

# THREE MEDITATION SECRETS TO SHARE WITH YOUR CLIENTS TO 'X-PLODE' YOUR WELLBEING BUSINESS

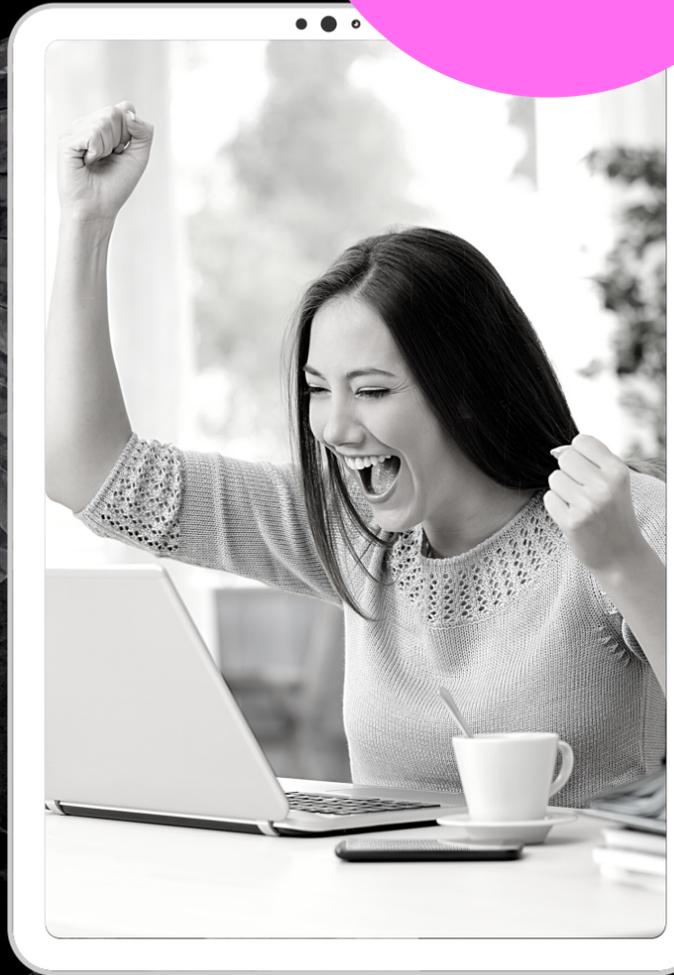
OUR CLIENTS  
INCLUDE:



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X-HAIL



## SECRET 1. LET IT BE EASY

The aim of meditation is to create a shift in consciousness which is characterised by moving from BETA brainwaves to ALPHA, DELTA or even THETA.

Clients often find meditation hard because they are trying too hard to focus! An unwavering focus actually keeps them stuck in BETA brainwaves!

We use a super simple yet no less powerful transformative technique in our classes which requires our clients to use just 25% of their capacity to focus during their meditation.

This relaxed approach moves them into ALPHA & DELTA effortlessly and because it feels so easy they keep wanting to do it.

Whatever technique you try with your clients loosen the grip on their minds and let it be easy.

