

**"Scientists Discover Radiant Health
And Wellbeing Can Be Achieved
Naturally
And Easily... By Balancing All Three
Major Energy Centers!**

**Now You Can Eliminate Stress And Anxiety, Heal
Your
Blocks To Success And Enjoy A State Of Lasting
Emotional
Health And Well-Being ... Without Meditating For
Hours Or Forcing Your Brain To Do
Anything''Unnatural!''**

Dear Friend,

- Do you ever struggle to calm your mind?
- Do you ever experience stress, anxiety, depression, anger ... or ANY negative emotion?
- Have you tried techniques to relax or release, but not got all the results you hoped for?

Then here is the full report revealing how peace of mind and radiant emotional well-being can be experienced naturally and easily in just 20 minutes a day....

Let me ask you a few questions...

1. How many times have you experienced a negative emotion in the last 24 hours?
2. Have you ever tried to quiet your mind using something artificial, like a glass of wine or even some form of medication?
3. Have you ever tried to quiet your mind using natural methods like exercise?
4. How well did it work?

No doubt you discovered that these methods can produce temporary relief. But more often than not, the symptoms of stress and negative emotion came back again, didn't they?

The Question Is Why?

Recent research has produced some startling discoveries on this.

And more important, when you know what's really causing negative emotions like stress, anxiety and frustration, you will be one step closer to letting them go forever and feeling great throughout your day.

The key discovery I'm about to share with you may upset or even offend some people. However, I'm sharing it with you now because I believe this can make a massive difference in your life.

So here is the key discovery....

The mind is **NOT** the main cause of these negative emotions. Research shows that the mind is only a small piece of the puzzle. Let me explain. Stop for a moment... and picture an iceberg, if you will...

Just as the bulk of an iceberg is under water, so it is for negative emotions. 95% of what causes stress, frustration and anxiety exists below the surface of your mind – hidden to most people.

So What Really Causes Your Negative Emotions, Stress And Pain?

First of all, it's important to realize that the human body emits a powerful "electromagnetic field". This "bio-energy field" has been measured by scientists in the United States and many other countries. What they discovered has profound implications for anyone who wants to balance their emotions and find true happiness.

It began in 1998

The HeartMath Institute published startling research on the power of **the human heart** to affect your mind and body. Amazingly, these scientists were able to measure the electro-magnetic energy of the human heart with highly sophisticated equipment.

They discovered that the energy field produced by the heart is far more powerful than anyone thought. In fact, they proved that the heart's electro-magnetic energy field is as much as **5000 times stronger** than the field generated by your brain!

Imagine that!

I'll explain what this means for your well-being in a minute. First, I need to explain another important discovery...

The "Heart Center" Breakthrough: How The Natural Power Of Your Heart Can Heal You

Many so called "mental problems" like stress, frustration, anger, anxiety, depression, are really not problems of the mind AT ALL. They are problems related to the emotional center of the heart. This explains why we see so many cases of heart disease in our modern, fast-paced, stressed-out society.

Furthermore, by teaching their subjects to generate "core heart feelings" these scientists demonstrated that the whole mind-body emotional system could quickly be brought back to balance.

This confirms what I have known for years through my own teaching and practicing of meditation. The “Heart Center” is especially important for balancing your emotions. We see this in a wide spectrum of traditions like Christian “Prayer of the Heart” and Buddhist "Loving-kindness" practice, to name just two.

Now modern science is confirming what these time-tested traditions have known for generations. **Nurturing the electro-magnetic field of the heart is essential** for lasting emotional health and well being. But there's more to it...

The Heart Center is powerful but it is not the only center that affects your mind, body and emotional state of being. After the Mind Center and The Heart Center, the third major energy center is the lower abdominal center -- what I call the “Body Center”. Research shows this energy center also emits a powerful electro-magnetic field.

The Body Center: Connecting The Physical To The Spiritual And Emotional



For thousands of years, Masters from China have taught the cultivation of “vital energy” in the Body Center (they call it the “lower dantian”). These practices are becoming more and more popular today in the form of Tai Chi and Qigong. The power of the Body Center to affect your emotional state is also well-documented.

Studies show that when this energy center is working optimally, you experience health, vitality, confidence and mental stability. When this energy center is not functioning correctly, you experience instability, fear and anxiety.

But again, the Body Center is not the whole story.

My years of practicing meditation have taught me that balancing the Body Center is not enough. In fact, what I discovered is completely off the radar to many meditators and personal growth experts...

