

# Structured Manifestation Guide For Teens To Improve Focus & Spirituality

*Meditating Human announces its "Project Manage Your Manifestation Course" for teens looking to start their spiritual journeys.*

USA, December 29, 2022

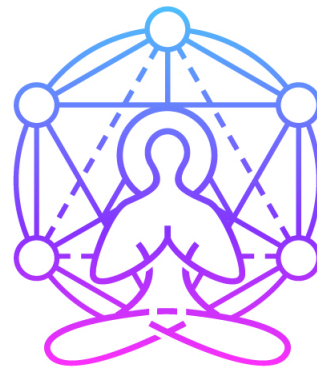
/EINPresswire.com/ -- The structured manifestation guide for teens teaches students how to connect to Source or Universal Energy so that they can manifest their dream lives in months. The program is taught by practical spirituality teacher, [Tiffany Antoine](#), who has purposely manifested a successful business and loving life for the last 20 years.

More details can be found at <https://meditatinghuman.com>

Tiffany first created the "Project Manage Your Manifestation Course" to debunk misconceptions that meditations need to be done for hours on end each day. In fact, meaningful meditations can be done in only a few minutes - as long as the person commits to taking the time to diligently calm their mind. In her course, she teaches students how to manifest in only 10 to 20 minutes each day.

The program focuses on practical spirituality, a discipline that believes that daily actions become sacred when fueled by intention and passion. Those who practice practical spirituality are conscious about everything they do and attempt to fill their lives with more joy and gratitude.

Tiffany explains that daily meditations are the key to manifesting a good life because meditations help bring a person to a higher vibration by allowing them to feel love and gratitude, which attracts other higher-vibrating things such as wealth and health. She says that meditation energetically aligns a person with what they want.



**MEDITATING**  
HUMAN

Meditating Human

The structured manifestation guide is recommended for teenagers who want to start their spiritual journeys. Teenagers are typically more open-minded, which allows them to manifest their goals with more ease.

[Meditating Human](#) also offers other spiritual teachings, such as a Success Subliminal, Being Motivated Guided Meditation, Abundance Guided Meditation, and Money Subliminal.



Tiffany writes, "I have simplified the manifestation process, so you master it in weeks, not years. My course was uniquely designed to help manifesters and spirituality seekers at all levels. My course makes the manifesting process less complicated, frustrating, and scary."



My course was uniquely designed to help spirituality seekers of all levels. My course makes the manifesting process less complicated, frustrating, and scary."

*Tiffany Antoine*

Interested parties can find more information by visiting <https://meditatinghuman.com>

Tiffany Antoine  
Meditating Human  
info@meditatinghuman.com

Visit us on social media:

[Facebook](#)  
[Instagram](#)  
[YouTube](#)  
[TikTok](#)



Tiffany Antoine

---

This press release can be viewed online at: <https://www.einpresswire.com/article/608585145>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.