

AstralNidra

#subconscious
manifestation

A one off 60 mins session

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A 60 min guided meditation, aimed at manifesting your intentions with a **50% -90% quicker and effective process.**

We **record** this session so you can play it daily to optimise your manifestation.

An adaptation from Yoga Nidra (Yogic sleep), this program propels you into your astral state.

Here you are not asleep, nor are you awake.....

you are half awake-half asleep..
taking you toward the subconscious state of being (SOB).

Conscious Mind: 10%

1. analyses
2. thinks & plans
3. short term memory

Subconscious Mind: 90%

1. long-term memory
2. emotions & feelings
3. habits, relationship patterns, addictions
4. involuntary body functions
5. creativity
6. developmental stages
7. spiritual connection
8. intuition

PRAMEET » **KOTAK** 
Wellness Coach

PRA~NA~YAMA
WITH PRA~MEET

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The magic happens in the
subconscious state of being (SOB).

Once the seed (**intention**) is planted, regular watering (**action**) is required (both sub-conscious and conscious action). This will lead to **manifestation** being realised.

Opportunities and pathways will open for you and you will simply need to embrace with open arms.

BENEFITS

- Four times benefit to sleep
- Heal and recover
- Efficient and productive
- Hormonal balance
- Optimising performance
- Manifesting your intentions quicker
- Preserving important life-force

The Sequence

- Guided voice intention
 - Sense awareness
 - Detach from senses
 - Half awake half asleep Intention
 - Nidra state
- (intention action manifestation)**

This series of practices have been downloaded from the ancient masters and my own worldly experience of 42 years

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