

Day 3: Magnetize Your Soulmate Guided Meditation

How to Download & Use the Meditation

1. Download the Audio File: Click the link below to access and download the guided meditation. [Download Link](#)
2. Find a Quiet Space: Settle into a peaceful location where you won't be interrupted.
3. Press Play & Relax: Follow the guidance, allow the music and words to wash over you, and visualize yourself already living in the love you desire.



Best Practices to Maximize Your Meditation:

- **Use Headphones or Earbuds:** I've chosen a special background music frequency of 528 Hz, also known as the "love frequency." It's associated with DNA repair, transformation, and love. To fully benefit from the binaural frequency, please wear headphones or earbuds.
- **Listen for 30 Days:** To achieve maximum results, try to listen for 30 consecutive days. You can, of course, listen to the meditation as often as you like.
- **Repeat the Mantras:** As the meditation progresses, you'll hear a list of mantras, most of which come directly from women in my current The Soulmate Solution program. There will be space between each statement. Depending on your preference, you can repeat the mantras aloud, silently in your mind, or simply relax and let the words absorb.
- **Get Comfortable:** Use pillows, blankets, and anything that helps you feel cozy. Try to be in a quiet environment where you won't be disturbed.
- **Align with Your Belief System:** I use terms like Divine, Infinite Power, Source, Universe, Universal Power, and God so that all belief systems are supported. Feel free to use whichever terms resonate with you and replace the words in your mind during the meditation as needed.