

A woman with long dark hair is sitting in a meditative lotus position on a sandy beach. She is facing away from the camera, looking out at the ocean. The sky is filled with soft, golden light from a setting or rising sun, creating a peaceful and serene atmosphere. The waves are gentle and white-capped, rolling onto the shore. The overall scene is calm and contemplative.

Install new powerful beliefs to
attract abundance and peace
into your life

Your Free Guide to Meditation & Visualization

SOUL LUXURY
with Claudia Roth

Your Step by Step Guide

Beliefs are mostly out of our awareness, held in the subconscious.

With this meditation and visualization we access that part of us which stores limiting as well as destructive thoughts and beliefs. The uniqueness of this process is that you are not getting involved in the emotions and the accompanying stories triggered by these thoughts. Instead you transform them at the subconscious level.

Step 1: Settle into your meditation. Sit quietly; in a comfortable position if possible in meditation pose. Set your intention for this meditation of clearing your subconscious. Take a deep breath; inhale through your nose and slowly exhale through your mouth. Repeat 3 times. Now scan your body. Feel what you feel. Sense what you sense.

Step 2: Visualize a space underneath you (perhaps a room in the form of a cellar). You are now walking down a few steps; you enter this space. Put your awareness into this room; walk around as if you are sweeping or dusting it. Create a sense of movement with intent to loosen up old and stagnant energies. You may see/sense/feel dust popping up, or other images.

Step 3: “Take” whatever wants to leave your room; your subconscious knows what wants to leave you; your mind does not need to know what it is for this process to work. Now, squeeze your buttocks firmly, push this energy up the back of your spine through the back of your neck and release it through the top of your head also known as crown chakra. Follow this energy flow with your awareness.

Step 4: As you release this energy through the top of your head, imagine white light radiating over you expanding as far as this white light wants to reach.

Step 5: Start the same process again, and as you get familiar with it and you feel the benefits; repeat this process several times. Repeat daily over a period of time.

Step 6: Finish this practice with offering your gratitude by putting your hands on your heart and give thanks to you, to your life and anything/anybody else that springs to mind.

Don't let your subconscious trick you!

In the beginning your mind will want to create excuses and distractions. This is a sign that your subconscious wants you to remain stuck. When you experience such a conflict consciously override your saboteur. Stay firm and choose to follow your inner path of liberation!

My Story

I was on a business trip to India, and a colleague had set me up with what I assumed was a business meeting. Instead I found myself at the Sri Aurobindo Ashram in the south of India, in Pondicherry when a clear fork in the road started to form.

Still focused on business and my career, I thought that I was there to sell luxury hotels. Sadly, that was pretty much the only thing I knew at the time. But I soon realised that other kinds of business and luxury were on the agenda - those concerned with personal transformation.

In that Ashram - a rather unusual environment for the kind of career-minded senior executive that I was - I was asked 4 profound questions which you find in my guided *Your 28 Days Journey to Self Love* journal. At the time, I was unable to answer in the spirit intended. Thinking in the language of the soul was something completely new to me. I was travelling on the highway of life. Fast-moving and efficient, I was fully focused on pursuing my career.

But a vague notion told me that I was about to depart from that highway, that a new journey had begun. That feeling has only grown stronger. When looking back at my life I can now see the illusion I had created.

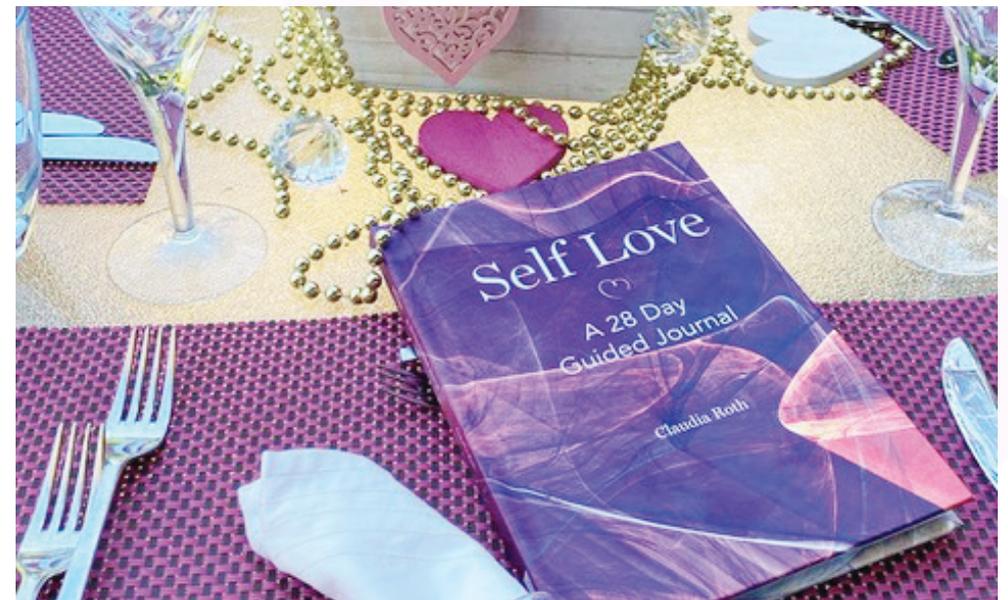
VALUE & LOVE
YOURSELF



Self Love

Self Love is an often misunderstood and sometimes right-out rejected concept. Some mistake it for selfishness, and others harbour too many false beliefs ('I'm not worthy') to even consider it. But the truth is that lack of Self Love often causes unhappiness, frustration, and even illness.

Only when we feel truly worthy of ourselves can we love others, too, for whom they are, rather than for whom we want them to be.



Available on Amazon and major online book stores.

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*Beneath the images that you think of as yourself,
you are love.*

Love is your essence.

Claudia Roth