

Self-Paced Online Manifestation Course For Goal-Oriented Professionals Launched

Meditating Human launched an online Manifestation course that helps professionals achieve their goals.

USA, February 10, 2023

/EINPresswire.com/ -- The recently launched online manifestation course uses different techniques, including subliminal messaging, so that professionals stay focused on their goals. The entire course is designed to run for five weeks, but students can complete the modules at their own pace.

For more information, visit <https://meditatinghuman.com>

[Meditating Human](#)'s newest online manifestation course helps professionals who are feeling stuck in

their careers. Whether it is a promotion that is taking too long or a feeling of boredom and anxiety from doing repetitive tasks for years, the online meditation course gives professionals clarity and confidence to move forward in their careers. It also helps them visualize the future they want for themselves and gives them the boost they need to create an action plan for success.

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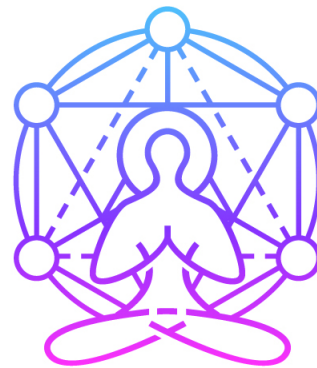
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Tiffany Antoine

According to Stanford Daily, students who practice mindfulness and meditation feel calmer and more relaxed even during intense academic stress.

[\(https://stanforddaily.com/2019/05/21/methods-of-mindfulness-how-students-meditate-at-stanford/\)](https://stanforddaily.com/2019/05/21/methods-of-mindfulness-how-students-meditate-at-stanford/)

Meditating Humans believes that the same effect can be observed in professionals under similar pressure to



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perform and do well on their projects. Meditation keeps them energized and motivated to complete tasks with the highest quality and accuracy.

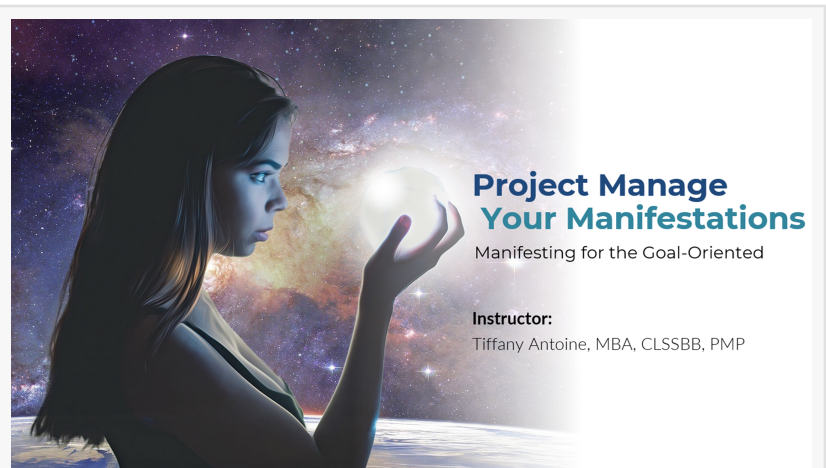
Meditation has been around for centuries, and numerous studies have shown how it minimizes the intensity of brain activity. With more relaxed brainwaves, people can avoid the flight or fight syndrome and make decisions more rationally. The online meditation guide is specifically designed for workplace stress and anxiety and gives professionals insight into either leading a team or being a productive part of one.

Meditating Human teaches subliminal messaging or the practice of setting up subconscious cues that trigger an automatic behavioral response. This requires the individual to set up their environment with visuals constantly reminding them of their goals. Considered a “biohack,” this technique creates a deeper, more long-lasting internalization in practitioners. Coupled with meditation, subliminal messaging is an effective strategy for overcoming burnout.

The online manifestation course explains that subliminal messaging is the concept behind mood boards, manifestation walls, and journals that are currently trending on social media. By putting meaningful visuals and words around their environment, people can maintain their motivation levels, making it easier for them to achieve their goals.

More information is available at <https://meditatinghuman.com>

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Project Manage Your Manifestations Course



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