

Youthful Radiance

A Meditation for Inner Glow

Meditation and anti-aging unite in this powerful Holosync meditation that's the perfect complement to the Ageless Vitality Suite.

If you're serious about mitigating the effects of aging, you have to do more than maintain a healthy diet and exercise routine. You have to meditate. People who begin a meditation practice often look younger than their years. It's so common that it's sometimes referred to as the "Meditator's Glow."

But how can simply meditating help you look and feel younger?

Consider that meditation:

- Reduces stress - the less stress, the younger you look and feel.
- Boosts sleep quality - deep sleep is crucial to reducing wrinkles and "tired face."
- Improves telomere health - the healthier your telomeres, the younger your cells are
- Reduces inflammation - inflammation breaks down collagen, leading to more wrinkles and less skin elasticity.
- Increases circulation and oxygenation - poor circulation can make you look pale and feel exhausted.
- Balances hormones - Meditation (especially with Holosync) can boost DHEA, melatonin and other crucial anti-aging hormones

- Stimulates collagen production - collagen keeps us looking healthy and young
- Promotes better choices - Meditators are more apt to make choices that support a youthful and energetic lifestyle.

There's simply no doubt: Meditation is good for you. And meditating with Holosync accelerates and boosts the benefits of traditional meditation like nothing else!

We created **Youthful Radiance** to help you get back your youthful glow! Just by listening for 20 minutes per day, you can begin to see the kinds of changes outlined above.

This unique soundtrack uses a dual-target entrainment sequence with time spent at both high theta and low theta to reduce stress, balance brain chemistry, and help release stored up tension.

Plus, **Youthful Radiance** includes a specially designed affirmation script recorded in our proprietary Autofonix encoding method, making the affirmations effectively silent to your conscious mind, but anchoring on an unconscious level. These affirmations can help overwrite negative internal self-talk and replace it with positive affirmations focused on enhancing your energy, beauty, and youthfulness!

Instructions:

Using **Youthful Radiance** couldn't be easier:

Simply pop in your earbuds, close your eyes, sit back, relax, and listen anytime for a soothing and rejuvenating listening experience!

Note that listening consistently, once or twice a day, yields the best results.

(For more information on Holosync, Autofonix, including frequently asked questions and listening tips, be sure to refer to the Instructions from your Ageless Vitality Suite in your Member Portal.)

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Affirmations:

- "I radiate youthful energy and inner beauty."
- "My inner light shines brightly for all to see."
- "I embrace vitality and glowing health."
- "Each breath fills me with youthful energy and joy."
- "I am a source of radiant and timeless beauty."
- "My body and spirit are vibrant and full of life."
- "I glow with confidence and inner peace."
- "Every cell in my body is infused with vitality."
- "My inner radiance reflects my abundant energy."
- "I am aligned with the timeless energy of the universe."
- "I feel fresh, vibrant, and rejuvenated every day."
- "My mind and body are renewed with each moment."
- "I exude positivity and a youthful glow."
- "My energy attracts light and joy into my life."
- "I nurture my inner glow with love and care."
- "My youthful essence grows stronger with every thought."
- "I am a vessel of glowing vitality and balance."
- "My inner peace enhances my outer beauty."
- "I feel energized, refreshed, and naturally radiant."
- "Youthful energy flows freely through my body and spirit."