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MODULE ONE *Lesson Three*
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REPROGRAMMING YOUR BRAIN FOR HEALING HURT, PAIN OR ANGER

Discover Your Strengths, Powers and Talents

WHAT YOU WILL LEARN AND DO

- ▶ Why heal any hurt, pain or anger.
- ▶ Uncovering your unique sensory experiences when feeling hurt, pain or anger and feeling healed hurt, pain or anger.
- ▶ How surrendering to both positive and negative feelings opens you to being the whole you experiencing duality.
- ▶ Do the Meditation for reprogramming Your Brain to Heal Hurt, Pain or Anger
 - Then do the meditation Connecting with Your Highest Self
 - Download the Bonus Tip Sheet for Receiving Answers and Help from Your Highest Self

LESSON THREE

WHY HEAL HURT, PAIN OR ANGER

- ▶ You can receive clearer answers from your Highest Self
- ▶ Holding onto these emotions can halt your growth
- ▶ Healing can resolve the paradox of being given an experience or aliment for learning

Discover Your Strengths, Powers and Talents

IN THIS LESSON YOU WILL

- ▶ Fill out the 4 step worksheet for uncovering sensory experiences for healing any hurt, pain or anger
- ▶ Do the meditation for Reprogramming Your Brain to Heal Hurt, Pain or Anger
- ▶ Do the Meditation for Connecting to Your Highest Self

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LESSON THREE *Worksheet for Uncovering Sensory Experiences to Reprogram Your Brain*



STEP 1 UNCOVERING SENSORY EXPERIENCES FOR REPROGRAMMING YOUR BRAIN

UNCOVER SENSORY EXPERIENCES FOR YOUR CONSTRICTING FEELINGS

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STEP 2 UNCOVERING SENSORY EXPERIENCES FOR REPROGRAMMING YOUR BRAIN

**NOTICE WHERE IN SPACE WITH RELATIONSHIP
TO YOU THAT YOU SENSE THAT EXPERIENCE -
AHEAD, RIGHT, LEFT, ALIGNED TO
YOUR HEIGHT, UP OR DOWN**

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STEP 3 UNCOVERING SENSORY EXPERIENCES FOR REPROGRAMMING YOUR BRAIN

UNCOVER SENSORY EXPERIENCES FOR YOUR HEALED FEELINGS

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STEP 4 UNCOVERING SENSORY EXPERIENCES FOR REPROGRAMMING YOUR BRAIN

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NEXT DO THE MEDITATION FOR REPROGRAMMING YOUR BRAIN TO HEAL HURT, PAIN OR ANGER

- ▶ The video meditation guides you through minimizing your constricting emotions and maximizing your expanding ones. It does this 4 times during the meditation.
- ▶ Surrender to your experience of having both constricting and expanding emotions. Let go of desires to get rid of constricting emotions.

Let go of desires to get rid of constricting emotions.

AN IMPORTANT POINT

- ▶ You can have the best experience when using ear phones or ear buds for this meditation and the meditation for Connecting to Your Highest Self.

Ear Phones

Or Ear Buds

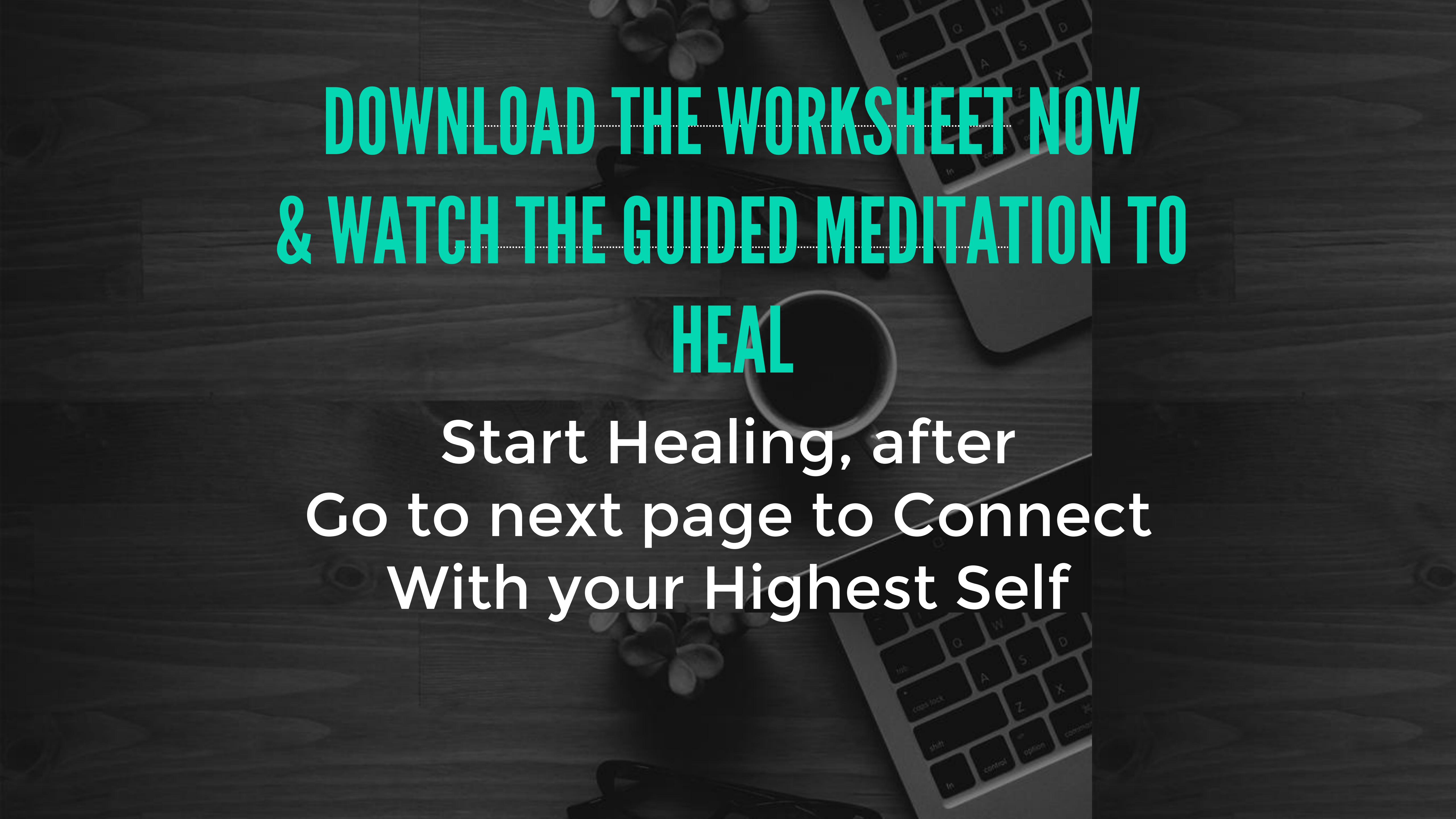
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WHAT NEXT AFTER HEALING HURT, PAIN OR ANGER

- ▶ When you feel emotionally clear enough to relax and be in the stillness of the Now moment, you are ready for the guided meditation video “Connecting with Your Highest Self”.
- ▶ Once you have established a connection with you Highest Self, there is a bonus tip sheet for receiving answers and help from your Highest Self.

Then you'll be ready for discovering your strengths in the next module.

Discover Your Strengths, Powers and Talents



DOWNLOAD THE WORKSHEET NOW & WATCH THE GUIDED MEDITATION TO HEAL

Start Healing, after
Go to next page to Connect
With your Highest Self