

Jenny Ngo's Radical Love Transformation: Experience Love Magic in 30 Days

WELCOME TO DAY 1

Congratulations on choosing to work with Jenny Ngo's Radical Love Transformation: Experience Love Magic in 30 Days. We are super excited about your journey and the results you can expect to see after you have completed the program!

By following this program you'll...

- * Discover how quickly you can heal in the next 30 days!
- * How to attract your Soulmate or take your current relationship to the next level, even if this has been challenging in the past.
- * Learn how to overcome the odds and not be part of the statistics of divorce and separation.
- * Understand WHY having great LOVING relationships is important if you want to be happy, live longer, be healthier, and make more money.
- * Know how to quickly heal your heartache and break free from sabotaging patterns that have been holding you back.

World's top mentors and coaches have determined, "What doesn't get measured, doesn't get done!"

We have also seen the same with our community repeatedly that people that are measuring, tracking and noticing actually get results much much faster than those that are not. To kick off your protocol, we have designed a survey that covers the most common issues that people have. Please take a few minutes (takes approx. 5 min) to answer these short questions on a scale of 1-10 to determine your baseline at the beginning of this program. Then, as you progress along, please repeat this survey every week. Don't look back at previous week results until you get to the end of the program and then you will be directed to measure the average progress. People are usually amazed that without even realizing, they were actually making a lot

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You will get a chance to book a FREE appointment at the end to talk to one of our hand picked, trained Transformation Specialists to discuss your experience and offer any support that you might need afterwards.

Best of luck!

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Message from Jenny Ngo as you embark on this journey....

Hello Soul Family!

I am thrilled that you have made the decision to take the steps necessary for creating a life filled with greater love, joy and purpose.

Welcome to the Radical Love Transformation: Experience Love Magic in 30 Days. I look forward to be supporting you on this transformational LOVE journey.

Each day for 30 days, you'll receive a short daily transmission, healing, and clearing video for about 5-15 minutes. This will support you to shift your energetic vibration and align you to greater love.

At the end of 30 days, you'll feel more calm, confident, loving, and opening up for many possibilities to come into your life. Most likely you'll have less triggers and hurts by those around you, less heartache and pain. You'll also likely experience more love, joy, and deeper connection in your relationship with yourself, loved ones and of the Divine.

The Daily Healing Video Transmissions, the Group Calls, Healing MP3s and plus the added Facebook support from me will increase the potency of the healing even more and give you even more personalized healing directed by Source for your Highest Good. This is going to be an incredible journey!

Remember to share your wins no matter how big or small in our Facebook group. When you share your blessings, the energy is affirmed powerfully and the Universe will send you more of the same. Plus it helps inspire others which is a great way to offer your gratitude. I'll be looking forward to all your sharings!

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Ground Rules:

I'll be checking in once a day during the weekdays to check your progress and address your questions. From time to time, I plan to hop on Facebook Live to support and give live feedbacks regarding how you can further shift the energies quicker.

You can ask me questions regarding the daily healing video and the symptoms you are experiencing as you are healing. I will do my best to support you and the group.

I will not be doing any readings here in this group. Specific questions and healing requests can then be properly addressed in our (3) 90-minute group calls.

Top Benefits/Results:

- 1. Feeling more free to be your true authentic self, allowing you to be more in control over how you feel and respond to life's circumstances.
- 2. Trust & Confidence--Having the courage to follow your heart to start creating the life you love
- 3. Love and Support--Experience more love and deeper connection in your relationship
- 4. Breaking out more and more of your blocks and past hurts that have been holding you back towards more opportunities

Much Love, Light & Healing, Jenny

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Day 1 AM: Watch today's healing video: Turbo Charging your Healing with Gratitude + Presence https://youtu.be/knEynW2Pt4Y

What are you grateful for today?

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." – William Arthur Ward

Day 1 PM: Check in, did you watch today's healing video? Were you able to be MORE present throughout your day? Can you share 1 thing that you are MOST grateful for? Remember, HEALING + Mindfulness/Presence = HEALING. This can take practice! But it's so worth it--so vital foundation to your healing success!

