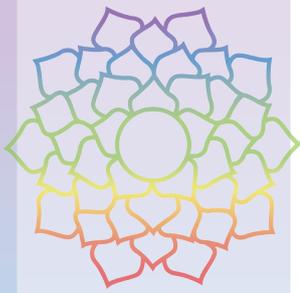


Channeling Meditation

FREE REPORT

- Imagine increasing your creativity, intelligence, and problem solving skills?
- Imagine having a deep restful sleep and feeling more happiness and “flow” in your life?
- Imagine being presented with better business opportunities, or even a better job?
 - Imagine healing and dissolving your emotional blocks?
 - Imagine feeling enlightened and achieving inner peace?
- Imagine having better focus, concentration, and memory?
 - Imagine feeling more motivated and confident?
 - Imagine looking ten years younger?
 - Imagine losing more weight?

**If You're Looking to GET RID OF YOUR STRESS, ANXIETY, DEPRESSION and MORE,
Then You Need to Pay Close Attention to What You're Going to Read now....**



If you're interested in reducing the stress in your life and finding true inner peace –and who isn't? – then you need to read more about our Elite Channeling Meditation Course. I want you to have all the information you need to truly understand how our program can lead you towards a better more balanced you, spiritual awakening and change your life!

Our amazing Elite Channeling Meditation® Course will teach you how to accelerate your mental, emotional, and spiritual growth in ways that will astound you. In fact, I guarantee that my proven system will inspire and uplift you like nothing else ever has.

Reading this entire letter can be a major turning point in your life, and you'll thank yourself later for getting all the facts!

Okay, let's get started.

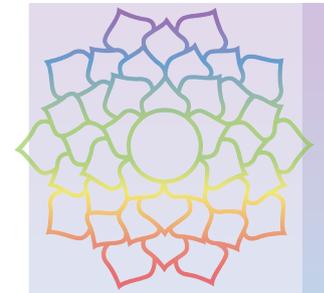
Imagine plugging your brain into a specially channelled meditation soundtrack that envelops you in a deep meditation so powerful that it immediately begins to change the structure of your nervous system, your thought patterns, and your life!

If you want to meditate deeply, virtually eliminate stress from your life, naturally and safely stimulate the production of brain chemicals that dramatically slow ageing and increase longevity, boost your mental powers to unheard of levels, and resolve forever most so-called "dysfunctional" feelings and behaviours, please read on...

In 1984, I began experimenting with some remarkable meditation programs. In my many years of practicing meditation and guiding meditation groups, I have watched these channelled meditation programs yield some absolutely mind-blowing experiences and benefits for those who have participated.

Profoundly deep meditation...

- Can help you overcome anxiety, stress, fear, substance abuse, anger, and self-doubt.
- Greatly increases the production of euphoria-inducing endorphins, along with a number of other chemicals and hormones that have been proven to slow ageing and increase longevity.
- Learn how to break your most self-destructive habits.
- Increases "whole brain functioning." Improve your creativity, focus, concentration, self-awareness, and ability to learn!
- Lowers stress levels, increases your ability to cope with life's trials and tribulations, and leaves you centred and peaceful. You'll even notice an increased libido.
- Enhances your quality of life and opportunities for success! You'll find yourself less anxious about taking the risks necessary for success, and with a greater ability to take advantage of life's opportunities. These 'smaller miracles' become more and more regular with the continual practice of our meditations.
- Increases your energy and alertness while simultaneously decreasing your need to sleep. You'll find yourself being more productive more often, with a new-found vitality and view of the world.



Can You Afford NOT to Try Meditation?

If you're thinking that all these benefits sound too good to be true, I can't blame you. I too have been consistently amazed by the benefits meditation has brought me. Fortunately, the many benefits of our Channelled Meditations have been well documented of the participants in our program. As for the nature of our meditations, we have chosen to call the program "The Elite Channelling Meditation Course", and we believe you'll find it a rewarding and life-altering experience.

These results haven't been experienced by only a handful of people. Many long term participants in our program have shown all the benefits listed above, as well as many others. Is all this really possible from participating and listening to our Elite Channeling Meditation Course? Positively! To find out more, read the testimonials in our 'What Others Have to Say' section of our website and watch the video testimonials also. I have included testimonials throughout this report.

Can A Meditation Program Really Be This Possible?

No Question! Our Elite Channelling Meditation® Course is the result of years of research and innovation, and is one of the most powerful audio programs available. Featuring peaceful music and soothing environmental sounds, our program is much more than an "instant meditation" fad. By experiencing a deep meditative state for only a short time each day, regular participants can achieve a heightened mental state, and a greatly energized nervous system. It's our pleasure to share these fascinating developments with our participants.

By now, you're probably wondering what the brain's response to meditation is. When you are in a state of meditation-triggered deep relaxation, a number of mood-altering hormones, including Serotonin, are released. Your heart rate slows, and growth hormones released during the process aid in repairing cells and tissues. Deep meditation also allows increased communication between the two hemispheres of the brain; a phenomenon that is believed to be one of the characteristics separating geniuses like DaVinci, Einstein, and Mozart from the rest of us.

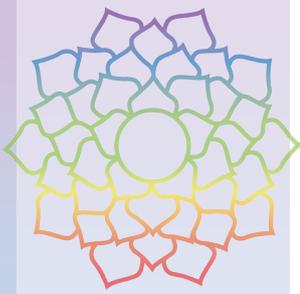
Mental and emotional health can also be profoundly improved through the use of our Channelled Meditation techniques. Here's an explanation of how and why these changes occur.

Where do destructive behaviours originate?

Have you ever used the phrase "I've had it up to here" before? It's more true than you might realize. There's a limit to how much stress and negativity we can take at one time. When we reach that threshold, we're pushed over the edge and begin to feel anxiety, sadness, depression, anger, and jealousy, to name just a few. When we're pushed even farther over that threshold, we can slip into self-destructive actions and habits, even to the extent of abusing alcohol and drugs in an effort to forget the stress for a while. Our Elite Channeling Meditation Course provides a stimulus to a higher level of the brain, increasing your tolerance to stress and anxiety, and allowing you to find healthier ways to cope with your problems. In time, you create effective solutions to them also. So they are removed from your life as you become more empowered.

Meditation allows me to give my mind a complete rest from the hustle and bustle of everyday life. It takes me to a special place where I can receive and give universal love, ask for assistance in areas of my life that require improving and embody peace that I would like to see in the world. The mind is a powerful tool, and the intensity of the energy that we give and receive during a meditation session with Senka is relaxing, healing and leaves you with an overall feeling of peacefulness and contentment within yourself.

REBECCA



My view is that these dysfunctional feelings and behaviours are attempts to cope with being pushed over this stress threshold. It's similar to a mid life crisis. When the amount of stress and negativity in a person's life has built up to an unbearable level, they crash.

Children who have experienced abuse are a prime example of this theory at work. Abused children have a lower threshold for stress and anxiety as a result of their trauma, and can thus be bothered more easily by stressful situations, that wouldn't bother an adult who had a healthy childhood. With a lowered threshold for stress and anxiety, they experience these dysfunctional feelings and behaviours on a more regular basis.

Clearly, dysfunctional behaviours are a serious problem. How then can we rid ourselves of them? By raising your energy levels with the help of our Elite Channeling Meditation Course, you'll be able to cope more easily with the stresses and anxieties of modern life. With more practice and experience, you'll find your dysfunctional feelings and behaviours slowly disappearing, leaving a happier and healthier you.

The more you meditate, the less and less you'll think about past stresses and problems and you'll feel more in touch with the world around you.

