



Transformation Protocol

Vera Mirna's 21 Days of Magical Manifestation:
How to Get Paid to Be You!

Transformation Protocol

Vera Mirna's 21 Days of Magical Manifestation

WELCOME TO DAY 1

Congratulations on choosing to work with Vera Mirna and 21 Days of Magical Manifestation! 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...

- * Learn how to become a Master Healer in 5 Minutes or Less!
- * Know how to put your manifestations on auto-pilot...
- * Use the 10 Magic Words to Change Your Life!
- * Discover how to Manifest with Ease even if you hate Meditating or Visualizing!
- * Understand how to Manifest with Ease even if you think you're too busy to meditate...

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 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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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

7) On a scale of 0-10, How satisfied are you with your money situation? 0 being I have debt and I am struggling and 10 being I am abundant and money is flowing in.

8) On a scale of 0-10, How would you describe your physical health? 0 being I have many health issues and 10 being I am in fantastic health!

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12) On a scale of 0-10, How satisfied are you with your Body Image? 0 being I hate how I look and 10 being I love every aspect of my body!

14) On a scale of 0-10, How strongly do you feel you are connected to your purpose? 0 being I'm lost & confused about my purpose and 10 being I am confident and my purpose is unfolding consistently.

15) On a scale of 0-10, 0 being very stressed and 10 being totally stress free, how much stress do you experience?

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Message from Vera Mirna as you embark on this journey....

Congratulations on making such an incredible investment in yourself!

I want to personally welcome you to the 21 Days of Magical Manifestation journey. This is a very exciting time for you. During and after your journey, you can expect to feel lighter in your daily life and have greater ease in manifesting everything your heart desires. Breakthroughs are inevitable as this program is designed to shift a lot of energy in a very short time frame.

This program's backbone is an energy healing modality unlike any other modality. It is called **Easy Button Healing**. After searching for the best modality to get action takers fast results, I discovered there were a lot of limitations and "fluff" in many of the other modalities out there. Lower egos were getting in the way and overcomplicating the process. There had to be something better available.

I conversed with Source about these issues and channeled **Easy Button Healing**, a modality so effective and easy to use that anyone can operate as a Master Healer within the first five minutes of the program.

Easy Button Healing consists of three magic phrases programmed by pure Source energy to do very specific (and quantum) things.

Here are your three tools:

1. Let's Clear That! - You will use this to remove the blocks and patterns you don't want
2. Let's Have That! - You will use this to pull in the manifestations you do want
3. Reality Reset. Thank You! - You will use this to reboot the universe and get everyone and everything updated on your new vibration

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Please read your PDF for more information and listen to Track 1 for a more detailed explanation.

As soon as you experience all of the three magic phrases, a unique bridge between you and pure Source energy is instantly established for the rest of your life. It awakens your inner power and Divine right to create what you desire.

I've used these tools to accomplish many wonderful things, including seemingly impossible and incredible manifestations. Anything I can do, you can now do as well.

These are the exact same tools I use for myself, my friends and family, and my clients to manifest dream houses, beautiful partnerships, better jobs and business opportunities, superior health and numerous windfalls.

And now these tools are also yours!

Although there are no limitations on what you can achieve with the tools, there is one little caveat. You need to take action. While the MP3s will help you with the inner work required and will help you clear out countless blocks at quantum speed, the outer work is still your responsibility.

Follow your guidance. If a fear or block pops up, use your tools to dismantle it instantly and keep going. You can do it!

If you have any questions or you would like to share your success with the program, you can contact me at hello@veramirna.com

To your infinite success,
Vera Mirna

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Day 1 AM: Make a list of everything you would like to manifest. Write it down on paper so that the Universe knows you're serious and committed to achieving your goals. Listen to Track 1 and learn how to use the three basic tools of Easy Button Healing. Make a commitment to use the three tools every day to experience faster results!

What are your goals today?

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

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Day 2 AM: Did you listen to Track 1 yet? If so, congratulate yourself. If not, make time for it today. If you have a busy day, you can always play the track before you go to bed. The energy clearings in all of the audios still work fully even if you fall asleep. It is not necessary to play the track in a loop while you sleep, unless your guidance encourages you to do that. How does it get any easier?

How is your energy level today?

Day 2 PM: At the end of the day... how do you feel now?

