



Lefkoe Freedom Course

Gain the power of a quiet mind

Here are the steps to dissolving meaning and the emotions they cause.

1. Think of a recent event
2. Notice the negative feeling you are having.
3. Notice the meaning that is producing the feeling.
4. Distinguish between the meaning and the events.
5. Notice how the feeling has changed.

How well did that work for you?

Now imagine:

How much more would you enjoy your life if negative emotions never showed up in the first place?

With guidance you could obliterate fears that keep you from doing what inspires you. With guidance you could stop anger and annoyances that disrupt your peace of mind.

Develop the three habits I teach in order, and you'll gain the powers of a quiet mind. By following step-by-step exercises, receiving feedback ... and having accountability, you'll gain the power to dissolve meaning as automatically as your heart beats.

At a reasonable cost, considering the effect it has on your life.

So go here NOW:

[Three habits that give you the power of a quiet mind](#)

Do this and you'll gain the powers of a quiet mind.

Pass on this and the the mental noise will continue.