

Ego Fading:

How to Finally Silence Your Ego-Driven Mind For The Westerner Who Has Difficulty Meditating



-Rion Freeberg

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Introduction

Are you someone who has found it difficult to get into meditation or to be able to effectively 'silence' your incessantly thinking mind (a.k.a. 'Ego')? Can it even drive you crazy at times?

The ability to silence your thinking, conscious mind is really the leverage point into ALL of the holistic, meditative and even Eastern work you hear about. It's also the bridge into a new form of self-help work which I call 'holistic empowerment'.

Yet it's often so difficult to just 'stop thinking', especially for us Westerners where the Ego is valued. Yet there are so many downsides. Our ego works against us often in our own growth and success.

We build mountains out of molehills, often run by false evidence appearing real (F.E.A.R.), being stuck in the past, creating spiraling cycles of anxiety, depression, etc. and never truly being present, let alone happy.

Truly being in states of egolessness seems very far away. We can 'think' about the 'concept' of happiness, but how often do we truly FEEL it?

We're limited from our greater self because our thinking mind is running the show. Even with that, we don't find it practical to be a Buddhist monk chanting mantras on a mountaintop in order to get the benefits out of the egoless.

You could try out being a monk for a month but for most of us that seems too distant and irrelevant to our modern lives.

I assume you're dealing with not being able to silence your mind or that at least you want more control over it to be egoless more often.

I remember not being able to silence my mind at all. I would try to 'not think' and my mind would just wander. I would come up with these insane mental games that I kept torturing myself with like clacking my teeth a certain number of times

dwelling on the same thought, not being able to 'clear it' until I clacked my teeth perfectly. Then I would be even *more* stuck in the trap of my mind.

I could never get into traditional meditation because my mind always wandered, but now things are different. I took a different path.

It would be great if you've already read Eckhart Tolle's '**The Power of Now**'. That is really an important and breakthrough book so I encourage you to read it. The criticism of many Westerners is that they find it too idealistic, impractical and many also often believe that the Ego is still good.

Either way, it's difficult for them to get into those silencing of the mind exercises so all of the great things Eckhart is talking about still seem out of touch because the Ego is STILL active.

We can even know of it all logically but to actually *BE* in Non-Egoic or 'egoless' states is another thing entirely. Actually 'getting there' is where the most subjective value is really at for you I think.

And from my own experience, that is what FEELS like a million bucks. Fortunately being egoless means more than just the traditional 'spiritual' definition of non-thinking, it can be much more as you'll discover.

Whether you've struggled with traditional meditation for years or want deeper levels of the egoless, I welcome you. This book and my entire series outlook will bring a fresh, new angle to things even if you've been into self-help or Eastern work your entire life.

It's about practically achieving egolessness for Westerners.

Fortunately, this book is here kind of as a (non-conventional) bridge into the world of the egoless. Because I dealt with the same issues, it is made for especially for ego-driven Westerners who have difficulty silencing their mind.

If you are Asian and reading this, that's great! The egoless is there for each of us.

'Ego Fading' is not going to teach you the same old breathing techniques. It is not going to 'rely on' the normal standard of fighting against your Ego in moments of silence to try and still it.

Instead we're going to take a parallel and bypassing path to achieve egoless states. We will be expanding and doing different things than you are used to that still lead to the same result. There are some crazy but fun techniques that will help you to silence your mind as well.

This book is actually the premiere book in an entire series of Holistic Empowerment and peak state that will be coming out.

My work is not affiliated with any specific religion but you can draw things from here that you can use in your own work if you want. Being able to silence your mind will also help you to focus for prayer, meditation or just for pleasure and relaxation.

Some of our techniques will not be that difficult at all but maybe you have never thought of using them under this kind of format to improve your ability to **be** in egoless states.

I know these techniques work because I was the perfect example of someone who couldn't silence their Ego. As previously mentioned; I kept thinking all of the time, UNTIL I discovered these techniques, some of which I think I'm the only one in the world teaching.

That should be intriguing to you, especially if you're in a personal growth or spiritual 'rut'. It's because I took a different path that was massively influenced by the East which I'll briefly tell you about.

The good news is that I bet even as logical, intelligent and 'thinking' minded as you are that you've already been in egoless states as an adult. You just weren't aware of it nor had any idea how to harness it and actually have some of those help you bridge over into powerful stuff like egoless meditation, bliss and so forth.