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Day 2 AM: Watch today's healing video: Courage, Commitment & Vision https://youtu.be/tez43Pq3pz4

Can you commit to following through with this 30 Days Love Transformational journey to experience greater love?

Focus on the journey, not the destination and commit to go for what you said you want.

Day 2 PM: Are you excited of what can be possible for you--your vision of the life you are creating? Share 1 thing that you are committed to changing in your life no matter what in this 30 days journey. Let's do it!

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Day 3 AM: Choose a good time to watch today's healing video: Physical & Emotional Pain https://youtu.be/VastasyXngc

What's coming up for you as you watch this video. Are you able to allow the pain to be there and let go?

It's time to let go of your "P.A.I.N. = Pay Attention Inward Now." - Iyanla Vanzant

Day 3 PM: How did you do today? Were you able to be more present with what's coming up in your body and with your emotions? Share if you notice a decrease--improvement in your pain levels OR you ability to feel more calm and peace? If your pain levels decrease and you are feeling good then you are being Present & Letting go. If not, then focus on your breath and practice drop into the heart's space of allowance.

This can be hard at first and can take practice but the key to success is progress. Continue to trust the healing process and have the courage to let go of whatever is causing your pains more and more--so you can towards your goals FASTER and eventually be pain-free. Revisit this video and Day 1 for further support.

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Day 4 AM: Watch today's healing video: Align to your Love Energy Line™ https://youtu.be/QiZCaO6O6BM

How did you feel when you watch this video? Are you able to feel MORE calm, peace and/or love?

Let's heal and unlock your potential with LOVE!

Day 4 PM: Let's celebrate and share how your day has been. Are you able to be more present, feeling calmer or more peaceful throughout your day? Even if it's intermittent--just here and there. Remember LOVE is our true nature and it's an uncovering process, letting go more of what we are not so we can be more of who we really are. Keep practicing building this muscle to feel and experience greater love. Keeping moving forward. You are doing it!

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Day 5 AM: Watch today's healing video: Reclaim your Love, Power & Light https://youtu.be/60yoFYZYFxl

Make a note of what was your answer to this question below. (Yes / No / Maybe)
Do you still feel that something or someone outside of you is interfering or causing
your challenges in your life including negative entities?

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us." – Marianne Williamson

Day 5 PM: Share what insights you have today. What's coming up for you around this video topic? If you answer YES or Maybe to interferences, then are you willing to let go of the limiting energies so you can move forward? This is vital in your ability to quickly heal so that you can have more love and fulfilling relationships in your life. Let's reclaim your power and light! You can do this!

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Day 6 AM: You are almost at 1 week. Great work! Watch today's healing video: Your Divine Team of Advisors https://youtu.be/UknMN6Ncnvs

How are you feeling as you watch this video? Just note what's coming up for you so you can release this! Continue to be present and breathe.

"The greatest romance is with the Infinite. You have no idea how beautiful life can be. When you suddenly find God everywhere, when He comes and talks to you and guides you, the romance of divine love has begun." -Paramahansa Yogananda

Day 6 PM: Share your experience watching this video. Do you feel that you are allowing more Divine support in? Or do you have a hard time receiving support? Are you willing to let go whatever that's holding you back from receiving and having more Divine support? Remember, you are loved and supported! This LOVE and SUPPORT are always here, just like the air in the atmosphere.

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Day 7 AM: Watch today's healing video: Clearing and Healing of Heart Walls & Frozen emotions https://youtu.be/_qm-XznplFI

How are you feeling as you are watching this video? Remember to allow what's coming up to be released and heal.

Free yourself and let go what's weighing you down!

Day 7 PM: Has anything shifted? Do you feel more open to receiving love? Are you able to feel more calm, peace, love or support throughout your day? Remember to keep trusting the healing process. Cheering you on for your commitment!

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Congrats! You are 1 week into your protocol. It is time to measure! Take time to do this important step now.

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Day 8 AM: Watch today's healing video: Love YOU, Self-Love https://youtu.be/VQkjnG5RD3w

What's coming up for you as you are watching this video? Allow whatever that's coming up to be transformed so you can love and adore yourself more and more!

