



Introduction to the Neuroforce Meditation Formula online training course

Chapter 1



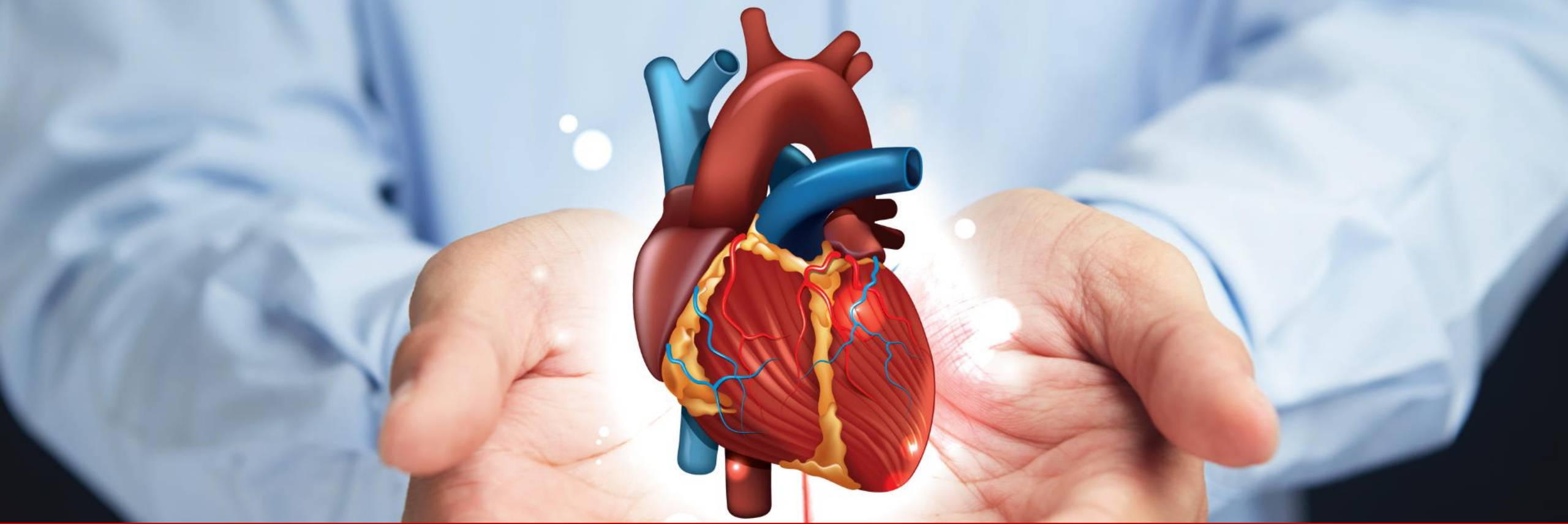
Online group coaching schedule

Chapter 2



Towards a calmer, more conscious and successful you

Chapter 3



How to regain self-control and harmonize your heart

Chapter 4



Meditation and its measurable states in the brain

Chapter 5



Quantum physics, consciousness and the role of meditation

Chapter 6



The Neuroforce Meditation Formula improves your brain, health and productivity

Chapter 7



The 12 steps of the Neuroforce Meditation Formula to activate the perfect 12 brain states

Chapter 8



How to organize the perfect meditation space

Chapter 9



When to meditate

Chapter 10

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How to use the Neuroforce Meditation Formula Guide and Workbook

