

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE



3.3

RAMP IT UP

TAP INTO YOUR HEART

EMP MODULE 3.3

The Process:

- Heart Coherence Meditation:
 1. Heart Focus
 2. Heart Focused Breathing
 3. Heart Feeling

- Rampage of Appreciation:
 - choose a subject of appreciation
 - help the momentum build

EMP MODULE 3.3

Share in group:

- Your commitment to practise Heart Coherence
- Share how it's going
- Use #coherence

BUDDIES:

- help each other do a rampage of appreciation
- share how it went (#rampageofappreciation)

EMP MODULE 3.3

Live Call:

- Practise heart coherence
- Practise rampage of appreciation
- Bring your manifesting questions

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