"Love yourself. It is important to stay positive because beauty comes from the inside out." - Jenn Proske

Day 8 PM: Share your experience. Are you able to feel more love for yourself? If not, what do you feel is in the way? Are you willing to let that go so you can love yourself and others can love you? You can do it! Keep moving forward.

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Day 9 AM: Choose a good time to watch today's healing video: Healing for Healthy Boundaries https://youtu.be/Rryv5gKiqDg

How are you feeling as you watch this video? Anything coming up to be released? Remember, continue to stay present and allow the dense energies to be transformed.

"Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment." –Brené Brown

Day 9 PM: Share your insights and experiences regarding having healthy boundaries. YES, you can have healthy boundaries as you continue to reclaim your power and light. You are SAFE. Keep letting go of what you are not and trust the healing process.

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Day 10 AM: Watch today's healing video: Authenticy Healing https://youtu.be/tG64u6wkr64

What's coming up as you are watching this video? Continue to be present and in allowance so these dense energies can be released from you.

Show up for who you really are, have the courage to be YOU!

Day 10 PM: Share where you are not showing up as who you are? What's holding you back from doing so? It's time to let these memories or experiences go. They are in the PAST. Remember, the world needs you to be YOU now!

Who can be 100% you than YOU, right?

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Day 11 AM: Watch today's healing video: PASSION Energy Line™ https://youtu.be/ANUy6poPsoA

Give yourself permission to feel and experience more passion in your life. Continue to allow and be present with what's coming up to be healed.

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style." – Maya Angelou

Day 11 PM: Share what you are passionate about? How often are doing what you are passionate of? If not much or at all, then what's holding you back? Commit yourself to add this into your schedule! It doesn't have to cost money, just get going. Remember, your passion is the fuel for greater love, fulfillment, and purpose. The more you do what you are passionate about consistently, this fuels the love and passion FIRE.

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Day 12 AM: Watch today's healing video: Healing for Self Care & FUN Time https://youtu.be/iwi727imkSl

How are you feeling watching this video? What's coming up around this topic? Remember to allow and be present:-) Let's have F.U.N.

You are the "VIP" person in your life!

Day 12 PM: Do you have a self care regimen or "F.U.N. time"? Share your self care regimen. Remember it doesn't have to cost \$ or take a lot of time. Like taking a 15-30 minutes soak in the tub with your favorite music, walk outside, sit and meditate, or put on a youtube video for qigong, yoga or simple stretches. If you don't have a regular self care regimen or do it regularly...what's holding you back? Are you willing to let this go? HINT: Excuses & limiting energies. What can you commit to doing to take care of yourself first? Can always take baby steps. You DESERVE this! Your Mind-Body-Spirit will thank you!

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Day 13 AM: Choose a good time to watch today's healing video: Healing Past Hurts/Wounds https://youtu.be/VnCBw8-x5Rk

We are going deeper... You are ready. What are you feeling watching this video? Remember this is what's coming up to help you heal your past hurts! Be present, keep breathing and letting go. Make a list of places where you have been hurt so can shine the LOVE & LIGHT through.

"Healing doesn't mean the pain never existed. It means the damage no longer controls our lives." –Unknown

Day 13 PM: Share your insights and experiences watching this video? Do you see how this is affecting your life now? FREE yourself from this bondage, keep letting go of the past emotions and memories. Throw them in the "fire of transformation." This is the process of creating that life you LOVE...Have the COURAGE to keep moving forward. Cheering you on...on the other side is much joy, love and FREEDOM! BONUS: Listen to the Disney soundtrack of "Let it go" in the movie FROZEN... notice her before and after transformation.

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Day 14 AM: Congrats! Pat yourself on the back for making it to week 2. Watch today's healing video: Receiving Support Healing https://youtu.be/x3GOVopoaNc

What's coming up around receiving support? Can you allow yourself to receive all the support of the Universe! Be present and let go the "gunk" so you can have more support.

