

A WARRIOR'S GUIDE



BRAVEHEART

EMOTIONAL INTELLIGENCE



UNLEASH THE INVISIBLE BONDS

BRAVE HEART OATH

"I am **Love**, I am **Healed**, I am **Brave Heart**. **Today and every day** from the moment I rise until I gently close my eyes, I will **trust, honor, respect, protect, forgive** and totally **love myself first and foremost** before anyone else or anything else so help me God. Because I **am, I can, I am Healed, I am Brave Heart.**"



PRACTITIONER OATH

"Today and every day I **promise** to teach **the perfect day** to my patients on an **emotional and physical level** from the moment they rise until they gently close their eyes.

I **promise** to teach my patients to **totally trust, honor, respect, protect, forgive and love themselves** first and foremost before anyone else or anything else so help me God. Because **I am, I can, I will** unleash their **Brave Heart.**"



Disclaimer

This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. The contents of this document are based on the Dr. Darrell Wolfe's experience and research. Dr. Wolfe encourages everyone to do their own research to make their own decisions for their health and well-being. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care professional before using products based on this content.

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A portrait of Dr. Darrell Wolfe, a middle-aged man with short, light brown hair, wearing a dark blue blazer over a light blue button-down shirt. He is looking slightly to the right of the camera with a gentle smile. The background is a soft-focus field of dry, golden-brown grass.

**“This is the plan
that I follow
so that I may
continually
transform and
enhance my mind,
open my heart and
set my spirit free!”**

- Dr. Darrell Wolfe

Welcome:

BRAVE HEART

Before you begin your Brave Heart Online Emotional Training with Dr. Darrell Wolfe, you will need to **read the Brave Heart Way and incorporate as many of the 12 Self Loving Steps into your daily routine as soon as possible.** Begin with Step 11: Recall Healing and repeat every 3 days. Taking gentle baby steps, embracing as much of the protocol as you can with ease and comfort.

As you read through The Emotional Intelligence of Health & Healing, there will be repetition. This is not a mistake, because **repetition is the key** and we are going to repeat the master keys to unlock your unlimited potential and the unseen genius within.

When you finally embrace this sacred truth, you will uncover and discover the True you, the Authentic you, and you shall be healed. Until then you will be everywhere else being everyone else.

- **Do you** really take care of yourself?
- **Do you** even know how to take care of yourself?
- **Do you** even know yourself?
- **Really** know yourself?
- **Do you** feel you are the authentic you?
- **Do you** know who you really are deep down inside?
- **Do you** truly understand that your thoughts are not yours?
- **Do you** truly understand that the story you tell yourself is not yours?
- **Do you** feel safe?
- **Is there** a terrorist living in your house?
- **Is there** a terrorist living in your bed?
- **Is there** a terrorist living in your head?

Do you truly understand your mind is not yours until you have hand-picked, created and dipped every prominent thought in love that lives in that beautiful mind of yours. Never forget that your mind makes a terrible master but an amazing servant so wake up, show up and **grow up Brave Heart Warrior.**

With The Emotional Intelligence of Health & Healing, you will create the Perfect Day emotionally for the Perfect Life.

The Emotional Intelligence of Health & Healing is the world's most powerful Online Training. It is a whole body awakening. All physical conditions have an emotional attachment. The shape and condition of your body mirrors the state of your emotional health. You are not your thoughts and you are not your story. So understand, you cannot have physical health without emotional health and you cannot have emotional health without physical health, they are a package deal.

Even though nobody is talking about this, 95-98% of all your physical symptoms are created by your beliefs and these beliefs were passed down to you between the ages of 0-12 years old. With your Brave Heart Online Training, you will soon come to understand that if you want to change your reality, you must change parts of your personality. To change your personality you must change your mind. To change your mind you must erase old beliefs that were unconsciously downloaded or were force fed to you.

These dysfunctional beliefs do not align with your life's purpose and need to be replaced with beliefs that are based on the authentic you. The most important journey, you will ever take is within yourself and the most important relationship you will ever have is with the self. So, let us help you find your true self. Do not believe a thought have until you have completed 33 Days of your Brave Heart Online Training.

Write a list of your physical and emotional symptoms and put them on the fridge and watch them melt away as soon as you start to embrace this adventure. Write down all your questions and concerns before your online training begins so that I can provide you with the answers you deserve!

Oh, and by the way, all your questions matter! Never question your questions, demand answers! You can call us at the clinic with your questions or join us every Monday for DOCTALK LIVE Q&A, always at 3:00 PM PST on Facebook and YouTube. You cannot call us too often; my professional staff awaits your call. Teamwork makes the dream work.

Until you have a proven strategy, you will have insanity. Going from therapist to therapist, treatment to treatment, and always coming up a day late and a dollar short for the illusive cure. When you finally have a proven plan to follow from the minute you wake up until your head meets the pillow at night, then and only then will you be creating the adventure of a lifetime because everything else is just a Band-Aid.

The majority of the population spends the first 50 years accumulating their wealth and ruining their health and the last 50 years trying to buy it back! 'Gentle baby steps' is our motto. So, while you read this information, breathe, relax and know that we will support you along your amazing journey.

Brave Heart Meaning

Boundaries:

Lovingly re-establish your boundaries

Reliability:

Follow through on a continual basis

Action:

Not reaction

Victorious:

There is always a reason to celebrate

Enthusiastic:

Intention fuelled by Divine energy and emotion

Honesty:

To oneself, first and foremost

Energy:

Your greatest asset, use it wisely

Attitude:

Immersed in gratitude

Repetition

The master of the mind

Trust

The Brave Heart Warrior

Brave Heart: The Heart of the Lion

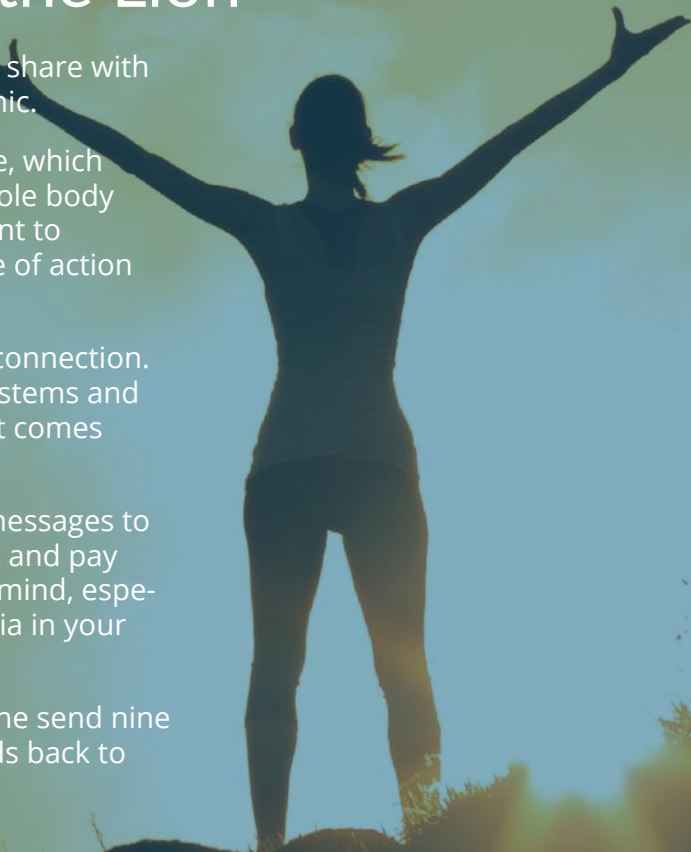
Before we begin to awaken the Brave Heart within, I want to share with you what we do at the Doc of Detox Functional Medicine Clinic.

At the Doc of Detox, we practice integrative natural medicine, which is defined as: "working with every aspect of wellness in a whole body approach, everyone working together to help train the patient to become their own therapist, which is the only natural course of action for permanent health to take place."

Energy balance in the body is based on the heart/brain/gut connection. How the mind relates to the body depends on your belief systems and how easily you process and understand the information that comes into it.

We know that the mind is always sending out neurological messages to the body, but it is just as important to learn how to interpret and pay close attention to the messages the body sends back to the mind, especially when it comes to the messages from your good bacteria in your large intestine.

Many are not aware of this, the bacteria in your large intestine send nine messages to the brain for every one message the brain sends back to your intestines.





Bacteria: The Essence of Life

Whether you are actively aware of this or not, in one centimeter of your large intestine lives and works more bacteria than the total number of humans who have ever been born.

Your bacteria are the main reason you exist in physical form. To these life-giving bacteria, you are just a darkened, anaerobic vessel of fecal matter; that's all you are to them. You are responsible in keeping them alive and if you don't, they will not keep you alive. When you kill your good bacteria, you are killing yourself.

Your good bacteria are responsible for your lower digestion. They are the core of your immune system and are the main facilitator of what we call energy. We are not above them, we are not below them, we are equal participants in this biological vessel called your human body.

The heart/brain/gut connection helps create balance within your energy systems. For example, you experience discomfort in a particular area of the body, such as the back or neck every time you go to your work place, but as soon as you leave your work environment the discomfort disappears.

This is your body using its internal GPS known as pain to get your attention. It is trying to alert you of a situation that your mind needs to recognize so it can take the needed action to bring life and limb back into balance.

Realizing where the pain takes place is the first major clue as to where your attention and action is needed, and in this case, it's your work place, not your back or neck.

This is just one example of thousands, showing how the body sends a physical message to the mind, alerting you that you are out of alignment. But where the rubber hits the pavement, is the way the majority of the population operates their lives when it comes to the relationship they have with pain.

This is due to the unconscious downloads that the medical system and Big Pharma have programmed into us, along with the continual brain-washing by the media... These corporations help to paint pain as your enemy when in actuality it is a life-saving friend!



I AM ALWAYS
STRONG!

The Gut/Brain Connection

Your gut hosts 200 million neurons and hundreds of billions of bacteria that **directly influence your personality.**

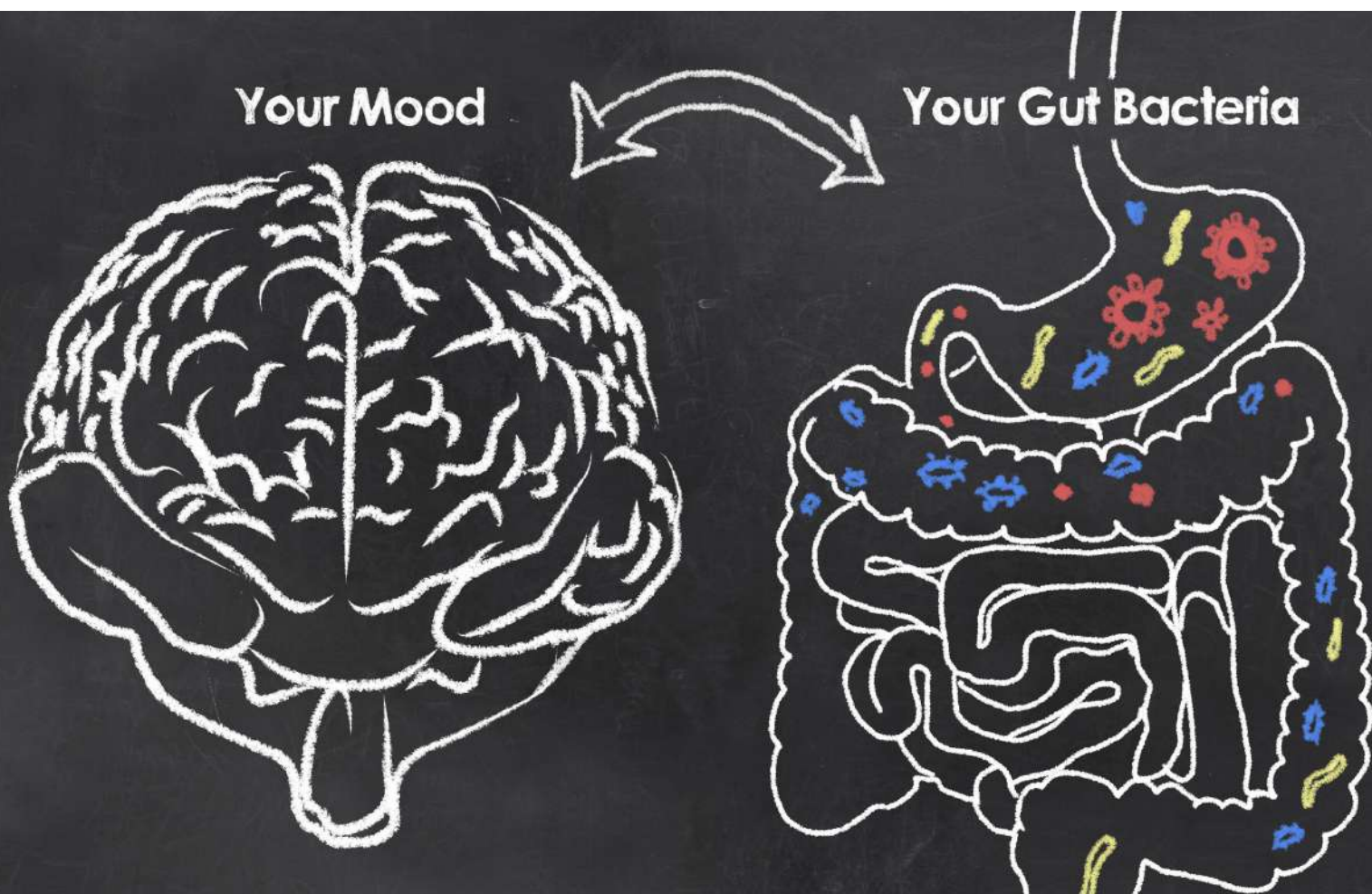
The brain and gut even share similar scientific names, each are responsible for running your nervous system.

Your brain and your gut are in constant conversation, using the same neurotransmitters, neurotransmitters is the language that nerve cells speak. For every 9 times the gut talks to the brain, the brain talks to the gut once.

We unconsciously store negative thoughts and feelings, otherwise, unprocessed dysfunctional beliefs, in the large intestine. We hide these beliefs where no one can find them or where no one else will look — in our poop.

The gut/brain connection is a relationship that either creates or destroys. The brain and gut are connected on a physical and emotional level, and this is why at the Doc of Detox we always look at the condition the person is in before we look at the condition they have along with focusing on training before treating. Nutritional, physical and emotional well-being cannot exist unless we create the perfect day in every way for you!

To learn more about the **Gut/Brain Connection**, checkout **The Doc of Detox Show!** (www.docofdetoxshow.com)



Energy Blocks

Energy blocks such as pain, inflammation and internal scar tissue formation within body tissues, organs and joints are a direct reflection that there is a malfunction in the physical body that needs to be addressed, even though they are invisible to the naked eye.

This physical malfunction is an interpretation of the heart/brain/gut disconnection, showing us how we are ineffectively processing our thoughts and emotions, which in turn affects the body in a negative way. In my 36 years of clinical experience, I have found that we all possess some level of congested energy blocks in the body.

Even when you have mastered your mind, this is not enough to eliminate the scar tissue that has formed over the years. You can renew the mind through repetition but to renew your tissue, muscles, tendons, ligaments and organs, that have trapped emotional traumas and conflicts, we must use Wolfe Deep Tissue to gently pull these beef jerky-like fibers apart so that we may restore blood flow, lymph flow and energy which will instantly renew the tissue back to its youthful state.

The level of energy disruptions and distortions vary from mild, moderate, severe and very severe, depending on how many dysfunctional beliefs you are running, how long you have been running them for and how deep they go. Welcome to the Family Curse.

The amount of joy you experience is a true indication on how well you are able to process the information and emotions within your everyday life. The percentage of joy that you experience throughout your day is a direct indication of how much your energy is being processed through the heart/brain/gut connection, which has unlimited potential.

The percentage of pain you suffer on an emotional and physical level throughout the day will be determined by how much you process only through the mind, which is limited to past experiences.

If your focus of energy is on everyone else instead of yourself, then expect your body to rebel and respond by interrupting the natural flow of energy, which always manifests pain, inflammation, internal scar tissue formation and dis-ease.

Body talk is a rough ride when you lose your heart/brain/gut connection. The amount of pain, otherwise, congested energy flow within your body on a physical or emotional level indicates the health of your belief systems, which are buried deep and hidden within the subconscious.

With this training, I give you the keys to unlock and unleash the Brave Heart within. Brave Heart is not about rules, Brave Heart is about creating the Emotional Perfect Day for the Perfect Life.

The Ultimate Prescription For Emotional Health

Brave Heart is mind body medicine. The Brave Heart Way Manual is not based on any religion or spiritual teaching, it is based on total self love and was created for everyone from all walks of life.

Over the next 33 days, Brave Heart will transform you and your life forever. We're going to change your world, and we're going to show you how to let go of everything that no longer serves your greater good. We're going to show you how to lose what needs to be lost and find what needs to be found. Prepare for the greatest adventure of your life. Remember to pack light! Oh, wait a minute, you are the light!

Are you ready to question why you think and do the things you do?

Do you realize that the only true form of health care is self-care?

Do you know that self-care cannot occur unless it is rooted in self-love?

When you were born, you had no belief systems, you were total love because that which created you is total love. So now, you must dump, cleanse, erase and replace all belief systems and create a new map of reality based on the real you, the authentic you if you wish to unleash the true you, which is total love, total freedom and total joy.

If love is the answer, self-love is the way. Brave Heart is about building total trust in one's self, finding honor, self-respect and protecting yourself from yourself so that you can finally discover the true you. Let us show you how to redefine your confidence and take apart anything and everything that may be holding you back in any way, shape or form because your beliefs make and shape you.

You are not just a child of earth, you are not just a child of your parents, you are a child of the universe and you are infinite!





Welcome to Planet Earth:

A fun filled, life threatening game

You are a universal traveler who has come here to play. Planet Earth is a fun-filled adventure for the whole family, that can easily become life-threatening at the best of times — unless you understand that you must not just bend the rules, you must break them! Let us teach you the rules of the game.

Where most of us continually trip and fall is when we actually allow ourselves to get upset because there are people starving, people lying, crying, dying, and justifying, people stealing, people cheating, people killing, chemtrails, corruption, Corporation Cancer, the war on drugs, the war on terror, the list goes on... You just got sucker punched, thinking that you landed on Planet Bliss, you forgot, this is Planet Earth! And if you wish to become you, become Youuniversal.

Stop looking for world peace. When you have **inner peace**, you will finally realize you can't have **one without the other**. Stop fighting for independence, the only thing that matters is **inner-dependence**.

Man has been at war with himself and everyone else since the beginning of time, things don't change - only you can change! This is why Brave Heart is sweeping the globe, because love is the answer and self-love is your only cure to finding the joy that you always knew was possible.

This is an exciting adventure as long as you're not looking for approval and you don't take it personal, so turn on your Brave Heart and let's get started! Brave Heart is a life-changing opportunity that will give you a new perspective on personal value that has no limit.

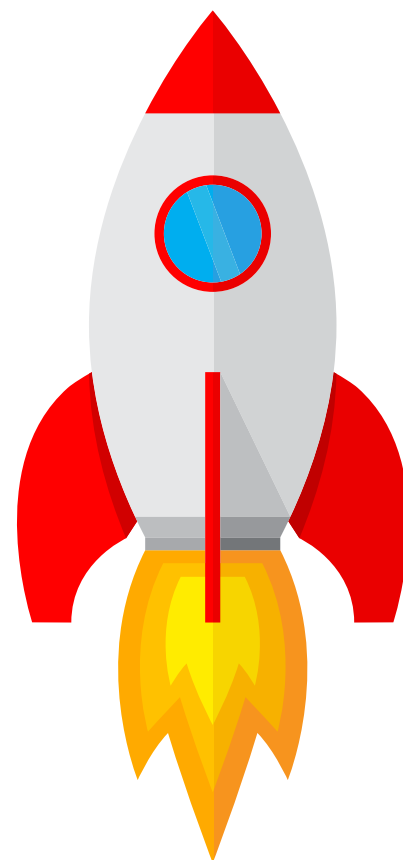
You will uncover your truth and find the courage to roar within a room filled with silence, echoing onto others the full potential of the heart with the heart/brain/gut connection.

First, let's understand what we are not, so that we can uncover who we really are and who we are meant to become. What I'm about to share with you is not a secret; it's the law of your youniverse and the only way to live, if you want to live a life with purpose, passion and joy, because loving one's self is such an unknown concept to most in today's society.

This is due to unconscious programming from those who wish for you to only look outside yourself for purpose, passion, joy and love.

I get questions like, "Is this new age philosophy?"

And I can assure you, it's not. This is about coming of age because total love for one's self is the only true answer.



YOU HAVE A CHOICE



1. Continue to struggle and stay with the herd.
2. Break free and awaken to your fullest potential.

Let me ask you a question... Do you believe that you have the right or even know how to trust, honor, respect, protect, and love yourself first and foremost before anyone else or anything else?

I am not talking about your god, creator, or source... What I am really asking you is, are you the master of your body, mind, and spirit or is the system or other human beings controlling you?

We have purposely been conditioned to keep the heart and the brain apart from each other, because this is how the few control the many, through herd mentality. Until we master the heart/brain/gut connection we will not just discount our heart, we will continue to starve it.

You will be able to awaken on demand when you are in union with your heart/brain/gut connection and how long it takes you to get there will depend on your map of reality.

Let me ask you another question, why is it that heart disease and heart attacks are the main cause of death? The answer: when you starve the spirit, you choke off the heart.

Brave Heart is about showing up, growing up, and waking up. It's time to live the full potential of who you were created to be.

I'm the type of person who loves answers and I'm not afraid to ask the question "Why?"

I like to understand the way things work, what makes them work and why we have come to the belief that life is hard and that love hurts. I am result driven, this allows me to understand the mechanics of success.



Once you experience **Brave Heart** and begin to create **The Perfect Day**, emotionally and physically, you will understand that **your potential** has always been **unlimited** and that the **possibilities** for results are **endless**. There is **no such thing as failure** unless you give up. So fall forward and **RISE**.

What's the most important thing in life?

What's the one thing that gives people power, peace, and happiness?

What's the one thing that would make everyone's life better?

Is it love, money, health, freedom, relationships, family, security?

I feel the answer is beliefs, with a focus of those beliefs being to love one's self first and foremost.

Until you are willing to trust, honor, respect, protect, forgive and love yourself first and foremost before anything else or anyone else on this planet, the love you share, the relationships you have and the success you have created will never meet your expectations of a happy and fulfilled life.

Love is an Inside Job

Why do we see people graduating from the finest schools in the country at the top of their class but fail to get jobs? Yet, people less qualified and supposedly 'less intelligent' find jobs easily.

Why do we see some people, who have all the great qualities of a life partner, yet they live alone and never find true love in their lifetime?

And on the contrary... Why do we see people who are not equipped to be anyone's partner in life finding themselves in countless relationships, leaving a trail of broken hearts everywhere they go?

Why do most people live by the belief that they must work hard all their life just to pay the bills, while others make financial abundance look easy? Only one group in society thinks about money more than rich people: poor people.

Do you see problems or do you see opportunities? The only true evil lies in false beliefs; they are the root of all evil.

Why is it that even when we follow the rules we sometimes don't get the results we desire? While others who don't play by the rules, end up with what they desire.

These undeniable facts led me to ask "Why?" which in turn, led me to believe that it's something we innately lack — functional, foundational beliefs. I knew there had to be a common denominator for all this unnecessary emotional and physical pain that is now accepted as a normal way of life with the majority of our population.

You must learn to ask questions until there are no more questions to ask.

KEEP PUSHING THE

WHAY

BUTTON

Every result in life involves human interaction but... What if you had dysfunctional beliefs without even realizing it? This would ensure that most, or all, of your interactions and relationships would end up being dysfunctional on some level without you ever being aware of it.

Relationships nurture the soul, but let's be more specific about this; only healthy relationships built on healthy belief systems rooted in the heart truly nurture the soul. Unless we have, or more importantly, once we understand what a healthy relationship with others and ourselves truly feels like and looks like, then we will never live life to its full potential.

If your beliefs are healthy, you'll be healthy and if you're healthy, you'll have better relationships; healthy people have healthier relationships. If you're healthy you will be more in alignment for financial abundance and if you're happy you will experience health much easier. People think that once I'm healthy, I'll be happy, once I have money, I'll be happy, once I have a good relationship, I'll be happy but it's not that way at all, which I'm sure you must realize by now. Take a look at your life and the people you are close to and you will come to realize, as I have, that unhealthy people have unhealthy beliefs which causes them to experience a lack of energy and increased pain in their life on an emotional and physical level.

We must learn how to master our emotions or we will never experience what a pain-free, disease-free body feels like. Regardless of what you want in life, the relationship you have with yourself is a crucial part of the result. The quality of the relationship will be measured by the result.

Your ability to be successful will depend on the health of your relationships with yourself and others. Your relationships are going to supersede every other attribute that you have. Including your talent, education, intellect, skill level, persistence or whatever else it is that you bring to the table.

