view of reality means that our world is much more fluid and flexible than we once thought. Instead of being "hard inflexible matter" determined only by material forces, our world is made up of vibrating energetic possibilities. Our lives are far from determined by genes and brain chemistry.

The nature of reality as energy opens the way for us to consciously intervene to shape our life experience. Most importantly, elements of consciousness (intention, thought, feeling, and belief) are some of the most powerful forces in this energetic reality. According to Dr. Bruce Lipton, consciousness, including our beliefs about what is real and possible, has as much as 100 times more power to affect our well-being than any "material" force including drugs and surgery.

[Core Energy Meditation™](#) teaches you to master the inner technology of consciousness by working with your internal energy system. To understand how this is so, let's look a little more deeply into the nature of energy.

Think of the smallest units of matter as swirling tornadoes of energy or think of reality in terms of interactions of energetic waves. How we perceive these energetic forces makes them appear solid.

We find representations of the wave-like form of reality in many of our measurements of physical processes. An EKG read-out plots the wave-like form of your heart-rate. An EEG shows the wave-like patterns of the electrical activity in your brain. An audio mixer shows a visual read-out of sound waves. When you look at these patterns you'll see that they have amplitude, frequency, clarity, and coherence.

Core Energy Meditation™ connects you with a deeper level of your being where your inner guidance is *crystal clear*.

Coherence has to do with the orderliness of a wave's pattern. A system is coherent when ***all the parts are working together*** with integrated force. In Core Energy Meditation™ you will learn to strengthen, purify,

clear, and align your energetic vibration so that you function internally as a harmonious whole. This enables you to be at your best in the outer world as well.

To give you an example of coherence in a physical system, a coherent respiratory pattern occurs when your in-breath and out-breath are approximately the same duration. The deeper you breathe (greater amplitude) and the more consistently your inhalation matches your exhalation (greater coherence) the stronger and more coherent your breathing pattern becomes.

A strong, coherent, breathing pattern will bring your heart-rate into coherence as well. A coherent heart-rate pattern is characteristic of a heart that is in good working order. When your heart-rate is coherent it also positively affects other wave patterns in your body such as your brain-waves. A coherent heart-rate tends to produce coherent brain-wave patterns.

This brings us to a most important point about the wave-like structure of energy:

When one energy system is strong, positive, clear, and coherent it tends to bring the other systems around it into a like state of coherence as well.

This effect is called resonance.

Resonance occurs when one energetic system vibrates in tune with another. Resonance is the basis of the Law of Attraction. Here's the key to enabling the Law of Attraction to work for you:

When you are able to raise your vibration into a state of strong, positive, clear coherence, you align the systems in your body to work together *and* you align the energies in your environment to work for you.

Because of the energetic nature of your existence, you have a phenomenal opportunity to consciously step into the energetic matrix of your life and transform your experience.

Your Inner Power

Your personal energetic matrix is made up of your cells, as well as your thoughts, feelings, and intentions. All of these are fundamentally waves of energy and part of your total energetic vibration.

Recent research has shown that focusing your thoughts, feelings, and intentions into strong, positive, clear coherence can shift the activity and behavior of your cells for the better. When you practice raising your energetic vibration you create greater synergy between all your physiological systems. You also feel and perform better and you get better results in your life.

You are healthier, happier, and more focused on the inside and you attract good things in the world around you. You are also less susceptible to negative or toxic influences in your environment.

A strong, positive, clear and coherent vibration will tend to organize and overcome chaotic or disruptive energy surrounding it.

As an example of how this works, consider your immune system. We have grown up with the idea that germs cause disease. Therefore, we think we need to stay away from germs, or kill them, before they get us. Have you ever wondered why certain people "catch" every cold that comes their way, while others can be in the same environment and never get sick? The fact is, we all have the same opportunist pathogens living not only around us but inside our skin all of the time.

The key to whether we get sick or not is the state of our immune system. If your immune system is functioning well, you can walk into a room of people with the flu and be none the worse for it. A strong immune system is masterfully intelligent at neutralizing any harmful invader. It is

Extracted from "Raise Your Vibration: A Guide To Core Energy Meditation". Visit www.EnergyMeditationSecrets.com to find out more!

when you are stressed, fatigued, or overburdened that your immune system is not able to do its job.

Even more amazingly, it is your mental-emotional outlook that is one of the strongest determinants of your immune response. To prove this, Dr. Bruce Lipton tells the story about a talk given by Dr. Robert Koch, one of the founders of the Germ Theory of disease.

At a lecture in which Dr. Koch was describing how vibrio cholerae caused cholera, he was confronted by a man who claimed that he would disprove that theory by drinking a whole glass of the known-to-be-dangerous bacteria. He did so right in front of Dr. Koch and his audience with no ill effects. His confident positive belief in his immunity created an inner strength that protected him from becoming ill.

The same can be said for the results we get in life.

When we live in a state of strong, positive, clear coherence we draw to us that which we desire and keep away that which we don't.

I call this state of strong, positive, clear, and coherent vibration a **Core Energy State**. This is the ideal state from which to live your life.

The best part is that you can learn to self-generate a Core Energy State and return to it as often as you need to. You'll learn how to do that in this program.

This is the exciting news about [Core Energy Meditation™](#) . It gives you a means to positively shift your consciousness and your life experience. Through meditation you can become aware of your inner process, release from subconscious personal limits, and get better results in your life. Now you have the fantastic opportunity to join ancient wisdom with modern science to take the next step in human evolution.

[Click here now to find out more about Core Energy Meditation™](#)