

Build Magnetic Power



Instructions & Recommendations:

- Read “Breathe Into Your Power!” (BIYP) before proceeding with these exercises.
- During these exercises, you may ground, center or do combined breathing.
- Start with the track that is the easiest tempo for you to do.
- Feelings are words to help you feel while you breathe. Affirmations are “I am” statements.
- You may combine tracks to create the desired amount of minutes you are on in the 30 day plan.
- Do not try too hard to focus or concentrate. Simply allow yourself to experience your intention.
- The Manifesting and Creative Tracks are designed for you to record your own affirmations if you like.

List of Magnetic Power Tracks

	Track	Duration	Time Indicator
1	Medium Affirmations	5 mins	shaker every minute
2	Medium Affirmations	10 mins	shaker every minute
3	Medium Affirmations	5mins, 5 mins silence, 5 mins	shaker every minute
4	Feelings - Slow	5 mins	no
5	Feelings - slow	5 mins , 5 mins silence, 5 mins	no
6	Feelings - slow	15 mins	no
7	Affirmation - slow	5 mins	wave every minute
8	Affirmations - slow	10 mins	wave every minute
9	Affirmation - slow	15 mins	wave every minute
10	Feelings - Manifesting Fast	10 mins	no
11	Feelings- Manifesting Fast- MUSIC	10 mins	no
12	Creative Counting - Fast	10 mins	no

TYPES OF MUSIC & SUGGESTED USE

In addition to arising, you may use any of these tracks prior to an audition or performance.

SLOW: around 60 bpm; sitting or standing

MEDIUM: around 72 bpm; sitting or standing, riding a bike

FAST: around 80 bpm, riding a bike, walking, working out, jogging

www.corevocalpower.com

Copyright © 2017 Dot Todman. All rights reserved