For a Real Life example...Here's My Story

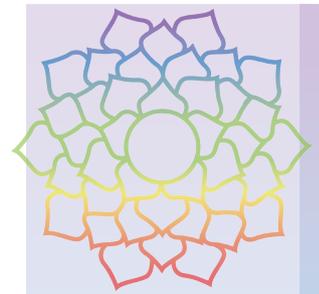
Like most people, I've been searching for answers most of my life and not finding them. Occasionally, I found pearls of wisdom scattered here and there, but until I started practising guided Meditations, I couldn't quite put everything together.

I first began experimenting with meditation in 1984, and found that it helped almost immediately. I was an excellent HSC student with an overactive imagination, and found myself consistently troubled with insomnia. Rather than falling asleep at a reasonable hour, I would lay awake in bed until three or four in the morning, tossing and turning. Most nights I felt as if I were watching a science fiction movie inside my own head.

Until my thirties, I seemed to struggle meeting a decent man. I found I was attracting shallow, vapid men who promised everything and delivered nothing. I always seemed to attract the Dr Jekyll and Mr Hyde types, who seemed great on the surface, but were soulless on the inside. I realized that something about my personality was attracting these guys, and so I tried to change myself. I attended seminars, workshops, tried several kinds of alternative therapies, bodywork, dieting, herbs, and read and re-read-hundreds of self-help books. Nothing seemed to quite work.

I turned back to meditation and found a great group that guided meditations in Sydney. During my meditations, I began to have all kinds of inner experiences - I'd read about but never really expected to have: dream-like visions, unusual physical sensations, deep insights, spontaneous solutions to life-long problems, incredible endorphin rushes, and hours speeding by in what seemed like minutes. It was all very intriguing...And very exciting! As I began using these techniques, unresolved emotional blocks and emotions began to surface and be released, followed by periods of incredible clarity. Allowing me to redefine what was really important in my life. Not what society kept dumping onto me.

More importantly, I began to have more personal breakthroughs, which I desperately needed but had never really expected to experience (*some of the same breakthroughs you may be looking for in your life.*)



Over the next three or four years I went on an incredible journey as I began to experiment with the various forms of meditation. I gathered together the best techniques that worked quickly and easily. I then formed my own meditation circles after meditating for almost twenty years in total. In the past three years since I began guiding the groups, I found everything has become a lot clearer, and now understand what my life's purpose is. Mainly, to help others through the guided meditations I channel. That is why I am now so excited to finally form this program, to help all those around the world, who are unable to come to my groups here in Sydney. As well as the many other people in Sydney who are unable to make it for what ever reason, so you can now practice from the comfort of your own home. If you can, I do encourage you to come to the group session, so you can have a taste of the great energy I channel.

I started practising this technique every week and have now kept it up for almost twenty years. These days, I am completely comfortable in my own skin and my thoughts are still, clear, and strong. I am finding now, everything I wish for, becomes a reality. Also, with any great ideas, I have the energy to carry through with them.

Over the past two years, I have started to make live recordings of the Channelled Meditations I hold each week, along with experimental soundtracks to parallel and enhance my voice while still maintaining the high energy I channel. So as you listen to the meditations, you will hear the birds in the background or other sounds I have chosen to keep within the recordings. Mixed with carefully selected music to resonate with the chakras.

My Life Changed for the Better and So Will Yours

Meditation is a process, and not an instant solution. Just as you train your body by lifting weights and working out, you train your mind with meditation. Like many people, I experienced periods of rapid growth as well as times when my progress seemed to hit a plateau. Eventually, just when I thought I'd changed as much as I could, the process would pick up speed and I'd find myself making rapid progress again.

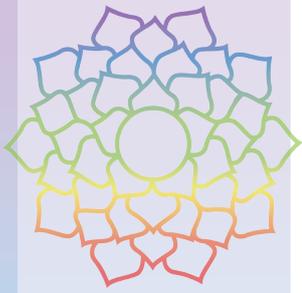
As you'll find out for yourself, the meditation process can sometimes be very intense. I experienced a wide range of intense emotions as I worked through old issues. Thanks to the peace, clarity, and self-awareness following each breakthrough, I was always left feeling satisfied and calm with the results. Each breakthrough made the world seem more like a new and exciting place, and I found the universe began to respond to me ways I never could have predicted. All for the better.

You might think that all these changes would be sudden, drastic, and a little scary, but that's not the case. In fact, the breakthroughs and insights seemed so natural that it was hard to understand why I hadn't felt that way before! I found myself approaching each meditation time filled with energy and curiosity as to what I might experience next.

The more I meditated, the sharper I found my mind becoming. It might sound like science fiction, but I could see myself becoming more intelligent, more focused, more intuitive, and more creative. My memory improved, and I found myself with an increased ability to solve complicated problems, and to overcome situations and obstacles that had stopped me cold before. Along with all this, I found I had more energy to carry through with all my ideas.

'After my first meditation course I couldn't believe it. It taught me to take time away from my hectic world and to look inside me and build my strength. I felt completely refreshed like a long energising sleep'

JASON



Science Proves that Meditation Activates More Disease Fighting Genes!

For thousands of years, Yogis and Gurus have instructed us to 'take a deep breath and relax.' Now, hard science couldn't agree more! A comprehensive study by the Harvard Medical School has demonstrated conclusively that deep relaxation influences our bodies on a genetic level, potentially leading to a number of long-term health benefits!

Researchers at Harvard Medical School have discovered that long term practitioners of meditation and other relaxation methods have a higher number of 'disease fighting genes' than those who don't practice such methods.

More specifically, the researchers found that those who regularly practiced meditation were at a dramatically decreased risk for infertility, high blood pressure, pain, and even rheumatoid arthritis. The researchers dubbed this "relaxation effect" a phenomenon that could produce similar effects to prescription drugs, without any of the dangerous side effects!

"We found that a range of disease-fighting genes were active in the meditation practitioners that were not active in the control group," explained Dr Herbert Benson, associate professor of medicine at Harvard Medical School, who led the research.

Even more encouraging, the "meditation effect" was found to increase with regular practice. The more people practised meditation or deep breathing, the greater their chances of remaining free of arthritis and joint pain with stronger immunity, healthier hormone levels and lower blood pressure.

"After two months, their bodies began to change – the genes that help fight inflammation, kill diseased cells and protect the body from cancer, all began to switch on." *

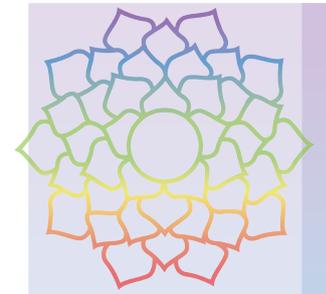
* The above was taken from an article published in "The Sydney Morning Herald" August 2009

As I continued to practice Channeling Meditation, I just couldn't believe how much my life was changing. The anger, frustration, fear, and self doubt I'd been carrying all my life melted away. People began to like me and respond to me in a more positive way. I began to like people...and get along with them! I began to assert myself and become more inquisitive I seemed to develop an incredible sense of clarity, not only about what I saw and experienced, but about myself and how I was the creator of what was happening in my life. I finally felt in control of my own life and destiny!

Although great things were happening in my outer life, the really big change was happening within me (where it really counts). For the first time in my life I was peaceful, joyful—and yes, happy! All because of the effects of a simple - but very powerful - guided meditation!

Finally, I decided that I had to put all I'd learned and experienced, along with the meditations I channelled, into something I could offer to others at a very affordable price. Thus, in a small way, the Elite Channeling Meditation Course was born.

I had no idea when I started Channeling Guided Meditations how much it would grow. As the year 2009 came to an end, we've had over 1,000 people in Sydney join our Channeling Meditation groups over the past two years. We're still growing by leaps and bounds.



