

James Marshall - Marshall Meditation Method

A Comprehensive, 6-week Online Course designed to remove social anxiety, help you become more confident, charismatic & easily experience flow state through practical and simple meditation tools.

James Marshall shares his meditation secrets collected from Shaolin Temple and meditation masters worldwide.

Module 1: Posture and Awareness Meditation

Awareness is the first and most profound step of learning meditation, without which you can never be in the present moment. It's actually the first principle in the 5 Principles of Natural Seduction, the bedrock to my seduction teachings.

There is a lot of confusion about what being in "the now" or being present actually is. Can you always be in the present moment? Is it real, or just some illusion? Aren't I always in the present anyway because I'm alive? Do I just need to remind myself mentally to be present? How does meditation actually help?

You don't need to become a Buddhist Monk or spend decades meditating to experience the present moment. It is really about consciously redirecting your focus away from thoughts back into what is happening right now. In the simple yet powerful awareness tools you'll learn in this module, you'll be able to experience the relaxed flow of the 'now' as a real thing, not just a concept. By being in the present moment you can appreciate what's really happening to you and not waste time worrying about the future or reliving the past.

So here's what you'll get out of the first week:

A core introduction that will explain exactly how to use the course. You'll know the exact steps you need to be taking every day of the course to get the most out of your meditations.

An explanation of what meditation REALLY is and why it's important. I cut through all of the myths and hype about meditation and explain how it works and why meditation should be a cornerstone of your daily life.

A simple, easy to follow meditation to get you into the present moment. I'll guide you through a practice that will raise your self-awareness, bringing you back to the present moment and out of your head.

The fundamentals of good posture. Most men spend their days sitting in front of a computer and have terrible posture. I'll show you how to naturally and intuitively adjust your posture to move with more grace and confidence.

Module 2: Stretching and Core Mobility

Most men in the modern world sit in front of a computer all day at work. Instead of being on their feet and moving their body, they're hunched over a keyboard, sometimes sitting for hours on end. You're probably hunched over as you're reading this right now!

Over time this adds up to chronic neck, shoulder and back pain. Most clients I coach have stiffness well beyond their years and limited flexibility.

To make things worse, it also means the whole sexual center is locked up. If you're stiff in the hips, you'll look funny when you walk, have no groove on the dance floor and will likely be terrible in bed.

In Week 2 we'll cover:

The principles of body awareness, helping you to identify where you're holding tension and stiffness.

A simple and fast stretching routine suitable for any fitness level, designed to stretch you from head to toe in just 7 minutes even if you haven't hit the gym in months!

Key Exercises to help you alleviate chronic pain in the neck, back and shoulders, regions linked to rigid and stiff movement.

The 'Swimming Dragon Rolling the Ball' moving meditation. This is my all time favorite technique that helps to loosen your hips, massage your joints and get you into a relaxed graceful physical trance.

Module 3: Abdominal Breathing

A lot of the anxiety and stress you're experiencing is a result of your fight or flight reflexes being constantly triggered, throwing your emotional state completely out of balance.

Whilst awareness meditation is all about observing your experience and allowing them to be what they are without reacting, Abdominal Breathing meditation teaches you to turn nervousness into concentrated power.

Instead of being a victim to your emotional state, getting caught up by the wave of feelings, you'll instead be able to have control over your emotions as well as honing your focus and power into a tangible force that allows you to communicate far more directly.

Week 3 is all about:

Mastering Abdominal Breathing, a powerful practice that allows you to create internal power and focus, slowing your heart rate as you turn nervous energy into stable power.

Building on the foundations of Awareness Meditation, using your newfound awareness to hone in on your breath and have conscious control over your emotions and physical responses

Developing a core understanding of sexual control, improving your sexual stamina, capacity to control your arousal state and laying the groundwork for Tantric Sex practices. This is THE technique that I've used to go from a 3 minute man to literally starring in porn and being able to last indefinitely

Proof Content

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