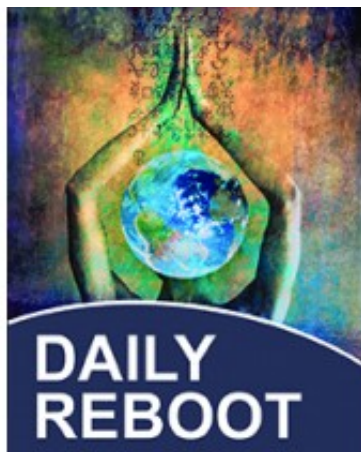


Daily Reboot audios - 5 minutes each



Price: \$50.00

Short Description

Sonia's daily Reboot talks- 5 minute audios to reboot each day

40 audio files

Description

NOW AVAILABLE AS INSTANT AUDIO DOWNLOADS

(A select few audios)

listen to these audios over and over

These are 5-7 minute audio files, that seem like mini lectures. Incredibly stimulating content to start each day.

GET THIS PACKAGE OF REBOOTS

THE LIST OF FILES - 40 downloads

1. Letting go of the uphill climb
2. Parallel realities
3. It's all just a series of experiences
4. The power of spending time alone
5. Facing uncertainty
6. Programmed responses
7. Character to character
8. Your body is younger than you think
9. What are you powering up right now in your reality

10. Being in charge
11. The cycle of the planets and you
12. The stored history in your body
13. The search for endless bliss
14. Take nothing personally
15. Let it ride
16. Don't focus so much on the future
17. Step aside today
18. The Caterpillar and you
19. There is nothing to worry about
20. What do you feel is missing in your life
21. Its just a story
22. Shape shifting
23. There is really nowhere to go
24. The movie in your mind
25. There is nothing imperfect about you
26. Contentment
27. The many versions of you
28. Stepping beyond the collective
29. Collective evolution and cycles
30. The loop between emotion and judgment
31. Redefining that which we desire
32. What are your secret battles
33. What would you change about your life right now
34. What social programs are you most controlled by
35. Stepping into the unknown
36. Neurons that fire together wire together
37. The ball is always in your court
38. Do you still feel that you need a series of steps
39. Being in the here and now
40. There is nothing standing in your way