



Complete Immersion Meditation The Science Behind It

|| A Complete Meditation Experience to change beliefs of your subconscious and unconscious minds ||

1 **Miracle Grid**

The colors, movement and glyphs increase your sensitivity to connect you to your subconscious, unconscious and Source energy, the Divine. The Miracle Grid has animated movement to allow you to meditatively focus with eyes opened.

2 **Binaural Beats**

When listening with headphones the binaural beats create brainwave entrainment which puts you in a relaxed state and positive mood.

3 **Theta Wave Music**

The music is recorded in the theta frequency to bring you to an immediate state of deep listening. The same brainwave frequency during hypnosis and REM sleep.

4 **Combining Beats & Music**

Open you to creativity, relaxation, healing, and improved learning

5 **Combining Theta, Beats & Guided Imagery**

Opens you to self healing and super learning. Reduces stress, anxiety and improves your overall health.

6 **Guided Imagery**

The guided imagery is designed to allow you to access higher truths about yourself and help you make positive changes to your life.

7 **Sensory Experience**

The meditation contains use of sensory experiences with music that create a breathtakingly powerful experience to perceive yourself as your higher self perceives you.