

DESIGNED^{TO BE} FREE

FINALLY END THE CYCLE

TRANSFORMATION **MIND SOUL BODY**

RESISTANCE ALCHEMY™
PROCESS





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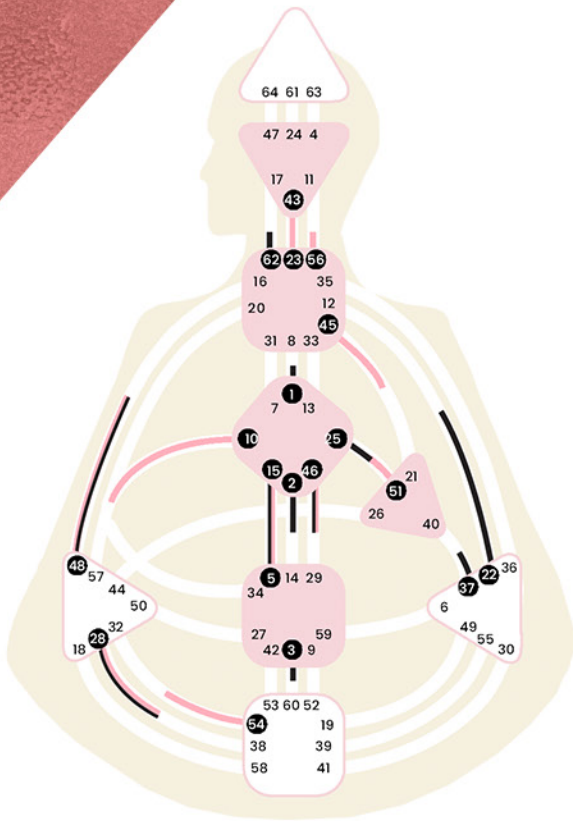
TRANSFORMATION **MIND SOUL BODY**

BECOME AWARE OF WHAT YOU ARE TRULY FEELING

*For the next 24 hours, during your awake hours, keep track every hour how you are feeling and move through using **THE RESISTANCE ALCHEMY™ PROCESS***

SET AN ALARM

The more you do this in the moment alignment work, the quicker you shift and change. It will be able to happen super fast. Remember it is better to take 5 minutes every hour now than to get ill or have something happen that you wouldn't love.



THE EXERCISE

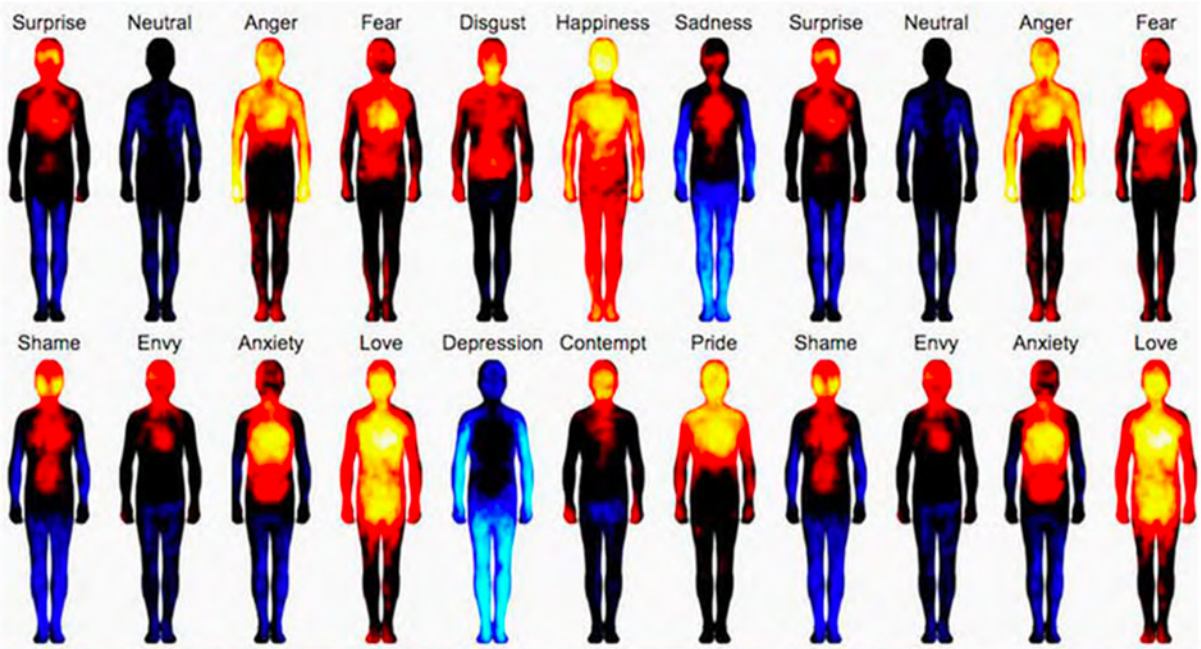


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TRANSFORMATION **MIND SOUL BODY**