I made a lot of mistakes in the first two years, but now, you can take advantage of all the mistakes, wrong turns, and blunders - and all the discoveries - I made as I perfected what I humbly believe is the most effective personal development tool created. In addition, you'll find in the support and follow up material that this is the most sophisticated, effective, and easy-to-use method ever developed for reducing stress, energizing your mind, and improving your long-term health.

When you take advantage of the Elite Channeling Meditation Course, you'll find that the support materials contain everything you'll need to experience this amazing meditation program for yourself.

How Do Brain Wave Patterns Affect Your Life?

Every day, every hour, every minute, and every second, nerve cells in your brain generate electrical signals that fluctuate rhythmically in distinct patterns. These are called brain wave patterns, and they are - closely correlated with your thoughts, emotions, and the functioning of the various systems of your body. In essence...brain waves affect your entire quality of life!

When you relax, your brain wave activity slows into what are called alpha brain wave patterns. Alpha patterns can vary between deep alpha, a state of intense relaxation often referred to as a twilight state between sleep and waking, to the higher end alpha waves, which are more focused but still capable of producing deep relaxation.

Theta waves are even slower than alpha waves, and have been linked to enhancing learning and memory. Our Elite Channelling Meditation Course assists in activating the Theta waves in our brains, increasing creativity, enhancing learning, reducing stress and awakening intuition. Theta waves inspire us to new creative heights, and have also been linked to visionary and spiritual experiences. Theta waves are also responsible for releasing high amounts of Human Growth Hormone.

The theta frequency is also where the brain makes use of its typically under used areas. Of the four categories of brain wave patterns, Beta waves are the fastest. Beta wave patterns are normally associated with consciousness and are also associated with concentration, arousal, alertness, and cognition. Best of all, theta wave brain patterns induce an outstanding level of stress relief. While in a theta wave brain pattern, the brain produces extra endorphins that help melt away your stress. *See, or feel, the difference for yourself, as you practice our meditation!*

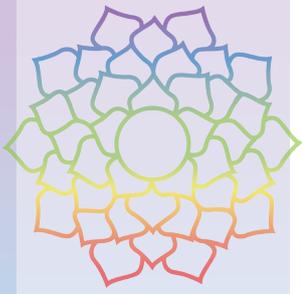
Delta brain waves are the slowest, and are the state associated with dreamless sleep. People in a delta wave pattern are typically asleep, but evidence suggests that it's possible to remain in a deep, trance like state as well. It's almost impossible to describe this sensation, and it's something you'll have to feel to believe!

When our minds are in a deep sleep, our bodies take the opportunity to repair and revitalize themselves. Blood flow to the brain is reduced, and the pituitary gland releases small pulses of growth hormones that stimulate tissue growth. As we age, our bodies generally produce less growth hormone, resulting in loss of stamina, increased weight gain, loss of muscle tone, and many other symptoms associated with ageing.

Researchers at the University of Wisconsin announced to the media in 1990 that they had injected synthetic growth hormone into a small group of elderly men between the ages of 61 and 81. The result was a sudden rejuvenation that substantially

It is safe to say that I was a huge sceptic of meditation or any type of non conventional methods to reduce stress and relax. This all changed when my friend and I started visiting Senka for her weekly guided meditation classes in Leichhardt. I have always found it difficult to shut off from the work day and I have always "worried about everything" - this inability caused me to breakdown a few months back so I called Senka and talked through my issues hoping that she would fix them right then and there! She suggested the classes so we went along and I haven't looked back. Meditation has allowed me to think and make decisions in my life with a clear mind. I have less stress and anxiety or at least, I know how to manage it better. More importantly, I am much happier in me which means I am a better Mother, Wife - a much better Marcella! Thanks Senka...

MARCELLA



These treatments were outrageously expensive, and the benefits only lasted as long as the treatments themselves. Fortunately, you can experience a similar range of benefits at a fraction of the cost by practicing our extraordinary Elite Channeling Meditation Course on a daily basis! *Try it, and feel the difference! You'll love it when people at work or friends around you, let you know that you're glowing!*

How Can Meditation Have Such Tremendous Benefits?

Research has conclusively proven the profoundly negative effects of stress on the body. Mental and emotional stress triggers the release of the stress hormones adrenalin and cortisol, raises your heart rate and blood pressure, suppresses the immune system, and can lower fertility.

Cortisol is one of the primary stress hormones, and functions by switching off the thymus, thereby suppressing your immune system. The more cortisol you have in your system, the more stressed you feel, and the more susceptible to disease you are. *Bad news!*

By contrast, relaxation is linked to the higher production of feel-good hormones such as serotonin, endorphins, and human growth hormone.

Another hormone produced during relaxation is DHEA. DHEA is a precursor to all of the other important hormones your body needs. Because of this, DHEA level is an important factor in determining physiological age and resistance to disease. The more DHEA your body produces, the more effectively you'll be able to fight disease and the effects of ageing. DHEA promotes the activity of interleukin-2 and other natural killer cells, both of which stimulate the immune system, and help the body fight off foreign invaders and cancer cells!

We can clearly see the many benefits meditation can offer, not only on a mental level, but on a physical level as well. By lowering heart rate and blood pressure, and bolstering the immune system, meditation allows us to live longer, healthier, and happier lives!

Isn't this something you owe it to yourself to try?

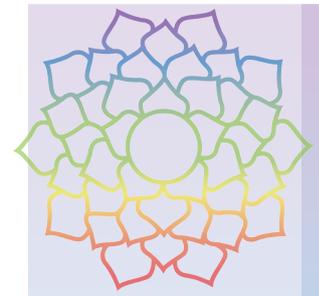
Stress can create medical symptoms directly—headaches, palpitations, body pains, fatigue, rashes and high blood pressure, to name a few—and can also make symptoms due to other causes worse. Learning to reduce your stress can impact dramatically on how you feel and on the quality of your life. In fact, reducing your stress can mean the difference between feeling fully alive and functioning at your peak, versus feeling ill and functionally compromised.

If you don't know where you are, it's hard to tell which way you're going. For that reason, continuing self-reflection, namely meditation is a cornerstone of stress management, and integral to minding the body, and mending the mind.

* Notes from the Director of Beth Deaconess Medical Centre in Boston

Why Whole Balanced Brain Function Is Important?

When a decision-maker is using their whole brain function, their frontal lobes coordinate and integrate the activity of their brain and nervous system. What are the frontal lobes? They are the crowning achievement in the evolution of the nervous system, found only in human beings and to a lesser degree in some of the great apes. As the seat of moral and



ethical reasoning, the frontal lobes are the “executive brain”—the place where the autonomic responses of the limbic system, such as respiration, cardiac activity, and nervous-system functions, join together in a physiological nexus between actions and feelings. Whole Brain Function frees us from routine and leads us into civility, virtue, creativity, and innovation. Whole Brain Function is achieved when the frontal lobes are fulfilling their executive role in optimal fashion, a state most effectively achieved when our nervous systems are in balance and harmony and our emotions are positive.

When both are combined, intuition is the ultimate achievement of the two. Clarification of whole brain thinking is that persons who use whole brain thinking have the ability not only to be creative in the arts, but could possibly fix a diesel truck engine as well. By using whole brain thinking, the impossible becomes possible.

Some of the world’s greatest pioneers, inventors and leaders use whole brain thinking. Leonardo da Vinci was not only a fine artist but a great scientist as well. Frederic Bartholdi, creator of the Statue of Liberty, utilized whole brain thinking, not only did he create the Statue of Liberty, he also engineered the scientific dimensions of his creation.

