Science of Healing & Manifestation

Complete Guide + Practical Tips + Affirmations ■

Agar aap life me stuck feel kar rahe ho — health, money ya relationships me — to iska reason aapka subconscious programming hai.

■ Health Healing

1 ✔ Roz subah 5 min deep breathing karo

2 ✔ Negative thoughts ko observe karo

3 ✔ Proper sleep aur hydration maintain karo

4 ✔ Daily thoda meditation ya walk karo

Affirmations:

1 ■ I am healthy, calm and full of energy

2 ■ My body is healing every day

3 ■ I release stress and welcome peace

4 ■ I love and respect my body

■ Money & Abundance

1 ✔ Money ke liye gratitude feel karo

2 ✔ Negative beliefs replace karo

3 ✔ Income goals visualize karo

4 ✔ Negative money talk avoid karo

Affirmations:

1 ■ Money flows to me easily

2 ■ I deserve financial freedom

3 ■ I attract abundance

4 ■ My income is growing daily

❤■ Relationship Healing

1 ✔ Past ko forgive karo

2 ✔ Communication improve karo

3 ✔ Expectations kam rakho

4 ✔ Self-love practice karo

Affirmations:

1 ■ I attract loving relationships

2 ■ I release past pain

3 ■ I deserve love and respect

4 ■ My relationships are improving

■ Daily Practice

1 ✔ Deep breathing (5 min)

2 ✔ Affirmations with emotion

3 ✔ Visualization of desired life

■ Next Step: LIVE Workshop

3 Hours Special Advanced Science of Healing & Manifestation Workshop (12 April)

■ Join Now for ■21 Only: https://workshop.anokhabrain.com/up2k2rjx

Decision aapka hai — ya to wait karo, ya aaj hi apni life transform karo ■