Egolessness will be left to randomness **unless** we take control over the process and consciously work on it to influence ourselves into more authentic egoless states.

Again, we will be doing other forms of egoless actions beyond merely the traditional 'silent mind' in order to help quantum leap you over into being egoless.

The more you are in egoless states, the easier it is to return. You may also find that 'relational meditation' will help you with regular meditation and vice versa.

I will also introduce conditioning here but there will be more training on that in the future.

Most of what we'll be accomplishing is with the idea of using your physical, emotional (and even sexual energy) to help 'fade your ego'. These energies are already egoless by nature but we're not really trained on how to use them – until now.

*Sexual energy tantric work and kundalini already exist for example, but they're not really used for empowerment and **mixed** with other forms of substance-freedom to create insane levels of bliss like we can now do.*

And you may have figured by now, you can't 'think your way out' of the prison of the mind but there are some conditioning exercises you will discover that have infinite potential for you that you CAN use the ego in some ways to help you into egolessness.

Primarily, the resolutions are outside of the ego and the power to influence it.

This isn't just a cool theoretical statement. I'll be showing you things that practically work to apply it so you will understand it from experience.

There aren't 'thinking' exercises or really even any 'logical' things that we can do to silence our Ego. Mental improvement is a different area of self-help but for here we have to effectively suppress the Ego in other non-thinking ways or with effective conditioning to tap into our higher frequency, egoless energy.

You can't plan or strategize from within the Ego until you find higher levels of balance between the power Ego and the holistic power you have.

After years of experience, I have achieved this level of mastery to influence and even empower my egolessness with the ego so this should be really helpful to you.

While some spiritual purists may argue that you can't use your Ego at all with the egoless, I beg to differ. I've been using my Ego to the advantage of framing and empowering my egoless states for years now.

I've been doing crazy level egoless empowerment practices for 1,000s of hours completely taking the place of watching T.V.

The states themselves are real but you will best have to understand this from your mind first and then just **do** the exercises to really get into more egolessness.

Everything I'm teaching now in this book is filtered through the Ego and your ego so it's real power and potential is suppressed. It's when you put the exercises and techniques to use that it will 'unzip' or 'unfold' itself to your subjective egoless experiences. That is when you will start experiencing the power we're talking about.

So the training here is really to help you become aware of some effective techniques that will help you use your more holistic, power energy to take you INTO egoless states.

The end goal or state of the egoless is the effect of much of the tools you'll have to choose from. Traditional meditation or silent breathing exercises are not the only way to achieve the egoless.

In combination with this world class and pioneering advice on 'Ego Fading' you may then want to use your newfound states with traditional meditation. It will save you YEARS of time I would predict to achieve higher and more silent states of peace even enlightenment.

You can use a myriad of these upcoming techniques to find things that really work for you. Mixing them together can lead to more power as you'll see.

But that's just part of it because this is really an introduction to VERY exciting new work with Holistic Empowerment and Peak State work.

Anyways, with that I hope you keep your mind open because the ability to fade your Ego is a priceless one that will pay off with infinite dividends. It is the lever point that will open you to a new world of holistic experience, even if living in the ego-driven and practical West.

We could even be starting a new revolution in the self-help industry with shakti meditation and holistic empowerment. With that, I welcome you to 'Ego Fading'!

p.s. please forgive the strange capitalization variances and other nuances.

Fortunately this is massive information value. If and when I ever get 'published published' I'll be working with a very good editor. Fortunately I'm a near perfect speller and there shouldn't be any typos. Thanks!

p.p.s. wouldn't those be 'ego-based' judgments anyways?!

-Rion Freeberg

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Ego Vs. Egoless

First let's look at a working definition of 'Ego'. It's pretty much right on with what Eckhart Tolle is talking about in 'The Power of Now'.

Ego: your thinking, conscious, mental, logical mind

It also includes your knowledge, experience, education, personality, preferences, preclusions, prejudices, conditioning, criticisms and so forth.

The Greek word for 'I' is E-go.

Most Westerner's especially define their **entirety** within this definition of self. It's centered on their mind so that all of their power energy is even filtered through their mind.

For example, they don't see their sexual 'ability' as a biological force of nature that is greater than their Ego, instead it is a selfish part of their Ego to support their self-identity.

