



Welcome to **Dreams to Destiny, The Yearly Coaching Intensive**

Prerequisites for making your Success Songs Therapy :

- 1) Privacy for an hour at least
- 2) Notepad / Paper
- 3) Pen
- 4) Laptop / Desktop, with Internet Access
- 5a) Browse and identify the Best websites to download the high quality movie songs in your mother tongue / preferred language (*Tamil, Telugu, Hindi, English etc.*), for FREE
- 5b) At times, Online Payment options might be required - to pay some nominal amount to download any specific Movie Songs that are not available on High Quality, for free.

Steps for making your Success Songs Therapy :

Step # 1) Think of your specific goal with absolute clarity and write it down on the paper as SMART Goal (*Specific, Measurable, Achievable, Realistic and Time Bound*)

Step # 2) Logically foresee and list all the positive impacts across multiple areas of your life, once this goal is achieved

E.g. If I've earned X amount (Career), I will settle all my debts (Finance), buy this vehicle (Asset), go for family picnic (Relationships) and go to my favourite temple on yatra (Spirituality)

Ensure to write this list of positive impacts also down on the notepad.

Step # 3) Now, Get into the state of Absolute Stillness with our OMM Meditation and ***simply be there still*** for 3-7mins approximately

Step # 4) Then, partially open your eyes by retaining that meditative state and see your writings for steps #1 and #2 and experientially feel all of these positive impact that will happen after the successful accomplishment of this specific goal, yet from that backdrop of Stillness

Step # 5) Now, introspect within you to see if you've experienced the similar positive feelings anytime in your past, while listening to any specific songs - it can be from a movie or web series or TV serial or music album or devotional songs.. and simply capture all those song names on the notepad as and when they come to your mind without using your logic, until you feel the complete satisfaction. This step alone may take 1 to 2 hrs sometimes, by delving you into years of beautiful memories. Give that quality time and space for yourself.



Step # 6) Then, open your eyes and come out of the meditative state fully and do this for each song :

a) Note Associated Movie/Album/Source Name

b) Locate its High Quality version online from your identified best website for songs and Download it locally

c) Listen to it and **mark those specific stanzas of lyrics or specific parts of music** that triggered those positive feelings in you and **note the song snippets with time duration**.

E.g. From Lungi Dance song from Chennai Express, 0:45 to 0:55 and 1:55 to 2:07

d) Listen again to these specific parts noted in 6c, to screen for any negative words or message in it, that may negatively impact your behaviour/character, if not conscious about it now itself.

Assuming as, the second song snippet of the above Lungi Dance song (1:55 to 2:07) has some negative message in the name of enjoyment, then you need to eliminate that song snippet from your selections and ensure to retain only the first Song Snippet (0:45 to 0:55) that passed the screening.

Note, there can be multiple song snippets from the same song or you can retain the entire song as it is, provided they're screened for any negative words/messages in it.

However, As the total duration for this Success Song Sequence is 15mins max, we recommend you to take song snippets from at least 5-15 different songs that are your all time favourite for keeping the variety to our craving minds, by also triggering the energy of this specific goal.

Step # 7) Once song snippets are screened for positivity, now use any Online Audio Editing tools like (MP3cutter.com) to cut and download only those specific parts of the songs (*i.e. Song Snippets*).

Step # 8) Now, add all of the song snippets of the above Step #7 into a Playlist of your phone or system's music player, close your eyes and listen to them a couple of times to check if you're getting those Positive Feelings while listening to these song snippets, as if you've already achieved your specific goal.

In case, if some song snippets do not impact you deeply and positively while listening alone without the entirety of the full song, feel free to remove those snippets from the Playlist.

Step # 9) From the final playlist of Step #8 with the selected song snippets, now listen to the playlist again and again to sequence them meaningfully as a mini movie screenplay, that satisfies you completely (*as you're the judge of your own movie*).



E.g. For a jobless fresher who dreams to marry his long time lover and college mate.

Song Sequence:

1. Song Snippet #1, from Song #1 of Movie #1 - Cracking the interview of a great company that he loves and getting the offer
2. Song Snippet #1, from Song #2 of Movie #1 - Joined the job, raised above the challenges there and promoted for good designation and better pay
3. Song Snippet #1, from Song #1 of Movie #2 - Bought a better vehicle, own house and raised his standard of living
4. Song Snippet #1, from Song #1 of Movie #3 - Cherishing the loving moments with his girlfriend, retaining the same love mutually even while their lifestyle changes
5. Song Snippet #2, from Song #1 of Movie #3 - Getting the acceptance of both families, engagement and marriage
6. Song Snippet #1, from Song #1 of Movie #4 - Celebration of Honeymoon
7. Song Snippet #1, from Song #2 of Movie #4 - Retaining their love and affection even after marriage and kids, to cherish each other's presence every day

Step # 10) Once a meaningful song sequence is made, do some editing on that playlist to ensure that it's not less than 10 mins and not exceeding 15mins of time totally.

While editing, please also ensure that the meaningfulness and emotional impact of the Song Sequence is retained.

Step # 11) Once you feel content with your final Playlist for 10-15mins duration of high quality audio, now merge them all in the same order of sequence as on your final playlist, using any online Audio Editing tools (audio-joiner.com).

Note: *Ensure not to use any extra effects like fading away etc., while merging audios. Keep it simple and straight forward merging* 👍

Step # 12) Finally, upload this Success Song Sequence *(to trigger the deep positive feelings for your specific goal as if it's already accomplished)*, onto the Google Drive and share it to us : d2d@hoorecon.com to merge as part of your **Personalized OMM Meditation** for this specific goal *(Please do not send it on WhatsApp as it'll compress and reduce the quality of audio)*.

Now, your own Movie is ready to make your subconscious also to work on your favor 💖😊👍
For any guidance and clarifications : [+91-8489681052](https://wa.me/918489681052) (WhatsApp, to get the Call Appointment)