

# **Core State Entrainment™**

## **Quick Reference**



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# Core State Entrainment™ Technique

## Quick Reference

### 4 STEPS TO THE BEST YOU

1. DISCOVER: Learn to Experience your Core State
2. IMPRINT: Remember your Core State Feelings
3. ENTRAIN: Return to your Core State at Will
4. SUSTAIN: Remain in your Core State Continually

### THE CORE STATE DEFINED

- Accepting  
Acceptance of what you're experiencing at any given moment allows you to enter into an experience of your Core State quite naturally without much further effort.
- Present  
By accepting what you're experiencing in the moment you become more fully present with yourself and whomever you're engaged with.
- Balanced  
By becoming present your entire state of mind and emotion comes into a greater state of balance.
- Harmonious  
By becoming more balanced you naturally begin to experience a more harmonious state of existence.

- Peaceful

While in a more harmonious state of existence you naturally feel much more at peace inside yourself and with others.

- Neutral

When you are at peace with yourself and others you are much better able to remain neutral by not taking things personally or assessing others negatively.

- Open

Being neutral also means that you are more open to the views of others and to understanding their problems and needs.

- Embracing

Being open means you are able to embrace others even when they may be acting out towards you.

- Caring

When you embrace others you naturally and authentically care about them.

- THE BEST YOU!

[Read our FREE full "How To" guide on Core State Entrainment!](#)

# More Core State Entrainment™ Resources



**Cosmic Consciousness Online**  
— Expanding Unity, Oneness and Love —