What good is it to fall in love if dysfunctional beliefs continually undermine your relationships?

What good is it to graduate from university or college if dysfunctional beliefs about yourself stop you from getting hired?

What good is it to spend time working hard if you haven't found your passion and purpose?

I think you get the point...

All relationships, starting with the relationship with your self, will never reach their true potential until we are able to access the subconscious, where all belief systems are stored.

Just as your clothing may get worn out or you just simply outgrow them, the same happens to your belief systems that run your whole life without you even being conscious of this undeniable fact.

Your subconscious mind never communicates to your conscious mind, but your conscious mind can communicate to your subconscious. Your conscious mind will have to repeat itself hundreds of times with passion, purpose and faith, using the heart/brain/gut connection technique, if it wishes for this new belief to be acknowledged, embraced and put into action by your subconscious mind.

Your subconscious knows all the things you do and why you do them, it also knows all the things you don't want to do. Your subconscious knows everything about you and even knows where your car keys are when you misplace them.

The only way that the conscious mind can talk to the subconscious mind is through repetition and the heart/brain/gut connection - it's as simple as that. The hardest thing to access in life is your subconscious, but the greatest thing that you will ever conquer is your subconscious. The mind is a wonderful servant but a terrible master.

Let us remember, we are sacred, spiritual beings, here for a much larger reason and serving a much higher purpose. You are infinite love that has lost its way. Until you start asking the question WHY, you will never find the answer; you are the answer."

“ We must learn to live our truth. ”

BE THE ANSWER

Be a Brave Heart Peaceful Warrior

After 36 years of consulting patients, I created what I believe to be the most powerful, transformative program ever developed. I decided to share it with the world 9 years ago because of the hundreds of thousands of people from all walks of life who are now successful Brave Heart Peaceful Warriors.

This complete step by step Emotional Breakthrough Training is online for everyone to experience and discover their true authentic selves at their own pace. But what really makes this training stand apart from all others is the unlimited online support that you will receive through the online Brave Heart Nation Q&A's.

[Check it out here!](#)

Brave Heart is the blueprint that embodies everything I have ever discovered to achieve success on a spiritual, emotional, physical and financial level.

This training is the result of years of research, testing and real world applications of various bodies of knowledge including: psychology, NLP, body language, mind reading, human desire, personality types and decision making processes - all blended together. What I am about to share with you is not only revolutionary; it's simple, it's easy, it works and it's fun!

There's only one catch to the Brave Heart Program...

Self Love

If your desire is to awaken to your full potential, then you **must complete the 12 Self Loving Steps EVERYDAY** throughout the day for the next 33 Days.

It's as easy as that!

Believe me, when I tell you that this information will change your life forever it will. If deep meaningful relationships are important to you along with peace of mind, abundance on all levels, finding your purpose and living your passion everyday, then my friend, let's get started!

Today, we are living in what is called the "Information Age", but what you may not realize... Which I awoke to almost a quarter century ago, is that knowledge is useless unless it is specialized and heart based. Unless you can do something with knowledge it has no use and no power. Brave Heart is specialized knowledge that will forever empower your life.

I have spent 34 years immersing myself in the mental and physical wellness field and I can tell you firsthand that only one out of ten thousand people truly awaken to their authentic self, and this also includes everyone working in the natural and medical health care fields!

You can read countless self help books but unless they motivate you to take action on a continual basis to become the change, then it's just another book. There are countless programs that you can do, on the market today, but nothing will compare to the simple take-action results that the Brave Heart Way will deliver.

Without action, you're nothing more than a spectator watching a movie.

Most people subscribe to the dream that external resources will change their life. We are always looking to get someone to do the work for us and this is the nature of the beast. The beast that I am talking about is the system that wishes to own and control every part of your life.

The system I am talking about says that it will provide everything we want including all of the health, wealth, love and abundance that we will ever need, go figure, sucker-punched again.

In reality, you are the only one that can change your life. We may become inspired or triggered by an external source but what happens after that is the result of a conscious decision that we can only make.

So join me right now and make a conscious decision today to change your life by taking action to become the Brave Heart Warrior you were born to be!

The most important question you will ever ask yourself is "Why?" so let me answer the "Brave Heart Why?" Love, relationships, financial success and a long and healthy life do not come in an App.

Until you start questioning "Why?" everything in your life will stay like it is. You will continually find yourself asking "Why me?". You can only become exceptional at something when you have belief systems that create the Perfect Day everyday.

So, let me congratulate you for taking the most important life-changing step to true emotional freedom by making Brave Heart a priority. You could be doing so many other things but you have decided to be the one in ten thousand that breaks free from the herd.

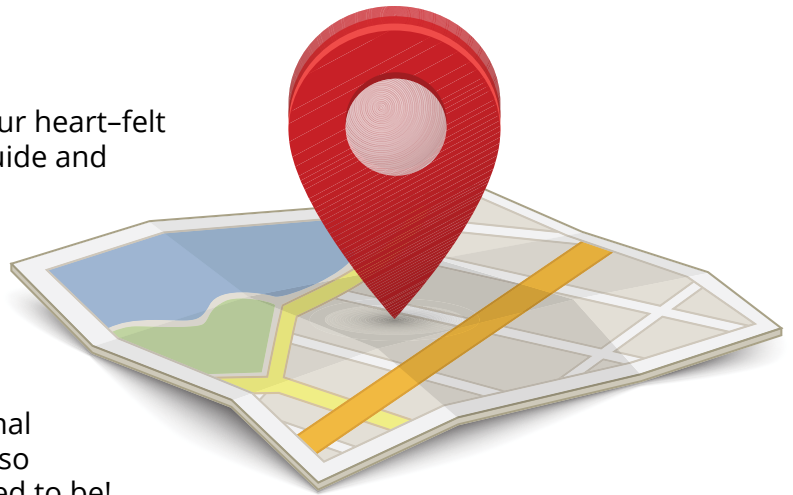


SMILE AND TAKE
THE CHALLENGE!

Map of Reality

We're in this together and I am here for all of your heart-felt questions now and in the future. I am here to guide and help you build your [New Map of Reality](#).

It's time to discard, remove, erase and replace all of the toxic thoughts, views, beliefs and opinions that were unknowingly force fed to you since conception. You are not your thoughts, you my friend are not your story. Let's create the original thought, the original you. Let's empty the mind and fill up our hearts so that we can become the creators we were created to be!



Understand you are absolutely free to disagree with everything I say. If I don't say things you have never heard, then why am I here? If what I say does not ring true don't throw it away, just put it away in a safe place for now. If however, my message rings true to you, you may find yourself among the thousands who have said to me, "I've always believed I could do this, I just didn't know how."

You can have everything you've ever desired; you just haven't been shown how to let yourself allow it. Allow me to be your guide. Everything you've ever wanted is already on its way.

Just know this, we have not really thought about anything, until we think about, what we have thought. Please do not believe what you think about until you have truly embraced your Brave Heart Training. Peak performance only occurs when muscle memory is initiated by your repeated take action successes.

Let's take massive personal action and awaken to the abundance that awaits within us, and understand that repetition is the key to setting yourself free.

If you can totally dedicate yourself to loving yourself, then you can have it all! Allow me to be your honored guide, because everything you've ever wanted is already on its way.

The Brave Heart Way is the most powerful daily exercise for your body, mind, and spirit. We will explore what the heart really is, where it is, how to get there and the language the heart speaks. You have a choice to either brainwash your own mind on a daily basis, which puts you in the driver's seat of authenticity or you can allow yourself to continually be brainwashed by others which puts you into the backseat.

The key to overcoming your mental blocks is to change your map of reality. Unless you are willing to change parts of your personality you will never have a new reality. Through the Brave Heart Way you will quickly come to understand that gentle Self Loving Steps repeated daily using the heart/brain/gut connection is the key strategy that will create the tipping point of change for you to become the master programmer of your life.

We must remove stored experiences and images that were never ours. We must lose what needs to be lost, to find what needs to be found.

Every day you are gifted a brand new opportunity to transform and expand your mind to its unlimited potential. Let's become like little children and start over every morning, connecting to our Lion Heart Breath and leave a trail of smiles wherever we go. Transformation is a moment by moment experience that begins with each new day.

We will never change until our belief systems change – **end of story.**

So, let's unleash the power within, so we can rediscover the language of the heart and its right-brain connection. When we learn what the heart is, where it is and how to get there, we can be freed from the past, learn how to be real and how to experience peak performance in the present moment in an instant.

A baby is born knowing the language of the heart perfectly. We completely lose this language by the age of seven, which causes a disconnect between the heart and the brain. We have purposely been conditioned to keep the heart and the brain apart from each other, this is how the few control the many through herd mentality. Welcome to the Family Curse.

We must relearn the language of our birthright – this would be the language of the heart. Healing your life, demands recognizing the power of your heart first and foremost so that you can tap into the unlimited potential of the heart/brain connection.

Welcome to your new life!



The Heart of the Matter

What I'm about to share with you now is scientifically proven and absolutely amazing. Do you realize that we have 40,000 cells in our heart known as sensory neurons?

They are brain-like cells and are known as the little brain within the heart. These cells are responsible for harmonizing the heart and the brain. This is why your heart remembers all and knows all. These specialized brain cells in the heart learn, remember and think independently from your brain, but as I stated they also harmonize and attune to the brain, otherwise, talk to the brain.

When you harmonize the heart and the brain using the Brave Heart 12 Self-Loving Steps you will discover superior abilities, you will think clearly and solve life's problems at lightning speed. Brave Heart will open the door to your subconscious and will unleash the power of self-healing as you embrace the art of self-love through the heart/brain connection.

Until the age of seven, we are human sponges in a hypnotic trance with no filters, with no choice about what comes in. Very few children experience a healthy family life, specifically healthy parents who are not suffering from the Family Curse. Adulteration is the fuel that keeps the Family Curse alive and strong. Unhealthy subconscious belief systems have been handed down from generation to generation and it's only getting worse through mass media manipulation.

Unless we access the subconscious by harmonizing the heart and the brain with the Brave Heart Technique, we will live a limited life.

Unconscious brainwashing has caused us to not just discount the heart but to actually starve it, this is even more prevalent with the male population. Unless we feed the heart by developing the thinking, the feeling and the memory of the heart, we will starve on all levels, not just physically but spiritually. The process of harmonizing the heart and the brain is guaranteed to give you extraordinary states of consciousness on demand.

In-depth studies have been performed to test the frequency coming off the organs of the body. When it came to the heart, there has not been a device created that is able to test the distance of the frequency coming off the heart. It is believed that we are all connected by and through this heart frequency. If love is the answer then self-love is the driving force to plug-in and turn on the heart to unlimited potential. Through the heart/brain/gut connection, spontaneous clarity can be called on in an instant.

The heart/brain/gut connection creates 1,300 positive chemical reactions. It's all about the neurons in the heart/brain/gut, together they form a network of communication; the most important communication you will ever experience. The act of creativity is the biological trigger of evolution. To trigger self-healing and self-evolving we must harmonize the heart/brain/gut connection.

Using the Lion Heart Breathing Technique (found on page 25) extends life by harmonizing the heart, brain and gut. When we master the art of cycling energy into our body to restore, recharge and heal, we fill our hearts up with love instead of sending our energy outward in defense against the world around us.

When we send our energy outward we cause an over release of the stress hormones such as cortisol, adrenaline and norepinephrine, creating the fight, flight, freeze response. You are wired for survival, you have 3 seconds to choose - are you going to be nervous or excited? Similar chemicals are released, your thoughts create the emotional frequency that you experience. Awakening on demand happens when you marry the heart, brain and gut. The brain releases the healing and rejuvenating chemicals but the instructions come from the heart, through thoughts, feelings and emotions, so as you can see the heart tells the brain what to do. The brain almost never communicates with the heart. Your heart however, has much to say, your heart knows the truth. Real answers come from the heart, not the brain. You will know if your beliefs match others within 3 seconds, if you are heart-based.

The heart speaks briefly, concisely and usually in a single sentence, whereas the brain goes on and on, justifying.

The heart does not tell stories. When you learn the Lion Heart Breathing Technique you will reach what we call Gamma state, this is where you will experience total recall and fast processing of information and emotions. Your power will always be found in the present moment. Your brain will continue to go through issues and doubt with continual questions but your heart already knows the answer. The heart never judges, it only observes, whereas the brain judges. Practice staying heart-based and in the moment. Your negative emotions create and send chaotic signals to your brain, these negative emotions release cortisol, adrenaline and norepinephrine - this chemical reaction will destroy the body if it occurs too often. Your heart and brain share the same network, this being the spinal cord and the Vagus nerve.

The heart has a lot to say to the brain, our heart knows and tells the truth; do not expect the same thing from the brain. The heart can retrieve information at light speed, whereas, information from the brain comes slow.

It's never the heart speaking when there's a story; it's the brain justifying the lie. Remember you are not your story. You are guaranteed clarity and super learning when you use the Brave Heart 12 Self Loving Steps and the heart/brain/gut connection technique.



LOVE MAKES ME
HAPPY!

The brain processes through loops of fear, doubt and worry along with what it believes to be logic. Your brain loves dealing with issues from the past such as conflict, trauma and anxiety whether real or unreal. This in turn creates self-doubt and low self-esteem in order to keep you from your future, your destiny, the real authentic you.

The heart never judges or looks for right or wrong, good or bad, but it will decide what's true without judgment. Judgment jail and the poison pill is the making of the brain game. The brain judges the past and fears your future whereas the heart has infinite thinking and unlimited potential. When you are working through and with your heart, it creates a natural state of calm and alignment, causing all your senses to tune in and turn on, which guides the brain to create the body and life we all knew was possible.

Let us never forget that the mind never sleeps, so we must watch what we feed it because our thoughts become things. Let me teach you how to become the filter, otherwise, a conscious creator that monitors, observes, but never judges what comes into and flows through that beautiful mind of yours. Your beliefs make up the lens that you see yourself and the world through. Focus your lens on what you really want. Self-talk is the most powerful, life-altering conversation you will ever experience in your lifetime. They say that if you talk to yourself, then you must be insane. Well, everybody talks to themselves, so then I guess everybody must be insane!

Now you have a choice...

To be insanely happy where you are the conscious thinker, creating in the present, or to remain an unconscious thinker, living in the past, fearing your future and missing out on the present moment, the present being the only place that joy can ever be experienced.

One of the most beautiful gifts that you will ever give to yourself, your family, your friends and most importantly to your children is to finally put an end to the Family Curse. As you break free from dysfunctional beliefs, you will transform the Family Curse into the Family Blessing. You become the blessing.

Those you love and associate with will unconsciously feel threatened by this. One by one or all together they will come up against you and your new belief systems, because they will feel you are turning your back on their belief systems... But what they are actually experiencing is their subconscious fearing that you are breaking away from the family unit, otherwise, from herd mentality.

The need for approval, fitting in, and taking things personal is force fed to us before we can even walk or talk. This is called the Ox Mentality.

So let me ask you honestly, how much have you practiced self-love in your life? Many would say, if being totally honest... Never. I've worked with tens of thousands of people and almost all say, "what does that even look like... What does that even feel like... How do I even start?"

This is the Majority. This is Ox Mentality.

This is the Family Curse.

As you awaken the Lion within and begin to put the Family Curse to sleep you may hear:

“What... you think you’re better than me?”

Or they may state things like:

- **“We’re not good enough for you?”**
- **“What did I do wrong?”**
- **“Don’t you like me?”**
- **“Don’t you love me?”**
- **“Is there another woman?”**
- **“Is there another man?”**
- **“I thought you liked our life?”**

People will not only justify the lie, they will actually die for the lie. But in actuality it’s not the person that is lying, it’s their subconscious belief system fearing a new reality. When you become a Brave Heart Peaceful Warrior you will have the ability to recognize when your subconscious is blocking your growth. Being able to state the phrase, “That was the old me.” is not only liberating but will release the Lion from its cage and weaken the hold of Ox mentality.

As I stated before, it’s time to show up, it’s time to grow up; it’s time to wake up and set your Brave Heart Lion free.



Many do not realize this, but the majority of all physical and emotional abuse takes place first in the mind and then in the home. When you really do awaken, you will all be surprised and even shocked at what you thought was normal family behavior. What you once accepted as normal will not only look abnormal but it will also feel abusive and not heart-based.

When I decided it was time to make a change in my life and put an end to the Family Curse, friends and family members called me names like – Buddha, Jesus or would ask, “Darrell, did you join a cult yet?” Our beliefs with love and money are similar, they’ve both been poisoned. Both of these will become abundant when we no longer have belief systems built on lack. When you want to make a change, your family will support you at first and say things like, “That’s great!” or “Good for you!” and then when you do start to actually make changes, they will feel threatened on a subconscious level and try to derail you.

This is a natural reaction because of their unconscious, subconscious dysfunctional beliefs that wish to protect their personal map of reality, whether it is a healthy one or not. It’s amazing what people will say and do when they feel threatened by something new. So you have a choice, honor the Family Curse and stay insanely miserable or become the hero of your own story and honor the greater part of you. Even if it means your family laughs or disapproves of the new real you. Low vibrational things will just naturally fall away due to your new belief systems such as parasites and diseases from your body and people who no longer match your vibration. Like attracts like.

So together, let’s take the first loving baby step towards becoming a Heart Peaceful Warrior Brave and learn the art of self-love, where you now process your emotions in the heart and up through the right side of your brain, this being the creative side of your brain, or what is also known as the Lion.

Align yourself and embrace the fact that the soul purpose why you were created, was to be a masterful creator, you are the creator of everything. How you look, feel and act at any given moment whether you are conscious of this fact or not is known as, emotional anatomy. Your physical health is an extension of your mental well-being, otherwise, how well you master your emotions will be how healthy you will be at any given moment. You are what you focus on.

We are sacred spiritual beings here for a much greater reason and serving a much higher purpose than many believe. You are infinite love that has lost its way. Until you start asking the question why, you will never find the answer. Be the answer, become the way, become a Brave Heart Peaceful Warrior.

Cultures from all around the world partake in rituals because rituals. As we all know, habits are easily made, easily broken or even forgotten, whereas with repetition, rituals become woven into the very fabric of our being.

Before we begin the 12 Self Loving Steps, let's learn how to get and stay connected to our breath.

The only time that we are breathing slowly and deeply is when we are **relaxed and in alignment**. It is known and understood that in this state the body is in total alignment, **releasing chemicals, hormones** and signals **for your complete healing on an emotional and physical level**. So let's master the **Lion Heart Breathing Technique** together with the **heart/brain/gut connection**.



The Lion Heart Breathing Technique

The Lion Heart Breathing Technique is a simple but powerful daily practice where you hold your right hand over your heart and your left hand over your belly button to help you realign before you take action. Your mind will instantly go where you touch, so let's learn to process through the heart first and not the mind or you will be left cleaning up a mess.

Focus on and connect to your heart first, then engage the Lion Heart Breath. Begin by taking a slow, deep, relaxed breath, eyes closed or open, 6 seconds in through your nose, Hold this breath for 2 to 6 seconds, this is called stillpoint. As we enter into this stillpoint state, our bodies naturally dissolve stress, tension and dis-ease and open to the biological process that activates the glands and the energy system of the body, shutting down the mindless chatter and bringing us into consciousness and the full expression of who we really are, then exhale 7 seconds out through your mouth. You have just made the most important journey of your life, the heart/brain/body connection.

Just 3 Lion Heart Breaths will begin the process of bringing you back into the present moment, which is your only personal point of power. The Lion Heart Breath is essential to do when you wake before you open your eyes to start your day and before you go to sleep every day. This is wonderful to do as many times throughout the day to realign yourself.

If you are looking for an energy super boost, see page 32 for the Brave Heart Breathing Technique. This technique will energize you and change your physiological state in a New York Minute to a Brave Heart Warrior. It is also great to do if something dramatic just happened in your life, repeating this technique 10x (not the regular 30x) will bring you back to self-love.

When doing the Lion Heart Breathing Technique we are reinforcing that we are safe because most people still believe the boogie man exists (flight or fight). The only time that we slow our breathing with deep breaths is when we feel safe and live a big, joyful, happy life.

When you breathe shallow and slow, you are telling your body that you are in danger of being eaten or under attack. We now need to create the belief system that we are always safe.

Introduce the Lion Heart Breathing Technique into your daily routine so that you may stay heart smart and the master of your mind. To change your state, you must change your physiology.

When you practice the Lion Heart Breathing Technique, you are telling your body that it is safe.

By breathing slowly, 6 seconds in and 7 seconds out and holding your right hand on your heart and your left hand on your belly button, feel the feeling that creates 0.1 hertz. Feel the feeling that sets up coherence for the union of the heart/brain/gut connection.

The more we practice this technique the more we master love for others and love for ourselves. The best way to continue the 0.1 hertz gamma state throughout our day is to embrace and repeat the Lion Heart Breathing Technique on a continual basis, the four pillars of harmonizing the heart/brain/gut connection.

During your Lion Heart Breathing Technique, here are 4 things for you to do, feel, think and be:

1. Love for everything and everyone
2. Gratitude for everything and everyone
3. Joy for everything and everyone
4. Compassion for everything and everyone



If you experience any of these feelings while in the heart, performing the Lion Heart Breathing Technique, you are triggering the neurons from the brain and the heart to reach out to each other and connect to create full-body harmony.

As I stated before, we are talking about hard science here, not just some new age philosophy or fairy tale story. Within 72 hours of initiating the Lion Heart Breathing Technique, your heart/brain/body connection will establish new neuron networks with each other.

These neurons will stretch out to find other neurons to build other new networks. It takes 3 days (72 hours) to establish these new networks. The more you repeat the Lion Heart Breathing Technique throughout your day, the longer and stronger the connection.

Our research has found that typically when you perform 3 minutes of the Lion Heart Breathing Technique, it sets in motion a cascade of life-enhancing hormonal and chemical events in your body that will last 6 hours.

You now have the ability to trigger this life-changing immune response anytime, anywhere. This technique, though simple, will awaken your life's greatest potential, the real you. It is the key to your personal point of power.

LION HEART BREATHING TECHNIQUE STEPS

1. Shift your awareness to your heart and hold your right hand over your heart and your left hand over your belly button.
2. Breathe a little slower than you typically would. Inhale 6 seconds in through your nose, hold for 2 to 6 seconds, entering stillpoint, then exhale 7 seconds out through your mouth.
3. As you breathe, feel your breath originating from your heart and begin to feel the feelings of appreciation, gratitude, care and compassion to the best of your ability.

Brave Heart Countdown Connection

When anything in your life causes you to go into a sympathetic state and create a fight, flight and freeze response you have 3 seconds to make a choice; Excited or Anxious? Similar hormones are released when we are excited and anxious - adrenaline, cortisol and norepinephrine.



The best way to ensure that you go into a **state of excitement** in 3 seconds is **as follows**:

1. Lovingly snap your Love Band-Life Band
2. State out loud with passion, "3, 2, 1... I got this!"
3. Sit down with your back straight and activate the Lion Heart Breathing Technique as mentioned above. When you make the heart/brain/gut connection, stay sitting for another 3 minutes, take the time, so that you become The Perfect Day.

When we master the art of cycling energy into our body we will restore, recharge and heal, our hearts will be filled up with Self Love instead of sending our energy outward in defense to the world. Awakening on demand happens when you unite the heart, brain, gut connection and the 12 Self Loving Steps.

You now have the ability to trigger this immune response anytime, anywhere. These technique's, though simple, will awaken your life's greatest potential, the real you - the authentic you. You are your personal point of power.

Within 33 Days, you will have complete access to your subconscious, which will awaken all your senses and abilities to become the master of your belief systems and most importantly, your purpose for existing. Within nine months you will birth the real you, prepare for greatness.

You will no longer be caring for yourself because you are scared of becoming sick, you will now care for yourself because you now , honor, respect, protect trust yourself. Intention with e-motion Is Everything.

« The universe is abundant and so is planet earth;
lack comes from mankind, the spirit knows no boundaries. »

YOU'VE GOT **3 SECONDS TO SAVE THE WORLD!**

A fact that everyone needs to know to win at this earth game but nobody is talking about, is that human beings are not designed to do things that are uncomfortable, scary, difficult or even new. Because of the way our subconscious works anything that creates a struggle, difficulty, anxiety, fear or any hesitation will make our subconscious sit up, rear up and take action.

Our subconscious is designed to protect us against anything that creates the slightest fear, anxiety, hesitation or anything that can scare us because whether real or unreal because that's its job, first and foremost, to keep us alive and safe no matter what.

Things get a little tricky when you believe you have an amazing idea but because your subconscious hates anything and everything new. Not knowing what the subconscious truly is, you believe that you lack motivation and will power, so you never take action.

What if your lack of success had nothing to do with motivation or will power? What if it was all about 3 seconds of hesitation, repeated too many times? Remember your not your thoughts, your not your story, end of story. It's all about the way your mind is wired, it's all about your beliefs and in this case, it is the lack of belief in yourself that creates this dysfunctional belief we call hesitation. Do not believe a thought you think until you master the 12 Self Loving Steps. It's as simple as that.