As amazing as it may seem, we really do now have a method of tapping into this kind of whole brain, super functioning, high performance, creative thinking - a level of brain functioning that up until now has been reserved to...

....only three percent of the global population! *Stats taken from Ned Herrmann’s notes

And don’t forget, the remarkable deep meditation and brain synchronisation you’ll experience with these meditations creates some truly amazing changes in mental and emotional health. Anger, depression, sadness, self doubt, anxiety, substance abuse and a whole host of dysfunctional feelings and behaviours fall away - even in people who have “tried everything” without success! *Taken from an article published in *The Sydney Morning Herald* in August 2009

Increasing Fertility Through Regular Meditation

A study at the University of Western Australia found that women are more likely to conceive at periods when they’re relaxed rather than stressed. Another study at Trakya University, Turkey, found that stress reduces sperm count and motility, a finding that implies that relaxation may boost fertility in men, too.

Enhanced Immunity

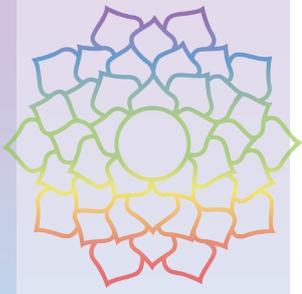
Relaxation appears to boost immunity in recovering cancer patients. One study at Ohio State University, in the US, found that progressive muscular relaxation through meditation, when practised daily, reduced the risk of breast cancer recurrence. In another study at Ohio State, a month of meditation exercises boosted natural killer cells in elderly people, giving them more resistance to tumours and viruses. Stress leads to inflammation, a state linked to heart disease, arthritis, asthma as well as skin conditions such as psoriasis, say researchers at Emory University in the US. Meditation can play a role in preventing and treating such symptoms by switching off the stress response. In this way, one study at McGill University in Canada found meditation clinically improved symptoms of psoriasis.

How You Can Do It!

You may not end up a genius, but then again...who knows? I do know this, those who use the Elite Channeling Meditation Course on a daily basis, heal themselves through the process and will routinely tap into a whole range of remarkable abilities...

‘Just thought I’d let you know that I DID have such a wonderful sound sleep last night. The first time for me after meditation. For me, once I have had a positive response to an experience, it just gets easier! So I know that with continued meditation it will continue to get better... so I again send you my heartfelt thanks for your commitment and dedication. You are helping so many people and it is like a domino effect. As you help people to change, they in turn help others etc etc. So a BIG thank you !!!

BEV



How Can The Elite Channeling Meditation Course Help You? You Might Ask?

Well, it is what this schedule offers that makes this course so unique. You see, it is my commitment to reach as many people as I can to help them become balanced, clear, happy and strong, balanced human beings once again. So I will be personally guiding you when you join our informative webinars. So yes, you will also be coached along the way over this four month course to help you breakthrough old habits and raise your energy back into health, joy and happiness. This is all part of becoming more enlightened. The higher you raise your energy, the more benefits will come your way, within and around you.

Still Wondering if This is The Right Meditation Course For You?

Each time you listen to the Elite Channeling Meditation Course, you will begin to relax, shed stress, and balance your brain. As the left and right portions of the brain begin to balance out, your nervous system will start to rejuvenate and you'll begin to use both hemispheres of your brain equally. This is called "whole brain thinking," and can be massively beneficial, as described previously.

Rejuvenate Your Nervous System Now!

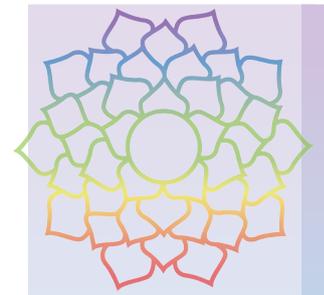
As the left and right hemispheres of your brain start working at the same level, you'll gain the ability to think with your whole brain. You'll find yourself thinking more clearly, solving problems more effectively, and becoming more creative!

- A balanced brain is a healthy brain! Whole Brain Thinking also leads to a sensation of bliss and relaxation that will last into the next day. When balanced, the brain produces chemicals like DHEA and Serotonin that increase longevity, slow aging, and reduce stress.
- The changes that come from a balanced brain are truly remarkable. Stress and emotional blocks simply disappear. You'll find yourself thinking more clearly and enjoying life more. The beauty of the natural world all around us will stand out even more, and you'll finally acquire the ability to relax and enjoy the moment you're in. Without constantly racing your thoughts into the future and forever contemplating on the past.

That's Just the Beginning....

After using our program for four months, you will find yourself amazed by how much more relaxed you are, and by how the stress you used to feel has melted away. All of these meditations have been recorded live from our meditation groups. It has brought me an unbelievable amount of joy to watch the people who have joined my meditations transform for the better. Many examples are written up on our blog. <http://www.channelingmeditation.com/blog>

This experience has inspired me to record the meditations I have channelled and share them with the world. Now, everyone who needs a helping hand to raise their energy levels, become empowered, and achieve a sense of balance can do so! Our meditations has helped hundreds of people already, and it can help you too!



This Sounds Great! What Next?

After practicing The Elite Channeling Meditation Course over the next four months, you'll be introduced to another amazing level of meditation.

The "Global Collective Consciousness Meditations" will allow you to further connect to the greater Divine Consciousness which connects all mankind. The animal and plant kingdom, including mother earth. By using this method to help heal the world, you'll find yourself reaping a wide array of benefits. Abundance in its many forms will be gifted to you as the Universe responds to the energy you project through these remarkable meditations. Shortly, I'll be posting what we have achieved to date.

What Makes Our Course So Different and Effective?

Extensive follow up ensures you're never left wondering what to do.

- Personal support means you'll always have a helping hand when you need one.
- Our educational tools are second to none, and we're coming up with more every day!
- Follow up, one to one support through our webinars every three weeks during the Elite Channeling Meditation Course. Assisting you with coaching, discussions and to continue the practice, preferably on a daily basis. You'll then discover how easy managing your new life can be, with a heightened state of awareness.
- Hotline access to our support staff.
- Special Reports on the latest breakthroughs
- Access to our regularly updated blog. Stay updated on what others are experiencing and gaining in our meditations! Along with Global Collective Consciousness Meditations.

What Else Do We Bring to The Table?

- A powerful healing and mind expansion meditation practice that's easy to learn and that will revolutionize your life for the better!
- Follow up and support to make the transformation that you will be experiencing easy to handle.
- 1 to 1 support every three weeks over the 4 month duration of the meditation course
- Keeping you posted on any latest developments via email.

At This Point, You Might Be Wondering if There's a Catch...

There's no catch, but there may be a couple obstacles to overcome.

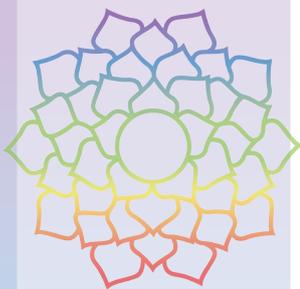
The first obstacle is that this program will be making changes in you that will create a revolution in your life. Deep meditation is a tool for looking inside you. For it to be truly effective, you'll have to face parts of yourself that you've buried deep inside and kept locked away for years. *You know the parts I mean...*

The old, dysfunctional ways of being and thinking that sabotage you and create turmoil and stress in your life. Our program helps you deal with all these bad old feelings. To be honest, these changes might be a bit uncomfortable before those feelings disappear for good.

This program will help create a better you. On some level, we all resist new ways of thinking and behaving because our old habits and ways of thinking are so familiar and comfortable, that we fear letting them go. Why? For when you let them go, you don't know what will take its place. The new behaviours that take place will far out weigh the old. Only then will you realise.

