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app makes it easy
for you to tap into
an experience of
deep peace and
renew your
energy—no matter
how busy you are.

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discover what you
want and how to
progress towards
your goal.

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created "OMM -
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After writing the
book OMM, the One
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I received
hundreds of
requests to explore
the 5 keys
described in the
book more deeply.
This is why I

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created "OMM - the One Minute Meditation LIVE", a 3-day event to work together on expanding your levels of awareness: who you are, what you want, what is your real potential. A mind trained by the heart is able to produce a winning

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narration, to let
you discover the
extraordinary
power of life and
achieve what you
really want.

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practice, you are

taking your first

steps towards

being able to

remain silent with

your breath for a

whole minute, and

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can live within
another reality and
learn to build your
New Self.

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By starting the

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steps towards

being able to

remain silent with

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through this,
discover that you
can live within
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sleep, lower stress,
and less anxiety.

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