To build a successful business or to become a great dancer, pianist, carpenter, health practitioner or to be a great mother, to be a great father, son or daughter we must introduce something new, which means we must do things that are difficult, uncertain and scary, which creates struggle in all of us. You're never going to feel like changing... because motivation and will power are B.S. We're only motivated to do the things that are easy. Oh and by the way, the easy things are not new, they are habits whether good or bad that have been accepted by the subconscious. If you want a new reality then you must change parts of your personality.

If this new idea or thought creates the slightest hesitation, it will instantly get the attention of your subconscious which will then jump into the 911 protection mode and put a stop to the new idea or thought. The hesitation sends a signal to the brain causing a sympathetic state that causes you to go into not fight, not flight but go straight into the freeze mode. This is your subconscious blocking this new idea and locking you down.

3 . . . **2** . . . **1** . . .



BEAT THE BRAIN

And here's where it gets interesting. We have to do things that are difficult because without struggle, without difficulty, there is no growth and without growth, there is no success. So if you wish to have success then you have to learn how to beat the brain, otherwise, outsmart the subconscious and eliminate hesitation from your belief systems.

3,2,1 you got this!

We must become 100% aware of the fact that anything new will cause the subconscious to 'rear up' and push back. Remember you only have 3 seconds to beat the brain at the hesitation game. Never forget the 3 second rule – snap back to the real you.

Just as you must lovingly break in a horse that is rearing up, you must lovingly distract and disrupt the subconscious. You have 3 seconds to snap back to reality, connect to your Lion Breath and enjoy the ride because this puts you back in the driver's seat of your conscious mind. The present moment your true point of power. There is no success when things remain fearful, anxious or scary because your mind is conditioned to stop you from doing anything that has any fear or hesitation attached to it. The first job of the subconscious is to keep you safe. Understand, unless you're willing to take risks, you will not grow, you will not evolve.

And just to reinforce the fact-- motivation is B.S.

This is a dysfunctional belief because you will only feel motivated in what you've done already or what you're good at. And I can tell you that this is law, we have to outsmart our subconscious, embrace the Lion Breath, snap back to reality and 3, 2, 1 YOU GOT THIS!

So remember, you're only motivated with your prominent beliefs, never with your new beliefs or your new desires, whereas we are always motivated with things that are easy.

“ A new thought, a new idea, dream without hesitation Brave Heart. ”

Live by Design

Ask yourself this, why is it so difficult for you to do the little things that would improve your life? Why, because your mind is always watching and waiting to do its job and to do it well, and that is to stop anything new, big or small, good or bad. That's its job. It's that simple.

So, my question to you is. Do you live by design or default? You must design your mind differently; your mind will stop you at all costs from doing anything that it perceives will hurt you, which is everything new to you. Your mind makes a terrible master but a great servant. Teach it to be obedient to you with the Brave Heart 12 Self Loving Steps.

So how does this all start, this not living the life that we want, that we deserve? This all starts with something subtle that we don't catch, because we are programmed to see what we're only taught to see. This changes today, let's do it the Brave Heart Way.

We all have this habit that no one's catching because no one's discussing it. Hesitation is that habit. Let me give you an example. We're laying in bed and we come up with this beautiful idea and by the time we get out of bed – we hesitate – and what we don't realize, at that very moment, is that when we hesitate we do not move on that beautiful idea, and the sad part is, this idea can be lost forever but if we learn to lovingly snap back to reality with the 3 second rule these ideas can change your life forever.

None of us just wake up and decide we're going to undermine or destroy our life. But think about it, we've all been here, and most of us have been here too long and or too often, that ends today. That hesitation is an e-motion that sends a stress signal to your brain – that signal alerts your brain to put a stop to this new thought, to this new idea. The brain says, "why is she hesitating now, she didn't hesitate to make coffee, she didn't hesitate to put on that dress, she didn't hesitate to drive the car, why is she hesitating with this, something's up, something's wrong." So, your brain goes instantly into high alert freeze mode, '911 protection'. There are a billion ways that your brain will protect you. One of them is, your brain will always magnify risk to pull you away from something that it perceives to be dangerous. Your subconscious is the king of all 'drama queens' for your own protection. You can trace every problem or complaint in your life to hesitation.

We have become a **Hesitation Nation**.



Brave Heart Countdown Connection (Continued)

As I stated before, you need to get this - motivation is B.S. and realize that your subconscious is never going to want you to do things that are new or difficult, so you need to stop waiting until you feel like it - Because feeling like it - may never come.

Just remember this, you're only one decision away from creating a totally different life, a totally outstanding life. This is why your Love-band Life-band will not just change your life but it can save your life. Just snap back to reality within 3 seconds with your Love-band Life-band and your Lion Heart Breath and then take action, so that you remain the master of your emotions. You have a micro-moment in time to get it right, so be present and create with focused clarity through the heart-brain connection.

Three seconds to snap back to reality.

3, 2,1, I can do this!

3, 2, 1, I got this!

3, 2, 1, That's the old me!

This simple yet powerful technique will short circuit the subconscious and move the focus to your prefrontal cortex of the brain, bringing you back to the present moment, thus side-tracking the FUD program, this being fear, uncertainty, and doubt triggered by hesitation.

When you countdown, 3... 2... 1... and you reach '1', a new program kicks in and triggers an awakening of the brain. The 3 second rule becomes a starting ritual that triggers hope, faith and courage, which allows you to instantly shift gears... towards that successful life. Counting backwards takes more focus than counting forwards and this helps to create your new true to you reality map.

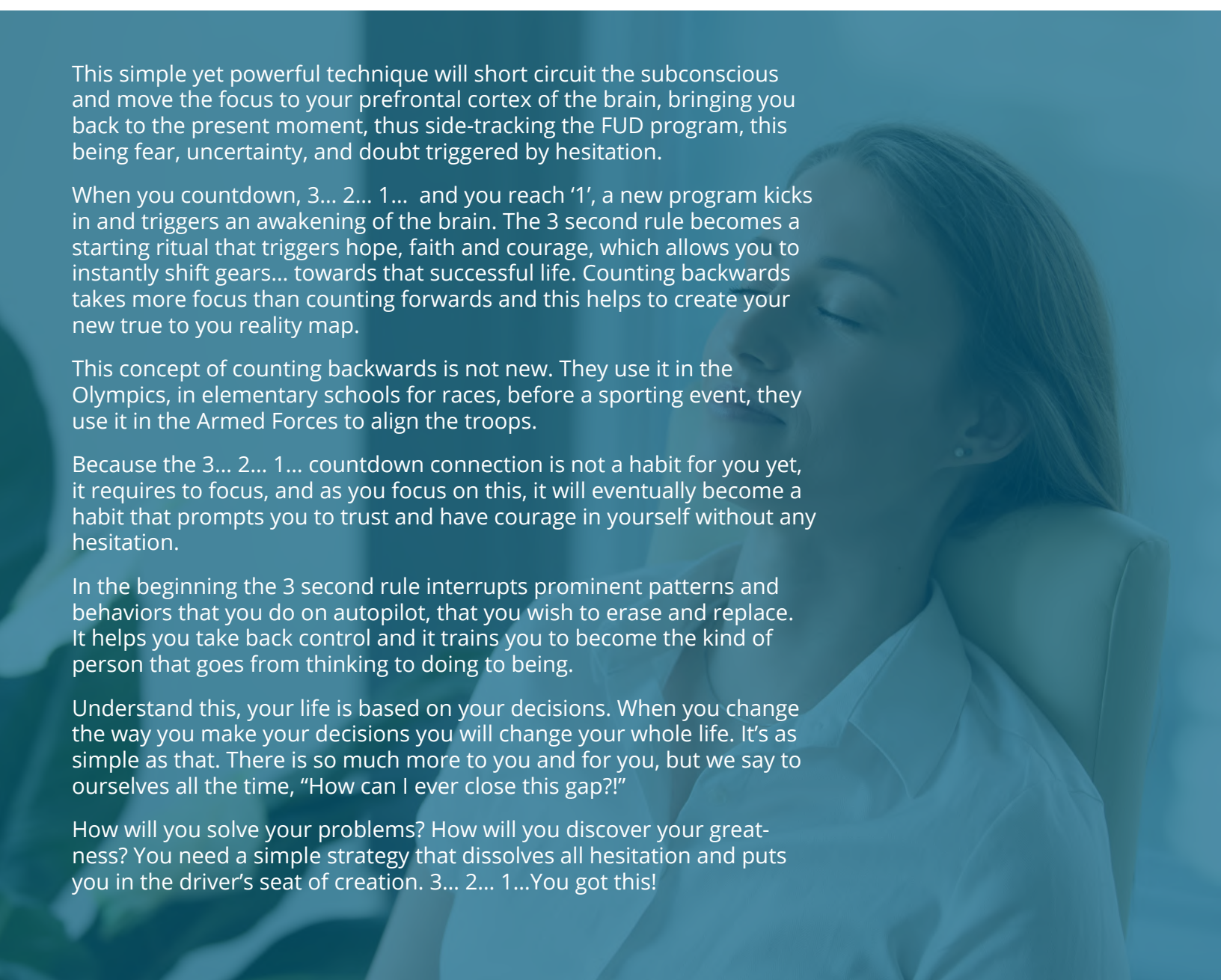
This concept of counting backwards is not new. They use it in the Olympics, in elementary schools for races, before a sporting event, they use it in the Armed Forces to align the troops.

Because the 3... 2... 1... countdown connection is not a habit for you yet, it requires to focus, and as you focus on this, it will eventually become a habit that prompts you to trust and have courage in yourself without any hesitation.

In the beginning the 3 second rule interrupts prominent patterns and behaviors that you do on autopilot, that you wish to erase and replace. It helps you take back control and it trains you to become the kind of person that goes from thinking to doing to being.

Understand this, your life is based on your decisions. When you change the way you make your decisions you will change your whole life. It's as simple as that. There is so much more to you and for you, but we say to ourselves all the time, "How can I ever close this gap?!"

How will you solve your problems? How will you discover your greatness? You need a simple strategy that dissolves all hesitation and puts you in the driver's seat of creation. 3... 2... 1...You got this!



THE BRAVE HEART BREATHING TECHNIQUE

This Brave Heart Breathing Technique will excite and invigorate the whole body from the inside out. Initiate the Brave Heart Breathing Technique with your Brave Heart Stance. Prior to beginning Brave Heart Breathing Technique, if possible do 5 minutes of Belly Button Therapy, otherwise, push the button that activates the Vagus nerve to trigger the brain to release your relaxation healing hormones - that would be your Belly Button.

The Brave Heart Stance*

1. Eyes wide open
 2. Chin up
 3. Shoulders back
 4. Chest out
 5. Sternum reaching the sky as if there's a cord attached to it.
 6. Confidently smile
 7. Sitting or standing
- * This is how a successful woman or man walks through life.

Brave Heart Breathing Technique Steps

Start with your arms in weight lifting pose (90 degree angles), with your hands closed and breathe in deeply through your nose as you bring your arms and hands straight up in the superman pose.

Then breathe out through your mouth, closing your hands as you bring your arms back down to weight-lifter pose (90 degree angles).

Do the Brave Heart Breathing Technique for 30 reps 1 to 3x a day.

The Brave Heart Breathing Technique costs nothing, it only takes 90 seconds out of your day and it won't just change your life, it just might save it!

The Brave Heart Breathing Technique Poses



Repeat this technique 3x a day

The Brave Heart Pump Technique

Did you know that 90% of our brain cells are lying dormant? But as with everything, we have the energy within us to activate these dormant brain cells, all we have to do is pump it, pump it up! We have two pumps that move the fluid in our spine, the sacral pump and the occipital pump.

The Brave Heart Pump Technique is the most simple and effective exercise to activate the occipital pump and sacral pump and to move the spinal fluid and brain fluid.

Start by holding your hands over your heart and feel love, gratitude, joy, and compassion for everything and everyone. Your mind will instantly go where you touch, so let's learn to process through the heart first where it matters the most. Once you feel love, gratitude, joy, and compassion flowing through your heart, bring your hands down to your tummy and rub in a clockwise motion, infusing those feelings into your belly.

Now you can engage your Lion Heart Breath and begin the Brave Heart Pump by bringing your arms up into weightlifter pose and activate your Brave Heart Stance. Expand your chest, expand your stomach, lift your neck up and tilt your chin up, have a slight smile on your face and smile with your eyes. Now take a slow, deep, relaxed breath, eyes closed or open, 6 seconds in through the nose, press your neck into your shoulders, pull your arms back and your shoulder blades together and push the middle of your spine forward and feel the golden light energy coming into your whole body and flowing through your spine and into your brain.

Hold this breath for 2 to 6 seconds, this is called stillpoint. As we enter into this stillpoint state, our bodies naturally dissolve stress, tension and dis-ease and open to the biological process that activates the glands and the energy system of the body, shutting down the mindless chatter and bringing us into consciousness and the full expression of who we really are.

Now exhale out through your mouth for 7 seconds, imagine grey, stagnant energy releasing from your body. Curb your body down and tuck your tailbone under and round your back forward. Bring your arms down and in, your hands will be in front of your face, bring your elbows towards each other and tuck your elbows in towards your tummy. You really want to curb your body so that you can feel it in your core and through every joint of your spine and the muscles that run vertically beside your spine, also known as the erector spinae muscles.

Inhale, expand your chest, tuck your chin in towards your throat, then push your chin back up as you raise your head and bring your arms back out to the sides. Repeat this back and forth movement 36 times or as many times as you need to reach the point of being at peace with yourself and the world around you. This movement activates the Brave Heart Pump and loosens all the joints in the spine.

Next, you will rub your hands together and feel the warmth and energy in your palms. Hold one hand on your sacrum and the other on your occiput and feel the warmth flowing from the sacrum, up the spine into the occiput and into the brain activating your dormant brain cells. Until you master your energy, your energy will master you.

The **Brave Heart** Pump Technique Poses:



BRAIN BALANCE BREATHING TECHNIQUE

The Brain Balance Breathing Technique is a simple yet, revolutionary breathing exercise. It is proven to help improve mental health, concentration and cognitive function by activating the acupuncture points on your earlobes to stimulate the mind.

This technique helps to:

- Synchronize the left and right side of the brain
- Increase and distribute energy
- Increase peace and calmness
- Stimulate thinking capacity
- Increase mental energy
- Improve creativity
- Develop cognitive powers
- Improve focus, concentration and memory
- Improve decision-making skills
- Relieve stress and behavioral problems
- Balance your emotional and mental balance

The Brain Balance Breathing Technique is a must-have tool for everyone who is looking to improve the brain, gain more focus and enhance their mental wellbeing overall. This technique is especially beneficial for hyperactive children, teens, the elderly, Alzheimer's, Autism, Down's syndrome, depression, dyslexia, ADD/ADHD and so much more.

« The Brain Balance Breathing Technique is a must-have tool for everyone. »



How To Do The Brain Balance Breathing Technique

The Brain Balance Breathing Technique must be done properly to reap all the amazing benefits it has to offer.

1. Find somewhere quiet and peaceful to perform the Brain Balance Breathing Technique in the morning or when you have time.
2. Remove jewellery and face East. If you are elderly, face North.
3. Get into your Brave Heart Stance. Standing straight, eyes wide open, chin up, shoulders back, chest out, sternum reaching the sky as if there's a cord attached to it and confidently smile.
4. Place your tongue on the roof of your mouth, just behind your teeth. Same place it is when you say, 'La'. Keep your tongue there for the whole Brain Balance Breathing Technique.
5. Cross your left arm over your upper body and touch your right earlobe with your left hand. Hold your right earlobe with your thumb and forefinger, keeping your thumb in the front.
6. Now cross your right arm over your upper body and touch your left earlobe with your right hand. Hold your left earlobe with your thumb and forefinger, keeping your thumb in the front.
7. Inhale through your nose and squat down to the ground, bending your knees and keeping your back straight.
8. Exhale as you come back to your standing position.
9. Repeat the Brain Balance Breathing Technique 14 more times (total of 15 times). Remember to hold your earlobes, keep your tongue on the roof of your mouth and your back straight.
10. You can also do the Brain Balance Breathing Technique for 3-5 minutes to tighten and tone your body and mind.

To get the most out of the Brain Balance Breathing Technique, make it a part of your daily routine and get the whole family involved. If you have children, make it a fun experience for them and perform the technique together to create the Perfect Day. Become a Brave Heart Warrior.

The Brain Balance Breathing Technique Poses:



JOURNALING FOR SUCCESS

There is increasing scientific evidence that states, journaling has a positive impact on physical and emotional well-being. Writing accesses the left side of the brain, which is the Ox, otherwise known as the worker. While your left brain is occupied, your right side of the brain, or Lion side, is free to create and visualize your new map of reality.

Writing uncovers dysfunctional beliefs which allows us to erase and replace them with functional updated beliefs that are in line and true to your vision and purpose, allowing you to focus on what you really want, who you really are and how you wish to see the world.

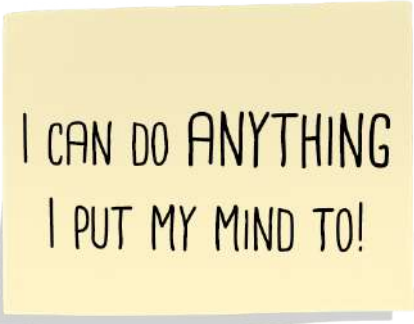
Do you feel confused about what you want in your life?

Journaling is a great way to become clear with your thoughts and feelings. It is perfectly fine to write down all your thoughts and emotions, whether they are uplifting or not. Understand that your mind is like a river and not all thoughts are originally yours; so let the thoughts that do not serve your greater good or your life's purpose float on by. Write a list of all the things you no longer want in your life and then burn it as a symbol of letting go. Never forget you are not your thoughts or your story until you master your super power that would be your e-motions.

Never push negative thoughts, feelings or people away because they will just push back, notice them briefly and then go on your merry way focusing only on what you want, Creating The Perfect Day every day!

Writing is left brain work and this helps to get rid of dirty laundry and to clear your thoughts. Where the answers really come in is when you use the right side of the brain and initiate the Lion Heart Breathing Technique. Keeping a journal lovingly allows us to track ourselves, our families, our pain body programs, our patterns, and our growth.

Remember planet Earth is a fun filled life threatening game for the whole family and you got this Brave Heart. Journaling will bring clarity to the present moment, helping you create more focus on what you want you really want.



I CAN DO ANYTHING
I PUT MY MIND TO!

Journaling includes logging your dreams and goals, writing your goals signals to your brain, "this is important." Your brain will actually alert you of opportunities and tools needed to achieve your goals. What is your end game? Where do you see yourself in twelve months? Remember how you act and what you think is your blueprint. Consider what it would be like to build a house without a blueprint. It is important never to over-think or over-manage your dreams. The universe is always on your side, ready and willing to help you create your greatest dreams, remember that teamwork makes your dreams work. Believe in yourself and keep the faith.

If 'A' is you creating your wish list with passion and purpose and 'Z' is you already having, doing or being that which you desire – everything in between from 'B' to 'Y' is in the hands of the universe or that which is your Faith, because the mind is limited. Your creator will always give you what you desire and will know the best way and best time to give it. Just have faith and stay connected to your heart and watch for the signs.

You can pray, wish and worry but without a positive personal take action attitude, your dreams could turn out to be nightmares because they will never materialize. We must always take personal action to reconfirm our belief within ourselves. Snap to it.

So be patient and rehearse the Lion Heart Breathing Technique everyday along with your 12 Self Loving Steps, stay aligned and stay present.

Journaling is a very effective outlet to process emotions, it increases self-awareness and self-realization on how our emotions actually affect our physical body because our physical body is an extension, or otherwise a reflection, of our emotional body.

Journaling boosts memory and comprehension, strengthens self-discipline, improves communication skills, confidence and mood, plus it spark creativity!

A friendly reminder, do not journal when you are stressed out or tired because this is when you are out of alignment and you will be a mis-creator because your subconscious will sucker punch you every-time. Journaling is a practice in creation that should be fun, uplifting and fulfilling.

Make sure that you are continually practicing your Lion Heart Breathing Technique while journaling so that you are aligned with the heart/brain/gut connection, which will always keep you connected with the real you.

Keep journaling, be specific and keep asking, "What do I really want?" Not what the world wants, not what my husband or wife wants, not what my kids want... "What do I really want?"

How many people do you know including yourself, have given up just before they reached the finish line? It's a game, it's an adventure, become a Brave Heart Hero.

GOALS

S Specific

M Measurable

A Achievable

R Realistic

T Time Based

SET YOUR GOALS

Goal setting is a powerful tool if you understand what your End Game is and the experiences that you need to accomplish them. Motivation is B.S otherwise a dysfunctional belief system if the Brave Heart Connection Countdown is not there to turn your dreams into your reality. 3,2,1 you got this! Setting goals can help you steer your life in the right direction you want it to go. By knowing exactly what you want to achieve, you will know where you need to focus your energy.

Set yourself up for success by ensuring your goals are specific, meaningful, clear, attainable, relevant and trackable. Start off by writing down 3 personal goals and 3 business goals that you want to accomplish each day. When we have too many things on our list we make bad decisions and waste our mental power and we get burnt out.

These goals can be as simple as, "Today, I will drink 1 gallon of Structured Water." or "I will complete this project by 3pm."

Effective Goal Setting Tips

Set S.M.A.R.T goals:

Specific, Measurable, Attainable, Realistic, Time-based

- Make each goal a positive statement. "I will complete this project by 3pm." vs "I won't be late completing this project."
- Be specific and as detailed as possible. "Today, I will drink 1 gallon of Structured Water" vs "I will drink lots of water today."
- List your goals by priority.
- Always write your goals down to solidify them.
- Keep your daily goals simple, realistic and attainable.
- "Today, I will exercise for 30 minutes." vs "Today, I will run 5 miles."
- Set goals that are personal, that you can control and that you are responsible for.
- Set your goals for the next day before bed so that you're prepared to conquer your day when you awaken in the morning.
- Congratulate yourself when you achieve your goals.
- Today, we stop lying and become a Brave Heart Lion.
- Gentle baby steps and the 12 self loving Steps will carry you to success.

« Brave Heart is the Olympics of living, loving, and laughing. »

Let's begin with the first **gentle, self loving step!**

THE PERFECT DAY: 12 Self Loving Steps

Honor yourself first and foremost by honoring these self loving steps.

Begin Step 11: Recall Healing (page 83)
as soon as you begin your 33 Day Awakening Transformation.



A smiling woman with long brown hair, wearing a white tank top, holding a glass of orange juice with a straw. The image is overlaid with a semi-transparent blue and orange gradient.

Self Loving Step

1

The Gratitude Attitude

SELF LOVING STEP #1: THE GRATITUDE ATTITUDE

Having gratitude fills the heart with love. Upon waking every morning before your eyes even open, initiate The Lion Heart Breathing Technique, which is six seconds in and seven seconds out with your right hand gently over your heart and your left hand over your belly button to establish the heart/brain/gut connection.

Now begin by listing at least 3 people and 3 things you are grateful for. One of those people should be you. When possible, state your gratitude's out loud with heartfelt emotion and intention, as this will make them 10x more powerful.

There is no better way to start your day! We need to do our gratitudes daily because they create thankfulness and this sets the vibration for the perfect day. Be grateful for what you have, for who you are and for what you and what you wish to be and see. Picture yourself already there, already having it; just breathe, allow, have faith and know you deserve what you desire.

Just know this, first and last hour of the day are the most important times of the day for thankfulness and being grateful for all we have. I like to call this time of day "The Power Hour." This is when your connection to your faith will be the strongest, so be totally present and quiet so you do not miss out on this gift. God only whispers.

Total self-love creates total value, the more value you possess the easier it is to allow because you put yourself in the position of deserving. You and your life are an extension of the value you place on yourself, otherwise, what you think and the way you act. Don't ask yourself why you are not getting the respect that you deserve from those around you, when you have placed little value on yourself.

Very little self love equals very little value - Total self-love equals total value - Do the math.

Gratitudes are a beautiful daily practice as they reconfirm who's really in charge of your feelings - that would be you!

Some examples of this might be:

"I am grateful for my loving family and beautiful home."

"I am grateful for the continual abundance in my life."

"I am grateful for knowing that I exist."

"I am grateful for knowing that I will always exist."

"I am grateful for my vibrant health."

"Because I am, I can, I will."

Use your imagination, it's your greatest asset!

- Always stay connected with your Lion Heart Breathing.
- Stating your gratitude out loud will make it 10x more powerful.
- Give gratitude for things that have not materialized yet and then prepare to be amazed.
- Place Sticky Notes everywhere as a loving reminder that gratitude is the only attitude!
- Write your gratitude in your journal and watch how they come to life.

KEEP THE
SMILES COMING!





