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MEDITATION WOKSHOP SERIES

mind over matter meditation

with Heater Sterling-Mariott

You will learn:

1. How to trade hormones of stress for hormones of well-being
2. How to anchor thoughts that empower you and shed the ones that do not
3. How to generate potent and powerful emotions to increase attraction factor
4. How to eliminate procrastination and be in action on dreams and goals that matter
5. How to meditate to reframe your brain and body to make lasting changes in habits
6. And much more!

Switching from Surviving to Thriving

1

Aware of storm of sensations that flood the body during moment of stress? This is due to the cascade of hormones triggered by perception of threat in our outer world. Create the neural pathways that reinforce internal chemical environment by empowering thoughts nurturing your body-mind towards wellness.

Accessing below the Iceberg

2

Our subconscious governs 95% of our actions, influenced by societal and familial programming. Conflicting programs often lead to self-sabotage. By tapping into our subconscious and bridging the gap between conscious and unconscious, we can reshape these habits to align with our aspirations, evolving into a better version of ourselves.

Attracting the Magic Moment

3

Emotions are energy from past experiences stored in memories, sometimes trapped in our tissues, signaling issues needing attention. By staying present, we reclaim energy lost to past pain or future worries. Gratitude, with its high vibration, attracts positivity and harmony.

Aligning Intension and Desire

4

We have all experienced that scenarios where the heart wants one thing, and the mind justifies pointing in another direction. When the heart and mind are in sync, powerful synergy begins to catalyst between the clear thoughts emitted and the elevated emotions that draw in our desires like a magnet.

Flaunting your Magnetic Personality

5

The electromagnetic field around the human body is known as the biofield. In healthy state, it can be detected several feet beyond the boundaries of the individual being. When interacting with others, our thoughts and emotions can create positive interference patterns, regulating each other. This means we all have the power to radiate positivity and influence the world around us.

Designing Destiny as New You

6

After aligning beliefs, thoughts, emotions, and actions, use a vision board to manifest goals visually. Use mental rehearsal during meditation to reinforce this process.