

How to learn French with Meditation

Watch the lecture at this link and fill in the blanks.

1. Why meditation?

Write down some of the benefits of meditation that you are interested in:

2. How meditation helps you specifically learn French:

- * Specifically target _____, _____, _____ with _____ meditation tracks.
- * Energy Clearing: Powerful _____ to _____ your subconscious mind.
- * Use _____ in French (lower intermediate levels & up).

Check out those links:

[Affirmations positives - Mike Méditation](#) - [Pascale Picavet Psychothérapie Holistique - Bulles de sérénité - Cédric Michel](#)

3. How to get started:

- * Use _____
- * Practice _____ in your daily life ([check out my class about Harnessing altered states of consciousness](#) for more info)
- * The [Silva Ultramind program](#) was a game changer for me. 100% recommend.