Self Loving Step

2

Off the Hook

SELF LOVING STEP #2: OFF THE HOOK

Send love to 3 people, systems, corporations or anything in your life that upset you (ex. Chemtrails, taxes, etc.) This might even be you and if it is, remember, you come first and foremost. Let yourself off the hook for things you cannot fix and are probably none of your business. Let yourself off the hook for things you think you could have done or should have done because the more contaminated your beliefs are, the more guilty you become and the more deeper and painful the hook becomes.

“Off the Hook” is about eliminating self-hate and perfecting the art of self-love, so that we no longer have to forgive out of guilt. This is about letting yourself off the hook of the blame game and never placing judgment on another again. When we finally realize that people are not bad, but their belief systems can be, then we will no longer feel the need to condemn them or judge them. We must forgive ourselves first and foremost if we wish to grow and accept others.

Remove the poison pill and set yourself free from the subconscious prison of hate, guilt and judgment. It is quite normal to be resistant with this step because societies systems teach us to hate ourselves and others but you must follow through if you wish to grow and let go. We do not have a justice system, we have a revenge system, refuse to play. You must lose what needs to be lost and find what needs to be found. Do not let your subconscious mind belittle this process as it begins to feel threatened, be obedient to the laws and sacrifice parts of your personality for a higher reality.

Your subconscious will try to distract you from becoming self-aware of self-love by tripping you up, but this is a normal part of the process of waking up, showing up and growing up.

Remember we all fall, but now we fall forward.

“Off the Hook” is essential for preparing you for Self Loving Step #12: Mind Mapping. Mind Mapping allows you to go back in time to create your new map of reality for a guaranteed beautiful future.

- Always stay connected with your Lion Heart Breathing.
- Voicing Self Loving Step #2 out loud will make it 10x more powerful.
- Write in your journal whenever possible.
- When you no longer need to forgive yourself and you learn instead of burn then you will have finally mastered self love and Step #2: Off the Hook.



Self Loving Step 3

Visualize, Affirm, Create, Allow
Post it, Stick it, Love it, Be it

SELF LOVING STEP #3: VISUALIZE, AFFIRM, CREATE, ALLOW

Affirmations only work for 20% of the population, because they are not done correctly or they become an obsession because of lack of faith and belief.

Guess what? Remember when you were a child and played make believe? That's called using your imagination, that's called daydreaming. We see everything as an image first before we have a thought. You are the director and the star of this movie called your life, you were created to create. Imagination or stagnation, it's your choice.

Now let's go over how to effectively **visualize, affirm, create and allow:**

Prepare a quiet place where you can sit up straight and be aware of your comfort. Close your eyes and stay connected with your Lion Heart Breathing Technique. Place your right hand on your heart and your left hand on your belly button and begin to breathe, 6 seconds in and 7 seconds out is the most effective rhythm. Forget the outside world, it will still be there when you return.

Spend 5 minutes, not more, not less, at the beginning of your day visualizing and affirming what and how you wish to see your life; setting a timer is helpful. The point of this exercise is to master the art of becoming focused on your dreams and desires, to avoid becoming obsessed and have belief in yourself and faith in your creator. Breathe, imagine, and allow your perfect day! Practice, practice, practice, never forget that life is a dress rehearsal and you are the star performer.

Do not picture yourself through your eyes, always put yourself physically into every picture. Always place yourself within the picture first and foremost, doing and being that which you desire and then leave the details in the hands of the universal law of attraction. Remember, you always attract what you vibrate.

An example of this might be your dream job, let's say that you've always dreamed of becoming a therapist. Visualize that you are opening the doors to your beautiful clinic, smell the beautiful aroma of essential oils that drift through the air. You greet your wonderful staff with a big smile on your face and then they greet you back. You walk to the front desk and check the appointment book to find that the clinic is fully booked for the next month and a half... you get the picture. See it, feel it, smell it, believe it, and achieve it. Understand, there is a hidden genius in every one of us.

'A' is your desires and 'Z' is you already having it, doing it and becoming it. You got this because you deserve this, and this is where everyone gets stuck because they have been raised to believe that they're not deserving, which is the greatest lie ever told. Understand this, everything in between the letter 'B' to the letter 'Y' is in the hands of the universe or that which you believe in, because at this point in time, your mind is limited only by your beliefs.

Understand this, your creator will always give you what you desire, but not if you feel like you don't deserve it. Deserving must come before allowing. If you can do this, just know this, your creator will know the best way and best time to deliver it. Just have faith, believe in yourself and stay connected to your heart and watch for the signs of amazing things to come. The mind is limited where the heart is limitless.

During the daily process of your creative visualization and affirmations, you must relax, breathe and just allow. After your 5 minute visualization, continue on with your day in peace knowing that which you desire is on its way, just as easy as ordering dinner at your favorite restaurant, as long as you don't continue to change your order then your wish will be granted.

Just know that when you are clear with what you desire in your life and you know that you deserve it with all your heart and just allow, your creator will provide. Your subconscious will try to cause you anxiety, doubt and worry around your new reality map, so just remember to breathe, smile, allow and snap back to the present with your Love Band-Life Band.

Once your visualizations have been accepted by the subconscious your desires are in the universal mail.

Remember your mind first sees images before it has thought, that's why they call it imagination or image for short. Images equal thoughts, which then equal feelings that create things. So stay connected to your Lion Heart Breath and enjoy the ride.

- Keep it simple and keep it clear, more is not better when it comes to affirmations. Two is great, three is a crowd. Don't clutter the mind.
- Always stay connected with your Lion Heart Breathing.
- Stating your affirmations out loud will make it 10x more powerful.
- Write your affirmations on Sticky Notes and place them around your home.
- Write your affirmations in your journal.

Let's never forget that your subconscious will stop or block anything new, this is why along the way throughout each and every day if you feel fear, doubt or worry, instantly do the Brave Heart Countdown Connection and snap back to reality as often as you need to and then be prepared to be amazed. Self Loving Step #4: Snap Back to the Present has been my personal superpower for over 17 years, do not underestimate the power of the Love Band-Life Band, it will open you up to your unlimited potential on demand. 3, 2, 1 – you got this!

So kiss yourself gently with your Love Band-Life Band, throughout the day everyday. Stay present Brave Heart, your presence is needed because you must become the architect of your of your thoughts.

I Find
The
Best In
Everything

3-0-1
I
Get
This

I Am
Amazingly
Healthy

I
Live
For
This

I Am A
Successful
Person



I
Love
Myself

I
Can
Do
This

Passion
Means
Purpose

I am
In Control
of my
Life



Post it, Stick it, Love it, Be it.

Place Sticky Notes everywhere in the house and office as a gentle, self loving reminder for you because repetition is the master key to set you free. Stick them on your fridge, on your mirror, anywhere and everywhere! Sticky Notes are life-changing, life-saving pieces of paper.

Some examples are:

"I am amazing!"

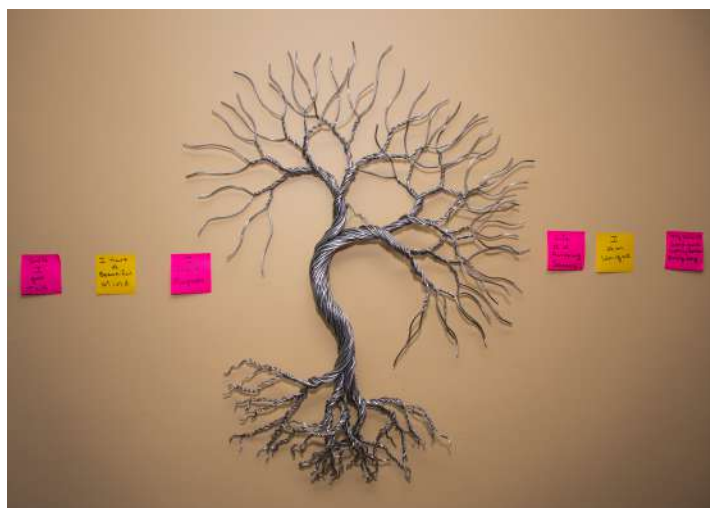
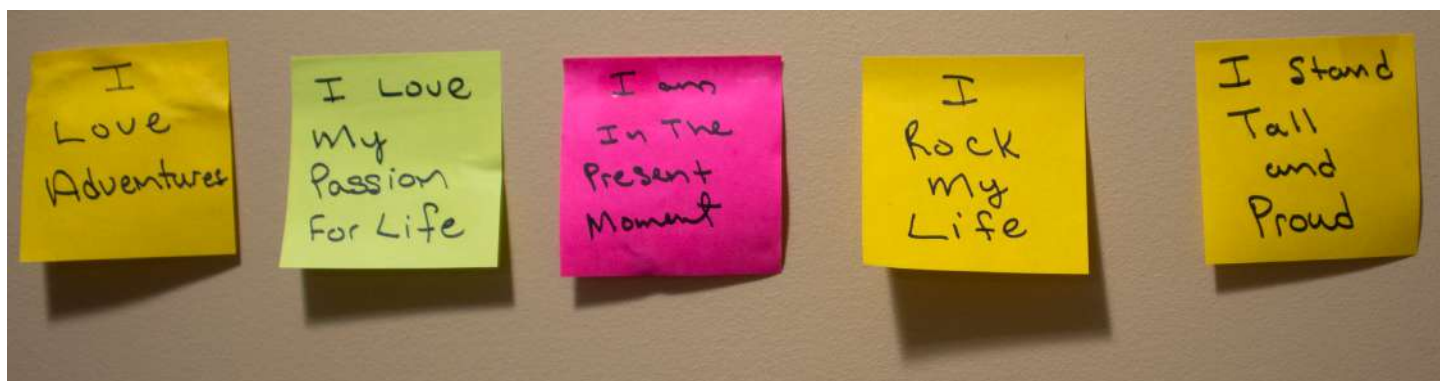
"I am grateful!"

"I am everything!"

"I am beautiful!"

"I am abundant!"

Be creative, every statement raises your vibrational frequency. Stick to it and win, Brave Heart.



"My thoughts matter"

"My reality is my personality"

"Become the present moment"

"My thoughts create matter"

"I am the change I wish to see"

"Find your mighty roar"

"I am Brave Heart"

"Healing is a frequency"

"Do what you love"

"I am the difference"

"Energy is my greatest asset"

"Find your passion, live your purpose."

"Where the mind goes, the body follows"

"Love is the answer, self love is the cure"

"Create the Perfect Day, everyday"

BRAVE HEART AFFIRMATIONS

NOTE: Many of these quotes are in multiple categories



MOTIVATIONAL: Motivational quotes pertain to all categories

- Why wait? **Self-love is the cure**, I am a brave heart
- Tune in and heal – I am a **Brave Heart**
- Impossible —————> **I'M POSSIBLE**
- My greatest power is in the **present moment**
- Become present – Breathe slowly, breathe deeply
- Change my personality, change my reality
- My personality **creates** my reality
- My thoughts make and shape me
- Thoughts **create** things
- E=MC2
- Love is an ingredient, **self-love is the answer**
- I am the Hero of my story
- I leave smiles everywhere I go
- Smiling alkalizes my body
- Smiling releases '**Happy Healing Hormones**'
- Breathe deep and **live big**
- How many times do you need to die before you **truly live?**
- I am **infinite** – enjoy the ride
- I am the hero I seek
- Life's a stage and **I am the star**
- I am never alone because **I love me**
- Become the light and end the family curse
- Become outstanding, repetition is the key
- Seeing myself as an energy light being is the first step to awakening
- I am **connected** to source
- Learning to love myself is the greatest gift
- There are no mistakes, **just lessons**
- There are no failures **unless I stop**
- There are no failures, **just dress rehearsals**
- Failures are the stairway to success
- Total forgiveness + total self-love = **total healing**
- My spirit is **pure**
- Feed the spirit, **heal the body**
- I dip everything in love first
- Heart-Brain Connection
- Hold the loving line
- I never give up on self
- Tune in, Turn on and Heal!
- I am a leader, not a follower
- When my beliefs are abundant, **I will be too**

- To be different, I must **act differently**
- Unleash the healer from within
- I let go of that which no longer serves my greater good
- I live life **unlimited**
- I lengthen, strengthen, detox, and tone daily
- Feed my spirit – **Free my mind**
- Self-love is the cement that holds it all together
- Self-love keeps the heart alive and beating
- Filling the heart is a self-serve job
- We were created out of total love, **become that**
- All answers lie within
- Today I will trust, honor, respect, protect and **love myself first and foremost** before any other human being on this planet
- Do it your way – break away from the herd
- Bring health home – **bring love home**
- Lose what needs to be lost – find what needs to be found
- My body is a temple of **love**
- Everything is just a thought – change your thoughts, change your life
- Master the art of repetition to **master life**
- My subconscious learns through repetition
- All my beliefs are healthy
- Just breathe, stay calm, then **take action**
- Self-love is the only cure
- I am tank-full with self-love
- I am the light; every family needs a hero
- Don't do yourself, be yourself
- Nature Made - **not Man-Made**
- Intention is everything
- The frontier to freedom is an inside journey
- I am what I believe
- Welcome to planet Earth – Welcome to the game – **3,2,1, I got this!**
- I create the Perfect Day for the Perfect Life
- Wake up – Show up – **Grow up**
- I am living my truth
- Love does not judge
- Guilt serves no purpose
- Change my mind - **Change my world**
- Live with purpose, passion, and joy
- Brave Heart is the coming of age
- Unleash your **mighty roar**
- Break free from the herd and awaken to your destiny
- Love is an inside job
- There are no bad people... just bad beliefs

- Don't follow the rules – make your own
- If you need approval you will suffer, if you take things personal you will suffer – **rise to your true self**
- Ask questions until there are no questions to be asked
- Only healthy relationships nurture **the soul**
- Healthy beliefs create **a healthy body**
- Healthy beliefs create healthy relationships
- Just as you outgrow your clothes you will outgrow your beliefs
- You are a sacred spiritual being here for a higher purpose
- You are infinite love – **You are the way**
- You are the answer – You are the way – **You are a Brave Heart Warrior**
- Knowledge is useless unless it is specialized
- Knowledge is useless without action
- Only one out of ten thousand will rise to their potential... **make it you**
- Without action you are nothing more than a spectator
- Create the original thought... **create the original you**
- I can do this - **I got this!**
- Everything you've always wanted **is already on its way**
- Permanent transformation is a lifetime experience that starts with each new day
- Unleash your power and discover **the language of the heart**
- Get to the heart of the matter – **become a Brave Heart**
- Your heart knows all and **remembers all**



- You are infinite love that has lost its way – Awaken to your full potential
- Awaken your body, mind and soul with Brave Heart breathing
- Your personal point of power is always in the present moment
- I live in this world but I am not part of its beliefs or systems
- Create a healthy reality map – **stay present** and conscious of your thoughts
- Tap in and turn on the most powerful healing – **self care, the only true health care**
- Remember it's just a game – breathe and let go
- **I AM ME**
- You were created to create
- Your world will change when you do
- Be the cure you seek
- Self-talk is the most important talk
- Gobble with the Turkey's or **fly like an Eagle**
- Lighten up – Brighten up – Never tighten up
- Reshape your world – **Become a Brave Heart**
- Erase and replace that which no longer serves you
- Image = thought = emotion = experience. **Be a positive creator**
- Nothing can exist without belief
- Create the Perfect Day in every way, **every day**
- Align first then take action
- Don't go to war – Become a Brave Heart Warrior
- Become a thriver **not a survivor**
- Change your world by changing your view
- Love is the law and **self-love is the way**
- Come out and play – **Release your inner child**
- When your inner world changes everything else changes
- Everyone and everything in your life is created for you, by you
- You are infinite love that has lost its way – **Rise and Shine**
- Don't let love lose its way – Become the way – Become a Brave Heart
- When you lack value – you lack money – just know, you are valuable
- Become an unrealistic dreamer
- Cure the incurable and make impossible, **possible**
- Have a gratitude attitude
- Total self love = total value
- Your greatest relationship starts with **you**
- Repetition is your **point of power**
- I'm everything, I'm amazing, **my life is filled with love and joy.**
- Thinking  to doing  to being.
- If you fall, fall forward Brave Heart Warrior
- Free your mind, **be the light**
- Reclaim your power, awaken your Brave Heart

MEDICAL

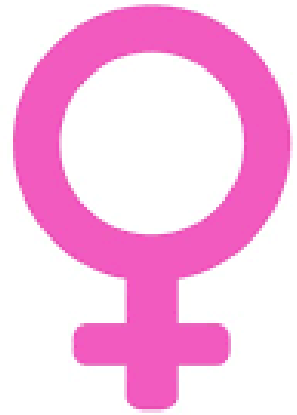
- Self-care is the only health care.
- Smiling alkalizes the body.
- Smiling releases '**Happy Healing Hormones**'
- Pain is a friend – **listen and learn**
- If your practitioner holds a knife, think twice
- Negative emotion is an addiction to cortisol and adrenaline
- The medical system is the **third leading cause** of death
- Your large intestine is 60% of your immune system – **cleanse daily**
- Your digestive tract is the highway of life – so **don't back-up traffic**
- Corporations have no heart, no feeling, no pulse; they're called 'Corps' for short.
- Brainwash yourself or someone else will do it for you
- I live in this world but I am not part of its beliefs or systems
- Pain is your body's GPS - **Stay on track**
- You're healthy until you have a disease
- Always ask, **why?**
- Know your **why**.
- Only the body heals and you are its master
- Doctors can set bones but they cannot heal them – **only the body heals**

**THE MEDICAL SYSTEM IS THE CANCER
THEY HAVE NO INCENTIVE TO HEAL YOU**



FEMALE

- You are the goddess of **everything**
- Release the feminine and **heal the world**
- Become a Brave Heart Lioness – Become the queen of your jungle
- You are your thoughts - Are you a conscious or an unconscious creator?
- Pain is your body's GPS - **stay on track**
- Drink light – Eat light – Live light – Be the light
- Release your inner child – **Release your authentic self**
- Never hold love ransom
- Empty hearts always need filling; fill yours with you first and foremost
- Bring health home – **Bring love home**



MALE

- You are the god of **everything**
- As a man you must embrace and release the feminine within and **heal the world**
- Become a Brave Heart Lion – Become the king of your jungle
- You are your thoughts - Are you a conscious or an unconscious creator?
- Pain is your body's GPS - **stay on track**
- Drink light – Eat light – Live light – Be the light
- Release your inner child – **Release your authentic self**
- Never hold love ransom
- Empty hearts always need filling; fill yours with you first and foremost
- Bring health home – **Bring love home**



UNISEX

- Self-care is the only health care.
- Total self-love is the **key to all healing**.
- Are you a Hero or Victim? **Choose wisely**.
- Gently cleanse everyday and thrive
- Teaching your children to love themselves is the greatest gift you will ever give them
- Lighten your load daily and thrive
- Negative emotion is an addiction to **cortisol and adrenaline**
- Unless you're pregnant please don't look like it
- Don't get sucker punched by society
- Bad foods equal **bad moods**
- Why do you think and do the things you do?
- Never be afraid to ask the question, **'Why'**.
- Did you know that poor people think about money more than rich people? Be careful how you think about money.
- Self-talk is the most powerful life-altering conversation you will ever have

- You are your thoughts - Are you a conscious or an unconscious creator?
- Pain is your body's GPS - **stay on track**
- Drink light - Eat light - Live light - **Be the light**
- Never hold love ransom
- Empty hearts always need filling; fill yours with you first and foremost
- Bring health home - **Bring love home**
- Hurt people hurt people
- Self-love is the tipping point of change
- When you lack value - **you lack money**

WE EITHER GROW TOGETHER OR WE NO LONGER GO TOGETHER



PHYSICAL

- Self-care is the only health care.
- Total self-love is the key to all healing.
- Smiling alkalizes the body.
- Pain is a friend - **listen and learn**
- Gently cleanse **everyday and thrive**
- Lighten your load daily and thrive
- Your large intestine is 60% of your immune system - **cleanse daily**
- Your digestive tract is the highway of life - so don't back-up traffic
- Unless you're pregnant please don't look like it
- Lengthen, strengthen, detox, and tone
- Bad foods equal bad moods
- Healthy beliefs create a **healthy body**
- Pain is your body's GPS - stay on track

- Drink light – Eat light – Live light – **Be the light**
- Bring health home – Bring love home
- Energy creates matter – **What's the matter?**
- Negative emotions = issues within your tissues
- When your inner world changes everything else changes
- Only the body heals and **you are its master**

EMOTIONAL

- Are you a Hero or Victim? **Choose wisely.**
- Leave smiles everywhere you go.
- Smiling alkalizes the body.
- Smiling releases 'Happy Healing Hormones'
- Breathe deep and **live big**
- Negative emotion is an addiction to **cortisol and adrenaline**
- You are either honoring yourself or dishonoring yourself, there is no neutral
- Bad foods equal bad moods
- If you need approval you will suffer, if you take things personal you will suffer – **rise to your true self.**
- Healthy beliefs create a healthy body
- The greatest thing you'll ever conquer is your **subconscious**
- Discover the power of the heart-brain connection; **discover Brave Heart**



- Brainwash yourself or someone else will do it for you
- We will never change until our belief systems change... **end of story**
- Get to the heart of the matter – become a Brave Heart
- Your heart knows all and remembers all
- When you connect the heart and the brain together, anything and **everything is possible**
- When your brain works right, **you work right**
- Be smart and follow your heart
- Self-talk is the most powerful life-altering conversation you will ever have
- You are your thoughts - Are you a conscious or an unconscious creator?
- Your thoughts are magnetic – **watch what you attract**
- Cause and effect can only be experienced in the present moment
- Life only happens in the now
- Release your inner child, **your authentic self**
- Never hold love ransom
- Learn or Burn – Observe or Judge – **You decide**
- Energy creates matter – **What's the matter?**
- We either grow together or we no longer go together
- Hurt people always hurt people
- Hurt people run hurt programs
- Mind-set or Heart-set
- Self-talk is the most important talk
- Negative emotions = **issues within your tissues**
- Watch what you ask for
- Be careful what you wish for
- Your thoughts make and shape you
- Self-love or self-hate – You choose – **But haven't you always?**
- Your thoughts make up your reality map
- When your inner world changes everything else changes
- Self-love is the tipping point of change
- Only the body heals and **you are its master**
- Thoughts are stored in the mind – emotions are stored in the body – **mind your thoughts**
- B.S. is short for Dysfunctional Belief Systems
- We are not bodies with a soul – **we are souls with a body**
- Real or imaginary, your mind knows no difference – **So be mindful**
- When the heart leads the mind will follow
- Brave Heart is emotional immunity
- The mind is limited – **your heart is not**
- Your thoughts create things
- Brave Heart is emotional intelligence
- To change your mind – you must change your brain
- To change your brain – you must change your mind
- To change your thoughts – you must change your mind
- To change your mind – you must change your thoughts
- Stress is when **you're out of balance**

FAMILY

- Self-care is the only health care
- Total self-love is the **key to all healing**
- Teaching your children to love themselves is **the greatest gift** you will ever give them
- Bring health home – **bring love home**
- Become the light; every family needs a hero
- Healthy beliefs create **healthy relationships**
- Honor the family curse or become the family hero... **you choose**
- Bring health home – Bring love home
- We either grow together or we no longer go together
- Hurt people **always** hurt people
- Hurt people run hurt programs

TEENAGERS

- Self-care is the only health care
- Total self-love is the **key to all healing**
- Are you a Hero or Victim? **Choose wisely**
- Release the feminine and heal the world
- Negative emotion is an addiction to **cortisol and adrenaline**
- Life is a stage – be the star in your life
- Bad foods equal bad moods
- Self-talk is the most powerful life-altering conversation you will ever have
- You are your thoughts - Are you a conscious or an unconscious creator?
- Pain is your body's GPS - **stay on track**
- Drink light – Eat light – Live light – **Be the light**
- Empty hearts always need filling; fill yours with you first and foremost
- Always ask **why**
- When your inner world changes everything else changes
- Self-love is the tipping point of change
- Only the body heals and you are its master
- Change the food change the mood

CHALLENGES

- Go on a media fast for 33 days – **Set your mind free**
- Leave smiles **everywhere** you go
- Smile and say hello to everyone you pass by today
- Make a conscious decision today not to live in the past or future
- Practice Lion Heart Breathing throughout the day
- Do Brave Heart Breathing **3 times today**
- Say out loud whenever possible today, **'I love and approve of myself.'**

WHENEVER FEAR OR DOUBT CREEP IN SAY,
'I CAN DO THIS, I GOT THIS'

RELEASE YOUR INNER CHILD
YOUR AUTHENTIC SELF

WHEN SOMETHING DOESN'T MAKE SENSE,
ALWAYS ASK WHY?



