

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

Module 3

Become a Super Magnet



3.1

ACCESS YOUR POWER

MASTER THE SIMPLE THINGS

THE effectology™
METHOD



3.2

YOU GET
TO CHOOSE

EACH MOMENT HAS POWER



3.3

RAMP IT UP

TAP INTO YOUR HEART

effectology
METHOD

”

*The message of the heart
becomes clearer when the
mind is quiet. And in
order to truly quiet the
mind, we need to bring
the head into alignment
with the heart.*

DOC CHILDRE

Your personality
determines your
personal reality

Rehearse your new personality

Train your Mind

Prepare the Body

The Heart Brain

Incoherence



Coherence



Your heart is powerful

Law of Attraction
creates Momentum

Just get started

Milk the opportunities

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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