

Day 1: Get a grasp of your Attention

Appreciation is an act of proactively valuing someone. It transforms Gratitude from an after-the-fact way of feeling, to a before-the-fact deliberate engagement of energy. This is the energy of Appreciative Attention, a force heavily under-utilized!

Appreciative Attention is a non-judgmental awareness of whatever arises, and keeps you better balanced.

The use of the Appreciative Attention key creates a lightness of humor that enables you to defuse uncomfortable situations without disrespecting those involved.

Day 2: Get a grasp of your DNA via the c2C

The c2C Ingredients are distilled from the ancient metaphysical traditions + current scientific research.

After using this key the result can be:

1. Another sensation: repeat the same exhortation until no more sensations or impressions arise.
2. New insights, more experiential clarity, or answers to earlier stated questions.
3. A disappearance of the obstacle or pain.

Day 3: Get a grasp of your surroundings

This tool enables you to observe things and people without comparing or compartmentalizing them.

Experience the physiological and emotional benefits of being fully present in your environment, without thinking about it.

Every Day You Will:

- select the Top Priority you feel most ready to improve, by using your Wellness Wheel.
- learn how to use all your tools in combinations that enable you to move yourself up one notch on the Wheel.
- practise recognizing obstacles functioning through you.
- accelerate the removal of all 3 components of your top-priority obstacles or pains.
- learn a **new tool** that augments the effectiveness of your newly-acquired skills.
- use the energy of your Attention to further reinforce your practice of the 2 Keys
- have gained more energy for your daily life.
- further improve your thoughts (waves of light) and intonation of your voice (waves of sound).
- feel that your vocal cords are your seat of power.
- alternate between being the coach and the student with other participants.
- experience the lighter energy of fun & laughter of everybody practising their new-learned skills, which will help you expedite the removal of any unwanted obstacles, beliefs, feelings, and pains you tried to remove before on your own.
- receive your new tool on durable, portable cards.
- remember that your "DNA is listening 24/7".

Day 4: Get a grasp of your urge to opionate

This tool allows you to view others without the inner need to judge or form an opinion right away.

Experience the physiological and emotional benefits of relaxing your inner critic.

BONUS:
a special treat for your body

Day 5: Get a grasp of your center

Usually before beginning a skill or task, your left brain activity speeds up, your thinking becomes scattered and possibly more negative. This leads to tighter muscles and a much reduced focus of your attention.

The centering tool will enable you to shift most of your brain activity to the right hemisphere and feel more balanced and relaxed.

Day 6: Get a grasp of your feelings

The Story of Stress

Conflicting feelings are often the residue of attachments to past experiences and outcomes. They are often symptoms of an inner knowing that strategies which were successful in the past are no longer useful in the present.

Practise how to feel an undesirable feeling rather than avoid or push against it, in order to permanently dissolve it.

BONUS: some treats for your mind & eyes



ARE YOU READY ?

Contact us at:
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