

Day 1: Get a grasp of your Attention

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

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

Appreciative Attention is a lightness of humor that enables you to defuse uncomfortable situations without disrespecting all others.

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

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

The result can be:

1. Another sensation: repeat the same exhortation until no more sensations or impressions arise.
2. New insights, more experiential clarity, or answers to earlier stated questions.
3. A disappearance of the obstacle or pain.
4. Quietness of mind and a sense of oneness with all.

Day 3: Get a grasp of your surroundings

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

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

Day 4: Get a grasp of your urge to opionate

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

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

BONUS: a special treat for your body

Every Day You Will:

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



Day 5: Get a grasp of your center

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

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

Day 6: Get a grasp of your feelings

The Story of Stress

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

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

BONUS: some treats for your mind & eyes

Day 7: Get a grasp of your Solar Plexus

The Story of your Star

During the past 5000 years, many famous people have referred to their stars when it came to the highest expression of their Self.

The world religions and other spiritual traditions have ignored it in order to manipulate and maintain control over their members.

Our solar or celiac plexus manages numerous glands that provide vital functions for converting food into energy for the body. Its chakra or energy vortex permeates this entire body part.

Your Star 'exhales' energy & information in the form of matter, light, and heat by 'inhaling' the energy of the cosmic lattice, also called consciousness. Your Solar Plexus inhales that energy & information and exhales magnetism.

The arch-enemy of the Solar Plexus is FEAR. We show you how to overcome this fear, awaken your solar plexus, connect with your star, and act as an ensouled human being who can breathe freely.

