

Stage Three Outline

1. Get really BIG in Love

State your new truth.

What is the habit or habits that was created by the old belief? Make sure you get them all. You can state your old belief in different scenarios, like at home, at work, with loved ones, and see how your body reacts in those scenarios. Those reactions/habits are what you want to heal.

Write them in your journal.

2. Get really Big in Love

State: "What tools can I use to help me get back to Love when I am triggered by one of these old habits that are not true?"

You can use Love Time, Gliding, Loving Sounds, Loving Questions, change your space, change your breathing, stand on your head, do back flips, dance, yoga, hug yourself, hug a tree or a friend - whatever it takes to get back to Love

Lots of people use self-talk when they find themselves getting triggered by an old belief. Why am I acting/feeling like this? Oh yea, that feeling is being caused by my old belief. That belief is not true. State the truth! The truth feels good, it feels right. How can I get back to Love. Use your truth and whatever tools you decide on.

3. Whatever tool or tools you decide on, write them down and try it out the next time you find yourself being triggered by your old belief.

Generally, it will take less and less time to get back to Love. Soon you will find that you will not get triggered any more. Then a month or two after you have healed completely, the universe will provide you with one more opportunity that might trigger you to see if you are completely healed. Life is fun!

Once you have healed completely from the habit, usually any physical condition that was connected to the habit, will gradually disappear. If it does, remember to thank your Guides for all their help.

If it does not heal within three months, there may be an unloving belief underneath the one you just healed. Do a new Stage One and your off and running.

JAI-MA! Woouooooohooooooo Feel the LOVE!