FEELINGS IN THE BODY | THE PARTS & THE FEELZ



IF YOU ARE FEELING DISCOMFORT, PAIN OR IN THIS BODY PART, IT IS CORRELATED WITH THIS FEELING

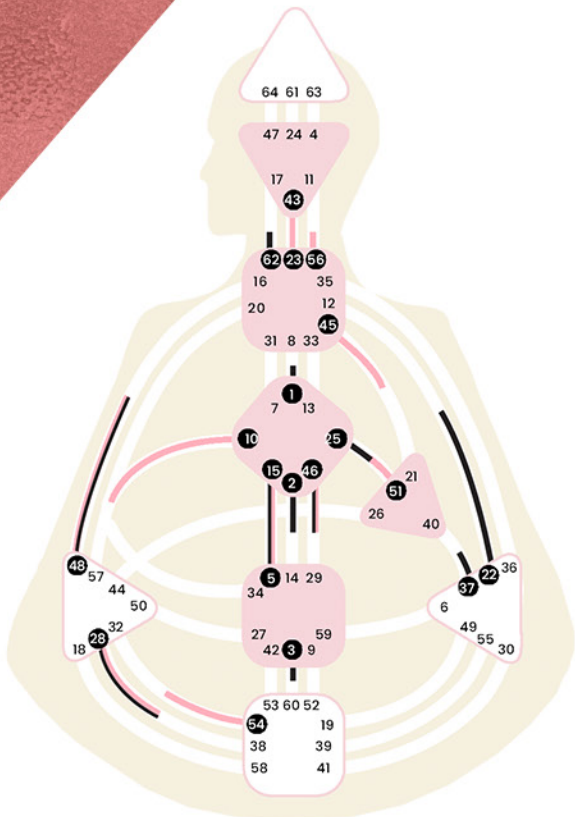
BODY PARTS => FEELING

HEAD, NECK SHOULDERS = ANGER
 EYES, THROAT, CHEST = SHAME
 CHEST HEAVY, EYES = SADNESS
 STOMACH = FEAR

BODY PARTS => FEELING

TINGLING ALL OVER -LIGHTNESS = JOY
 TINGLY HEAD TO MIDDLE THIGHS = LOVE
 NO FEELING = NEUTRAL
 COLDNESS ARMS AND LEGS = DEPRESSION

THE QUESTION





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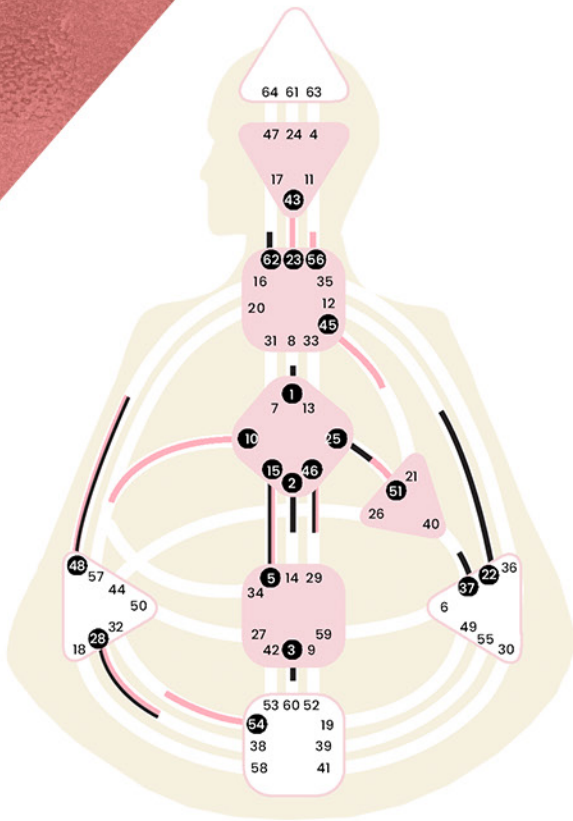
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PERFORM THE RESISTANCE™ ALCHEMY PROCESS:

RESISTANCE ALCHEMY™

RA5 PROCESS



RESISTANCE
ALCHEMY™

1) **Aware**

awareness is the beginning of transformation

2) **Allow**

allow yourself to feel without the need to change or fix anything

3) **Accept**

accept what is. It is what it is.