EMOTIONAL

- I will die at an old age but a **young man**
- Most people would rather be in the box than giving the eulogy
- How will it feel to fix your patients problems when those with years of training cannot succeed where others have failed?
- The subconscious is a chicken, **it is fear based**
- It is not the intelligent part of your brain
- Fill your heart with you, first and foremost
- You are **amazing**
- You are your number one romance
- The subconscious is like a mad scientist creating fear
- We either run on **fear or faith**
- War on terror, war on drugs, **war on cancer**
- Insanely happy or insanely miserable

- Fill **your heart first** before others
- If they pull away you won't be hurt or hurt them
- If you hurt, you won't make others responsible for the hurt or for fixing you
- Negative emotions - drinking, bathing - structured water raises the frequency - **washing away negative emotions**
- Eating is used to suppress emotions
- Forgiveness – do better, **know better**
- Sorry – **humble yourself**, belittle yourself
- No more downing or talking bad to yourself
- Observe – no longer judge
- Subconscious court – judgment jail – all ran by dysfunctional belief systems
- 10 people - 10 different situations
- More rules, **more misery**
- The more you fill your heart up with others the better chance you have of being hurt more **often, deeper, longer, stronger**
- Insanely happy – insanely depressed
- Love band – kiss – reset button – snap back to reality – see – feel – experience
- I love and approve of myself
- Honor – respect – protect – and love myself first and foremost before anyone else before everything else.
- Hold love ransom.
- Family, lovers, friends.
- Negative thought – so, isn't that interesting.
- Family curse – family secrets – lie – when one suffers we all suffer – **that's what family's do.**
- Undigested, unprocessed emotions will find a similar vibration to settle into in the human body, this would be compromised tissue, diseased tissue. **Like attracts like.**
- Belief systems must be evaluated continually for their value.
- Children need to be taught how their belief systems will effect their whole life.
- Parents need to teach their children that they have taught them amazing belief systems and dysfunctional ones as well. **Stop the family curse.**
- The world will always forgive and forget your wrongs faster than you.
- We judge ourselves worse than others.
- We do not need to punish children or ourselves. **Love is the answer.**
- Emotional GPS – personal guidance system – intuition – when you have finally harnessed your subconscious and are the master of your emotions you will no longer need alignment.
- Life is about relationships – **self first then outward.**
- Align first then take action.
- Do you believe all matter has vibration? Do you believe that matter with the same vibrations are attracted to each other? Like attracts like. Do you believe that one matter with a different vibration can repel another? Do you believe that two matters that were the same vibration can eventually vibrate differently and repel each other away?
- Eternal beings
- Baby – walk – fall. Do better, **know better.**
- Sinner – Do you know what a sin is? Do you bear guilt? Are you a sinner? Do you believe in **hell**?
- Anger management therapy focuses on the problems – **dumpster diving.**
- Anger is much better than depression. Anger helps you take your power back.

- It is much better to have and feel the power of love than only have the desire to love power.
- It is better to get mad not sad. Feel rage not depression. And **head towards love**.
- Quit beating the drum of that which you do not want.
- Where you are does not matter. Where you want to go is the only thing that matters.
- You are your thoughts.
- When your mind is filled inside you cannot see clearly outside. Cluttered mind equals cluttered life. **Cant find things physically and mentally.**
- What you see, what you feel is the end product of how you process your emotions.
- 33 days – the domino effect of repetition – belief – that you can be your **own master**.
- 9 months – subconscious kissing - affirmations – actions – visualizations – transformations.
- Pavlov's dog.
- Frequency – **the level and how often.**
- 5 foot hole, 5 foot ladder – **10 foot hole, 10 foot ladder.**
- How much of your life decisions are chosen or motivated by fear.
- When you process through the heart – **harmony and flow.**
- Live by design **not by default.**
- I make people uncomfortable.
- Collection more information, reading more books, taking more courses will not help unless you take action and **love yourself first and foremost.**
- I guide my thoughts
- I speak, think, and act on purpose.
- I have mastered my subconscious.
- Pure positive energy.
- Pain is a warning pain is a friend but like any friend when they stay to long they are exhausting.
- If we continue to do what we have always done we will get what we have always gotten.
- Selfish – do what they want, you cannot lead from behind - **I teach selfishness.**
- Selfishness is your source
- Willing to live in spirit – **align first.**
- Selfish enough to care how you feel.
- Would you like to figure out your relationship with you?
- Honor self or **dishonor family.**
- Maximum prison – **minimum prison.**
- Use me!! I'll take anything, plug in anything you want.
- We are co-creators with **god.**
- We are **subatomic particles**
- Everything is made up of energy
- We are one chunk of energy.
- Nothing can exist without belief.
- Belief is the **act of intention.**
- We are all part of the universal creative mind.
- You are the cause of **everything around you.**
- Nothing exists without your personal attention.
- What you focus on and give your attention to **becomes your reality**
- If you change the way you look at things the things you look at will change.

- You create you own limitations. Watch your thoughts – **watch you mouth.**
- Act as if you have it already - **Allow now**
- As long as you experience lack – you will experience lack.
- What you desire already exists
- All matter is created by your input
- Your thoughts create a ripple effect - **Law of cause and effect.**
- Learn the law or remain in subconscious court.
- Law of attraction is working **24/7.**
- You invite what you have into your life.
- When you stop making excuses you grow. **Most adults never grow or let go.**
- You're always creating whether by design or default.
- Once the subconscious accepts something as true, then manifestation starts.
- The subconscious must act on the repetitive thought. **This is law not choice.**
- All thoughts vibrate and have a specific frequency.
- You attract who you vibrate harmoniously with. **Everything is vibration.**
- Schools reward memorization, **not application or creation.**
- For the love of life
- The most important journey – **the path of the heart**
- Rolling Stones – You can't always get what you want
- TV – Why do they call it programing?
- The lack of knowledge is the lack of power.
- End Goals – **Lead to happiness**

FOLLOW YOUR BLISS



- Need Goals – You need this to be happy – **BS**
- Vision without action is delusion
- Be very specific with what you want.
- Ask why you want the goal and **choose to feel it right now.**
- The bigger the why – the easier the how
- Why don't you already have it? Because you're still a creature of habit, **not creation.**
- What action can you take right now.
- When you change the way you view the world, **your world will change you.**
- Reprogram your conscious and subconscious mind – **Bingo.**
- Complaints are unconscious dysfunctional beliefs in action.
- Don't slow down, calm down.
- The law of return – negative out, **positive in.**
- What would your perfect day look like.
- It's now or **never.**
- Being grateful acknowledges your power to create.
- Living in the moment is the miracle.
- Appreciation creates gratitude – gratitude creates latitude – **fly high**
- Write 10 things you are grateful for – send love to 3 people you don't love.
- Happiness is a pattern – the brain learns through repetition – **smile**
- 15 minutes of happiness equals the same effect of taking antidepressants
- understand yourself before you try to understand others.
- I win, you lose – the majority of the population lives in lack.
- Lighten up, brighten up, **don't tighten up.**
- Most people believe that if they're not scared, **they're not safe.**
- Your mind is only interested in keeping you alive, not what you desire.
- Seven years of downloads.
- Seventy percent of downloaded programs have become dysfunction beliefs.
- When your conscious mind is quiet, your subconscious mind gets loud **unless you have learned to master it.**
- Unprocessed, undigested negative experiences make us sick.
- What creates your thoughts? **Answer: Thoughts**
- Think, evaluate then speak.
- Relationship with self must come first or you will always feel last.
- Flawed thinking is caused when we only please others.
- Universal law is absolute – Whether you know or understand it you are **continually affected by it.**
- Universal law – attract that which is good by design or that which is bad by default.
- Everything you have is invited, attracted and **created by you.**
- Most adults will **never** outgrow their limiting dysfunctional beliefs.
- Nothing happens to you – **it happens for you.**
- When an idea is accepted by the subconscious mind, **it is put into action.**
- Things, people and events will attract similar on an emotion, spiritual and physical level.
- Focus on the past, **repeat the past.**
- The more you push, the more it pushes back.
- There are only two states of mind – fear or faith

- Faith is not a religion – faith is **'the sun will rise'**.
- The power of god is within us to **create**.
- Never defend sickness, money or relationships.
- The more you guard, defend and resist – **the bigger it gets**.
- Relax – let go – let in (allow) – allow what you want and stop focusing on resisting what you don't want.
- We are **electromagnetic** human beings.
- When you are creating positively – **the frequency is high and fast**.
- Creating negatively – is a **low and slow vibration**.
- Good people can have bad thoughts – good people can be poor – good people can be sick – good people can die early if they do not harness their subconscious.
- Live by the sword – die by the sword.
- Stop fighting cancer – **start loving your body**
- Don't do it for cancer – do it for the **love of life**.
- Don't make rules – make love.
- Honor, respect, protect ... by filling your heart up **first and foremost**.
- Gentle, baby loving steps emotionally, physically, and spiritually each day will allow you to live your full potential.

STICKY NOTE QUOTES

- I am always **strong!**
- I like this day!
- I can do anything through him!
- I can do **anything** I put my mind to!
- Keep the smiles coming!
- Love makes me **happy!**
- I am following my dreams!
- Smile and take the **challenge!**

Self Loving Step

4

Love Band, Life Band



SELF LOVING STEP #4: LOVE BAND, LIFE BAND

What seems ridiculous and abnormal today will become logical and normal tomorrow. The Love Band - Life Band is your brains reset button; its purpose is to quickly and gently snap you back to the present, to where and what you really want and who you really are.

Snap back to your new you reality.

When you experience mental or physical pain you must quickly but gently snap back and realign your energy in order to take positive action so that you can create a new you belief system based on self-love. So, first and foremost align, then take action by processing through the heart and then into the right side of your brain — known as the Lion part of the brain — where all creation takes form. Take action not a reaction.

Every gentle snap with the Love Band - Life Band is a gentle kiss validating and filling your heart with self-love. Your Love Band - Life Band should be as snug as a hug and worn on your left wrist if you're right handed and on your right wrist if you're left handed.

Put your Love Band - Life Bands around a glass that is a little larger than your wrist to gently stretch them out if they are too tight. Wear nothing else on the wrist that has the Love - Band Life - Band, this will avoid any subconscious distraction. Remember, your Love Band - Life Band is as snug as a hug.

Your Love Band - Life Band is a gentle, loving reminder, letting your subconscious know that there is a new sheriff in town called 'Total Self-Love'.

Your Love Band-Life Band is **simply just a hair band!**

Your Love Band - Life Band needs to be plain and simple but you can change the color each day to match your clothes, just make sure you wear your Love Band - Life Band everyday to create the Perfect Day for the Perfect Life.

Oh, and just to let you know, no one has ever asked me why I have a hair band around my wrist, so come on and join the Brave Heart Band.

This will be your least expensive investment but the most powerful strategy for erasing and replacing your dysfunctional belief systems, which by the way shape your life and your body. Seventeen years later and I am still wearing my Love Band - Life Band because repetition is the golden key to mastering an amazing life. If you have watched any of my videos, you will notice that wherever I go, my Love Band - Life Band leads the way.

The reason I still wear my Love Band - Life Band and will continue to wear it forever, is because corporations and systems continually try to rule and fool this planet by force-feeding us information based on fear, doubt and worry and that's not about to change anytime soon.

This is an unfortunate truth and I wish to remain awake. Either you do the brainwashing or it will be done for you, and how's that working for you and your family?

The color of your Love Band - Life Band does not matter, but keep them plain and simple without metal pieces, bobbles or other accessories. They will break quite frequently in the beginning because your subconscious will do whatever it can to resist change. Your Love Band-Life Band should be worn forever if you wish to master each and every day, for the rest of your life.

Within the first few days your subconscious will try to get you to take it off when you get into the shower or try to get you to view this as a stupid or silly idea. Let me assure you there is nothing silly or stupid about erasing dysfunctional beliefs and living to your full potential each and everyday on a daily basis for the rest of your life.

Experience it, see it, feel it, believe it, be it, own it, achieve it!

Everything is just a rumor until it flows through and lives in the heart of your very being. You are a human being, not a human doing, be that which you search for.

Within the first 33 Days you want 96 kisses a day minimum, otherwise, 12 kisses an hour from your Love Band - Life Band. You might say, gently snapping your Love Band - Life Band 12 times an hour is insane?

You have a choice, to be insanely miserable or insanely happy on this planet. Which will it be? Sticking with the old you or becoming the new you that instantly snaps back to happy. Your subconscious believes everything is a rumor until your conscious mind completely accepts it as truth through repetition.

Telephone Tracking

Telephone Tracking is for those who wish to supercharge their Brave Heart Training. As we all know repetition is the key to becoming a master and when you master the brain, you not only master your body, you master your whole life. For those who feel they have reached their tipping point of tension and anxiety, set your alarm on your phone with a pleasant chime sound to go off every 5 minutes and for those who do not feel a urgency set your alarm for every half hour. The purpose for this reminder is to check in with yourself before you wreck yourself, otherwise, we are checking to see if we are in the present moment and connected to our Brave Heart because practice makes perfection.

You can only create and heal within the present moment and let us never forget that your point of power can only be experienced in the present moment. Your presence is needed if you wish to unleash and awaken the authentic you. So have your phone become that gentle reminder that helps you snap back to the present: your only true point of power.

Never cause any pain with your Love Band-Life Band, remember these are called kisses for a reason. Let's put an end to any and all pain body programs. Choose right now; insanely miserable or insanely happy. Your subconscious will demand to be fed continually. So be aware of what you feed it and what part you feed, the victim, otherwise the Ox part of your brain, or the hero, the Lion part of your brain.

The Lion is the wise heart and is the right side of the brain. The Ox is the fool's heart, the left side of the brain.

Picture the Ox... he keeps his head down, works hard and asks no questions. The Ox can run the same program for a lifetime and never question why. The Ox version of repetition is called a rut.

The Ox is unconsciously in a rut because it never gives thought to what it thinks about. The Ox will do the same thing over and over again without paying attention to what is being done, what it has done or what is being done to him or her.

This is what those who control our planet desire for you because this belief system does not serve you, it serves them. An Ox always looks to be mastered. This program is what the majority of the population has unknowingly bought into.

The right side of the brain is known as the Lion. It is the creative side, willing to adapt, take on new things, is imaginative and successful in all parts of life. When thoughts and decisions are processed through the heart first and then through the right side of the brain this creates the Lion Heart, King of the Jungle, Master of Life.

The Lion can admit when he is wrong, but the Lion will also be disobedient when others try to master him or her. The Lion will never conform to man's rules because the Lion is ruled by Nature. The Lion learns much differently, each repetition is a new learning for the Lion and with each repetition the Lion's understanding will deepen and the overview of the bigger picture will get broader and much more defined.

For the first time in your life, the individual dots will connect and you will see how each and every new insight is a part of your new map of reality. Each repetition builds upon the previous repetition. The growth within each repetition becomes exponential.

Mastery comes from repetition and rehearsal. Why do I say rehearsal? Because everyone is an actor and life is the movie where you can now become the hero that saves your life.

Your mind and heart are no different when it comes to muscle memory. We must embrace the art of repetition for it is this act that allows you to erase and replace and evolve consciously.

Take a look at nature, it is in constant repetition, it is called 'The Cycle of Life'. Everything in nature works according to the principal of cycling, otherwise, repetition is law. Repeat it until you can see it, until you can see it at work in your life. Repeat it until you see it, feel it and know it in your heart, because then and only then will it be accepted by your subconscious.

My father and my mother taught me that life is hard and that one must always work hard to get ahead. They loved me dearly and cared for me the best way they knew how. So, they wanted to teach me what their parents and peers had taught them, but as we see in most families this is usually comprised of worn out, broken beliefs, passed down from generation to generation. Welcome to the Family Curse.

A prime example of herd mentality can be found in the media. They herd the majority around like cattle filling their minds with life-threatening, belittling, worn out, fearful belief systems, directing them where to spend their money and how to live their life. As a result, the majority of the population thinks about health care based on 3 major things: cut, poison and burn, otherwise, surgery, drugs and radiation and chemo.

So as you can see, to actually participate in this type of health care, you must be running self-hate programs. To buy into this evil plot just proves my point that if you tell a story long enough and strong enough, a lie eventually becomes truth. I say to you, if love is the answer then self-love must be the cure to us restoring trust, honor, respect and protecting ourselves.

« The Lion is not afraid to break or make new rules. »

Until you trust yourself first and foremost, you will always make bad decisions. A prime example is, people will accept a lie today without question but they question the truth.

I say, question everything until there are no questions left to ask. Lovingly snap to it Brave Heart!

The heart is everything and when you put your heart into it, you will find the passion you need to become the creator that you were born to be.

When you put your whole heart into self-love as your foundation, you will enjoy the abundant blessings that this new way of processing your life will bear. This is because the Ox brain will be guided by the clarity and clear thinking of the Lion brain.

When you process through the heart and up through the Lion part of your brain, you live life unlimited. You will quickly discover there is more than enough of everything for everyone.

You will come to understand, as I did, that building the Love Band-Life Band into your daily life, for the rest of your life is the only way to support and feed your Lion.



Here are a couple of affirmations to get you started:

Love Band Affirmation #1

Say out loud when possible, "I love and approve of myself." Remember, by saying affirmations out loud they will become 10x more powerful.

Love Band Affirmation #2

Say out loud when possible, "Today and everyday I promise to trust, honor, protect, respect, forgive and love myself first and foremost before anyone else or anything else on this planet, so help me God! Because I am, I can, I will!"

Or state, "Today and everyday I promise to trust, honor, protect, respect, forgive and love myself first and foremost before anyone else or anything else on this planet. Because I am, I can, I will!"

Repeat any other affirmation that makes you feel amazing and keeps you in the present moment as this is your only point of power. Stop dumpster diving, it's a stinky business.

Every time you have a negative thought, lovingly kiss your wrist with your Love Band - Life Band and say, "So, isn't that interesting, that's the old me, I'm everything, I'm amazing, my life is filled with love and joy." Remember, a turd floating down the river deserves little attention.

Now I would like to talk about a certain habit that no one is catching because no one's discussing it. Hesitation is that habit and everyone has it. Let me give you an example, you're laying in bed and you come up with this beautiful idea and by the time you get out of bed – you hesitate.

What you don't realize is that when you hesitate, you do not move on that beautiful idea, and the sad part is, this idea could be lost forever. But when you learn to snap back to reality in an instant, you maintain complete control of this beautiful idea that will change your life forever.

None of us just wake up and decide we're going to destroy our life. But think about it, we've all been here, and most of us have been here too often, and that must end today.

That feeling of hesitation is an emotion that sends a stress signal to your brain – that signal alerts your brain to immediately put a stop to this new thought, to this new idea. Why, because hesitation is the poison pill of new ideas.

The brain says, "Why is she hesitating now, she didn't hesitate to make coffee, she didn't hesitate to put on that dress, she didn't hesitate to drive the car, why is she hesitating with this? Something's up, something's wrong." So, your brain goes instantly into freeze mode, '911' protection because everything new is a life threatening experience.

There are a billion ways that your brain will protect you, or should I say block you. One of them is, your brain will always magnify risk to pull your attention away from something that it perceives to be dangerous, which is everything and anything new. Your subconscious is a 'drama queen' for your own protection. You can trace every problem or complaint in your life to the feeling of hesitation.

You need to get this, motivation and willpower is B.S., unless it is reinforced with the 3, 2, 1 Brave Heart Countdown Connection. Also realize that your subconscious is never going to allow you to do things that are new, difficult or easy, unless you master the art of repetition and the Love Band - Life Band.

So stop waiting until you feel like it – because feeling like it – may never come.

Just remember this, you're only one decision away from creating a totally different life, a totally outstanding life. This is why your Love Band - Life Band will not just change your life, but it can give you life. Remember, to be outstanding we must be prepared to stand out.

Just snap back to reality within 3 seconds with your Love Band - Life Band and your Lion Heart Breath and then take massive personal action, so that you remain the master of your emotions.

You have a micro-moment in time to get this right, so be present and create with focused clarity through the heart-brain connection moment by moment.

⌘ We all fall, I fall many times a day, but I always fall forward. ⌘

Most are not aware of the fact that as little as 75 to 100 years ago, the average person would only have 3 traumatic dramatic experiences a month. We now experience 17 a day due to media manipulation. We still have our imagination but it is being used against us.

The media has perfected the art of fear mongering and conflict which is used to control us and drain the money from our bank accounts. Why do you think they call it programming?

You can either tune in and turn on to becoming a Brave Heart Peaceful Warrior or stay plugged into the media and continue to have a broken heart and have your immune system torn apart.

When something in life causes you to go into a sympathetic state and create the fight, flight and freeze response you have 3 seconds to change anxiety into excitement.

Similar hormones are released when we are excited and anxious such as adrenaline, cortisol and norepinephrine but where anxiousness creates a toxic acidic state, excitement creates an experience without the negative symptoms.

As I just stated, you have three seconds to snap back to reality. 3... 2... 1... I can do this! 3... 2... 1... I got this! This is the Brave Heart Countdown Connection.

Turn hesitation into a positive creation, do not miss out on another life changing opportunity.

This simple yet powerful technique will short circuit the subconscious and move the focus to your prefrontal cortex of the brain, bringing you back to the present moment, thus side-tracking the F.U.D program, this being Fear, Uncertainty, and Doubt.

When you countdown, 3... 2... 1... and you reach number '1', a new program triggers an awakening of your conscious brain.

The Brave Heart Countdown becomes a ritual that triggers hope, faith and courage, which allows you to instantly shift gears towards that successful life.

Counting backwards takes more focus than counting forwards so your conscious mind or prefrontal cortex takes over creating a new reality map, one that takes place in the present moment, your true point of power.

3... 2... 1... You got this!

This concept of counting backwards is not new. They use it in the Olympics, in elementary schools for races, before sporting events, they also use it in the Armed Forces to align and focus the troops.

Because the 3... 2... 1... Brave Heart Countdown Technique is not a habit yet, it requires you to focus, and as you focus on this, it will eventually become a habit that prompts you to trust and have courage in yourself without any hesitation.

When you first begin to do the 3... 2... 1... Brave Heart Countdown Connection, it interrupts prominent patterns and behaviors that normally function on autopilot.

The Brave Heart Countdown Connection restores personal control of your life and it trains you to become the kind of person that goes from thinking to doing to being.

Understand this, your life is based on what you think and how you act. When you change the way you think and act your decisions will change and so will your whole life. It's as simple as that.

There is so much more to you and for you then you could ever imagine at this point. You are only limited by your beliefs.

What is it that we say to ourselves all the time, How will I solve my problems? How will I discover my greatness? How will I ever close this gap from wanting to having?

You need a strategy that dissolves all hesitation instantly and puts you in the driver's seat of creation. The Brave Heart Countdown Connection is that strategy 3... 2... 1... YOU GOT THIS !

“ Uncover your truth and find the courage to roar within a room filled with silence. ”

Brave Heart Countdown Connection Extended Version

To ensure that you go into a state of excitement in **3 seconds**:

- Snap your Love band-Life band
- Snap your fingers
- State, 3, 2, 1, "I got this!"

Sit down with your back straight and do the Lion Heart Breathing Technique as mentioned above. When you make the heart/brain/gut connection, stay sitting for another 3 minutes, if you can spare the time, so that you lock it in for The Perfect Day.

The deep diaphragmatic breaths used in The Lion Heart Breathing Technique put you in a parasympathetic state, heightening your Vagal Tone.

More Ways to Improve your **Vagal Tone**:

- Meditate on love and kindness
- Gargle forcefully for a couple of minutes
- Gentle cleansing daily with the Doc of Detox Daily Cleansing Tea
- Wash face with cold structured water or take a cold structured shower
- Dry Skin Brush the front, back and sides of your neck
- Coco Salt Glow the front, back and sides of your neck
- There is no single diet or nutritional approach for everyone, but everyone needs to practice vagal toning techniques daily.
- Stay connected with your Lion Heart Breathing.
- Make sure your Love Band-Life Band is snug as a hug - but not too tight!
- Keep your Love Band - Life Band simple, not metal pieces or bobbles.
- Change your Love Band - Life Band everyday to match your outfit if you wish - remember to keep it fun!
- Saying your Love Band-Life Band Affirmations out loud will make it 10x more powerful.
- Telephone Tracking



Self Loving Step

5

Mirror Work

SELF LOVING STEP #5A: MIRROR, MIRROR ON THE WALL

Mirror work is where we come face to face with self-love, removing all the masks that have been blocking the one relationship that holds the ultimate power to heal us on an emotional, physical and spiritual level. Your world will never change until you do.

This is where some of you will come up against resistance because the art of loving one's self from an early age was made to feel contaminated, selfish and sinful. Because the art of self love feels difficult does not make it wrong, we have been conditioned to only love others, continually searching for love outside ourselves. How's that working for you?

If love was the answer then we would be there already. If this was the way, the right way, then why are we physically and emotionally suffering more now than any other time in history? Where is the love if it's not within you?

I'd like to ask you something, why should you not love yourself?

Please take a second to think about that.

Better still, why shouldn't you totally love yourself? What man made sin do you think you are breaking?

So, why have we been conditioned to not love ourselves but to dishonor ourselves instead?

Is it because loving ourselves is dangerous? Or just an inconvenience to others who have a different agenda for you?

When someone tells you that you are selfish, are you really? Or are they just threatened by your inner - dependence and wish you to live their life?

Becoming centered in the self puts the outside world on notice that you are awakening.