Chapter 11



How to do the Neuroforce Meditation Formula preparatory exercise

Chapter 12



How to use the Neuroforce Meditation Formula guided meditation

Chapter 13



State 1 - Ground yourself and let go of concerns

Chapter 14



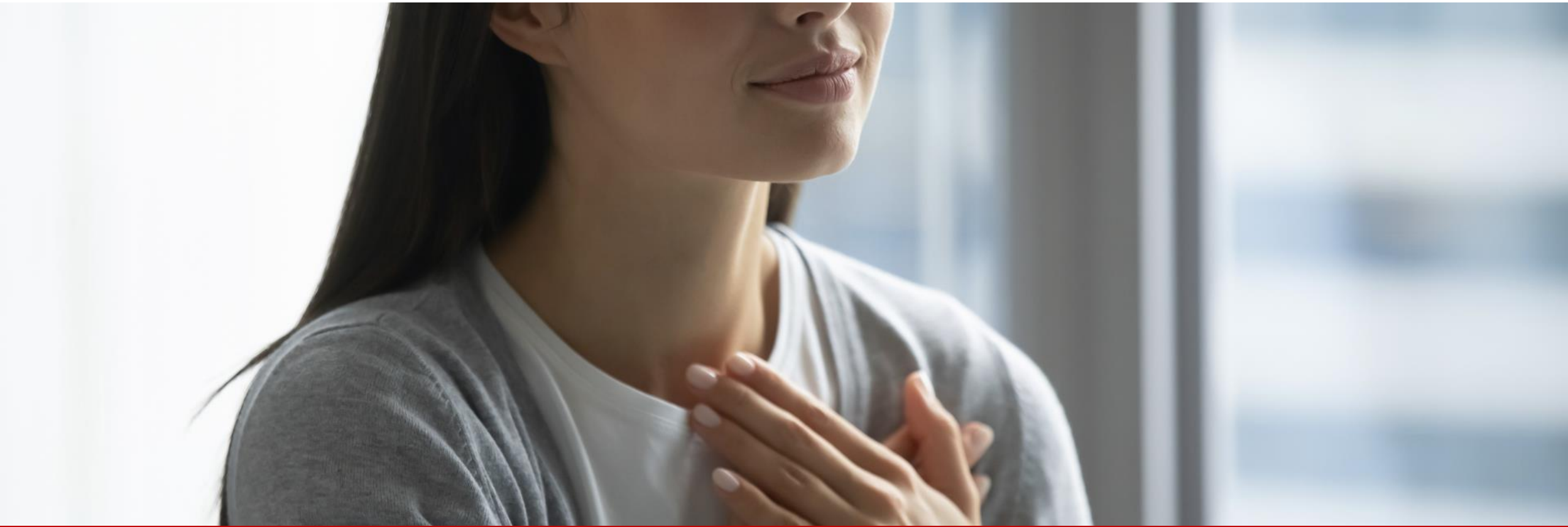
State 2 - Clarify your intention

Chapter 15



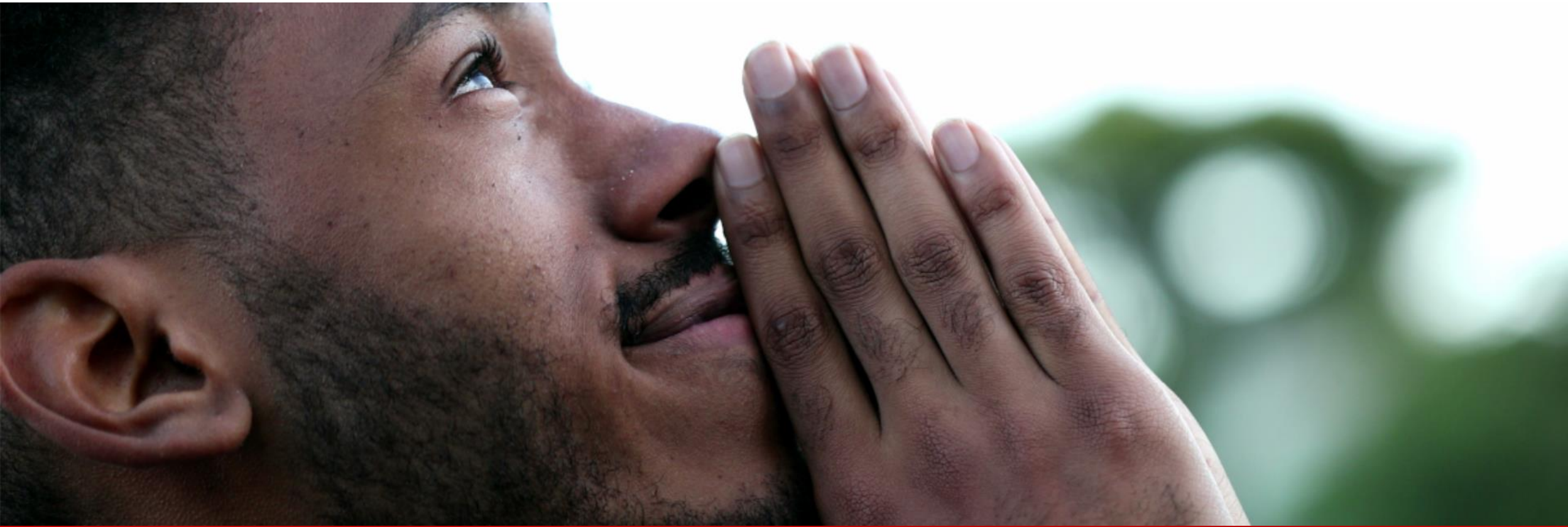
State 3 - Harmonize your heart and mind

Chapter 16



State 4 - Fill up on happiness and security

Chapter 17



State 5 - Focus on your wish

Chapter 18



State 6 - Dive inward to receive important information

Chapter 19



State 7 - See and feel your wish fulfilled

Chapter 20



