

# ELEVATED EXISTENCE

with Tammy Mastroberte

## **Jumpstart Class 1: Mastering Meditation & Mindfulness**

### **Resources Mentioned:**

Dr. Mark Hyman, Functional Medicine Doctor & Bestselling Author:  
<http://drhyman.com/>

Dr. Miles Neale Free Online Meditations:  
<http://www.milesneale.com/category/guided-meditations/>

Dina Proctor 3 x 3 Meditation:  
<https://www.dinaproctor.com/>

### **Mindfulness Bell:**

Mindfulness Bell App iTunes:  
<https://itunes.apple.com/us/app/mindfulness-bell/id380816407?mt=8>

Mindfulness Bell App Google:  
<https://play.google.com/store/apps/details?id=com.googlecode.mindbell&hl=en>

Mindfulness Bell on Your Computer:  
[https://calendar.google.com/calendar/render?tab=wc#main\\_7](https://calendar.google.com/calendar/render?tab=wc#main_7)

### **Kirtan Kriya App Timer:**

<https://itunes.apple.com/us/app/kirtan-kriya-timer/id702713305?mt=8>

### **CDs/MP3s:**

Contemplations on Love and Compassion CD by Dr. Miles Neale:  
<http://amzn.to/2w4ifdm>

Guided Healing Meditations by Bernie Siegel  
<http://amzn.to/2w4Hex8>

Neurosculpting for Anxiety: Brain-Changing Practices for Release from Fear, Panic and Worry by Lisa Wimberger:  
<http://amzn.to/2w4uKFJ>

Neurosculpting for Stress Relief: Four Practices to Change Your Brain and Your Life by Lisa Wimberger:  
<http://amzn.to/2vpnCSl>

Meditations for Relaxation and Stress Reduction by Joan Z. Borysenko Ph.D  
<http://www.hayhouse.com/meditations-for-relaxation-and-stress-reduction-1>

Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart by Tara Brach:  
<http://amzn.to/2irQt7c>

## **Jumpstart Class 2: Enhancing Intuition & Opening to Signs from the Universe**

### **Resources Mentioned:**

Morning Prayer

Dear God/Spirit, I surround myself with your beautiful golden light as I call in my angels, guides, loved ones who have passed and all those in my soul community — only those of the highest of vibration — to be with me today.

Please open my eyes, ears, heart and mind to all the signs and synchronicities that come my way today, and help me recognize and understand them when they arrive.

Archangel Michael, please surround me with your protection, and shield me from absorbing or taking on the energy of others I encounter today, and keep me in a place of love. Archangel Raphael, please continue to heal me so I return to a perfect state of health, and send me to those people, doctors, healers or resources that can help me do so.

*(Here is where you can add in any special intentions or call attention to anything you would like to ask for extra help with today.)*

Thank you in advance for any help you provide me with today, for all you have done in the past and for all you will do in the future. Thank you, Thank you, Thank you. Amen - Namaste.

### **Jumpstart Class 3: Manifestation Through Elevation**

#### **Resources Mentioned:**

Dana Wilde: The Mind Aware  
<http://danawilde.com/>

#### **Books:**

Easy Breezy Prosperity by Emmanuel Dagher  
<http://amzn.to/2g4WPZL>

The Magic by Rhonda Byrne  
<http://amzn.to/2w4r076>

Manifesting Made Easy  
<http://amzn.to/2vZ54fq>

### **Jumpstart Class 4: The Basics of Mind-Body Healing**

#### **Resources Mentioned:**

Dr. Emmett Miller  
<https://www.drmliller.com/>

Amy B. Scher  
<http://amybscher.com/>

#### **BOOKS:**

The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles by Bruce Lipton, Ph.D  
<http://amzn.to/2w57W8Z>

Heal Your Body A-Z: The Mental Causes for Physical Illness and the Way to Overcome Them by Louise Hay  
<http://amzn.to/2g6BrTK>

How to Heal Yourself When No One Else Can: A Total Self-Healing Approach for Mind, Body & Spirit by Amy B. Scher  
<http://amzn.to/2vYZsSh>

How Your Mind Can Heal Your Body by Dr. David Hamilton  
<http://amzn.to/2vYBZAv>

Mind Over Medicine: Scientific Proof That You Can Heal Yourself by Dr. Lissa Rankin  
<http://amzn.to/2v62hSV>

### **CDs/MP3s**

Contemplations on Love and Compassion CD by Dr. Miles Neale:  
<http://amzn.to/2w4ifdm>

Deva Premal's Healing Mantras:  
<http://amzn.to/2vZeWpo>

Dr. Miles Neale Free Online Meditations:  
<http://www.milesneale.com/category/guided-meditations/>

Guided Healing Meditations by Bernie Siegel  
<http://amzn.to/2v6sOPW>

Hemi-Synch by Monroe Products (Binaural Beats CDs):  
<https://www.hemi-sync.com/>

Healing CDs by Steven Halpern:  
<http://amzn.to/2g5UAoZ>

Music for the Mozart Effect: Heal the Body — Music for Rest and Relaxation:  
<http://amzn.to/2vZgEa6>

Relax & De-Stress: Music for Self-Healing by Dr. Andrew Weil's  
<http://amzn.to/2g6zabg>