Look at our healthcare system, government, the dental industry, food corporations and the pharmaceutical industry and then tell me the average person has self-love or even knows what self-love is. The majority of the population is an extension of these loveless systems. The therapy you buy into will match the vibration of the love you hold for yourself. There are only two main e - motions, Love and Hate. Where do you rate?

Until you trust, honor, respect, protect, forgive and love yourself first and foremost before anyone else or anything else on this planet, it is impossible to experience unconditional love on a permanent basis with yourself or anyone else.

Mirror work is eye-to-eye contact, from the heart, with all your heart. Start your day with the greatest relationship of your life. That would be you!

Connect to your breath with the Lion Heart Breathing and while looking deep into your eyes, four inches from the mirror, state out loud:

"Today and everyday I will totally trust, honor, respect, protect, forgive and love myself first and foremost before anyone else and anything else on this planet so help me God! Because I am, I can, I will!"

"Today and everyday I will totally trust, honor, respect, protect, forgive and love myself first and foremost before anyone else and anything else on this planet. Because I am, I can, I will!"

Write the Brave Heart Oath on paper and tape it to the mirror. Make any changes that you feel you need to make to create a feeling of comfort so that you follow-through with this Self Loving Step. The first time that you do this, repeat the oath 10 times with love, attention and focus, showing and feeling more passion with every repetition.

The sooner you know the Brave Heart Oath by heart, the sooner it will be in your Heart. It is not unusual to get choked up, tear up or even have your subconscious telling you that this is stupid and childish to even do this. The harder you find this Self Loving Step to do, the less value you have been taught to hold for yourself. Self-Love is the most powerful vibration on this planet, for healing and creating, learn to match it!

Your subconscious will do everything in its power to make you feel like you are dishonoring some belief, which you probably are and by the way it's a dysfunctional one. Your subconscious wants you to believe that you are jeopardizing your way of life, which you are. Your subconscious does not realize that you are honoring yourself for the very first time in your life and that you desire to live an authentic life. One that you have chosen, not one that was programmed by parents, peers and society's systems.

You must come to realize that your subconscious will deny every new belief because its job is to protect you and keep you safe against anything and everything new, whether it is good or bad does not make a difference to the subconscious.

Whether it is killing you or healing you, makes no difference to the subconscious, it fears everything new. Does that sound like someone you might know?

Your subconscious will protect your prominent beliefs, even if they're tearing you and your family apart.

Understand, we now live in an age of anxiety, conflict, trauma with forever pushing the illusionary panic button because the media force-feeds us fear 24/7 which has caused our subconscious to actually crave it 24/7. This prominent belief keeps us on high alert and in a sympathetic state unless we are awake.

This intense fear mongering, which has become a normal way of life, has caused our subconscious to become overprotective, reinforcing destructive behaviors, to the point of stopping any positive growth.

Your subconscious is like a mule; it's not intelligent, it's stubborn but when you finally control it by erasing and replacing dysfunctional beliefs worn out beliefs with your authentic beliefs that you hand picked and designed, you become the master of your youniverse.

- It's your beliefs that make your subconscious healthy or unhealthy.
- Become the mirror image of what you wish to be and see – repetition is the key.
- If you forget to do your mirror work, go back to the bathroom and complete it. This in no way is a punishment, this is letting your subconscious know that there is a new sheriff in town named, Brave Heart.
- Stay connected with your Lion Heart Breathing.
- Stating your Mirror Work out loud will make your affirmation 10x more powerful.
- Write your Brave Heart Oath on a Sticky Note and place on your mirror.

Also, create any other affirmation that honors that beautiful you.

Example, "I love and approve of you, [Your Name]." "I'm a beautiful genius." "I got this!" "I'm amazing!"

If you want to make the world a more loving place, continually take a look in the mirror, and make that change!



SELF LOVING STEP #5B: DRIVING IT HOME

Your mirror work always takes place at the beginning of your drive before you start your car and at the end of your drive before you turn off your car.

Connect to your Lion Heart Breathing, look into your eyes and state things out loud like:

"I love you [Your Name], life is amazing!" or "I can do this, I got this!" or any statement that keeps you in the present moment and aligned and anchored in the heart-brain connection.

Always align first and then take action. Again, just know that you can make up any affirmation that will create joy and happiness for you.

If you forget to do your mirror work, go back to the car and complete it. This in no way is a punishment, this is letting your subconscious know that there is a new sheriff in town named, Total Self-love.

- Stay connected to your Lion Heart Breathing.
- Saying your 'Driving It Home Affirmation' out loud will make it 10x more powerful.
- Awaken the Brave Heart within and shine your light all day long – you got this!

“ Awaken the Brave Heart within and shine once again. ”



SELF LOVING STEP #5C: LOVE ON THE FLY

This is where mirror work takes place with every bathroom visit – when you brush your teeth, have a shower, put your makeup on, use the washroom, wash your face or hands... you get the picture.

Keep your mirror work light and short. It only takes a few seconds to look in the mirror and state:

“Hey beautiful, you’re amazing!” or “I got this!” or “I love and approve of you, (your name) .” Remember this is eye-to-eye contact from the heart with feeling and spoken out loud for greater impact.

To become a master of anything and everything, repetition is key, practice everyday in every way and always keep it short and sweet!

If you forget to do your mirror work, go back to the bathroom to complete it. This in no way is a punishment, this is letting your subconscious know that there is a new sheriff in town named, Total Self-value.

- Stay connected with your Lion Heart Breathing.
- Saying your ‘Love on the Fly’ affirmation out loud with feeling and make it 10x more powerful.

Again, let me ask you this question,:

“Why shouldn’t you totally love yourself?”

And remember what ‘FLY’ stands for?

First Love Yourself.



A woman with a white towel wrapped around her head like a turban, wearing a white bathrobe. She is smiling and touching her face with both hands. The background is a soft, out-of-focus indoor setting.

Self Loving Step 6

Bedtime Mirror Work

SELF LOVING STEP #6: BEDTIME MIRROR WORK

As I stated earlier, the first hour and the last hour of the day is the most important time to align and connect to your higher power. We call this the Hour of Power. Before bed, do your bedtime mirror work, first connecting to your breath with the Lion Heart Breathing Technique.

You might say something like, "Thank you, [Your Name] for a beautiful day, I love you!" All mirror work is most effective when said out loud with passion, emotion and with eye-to-eye contact. This affirmation should be repeated 10 times out loud and with every repetition put your heart into it more and more. Intention with focus and passion is everything.

If you forget to do your mirror work, go back to the bathroom and complete it. This in no way is a punishment, this is letting your subconscious know that there is a new sheriff in town named, Brave Heart.

Stay connected with your Lion Heart Breathing.

Mirror Work is the most challenging and rewarding step. When you get to the point of enjoying and looking forward to your mirror work then your life will become one of beauty.





Self Loving Step

7

Bedtime Gratitude

SELF LOVING STEP #7: BEDTIME GRATITUDE

Before you fall asleep connect to your breath and begin The Lion Heart Breathing Technique; state out loud 3 things you're grateful for. This could be the love you have found for yourself or someone else or the knowing that you will exist forever. Maybe even something as simple as that beautiful butterfly that flew past your window.

But the very last thought of your day should be asking yourself, "What do I really want?" And then, thank your creator, source, God for bringing you that which you desire or something even better.

The universal mind is an unlimited creator and always knows the best time and the best way to get you to where you want to be. This can only happen once you master the art of attracting, allowing and deserving.

Some examples for your bedtime gratitudes are:

- "I am grateful for existing."
- "I am grateful for my breath."
- "I am grateful for being the master of my mind."
- "I am grateful for being a conscious creator."
- "I am grateful for experiencing unconditional love."
- "I am grateful for that which I cannot change."
- "I am grateful for being the change that I seek."
- "I am grateful for mastering the art of attracting, allowing and deserving."

So just breathe, allow, have faith and smile knowing that the answer is just around the corner. Allow life to take a sharp turn or have a bump in the road if you wish to grow and learn. Enjoy the ride!

You can also write the 3 things you are grateful for in your journal as this will make it even more effective through the use of your senses.

- Always stay connected with your Lion Heart Breathing.
- Stating your gratitudes out loud will make them 10x more powerful.
- Place Sticky Notes everywhere as a loving reminder that gratitude is the only attitude.

« There's a new sheriff in town, named Brave Heart. »

A hand holding a pen writing on a calendar grid. The calendar shows days of the week and dates. The background is a soft gradient of teal and orange.

Self Loving Step **8**

Calendar Tracking

SELF LOVING STEP #8: CALENDAR TRACKING

Track your family if you wish to end the family curse. This step is so very important to discover and uncover pain body programs that everybody runs due to dysfunctional belief systems.

How long and how often you run your pain body program each day will decide how much and how long you will be in pain on a mental or physical level. You will quickly grow to realize how you and others are unknowingly addicted to the addiction of creating pain for each other; this is the family curse. A prime example is the hen pecking that most couples do unconsciously.

So let's get started!

The first step to Calendar Tracking is placing a mini you on your shoulder not to judge but to only observe how often, how many and how deep your pain body program runs. This will be a gage on how much self-love, you truly hold for yourself. We want to track whether we are processing our emotions through the heart first and foremost or only through the mind. Understand, you cannot fix a problem or change a belief with the same mind that created it.

You will want to track and chart your pain body program and those you are close to. You may find that you and others you track, are not as in charge of your emotions and decisions as you may have thought in the first place –and that you are actually intertwined with your family's pain body programs in the way that you push each other's pain body buttons at specific times, in specific ways, to trigger specific actions and that create specific reactions –and so runs the pain game of insanity called the Family Curse. Oh... What a wicked web we weave when we let our minds deceive.

We unconsciously enter into contracts with those close to us, so that we can trigger each other's pain body programs. We all run different pain body programs because everyone operates from a different set of belief systems. These belief systems are known as your operating system.

Let me explain...

The same situation could happen to 10 different people and all 10 people will have 10 different reactions to the same exact situation. Perception is everything. What you perceive and the way you process it will be filtered by your dominant belief systems, whether they are good or bad.

The length of time and suffering that you endure depends on how dysfunctional your belief systems are and how many dysfunctional beliefs you're running at the same time.

One person may experience three outbursts a day, another might have a migraine every Friday, while yet another might find themselves in bed depressed five days out of every month. Welcome to Groundhog Day where we all press replay, repeating the same cycle over and over again – this will continue until we finally awaken.

As I stated earlier, the same event can happen to 10 different people. Your mind only loves the familiar whether it is negative or positive. Whether it is creative or destructive makes no difference to your subconscious – only the familiar counts.

Everyone's outcome will be different because we all run different belief systems. One person may turn to alcohol, where another is consumed by it. Another may get depressed while another may attempt suicide.

One person may make himself or herself sick whereas another may subconsciously create cancer in their body... While yet another, who has learned the art of processing through their heart, will say, "What can I learn from this and what can I do right now to trust, honor, protect, respect, forgive and love myself first and foremost in this present moment?"

Do not miss out on Calendar Tracking due to a stubborn subconscious belief system if you wish your life to become a masterpiece. Until you ask the questions, "What do I really want?" and "Is this truly what love is supposed to look and feel like?" You will never end the Family Curse – real love is not abusive.

Make notes on your calendar daily throughout this process so you can better understand your relationship with yourself and those you share your life with. Calendar Tracking WILL ONLY be effective if you are dedicated to keeping daily notes on your calendar.

Just a friendly reminder, continually focusing on your breath throughout the day will keep you connected to the present moment. Oh and make sure that you leave smiles wherever you go... Just in case I need to find you. Smile for no reason and you will have all the reasons in the world to smile... be that which you wish to see.

At the end of the Brave Heart Way, even just looking at your love band or 'kissing' otherwise snapping it gently without thought will trigger the domino effect of "I AM" up through your heart and into the right side of your brain, the lion side, the creative part of the brain where everything is possible.

Your subconscious brainwashing program is now in full effect and by now, you know who the master needs to be... That would be you! You are now a conscious creator of everything you see, experience and become Brave Heart..

You have a choice...

To either be the one who does your brainwashing or to allow brainwashing to be done to you by the media, government, medical system and everybody's mother, brother, sister and uncle. But of course this brainwashing will be done the way they want to see you. So, you can become everyone else or if you wish to be your authentic self and I've a truly amazing life, brainwashing must become totally a self-serve job.

- Always stay connected with your Lion Heart Breathing.
- In your journal, track yourself, your family and those that play a role in your life.
- Remember it's just a game and you're going to track it!
- When we no longer judge and become a loving observer, we will be the change we wish to see.





Self Loving Step 9

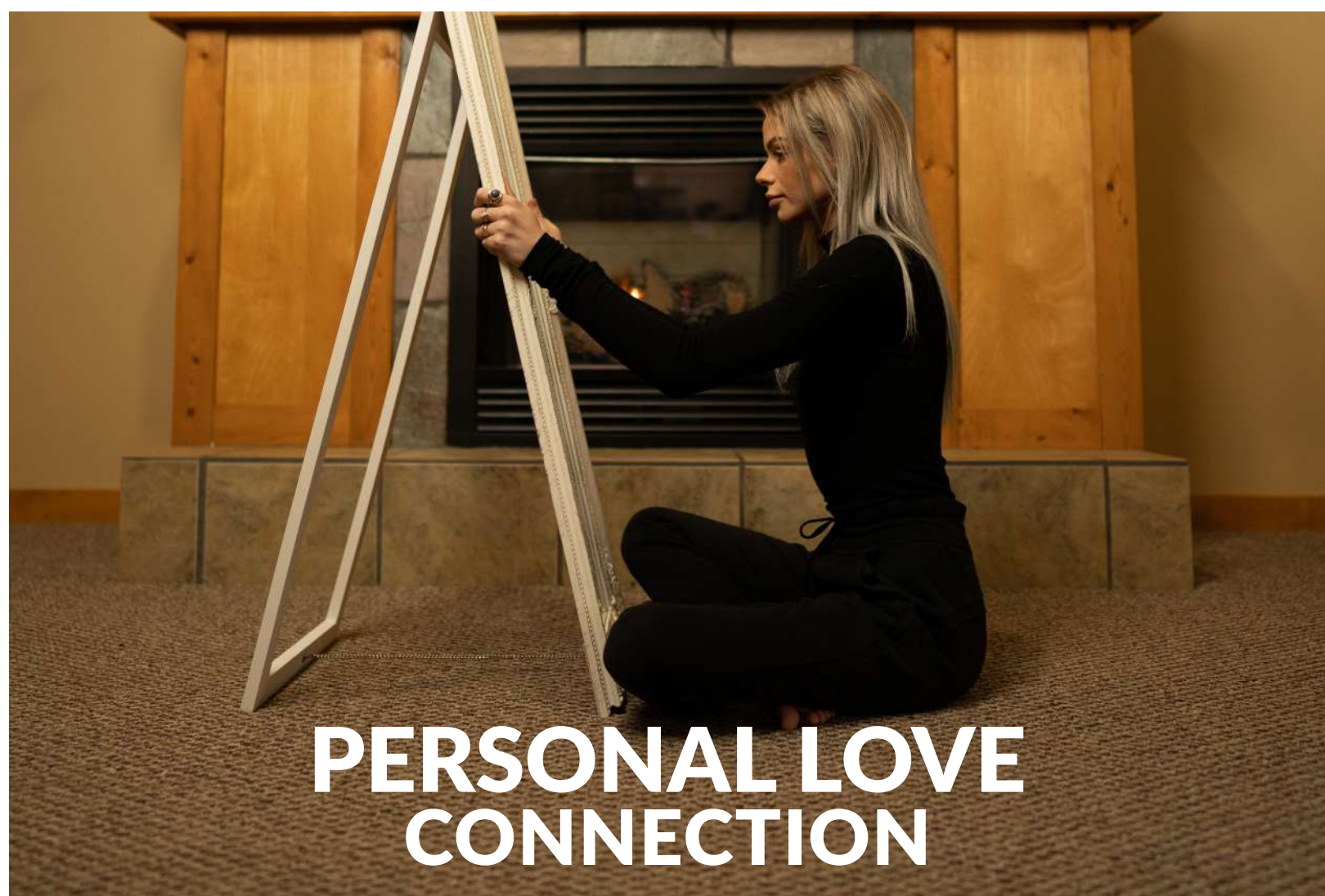
Couple's Love Connection &
Personal Love Connection

COUPLES LOVE CONNECTION



FATHER/SON LOVE CONNECTION





SELF LOVING STEP #9: THE COUPLES CONNECTION

This step is for all couples that wish to connect or reconnect, bringing their love to the highest possible level. The truth about love is that many people are in love but not together and so many people are together but are no longer in love due to dysfunctional beliefs.

They say behind the eyes, the soul awaits. With The Couples Connection you are now ready to bring your loving gaze together to melt the illusionary walls that have prevented the two of you from being everything and having everything by coming together as one. When two come together, understand everything and anything is possible.

Set a time and do The Couples Connection everyday for 33 days.

To move forward, we must remove stored experiences and images from our subconscious that we do not even know we have but are undermining our growth and no longer serve you as a couple if you wish to grow together.

Set a time to do The Couples Connection every day for 33 days at the same time each day, because routine and repetition with this step will create a relationship beyond your wildest dreams. For most couples this is a true test but more a true test of the undying love you hold for each other.

Even couples who have been together for 50 or more years have a belief hidden within themselves that they're still not good enough. "What if he or she really gets to know me?" Are you ready to melt the walls of illusion and let love in and let your love win?

Find a comfortable place where you can sit for 20 minutes face to face holding hands, connecting to each other's hearts, looking deep into each other's eyes. You may choke up, tear up, laugh, blink and even want to look away or yes even run away – but don't. You may experience tension in your neck, back or shoulders, butterflies in your stomach, an itchy nose or even gas. Understand this is your subconscious feeling that something new and powerful is coming and it does not like this.

Stay Focused, Stay Present.

During this process allow yourself to yawn because this is a way of letting go of emotional waste and realigning. Stay connected to your Lion Heart Breathing and wear a slight smile, shoulders back and be prepared to uncover and discover how amazing the two of you truly are.

Let's get prepared for your Couples Connection...

Turn off all phones and ask anyone in your home not to interrupt you. Use the bathroom before you start. Prepare a quiet place where you and your partner can sit up straight, facing each other with your knees touching, holding hands and being aware of your comfort.

From this point on, it is important not to speak until you have completed the Couple's Connection.

Get all the pillows and blankets you desire for your comfort, but do not lie down. If sitting in a chair, sit with your feet flat on the ground, straighten your back and get comfortable.

You can have a soft light on, salt lamp or candles in the room as long as you can clearly see into each other's eyes. You can also diffuse essential oils to create a peaceful calming atmosphere.

If you have to cough or clear your throat do it before you start. Keep your eyes open, and focus on staying connected to your breath throughout this process.

Begin The Lion Heart Breathing Technique in unison. Breathe rhythmically together, the same length of time in as out. Inhale for 6 seconds and exhale for 7 seconds, the same breathing through the nose is best. When you practice The Brave Heart Breathing Technique you are telling your body it is safe.

Forget the outside world, it will be there when you return.

Begin by seeing or sensing a place in nature where you are together. The reason why we do this is because most couples actually are uncomfortable or are not use to gazing into each other's eyes for more than 3 seconds. With your eyes open, make sure see yourself in the picture. It is beautiful here; it could be on a beach by the ocean, in a forest at dusk or in the mountains at dawn.

See the beautiful white billowing clouds, the trees, the birds flying through the sky and the river flowing by. Smell the air, let your heart open and feel the love you have for yourself, feel the love you have for each other.

Let your heart open and expand. With each breath feel the love that you have for each other grow stronger. Let your love grow so strong that you can feel love for the entire world.

When you feel the love expand within your heart, let this love flow freely from your body to your partner until your hearts melt together as one. Simply feel the beautiful love of your partner filling your being, let it enter all that you are.

Now the Couple's Connection begins...

Look deeper into your partner's eyes, staying here for a moment, feel the warm calming flow of your connected breath. Now see, feel and sense inside your partners' heart, love is all around you, rest here and feel their love.

You are now connected because you are now in the sacred place of your partners' heart. Become aware of the love they hold for you, it is all around you, it is everywhere. Let your heart open and feel the love you have for yourself. Now let your love grow so that you can feel the love you have for your partner. It is important for you to recognize and remember this feeling throughout your day and everyday – for this is love.

In this place you will find your true self and your true connection to each other. It may not be this time that you experience total love, forgiveness and understanding but be patient and compassionate with yourself and your partner.

When the time feels right, without breaking this connection of love, close your eyes and be one with each other, feel the love move through you like a gentle, flowing stream. You will find things drifting through your mind and the thoughts, feelings and images, which do not match your new map of reality will float on by hardly recognizable and barely noticed.

From this place you will begin to go back in time to your first memory where you will explore and discover the love that you have for each other. If this is your first time with The Couples Connection, remember to stay connected to each other's breath, and just let the love in.

Do not rush The Couples Connection. Honor it with all your heart, because your mind will do whatever it can to distract and disrupt you from the truth. Your subconscious fears the new you and what your relationship is becoming so it will create body aches, pains, itchy skin, bathroom visits or whatever else it can dream up.

When you feel that you have completed this session gently bring yourselves back. Open yourselves up to the presence of total love between you and your partner and know that all is perfect and together both of you are the answer. You have now completed Part 1 of The Couples Connection, congratulations.

“ You are now in the sacred place of your partners' heart. Become aware of the love they hold for you. ”

Part 2 is where you continue to hold hands and now you both realize that you are in a safe place, where you can talk openly from your heart, with all your heart. Discuss all the images, visions, thoughts and feelings that have gone through your mind in the last twenty minutes, so that you can truly become the soul mates that you always dreamed you could be. This process will help you connect on all levels even when you are countries apart because you are heart to heart.

After completing your Couples Connection, this is where trust and the feeling of complete safety is practiced. For a minimum of ten minutes, share all of your thoughts with your partner.

No matter if your subconscious thinks it is silly, stupid or that those thoughts would have created upset in the past.

This ten minutes will help to create an unbreakable bond, so have faith and continue to practice your Lion Heart Breathing Technique throughout this process; so that you can reprogram your subconscious to lose what needs to be lost and find what needs to be found, the relationship you have always dreamed of!

After the first 33 Days, couples repeat The Couples Connection from once a week up to a few times a week to reconnect the love that was always there. Go for the gold in your heart and remember, repetition is the key to success and will permanently reconnect the two of you.

Repeat The Couples Connection process until you feel that your love for yourself and each other has never been stronger and that the need for forgiveness has totally dissolved.

Track the results of your new map of reality and don't be surprised when miracles happen, just allow and let love in. When you master self-love all things will become possible in the outside world and your dreams will become your reality.

Always stay connected to yourself and your partner with the heart brain connection and your Lion Heart Breathing.

The Self Love Connection

If you're single or even if you are in a relationship and you want to super boost your awakening then the Self Love Connection will do just that. You will soon find that even flying solo with this technique is life changing. Proceed by sitting on the floor with your legs crossed with your knees and finger tips touching the mirror or if this position is uncomfortable for you, you can sit in a chair with your knees touching the mirror. Rest your elbows on your knees and place your palms or fingertips on the mirror and look deep into your eyes because they are the window to your soul. Follow along with the guidelines for the Couples Connection and build the greatest relationship with the most beautiful person that you will ever experience.



Self Loving Step **10**

Family Connection Collage

SELF LOVING STEP #10: FAMILY CONNECTION COLLAGE

As you have realized by now, visualization is one of the most powerful exercises you can do for your mind. You may have heard of vision boards before. Vision boards are a platform to have your goals on display in physical form. You will find or create objects that symbolize your goals and pin them to your vision board, this helps to speed up the manifestation process.

What we focus on together, develops and expands. Introduce your family to the art of creative visualization by inviting them to join you on your new journey by building a vision board or collage together. They may not be ready to start the Brave Heart Way with you, but this is a wonderful way to begin ending the Family Curse and to bring everyone closer together.

Here are some steps you can follow to create the most powerful Family Connection Collage:

Focus on how you want to feel, not just on the things you want. Including material things is important, but the more your board focuses on how you want to feel, the quicker it will come to life, so include anything that inspires and excites you.

For example, a picture of a couple in love or of a happy family on vacation, You want to use pictures that capture the emotion you want to feel.

Do you want a new home? Put a picture of your dream home on your vision board and be specific. Do you want a pool? A large garden? Or white marble floors?

The more details, the better - see it, feel it, believe it. Achieve it!

Start with your goals in the following areas:

- Relationships
- Health
- Career
- Finances
- Home
- Travel
- Personal growth (including spirituality, social life, education)

Create a list of what you want. What does each of these areas look and feel like? It's best to include short and long term goals but it is most important to know your end game and what experiences you need to make this happen. Each area will vary depending on your strengths and weaknesses. For example, you might be established in your career and financially successful but your relationships and health might need some extra love and tenderness, so you will focus more on these areas.

From your list of goals, decide what you want to put on your vision board. Remember that less is more! Don't overwhelm your vision board with every dream and desire that you have ever had. It is better to update your board as time goes on, as certain elements are no longer required on your board because they no longer apply or they have manifested for you!

