

# Radiant Journey

## A Guided Meditation for Wellness & Self-Confidence

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Welcome to Radiant Journey - a guided meditation to provide a deeply relaxing experience and enhance your self-confidence and self-esteem.

In today's hyper-paced world, it's easy to get caught up in the chaos and noise of social media, news feeds, and all the other distractions that are constantly competing for our attention. What gets lost in this chaos is often our very peace of mind and our sense of self. When was the last time we truly allowed our minds and bodies to breathe, relax, and unwind?

Sometimes you just need a moment to recharge your mental and emotional batteries...a chance to reconnect to your inner strength...a gentle reminder that you are truly amazing, wonderfully capable, and completely deserving of the best life can offer you!

Our exclusive 15 minute soundtrack, available only to those who pre-ordered the **Complete Confidence** Suite, will guide you to a place of self-acceptance, tranquility, and unwavering confidence, giving you inner strength and peace of mind you can carry with you throughout your day.

Simply find a quiet, distraction-free spot to sit or recline, and listen with earbuds or headphones while your eyes are closed. Follow the audible guidance and immerse yourself in a state of total bliss and peace!

### Usage Instructions:

Listen to **Radiant Journey** one to two times per day. Listen anytime but we suggest listening in the morning or just before bed.

Remember to always use stereo earbuds or headphones, and never listen while driving or when you need to be aware of your surroundings.



## Soundtrack Details:

- 15 Minutes
- Light Neural Driving Effect
- Listen anytime or as your schedule allows (great first thing in the morning or just before bed)
- Listen while reclining or lying down, eyes closed
- Use headphones or earbuds
- Includes target depth of 6 Hz (theta) with a slight ascent to 9 Hz (alpha) at the end
- Includes guided audible meditation experience

## Users Report:

**Below are some commonly reported experiences by listeners. But remember: Every person is unique and every listening session can feel different. Let whatever you experience while listening be okay!**

- Feelings of deep calm and comfort
- Deep release of physical tension/muscle stiffness
- Increased confidence and happiness
- More well-being and happiness
- Release of fears and worries
- More positive mindset and attitude

