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# THE EVENING EXERCISE

3 simple steps

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## The Evening Exercise

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### The evening exercise - 3 simple steps

Every evening when you go to bed spend just 5 minutes to work on seeing yourself having reached your goal. Follow the step-by-step process below. You can also listen to the **Evening Exercise Audio** that came with this package.

#### Step 1: Relax & Breath

Every night when you go to bed relax and take some **deep breaths**. Long, deep breaths calm the mind and the body. It gives energy to all the cells in your body while getting rid of toxins. 70% of the body's waste is being removed through breathing.

#### Step 2: Do The Quick Coherence Technique

This is a simple technique designed by the research company HeartMath Institute. They have studied heart/brain connections for more than 20 years.

Using this technique will easily make you more balanced and more peaceful. It will help you become more heart-based. It only takes 1 minute and you are balanced. In just 60 seconds you can release stress and calm down.

Heartmath has shown that we can use the power of our hearts to balance thoughts and emotions. By doing that we can achieve energy, mental clarity and feel better fast anywhere. It contain three easy stages. Here is how you use it:



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### The evening exercise - 3 simple steps

#### *Stage 1: Heart Focus.*

Focus your attention on the area around your heart, the area in the center of your chest. If you prefer, the first couple of times you try it, place your hand over the center of your chest to help keep your attention in the heart area.

#### *Stage 2: Heart Breathing.*

Breathe deeply through your nose and imagine that your breath is coming in and going out through your heart area. Continue breathing with ease until you find a natural inner rhythm that feels good to you.

#### *Stage 3: Heart Feeling.*

As you maintain your heart focus and heart breathing, activate a positive feeling. Recall a positive feeling, a time when you felt good inside, and try to re-experience the feeling. One of the easiest ways to generate a positive, heart-based feeling is to remember a special place you've been to or the love you feel for a close friend or family member or treasured pet. This is the most important step.

When you have applied the Quick Coherence Technique you will be in a positive, emotional state. It only takes 60 seconds.

This is a great platform to use for doing Creative Visualization. We are going to "piggy back" on this positive feeling because it's much easier for the images you see in your mind to make a stronger impact on your subconscious mind when you are already in a positive, emotional state.



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## The 5 Minute Evening Exercise

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### Step 3: Creative Visualization

The last step before going to sleep is do to some creative visualization. See yourself already living your dream life - having what you want and being happy and thankful for this new life. Use **all your senses** to picture yourself in these happy circumstances. See it, hear it, smell it, taste it, touch it. The more vivid and lively the stronger the impression on the subconscious mind.

The more you can see yourself living the dream life the sooner you will form new neural networks in your brain and these will set up a feeling changing your whole energy and frequency.

When this new frequency is established two things happen.

1. Your subconscious mind will do everything it can to match your inner world (your dream life scenario) with the outer world. It will start noticing things that will take you closer to your goal. Something called the *RAS - The Reticular Activating System in your brain* - will be sending information to your conscious mind. It will start informing your conscious mind about things, events, circumstances and people in the external environment that has to do with your dream life scenario. It seems like co-incidences, but it's the RAS system working for you. The more specific and crystal clear your goal is the more you are feeding your subconscious mind with "instructions" on what to look for and when something appears it will be conveyed to your conscious mind through the RAS system.
2. Your new vibration and frequency will alter the way you vibrationally communicate with The Universe. And it will give back what you ask for – The Law of Cause & Effect – The Law of Vibration & The Law of Attraction all working together to bring you what you vibrationally ask for.

