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Informaazione

This is why I created “OMM – the One Minute Meditation LIVE”, a 3-day event to work together on growing your levels of awareness: who you are, what you want, what is your real potential. A mind

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trained by the heart is able to produce a winning narration, to let you discover the extraordinary power of life and achieve what you really want.

LIVE • the One Minute

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Meditation

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

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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 narration, to let

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you discover the
extraordinary power of life
and achieve what you really
want.

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being able to remain silent
with your breath for a whole
minute, and through this,

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