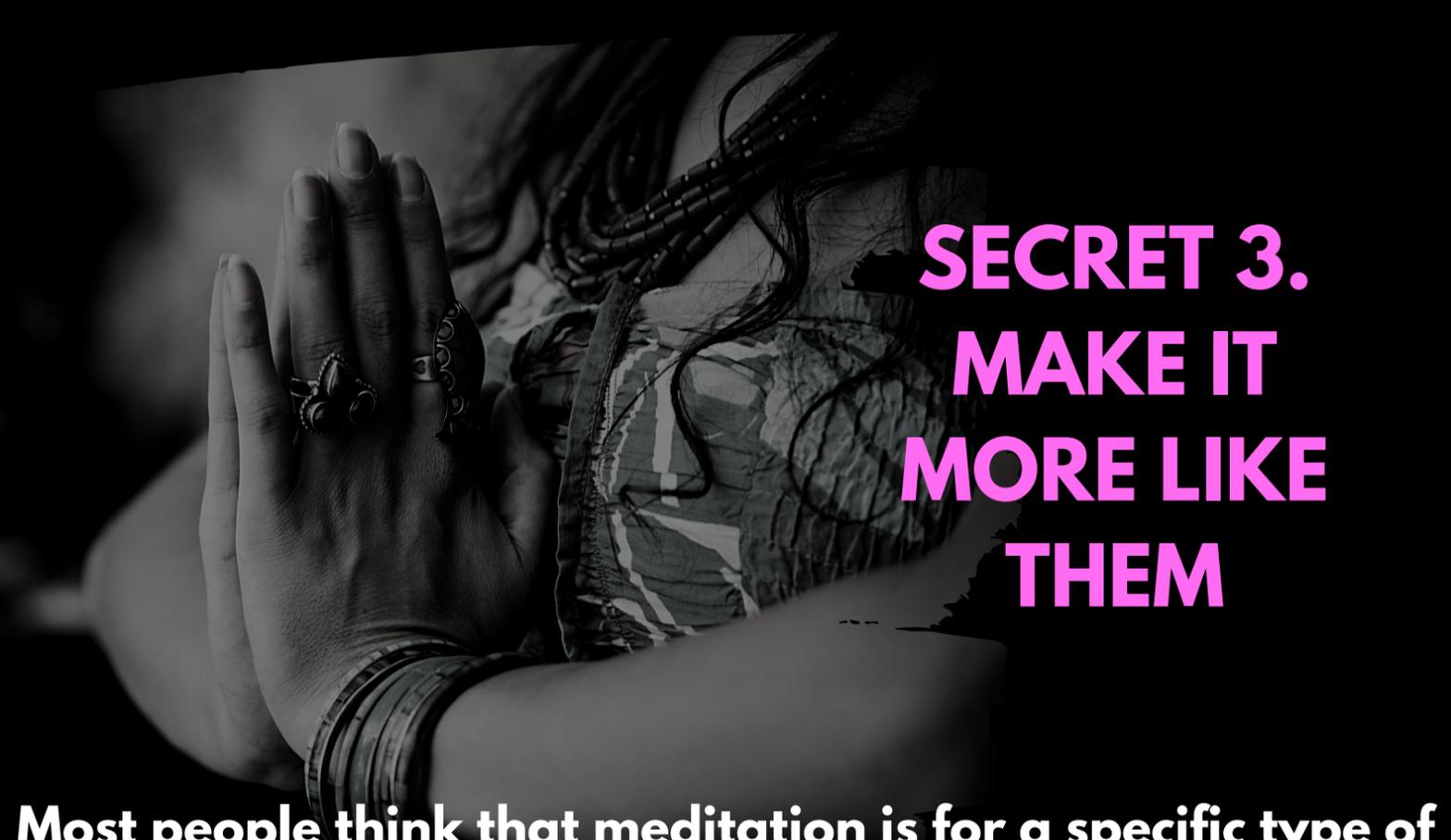
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**SECRET 2.  
LET THEM  
BREATHE FIRST**

**Moving straight from the desk directly into meditation can feel like making an emergency stop in the fast lane on the motorway for our multi-tasking task focused clients and many come to the end of a meditation having barely scratched the surface of their stress level, and still writing to-do lists in their heads rather than being lost in the magic of their meditation.**

**Using effective and efficient specialist breathing techniques as part of the meditation process is key for relaxing the nervous system and can help them transition from work to productive rest more easily and quickly so that they can actually benefit from the healing and de-programming scripts that you are reading to them.**



**SECRET 3.  
MAKE IT  
MORE LIKE  
THEM**

**Most people think that meditation is for a specific type of person. A person who sits in silence, bends their body into pretzels and who goes on retreat in the mountains of Tibet.**

**One of the reasons why X-HAIL sessions create such raving fans is because we make meditation feel more like them. There's no guru status teachers; no dusty, cough inducing incense, and definately no whale music.**

**Think about what puts your clients off or makes them uncomfortable when meditating and if you can let that go.**