Everything about them is based around their nurture-based name, experiences, thoughts and their residual self image. With so much focus being placed on the mental and nurture influenced version of 'self', it limits their holistic power and energy cultivation.

The Ego will create and follow all kinds of programs, conditions, limitations and rules. It is it's own worst enemy many times and it is covering up the closer to heaven and earth-ness that existed when they were younger and more authentic.

Much of the West especially is 'out of touch' with their greater self. They/we are imbalanced, stressed out, fearful, psychosomatic with all kinds of issues. They seek external often dangerous 'escapes' like drugs, alcohol dependencies and self-destructive behavior to get away from the poison and prison of their mind.

Being self-conscious and anxious is another negative part of being 'in your head' instead of present and in the moment.

Taking a more natural balance like just silencing the mind and spending time in egoless states, people would realize they can have natural highs and bliss without the negative side effects.

It's like they are stuck in the prison of their Egoic mind. Have you been there? I have.

Eckhart REALLY covers the Ego well in 'The Power of Now' but the general point is to separate yourself objectively from the Ego here. Then we can work with it more *objectively* in relation to your more holistic self.

You are greater than your Ego. You are also your egoless energy and all of this will help you to separate from what you think are 'your' issues, stresses and dependencies.

Those are separate issues that obviously we're not dealing with here but ironically, your egoless self not only can help you escape them, balance your life and reduce stress but also provide wisdom and solutions FOR those issues.

Anyways, by summing all of your thinking, conscious mind up as the 'Ego' it helps to simplify things. We're not concerned with what 'personality type' you are or anything like that because whatever you think 'you' are, it is still all summed up within the Ego. That is all just your egoic self.

We will be seeing and working 'beyond' it in a more Eastern or holistic sense, working with your energy and we will be working as the observer as well.

You will see that by taking on a more holistic view, your Ego is really just one part of your total self. Our general goal here is to fade it so you don't hear it as much and so that egoless states remain.

Your Ego-based definition of self is holding you back from experiencing your greater, egoless self where you are just absent from the control and programmed conditions of the thinking mind.

Empowering those egoless states is something I've become perhaps the world leader in with my own pioneering work the last several years and will be featured in the rest of the MindReel and Peak State series, future training and events.

It all hinges on fading your Ego and when you are more than your Ego, it becomes more palatable to desire and take on such a task as the egoless compared to most Westerner's clinging on to their only definition of self.

I'll help you to value things beyond your egoic definition of self.

State is everything and a huge topic. I'm not going to go into it now because it might confuse you more. Just know that it represents everything you can experience 'in the moment' and includes the entire 'mix' of your holistic energy/self.

Where we also differ from almost everything out there is that we extend and expand the definition of 'the egoless' to your sexual, physical and emotional energy (a.k.a. 'power'). No longer is it just 'limited' to the silent, traditional meditative 'spiritual' sense.

So now, we have more to work with. For now though, our goal is to focus on fading your ego but in context of the greater whole *so that*

The Egoless Self Remains

There is a whole world that awaits in 'The Now' to explore with your egoless power self. Far more power than the limitations of your Western thinking mind, in fact I bet you have no idea how much power and bliss awaits!

You can also use it to associate with your good ego-based dreams and goals to accelerate and empower the Law of Attraction. We'll be teaching that in a different program of course.

With a definition of 'self' that is ego-based, your real power potential lies suppressed and out of control. Your energy and primary sources of behavior are more likely to be manipulated and influenced by external forces (media, agenda-driven advertising, social programming) than under your control or mastery.

There's infinitely more value in the egoless so it's worth working for and improving. And I'm speaking from experience because I can compare it to when I lived only in my mind.

For most of this book, we will view the Ego objectively and this is key because a lot of people are just so stuck IN their mind, that they can't see outside of it.

We're going to take the eagle eye view so you can step outside of the 'muck and mire' of it.

We will talk about this in more detail in 'the mix' chapter.

Now it's not that the Ego is a bad thing, it definitely *can* be but for these purposes we are generally siding against it along with Eckhart Tolle. Why? Because it is the one thing that is in your way of all of the egoless bliss and empowerment that awaits you.

Your 'personal' self can be there, but it's still in the 'way' of your greater self so we want to have the ability to silence it so that you can experience your more holistic and balanced self.

Being able to access power outside of your Ego and experiencing egoless states is something that will require some special training if you've lived in your Ego your whole life. Fortunately, you've attracted this and you're in the right place.

