

Mastering M.E. - Mind & Emotions

Week 9 Integrating - The Work

Center - Close your eyes for a moment, bring your awareness to your breath

Intentions - personal and group

Recap of week 8

Surrender - Acceptance

Ho'Oponopono & Serenity Prayer

Share Gratitude and Win

Integrating - Doing the WORK

Today's lesson is applying and connecting all that we have learned, modeled and embraced over the last 8 weeks. This week is about connecting all the lessons we are Mastering, it's about connecting the dots and really doing what we came here for: THE WORK, Integrating - to combine with . . . to make whole. It's about dealing with the dung or as psychologist refer to it Healing the Inner Child. This week we learn to embrace, nurture, understand and educate that

1. Embrace inner power
2. Love
3. Feedback
4. Deserving
5. Intention
6. Quantum
7. Self-Regulation
8. Surrender

part of us that is still holding on so tightly to memories, beliefs or past events and preventing us for forward momentum.

Your LIFE WORK for the week.

HEAL, Integrate and become WHOLE

READ, Feel, Experience your Vision

Set Goals -TAKE NEW ACTION STEPS - Utilize your PLANNER