"One of the most spiritual things you can do is embrace your humanity. Connect with those around you today. Say, "I love you", "I'm sorry", "I appreciate you", "I'm proud of you"...whatever you're feeling. Send random texts, write a cute note, embrace your truth and share it...cause a smile today for someone else...and give plenty of hugs."

—Steve Maraboli

Day 14 PM: Share where in your life you are being supported? Can you be grateful for this support even if it's small. If you desire to have more support, where can you ask for help in your life (work, home, biz)? Practice asking for help and support. Reach out to a friend, a family member or a neighbor...practice this muscle.

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Congrats! You are 2 weeks into your protocol. It is time to measure! Take time to do this important step now.

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Day 15 AM: Watch today's healing video: Love your Body https://youtu.be/lqTEJYod_YY

As you watch the video, what's coming up for you? Where are you not loving your body? Continue to breathe and allow the dense energies to be released from you. Your body is drastically healing. Take some time to love your body today. Send your body some loving energies.

"Being a healthy woman isn't about getting on a scale or measuring your waistline. We need to start focusing on what matters—on how we feel, and how we feel about ourselves." – Michelle Obama

Day 15 PM: Share your experiences and insights of today's video--loving your body. Where are you still not loving or okay with your body? Can you give yourself permission to be okay with your body. Your body is like the Temple to the Divine connection--so honor and love it no matter what it may look like. So take some time to pamper yourself even for 10 minutes. You deserve this!

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Day 16 AM: Choose a good time to watch today's healing video: Breaking Out of Fears https://youtu.be/3EhKFarvohs

What emotions or body sensations you are feeling? What fears are coming up to be healed? Remember, to breathe and let go. These energie are connected to your FEARS that have been holding you back. It's time to break out!

F.E.A.R. = Face Everything And Rise!

How did you do today? Share your experiences, insights or what fears came up to be released today. Have the COURAGE to keep moving through your fears and resistances--allow them be your TRUE NORTH. Once you move through them, they can be your greatest assets. Your fears can become your allies and your gifts! You are powerful and you are strong. Cheering you on!

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Day 17 AM: Choose a good time to watch today's healing video: Forgiveness, Free & Heal Yourself https://youtu.be/eqswS-PLBnk

What emotions and what body sensations are you experiencing as you watch this video? Does the emotions feel familiar--like how you feel when you are being triggered? Who and what do you still need to forgive. Make a list of this. Remember to continue to BREATHE, be present and let go!

"There is no love without forgiveness, and there is no forgiveness without love." – Bryant H. McGill

Day 17 PM: Share your insights and experiences regarding today's topic. Do you see how you feel when you are triggered to what emotions are coming up today to be healed? Do you see how not be able to fully forgive yourself or others is keeping you in this bondage? Have the courage to let go. Radical forgiveness can be the hardest thing, but the most freeing thing you can do.

This will skyrocket your healing and put you on the path to success and experience all the awesomeness of life.

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Day 18 AM: Watch today's healing video: Experience your True Nature of Love, Unconditional Love https://youtu.be/S7Q_FaZFbp8

Phewww, relax into this loving and supportive energies. Allow what's coming up to be healed so you can experience more LOVE that's your true nature.

"Unconditional love is our birthright, not judgment or condemnation, and there's nothing we need to do to earn it. This is simply who and what we are." - Anita Moorjani

Day 18 PM: Share how you are doing. Are you able to feel more calm, peace and/or love than before? Keep moving forward and trust the healing process. You are doing it! Let's continue to allow more Divine Love--unconditional love to flow into your life. Remember this is our true nature!

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Day 19 AM: Choose a good time to watch today's healing video: Healing your Limiting

Beliefs https://youtu.be/bSLeeZI5pHc

How are you feeling as you are watching this video? Continue to be present and in allowance. Breathe and flow with the energies. Make a list of your limiting beliefs that you would like to transform.

Run this test when you are unsure if it's a limiting belief or not...then ask yourself, "Will the Divine/God tell me this____?" If NO, then 99.99% it's your limiting belief.

