

THE NEXT 21 DAYS TO THE NEW YOU



Level 2: The Next 21 Days to a New You: 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.

This 21 day program upgrades you at all levels: physical, emotional, energetic and spiritual from the inside out for optimal health and vitality. This program is phase 2 but you do not have to do phase 1 in order to get the benefits of phase 2.

Prepare for a successful, harmonious, 2019 by 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.

FOR 21 DAYS YOU WILL RECEIVE A CLEARING EACH DAY AND THERE WILL BE 2 GROUP CALLS THAT WILL HELP YOU INTEGRATE AND GO DEEPER IN YOUR CLEARING AND UPGRADES.

Transform Yourself, Transform Your life!

Beginning March 11, 2019

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 parents 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. **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.

Group Check-in Q & A: Day 11

Day 12. **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 13. **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 14. **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 15. **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 16. **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 17. **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 you 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 18. **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 19. **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 20. **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 21- **Infinite Abundance-**Enjoy the Abundant that you deserve. Accept and Embrace your Birth right. Abundance comes from an infinite source. Recognize that it is infinite, more than enough and available to everyone. Become infinite possibility and limitless in your experience of having. Abundance is all around you waiting to be manifested into your reality.

Group Check-in Q & A: Day 21

Live out loud, be all you can be, physically, emotionally, spiritually, and energetically.

Surrender to the universe, and create your new reality. Let go of all that no longer serves you. Remove the barriers to manifesting, creating and living your greatest, most ideal life. Accept your blessings in your career, relationship, health, relationship with yourself and money so that you can live life by design with ease and grace.

Total Value of \$1997

Your Special Promotional Price: \$897

Early bird registration by Feb 23, 2019: \$555

[Register](#) Now!

You can also choose the 2 or 3 pay option available

1.Option 1: Single Payment \$555

[Register and book your session now!](#)

2.Option 2: 2 Payments \$280

[Register](#) Now!

3.Option 3: 3 Payments \$188

[Register](#) Now!