

AWARENESS & FORGIVENESS

Week Three



THIS WEEK'S PROGRAM:

Step into a brand new you!

**Let go of any inner
resistance by forgiving**

**Strengthen your connection
to yourself and to others**

This week we're releasing the old definition of yourself.

You will be stepping into a brand new you by learning how to forgive yourself & others.

It's time to let go of anything from your past that no longer serves you on your new journey. It is high time to let go of bad attitudes and disempowering meanings that you have pinned on situations from the past.

Life always gives us the perfect situations that can allow us to grow and expand, unfortunately, most of us don't get the lessons and we find ourselves getting locked into certain patterns that simply don't serve us at the highest levels.

The Home-Play Sheet

YOUR WRITING GOALS

Make sure you print off and complete your "Letter of Forgiveness" home-play sheet.

When you write your letter, be mindful that you include the H'onoponopono meditation words:

"I love you. "I am sorry." "Please forgive me." "Thank you."

And remind yourself of this...

My Mind will improve every time I let go of any inner resistance by forgiving everyone, always for everything. My Body will improve every time I let go of any inner resistance by forgiving everyone, always for everything. My life will improve every time I let go of any inner resistance by forgiving everyone, always for everything.

WEEK THREE HOME-PLAY

**** Write a letter of forgiveness that will include the H'onoponopono meditation words.***

****Listen to the "Sailing The Seas of Relationships", minimum X 3 this week***

****40 Power Rounds - Have fun with this interval training workout***

**** Do Morning Yoga as many days as possible***

****Listen to this week's audio in your NET Time - Re-Awakening To Life-Force Energy***

****Join us on the LIVE call each week for Q&A's. Check the Facebook group for details***

****Schedule your Mind Body Spirit Activations into your Activation Calendar***

Mastering awareness & forgiveness is a massive game-changer and takes lots of practice so be kind and enjoy the unfolding!



The Sailing The Seas of Relationships Meditation

The Sailing The Seas of Relationships Meditation will have many positive effects on how you connect with yourself and others. These meditations work at very deep levels for your subconscious mind and simply need to be enjoyed a few times each week. However, if you use them on a daily basis, the effects can be felt faster.

“To forgive is to set a prisoner free and discover that the prisoner was you.” - Lewis B. Smedes

Power Rounds

Please join me for 40 Power Rounds where we will be having fun using some interval training that will get your heart pumping and has great toning and fat loss effects too. You'll see that we are working out with kids all the way through to some elders so get ready to work up a sweat.

Lets Connect

FACEBOOK AND LIVE CALLS

I look forward to speaking with you on the live call. Remember to check in at the Facebook group CONNECT NOW ONLINE Private Mentorship Group for links, times, and other announcements!

If you can't make the call, you can post your questions there so I can answer them for you.

Remember how we connect with others is our choice so let's start connecting in ways that bring out the best in you and in other people.

Live N.O.W.

Skip



Week Three

DON'T JUST THINK IT, INK IT!

I forgive:

[illegible]