Day 19 PM: Share your experiences and insights regarding the limiting beliefs that are still holding you back. Do you still the connection or "the bread crumbs" where this might be coming from? Now it's time to let them go. Let's break out of your Belief Systems. Let's catch yourself when you are telling yourself BS. BONUS: Watch this short video clip in a comedy skit STOP IT! Hint: When you can laugh while watching this then you are really getting this more and more...we don't go there:-)

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Day 20 AM: Pat yourself on the back for getting this far. Great job! Watch today's healing video: Jealousy, Envy & Judgements https://youtu.be/OIDDlf6xGqk

What's coming up around this video? Make a list of the people that you are jealous or have judgments of. Let's throw this in the fire of transformation.

"Jealousy in romance is like salt in food. A little can enhance the savor, but too much can spoil the pleasure and, under certain circumstances, can be life-threatening." – Maya Angelou

Day 20 PM: Share your insights or new perspectives around this topic. Do you see the patterns or perhaps where these experiences may have came from. Now, let's reframe your judgements or jealousy to something positive. The key is energetic alignment. As you do, you will feel A LOT better, lighter and freer--as if the heavy weight has been lifted from you. Keep trusting the healing process.

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Day 21 AM: Choose a good time to watch today's healing video: Be FREE of Guilt & Regrets Healing https://youtu.be/PAylrP-sQnc

What emotions and body sensations are you experiencing? If it's not of calm and peace, BREATHE and allow yourself to let go of the "gunk" ;-) You can do it!

"When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one that has opened for us." – Alexander Graham Bell

Day 21 PM: Share what's coming up for you around today's topic of Guilt & Regrets healing. Can you give yourself permission to free yourself from this bondage? It's TIME to set yourself free so you can heal. Remember, everything is part of the Divine tapestry--moving us forward on this journey. Keep trusting and letting go.

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Day 22 AM: Watch today's healing video: Trust Healing https://youtu.be/zetPspYIXPA

What's coming up for you? Who or what are you not trusting? Allow the energies to help you release and heal those parts of you not trusting so you can trust more.

"Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships." – Stephen R. Covey

Day 22 PM: Share your experiences and aha moments regarding TRUST. Give yourself permission to trust and feel safe to trust again. You can do this--have more trust in yourself, more trust in others, and that of the Divine for your HIGHEST GOOD. As you build this "TRUST" muscle, your life will flow with more ease--have greater love and fulfillment.

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Day 23 AM: Choose a good time to watch today's healing video: Shame & Embarrassment Healing https://youtu.be/bL6r7u5b5xl

What's coming up for you as you watch this video? What shame or embarrassment are coming up to your awareness to let go? Continue to BREATHE, be present and in allowance so that these dense, toxic energies can be transformed and healed.

"Empathy's the antidote to shame. The two most powerful words when we're in struggle: me too." -Brené Brown

Day 23 PM: Share your insights and experiences around shame and embarrassment. Can you see how long this has been eating up your joy, love and sense of purpose? These past experiences have been eating your lunch, dinner and breakfast;-) Let's put a STOP this vicious cycle. LET IT GO so that you can compost these shameful experiences to support you to grow and tap into your untapped potential. Cheering you on!

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Day24 AM: Choose a good time to watch today's healing video: Heartache and Broken-Heart Healing https://youtu.be/ZDFBKs5no2M

As you watch this video, can you allow your heartache to be healed. Continue to BREATHE, trust and let go. You can do this!

"Be like a tree and let the dead leaves drop." -Rumi

Day 24 PM: Share your insights and experiences of today's video of healing heartache. You have the choice to heal your broken heart or places where you feel you've been heart-broken. It doesn't have to be anymore. Choose to heal and set yourself free now so LOVE, JOY, AND ALL THE YUMMINESS of life can be more of your regular experiences.

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Day 25 AM: Watch today's healing video: Your Love Language--Love Communication and how you & others show love https://youtu.be/DcCPogyfTig

What is your language of love? What's your loved one's language of love?