Just thought I'd check in with you about how I've felt this week after meditation. I've felt much more relaxed and focused!! It's been great to feel some of my old self come back to me, as I've lost a lot of focus and self happiness over the past few years. Really love your meditations.

MEGGAN



Once you let go of the old, you grow and change for the better. The changes might be immediate, or they might happen gradually, but our course will make sure that you're always moving forward, and always improving on all levels.

It's just part of the process.

Rest assured, we will always be here to help you. We provide FREE support for you via phone or email, so you'll never have to worry about coping with this changes alone. We've never had anyone in our groups - considering the phenomenal results they have had - who felt that the process wasn't worth it.

How Much Time Will This Take?

This program requires a commitment. You are free to meditate only three or four times a week, but your progress will be much slower. The best results will be achieved if you meditate half an hour every day with our course or even every second day.

After the first few meditations you'll be looking forward to each session more and more. The experience is so empowering and liberating that you'll feel immediately energized. Still, you do have to be willing to practice it regularly. *If you don't think that mental, emotional, and spiritual growth are worth committing half an hour a day to, then this course isn't for you.*

Is This Program Safe? Are There Any Dangers?

Not unless you think greater peace of mind, improved clarity of thought, better self awareness, and a deeper appreciation of life are dangerous!

Thousands have been coming to my meditation groups in Sydney, Australia. I am not aware of anyone who has had a negative experience beyond an occasional bit of discomfort as they confront old dysfunctional behaviours.

Our meditations have been approved by other leaders in the personal growth field, and is the product of many hours of practice and research. The program is 100% safe and will provide you with a remarkable life changing experience.

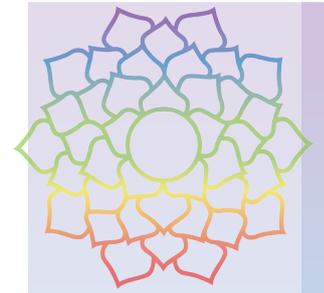
Are You Ready For A Totally Risk Free Offer?

I know you may still be sceptical. When I first started meditating, I was too. Today, I am thrilled to share with you the meditations that have improved my life and continue to do so to this day. Give this program a chance to help you, and I think you'll love the results.

But before I do, I'd like to ask you something important...

What do you want? What do you really want? There's a reason you've read this far into my letter... and it's because you want something. What is it?

- Do you want to be happier and less stressed?
- Are you searching for a way to be more patient with others and yourself?
- Do you want to increase the calmness and tranquillity you feel, while bolstering your confidence at the same time?



- Do you think about the day you will be living your dreams rather than just dreaming?
- Do you want to live more in the moment, and let go of all the emotional baggage from the past?
- Do you wish to gain a deeper understanding of the beauty that surrounds and permeates all life every moment of every day all around you?
- Do you want to help make the world a more beautiful place?
- Do you wish to find a true partner to share your life with, or create a deeper bond with the partner you already have?
- Do you want to create a deeper connection with a divine power?

Even with all the technological advances in today's world that are supposed to make our lives easier (email, iphones, internet, etc.) life is becoming faster and more challenging. There are more demands on us emotionally, physically and spiritually. Don't you feel like there's something wrong with this? If you don't know what it is, let me tell you.

We try to GIVE constantly to our friends, family, employers, customers, work colleagues... anyone and everyone that comes into our lives. Sometimes we forget we must give time out to ourselves in order to lead a more fulfilling life!

- Does your life feel like it's spinning out of control?
- Do you feel like you're always on edge?
- Do you feel like you're constantly running in the same place, and never making any progress?

If your answer is YES! to the above, understand this:

YOU ARE NOT ALONE. AND IT IS NOT YOUR FAULT!

I know how you feel. I understand exactly what you're going through. It's how I used to feel... before I found this amazing method of meditation.

What if you could quickly and easily lower your stress levels? Wouldn't it make your job and your relationships that much easier to handle? You bet!

Picture This...

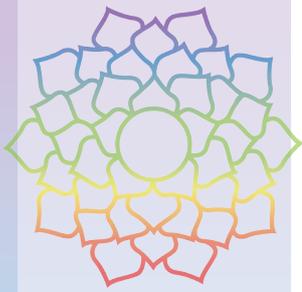
After listening to your Elite Channeling Meditation CD in the evening, you will have an amazingly restful deep, rejuvenating sleep. Up to 95% of people in my groups report sleeping very deeply after meditating.

You wake up in the morning energized, and with a new lease on life. You start to feel excited about just being alive. When you leave your home and look around you, you feel completely aware of the sun on your face, the trees in the street, the flowers in the garden, and the birds singing above you. In that moment you experience an overwhelming feeling of thankfulness and gratitude. You finally see the true essence and beauty of nature around you. This amazing feeling stays with you for the rest of the day. At work, in meetings, where ever you go for the rest of the day.

Even when you are confronted by others at work who are grumpy and negative towards you, you suddenly realize, they no longer bother you. You still feel great! Best of all, you see that the negativity they exude is from them and their problems alone. They really have nothing to do with you. What they are projecting are their own creations and you don't need to take it on. If someone else suddenly took over your position, and you were the fly on the wall, you will find they will be projecting the same emotions and negative energy to that person also.

'Meditation opened my mind and cleared it of all the bad energy, worries and confusion – I soon had clarity and recovered the optimism that I had lost – I have dealt with day to day issues with better judgement and also calmness. Since starting meditation classes with Senka in October 2009, I went through a life-changing period and I can only be so grateful for it. I know I only need to focus on what's important to go forward in life, the rest will fall into place. Thanks so much again for this journey Senka'

ANNE



Imagine YOU being one of those people who remain balanced, focused and centred regardless of what ever is happening around you. How would you feel? Terrific, right?

Well, that is what the Elite Channeling Meditation Course can give you.

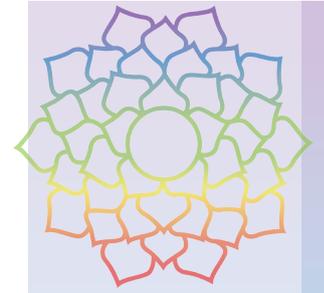
Now to the Shocking Facts...

If you look at the statistics you will be shocked. Facts taken from the Mental Health Foundation of Australia in 2009 alone!

- 1 out of every 5 Australians [about 20%] will experience some form of mental illness each year. 3 out of every 10 [about 30%] will be seriously affected.
- Depression and anxiety are the most prevalent mental disorders experienced by Australians.
- Depression alone is predicted to be one of the world's largest health problems by 2020.
- Nearly 1 in 10 Australians will experience some type of anxiety disorder each year – around 1 in 12 women and 1 in 8 men. One in four people will experience an anxiety disorder at some stage of their lives.
- The 2001 National Health Survey estimated that 1.8 million Australians (9.6% of the population) had a long term mental or behavioural problem of more than 6 months duration.
- Approximately two thirds of people with a mental illness do not receive any treatment in any 12 month period.
- Mental disorders and suicide account for 14.2% of Australia's total health burden – which equates to 374,541 healthy lives lost (DALYs).

If we look at stress, the statistics are almost devastating....