If you're a Westerner who only thought the Ego was a good thing or who followed the original self-help of the West which was focused on developing the (good) Ego, you may not be ready for this more holistic journey.

Fortunately, the self-help industry is in a large part moving in a new direction with more holistic work, finally bridging the gap between the East and the West. I have learned a lot from the East but in a unique way that gives me tremendous advantages.

My work, I think should help to accelerate that bridge in many ways as we can now practically tap into our full potential and power beyond the Ego. And we can do it in more entertaining and FUN ways.

We can do things now that I've never seen done or taught before in history actually, so things are getting VERY exciting!

All of this has been years in the making while I've been under cover doing work on my own with peak state conditioning 10,000+ hours and my dating attraction business with RELM really built a strong foundation for all of this.

Now I am arriving to the self-help scene with a highest level of value already developed. I'm going to be around for decades but you can start accelerating your holistic growth today.

Stick around on the mailing list and keep checking www.RionFreeberg.com

So to come back here...to truly stop thinking, judging, criticizing and instead to fully soak in things 'as they are' is a priceless ability yet most Westerners especially can't think outside of the box of their mind. We will be working on the ability to 'fade it' so that it doesn't get in your way as much.

Just know that our definition of 'Ego' is basically the same as Eckhart Tolle and how he talks about it...that conscious, thinking mind full of programs and rules that keeps you captive. I really think him and I are going to meet and have an amazing discussion some day.

Being more holistic and fading your Ego will truly make you a more dynamic, empowered, present, happy and balanced person. You will be more 'present' and in the moment because you won't hear the voices of your mind concocting things keeping you in the past or the future in your head.

Those voices can just be absent and irrelevant by being faded down like in an audio mixer to truly see things as they are.

Reading 'The Power of Now' helped to really clarify a lot for me and it is full of infinite wisdom, albeit more of the spiritual, silent ego only variety of traditional meditation.

I'm far more experienced in the sexual, emotional, physical variety of the egoless and energy. This is the stuff that may be very new to you and the industry.

I do think my work and Eckhart's go very well hand in hand. You will see an extension of this which has been my journey because we will be dealing with ego as well as holistic power energy, relational mastery and social dynamics of power and influence on your energy and behavior.

I encourage you to find your own discoveries. As advanced, simple and profound as this book is, most of the value however, will be in your subjective experiences of more and more egoless states.

There is infinite wisdom to acquire and even transmute from being more holistic which I'll be teaching in the future. I wasn't really a 'student' of this kind of stuff going to holistic retreats, etc. This is why you may find I'm not reiterating the same egoless style of teachings; rather more of a pioneer by being a student of my own path primarily off of direct shakti energy influence from Asia...and now coming onto the scene. In some ways, pioneering on my own (mostly inspired by shakti energy taking me FAR ahead in inspiration and wisdom) I was able to far supersede a certain standard of teaching or bypass what people thought were the limitations with peak state and energy work.

I guess that's my ego talking but it is coming from massive egoless empowerment and experience so I know an idea of how radically powerful it is. I know the power we have access to and how to open you up to it to fade your egoic self and to develop your more holistic self.

The best way you can thank me is to buy more of my upcoming products because **you** will get far more value out of them than what you pay. Infinitely more value.

Your holistic self is what you live with, give the gift that keeps on giving (join our monthly program when it comes out!) Our live events will always be phenomenal.

In the overall big picture, you'll probably want to have the best of both worlds: a strong, developed, intelligent and improving ego AND a developing strong, egoless self.

You don't have to give up the traditional personal (ego) growth. But by being able to extend your experience into the egoless and more holistic self you can have a far far more fulfilling life.

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My Awakening & Brief Background

To give you an idea of the background and parallel path to all of the modern holistic energy and ego-fading work going on, we'll have to revisit a few years ago.

I'd always been a fan of self-improvement and Tony Robbins (for example). But the light years of growth beyond the ego-driven majority of advice in the self-help industry started with my own introduction to 'the East'. The 'New East' you could call it actually.

When my best friend at the time came back to Hawaii from a trip to Thailand in August 2002, he didn't have any idea of what he inadvertently started.

I was in the U.S. Army based in Hawaii at the time and getting out in a few months. After seeing the top-secret 'resources' he brought over, I decided to take terminal leave to Asia for 3 weeks.