You'll be amazed at how things just start popping up all over the place once you set the intention for what you want and how you feel. It is also important to ask yourself what habits you need to create to manifest your dreams and desires.

What you need to create your Family Connection Collage:

- A cork board, pin board or poster board. You want your vision board to be visually appealing, so find or build something pretty so you enjoy looking at it!
- Scissors, tape, pins, glue-stick, paper, pens, markers, stickers, or anything else that make you feel great!
- Magazines that you can cut images and quotes from or you can print pictures.
- Most importantly, the stuff you want to look at every day. Photos, quotes and sayings, images of places you want to go, the career you want, the relationships you desire or anything that will inspire you.
- A stress-free environment with time to spare, don't rush this project, you don't have to finish it all in one evening, give it time to breathe and materialize!

How to create your Family Connection Collage:

Set the mood, turn on your favorite music, light some candles if you wish and clear your space.

Create sections on the board for each family member. Even those that live far away because Team Work makes the Dream Work.

When it comes to all your pictures, it can be difficult to choose what makes the final cut. So, lay everything out to get an idea of what you want and where you want it before you start gluing and pinning.

If there are items that you have to leave off the board, put them away for later. When the time is right you can revamp your vision board.

When you are laying everything out, you can leave space between each item if you don't like clutter. However, if you love the feeling of closeness, then by all means, overlap your items! There are no rules, it's your story own it.

And remember, it is always better to handwrite your goals as it creates a higher energetic vibration for them to manifest. This is a fun filled project for the whole family to enjoy together! So, happy creating!

Honor yourself by honoring these steps.



Self Loving Step **11**

Recall Healing

SELF LOVING STEP #11: RECALL HEALING

Recall Healing and Mind Mapping unlock the secrets of illness and dis-ease by identifying the underlying emotional conflicts and traumas that created the condition or behavior in the first place. Recall Healing and Mind Mapping are amazing techniques that awaken you to the true underlying cause of any condition. These Loving Steps allow you to process through the heart-brain connection, where all true healing takes place.

Recall Healing and Mind Mapping incorporate the knowledge from several areas of health and science, along with 38 years observing, treating and training human beings. These Self Loving Steps will help you understand how we make ourselves ill and how we can awaken our inner practitioner and heal. Recall Healing and Mind Mapping help shift your awareness to optimize the healing process on a mental, physical and spiritual level.

Begin Recall Healing on the last day of your 33 Day Awakening Transformation. We suggest not beginning the Mind Mapping until the end of your 33 days but you will know when, just ask your heart it knows all.

Every 3 days, during the Brave Heart Way, it is important for you to review your Recall Healing list of traumatic events and celebrations. You will find that you will recall so many more events and you will remember them with more clarity and honesty because repetition is the key to clear muddy waters. Remember to process all these memories through the heart-brain connection to align and speed up your healing. To heal the traumas and conflicts in your life you need to practice complete forgiveness and unconditional love each and everyday. You Got This!

Read over the lists below a few times so that you can trigger the memories buried deep within the subconscious so that you can erase and replace dysfunctional belief systems that have embedded themselves, creating issues in your tissues. This is where all dis-ease begins and the cure is self-love.

If you do not like your present map of reality then you must change parts of your personality to create a new one. It is very important that when you begin recall healing you go in with an open mind, unconditional love and realize that lies can look as real as the truth. Rewrite history, become your destiny to greatness.

Recall Healing is a process that helps us understand the e-motions that led us to the feelings that created the dis-ease within us, otherwise, the issues in your tissues and the muscle memory this has created. Recall Healing is one of the most important steps, prior to Mind Mapping because it helps us heal from past traumatic events and conflicts. Create a new map of reality based on Total Self-Love and Total Forgiveness.

Memories start forming in the womb and are known as prenatal or fetal memory. Experiments have shown that babies can remember sounds that are played to them during pregnancy. We have two types of memory, short term and long term memory. Our short term memory can hold 7 things for 20 seconds.

Information first passes through our short term memory and when we repeat a memory long enough and strong enough to make it a prominent memory then it becomes part of our long term memory. The human mind can create, exaggerate, or even re-invent a memory. We can remember things that didn't even happen to us. So what's your goal, is it to be right or is it to be happy?

Recalling something that never happened is known as a false memory. In an experiment, an interviewer was able to convince 70% of the participants that they had committed a crime, when in reality they had not. The human brain's memory storage capacity is virtually limitless. The amount of data our brain can store is around 2.5 petabytes, which means our brain has as much memory as the entire internet.

Many believe that aging has a direct effect on memory but this is not true. Memory loss is mainly due to the lack of using your brain as you age. If you don't use it, you lose it, this goes for everything in life.

Our memories do not decay, but without rehearsal they become harder to access. This is why we want to review our celebrations, conflicts and trauma list every few days, so that we uncover and discover the hidden truth. There is no single place where a given memory lives in the brain. Our memory is distributed in different parts of the brain and the body. This is why we call it "Issues in your Tissues".

For memory to be recalled, it is reconstructed from individual fragments. Our memories are prioritized by our e-motions. E-motions connect to new information and act as an indicator of importance.

Intense e-motional memories can be recalled more clearly and will last longer in your mind.

Recall Healing will unlock the hidden memories that are at the root cause of your illness and dis-ease by identifying the underlying emotional conflict or trauma that created the dysfunctional belief that led to the behavioral problem because your personality forms your reality.

Using the heart-brain connection is the most effective way to process and resolve undealt with emotional conflict and trauma as long as you have mastered Step #2: Off the Hook, otherwise, Total Self Forgiveness for yourself and Total Acceptance for those people and those things you cannot change. Mind your own business.

Recall Healing incorporates the knowledge from several areas of health and science and years of observing and treating patients. This strategy that has already freed tens of thousands will help you understand how we become ill and how you will awaken the inner practitioner and heal.

Recall Healing will shift your awareness to totally optimize the healing process on a mental, physical and spiritual level. It will prepare you for Self Loving Step #12: Mind Mapping.

Everything in life has consequences. You can use your imagination along with your brain to create Heaven on Earth or Hell on Earth. Dysfunctional beliefs and patterns can take you down a slippery path of pain and suffering for a lifetime if they are unrecognized and undealt with.

So now you can choose to remain a victim of your past or become a Brave Heart Hero and rewrite history. Every 3 days, during the Brave Heart Way, it is important for you to review your Recall Healing list of traumatic events, conflicts and celebrations.

You will find that you will recall so many more events and you will remember them with more clarity and honesty because repetition is the key to set these conflicts and traumas free.

Remember to process all these memories through the heart-brain connection to speed up your healing.

To heal the traumas in your life you need to practice complete forgiveness and unconditional love each and everyday. As soon as you go into anxiety, fear, conflict or panic mode, you must Snap Back to the present with the 3,2,1 Brave Heart Countdown Connection, if you wish Recall Healing to be effective and take hold.

Always align first and then take action.

When you become totally comfortable and at peace with recalling your past, then and only then will you learn to let go and live life in the present moment where we become the Master Creators we were Created to be..

Traumatic Event Examples:

- Death
- Profound loss
- Separation
- Divorce
- Rape
- Bullying
- Rejection
- Mental and physical abuse
- Life-threatening accidents
- Perceived life-threatening situations
- Domestic violence
- Depression
- Attempted suicide
- Substance abuse/dependence
- Parental mental illness
- Emotional neglect
- Physical neglect
- Incarceration
- Sexual conflict
- Empty nest syndrome
- Self-devaluation conflict
- Abandonment conflict
- Community violence
- War
- Terrorism and political violence
- Natural disasters
- Witnessing an accident
- Traumatic injuries
- Life-threatening illness (you or a loved one)
- Traumatic surgeries
- Cults and entrapments
- Captivity
- Torture
- Property loss,
- Robbery
- Witnessing a traumatic event
- Communal rejection

Celebration Examples:

- Birthdays
 - Anniversaries
 - Graduations
 - Weddings
 - Family reunions
 - Vacations
 - First girlfriend or boyfriend
 - Falling in love
 - Getting engaged
 - Getting married
 - Witnessing the birth of your children and/or grandchildren
 - Raising your kids
 - Successes/accomplishments
 - Winning a championship or sporting event
 - Awards
 - Certificates
 - Diplomas
 - Educational accomplishments
 - Receiving an accolade
 - High school reunions
 - Opening your first paycheck
 - Witnessing a turning point in history
 - Getting your driver's license
 - Having an adult conversation with your parents
 - Your first pet
 - Cooking your first meal
 - Taking a trip with your friends
 - Doing something spontaneous
 - Accomplishing something you didn't think you could
 - Attending an event of your dreams
 - Succeeding at work and/or school
 - Giving to others
 - Retirement
 - Making someone's dreams come true
 - Bringing family together
-

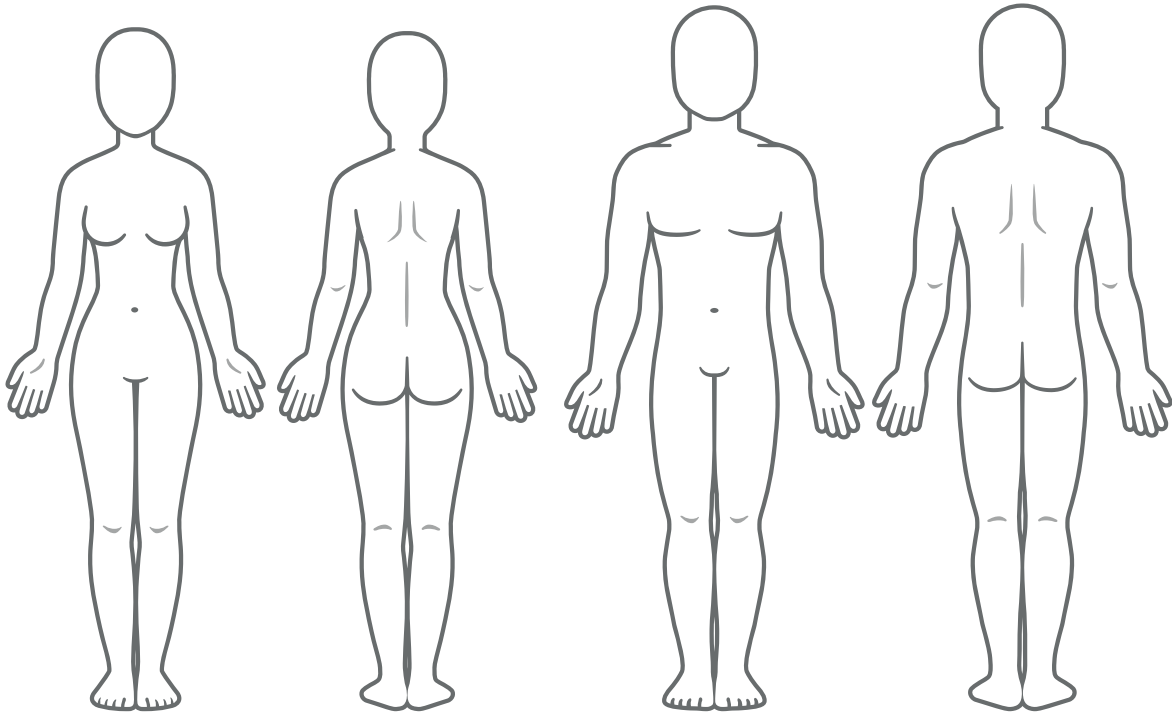
On a new sheet of paper or in your journal, **list all Conflicts, Traumatic Events and Celebrations and dates as close as possible.**

Close your eyes and list as accurately as you can what was happening at those moments; **what song was on? Was a T.V. show on? Who was with you? What time was it? Where was it? etc..**

You got this, Brave Heart!

« Practice complete forgiveness, and unconditional love each and everyday. »





List all **surgeries, injuries, and points of pain** on your body:

Date **Bodily Trauma**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Date **Bodily Trauma**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

All body pain and diseases are a **biological process** of **conflict** or **trauma undealt** with on a physical and e-motional level.

CONGRATULATIONS BRAVE HEART

Now that you are on your way to mastering the Brave Heart Way, you will find that when you begin your Mind Mapping, you will no longer make yourself the victim nor will there need to be a bad guy in your story. But what there will be is a Brave Heart Hero and that Brave Heart is YOU. To begin your Mind Mapping, you must integrate the first Self Loving Steps into your life for at least 33 Days consecutively. This means, if you have only done Self Loving Steps #1-7 for 33 Days, then you will have to incorporate the remaining 5 steps, because repetition and strategy is the key to mastering anything. Integrating all Self Loving Steps before you begin Mind Mapping will ensure total success.

Mind Mapping is the most courageous step of all, walk over right now and mark it on the calendar, 33 days from now and claim your universal right to universal freedom and independence. That is the only peace of mind on this planet.





Self Loving Step **12**

Mind Mapping

SELF LOVING STEP #12: MIND MAPPING

Map it out, find your way home

Mind Mapping is the icing on the cake. Who said, "You can't have your cake and eat it too?" Isn't it amazing how implementing the Brave Heart 12 Self Loving Steps, we can now rewrite history and set ourselves totally free? You got to let go of that which does not serve your greater good, so that you can finally be the creator, that your creator created you to be - a vessel of love. So let us journey back to the past and make this right, give up the fight, become the light.

Mind Mapping is where we retrace, erase, replace and create a new map of reality of your past to super boost the present. Rewrite your life's story, creating a new, true authentic you, reality map, where you no longer take things personal, need others' approval, hold grudges, play the guilt-blame game with yourself or anyone else. Understand, we all have unconsciously downloaded dysfunctional beliefs and that we all unconsciously get in the way and trigger each others' dysfunctional beliefs and pain body programs, whether it's your parents, children, friends or acquaintances. It's up to you to see this through and end the Family Curse. Be the Family Blessing.

Remember, people can love the only way they know how, the way they were loved by their family and peers, doing their very best with the way they were taught to love, which usually is based on a needy love, a tortured love.

"I'll fill your heart if you fill mine."

Rewrite history and set them free, heck, set yourself free, put an end to the Family Curse and rise up to your finest hour every moment of every day in every way.

Let go of that which no longer serves you...

Just know this, I totally understand that emotional, physical and sexual abuse is a hard pill to swallow, but when we swallow the poison pill of hate, guilt and fear, it's our self love that we depreciate and imprison. This means along with letting go of dysfunctional beliefs you may have to also lovingly let go of some people in your life if you wish to evolve and expand. This does not mean they cannot stay within your heart as long as you truly honor, protect, respect and love yourself first and foremost. Mind Mapping is about total forgiveness and creating a new belief system.

We no longer need to forgive because when we find total self-love, our light shines out to the world, we no longer judge - only observe and accept that which we cannot change. When we learn to process through the Lion Heart, the victim no longer exists only the Brave Heart Hero. It's time to show up, grow up and wake up through the 12 Self Loving

Steps. Mind Mapping should only take place after the 33 Day Awakening Transformation is completed.

Do not begin Mind Mapping until you feel that you are ready to create a new map of reality based on unconditional self love and forgiveness for yourself. This will make it much easier to go into the past and correct any and all misbeliefs. Mind Mapping before you have started to create new beliefs that are anchored in the heart will not create the results you are seeking. Remember you are not doing this process just to forgive others and set them free. You are doing it to set yourself free. Remove the poison pill of regret, guilt, anger, hate and let love win. Be right or be happy, it is your choice.

I personally completed the Mind Mapping process once a week, over a span of six weeks. I began my Mind Mapping around 6:00 PM and continued the process until approximately midnight. Do not drink any liquids 2 hours prior to Mind Mapping, if you must, only sip water during this process.

Mind Mapping helps us perfect our image making. An Image creates a thought, a thought creates an e-motion, an e-motion creates energy and feeling, energy and feeling creates a signal to your brain. The brain is the chemist it creates a frequency that releases chemicals and hormones that create mass and mass creates things, these are the things in your life. How's that working for you? So now you know that Image is short for imagination and imagination is at the root of all creation. The heart is the control center for all the issues of your life. The language of the heart is visual, not verbal.

All life is proof that everything begins with an image. No image = no beginning. Obvious, simple, and undeniable; though denied by most. All life comes from the images that impregnate your heart. The union of image and heart is the beginning of creating a new map of reality. Known or unknown images control everything we do. We must remove stored experiences and images that no longer serve our destiny.

Mind Mapping Routine

Before you begin Mind Mapping review all the pertinent information that you have collected in Step #11: Recall Healing. Attach a date to your memories. Start with your first memory that you have and work your way until the present moment.

Your list should contain your family members, the homes you lived in, the schools you went to, your churches, your friends, birthday parties, weddings, funerals, anniversaries, vacations, holidays, reunions, local and world events, special moments, special songs, smells that bring you back, special meals and food that bring back memories, all your great memories, your not so great memories and even your traumas, conflicts and tragedy's because these will stand out the most.

I think you get the picture, record your pinnacle memories and put a

date to them, this will trigger hidden subconscious memories so that you can clean house and put everything in order.

Oh and by the way, when you start sharing these memories with your brothers, sisters, mother, father, uncles, you will find that the movie you created will actually be much different or may not even exist at all with others that you thought were involved. So, where does the truth lie? It lies in setting yourself free and becoming the Brave Heart Hero you were born to be. It's spelled H-A-P-P-Y!

So let's begin, it's time to go within. Turn off all phones and ask anyone in your home not to interrupt you. Prepare a quiet place where you can sit up straight. Get all the pillows and blankets you desire for your comfort, but do not lie down. If sitting in a chair, sit with your feet flat on the ground. Straighten your back and get comfortable. I like to sit on the floor with my back up against the wall supported by a pillow sitting in the lotus position.

You can have a soft light on, salt lamp or candles in the room. If you prefer complete darkness put an eye mask on so no light is seen. You can also diffuse essential oils to create a peaceful calming atmosphere. If you have to cough or clear your throat do it before you start. Close your eyes and always stay connected to your Lion Heart Breath throughout this Mind Mapping process.

Begin your Lion Heart Breathing

Slow your breathing, breathe rhythmically 6 seconds in and 7 seconds out. When you practice The Brave Heart Breathing Technique you are telling your body it is safe. As you continue to connect to your breath place your hands at heart center. Your mind will always go to where it senses touch.

Forget the outside world, it will be there when you return. Begin by seeing or sensing a place in nature where you are one with nature. Make sure you put yourself in the picture and see yourself in the picture. It is beautiful here; it could be on a beach by the ocean, in a forest at dusk or in the mountains at dawn.

See the beautiful white billowing clouds, the trees, the birds flying through the sky and the river flowing by. Smell the air, let your heart open and let your love grow to feel the love for all of nature and then let your love grow so that you can feel love for all of the world.

When you feel the love strong within your heart, let this love flow freely throughout your whole body. Let this love move into all your cells, wherever it wants to go. Simply feel the beautiful love of your creator filling your being, let it enter all that you are.

Now the journey of the heart begins, see or feel yourself leave your head and travel down through the throat. Wait there for a moment feeling the warm, calming flow of your breath.

Now turn and move towards your heart, when you can feel, see and sense your heart all around you, then rest here. Now you are here in the

sacred space of your heart. Become aware of the love that is all around you, it is everywhere.

Let your heart open and feel the love that you have for yourself. Let your love grow so that you can feel the love that you have for everyone else. It is important for you to recognize and remember this feeling, for this is self-love. In this place you will find your true self.

It may not be this time that you experience total love, forgiveness and understanding for all those who played a part within your past but be patient and compassionate with yourself. When the time feels right, and without breaking this connection of love within your heart, begin your Mind Mapping journey with your earliest memory. You got this.

“ Forget the outside world, it will be there when you return. ”

Trust In Yourself

From this place you will begin to go back in time to your first memory where you will begin to explore and discover a new map of reality built on a foundation of self-love and forgiveness.

Just like a river, you will find things flowing through your mind. Thoughts that don't match your new reality map will float on by, hardly recognizable and barely noticed.

If this is your first time Mind Mapping, remember to stay connected to your Lion Heart Breath and just let the love in.

Just know that from this place and space all things are possible, when you master self love all things will become achievable in the outside world and your dreams will become your new reality map.

Now it is time for you to be alone with yourself, within your heart and begin your journey.

Start by recalling your earliest childhood memory and then each memory after that with great detail, using all your senses, until you have reached the present moment and then repeat this process again from your first memory until the present with your new map of reality from a foundation of unconditional self-love, total forgiveness and gratitude.

You may find yourself repeating this entire process 3 to 6 times during each session. If you feel that you are falling asleep, this would be a good time for a break, energy drink or a Black Gold coffee.

Do not rush Mind Mapping, honor it with all your heart because your subconscious mind will do whatever it can to distract you from your truth by creating body aches, pains, itchy skin, bathroom visits or whatever it can dream up because the default in the subconscious mind is fear of the unknown; therefore, the new you, the authentic you that you're becoming is the greatest threat to your subconscious.

Remember, your subconscious does not care if your beliefs are creating joy or misery, it only finds comfort in what it already knows, which means it will always be stuck in the past. Repeat the Mind Mapping process until you feel you have removed as much of the poison pill of

regret, guilt, anger and hate in this Mind Mapping session. Let Love Win.

Let Love In & Let Love Win

When you feel that you have completed this session gently bring yourself back. Open yourself up to the presence of Total Self Love and know that all is perfect and that you are the answer to light The Brave Heart Way.

As I stated earlier, I have known people to do Mind Mapping sessions from 3 to 12 times. Go for the gold in the heart and remember repetition is the key to setting yourself free. Rise!



SELF LOVING STEPS: SUMMARY

You must lovingly repeat every step, every day during the 33 Day Awakening Transformation if you wish to unleash the true you, the authentic you or you will never win the game of love. Remember, when you wake and just before you go to sleep are the most critical times for installing new belief systems...

I believe in you and now I need you to believe in you too.
You got this.

Self Loving Step #1: The Gratitude Attitude

List 3 things you're grateful for before your eyes even open while performing your Lion Heart Breathing Technique.

Self Loving Step #2: Off The Hook

Practice totally forgiving and sending love to 3 people, systems, corporations or anything in your life that you don't like (ex. Chemtrails, taxes, etc.) This might even be you and if it is, remember, you must come first and foremost. Let yourself off the hook for things you cannot fix and are probably none of your business. Let yourself off the hook for things you think you could have done or should have done, because the more contaminated your beliefs are, the more guilty you become and the more deeper and painful the hook becomes. "Off the Hook" is about eliminating Self-Hate and perfecting the art of forgiveness and unconditional love.

1. Total Self-Forgiveness
2. Total Forgiveness of others
3. Compassion & Gratitude
4. Unconditional love

Self Loving Step #3: Visualize, Affirm, Create, Allow

Spend 5 minutes at the beginning of your day, visualizing and affirming what and how you wish to see your day - The Perfect Day each and every day for The Perfect Life..

Self Loving Step #4: Snap Back to the Present

Lovingly Snap Back into alignment with your Love Band - Life Band.
12x an hour if you wish to release your inner power. To ensure that you follow through turn on Telephone Tracking for lightning speed life changing results. Snap back to Total Self Love.

- "I love and approve of myself."
- "You're amazing!"
- "You can do this!"
- "You're beautiful!"

We're always going to run a program so make Love. So decide to commit and take massive action on the program that brings you the most joy.

Dip everything in love and process through the heart-brain connection. Remember you cannot fix a problem with the same mind that created it. Don't create a landmine create a matter Mind.

Self Loving Step #5A: Mirror, Mirror on the Wall

Start every day with Mirror Work. Look deep into your eyes, with all your heart and repeat The Brave Heart Oath 10 times. Write The Brave Heart Oath on a sticky note and put it on your mirror, just below center (where your nose is) so that it is easy to read and easy to memorize.

"Today and everyday I promise to totally trust, honor, respect, protect, forgive and love myself first and foremost before anyone else and anything else on this planet so help me God. Because I am, I can, I will !"

"Today and everyday I promise to totally trust, honor, respect, protect, forgive and love myself first and foremost before anyone else and anything else on this planet. Because I am, I can, I will !"

Self Loving Step #5B: Driving It Home

Mirror Work whenever you get in and out of your vehicle. Align first then take action.

- "I love you [Your Name]. You're amazing!"
- "Life is amazing!"
- "I can do this, I got this!"
- Never go home with anything but total love.
- Wipe your mind off at the door.

Self Loving Step #5C: Love on the Fly

Mirror Work with every bathroom visit, “Hey beautiful! You’re amazing” or “I got this!” or “I love and approve of myself.”

Go back into the bathroom if you forget to do your Mirror Work. This is not a punishment, this is a mission of love.

Use any affirmation that makes you the Master of your Creation.

Self Loving Step #6: Bedtime Mirror Work

Before bed do your bathroom mirror work. “Thank you, God, Creator, Source or [Your Name] for such a beautiful day, I love you so much!” Repeat this affirmation 10 times out loud with passion and intention from the heart while you look deep into your eyes.

