



Meditating: Meditations for Fearless Romance

Gabrielle Bernstein

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MediDating is unlike any other relationship program out there. In this 11-track guided meditation, best-selling author **Gabrielle Bernstein** helps you release romantic illusions, overcome fears and insecurities, activate your attracting power, and manifest love into your life.

Many people carry disastrous relationship experiences from the past into the present moment. Holding on to anger from the last date who didn't call you back inevitably transfers negative vibes to the next one. This anger sabotages the possibility of creating a healthy new relationship, keeping you rooted in your history instead of the now. By relaxing into a state of peaceful awareness, you can learn to let go of past resentments and clear space for love.

Through simple breathing exercises, visualizations, and mental reconditioning, you'll simplify and enhance your dating experiences, all the while using your inner guidance to find the perfect partner. Well, what are you waiting for? Release your romantic delusions and start *MediDating* today!



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