What's Missing In Most Forms Of Meditation

Thousands of studies have been conducted on the effects of meditation practice. Virtually ALL confirm the amazing benefits for body and mind. As I said before, I have practiced meditation for the last 7 years, so this matches up with my own experience.

At the same time, I know **meditation can get even better -- a LOT better!**

You see, without blowing my own trumpet too much, I've worked with many, many different practices and with some of the world's most highly-respected and sought after teachers. I found that each practice was important... and yet I knew there was something missing from each of them.

What I have found is that each system gives you a piece of the puzzle, but not the full experience.

Here's what's missing... **What Most Meditators Will Never Know... In Order To Achieve Perfect Health, Emotional Well-Being, And Confidence**

For example, many systems of meditation focus only on the **Mind Center** while ignoring the Heart Center and Body Center. Here you get the focus and clear thinking but you don't get the balancing of the emotions that is so important. And you don't get that raw confidence, stability and power of the Body Center.



You've probably seen this yourself many times in people who have a razor sharp mind –

They could probably out-think a computer! But their heart connections with others are not as joyous and loving as they could be if they knew how to balance their Heart Center correctly.



At the same time, other systems really develop the **Heart Center** but miss out the tremendous power of stability, confidence and real world effectiveness of the Body Center. Here we see those wonderful souls filled with heart-felt compassion for others, but who sometimes lack the stability and confidence of the Body Center to be strong and effective in the world (and/or the qualities of the Mind Center -- the clarity of mind to create new solutions and see exciting new possibilities.)

Then there are practices like Tai Chi and Qigong, which emphasize the **Body Center** above all else. These improve our health and energy while giving us a feeling of stability and confidence. The downside is these practices tend to pay less attention to the Heart and Mind Centers and so many people miss out on these powerful qualities.

Unless you balance and integrate ALL the major energy centers, you miss out on the full experience and feeling of wholeness, integration and balance.

Here Is The Difference That Makes ALL The Difference...

So I began to put all the pieces together, bringing in everything I had learned over the years...

I practiced a rarely known Qigong breathing technique to strengthen the vital energy of my Body Center. I developed a system to powerfully strengthen the Heart Center and bring a profound sense of balance to the emotions. I discovered how to experience the open, natural, clear and spacious awareness in the Mind Center.

To connect them together I developed a way to clear and open the **“Central Channel”**.

This is the main channel of the body that runs through and connects the Body Center, Heart Center and Mind Center. I discovered that when this channel is open and energy is flowing smoothly through all your major energy centers, you experience profound health, vitality, and confidence -- good feelings as well as profound focus and clear thinking.

You've heard before that the whole is greater than the sum of its parts?

Well, I've found this is especially true when it comes to meditation. One energy center that is clear and open is a wonderful thing, but when all three energy centers are open, connected and working together, the sense of peace and wholeness you feel is so tremendously powerful, you might be wondering what it's like....

I'll try to explain the miraculous in words for you...

So What Is The Core Energy State?

Well, the first time I experienced this I was flying back home after backpacking for a month...

I had a lot of quiet time by myself travelling through Britain and Europe. I could see for miles out there. Everything was so quiet and still. It was a profound experience.



.. When I was flying home on the plane, I felt completely peaceful. My mind was completely clear and I felt no attachment whatsoever to anything. I felt like "If I died right now, everything is perfect." I later called this experience "The Core Energy State" and the practice that makes it possible, "Core Energy Meditation".

The experience was so powerful and amazing. I'm sure I'll remember it for the rest of my life. And yet, I wanted more ... much more!

In fact, the positive growth and the good feelings kept growing and growing... for weeks, months and years. The more I practiced, the more whole and well I felt. I was feeling better and better because I now had one practice that addressed each aspect of my being and integrated them energetically.

Core Energy Meditation works magically alongside any other personal growth practice that you might be doing already. In fact, when you're coming from a Core Energy State, you'll get the maximum out of everything else you do. That's why most participants like to practice first thing in the morning, but really any time of day is fine.

As your Mind Center clears and opens, you'll be able to think more clearly. Your mind will become calmer and quieter. More and more you'll be free from the grip of negative thought patterns and limiting beliefs. Your mind will be free to see exciting new possibilities and think more "outside the box" with this.

As your Heart Center gets stronger, your relationships will become more and more joyous, more and more open and loving. People will see and feel the positive changes in your emotions. Soon you'll be living from that place of heart-felt appreciation, gratitude and trust.

As your Body Center gets stronger, you'll find yourself more confident, more self-assured and more effective at taking inspired action in the world. You'll have increased energy and a much higher level of health and immune response. And, because your energy will be more coherent and integrated, you'll also find yourself manifesting what you deeply desire.