Self Loving Step #7: Bedtime Gratitude

Before you sleep state 3 things you’re grateful for from that day. Gratitude is Altitude. Rise to your Greatness.

- “I am grateful for another day on planet earth.”
- “I am grateful for being the hero of my day and the light for my family.”
- “I am grateful that I am eternal.”

Self Loving Step #8: Calendar Tracking

Track and chart your pain body programs and those you are close to and you will come to realize that we are robots programmed for pain. End the pain game and strive.

Self Loving Step #9: Couples Connection

Open yourself up to the presence of total love between you and your partner or you and yourself with the Couples Connections and Self Love Connection and bring your love to the highest possible level.

Self Loving Step #10: Family Connection

Introduce your family to the art of creative visualization by inviting your family to join you on your new journey by building a vision board or collage. Teamwork makes the Dreams Work.

Come together, hug and melt hearts together and breathe life in.

Self Loving Step #11: Recall Healing

Recall Healing and Mind Mapping unlock the hidden secrets of illness and dis-ease by identifying the underlying emotional conflicts and traumas that created this negative condition or behavior in the first place.

Self Loving Step #12: Mind Mapping

Mind Mapping is where we retrace, erase, replace and create the real you, the authentic you. Create a new map of reality of your past and super boost your life for the rest of your life. You not your story until you make it yours. Rewrite your life's story, creating a new, true to you, reality map.

Always know you are be blessed, always loved, always stay with your breath, always stay present, always connected to your higher self, your Source, your Creator, your God.

« We are sacred, spiritual beings, here for a larger reason and serving a higher purpose. »



Conclusion

You have come so far and have learned so much about life and yourself. One of the most important lessons you should have realized by now is, Superman or Superwoman is not coming. This is the allusive fairy tale. Once you understand what your superpower is and how to use it you become the hero you search for. Unleash your Brave Heart and find your mighty roar by becoming the master of your E-motions.

Weave The Brave Heart Way into your daily life for the rest of your life if you wish to totally transform. Just as it takes 9 months to birth a baby – In 9 months you will birth the new you, the real you. Remember at this point you are not your mind. You know that the voice in your head is an imposter.

As we move through life and awaken to the fact that only we can unleash the true purpose of our life, then and only then, will the things we wish for come to us without effort. All the things that we feel we need to strive for, yearn for, struggle for, will come to us effortlessly through perfecting the Brave Heart heart/brain/gut connection and the 12 Self Loving Steps.

You'll find that when you stop striving just to survive, you'll start really living 'you'. You'll start being, rather than doing, you'll start loving what you do, and what you are about to become, rather than just working hard with very little to show for it.

When you learn how to process your life through the heart and with the lion part of your brain, then the love you desire will just appear, the money you need will just flow to you and the health you've always wanted will grow within you.

The trouble is, people have been programmed to separate the heart from the brain. We all know the heart has gotten a bad rap which has been created and perpetuated by those who wish us to become love sick or should I say sickened by love. Just look at all the heart attacks, heart disease, heartburn and let's not forget about the trail of continuous broken hearts because we have been brainwashed to believe that love is an outside job. So now for countless billions love hurts and even kills.

Remember we are all on this planet to learn how to find our way back to Self Love while facing challenges and obstacles that distract and disrupt us at the same time, and that's where the adventure comes in; that's where growth comes in. So let's us show up, wake up so we can grow up to Total Self Love.

Together we will overcome the physical, nourish the spirit, and find our way back home to the Brave Heart Peaceful Warrior.

Fear, pain, anger, depression and other negative energies will always try to gain our attention as we learn to grow and expand our love. Let me remind you, the playing field of this game is planet Earth. Blood, sweat and fears for the monkey mind. Understand these obstacles are not the curse that the majority have been taught to believe, they are the blessing to your showing up, growing up and waking up universal consciousness. The more obstacles you conquer, the more you will unleash and release the real you, the authentic you.

You will become the master creator of your life much sooner when you practice the art of self-love and self-care because you will become totally self-aware. We need to become totally self aware so that we fill our own hearts so that we may free the spirit. When our spirit becomes stronger, our physical mind and our creating abilities will know no limits.

But as you are well aware by now, the majority have not just lost their way, they have lost their logical way to think, The Brave Heart breakthrough training that we have taught to tens of thousands around the world just like you, sounds too simple at first. Up until now everything has been made to look and feel complicated, especially when it comes to our health, wealth, relationships and love, but mostly self love. But have no doubt; The Brave Heart Way works for everyone if they allow love in because love is law and self love is the way.

If you have anything on your mind that's hurtful or painful, on a mental or physical level, how long should you hold onto it? The answer is, for as long as it takes for you to release and embrace your inner child. It is your inner child that will set you free and help you take flight.

Let us never forget that our belief systems make up our operational system that dictates the type of emotions we experience each and every moment. Emotions are our built in GPS that guides us and regulates the energy that moves through us. It's these emotions that shape you and make you.

This energy is inside all of us. This light force energy will guide you to be who you really are, no matter where you are in life. The Brave Heart Way will help you deal with life in a better way.

When you complete The Brave Heart Way, you'll be a whole lot happier regardless of your history, you'll even feel younger and know how to rid yourself of stress and negative emotions within an instant with The Lion Heart Breathing Technique, heart/brain/gut connection and your 12 Self Loving Steps.

You'll naturally live longer, look younger, your wrinkles won't be as deep, they'll even fade away with other worn out images and beliefs from your past. You'll be lighter physically and mentally, you'll experience deep love for yourself and others with passion and purpose.

The Brave Heart Way works with everybody. The hormones of stress, the fight or flight response will no longer drive you. When we transform ourselves, we shine a light that transforms the ones we love and care for. No matter where you are or what you're going through right now. No matter what you have already gone through, you will look at yourself and others in an entirely new way. I encourage you to look and love yourself in this new way, for those who have awakened to their true purpose call this program "The Tipping Point of Change."

What do you really want your life to be?

Do you want freedom from the invisible bonds that bind you?

If so, then this is the way! As you begin to remove emotions and habits that have blocked the flow of your creative energy, this energy will begin to move in you and you will begin to see and feel the amazing effects as this energy moves around you and through you, freeing you for the first time. This is who you really are, an amazing creation of energy, created by your creator to create an amazing life.

Everyone and everything in your life is created for you, by you. Only your body heals itself and only you can be its master if you wish to live with passion and purpose, this is law. Most of our friends and loved ones have forgotten this and have lost their way.

Doctors can set bones, but they can't heal them, your body heals the bones. Dysfunctional beliefs cause all dis-ease and yes, even cancer, so unless you are willing to work together with your body on a physical, emotional and spiritual level, healing will always be out of reach.

Self-care is the only health care and self-love is the only answer. When you finally embrace and restore this belief you will find yourself in a beautiful place. Welcome to The Brave Heart Way.

98% of the world's people spend 98% of their time doing things that just don't matter. The majority of the population has no understanding of the true purpose of their life, no idea what they are doing here, who they are or where they're going.

Most people believe that they will be happy when they get the guy or get the girl, get the car, the job, the house, the kids, when they get the bigger office, the bigger car, the bigger house, more kids, and grandkids. Then we get older, then we get sick and then we think we'll get healthy but this is not how this fairytale ends.

How the story usually ends is they usually just give up and want to get the hell out of here because they just can't take anymore dysfunctional BS, otherwise, corrupt Belief Systems, which have drained them of their money and their vital life force. A lifetime of corrupt Belief Systems will corrupt the mind, the heart and corrupt the soul leaving us to deal with life threatening issues in the tissues.

That's not what life is about, but this is called 'The Good Life' for the majority of the population. Life has nothing to do with this but for the majority, this is the exact script that most people have unconsciously been forced to live with.

Everyday that you raise your head off the pillow is a new beginning and you now have everything you need. The world will continually test and distract you, from the real you, so you must live everyday the Brave Heart Way.

Make everyday an academy award winning performance if you wish your life to be a masterpiece. Every day is a dress rehearsal and you are its writer, director and star performer.

The main goal of the Brave Heart Way is to awaken you to your unlimited potential of abundance in everything this life has to offer. So, as I stated earlier, continue your Brave Heart practice and in 9 months you will birth the real you, living your true destiny and being the light for those you love.

You will know when you have become a Brave Heart Peaceful Warrior when you eat light, drink light, think light, live light because you will be the light for the ones you love and care for. We are sacred, spiritual beings, here for a much larger reason and serving a much higher purpose. You are infinite love that has lost its way. Until you start asking the question why, you will never find the answer. Be the answer. Become the way, become a Brave Heart Peaceful Warrior today.

The world's most powerful online emotional training, The Brave Heart Way, can be yours. Sign up today: braveheartway.com

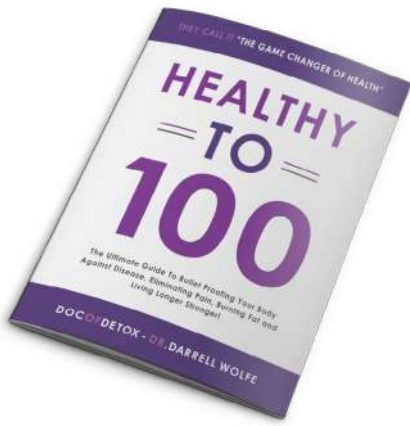
Brave Heart Nation Q&A Live every Tuesday with Dr. Darrell Wolfe. Go to: docofdetoxshow.com

Book your personalized Nutritional Consultation with Abby Michelle, the lead nutritionist at the Doc of Detox or with myself, Dr. Darrell Wolfe, for a personalized emotional consultation.

The Brave Heart Way: Strategize first, then execute with the **12 Self Loving Steps** daily to create the **Perfect Day**, for the **Perfect Life**.

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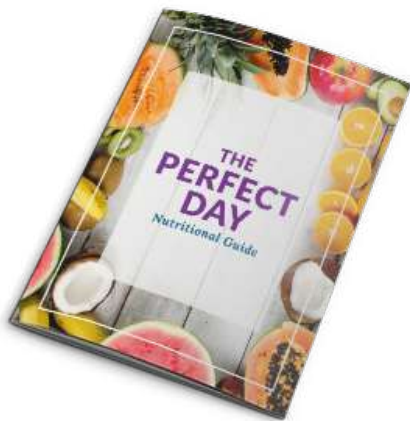
Healthy To 100

- Young again at any age.
- Go beyond the same old health advice.
- Understand how the body heals.
- Lower healthcare costs.
- Live each and every day pain-free.
- Lose weight permanently.
- Supercharge your immune system.



Quick Start Guide

- The Perfect Day: Whole Plant-Based Lifestyle.
- Brave Heart: 12 Self Loving Steps.
- The Power of Structured Water.
- Intermittent fasting and proper food combining.
- Easy and effective exercises.
- External and internal therapies.
- Personal blueprint and tracking charts.



The Perfect Day Nutritional Guide

- How to make your home a health zone.
- Life-changing breathing techniques.
- Whole Plant-Based and proper food combining.
- The Perfect Day schedule to master your life.
- Nutritious and delicious recipes.
- Easy and effective exercises.
- External and internal therapies.



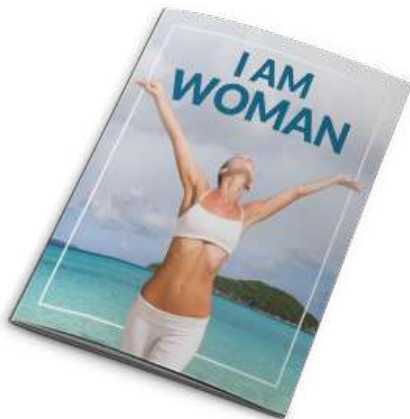
The Brave Heart Way

- The 12 Self Loving Steps.
- The gut/brain connection.
- The ultimate prescription for emotional health.
- Life-changing techniques.
- How to journal for success.
- How to set goals to change your life.
- How to master your emotions and heal yourself.



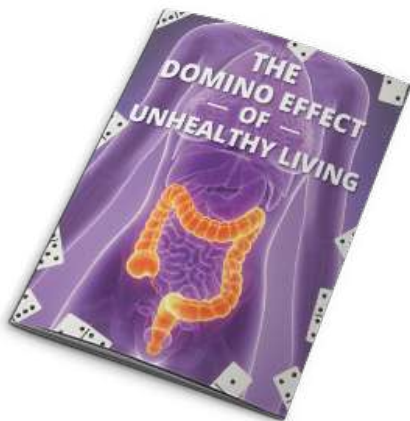
Fasting 4 Perfect Health

- How To Bio-Hack Your Body.
- Doc Of Detox Advanced Water Fasting.
- The Ultimate Coffee Enema.
- Life-Changing Fasting Stories And Studies.
- Top 16 Benefits To Enhanced Water Fasting.
- How To Intermittent Fast.
- How To Properly Do And Break An Extended Water Fast.



I Am Woman

- Breast Implants And Adhesions From Surgery.
- How To Turn On Your Feminine Power.
- Turning On Self-Healing.
- Fibroids, C-Sections, Endometriosis And Cancer.
- Displaced Calcium And Hormonal Issues.
- Weight Gain And Adhesions.
- Unleash The Healer From Within.



The Domino Effect Of Unhealthy Living

- The Highway To Health Or Disease.
- The Mother Of All Organs: 85% Of Your Immune System.
- Your Bloodstream: The River Of Life.
- Sick, Fat And Exhausted.
- The Puffball Syndrome: It's Not Weight, It's Water.
- The Domino Effect Of Autoimmune Disease.



Cancer A Scar Tissue Issue

- The Cause Of Pain, Inflammation, Displaced Calcium, And Cancer.
- From A Mental Block To A Physical Block.
- All Disease Is A Physical Block.
- Reverse And Renew All Tissues And Joints.
- A Sick Mind Creates A Sick Body.
- Treatments And Techniques To Reverse Aging.
- Internal Scar Tissue And Wolfe Nonsurgical.



The Cancer Answer

- The Root Cause Of Cancer.
- Cancer Is A Parasite, Cancer Is A Frequency.
- Issues In Your Tissues.
- Parasitological Invasion And How It Happens.
- Common Symptoms Of Candida Overgrowth.
- The Bug Is Nothing, The Terrain Is Everything.
- The Big C = Conflict, Corruption, Contamination.



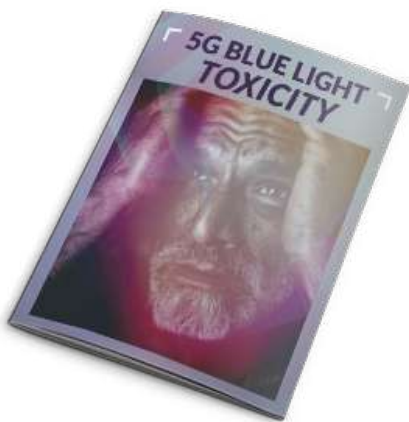
Spoiled Rotten: The All-American Meat And Potato Man

- The Domino Effect Of Being The All-American Couple.
- Trouble Down Below: Rotten From The Inside Out.
- All Gassed Up And Ready To Blow.
- The Standard American Diet Is Sad.
- What Happens To Your Body When You Overeat.
- Empty Calories: Always Full But Running On Empty.



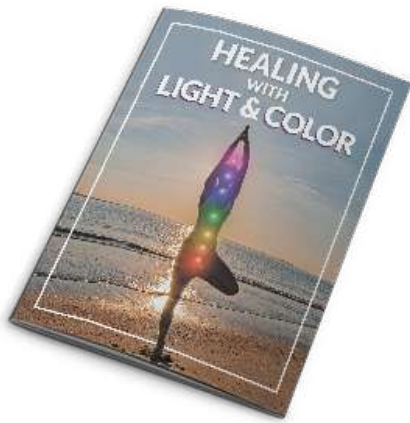
Medical Mafia

- How The Ama Destroyed Health Care.
- What Is The Flexner Report?
- Drug Intensive Medicine.
- Cut, Poison, Burn, Medicate.
- Buyer Beware Or Buyer Be Dead.
- The Witch Burning.
- Money Before Humanity.



5G & Blue Light Toxicity

- 5G: The Weapon Of Mass Destruction
- The Amazing Health Benefits Of Sungazing.
- Light: The Good, The Bad, The Unhealthy.
- The Harmful Effects Of Blue Light.
- 5 Scientific Facts Proving That Emfs Are Not Safe.
- How To Protect Yourself From 5G And Blue Light.
- Artificial Intelligence And Digital Dementia.



Energy Medicine Guide

- Healing With Light And Color.
- Turn On And Tune Into Your True Nature.
- The Blood Never Lies.
- The #1 Key To Healing: Microcirculation.
- Healing Begins With The Farmer.



Sac Ionic Calcium

- Sac And Cancer.
- The Solution For Displaced Calcium In The Body.
- The Solution For Age-Related Chronic Degenerative Diseases.
- The Answer For Osteoporosis And Autoimmune Disease.
- Renew Your Dental Bone Health.
- Stimulate And Restore Mitochondria And Stem Cells.
- Sac Ionic Calcium Creates Homeostasis In The Body.



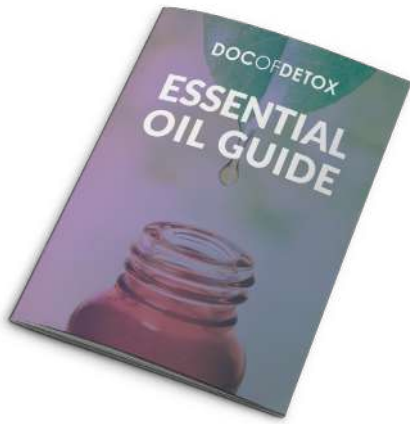
Daily Cleansing Tea

- Gentle Detoxification For True Healing.
- How To Tell If You Have Good Bowel Movements.
- Daily Cleansing Tea Uses And Benefits.
- Ingredients, Directions, & Contraindications.
- Structured Water, Hydration And Absorption.
- Repair And Boost Your Immune System.



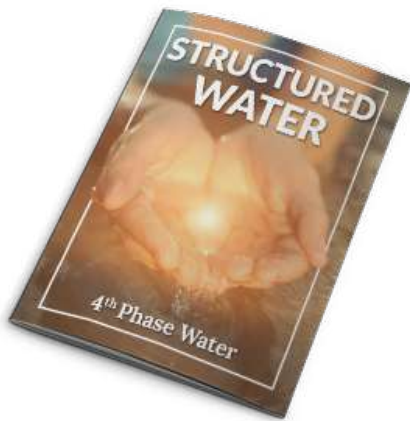
The Miracle Of Humic & Fulvic Acid

- Scientific Research On Humic, Fulvic And Life Crystals.
- What Sets Our Humic & Fulvic Apart?
- Dr. George Merkl: The Einstein Of Food Medicine.
- The Miracle Of Life Crystals.
- Black Gold Medicine And It's Healing Benefits.
- Health Conditions And Treatment.



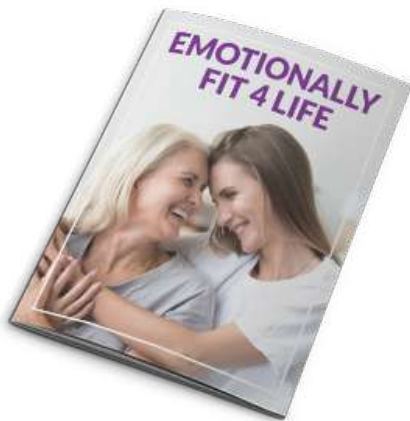
Essential Oil Guide

- Healing Benefits Of Our Essential Oils.
- Origins Of Our Organic, Raw Materials.
- Internal And External Therapeutic Uses.
- Essential Oils And First Aid Use.
- Diffusing Essential Oils.
- Why Our 100% Pure Single Oils And Oil Blends.



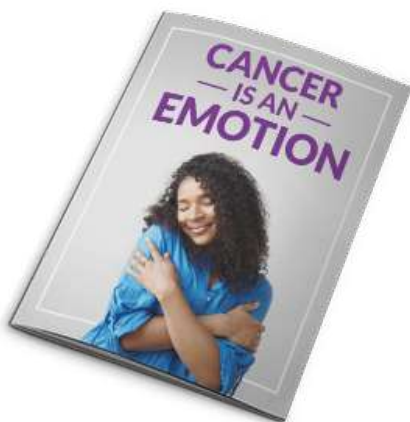
Structured Water

- Nature's Most Powerful Water.
- Contains The Most Light And Frequencies.
- The Lowest Surface Tension Of All Water.
- Delivers More Nutrients And Detoxifies Deeper.
- Dehydration And Daily Water Consumption.
- How Man Duplicated Structured Water.
- Benefits Of Structured Water.



Emotionally Fit 4 Life

- Tap Into Your Unlimited Potential.
- Find Your True Self.
- Live The Life You've Always Dreamed Of.
- Mastering The Art Of Self-Love.
- Free The Mind, Free Your Spirit!
- Living In The Present Moment.



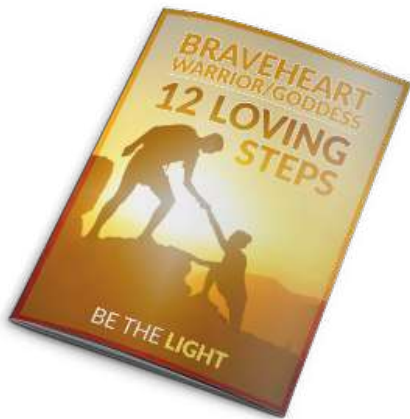
Cancer Is An E-Motion

- Stop Giving Your Power Away.
- Stop Looking For Approval.
- Stop Taking Things Personally.
- Feed The Spirit Or Starve The Body.
- End The Family Curse Now.
- Become Centered In Self-Love.
- Mastering The Heart-Brain Connection.



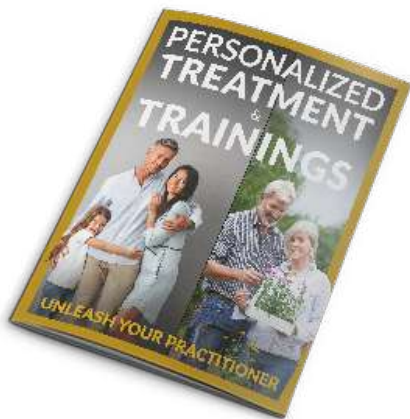
A-Z Wellness Guide

- Most In Depth Bodywork Masterclass.
- Medical Care VS. Self Care.
- Self Care Health Care.
- The Body, From A-Z.
- Conditions From Head To Toe.
- The Power Of Natural Medicine.



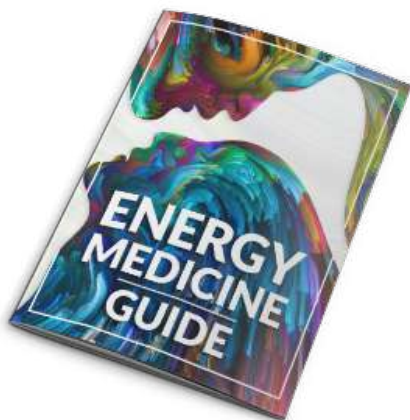
12 Loving Steps

- The Gratitude Attitude.
- Love Band, Life Band.
- The Couples Connection.
- Family Connection.
- Mind Mapping.
- Visualize, Affirm, Create, Allow.
- Connect to your Lion Heart Breathing.



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Energy Medicine Guide

- Light Is The Source Of All Life.
- Human Performance Technology.
- The #1 Key To All Healing.
- The Ultimate Energy Healing Guide.
- Healing With Light & Color.

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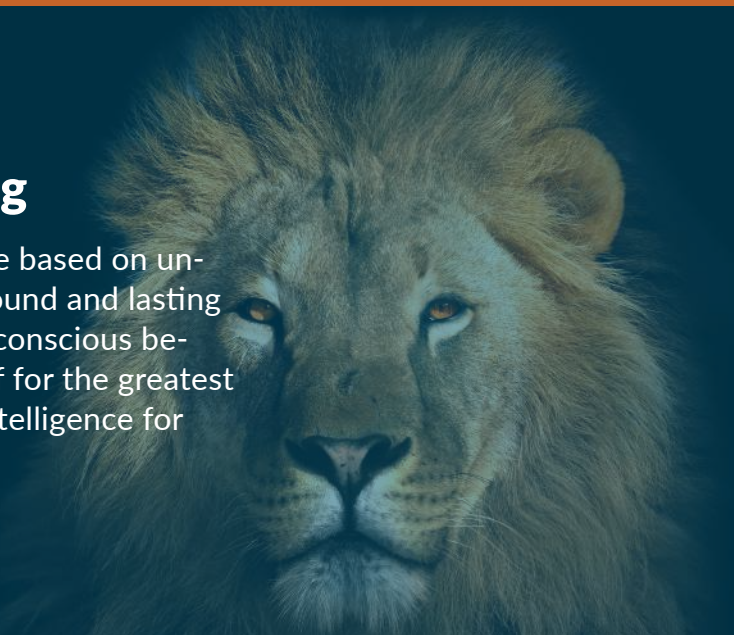
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