

15 Seconds

Spiritual Training Course

How to do this course...

- Go to page 2 and follow the LINK to download resources such as the *Daily Spiritual Diary*. www.globalmencircle.com/resources
- Begin filling out your *Daily Spiritual Diary* each evening for forty days.
- Begin listening to the *Meditation CD's* or the *MP3 download version of the Meditation tracks* that you can purchase for just \$1 via a discount code found on page 2 of your course book. Try to complete one or two tracks every day. Although you may feel pressed for time, by doing this practice, your life will flow better and you will have more time and better sleep as well! Practice at the same time each day. Practice twice a day if you can.
- Read the manual from front to back, *Module by Module*. When you are finished, you may refer to it as required.
- Feel free to mark the pages with pen and highlighter - this is your course book and notes and highlighting often assist you to learn quicker. You can write notes in the last few blank pages as well.
- On the resources page of the website, there is a LINK to four Yoga training videos where I guide you step by step in breathing that is synchronised with stretches or "*asanas*". This will benefit anyone who applies themselves.
- If you have paid for a session with me and mentoring, then we will work together to keep you motivated and on track with this course.
- If you are doing this on your own - remember - action always reaps positive results - you will never regret picking up the course book and reading a few pages or doing a meditation. The course has subtle, powerful results that will cultivate within you quickly.

May your dedication to the course, become a channel through which your entire life becomes blessed.

With love



Brent IAM