- The majority of mental illnesses begin between the ages of 15 - 25 years. This poses a significant threat to our nation's future workforce capacity and economic prosperity.
- Almost 1 in 4 respondents reported high levels of psychological distress (30-50 points on the K10 symptom scale): these people have a 3 in 4 chance of meeting the criteria for anxiety or depression.
- Almost 75% of Australians considered themselves to be relatively stressed, with almost 1 in 3 (28%) reporting extreme levels of stress.
- Almost 65% of Australians reported that they thought work contributed considerable to their levels of stress.
- Australians who had experienced a lot of stress over the previous 4 weeks were likely to have higher levels of psychological distress. This psychological distress was also influenced by the amount of work-life balance they experienced, the amount of energy they exerted across a range of key life areas (e.g., work, personal health, recreation), and their age.
- Stress-related workers compensation claims have increased by 400% in the last 10 years! (WorkCover SHM June 04).
- In Australia, the total cost of workers compensation claims for stress-related conditions is estimated at over \$200 million every year.
- Some of the many causes of work-related stress include long hours, heavy workload, job insecurity, and conflicts with co-workers or bosses.
- Symptoms include a drop in work performance, depression, anxiety and sleeping difficulties.



***These figures are terrifying, and they're not improving.
If you aren't happy with your life, how can you change it?***

Lots of people turn to medication to keep themselves up, but drugs only treat the symptoms, not the cause, and can come with a nasty array of side effects. You could always try talking to a therapist, but be ready to fork out at least \$150 per hour.

Some therapists charge over \$300 per hour. At one session a week, a month's worth of therapy could set you back \$1200, and six months of talking to a therapist could cost you over \$7000!

We've spent thousands upon thousands of hours perfecting our meditation groups, our recordings and compiling feedback from satisfied participants. We've spent the last three years recording, testing, editing, and researching ways to improve our program. The past 6 months we have been in and out of recording studios to deliver you the best and most powerful selection of our channelled meditations and now we're ready to deliver it specially to you!

If I had to put a value on all the research we've conducted for this course, it would easily exceed \$450,000. With that in mind, it is no wonder people expect to pay over \$1200 for our Elite Channeling Meditation Course.

Considering the transformative effect our course has, that price would be an absolute bargain!

The good news is, you do not need to pay anywhere near \$1200.

- Or \$900

- Or \$600

- Not even \$400

For a limited time, you can try The Elite Channeling Meditation Course for the exclusive starting price of USD \$397.

With this bargain price, you'll receive the five main soundtracks that compose our initial level of the course. But wait, there's more! This package also includes a collection of literature to support the powerful benefits of meditation. Compiled on one CD for you. Real life experiences as they are being shared in our groups, along with quality tips I have imparted to the groups on the Group Sharing audio CD. A special "Chakra Guide" booklet and chill out music CD.

If that wasn't enough, we'll even send you follow up emails every three weeks over the duration of the course inviting you to our live webinars. In these webinars, I will help guide you through the course and assist you with your personal growth, tell you what you're likely to experience, and how to cope with the changes in your life that our course is sure to bring!

This is a bargain price for the Elite Channeling Meditation Course, especially considering the vast array of benefits you can expect to experience as a result of using it. There's no other faster, easier, safer, or more effective way to reduce stress, achieve inner peace, enhance your relationships, energize your mind and body, and overcome depression and anxiety.....and more!

Despite the obvious benefits of our course, some people in these trying economic times might not be able to afford a single payment of \$397. Don't worry! If you act now while this offer is still available, we can help!

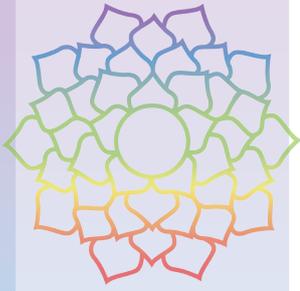
Just thought i'd let you know that I have felt really wonderful since the last meditation. It really felt like some stuff shifted as i feel a lot more grounded and clearer and happier.

I felt great and really relaxed. Had a late night as i had things to do, but when i finally went to bed i had no problems sleeping!

The pain from the back operation disappeared and also the endometriosis.

Thanks

TORI



You Can Invest in Three Easy Payments!

To make it even easier for you to give this remarkable program a try, you can invest in The Elite Channeling Meditation Course in three easy monthly payments of \$132.33 each (by Visa, Mastercard or Amex only)

The Elite Channeling Meditation Course takes, on average, four months to complete. At a total of \$397, your investment only works out to \$12.80 per day! That's less than you spend on your lunch. **Unbelievable!**

Let's be honest, you don't give a thought to \$12.80, do you? Everyone can afford a mere \$12.80. Which means you can afford The Elite Channeling Meditation Course.

*All that's left, is for you to take the first step on your journey.
Get in touch with us.....*

And Get Your FREE Bonuses Worth \$680.50 Right Now!

Let's recap on the bonuses;

FREE BONUS #1: (\$440.50 Value)

A Collection of PDF Files Giving You All That You Need, to Understand the Benefits of Meditation.

This includes a collection of inspirational articles, research and the benefits you will gain regularly practising meditation. In this course, you will be supported one to one every third week during the full duration over four months. To ensure you are regularly practising and to help assist you with any break throughs and letting go of old behaviours that no longer serve you.

FREE BONUS #2: (\$180.00 Value)

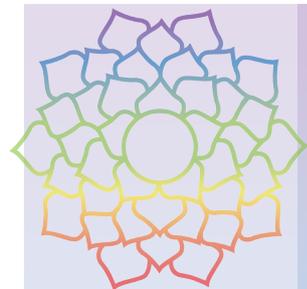
Discussing the Finer Points of the Changes Individuals are Immediately Experiencing After Our Meditation Sessions. Real life accounts including Free Tips Shared.

I understand that you could be asking right now...how could these meditations possibly do all this? For this reason, I have recorded and captured the real life sharing that we have in our groups straight after the meditation experience. Now stored on this audio CD, especially for you. You can now listen to how the meditation has helped the many people that have joined our groups. Also, how different each experience is. Along with great tips I have shared along the way.

FREE BONUS #3: (\$60.00 Value)

This Booklet has been Specially Created for You, so You can Understand the Chakras and Listen to the Relaxing Music CD after a busy day from work.

The music CD is a special compilation of chill out grooves. You can now listen to the relaxing music when you get home from work, in the evenings to unwind. The Chakra booklet is a guide to show you where the different chakras are located and understanding the importance of having balanced, clear and strong chakras.



In these eye opening interviews we will help you:

- Get even more from your Channeling Meditation experience!
- Understand that you create every feeling you experience, and help you learn to CHOOSE to be happy
- Analyse the problems in your life, and what you can do to fix them!
Learn the secrets to empowering yourself!

If you're sincere about changing your life for the better, don't let this fabulous offer pass you by! **Start the journey towards a new you TODAY!**

Order Within the Next 17 Days Before We Decide to Increase the Price.

That's right! Take advantage of our offer today! Whilst the price is still only \$397!

Get online and order now!

www.channelingmeditation.com/elite_membership_course.html

Give me an opportunity to show you how my techniques can change your life, and we'll give you much more than you bargained for!

More information, more guidance, more support, more service, and MORE RESULTS!

WORST CASE SCENARIO: Even if you decide this program isn't for you, you'll gain a real education about the scientific benefits of meditation.

Let's Review! Here's Everything You'll Get With Our Special Introductory Offer!

- **The Elite Channeling Meditation Course** (incl. shipping) \$ 397.00
- **FREE BONUS 1:** *A Collection of PDF Files Giving You All That You Need, to Understand the Benefits of Meditation, plus one to one support via webinars.* \$440.50 FREE
- **FREE BONUS 2:** *Discussing the Finer Points of the Changes Individuals are Immediately Experiencing After Our Meditation Sessions. Real life accounts* \$180.50 FREE
- **FREE BONUS 3:** *This Booklet has been Specially Created for You, so You can Understand the Chakras and Listen to this Relaxing Music CD after a busy day of work.* \$ 60.00 FREE

That's 3 FREE BONUSES that comes with the The Elite Channeling Meditation Course!

