

HEALTH



*Level 1: **Lifestyle Transformation: New You, New Body, New Image***

Let's do a complete reset, reboot, repair, recharge and upgrade of all your systems, that affect your life force, vitality, weight, energy, metabolism, strength and youthfulness, so that you can function at 100%. Let's create a foundation, for a lifestyle transformation, new image, new body, New You from the inside out.

It takes 21 days to create a new habit. This is a 21 day upgrade at all levels: physical, emotional, energetic and spiritual.

Reset, reboot, recharge your body for optimal health and vitality.

Super charging your body and get the upgrades you need to carry your vision forth, and everything you are creating, manifesting and attracting into your reality.

For 21 Days You Will Receive In Your Inbox An Mp3 For The Clearing Of Each Day.

Transform your yourself, Transform Your life!

1. Day 1. Upgrade your divine blue print

Let's upgrade your divine blue print by removing any interferences, from all levels, all dimensions, all timelines, are realities, and all planes. **Let's amplify your light, raise your vibration, facilitate your ascension and increase your vital force.**

2. Day 2. Upgrade Your Crystalline body- Lets activate your divine codes to upgrade your crystalline body as well as repair, and **activate your 12 DNA strands** that are keeping you from fully expression your gifts and talents.

3. Day 3. RE-Awaken your Body- Feel again. **Access the ability to experience your experience and complete it** feel all the emotions that come with being human. Anywhere you shut down and were afraid to feel, created illness, phobias, patterns, shut down your endocrine, nervous, energy system, energy body. Everywhere you are creating added protection , everywhere you refuse to feel your emotions and experience your experience.

4. Day 4. Upgrade your energy body- **Let's tune up your auric field, chakras, Dan Tien and Hara line** so that you can fully access all of your energy, stay balance, have good boundaries and release gunk that may be blocking you from living the life your desire.

5. Day 5. Upgrade the emotional body 0-13 years to the adult- **Heal your inner child.** We are going to work with your inner child and give your inner child what she or he has been longing for. We are going to reset the core experiences in which your inner child felt, rejected, abandoned, betrayed, unimportant, and unloved or unlovable.

6. **Day 6. Upgrade the physical body at the cellular level-** We will release any DNA malfunction, defects, genes, and anything you accepted from your parents, ancestors, tribe as defects, disorders, and illnesses. **Let's activate your master cells, stem cells, and mirror cells to heal, repair, release, and reboot you at the cellular level, activate your DNA** to awaken your supernatural healing powers.
7. **Day 7. Upgrade your nervous system-** **Let's calm your flight and fight response and bring you back into a serene and balance state.** Excess hormone release of epinephrine (adrenaline) and norepinephrine (noradrenaline) into the bloodstream. These "stress hormones" cause several changes in the body, including an increase in heart rate and blood pressure and weight gain as cortisol is also released. This state can create havoc in your body and energy. It can also show up as other physical conditions or imbalances in the body.
8. **Day 8. Upgrade your cardiovascular system-** Let's connect to your heart space, clear anything from your heart chakra, then move to **clear your physical heart** and upgrade your whole system.
9. **Day 9. Upgrade your endocrine system-** **Let's balance your endocrine system.** What hormones as being release in excess and what havoc are they creating? What hormones are low and creating havoc? Are you feeling sluggish, heavy, emotional, exhausted, hungry all the time with insatiable cravings? Are your sugars and insulin out of balance. Is you liver functioning at the appropriate level? Get your hormones back in balance?
Upgrade Your Endocrine System Part 1
10. **Day 10. Upgrade your digestive system-** **Let's create a healthy digestive system so that your body can absorb the nutrients and minerals it needs to function at its optional level.** Access your infinite energy and own your vital life force. Let's clear all impurities, viruses, bacteria, fungus, and yeast from your digestive system and allow the healthy flora to thrive. Clear all other opportunistic invaders, illnesses and disorders that have manifested in your body. Reduce inflammation, feel more balance and healthy.
Upgrade Your Digestive System.
11. Day 11: Group Energy Clearing
12. **Day 12. Boost and strengthen your Immune System-** Let's address your immune system. Does it automatically know to clear or begin the clearing process when something foreign enters your field. Does it know how to fight and never give up to disturbances, distortions, interferences?
Develop a very strong physical and spiritual immune system.
Boost and Strengthen Your Immune System
13. **Day 13. Upgrade your skeletal system-** **Let's clear any particles, imprints, implants, emotions, thought forms, occupants from your skeletal body.** Let's release any genetic precursors,

acceptance, expectations and inheritance you agreed to and restore your skeletal system to a healthy, strong and youthful level.

