



Transformation Protocol

Virginia Rounds Griffiths: Your Miracle Brain

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WELCOME! Day 1

Congratulations on starting your journey with Virginia Rounds Griffiths and Your Miracle Brain. We are so excited that in just a few short weeks you will be experiencing magnificent results like:

- Get total clarity and synchronicity by balancing the right & left sides of your brain.
- Give your brain a "spring cleaning" by clearing it of heavy metals, mold, plaque and unblocking the brain's lymphatic system plus so much more
- Feel the increase in focus and clarity of thought as you step into a more confident you that your circle of friends, family, work colleagues and significant others will notice
- Release the foginess in your brain by clearing away the debris and dead cells that commonly pollute our brain

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 mnts) 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 of progress.

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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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money

Compliments

Support from others

gifts

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Message from Virginia Rounds Griffiths as you embark on this journey....

Aloha beautiful - Greetings from beautiful Honolulu!

Because this healing can be intense, after all it is your brain we are address here, if we are having a private session together, I strongly suggest to not use the mp3's for 48 hours after our session. In fact do not play any mp3's mine or anyone else's except only the Gamma mp3 which is in Package C

And of course hydration is very much needed throughout your healing, therefore plenty of water must be consumed I would suggest no less than 2 litres (4 pints) of water per day and too depending on your weight more may be needed.

I also suggest when you feel the detoxing effect of this healing from the mp3's to just go to your heart center and say the ho'oponopono i.e I love you, I'm Sorry, Please Forgive me, Thank you - with the intention for the detoxing effect to be integrated in a gentle way with ease and grace that is right for you.

For PKG C: The pre-requisite that they work with the mp3's twice before making a booking with me please.

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Day 2 AM: How are you feeling this morning?

What are your goals today?

Day 2 PM: Check in, where is your energy now?

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Day 3 AM: Don't forget the detoxing of the brain can be pretty intense. Make sure you drink lots of water and give yourself plenty of love. What can you do for self care today?

What are your goals today?

Day 3 PM: So did you take care of yourself today? If so, how was it? If not, what held you back?

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Day 4 AM: Are you noticing any changes with your body or mind this morning? Do a check in before you start your day. Then take the time to notice the changes throughout the day.

What are your goals today?

Day 4 PM: What did you notice that was different today?

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Day 5 AM: Take today to show your gratitude. Write down now what you are grateful for. When you take time to give thanks everything can change.

What are your goals today?

Day 5 PM: How did the gratitude go today? Notice how your day was different.

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Day 6 AM: You are almost 1 week into Your Miracle Brain.
Has anything shifted? How are the detox symptoms? Are you
taking care of yourself?

What are your goals today?

Day 6 PM: Did you drink all your water today? Before to
make this a priority so that detoxing is easier.

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Day 7: 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: It's time for your 2nd week of Your Miracle Brain. Things should start to become easier for you now. Take time today to notice what is easy.

What are your goals today?

Day 8 PM: What did you discover? Was anything easier for you? Where are you noticing changes?

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Day 9 AM: Even though detox symptoms should be lifting, still aim to get your total water amount in today and don't forget the self love!

What are your goals today?

Day 9 PM: How much water did you drink today? Did you track it?

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Day 10 AM: Pay attention to your body today. Right now, pause - what do you notice? Then take breaks throughout the day to see how things feel. How are you breathing? How are your headaches? Jot down what comes up.

What are your goals today?

Day 10 PM: What did you notice? How is your body feeling as your brain heals?

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Day 11 AM: Take another day for gratitude. Write down right now what you are grateful for. Then spend your day showing gratitude and notice what shifts.

What are your goals today?

Day 11 PM: How did the gratitude go? What did you notice?

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Day 12 AM: Today is no complaining day. Anytime you find yourself wanting to complain, pause and redirect your energy.

What are your goals today?

Day 12 PM: How did no complaining go? Was it easier or harder than expected?

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Day 13 AM: Start your day off today by finding your center.
Take a deep breath in and exhale out 5 times. Then set an
alarm to do this every hour at the top of the hour.

What are your goals today?

Day 13 PM: Were you more centered and grounded today?
How did this experiment go for you?

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Day 14: 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: Check in with your brain today. How much clearer does it seem? Is it easier to wake up in the morning?
Notice the changes throughout the day.

What are your goals today?

Day 15 PM: How was your brain check in? Any big changes?
More clarity? Improved memory?

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Day 16 AM: Your brain affect all parts of your body, even your mobility. Today, notice if it is easier for you to move around or if you are more coordinated.

What are your goals today?

Day 16 PM: What did you notice that is different today with your mobility?

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Day 17 AM: How has your anxiety or fear level been since beginning the program? Pay attention to this today.

What are your goals today?

Day 17 PM: What did you notice that is different today with your anxiety and fear levels?

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Day 18 AM: Today, take some time for self love. Your body is drastically healing. Take some time to pamper yourself today, even for 10 minutes.

What are your goals today?

Day 18 PM: So what did you do today to show yourself some love? How did it go?

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Day 19 AM: Today is for gratitude! Write down what you are grateful for and take time to do this all day.

What are your goals today?

Day 19 PM: How was your day of gratitude? Notice any shifts?

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Day 20 AM: How are you feeling today? Do a check in throughout the day to notice.

What are your goals today?

Day 20 PM: Are you noticing any big shifts or changes? Note them here.

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Day 21: Congrats! You are 3 weeks into your protocol. It is time to measure! Take time to do this important step now.

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Day 22 AM: How are you feeling this morning?

What are your goals today?

Day 22 PM: Check in, where is your energy now?

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Day 23 AM: Take today to show your gratitude. Write down now what you are grateful for. When you take time to give thanks everything can change.

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Day 23 PM: How did the gratitude go today? Notice how your day was different.

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Day 24 AM: Today is no complaining day. Anytime you find yourself wanting to complain, pause and redirect your energy.

What are your goals today?

Day 24 PM: How did no complaining go? Was it easier or harder than expected?

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Day 25 AM: How has your anxiety or fear level been since beginning the program? Pay attention to this today.

What are your goals today?

Day 25 PM: What did you notice that is different today with your anxiety and fear levels?

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Day 26 AM: You are almost finished with Your Miracle Brain.
What has shifted for you? What is different?

What are your goals today?

Day 26 PM: Take time to really notice the changes that are
happening with your mind and body.

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Day 27 AM: Check in with your brain today. How much clearer does it seem? Is it easier to wake up in the morning?
Notice the changes throughout the day.

What are your goals today?

Day 27 PM: How was your brain check in? Any big changes?
More clarity? Improved memory?

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Day 28 AM: How are you feeling today? Do a check in throughout the day to notice.

What are your goals today?

Day 28 PM: Are you noticing any big shifts or changes? Note them here.

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Day 29 AM: Take today to show your gratitude. Write down now what you are grateful for. When you take time to give thanks everything can change.

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Day 29 PM: How did the gratitude go today? Notice how your day was different.

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Day 30: 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?

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