That trip opened my mind and definitely influenced my life and commenced this path. On my birthday: 12/2/2002 I first entered Thailand on a diesel coach bus from central K.L. after midnight and everything changed from there.

I bought more of these unique 'resources' and went back to central Wisconsin to start my own business after getting out of the Army. The resources were primarily VCD's from **GMM Grammy**.

I couldn't explain it but there was something 'special' about the women in some of the music video VCD's that I kept coming back to. In 2005, I had a burst of enlightenment after watching '**The Stepford Wives**' and immediately entered the dating industry on the internet.

I didn't know then that the exact same VCD's would end up revolutionizing EVERYTHING and eventually drew my dating business and the understanding of women and sexual energy FULL circle. I didn't know that it would become what will be a sweeping phenomenon.

Instead of doing traditional meditation which was always difficult for me, I started reaching amazing State's of egoless meditation with the videos and eventually called the practice 'Natural Grounding' which is also known as 'Shakti Meditation'.

We meditate **to** great examples of female energy.

I later produced 'The Secret of Women' video which you can find on YouTube.

Here's the link right here to that:

<http://www.youtube.com/watch?v=it79dPC3egE>

Fast forward a couple of years and 'Natural Grounding' has reached thousands of men around the world and it is healing them of anxiety and issues around women. It is giving them a more accurate definition of sexuality than the message of sexploitation and fantasy that is popular in the West.

They are attracting and connecting with women like never before.

'Natural Grounding' is poised to sweep the self-help industry and has the potential of creating a new worldwide Renaissance because it's based on raw, authentic, feminine energy and behavior. This is what is suppressed within most Western women.

So fast-forward a few years later and I've been experimenting with wisdom and techniques that are light years ahead by being directly influenced by this core 'yin' or 'shakti' energy and being egoless in relation to it – free of socio-cultural or ego-based judgment or corrupting.

It has taken me very far ahead of my peers in many areas including learning ability, languages, empowerment, beliefs, confidence, energy, influence, attraction.

I even created a new theory of Behaviorism called 'Relational Behaviorism' off of the high level of intelligent consciousness I've been gifted practical access to.

I only get sick about once a year. I connect with other people of power. I have no anxiety around power or beauty. I never have headaches. I rarely get angry.

Most people guess my age as 7 years earlier than what it is, but most relevantly for now is that I've really become an authority on Peak State and what I now call 'Holistic Empowerment'.

Learning how to silence my own Ego (in non-traditional ways which you're going to learn) was just part of this new evolution that emerged starting with shakti energy.

I found a 'new way' of meditating and involving energies other than just your Spiritual, Non-Egoic self. It was like an extended or parallel system of egoless empowerment that has developed and used by my students, subscribers, customers and devotees in the dating industry..all rooted primarily around Natural Grounding Shakti (or Polarity) Meditation.

But with Natural Grounding as the core, I really stretched myself to (pioneer and try) all kinds of other empowerment work with sexual, physical and emotional energy on my own time in place of T.V. (which I rarely watched before it anyways).

After seeing 'The Secret' several times in 2006 I independently came up with the idea to make a video 'law of attraction' vision board since I was already a video producer of sorts. I called it 'Silver Bullet 1.0' and I still watch it at least 2x/week on average.

I finished making it in March 2007 before www.mindmovies.com ever went online (I checked the wayback machine). 18 months later I discovered that they had the same idea at the time of their relaunch. I was a little flustered at first but I subscribe to the abundance paradigm.

I'm sure there were maybe a handful of others who independently had the idea around that time as well.

I'm glad they were busy marketing and opening the market for it. I think what most people are missing though may be the empowering energy belief work associated with it to help manifest and attract more powerfully.

I'll be teaching a lot of that as the Mind Reel production training will be a part of this business as well. It will be very empowering because my own is extremely powerful and has manifested a lot of what I wanted to from the video.

For years, I've been conditioning my State and P/C with 5-8 hour marathon 'all-nighter' sessions at least once a week on average. I have attracted a lot of things that I consciously intended to attract but it was in using more of the egoless 'power energy' associated to those causes that really empowered the manifestations. I have been using energy beyond just my thinking mind.

So as you go through this book, you will discover a lot of the wisdom and results I've received that you can take and empower on your own as well as the 'eagle eye' view.

