

## CHAKRA AND ENERGY MINDSET MINDING KIT

Mindset Minding is the experience of developing the most positive mental perspective in an area of your life so that you can achieve your goals. Your Mindset Minding Kit includes everything you need to determine, then intentionally increase the health of and cultivate positive mental energy in that area of your life. The Chakras and the areas in life that their energies effect, deserve as much attention as we give the physical body. Like every other part of us, our energy requires intentional work to remain healthy and fit.

Your **Mindset Minding Hypnotic Recording and Check-In Sessions** will access the subconscious mind and give positive suggestions and powerful affirmations that easily becomes your reality.

A pendulum is a tool used for obtaining information from below your normal consciousness aka the sub-conscious. It helps to tap into the Higher Self and enhance intuition. It utilizes the natural process of tuning-in to the Higher Self. When we are too engrossed in everyday life and materialistic worries, our powers of intuition diminish.

Your **Mindset Minding Pendulum** operates by responding to statements that you believe in your subconscious are true. The body responds to these "truths" and the pendulum while being held responds to the body. Use your Mindset Minding Pendulum by repeating the provided affirmations out loud and compare the pendulum's response to what it does when you repeat a known fact out loud.

Your **Mindset Minding Meditation Cushions** are meant to support the seat during sitting meditations. Because we do not always have time to prepare our bodies with yoga or to support the body a bit extra, meditation cushions has been developed. It is a steady meditation cushion filled with buckwheat that supports the pelvis ergonomically. Your Mindset Minding Meditation Cushions are in the color that represents the chakra and decorated with it's Hindu symbol.

