**Thank you! You have now access to your Powerful Guided Meditation, enjoy your inner journey, and for maximizing your results, please use it as often as you can over the course of the next 30 days.**

**DOWNLOAD LINK:** [**https://drive.google.com/file/d/1RwJjcuWTWKJzmSKd1aHPFOmV5EU8SNX/view?usp=share\_link**](https://drive.google.com/file/d/1RwJjcuWTWKJzmSKd1aHPFOmV5EU8SNX/view?usp=share_link)

Please note that your credit card statement will show a charge from CLICKBANK.

For any further assistance you may contact me using the Contact Form at <https://coachpipo.com/> or writing directly to mycoachpipo@gmail.com

**Frequent Asked Questions:**

Q: What kind of meditations do you do?
A: Guided Mindful Meditation, Spiritual Meditation, Focused Meditation, Walking Meditations, Standing Meditations, Progressive Relaxation, Visualization Meditation.

Q: Are there any risks listening to guided meditations?
A: If any, the benefits dramatically outweigh the potential undesired effects. In a new independent study, 6% of participants who practiced mindfulness reported some mild negative side effects that lasted for more than a month.
Guided Meditations might induce a trance like state, so it is strongly advised to not listen to Meditations while your full attention and awareness is being required, while operating any machinery or driving. Meditations should be only listened to in a safe and quiet environment.

Q: Can you tell me a bit more about how your meditations are structured?
A: Sure. In a simplified description, it starts with a relaxation and calming phase, a grounding phase (usually using breath or spatial orientation), then an induction phase (such as counting, the staircase), then the guided part with is specific for each individual meditation, mixed with triggers and anchors to ensure a better absorption, followed by the extraction part.

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