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Law Of Attraction: Mind Health Secrets - Train Your Conscious And Subconscious Mind For Greater Mental Health with Master Resale Rights A pool of fresh water is special. It's special as its a bit like our consciousness. If you try hard you may be able to see really little waves or ripples in the water. Theyre really slight. The surface of the water is like the surface of your consciousness. The part that you're cognizant of. When it ripples when it's interacting with the world around you its obvious and youll get ripples. The surface ripples are what you're commonly aware of. Table Of Contents Foreword Chapter 1: Why Meditate Chapter 2: How To Begin Chapter 3: Your Breath Chapter 4: The Here and Now Chapter 5: Things That Might Happen Wrapping Up There's a natural state of morality that takes place as one meditates and the ego starts to fade away. One naturally comes to a state of being in which there's no harm done to anybody through thought, speech, or action. There's no want, no attachment to anything and so one is generous, unselfish, caring One in that state doesnt broadcast negativity in any manner. There's no living in the past or the time to come any longer and so no disappointment. There arent any promises made to other people that turn out unfulfilled. There isnt any self-serving conversation. When youve experienced the absence of the ego and thought and the mind has stopped youll live in a state that so few others even know is possible. Youll connect with and strengthen both your conscious and subconscious. Mind Health Secrets MRR Ebook with Giveaway Rights

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