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Day 3 AM: Listen to Track 2 today. As a special surprise, this MP3 contains a very special energy facelift. For added fun, take a selfie before and after listening to the MP3 to document all of your instant shifts and then share them with the Facebook group.

Did you do it?

Day 3 PM: Did your day seem to flow more positively? If so, how did it make you feel? If not, what is holding you back from experiencing this?

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Day 4 AM: It's time to get organized! Add all the classes to your calendar.

If you purchased a personal session, make sure it is scheduled and set a reminder on your phone. Practice connecting to the meeting room on the Zoom platform before your session to avoid technical delays on the day of your call. If any issues come up while you practice, use the tools to shift the energy on the spot.

What are your goals today?

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

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Day 5 AM: Listen to Track 3 today. For extra fun, create a sound clip of yourself on your phone speaking or singing before and after you listen to see how quickly you shift many of the energy blocks that like to hide in the throat area.

What are your goals today?

Day 5 PM: Did you notice any shifts?

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Day 6 AM: Make sure you are getting enough rest and self-care as a lot of energy is already shifting. You might even notice your mood has greatly improved by now and you may have already experienced several wins. Your body may need extra rest, or it may be so energized from the clearings that you need less sleep. It is nothing to be alarmed about as every body shifts differently.

What are your goals today?

Day 6 PM: At the end of the day... how do you feel now?

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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 7 AM: Listen to Track 4 today and take the weekly self-assessment to measure your growth. You are officially one-third done with the MP3 tracks. You've created great momentum so far. Keep it up!

What are your goals today?

Day 7 PM: What did you discover? Was anything easier for you? Where are you noticing changes?

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Day 8 AM: Did you know you can use Easy Button Healing to heal and clear your food before you eat it? Here is one of many ways to do it. Say "Any negative vibrations in my food, Let's Clear That! What would it take for my food to vibrate at the optimal levels for me and my body now? Let's Have That! Reality Reset. Thank You!"

What are your goals today?

Day 8 PM: Did you use the Easy Button Healing today?

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Day 9 AM: Listen to Track 5 today. This track is a little different and is the only time in the program that there is a short exercise at the beginning of the track. If you've been feeling a little heavy from all of the energy that's been shifting, this exercise will help tremendously.

What are your goals today?

Day 9 PM: Did you stay on track today?

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Day 10 AM: Taking a salt bath will help get any heavy energies out of your field fast. Sea salt is a great choice. Epsom salt also works remarkably well and is very inexpensive. It is a great way to rewind at the end of the day. If you do not have a tub, you can shower and make a salt paste. Leave it on for at least a few minutes before you wash it off. It feels so good!

What are your goals today?

Day 10 PM: What did you notice? How is your mind feeling as your transformation is happening?

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Day 11 AM: Listen to Track 6 today. It is a favorite among many. You can test out your new vibration by having a friendly card game with your family. See how good you are at winning now and if any limiting beliefs come up, clear them on the spot with your tools.

What are your goals today?

Day 11 PM: What did you win today?

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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: Have you had any questions about any of the content covered in the MP3s so far? Submit them in the Facebook group or email me at hello@veramirna.com so I can address them. You can also make a note to remember to ask during the live classes if you are attending.

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Day 13 AM: Listen to Track 7 today. Are there certain skills and talents you would like to learn? Make a list of every topic or skill that lights you up. Pick one and create an action plan on how you will learn that.

What are your goals today?

Day 13 PM: Did you feel inspired today? Did you take action with your inspiration?

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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 14 AM: It's time to take another self-assessment to measure your success. Congratulate yourself on being two-thirds done listening to the MP3s. Make sure you are taking action steps towards your goals every day. Everyone is rooting for your success!

What are your goals today?

Day 14 PM: What did you do differently today? How did that make you feel?

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Day 15 AM: How will you step out of your comfort zone?

You don't know what you can do until you try. Once you start trying and experimenting with new ways... you will surprise yourself over and over again!

What are your goals today?

Day 15 PM: Listen to Track 8. This track will help open your intuition so that you can make better choices. You're making great progress! Keep it up!

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Day 16 AM: Practice using your intuition today. Say something out loud that is absolutely true, such as your legal name or a simple math problem like $1 + 1 = 2$. Notice the energy in your body. Now say a lie and notice the difference in how your body feels. Knowing what makes your body feel light and expansive instead of heavy and contracted will help you pay more attention to your intuition.

