7 Steps to Peak Performance
Energy & Stamina
Overview

♥ Limiting Thoughts & Beliefs
♥ The Body’s Energy Centers
♥ Opening & Balancing Your Body’s Energy Centers
♥ Belief Transformation
♥ High Energy
Limiting Thoughts & Beliefs

♥ What we focus on is What we create
♥ My _____ will never get better
  ♥ Knee example
♥ Belief in what an authority (doctor) tells us
  ♥ Bicycle Example
♥ Wayne Dyer Example – Black spot on lung xray
♥ Woman with Rubber floating in water
  ♥ To Prevent Illness, place on Organ and keep moist
The Bodies Energy System

❤ Primary Energy Centers
❤ 7 Centers – Carolyn Myss – Anatomy of the Spirit
❤ Relate to:
  ❤ Multiple areas of health
  ❤ Areas of success
❤ Shut Down Centers (how they get shutdown)
  ❤ Dysfunction in those areas
  ❤ Lack of Success
  ❤ Illness
Energy Centers

♥ Root
♥ Location – Base of Spine
♥ Color - Red
♥ Represents
  ♥ Health (Lower Back, Prostate & Vaginal)
  ♥ Success (Financial Problems)
  ♥ Emotional (Lack of Support)
  ♥ Client Back Problem Story
Energy Centers

♥ Root (cont.)
♥ Limiting Thoughts
♥ My ideas are never supported
♥ No one ever supports me
♥ I can’t support myself
♥ I hate sex
♥ Sex is bad
♥ Money is the root of all evil
Energy Centers

♥ Sacral
♥ Location
♥ Color - Orange
♥ Represents
  ♥ Health (stomach, Low Sperm Count, Miscarriages)
  ♥ Success (Financial)
  ♥ Emotional (Fear of Loss)
Energy Centers

♥ Sacral (cont.)
♥ Limiting Thoughts
♥ I’ll never have a baby
♥ I wouldn’t be a good mother (or father)
♥ If I had money I’d just lose it
♥ I’ll never be successful
♥ I don’t have a creative bone in my body
Energy Centers

♥ Solar Plexus
♥ Location
♥ Color – Yellow
♥ Creative Center – Gut Instincts
♥ Represents
  ♥ Health (Gallbladder, Liver, Spleen)
  ♥ Success (Low Self Esteem, lack creativity)
  ♥ Emotional (Fear of Rejection)
Energy Centers

♥ Solar Plexus (cont.)
♥ Limiting Thoughts
  ♥ Everyone always hates me
  ♥ My mother (or father) rejected me from the day I was born
  ♥ My parents never wanted me
  ♥ I have never been creative like (person’s name)
  ♥ (Person’s Name) got all the creative genes in the family
  ♥ There is no such thing as gut instinct
Energy Centers

♥ Heart
♥ Location
♥ Color - Green
♥ Represents
  ♥ Health (Heart/Lungs)
  ♥ Success (Lack of Passion)
  ♥ Emotional (Fear of Being Alone, Self Centered)
Energy Centers

♥ Heart (cont.)
♥ Limiting Thoughts
♥ I’ll always be alone
♥ No one will ever love me
♥ I hate myself
♥ I can’t find anything to get passionate about
♥ God doesn’t love me, if he did ____________ would/wouldn’t have happened
Energy Centers

♥ Throat
♥ Location
♥ Color – Indigo Blue
♥ Represents
  ♥ Health (Sore Throat, Neck)
  ♥ Success (Unable to Speak Up for Self)
  ♥ Emotional (Feeling unimportant – what I have to say isn’t important) What are you afraid to say
Energy Centers

♥ Throat (cont.)
♥ Limiting Thoughts
♥ I hate speaking in front of people
♥ No one ever hears what I have to say
♥ No one ever listens to me
♥ What I have to say isn’t important
♥ I am afraid to say __________ because
___________ may happen if I do
Energy Centers

♥ Third Eye
♥ Location
♥ Color - Violet
♥ Represents
♥ Health (Eyes, Ears, Nose)
♥ Success (Lack ability to connect to intuition, Non logical, non mathematical)
♥ Emotional (Lots of emotional chatter going on)
Energy Centers

♥ Third Eye (cont.)
♥ Limiting Thoughts
♥ I don’t believe that people are intuitive
♥ I hate math
♥ I have never been (or will never be) good at math
♥ I’m very creative, but don’t expect me to be logical too
♥ I could never meditate – my mind is racing a mile a minute
♥ I can’t stop the chatter going on in my mind
Energy Centers

♥ Crown
♥ Location
♥ Color - White
♥ Represents
  ♥ Health (Depression, headaches, muscle aches)
  ♥ Emotional (Feelings of not being connected to a higher source, despondent, feel that you have no say so in your life)
Energy Centers

♥ Crown (cont.)
♥ Limiting Thoughts
♥ I don’t believe in God (or a higher source)
♥ I hate life
♥ My life is miserable
♥ I am not able to be myself
♥ I am expected to be someone that I’m not
Opening Shutdown Centers

♥ Chakra Opening & Balancing
♥ Holding in non-dominant hand
♥ Visualizing Symbol
♥ Connecting with Symbol through looking at it
Limiting Thoughts & Beliefs

♥ Identifying Core Non-Supportive Beliefs
♥ Journaling
♥ Symbol
Limiting Thoughts & Beliefs

♥ Belief Transformation
♥ Repeating Affirmations Daily
♥ Symbol
Limiting Thoughts & Beliefs

♥ Length of Time to Change a Belief
  ♥ 21 Days – Twice Per Day
  ♥ 63 Days
  ♥ 7 times 70
♥ Evolution is Speeding Up
♥ Process for changing this belief –
  www.OneMinuteEnergyTuneUp.com/InstantlyChangingYourBeliefs.pdf
High Energy Symbol
Limiting Thoughts
♥ I’m always tired
♥ I’m exhausted
♥ I need at least 10 hours of sleep
♥ I can never get enough sleep
♥ I am an insomniac
♥ It is impossible to stay awake during a lecture
Review

♥ How our Thoughts Affect our Energy
♥ The Bodies 7 chakras (Energy Centers)
  ♥ How each affects our health when blocked
  ♥ How each affects our success when blocked
♥ Limiting Thoughts
♥ Limiting Thoughts & Beliefs
♥ High Energy Symbol
Bonus Offer

Contact Krystalya Marie’ and receive $50.00 Off any purchase of $100.00 or more.

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