

Group Meditation
Speech – 8/22/5
Costa4670@Gmail.com

1. Methods.

Beach Scene

Mantra – Creative Visualization

Deep Breaths

Counting Breaths

Recall Command

Eat & Pee before

Timer

Background Noise

Caution - Fallback

2. Dreaming:

Turn on Dream Switch.

Confirmation.

Pen/paper

Tell someone

Translate

3. Letters In Alphabet

Discrete Math - Reality

Jogging -Endorphins

Jimmy – Funniest Joke

Beautiful Mary

Andalusia Hog Roast

Patch Adams

Psycho-Cybernetics

Rain-Maker

4. Meditation open doors to Creativity, Relaxation,

Happy Marriage, Premonitions.

Jungle Drumming

5. Power of Group Meditation.

6. Contract

7. From Here.

Personalities

The Secret / Law of Attraction

Evolution

4. My Journey.

Premonitions

Mobile

Hot Tub

Barbara Paulin

Confirmation

Collapse

Toe

Creative Visualization	Shakti Gawain	\$10
------------------------	---------------	------

Dream Book	Betty Bethards	\$14
------------	----------------	------

Questions From Earth	Char Margolis	\$15
----------------------	---------------	------

Personality Plus	Florence Littauer	\$9
------------------	-------------------	-----

Spotting Personalities	<u>Free Webinar</u>
------------------------	-------------------------------------