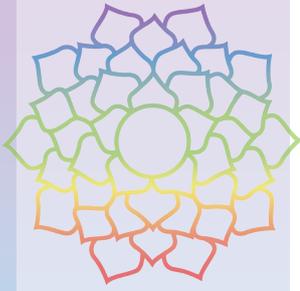
In addition you'll also receive:

- All my writings in the Special Introductory Package explaining the science and practicality behind these amazing meditations
- Follow up support emails to keep you on track
- Unlimited email access plus email reminders for the one to one support.

If you think this program sounds too good to be true, read the testimonials spread out through this report! All these statements come from people who have practiced our meditations over the years. You'll discover just how much this incredible program has changed their lives, and can change yours too!

'At first I was a bit apprehensive about attending meditation but after a few days I started noticing the effects. I was unable to think negative thoughts and even if I did they would lightly brush over me and I wouldn't dwell on them at all. After several months I find myself happier and more content with where I am with the world thanks to meditation classes. With Senka's classes we are taken on a wonderful journey filled with beautiful imagery that helps us become more aware of ourselves and more positive in the days to come. Thank you so much.'

JOYCE



Now Prepare to Change Your Life

Relax! You've finally found the tool that will help you add that elusive "something" that's been missing from your life for so long. Not only will you begin to profoundly change your life for the better, you'll be able to relax and enjoy yourself during the process! The Elite Channeling Meditation Course has made it easy for you to start. You'll be astonished by how quickly you begin to make huge leaps forward in your personal growth, and by how deeply you're able to relax while you do. Many new participants in the Elite Channeling Meditation Course feel better after just the first meditation; and it only gets better from there!

- 1. The Elite Channeling Meditation Course** takes 4 months to complete.
- 2. Part payments** are only \$132.33 a month for 3 months (you can make your payments via paypal on our website. We accept mastercard, visa, amex etc through paypal. Go to www.channelingmeditation.com/installments.html to sign up for your very own Elite Channeling Meditation Course.
- 3. Or just \$397 up front for your very own meditation course.** www.channelingmeditation.com/elite_membership_course.html

For less than the price of a small lunch each day, you too can join me in experiencing this remarkable course! The Elite Channeling Meditation Course is the easiest way to bring happiness, relaxation, and a feeling of profound wellbeing to your life. I guarantee it!

Channeling Meditation Is the Quickest Way To:

- Truly deep meditation, literally at the touch of a button!
- Clearing your mind, heightening your creativity and deepening your problem solving skills.
- Washing away stress and anxiety
- Experiencing a new sense of mental, physical, and emotional wellbeing.
- Increasing your energy, concentration, focus, and memory!
- Motivating yourself and boosting your self-confidence.
- Rejuvenating your nervous system, slowing aging and keeping your body youthful!
- Sleeping more deeply than you ever have before!
- Building a happier and more fulfilling life!
- Melting away the mental and emotional barriers that have been holding you back from your true potential.

Let The Elite Channeling Meditation Course be the 'new beginning' you've been searching for! I'm personally looking forward to welcoming you on board to our exciting course!

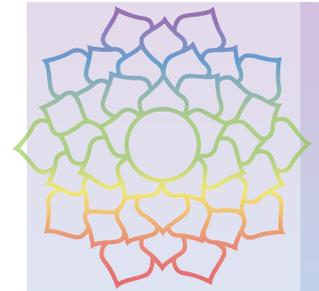
With kind regards,

Senka, Director
<http://www.channelingmeditation.com>

P.S. Remember, with this Special Offer, you receive materials and services valued in excess of \$680.50 for only \$397 including handling and shipping.

P.P.S. To make it extra easy for you to give this exciting program a try, you can even invest in three easy monthly payments by credit card via paypal or you can post us the details included in the form. Go to the next page to get started.

P.P.P.S. You could pass up on this outstanding offer, but what's the point? Do you really want to keep feeling stressed out, worn out, and constantly tired? Do you really want to be anxious and depressed all the time? Of course not! Start building a new you today and call us now on +61 2 9569 6580. 24 hours, 7 days a week, or email us at info@creative-grafka.com Go to the next page to get started.



Act Now and Get Your Own Elite Channeling Meditation Course Today!

YES! • I want to lower my stress levels, lead a happier and longer life, boost my mental powers and improve my overall health and wellbeing. Please send me 'The Elite Channeling Meditation Course' for just \$397 including shipping.

- Please, also include the FREE bonuses valued at \$680.50 and since I am ordering within 14 days, please keep the price as shown on this report.
- I understand I am covered by your 60 day money back guarantee and I can expect delivery within 2-3 weeks.

HERE'S EXACTLY WHAT I'LL GET...

1. The Elite Channeling Meditation Course with full instructions
2. Special introductory information report
3. Support emails to help me get the most out of the meditations
4. FREE personal ongoing support via emails.
5. The FREE Bonus CD with a collection of articles including one to one support via webinars
6. The FREE Bonus CD with a collection of audios live, directly from our meditations and tips
7. The FREE Bonus Music CD along with a 'Guide to Chakras' booklet.
8. A 60 day money back guarantee. Even if I send the course back as new, I may keep all the bonuses.
9. If I order within 14 days of receiving this report, I will also be able to buy the course at this special price of \$397 before the price goes up.

Fill Out the Form Below, Post us a Cheque or Pay on our website with paypal.
http://www.channelingmeditation.com/elite_membership_course.html

Mr / Mrs / Ms / Miss _____
Address: _____
Suburb / Town: _____
State: _____ P/Code: _____ Country: _____
Phone: Day _____ or Evening _____

DELIVERY ADDRESS (If different from above)

Mr / Mrs / Ms / Miss _____
Address: _____
Suburb / Town: _____
State: _____ P/Code: _____ Country: _____

PAYMENT OPTION (TICK ONE)

- 3 PART PAYMENTS:** Go to <http://www.channelingmeditation.com/installments.html>
- ONE EASY PAYMENT:** \$397 with 3 FREE Bonuses Gifts valued at \$680.50 Totalling \$1077.50

PLEASE NOTE: Part payments only available by credit card via Paypal through the website.

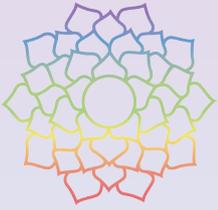
PAYMENT DETAILS: (Please make cheques payable to Grafika Creative Pty Ltd)

Cheque or Money Order. Please email me a receipt.

**RETURN THIS COMPLETE FORM TO
GRAFIKA CREATIVE PTY LTD**

Email: senka@creative-grafika.com
Mail: Lv 40, 100 Miller Street,
North Sydney NSW 2060 Australia

I WAS REFERRED TO YOU BY:
NAME: _____
PLEASE SEND A FREE DEMO CD, REPORT AND VOUCHER TO THE
FOLLOWING FRIEND. I'LL TELL THEM IT'S COMING
NAME: _____
ADDRESS: _____



General Terms and Conditions

1. Intellectual property rights. All intellectual property rights in and to the products are owned by Grafika Creative and uses other than those approved by Grafika Creative are prohibited by law.
2. No other warranty. Except for Grafika Creative's standard limited warranty applicable to a product, grants no other warranties or conditions, express, implied, by statute or otherwise, regarding the products. Grafika Creative specifically disclaims any implied warranty of noninfringement, merchantability, or fitness for a particular program.
3. Returns. Items returned under the 60 guarantee must be returned to place of purchase in good condition. The 30 day guarantee period expires from the date the product is shipped and refunds will not be issued for product returns received after that date. Orders must be returned with proof of purchase and all items originally sent, other than those items specifically designated as free items to be retained by purchaser. Purchaser is responsible for shipping or postage charges on returned items. All postage must be prepaid. For your protection insure and / or register the package. Buyer understands that shipping is a service and is not refundable. If you choose the split payment option, the extra amount will be charged in administration fees for this service and this is non refundable.