Upgrade Your Skeletal system

14. **Day 14. Upgrade your muscular system- What is embedded in the muscular tissue of your body that is syphoning your energy, your vitality, your youthfulness and Life force.** Let's clear any conditions, confusion, belief system, thought forms, imprints, implants, occupants, hidden bondage so that you can be free to experience the strength and health of your body. Reclaim it.

Upgrade Your Muscular system

15. **Day 15. Find your ideal weight.** Release the excess weight that is in your body- all stagnant energy, other people's energy, emotions that are creating dense weight, entities, implants, cords, attachments, contracts, burdens, obligations, Mass consciousness, collective, and earth. Begin with loving and accepting yourself and loving yourself where you are in order to convince, negotiate, influence your body to align with your ideal weight or something better.

Find Your Ideal Weight

16. **Day 16. Re-establish a loving relationship with your body, food and eating.** Release the excess weight, water, fluid, fat, toxins, foreign energy and energy blocks. Cease the cravings, feel safe in your body, feel safe in the world. **Get to the root cause of your eating behavior and heal it.**

Loving Relationship with my Body

17. **Day 17. Feel safe and comfortable in your skin, your energy, your body and your environment.** Release trauma, shock, shame, blame, guilt, regret, and resentment that is preventing you from loving yourself and holding you hostage in an unhealthy state physically, emotionally, and spiritually. Release all hidden benefits, hidden loyalties, secondary gains. Release rage, anger, hate, vengeance, confusion, panic, victimization, controlled, manipulation, hopelessness, powerless, judgement, fear and terror.

Feel Safe In Your body

18. **Day 18. Reset and boost Your Energy:** Clear out your Dan Tian, align your Hara line, ignite your Shakti energy, clear your 2, 3, and 4 Chakra as well as you high heart , the seat of your Spirit.

Boost Your metabolism, jump start and balance your thyroid, thymus, and Gut. Clear any ids, implants, discarnate and attachments.

Boost Your Energy

19. **Day 19. Clear genetic, ancestral, familial, and generational belief system of inheriting, passing on, or accepting dis-ease, dis-order, illness-** What other illnesses, disorder, imbalances, conditions, malfunctions have you accepted as part of your ancestral lineage, family history, tribe, physical appearance, environment, ethnicity

Clear genetic, ancestral, familial, tribal, environmental and physical belief systems inherited

20. **Day 20. Give Your Body a fresh start- clear all foreign invaders release multidimensional weight-** Release the excess weight from stress, worry, karma, trauma, implants, timeline fragments, soul particles, fear, inflammation, infection, fungus, yeast and any toxins or anything else that is not in alignment with your Divine Blueprint.

Give Your Body a Fresh Start

21. Day 21 : **Group Energy Clearing**

Level 2: Optimal Health and Vitality: Mentally, Emotionally, Physically and Spiritually

In this next phase of your complete reset, reboot, repair, recharge, rejuvenate, reinvigorate and upgrade, we will continue to heal awaken, elevate, and activate the remaining systems that affect your life force, vitality, weight, energy, metabolism, strength and youthfulness.

We will go deeper in those areas the still hold pain, trauma, shadows, darkness, guilt and shame.

You will feel free to be you, to feel safe in your body, to thrive and succeed in all areas of your life.

You will feel healthier, vibrant and in charge of your body, emotions and beliefs about your body, your image, your sexuality, your beingness and your life.

You will fiercely stand in your power, blissfully love being you and authentically accept and honor yourself.

Prepare for a successful, harmonious, new life. Super charging your body and getting the upgrades you need to carry your vision forth, and everything you are creating, manifesting and attracting into your life.

Day 1. Balance the union of the sacred masculine and feminine energy.

You are the balance of the masculine and the feminine and each carries, amazing, strength, gifts, talents and power. Move into the ease of accessing both energies to create your incredible new life. Connect with your Feminine energy to ignite your creativity, passion and authenticity. Connect with your masculine energy to help you follow through, drive, thrive, as well as, gives you the strength to access your fierce fighting spirit.

