

**Are you ready to learn? Get into the right frame of mind by mastering conscious solitude with this technique from Dr. Joe Dispenza.**

**“Sit alone with your eyes closed.**

**Instead of running from the discomfort of solitude, you lean into it.**

**You begin to observe the withdrawal symptoms your body experiences when it's not getting its usual dose of emotional chemicals ... the anxiety, the restlessness, the urgent need to reach for your phone. These are just symptoms of withdrawal from emotional addiction.**

**The transformation begins.**

**You sit in meditation, breathing deeply, staying present with the sensations.**

**Your brain starts producing new chemicals instead ... stable, sustainable levels of serotonin, gaba and anandamide (the bliss molecule).**

**Every uncomfortable feeling you experience in solitude is actually energy of potential creative force waiting to be transmuted.**

**Instead of reaching for your phone when you feel lonely, you sit with that energy.**

**You breathe into it.**

**You begin to feel it transform from anxiety into excitement; from emptiness into possibility.**

**You begin attracting higher experiences, not because you're seeking them, but because you're vibrating at their frequency.**

**You become a conscious creator rather than a constant seeker.**

**Your energy field shifts from a pattern of need to a pattern of abundance.**

**The process starts with just 15 minutes a day.**

**Find a quiet space where you won't be disturbed.**

**No phone, no distractions, just you.**

**Begin by sitting comfortably.**

**Imagine yourself one year from now, completely at peace in your solitude.**

**Feel the strength, the completeness, the profound sense of self-sufficiency.**

**Instead of reaching for your phone, you're strengthening your connection to your evolved future self.”**

**We can only really pay attention with a calm and ready mind. Elevate your language skills by increasing your self-assurance; and enjoy the process.**