



# Meditation Journal

*Dr John Bergman*

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## **Meditation Journal** Dr John Bergman

Men are not prisoners of fate, but only prisoners of their own minds. Franklin D. Roosevelt Self-talk, changing your perception. This is absolute key when it comes to disease reversal. You have the power to control most of your gene expression. There's an epi-genetic control. Epi- means above, so there's a control above that controls gene expression. You will learn how to program your subconscious to change your life. This journal will give you techniques to change your state. What if you knew you couldn't fail at anything you attempted. This means you could write that book, start a business, achieve optimal health, reverse any disease process, enjoy the ultimate relationship. Through simple mind programming exercises you will achieve your dreams. You have at your beck and call a powerful genie that wants to grant your every wish. To have your every wish granted you have to be clear on what you want. This journal will help you get a clear vision, help with your focus, and create the life you always wanted. Use this manual to take quiet time to reflect at the beginning and at the end of each day. Reflect on what you want to accomplish and what you have accomplished. Plan what you would like to accomplish the next day. The importance of "goals" both long term and short term are vital to create the life of your dreams. Goals literally make your dreams into reality. For an example if you don't pay attention to a relationship/finances you will have a poor quality relationship/finances. Goals help you pay attention to your life, so you get a life with infinite possibilities. Writing down your goals for the following day will help you have a more peaceful sleep and a more productive day. Be creative with your goals keep in mind the saying; "what would you do if you knew you couldn't fail" This manual includes quotes from all walks of life from celebrities like Harrison Ford, Hugh Jackman and Ellen DeGeneres to Philosophers and Spiritual Leaders including Maharishi Mahesh Yogi, Bhagwan Shree Rajneesh and Muktananda. These quotes are meant to reveal how many different types of people use meditation for health and peace of mind. When you contemplate the quotes, record your thoughts to get in touch with your inner self. We all have had some types of crisis or challenges in life. The Chinese character for Crisis is composed of danger and opportunity.

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