Day 2. Upgrade Your Reproductive System- Healthy and vibrant at any age. Upgrade your reproductive system to optimal 100% function. Allow it to support you at any age and according to your lifestyle. Let's release the emotional, physical, energetic, and spiritual interferences, imbalances and disturbances that create, loss of function, degeneration, aging and disease in your reproductive system.

Day 3. Upgrade Your Lymphatic System- Let's boost your body's ability to remove toxins, absorb and transport fat and fatty acids from the digestive system as well as transport white blood cells to and from the lymph nodes. It is one of your Cancer fighting systems. Let's optimize its function for a healthy, vibrant You.

Day 4. Upgrade your respiratory system- Enhance its ability to take in Prana, life force. Improve exchange of gases from bloodstream body tissue. Improve delivery of oxygen to cells and removal of waste carbon dioxide. Improved health of cells, tissue, and organs. Enhance your inner intelligence.

Day 5. Upgrade your Limbic system- the limbic system is involved with motivation, emotion and learning and memory and arousal. It includes the hypothalamus, thalamus, amygdala, and hippocampus. ... The processes of the limbic system control our physical and emotional responses to environmental stimuli. Become an observer and create a new reality. An empowered response from an emotionally balance and grounded place. You will be able to manage your fears with more peace, ease and courage. As well as receive, accept and choose love more freely.

Day 6. Boost Your integumentary system- The integumentary system consists of the **skin**, hair, **nails**, glands, and nerves. Its main function is to act as a barrier to protect the **body** from the outside world. It also functions to retain **body** fluids, protect against disease, eliminate waste

products, and regulate **body** temperature. Improve the volume, texture of your hair. Improve the elasticity in your skin and the strength of your nails as well as the function, and health of your glands and nerves. Upgrade your Armor!

Day 7. **Upgrade your emotional body 0-13 years part1** - Heal mental, emotional and physical abuse, trauma, violence and shock. Release the pain, suffering, sadness and grief. Release unworthiness and undeservingness. Release the victim programming, feeling disempowered, weak, afraid, and unresourceful.

Day 8. **Upgrade the Emotional body 0-13 years part 2**- Heal the root cause of rejection, abandonment, betrayal, feeling unwanted, unloved, and unlovable. Release loneliness, not fitting in, not belonging, feeling inadequate, out of place. Release your parent's energy from your field and give yourself the love you need. Release surviving and move into thriving.

Day 9. **Upgrade the Mental body**- Heal and release the mental anchors by identifying the root cause. Core root cause of feeling not enough, feeling unworthy, undeserving, believing that you were insignificant, believing that you didn't matter, believing that you weren't important and you didn't matter. The root cause that you used as proof to reject yourself, separate from yourself, blame yourself and decided to punish or sabotage the rest of your life.

Day 10. **Upgrade and belong**, claim your space- **chakras- 1**, fears, beliefs, ovaries, death or dying energy, accepting your mission, financial security, innate security over all, feeling completely grounded in this world, connected to mother earth and your mission- heal behaviors, emotions, beliefs and diseases as well as organs. Clear root cause of imbalance.

Day 11: Group Energy Clearing

Day 12. . **Upgrade your flow and creative expression- chakras- 2** , adrenals, kidneys, excited about your life and possibility, innate self-worth. Heal behaviors, emotions, beliefs, diseases and organs impacted. Clear root cause of imbalance.

Day 13. **Strengthen your Belief in Yourself- Chakra 3** believing in yourself, trusting yourself, honoring yourself, not settling for less than what you deserve, confidence and service in action- Heal emotions, behaviors, beliefs and organs impacted. Clear root cause of imbalance

Day 14. **Completely and totally accept Yourself-Chakra 4**, loving yourself, kindness, compassion, acceptance, without judgement or conditions completely open to receive, love, gifts, blessings, support- Heal emotions, behaviors, beliefs and organs impacted. Clear root cause of imbalance.

Day 15. **Have the courage to be yours full expression -Chakra 5**, standing in your authentic, essential truth, expressing, the beauty, appreciation, encouragement uplifting and positive view of yourself and others. Heal emotions, behaviors, beliefs and organs impacted. Clear root cause of imbalance

Day 16. **See with Clarity, and Confidence- Chakra 6-** knowing, hearing, seeing, having clarity of purpose, who you are in the world, why you are here in the world, listening to your inner guidance, and trusting, believing in your gifts and being present expanding your awareness and genius. Heal emotions, behaviors, beliefs and organs impacted. Clear root cause of imbalance.

