

Energy Psychology Is Yoga for Your Imagination

Dear Friends,

We are all familiar with the concept of ying and yang, consciousness and unconsciousness, ebb and flow. In yoga, the asanas we strive to perfect with our bodies speak to our deep desire to perfect and unite our mind, body and spirit. And yet, often in spite of years of dedicated practice, many of us find that our mind remains unruly, capricious and, at times, decidedly unfriendly to our stated goal of peacefulness and calm. Why is that?

For the answer we need to look at some of the fascinating research coming from the world of science and in particular, the emerging field called Energy Psychology.

A revolution in science is occurring the likes of which will literally change the planet. You see, leading edge science is beginning to prove that it is our thoughts that actually create our bodies and our world. This is knowledge that many of us have intuited for years, and now more and more scientists around the world, in turning their focus to the discoveries of Albert Einstein, are concluding that in the arena of consciousness, he again was light years ahead of the rest of us.

So how does energy psychology relate to yoga?

Because Patanjali, author of the Yoga-Sutras and considered by many to be the Father of Yoga, formulated the practice of Raja Yoga first and foremost as a means to control the mind, which is exactly what energy psychology does too!. In chapter one and verse two of the Yoga-Sutras he says:

Yoga is the redirection of the fluctuations of consciousness.

If we unite Patanjali's definition of yoga with some of the conclusions being reached today in leading-edge body/mind research, we begin to understand that not only can we, but also that we must change at the bio-energetic level, the level of consciousness, before we can manifest those changes in our life. And here is where Einstein again makes his appearance.

He said:

"No problem can be solved from the same level of consciousness that created it."

Let's assume for the moment that your mind slips too easily into states that are clearly not yogic, you know states like anger, sadness, depression, and just plain unhappiness. Now if we see such a tendency of mind as a problem, according to Einstein we need to use a different level of consciousness to solve it.

Luckily he not only identified the issue, he also revealed the key to fixing the problem.

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

Einstein also gave us the follow clues:

"The true sign of intelligence is not knowledge but imagination."

"Imagination is everything. It is the preview of life's coming attractions."

Did Einstein really mean it when he said that imagination is more important than knowledge? That imagination is the true sign of intelligence?? That imagination is everything???

If the answer is yes, then we need to know just one more thing; how do I create the most powerful and positive imagination possible?

And this brings us to The Simone Zone: yoga for your imagination and one of the most complete and powerful self-development Energy Psychology methods available today. People from all over the world have discovered that it's possible to attain and retain a state of inner balance and peace from

the comfort and privacy of their own home on-line - in just minutes a day.

With our minds in a state of balance, good things happen seemingly automatically. Spontaneity, creativity and self-expression blossom even as sadness, fear, insecurity and anger fade away. After all, isn't that one of the main reasons for the practice of yoga?

The Simone Zone is an imagination empowerment tool that can quickly take you from a state of distress to an oasis of calm. With the cutting edge bio-energy exercises that The Simone Zone puts at your disposal, you'll quickly learn how to spot and immediately change your bad mental habits, allowing your mind to flow smoothly from moment to moment.

In just 10-12 minutes daily you will learn how to transform your electromagnetic blueprint, by using your imagination, to strengthen your ability to access the part of your mind to automatically release amazing chemicals into your system, such as oxytocin, (the hormone involved in social recognition and bonding), and endorphins, (peptides that give you a sense of well-being).

You see, most of us are pretty good at automatically releasing noradrenaline (the 'anger hormone') or adrenaline (the 'fear hormone'), and according to The Simone Zone viewpoint, those automatic negative reactions are exactly what's keeping us from reaching our potential in love, health and financial well-being.

The Simone Zone program comes with a lifetime membership. Use it for just one year and your daily cost is just twelve cents a day. What's more, the program comes with a 100% money back guarantee. If you don't agree that The Simone Zone is truly what we say it is, yoga for your imagination that will transform your life, we will gladly refund your money.

The only thing we ask is that you promise to use The Simone Zone for 21 days in a row (if you miss a day you must start over, no cheating allowed) for just 10-12 minutes each day.

In those 10-12 minutes we promise you'll learn how to completely reset your mental pattern so that you can effortlessly and spontaneously produce a peaceful and flowing mindset. The benefits will quickly become apparent as you see improvements in your relationships, career, and overall well being

And after 21 consecutive days of applying The Simone Zone to your imagination, intention and intuition if you do not totally agree that our program is like doing yoga for your mind, let us know and we'll refund your money AND you get to keep all of the material we sent you for FREE. (minus S&H)

So don't wait, go to: www.SimoneZone.com to get immediate access and start using The Simone Zone energy psychology program, yoga for your imagination.

We invite you to join us on this exciting shared Journey to Wellness,

Jon C Mejia and RG Gaznabi – creators of The Simone Zone and authors of 'Why Act Like a Mouse When You're Really a Cat'

P.S. As an added bonus, all Simone Zone members will receive our monthly newsletter, InVision, filled with the latest developments in neuroscience and consciousness research.

About the Author

Jon C Mejia is a researcher of neuroscience advances, author, and [energy psychology](#) expert. Jon is also the co-creator of The Simone Zone™, a revolutionary approach to handling a wide variety of issues, including phobias and other anxiety based conditions utilizing a thought-based technology. For more information visit <http://www.SimoneZone.com>

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