

15 Minute Manifestation Review by Eddie Sergey - Real User Review - Is It Really Good in 2021?

All You Need To Know About The 15 Minute Manifestation Program by Eddie Sergey!



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In this **15 minute manifestation review**, you will learn all about the program and how it can be helpful along with your journey.

We found [15 minute Manifestation](#) and as we all know manifestation is a topic that is always trending because we're all constantly looking to attract all that we want into our lives, have the best of everything, and become the happiest versions of ourselves.

15 minutes a day as a means to the end of achieving everything you've ever wanted seems not only extremely unbelievable but also can easily be cast off as a scam.

If you agree with the last bit, rest assured, all your concerns have been covered in this review, because I myself was quite skeptical about the validity and credibility of the entire thing, and decided to thoroughly

evaluate it.

What is 15 Minute Manifestation?

The 15 Minute Manifestation program is the brainchild and undertaking of renowned personal development coach, **Eddie Sergey**. The program consists of **three 15 minute audio** meditation tracks.

The effectiveness of the program pivots upon the process of manifestation, which refers to the process of attracting positive changes, success, wealth, health, love, happiness, and prosperity into one's life by changing thought patterns and behaviors.

The [15 minute manifestation tracks](#) help fasten and amplify this process and can help users create positive vibrations that are conducive to attracting all that one desires. As part of the package, users will also receive several free eBooks.

The tapes include relaxing sounds from nature mixed with Theta sound waves. The tapes also involve some subliminal programming in the mix.

Subliminal programming might sound kind of scary. But it actually makes a lot of sense.

An incredible 95% of our thoughts stem from our subconscious mind. Sadly, a large majority of these thoughts are usually negative thoughts.

The audio tracks in 15 Minute Manifestation can help with this imbalance by rewiring your subconscious thoughts.

If you're someone that has tried to create that balance and always wanted to wipe the slate clean and refresh your life, then this program could be your solution.

You can use the tapes to change your current daily habits and core beliefs and adapt them to be positive ones. Once you have done this, you can start manifesting what you want in life.

15 Minute Manifestation: Quick Product Summary

- **Product Type:** Personal Development Audio-based program

- **Price:** \$49 + 3 upsells
- **Best suited for:** The program is extremely useful for anyone who wants to improve themselves in any or all specific and generic areas of life
- **Summary:** 15 Minute Manifestation works on simple science and yet is a powerful product that has the potential to help you change your life by conditioning your brain. I know this sounds vague and really scammy. But that is exactly what the rest of the review aims to critically analyze and establish.

[Check out the 15 Minute Manifestation Program Here](#)

How does 15 Minute Manifestation work?

It is recommended that **for the best results**, you must **listen to each** track for **7 consecutive days** respectively, so a total of **21 days**.

That is the **minimum time needed from you for results** to start showing up based on research from University College London.

Each track is 15 minutes long. So set yourself 15 minutes per day, put on your earphones and relax. Just listen to the sound from the audio tracks.

It is important to note here that if you cannot spare 15 minutes per day for yourself, you need to make some serious lifestyle changes. It is impossible for you to succeed if you can't even give yourself **15 minutes a day** to focus on making your life more of what you want it to look like.

In the older versions of the program, there was a voice-over of a lady's voice with relaxing background music. But in the updated version, the developers have improved it with no voice-over.

The sole purpose of the track is to "**communicate**" with your subconscious mind and reprogram it.

How it works is by leveraging hypnosis audio where the Theta frequency can have an impact on our human brainwaves.

This subliminal voice is not audible to the conscious mind.

How the founder, **Eddie Sergey** does this is by gathering Neuro-linguistic programming (NLP) and

hypnosis experts together to create such a powerful program.

As mentioned earlier, the program has **3 Fifteen Minute tracks**. All three tracks serve their own separate purposes which are discussed in the next section:

Track #1: Your Natural State

The first track is designed to help you set your brain into reprogramming mode, so that you can get rid of the limiting beliefs in your inner mind which act as obstacles in the process of manifestation for you.

What makes it extremely important as the first track is the fact that it can help you create an abundance mindset which is extremely important for you to attract the things you desire in your life.

After this...

Track #2: Your New Story

“What we tell ourselves is what we believe.”