Day 17. **Oneness is all that is- Chakra 7-** Connected and in oneness with the divine in all areas of your life. Connected and accessing the universal field, source, God, Divine love. Feel connected to that which is bigger than you and feel like you belong and part of the greater whole, all that is. Trust your knowing, download wisdom and infinite guidance. Heal emotions, behaviors, beliefs and organs impacted

Day 18. **I Create with the Power of my Words.** My Words carry the vibration for my Divine Intention. Upgrade Your thyroid (Hypo and Hyper), mouth, teeth, gums, tongue- freely express yourself, share your message, heal and create with the power of your voice. Heal the manifestation of years of oppression, control, dominations, manipulation, shame, guilt, bitterness, hate, fear, and all the ways your gave up your power. Releasing all the contract, agreements, vows, pacts and commitments. Move from inner judgement, focused on not enough, and punishment to I AM. Release everywhere you shut down, gave up or created chaos and confusion in your body, and mind.

Day 19. **Upgrade, ears chakras, eyes chakras** to be present and spiritually aware. See the truth without judgement, filters, conditions to trust and have the willing, desire and capacity to listen to the message from other dimensions. Choose to see beyond the veil and hear, without judgement or fear.

Day 20. **Become a Master Manifestor-** align all dimensions, parts, bodies, desires with the highest vibration to attract what you desire. Being is a daily practice, positive attitude is a choice, and consciousness awareness is a gift of expansion. Thinking, visualizing, celebrating what you desire and surrendering to the Divine is a practice of self-love, self-belief, self-forgiveness and self-acceptance. I AM, I AM, I AM.

Day 21 Group Energy Clearing

Level 3: The Best Version of You

Become Your Greatest Self: Be Abundance, Be Success, Be Prosperity, Be Joy, Be Purposeful

It is design to help you peel off the layers creating the illusion manifesting as your story.

It will help you reveal the next best version of you with courage, confidence, integrity, congruency and commitment.

It will address any hidden blocks, contracts, oaths, vows, agreements in all lifetimes affecting you in this lifetime.

We will activate and amplify your light, improve your connection with higher consciousness to align you with your Divine Path.

Day 1. Bring your spirit into alignment allow it to take full ownership of your body and shine more of your light. Clear your spirit of all that is in the way of it being fully in your body. Release any barriers, in this lifetime and all life times. **Set your spirit free, release karma, toxic relationships, anchors, and blocks in other lifetimes keeping your Spirit from easily coming into your body and taking full ownership.** Love yourself, forgive yourself, believe in yourself, trust yourself, accept yourself. Feel stronger, more aware, more grounded and more energized

Day 2. Adjust or reset your timelines to create a smooth, direct path forward, align with success, happiness, joy, wealth, abundance and prosperity. What is happening in your other timelines that is blocking you, interfering with you, and holding you back? What karma are you still working through, what thought forms are you still running, what belief systems are keeping in struggle, hardship captive in other life times?

Reset Your Timeline for Fast track and Quantum leap forward

Day 3. Embody your luminous Beauty, embrace your inner humanity and your inner divine essence and allow it to reflect out to the world. Attract kindness, compassion, support, clients, opportunities, soul mates and twin flames and a wonderful life. Beauty is in the eye of the beholder and a belief. Feel youthful, beautiful, happy and energized.

Day 5: Become Fearless- let go of all forms of fear. Let go of everyone else's fear. Transform your relationship with fear. Transform your relationship with the unknown and create, project, visualize a more powerful, supportive and positive outcome. Become Fearless

Day 6: Become Limitless- Recognize your limiting beliefs, acknowledge the story, illusion and mind lie you have been living. Understand how you accepted it and from whom then release it. Set yourself free from it. Delete the ceiling, conditions, story, and patterns you are running. Delete and Un-create everything you accepted as your truth that keeps you living small, dimming your light and hiding from the world. Transcend fear.

Day 7: Overcome Procrastination- Release all other forms of fear, not being enough, feeling unworthy, and undeserving. Release all the hidden benefits, hidden belief systems, hidden loyalties, secondary gains, distractions, confusion that you use to not be seen, not show up, not experience the pain of rejection, not being accepted, failure. Transform your relationship with the unknown, taking action and taking chances. Transcend your limitations.