What are your goals today?

Day 16 PM: What did you notice about your body from telling the truth?



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Day 17 AM: Listen to Track 9 today. If you desire to bring in a new relationship of any kind, make a list of the qualities you desire in a partnership. Follow your guidance and take action to improve your opportunities to connect with high-quality people.

What are your goals today?

Day 17 PM: Did you make the list? Great! Now re-read it to get inspired!

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Day 18 AM: Did you know that Easy Button Healing can be used to improve all your relationships? Here is one way to do it. Say "All the blocks between me and all the people in my life, Let's Clear That! Reality Reset. Thank You!" Because we are working with Source, it is safe to use Easy Button Healing on others even if they are unaware of what you are doing.

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. Work on making this a habit daily until it just happens naturally!

What are your goals today?

Day 19 PM: Listen to Track 10 today. You can apply what you've learned right away. If anything came up for you that wasn't covered in the the MP3, use your tools to shift the energy yourself. You're powerful!

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Day 20 AM: Outside of listening to the MP3s, have you been using the tools every day for at least a few minutes a day? If yes, congratulate yourself on building a healthy habit. If you're not using the tools everyday yet, set a goal to shift and clear something every day.

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 21 AM: Listen to Track 11 today. Did you know you can use Easy Button Healing to do space clearings on your home and office? Say "All the heavy or negative energies in my home and office, Let's Clear That! Reality Reset. Thank You!"

What are your goals today?

Day 21 PM: What did you clear today today?

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Day 22 AM: What do you appreciate about your life right now?

What are your goals today?

Day 22 PM: How does it feel to have listened to all of the MP3s now? For extra fun, document how different you feel now. If you've fallen behind, don't worry about it. You can use this week to catch up.

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Day 23 AM: Is there something new you can learn, experience, or try that will help you grow into the person you want to be? Plan out a simple step every day, no matter how small.

What are your goals today?

Day 23 PM: Did you know that Easy Button Healing can be taught to anyone of any age? If you have loved ones or children that are energy aware, you can always teach them how to use the tools.

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Day24 AM: Have you had a chance to listen to the bonus audio yet? It is full of energy clearings to help you have even more ease. Did you know Easy Button Healing can be used to help you get a good parking spot or to get more green lights when you're driving? It's a fun experiment. Say "I get the perfect parking spot that is right in front of the building. Let's Have That! Reality Reset. Thank You!"

What are your goals today?

Day 24 PM: How did the experiment go today?



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Day 25 AM: Inspire others to be their best selves today... inspiration is contagious! Pay attention to the effect this has on others today.

What are your goals today?

Day 25 PM: Have you been reading all the wins in the Facebook group lately? Make sure to check the group often and share your own wins as there will be surprise time-sensitive bonuses that will be exclusive to the group.

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Day 26 AM: Has anything been triggering you or bothering you lately? Set aside some time today to get to the root of it and use your tools to shift it.
You've got this!

What are your goals today?

Day 26 PM: Take time to really notice the changes that are happening within you.

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Day 27 AM: Increase your level of faith! Just believe...

What are your goals today?

Day 27 PM: Is there a certain topic you would like addressed the next time I release a package? I'd love to hear all your ideas. You can post it on the Facebook group or email me at hello@veramirna.com

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Day 28 AM: Who can you appreciate today? Every day let someone know that you appreciate them and, just as importantly, why you appreciate them. Don't wait until they can't hear it. It doesn't have to be something grand. Everyone loves to know that they are seen and appreciated in life. Let someone know they make an impact in your life.

What are your goals today?

Day 28 PM: Have you done something incredible with Easy Button Healing? Share your success in the Facebook group so everyone can celebrate you and you can encourage others to be more empowered.

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Day 29 AM: Did you know that Easy Button Healing can be used to balance your chakras? There are many ways to do it. Here is an easy way. Say "Everywhere my chakras are out of balance, Let's Clear That! Reality Reset. Thank You!"

What are your goals today?

Day 29 PM: What intentions are you creating? As you go through life, be present wherever you are and remember the intentions you chose for yourself... *the universe will help you!*

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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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Congratulations! You are on your way to transformation.

The energy work you have done in these 30 days has been more than some people do their entire lives. You have taken serious steps to set yourself up for success. Keep using the tools every day to increase your momentum. You are a blessing. I look forward to your continued growth!