I've done well over 10,000 hours of actual peak state empowerment work (mostly in place of any television) over about 7 years now. I'm talking things FAR beyond the Ego...the Ego that I used to be driven by. I'm just really honored to see how far ahead I am when I started teaching a fraction of this stuff live at a recent (dating/attraction) workshop they were blown away.

The future is great and I predict that this new 'State' work with holistic energy could become a billion dollar niche industry. Why? Because there are HUGE multi-billion \$ industries based on the same concept: altering a person's state. **Except we can now do it to have natural highs, substance free.**

Stick around www.RionFreeberg.com and get involved with our community and upcoming product releases and events. The value I have to give is coming from massive egoless energy that is only being transmuted through me.

When you experience some of the power we're talking about on your own (the energy of the universe), things will amp up in your State, power and capability to attract and live at much higher levels. Anyways...

I owe almost *EVERYTHING* to Thailand. It is the core of almost 'all' of this inspiration and infinite power and wisdom. It completely transformed the way I

see the world and it has potential to really influence a lot of things in the future but not necessarily from direct religion.

At the time of this writing I've been there 8 times (not counting inter-asia trips) including living there once. As you know, it's a Buddhist culture but it's not the Buddhist path that I took or learned from directly. Rather, I took a different path. A parallel yet indirect one.

It was through the women and energy of the women in the production resources which most wisdom and enlightenment came to me in very high levels of consciousness after I could get beyond my Ego and the barriers of language and socio-cultural differences to really experience the energy.

Because with Buddhism, they are more open about many things; tolerant, median and with less oppressive social influence than exists in the West, their energy is very dynamic. They are more present, more natural and authentic in expressing their feelings and less ego-driven than the West.

They are in touch with their energy very well compared to many Western women who suppress their energy, expressiveness and feelings under the pressure of social influence to adapt, act, look and behave a certain way which attracts more consumerism instead of real relationships.

I had NEVER seen or experienced female energy like that before. It was fascinating to me. It was in eventually fading my own Ego around it that things really started going crazy because I could be more affected by it's power.

I had never seen anything like it in the West nor was it being taught anywhere.

It was similar to the freer energy of a crowd at a Brazilian futbol match but with Thailand it was the energy primarily from the women in person but primarily from these VCD's of concerts and music videos.

So anyways, a lot of what you're discovering here is from a new, parallel yet MODERN path to enlightenment that is based more on active energy and synergy than the complete 'nothingness' of traditional meditation.

It is still rooted in egolessness. Shakti energy has been 'harnessed' before in even some older U.S. based productions from decades ago (I think without the real awareness of the production team) but it's never really been 'defined' before in history like it can be now with just some of what I teach. It took me years to clarify and pinpoint a lot of things.

Anyways, most of what you'll learn here in 'Ego Fading' and throughout my other peak state training programs is based in what I call 'Relational Meditation'. You will find out more what that is through time but should be happy to know that it's EASIER TO DO than traditional meditation. It's not better or worse, just DIFFERENT.

I encourage you to open up to these new ideas and give Relational Meditation a shot. It will also help you with your general purpose, Spiritual 'zen' quality of silencing your Ego and doing regular meditation.

After doing traditional meditation you may want to try some shakti meditation in relation to great female energy when you're in a good egoless state.

As, I've discovered, you will have a lot of power tools to work on your emotional, sexual and physical 'self' that will be introduced in other parts of this series.

These areas are not really touched on in traditional meditation, spiritual work or the self-help industry but I've become a house-rocking world authority with years of leveraged experience under my *Nanni* belt.

Some of this power value has trickled out into my Relational Mastery monthly series where a lot of this was under continual development but now it's going to be released full-blown.

Are you ready for a new revolution that will take your own power, energy, State, Flow, productivity and well-being to the stratosphere (as well as helping you to do regular meditation effectively)?

Then welcome to this series and Mind Reel because 'Ego Fading' is just the first release. So for now, we'll focus on being able to silence your thinking mind effectively in this book. Let's begin!

This was a sampler including the first 3 chapters.

Want the entire 155 pg. 'Ego Fading' book and the 3 bonuses?

101 Ways to Help Silence Your Mind

Emotional Conditioning

Natural Grounding Guide v. 2010

Then just go to <http://bit.ly/b7mwpj> to get 'em all.

And take advantage of the great price! You don't have to suffer under the pressure of your thinking mind which corrupts, taints and limits a greater experience of life.

Check it out! 90 Day Money Back Guarantee.

-Rion Freeberg