Day 8: Discover Your Passion and Purpose- You chose a career, a path, a life that no longer feels in alignment with you. You feel un-inspired, stagnant, unfulfilled and are ready to live a purposeful life. Discover your purpose and express it with passion. Love what you do and do what you love.

Day 9: Stand as Source for yourself and your Why- Align with what you do and be congruent with your mission, be source for yourself, focus on expressing yourself without worry about being accepted. Be willing to do what you love and express your mission even if you don't get paid for it. Be in integrity with your authentic self and create a life from that space.

Day 6. Access more of you infinite Potential and trust your Intuition to achieve what you desire. When did you stop believing in yourself? When did you stop trusting yourself? What did you accept in your childhood about yourself that is keeping you from moving forward? What

stories did you create about your past and past events that are keeping you from following your inner guidance and creating an extraordinary life.

Day 7: Manifesting 101- Get into the habit of manifesting a positive, powerful, purposeful, abundant, joyful life. Understand how you create, and follow the steps with intention, clarity and trust. Manifest a new reality in every moment with your thoughts, feelings, emotions, vibration, visualization and action.

Day 8: Exercise your Super Power- “Choose” your new reality- Everything starts with choice. You choose everyday what you want to experience. You choose everyday what vibration you want to be in. You choose everyday to be happy, joyful, full of love and abundant. Choose to design a new life for yourself.

Day 9: Unlock your Wealth Consciousness and transform your relationship with money- Money, Wealth, Abundance and Prosperity are already part of your field. Discover when you rejected it. Understand the money story you created. Observe how you have been playing this out in your life. Notice who you are honoring, by living in lack, scarcity, struggle, and just enough. Release shame, guilt, blame, fault you have about money and toward money.

Day 10: Transform your relationship with Abundance and Success. Access the frequency of Abundance and Prosperity within you- Connect to your Divine self, connect to the truth of who you are. Connect to your I AM essence. Align with them, access them, feel into your abundant self. Feel the frequency within you. It is your true essence. Abundance, and Prosperity are in your DNA. Claim your divine inheritance. Claim your divine right. Raise your vibration every single day into love, light and abundance.

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Day 11: Group Energy Clearing

Day 12. Choose Happiness- You are the master of your destiny. You are the creator/creatix of your life. You decide each day the reality you are choosing to create. Feel empowered knowing that you are choosing to relate to life differently and are creating a new reality in every moment.

Day 13. Choose joy and access your playfulness- Connect to the softer energy within you of delight, pleasure, bliss, elation, ecstasy, and rapture. Decide how you want to live your life, by your own rules. Choose to access all that you are and live in joy and unconditional love.

Day 14. Love, Self-love, Divine love and Unconditional love- Do you have LOVE in your life? Do you love yourself? Are you able to connect to Divine Love and Unconditional love? Are you allowing all form of love in? Do you love yourself so much that you are not willing to settle for anything less than you deserve? Are you attracting all you desire in to your life? Break through the barriers blocking you from receiving and allowing love in.

Day 15. Kindness and Compassion as a way to nurture your soul- Release judgement, release anger, self-hate, release self-sabotage and self-punishment. Be kind, compassionate and loving toward yourself. Develop a loving, nurturing relationship with yourself.

Day 16. Connect to your heart space and feel the love for yourself – forgive, release, set yourself free and open up to a well balance giving and receiving practice. What karma are you working through? What agreements or contracts do you have that you have not completed? Are you rejecting yourself? Clear all of that and re-connect with yourself and your Divine essence.

Day 17. Transcend the Ego, empower the victim, and nurture your inner child as you embrace your wholeness. Feel whole again. Embrace all parts of who you are. Bring light to the darkness within you. Embrace your shadow self and bring love and light to all the dimensions of who you are.

Day 18. Tap into Possibility. Dream bigger than ever before, align yourself with success and all that is possible for you. What is in the way of having what you desire? Fear? Doubt? Limiting beliefs? Contracts, Interferences? Agreements, contracts, conditions? Break through your ceiling now.

Day 19. Gratitude and Abundance enjoy each other's company- Practice gratitude every single day, move yourself into the energy of abundance, prosperity and more. Cultivate a life of abundance.

Day 20. Find peace in letting go of worry, stress, anxiety, doubt, fear and things you cannot control. Surrender all the things that get in your way, bring you down or keep you stuck. Surrender them all to source or the universe.

Day 21: Group Energy Clearing