

POINT OF FOCUS INNER GUIDANCE TECHNIQUE



Be sure to act on what you learn in the session. What is one concrete action relevant to your topic you can take? If you don't receive a full picture of what to do, document what you have and bring it into your next session.

Some of those extraneous thoughts may also be Guidance. Sometimes you'll get information about other topics you've been dealing with. Have a pen and pad nearby to take note of them and put them aside for later.

Try to find the point where you feel relaxed and focused. Avoid the extremes of struggling to suppress distracting thoughts or letting your mind roam free.

Five minutes of quiet connection beats a half hour of worry. Start out with sessions of a few minutes and add a few more minutes each day. Work your way up to twenty minutes a day or any interval that you feel comfortable with.

This is a simple but profound tool for running a more successful business as well as a happier, more meaningful life. The effort you put into mastering the Point of Focus technique will pay off for you in extraordinary ways!

Use it often! You'll come to love it!

Watch The Free Video Training Series Here

<http://evagregory.com/inner-gps-video>

I've created a free video training series in which I go into the power of Inner Guidance and Mindset in even greater detail and cover several other important topics that are not included here. I highly recommend you watch the video training series for maximum results.

About Eva:

Eva Gregory is a Law of Attraction expert, speaker author and mentor to spiritual entrepreneurs – coaches, healers and holistic practitioners. Her passion is helping spiritual entrepreneurs go from chaos to clarity, and from clarity to cash flow by learning how to tap into their own inner guidance and merge it with proven practical business strategies to create enlightened businesses of purpose, passion and prosperity.