"Seek first to understand THEN be understood." –Stephen Covey in 7 Habits of Highly Effective People

Day 25 PM: I would love to hear of your aha moments and insights of your primary love language and your partner or child. Can you see how knowing this and how each other's natural state, can help you better balance and compliment your relationship? Are you able to feel more love in your life? You are doing it, keep trusting and moving forward!

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Day 26 AM: Watch today's healing video: Healing for Deeper Connection & Love https://youtu.be/XaSPd-iwjqs

Aww, you have come so far. Enjoy this love connection healing. Can you feel the calm or peace that's here? If not yet, continue to focus on your breathe and be in allowance. You will once this energies shifted out.

"Enjoy the little things, for one day you may look back and realize they were the big things." –Robert Brault

Day 26 PM: You are almost finished with the 30 days Love transformational journey. Share your insights and experiences. What has shifted for you? What is different?

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Day 27 AM: Watch today's healing video: Healing Sabotaging Patterns https://youtu.be/R-ALo-jR3KY

Anything coming up around this topic? Feel the calm, relaxation, peace or love that's here as you allow the dense, limiting energies to be healed. TRUST and let go!

"Healing requires from us to stop struggling, but to enjoy life more and endure it less." –Darina Stoyanova

Day 27 PM: WOW, you've come so far. How are you doing regarding your limiting beliefs and/or patterns? Are you catching yourself and not going there? Remember the comedy skit in STOP IT, we don't go there:-) You can do this!

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Day 28 AM: Watch today's healing video: Sex Center Healing for Sensuality & Manifestation https://youtu.be/dQkX-OrlLCg

How are you feeling? What's coming up for you? If you are not feeling the calm, peace and/or love, BREATHE and be in allowance.

It's time to unleash your superpowers!

Day 28 PM: Share your insights and experiences regarding today's healing video. Where have you noticed you are able to be more passionate, more loving or possibly opportunities opening up for you. Again, be willing to feel and let go, so you can open up more doors more of possibilities of greater love and fulfillment in your life.

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Day 29 AM: Watch today's healing video: Intimacy Healing https://youtu.be/eyoEDJ9TN98

How are you feeling? What's coming up around this topic? Can you allow yourself to feel... feel the calm, peace and/or love that's here for you... If not yet, BREATHE and be in allowance. You can do it!

"The highest form of love is the love that allows for intimacy without the annihilation of difference." -Parker J. Palmer

Day 29 PM: You have came so far! Pat yourself on the back for making it here. Share your insights and experiences around this topic. Are you able to be more intimate with yourself or perhaps with your partner more. This can be so as you love yourself and heal your core wounds more and more. So much is waiting for you.

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Day 30 AM: Watch today's healing video: Unleash your Creativity https://youtu.be/qDbhawcXazO

How are you feeling about creativity? Have you noticed a change? Feel the calm, peace and/or love that's here....if not, then continue to breathe and allow the dense energies to be transformed from you.

"You can't use up creativity. The more you use, the more you have."
-Maya Angelou

Day 30 PM: WOW! What a journey. That's AWESOME that you've made it! Share any aha moments, insights, and experiences thus on your journey. Remember, life is a journey--meant to be lived and experienced. I'm so honored to be supporting you thus far and looking forward to support you further!

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Congrats! You made it to your Day 30! How are you doing? Take some time to go thru this survey now and compare to Day 1. How are things different?

1) What are the 3-5 most urgent things in your life you wish you could change? Please list in order of importance

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D E

2) On a scale of 0-10, 0 being not satisfied at all, How satisfied are you with your:

family relationships friendships work relationships romantic relationships

- 3) On a scale of 0-10, 0 being exhausted and fatigued all the time and 10 being full of energy and motivation, how is your energy level?
- 4) On a scale of 0-10, 0 being not judgemental at all & 10 being full of self criticism, how critical are you of your own self?

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- 5) On a scale of 0-10, 0 being not judgemental at all & 10 being full of criticism for others and desiring change, how critical are you of others?
- 6) On a scale of 0-10, 0 being not comfortable receiving at all & 10 being I have no problems receiving and I feel grateful when I do, how would you rate your ability to receive:

money
Compliments
Support from others
gifts
affection
recognition

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