

2022 MIND MOVIE - Watch 2X a Day

https://youtu.be/_FnXdr5EL8o

This video explains how doing this helps reach your subconscious and why you want to watch the above video in the early morning and at night!

<https://www.youtube.com/watch?v=M6qsHBCvckE&list=PL072cWz4mzub7gCK8zWDvomsIrYbiN0qu&index=2&t=2s>

.

Get ready to SUPERCHARGE your motivation and manifestation to reach the highest levels of success in your LIFE both with your health and your business goals!!

.

I created a MIND MOVIE for YOU to use as a living vision board which has been proven metaphysically to reprogram your RAS (reticular activating system) within your brain and you will start noticing the things around you that will move you closer to your goals and you will take action when this reset happens within your mind.

.

This is a powerful way to connect directly with your subconscious mind and speed up manifestation by increasing productivity, motivation and belief among many other things.

There is a specific way to use this video to reach and reprogram your subconscious mind for success. It is most beneficial to watch when your subconscious is open for suggestion which is in the early morning when you first wake up and before bed (also in the middle of the night when you're still half asleep)

So what you want to do is watch it at least 1x a day at one of these times, ideally 2X within these windows (you can watch it as many times as you like) but shoot for at least 1x a day.

.

As you watch this video try to be in a quiet place with no distractions or others around where you can also listen to the music as it plays, this is ideal for reprogramming old habits and beliefs and changing to your new future self.

.

As you watch imagine this is your future self and future life and feel how it feels to receive all that is in this clip as if it is yours or on its way to you.

Do this for at least 30 days and you WILL start seeing things in your existing life transform around you. I can almost guarantee this, you'll be working at a higher level, you'll be making decisions to move you closer to these goals, you will lose fear and your belief in yourself will increase. 6 months from now your business will be noticeably at another level and 1 year from now you'll look back and won't believe the success you've experienced in your life because of this simple shift.