State 8 - Imagine your wish in detail and with all your senses

Chapter 21



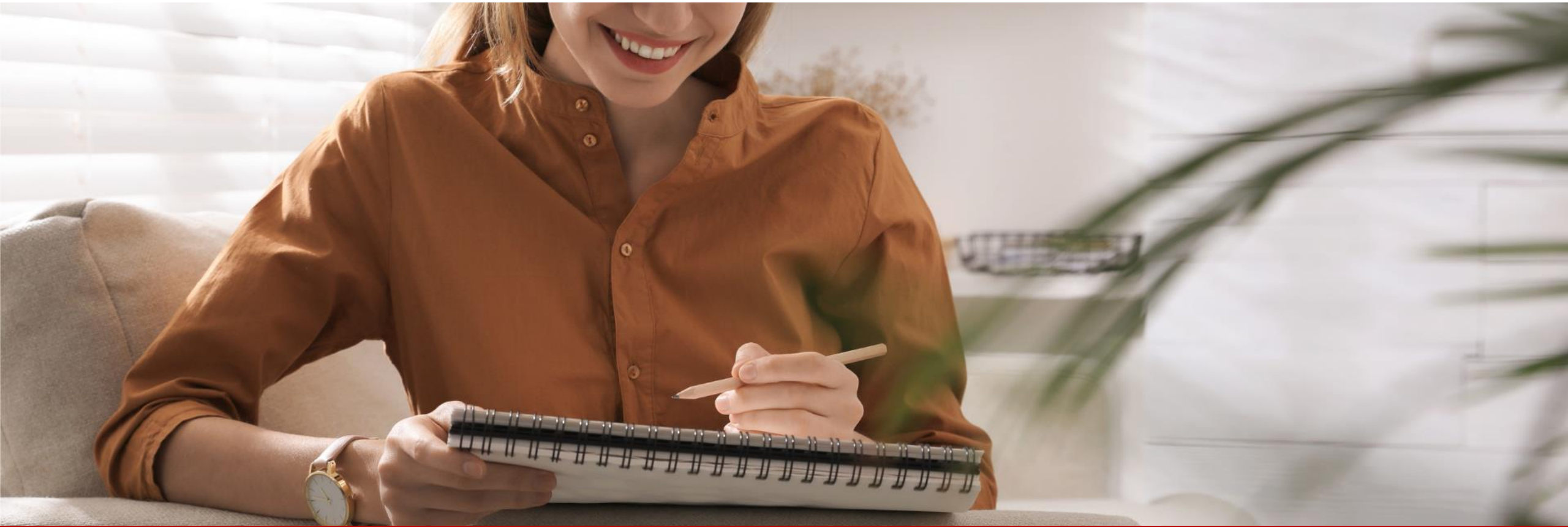
State 9 - Let go and fill up with loving kindness

Chapter 22



**State 10 - Ask for a symbol of your wish
come true**

Chapter 23



State 11 - Draw your symbol in pictures and words

Chapter 24



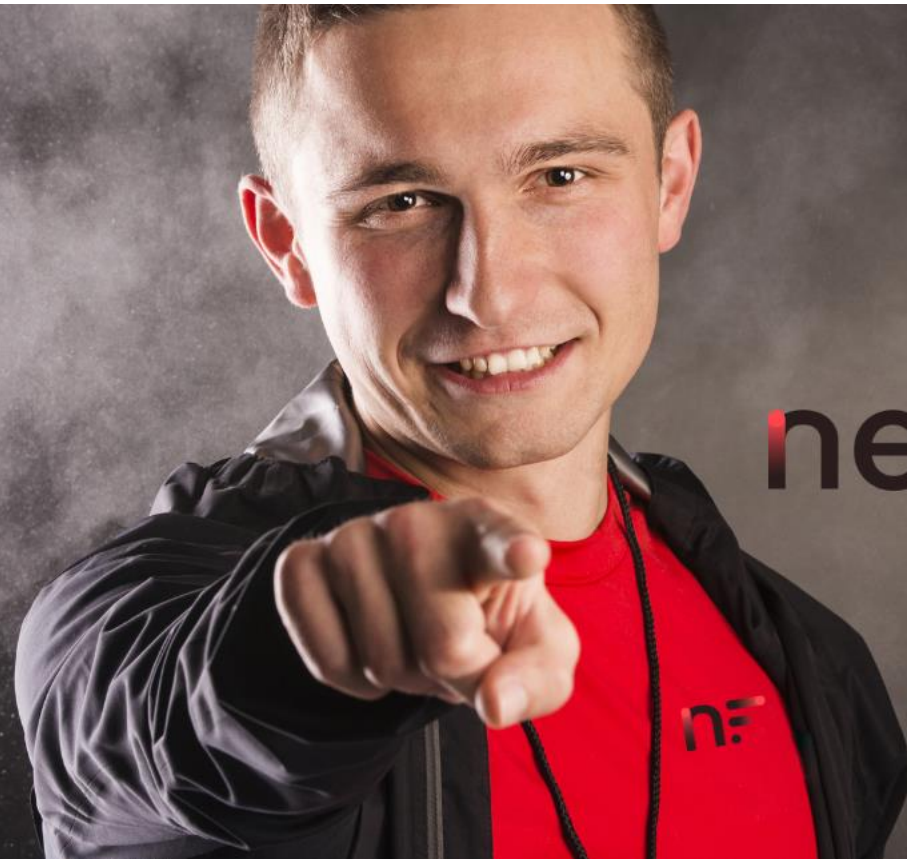
State 12 - Unleash your drive to take action

Chapter 25



**Come and put it all into practice in our
group retreats**
Chapter 26

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Become a Certified Neuroforce Coach

Chapter 27



Examination and Continuing Education Credits (CEC)

Chapter 28