4) **Appreciate**

love yourself and be thankful for what has come up

5) **Align**

now that you don't need to change anything, you get to choose what you would like to experience



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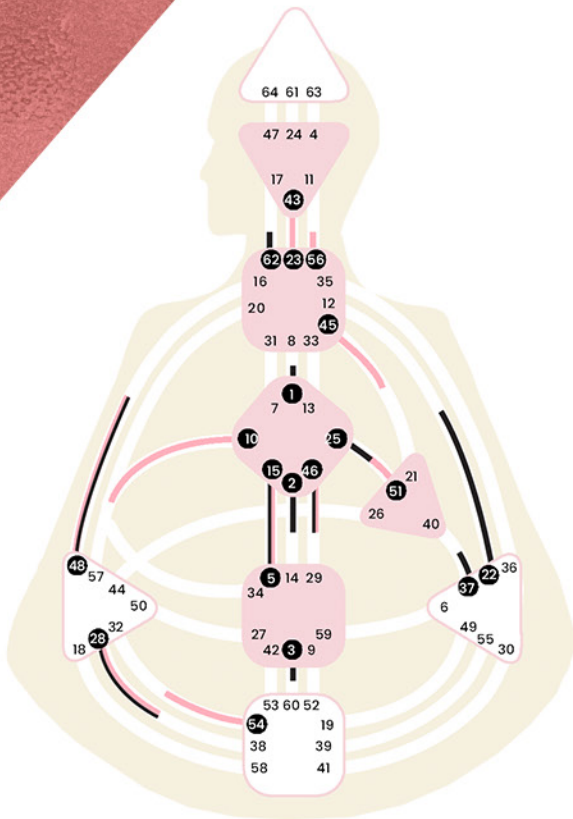
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Questions you will ask yourself:

How do I feel right now? Write feeling that comes to your mind.

Where do I feel in my body? Write the location down.



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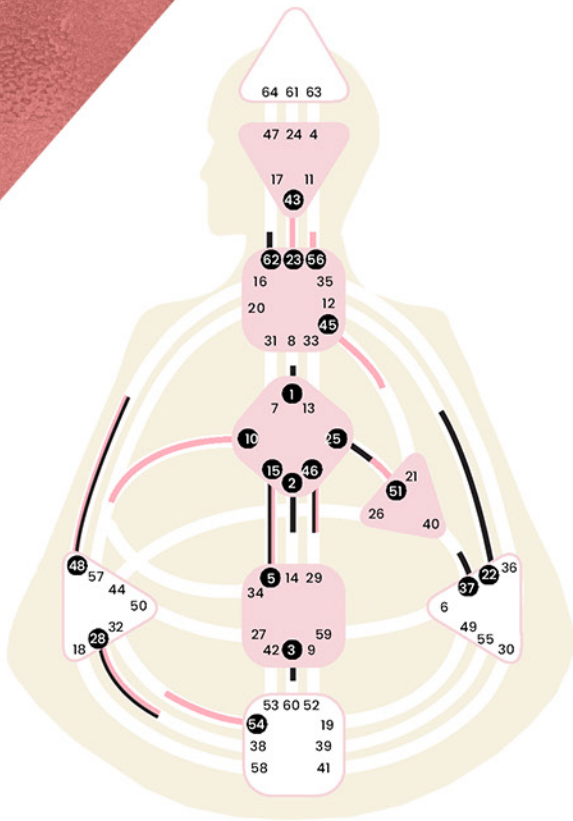
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Questions you will ask yourself:

Look at the list above, is the emotion you think you feel in alignment.



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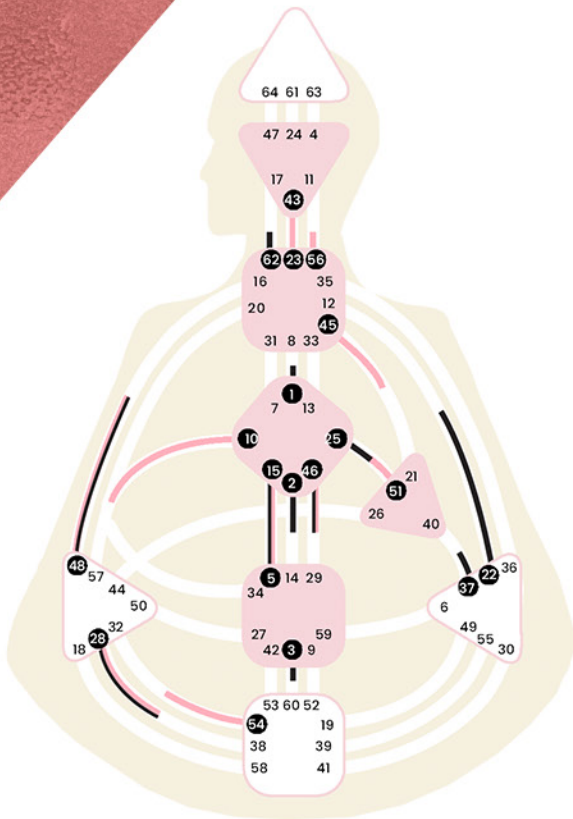
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If you don't know how you feel, record how your body feels. And then look at the chart above and correlate your body feeling to the emotion above.

If you don't have any feeling, tune into what you desire to manifest. You can ask some of these questions or ponder these statements:



- How am I feeling about receiving _____ ?
- How long have I desired _____ ?
- How does it feel when I say "Receiving your xxxxx will be easy?"
- How do you feel when you hear "What manifests is never wrong. The Universe isn't getting anything wrong. The Universe isn't testing you."
- How does it feel when you hear "If you haven't manifested it, you weren't aligned with it."

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