- Tony Robbins

We are who we are based on the story we create for ourselves. That’s all the beliefs you had about things like how much money you can or cannot make, what kind of lifestyle you can live, etc.

But the reality is often far different from our stories yet our lives are controlled by our stories.

So, after you’ve set your mind to the reprogramming mode, it’s time to create a new story for yourself.

In this track, there’s also a visualization and “balloon” exercise where you’ll learn how to stop your negative mind chatter.

Track #3: Moving Towards Abundance

This track revolves around the Law of Attraction and giving you guidance about the signs of the Law of Attraction happening.

There's also a visualization exercise to visualize the things you desire in life. It's like they say, if you can visualize it, you can actualize it.

It is important to note that daily visualization is very important in the long run despite the fact that many people are skeptical about it.

BONUS Track: Deep Sleep Now

This is an additional **30-minute bonus track** with meditation-like audio to help you sleep better. Studies have shown that listening to certain kinds of music can actually help you sleep better, and there are far too many things keeping us up (**stress, anxiety, etc.**) to not find this bonus track extremely useful.

[Download FREE Motivation Elevator](#) which we have arranged from 15 Minute Manifestation for our readers.

What's Inside 15 Minute Manifestation Program?

Inside the program, we can find **3 main components**:

- A 12-page Jumpstart Guide to teach you how and when to use the tracks
- 3 Main Audio Tracks + 1 Bonus Track
- Manifestation Wizardry eBook

Who can benefit from 15 Minute Manifestation?

15 Minute Manifestation can be greatly beneficial for most people, including but not limited to those who:

- Want more wealth, health, love, and happiness in life
- Keep dealing with the same kind of stumbling blocks and obstacles
- Want to have and harness a more positive mindset
- Seek to gain control of their lives and are looking for ways to build up their confidence
- Want to try something completely different and expand their understandings and beliefs.

However, there is only one type of person that this program **won't benefit** and that is **anybody with a narrow and closed mind**.

Manifestation has become a more talked about and relatively more mainstream concept than it was, but there are still people out there who don't accept its basic premise: that you can bring something tangible into your life through attraction and belief.

Needless to say, if you are completely close-minded about manifestation then diving into the 15 Minute Manifestation program probably isn't for you.

[Try the 15 Minute Manifestation For The Next 365 days Now!](#)

What are the Pros & Cons of the 15 Minute Manifestation Program?

The Pros of 15-Minute Manifestation by Eddie Sergey:

- **365 days 100% Money-Back Guarantee** – Since this product requires you to test for 21 days, you have more than enough time to request a refund if you can't feel the results
- **Digital Product** – This means that you can download them immediately after your purchase. You don't have to wait for any delivery things like that.
- **Scientifically Proven** – 15 Minute Manifestation is created based on research from University College London together with well-established Quantum Physics facts.
- **Doesn't require any learning** – All you need to do is to listen to the track 15 minutes per day for 21 days. It's simple yet powerful.

The Cons of 15-Minute Manifestation by Eddie Sergey:

- **Vague** – I agree that such products are very vague because things related to our brains and minds are not like Mathematics where there are real numbers to show. Our brain is a complicated yet powerful organ and this leads us to our next problem...
- **May not work for everyone** – Yes, it's true that this doesn't work for everyone because every person is different. Some people can feel the results very quickly, some take time and some can't feel it at all. Just remember that results are cumulative. The longer and more consistently you use it, the more likely for you to see results

Try the 15 Minute Manifestation for 365 Days [here!](#)

Is 15 Minute Manifestation Legit or Scam?

To be completely honest, nobody (including myself) has the right to judge whether this product is a scam or not because manifestation, the law of attraction, and the language of the universe are all very subjective topics, and there is no one objective answer suited for everyone.

There are people who can feel the results dramatically but others don't. And a lot of how effective the program is for you has to do with your own individual efforts and devotion to the program. On top of that, there's a 365-days 100% money-back guarantee, so I think it's a really good opportunity for everyone to give it a shot.

One gentle reminder is to *keep an open mind*. If you enter this program with an overly **skeptical mindset**, it will be really hard for you to see results because you will have closed yourself up to any progress and growth.

If you are willing to open the doors to growth and fulfillment in your life, [CLICK HERE!](#)

[Check out 15 Minute Manifestation NOW and try it for 365-days Risk FREE](#)

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