Frequently Asked Questions About The Elite Channeling Meditation Course.

• WHAT IS THE CHANNELING MEDITATION PROGRAM?

The Elite Channeling Meditation Course is a guided meditation course that has been developed over the past few years, with the help of research and experience. The program allows practitioners to easily enter a variety of beneficial meditative states, and enjoy a wide variety of mental, emotional, and spiritual improvements. The course works by balancing the mind, thereby synchronizing both hemispheres of the brain and leading to 'whole brain functioning.' Whole brain functioning leads to enhanced creativity and learning ability; as well as great improvements in emotional and mental health. Regular participants in this method typically show impressive improvements in their emotional health, self awareness, improved mental faculties, motivation, and spiritual wellbeing, along with a variety of other benefits.

• DO I NEED ANY SPECIAL AUDIO EQUIPMENT TO USE THE ELITE CHANNELING MEDITATION?

Any stereo headphones and CD player will work fine. Overall, equipment quality will not hinder the effectiveness of The Elite Channeling Meditation Course.

• CAN I MAKE COPIES OF THE PROGRAM TO CD OR IPOD?

Due to copyright law, it is not recommended that you make copies of the course. However, you may transfer it to an Ipod or other MP3 player for your own personal use. If you do this, avoid compressed audio formats as you will lose some of the high and low end of the frequency spectrum. The Channeling Meditations reside at the low end of the spectrum and you may diminish its effectiveness by compressing the audio.

• IS THE ELITE CHANNELING MEDITATION COURSE AFFILIATED WITH ANY RELIGIOUS OR POLITICAL ORGANIZATION?

The Elite Channeling Meditation Course is not affiliated with any religious or political organization, nor is there any belief system you must adopt to use our program). We are an independent Australian based company dedicated to providing people around the world with a powerful personal growth tool and the support information necessary to get the most from our meditations. All you need is a commitment to a happy, healthier, more relaxed you!

• WHO IS GRAFIKA CREATIVE AND WHAT IS THEIR RELATIONSHIP WITH CHANNELING MEDITATION?

Grafika Creative is the mother company that has helped support and establish The Elite Channeling Meditation Course. The Channeling Meditation Course is distributed via the www.channelingmeditation.com website and by mail order only and is not available in retail stores.

• DOES CHANNELING MEDITATION REPLACE CONVENTIONAL MEDITATIVE PRACTICES?

The Channeling Meditation Course provides listeners with an accelerated path to deep meditation that would normally take years to achieve. Participants experience the same classic developmental and evolutionary mileposts as in traditional meditation, but in weeks and months rather than years.

• CAN THE CHANNELING MEDITATION COURSE HELP ME BECOME SMARTER?

The Elite Channeling Meditation Course has been known to enhance mental functioning on a number of levels. Enhanced creativity problem solving skills, memory, concentration, intuition, and learning ability have all been shown to improve with use of the course. In essence, the program allows you to maximize your natural abilities. This is what I have observed from participants who have come regularly.

• IS CHANNELING MEDITATION SAFE?

The Channeling Meditation is very effective and is totally safe when used as instructed. Channeling Meditation has been practiced for years by over a thousand people here in Sydney and no one has ever reported any harm whatsoever as a result of practicing it. As part of the healing process that is stimulated by Channeling Meditation, you may experience some emotional upheaval from time to time. This upheaval is a natural part of the healing process, and is generally both short and ultimately beneficial. At the same time, we never want you to feel uncomfortable while practicing our program. That's why we provide experienced guidance through the use of support emails, special reports, and one to one support. If you follow the directions and take to heart the suggestions in the support materials, your use of the Elite Channeling Meditation Course should be smooth and easy.

• CAN I LISTEN TO THE PROGRAM WHILE I DO OTHER THINGS?

You should listen to the sound tracks exactly as described in the Program Instructions, which is sitting down, with your eyes closed. Using the program while trying to multi-task defeats the purpose of the exercise and is much less effective. If you wish to have a second listening session on a given day, you could then do the second session laying down in bed. Since the soundtracks put you in an altered state, never listen while driving or operating any machinery or equipment.

• HOW MUCH TIME DO I HAVE TO SPEND LISTENING?

We suggest listening one hour each day, but many people use it more because they want to make additional progress, and because of the energizing effects of the meditative process. The more regularly you use the program, the faster you'll make progress. Think of training your mind in a similar way to training your body. The more time you spend in the gym, the more progress you'll make. If you only go to the gym once in a while, you'll lose most of the progress you made last time.

• CAN I LISTEN TO THE PROGRAM ALL NIGHT?

Preferably not. Listening for extended time periods can give the brain too much input and bring too much unresolved unconscious material to the surface, just like too much exercise can harm the body. Again, it is best to follow the instructions carefully.

• DOES IT MATTER IF I FALL ASLEEP WHILST LISTENING?

No, in fact it is quite common to nod off while listening. We are taking you into a delta brain wave pattern, the same pattern present while sleeping, and your brain is also making a lot of very relaxing neurochemicals, including Serotonin. As the brain reorganizes, you will gain the ability to remain alert throughout the full meditation. Falling asleep is really a sign that the brain is being pushed. Whether you are awake or fall asleep through the Channeling Meditation Program, falling asleep will not diminish its effectiveness.

• IF I DON'T HAVE A LOT OF UNCONSCIOUS MATERIAL COMING UP, DOES THAT MEAN IT'S NOT WORKING?

No, there are literally hundreds of possible ways the nervous system can respond to the stimulus we are giving it. Some people have no upheaval at all, some have a small amount, some have a lot. Your response will be determined by the state of your nervous system, the contents of your unconscious and your own personal predisposition to resist whatever changes are happening in the brain. Just realize that whatever experience you are having, it is the exact experience your brain needs to create the changes it is making.

• CAN I LISTEN LYING DOWN?

Sitting up in a comfortable chair is best. Keep your hands and legs uncrossed to allow the greater flow of energy through your body. People have been meditating in a sitting position for thousands of years, as the energy travels through the body more easily. If you have a back problem that prevents you from sitting, then lying down is acceptable.

• I REALLY HAVE A BUSY SCHEDULE. CAN I LISTEN AS I FALL ASLEEP AT NIGHT?

Again, sitting is the best, but lying down or listening as you fall asleep at night is better than not listening at all. A better solution for people who absolutely do not have time to do the regular hour a day session, is to wake up one hour early, put on the headphones while lying in bed, listen to the Elite Channeling Meditation Course and then get up. You will feel better than if you had slept that last hour.

• IF I AM DISTRACTED BY SOUNDS, BY MY BODY OR MY THOUGHTS OR FEELINGS, WILL I ALTER THE EFFECTIVENESS OF THE PROGRAM?

No. Don't worry about your responses or the state you seem to be in while listening. Just let whatever happens happen. It does not matter if you attain any particular state, or if your mind is quiet. The brain is creating various experiences as it responds to the stimulus we are giving it. Your brain will respond to the program in whatever way it needs to. There are no "wrong" experiences during meditation.

• THE FREE CD DEMONSTRATION DIDN'T SEEM TO DO MUCH FOR ME, SO WHY SHOULD I GET THE FULL PROGRAM?

While most people find the demo relaxing, it's intended to give only a small taste of what it's like to use the main program. The demo itself is not intended to produce the same long term enhancements to mental and emotional health that the main course soundtracks create. Some people find the demo only mildly relaxing, while others experience powerful sensations from listening to it. Regularly using the main soundtracks will bring about much more profound changes than simply using the demo.