

*Beja Va*



DATING

5 DAY CHALLENGE

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# 5 Day Success Path

REVIEW, COMPLETE THE QUESTIONS IN FULL.  
EMAIL YOUR ANSWERS TO ANAIS@LIVINGLESSONSLIBRARY.COM

DATE:

WHAT I HAVE LEARNED ABOUT ENERGY, CREATIVITY, AND DESIRE?

DO I FEEL CLEARER? HOW? BE SPECIFIC

PRACTICE SAYING NO ~ OBSERVE HOW YOU/ YOUR THROAT FEEL

I CHOOSE TO STOP OVER-GIVING AND I PRACTICE THIS NEW SKILL

ONE KEY BEHAVIOR I WILL ADJUST AND SHIFT ON MY NEXT DATE



## Key Take-Aways

- ☐ MY HEALTHY BOUNDARIES
- ☐ USE EMPATHY ~ HEAL MYSELF!
- ☐ STOP EMPATHIC OVER-GIVING
- ☐ FOCUS ON BEING DISCERNING
- ☐ ASK WHAT IS REALLY GOING ON HERE?
- ☐ STAY PRESENT AND BREATHE!





## Break-Up Costs Add UP

- ☐ 4 Date Cycle ~ New York: \$920
- ☐ 16 Dates a Year ~ LA: \$3, 248
- ☐ Retail Therapy ~ Your Best Guess
- ☐ Psychotherapy ~ 3 Sessions \$600
- ☐ Yoga, Gyrotonics, Reiki \$125/month
- ☐ Energy Field Higher Education \$697



# Begin! Engage! Practice! Use!

## 12 Steps ~ 12 Chakras Recovery

Chakra 1 ~ Vibration ~ Grounded & Present  
Root ~ Color / Red

Chakra 2 ~ Vibration - Creativity & Bliss  
E-Umbi ~ Color / Orange

Chakra 3 ~ Vibratiion ~ Learn & Discern  
Karanadis ~ Color/ Yellow

Chakra 4 ~ Vibration ~ Trust, Love, Connection  
Heart ~ Color/ Turquoise Blue/Green

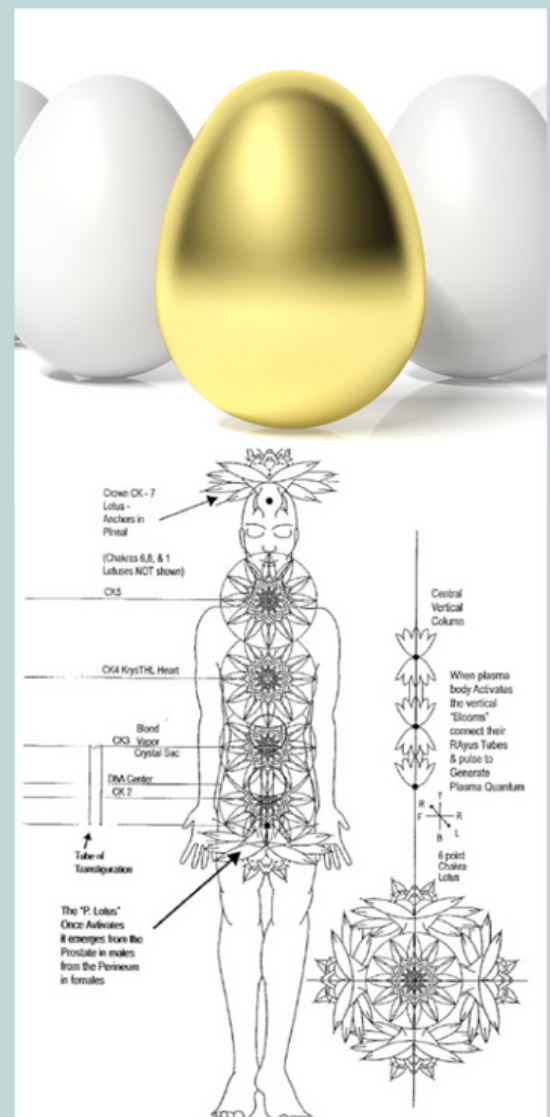
Chakra 5 ~ Vibration ~ Sound, Speaking, Truth  
Throat ~ Color / Indigo Blue

Chakra 6 ~ Vibration ~ See, Hear, Feel Seen/ Unseen  
Rajna ~ Color / Pale to Deep Violet

Chakra 7 ~ Vibration ~ I Am/ We Are Source/God  
Crown ~ Color / Gold, Iridescent White & Blue

Chakras 8 to 15?

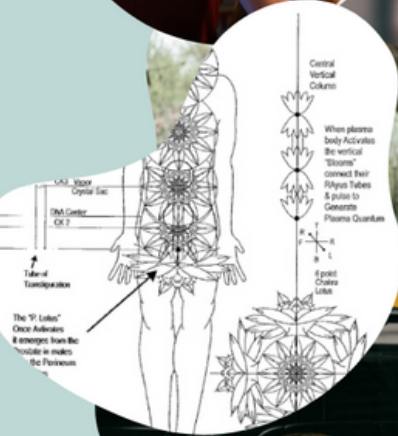
Shared in my 4 Week Program!





# 12 Steps ~ 12 Chakras Recovery

Good-bye! Barth Vapor!



Have you ever felt unconditionally loved by anyone? It's great to have that touchstone when you need it. Reflect on that person. Who is this? When did you feel this?

Darth Vapor/Dark Flower Dynamic energy disturbances lead to lasting energy field damage. Some of you here today already know how this feels but not how to heal this.

Dark Flower Tracker Chakra bind you  
for emotional control and more.

Yet destructive patterns provide valuable healing information so that you heal at deepest soul levels.

All energy is information. You now have choice by KNOWING what you didn't know before.



**Step 1**  
**Chakra 2**

**I feel happy  
and whole.**

**I like being  
me! I like you  
being you!**

**déjà vu  
dating**



*Your Guide and Mentor*

