

THRIVE

WOMEN'S *Leadership* MASTERY

THRIVE'S FAVOURITE THINGS

The purpose of this bonus is to provide you with some insight into different modalities and practices to help you in the MASTERY quadrant. These things all help to increase balance, confidence, peace and consciousness. These modalities and techniques work beyond the body and are aimed at releasing limiting beliefs, subconscious blocks and increase overall wellness and success.

Modalities

Reiki - Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words - Rei which means "Wisdom or the Higher Power" and Ki which is "life force energy," so Reiki is actually "spiritually guided life force energy." Source – reiki.org

Subconscious Release Technique - (SRT) is a powerful brain coding technique, rooted in behavioral science, that allows people to completely reprogram negative thought patterns and bias, and neutralize emotional blocks. Based on research that dates all the way back to the 1970's by Lester Levenson, a physicist whose research led him to discover this profound approach to overcoming our deep-seated, limiting beliefs. The goal of SRT is to create a mindset that focuses on opportunity, purpose, healthful relationships, and to promote more consistent feelings of positivity, possibility, and joy. By engaging this technique, we are able to construct mental pathways that empower us to begin accessing our greater potential and create the life we truly want to be living. Source – loveignitespeace.com

THRIVE

WOMEN'S *Leadership* MASTERY

Emotion Code - The Emotion Code is a simple and fast method to find and remove negative emotional energy from the body. It uses kinesiology, or muscle testing to connect to the subconscious mind to find out where the blockages are and what emotions they are related to. Then a magnet is rolled over the corresponding body meridians several times to release those emotional energy blockages. The energies of intense emotional events experienced are still stuck in one's physical body and can distort the normal energy flow, resulting in pain, disease, PTSD, depression, anxiety, phobias and mental illnesses. The Emotion Code helps release these blockages. Source – alternativesforhealing.com

Meditation is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal and spiritual growth. Meditation benefits people with or without medical illness or stress. People who meditate regularly have been shown to feel less anxiety and depression. They also report that they experience more enjoyment and appreciation of life and that their relationships with others are improved. Meditation produces a state of deep relaxation and a sense of balance or equanimity. Sources – medicaldictionary.com

Recommended Meditations

Morning Miracle Meditation – Daily Morning Meditation to Transform Your Life – Mary Kate <https://www.youtube.com/watch?v=Jz3XyrX76d0&t=45s>

Morning Meditation – Raising Your Vibration – Nicoel Ann - <https://www.youtube.com/watch?v=bSu1u4AFIUQ>

Guided Abundance Meditation – Bob Proctor - <https://www.youtube.com/watch?v=YMF5h6HpxKk>

Gratitude Meditation to Shift Your Reality – Mary Kate - https://www.youtube.com/watch?v=l0EtNASgShc&list=PLLU4A_q4_9HE-ZoDTPH6SqA5Sf5bTM2-e&index=6

THRIVE

WOMEN'S *Leadership* MASTERY

The Reset Guided Meditation – Reset Your Reality for Wealth and Success – Mary Kate
https://www.youtube.com/watch?v=FPFzWWUQDBI&list=PLLU4A_q4_9HE-ZoDTPH6SqA5Sf5bTM2-e&index=12

Priming – This daily habit will prime your brain to be at it's best – Tony Robbins
<https://www.youtube.com/watch?v=faTGTgid8Uc>

Forgiveness Practice

Ho'oponopono is a Hawaiian practice of reconciliation and forgiveness. The Hawaiian word translates into English simply as correction. Source - Wikipedia

Ho'oponopono for Self Love and Radical Forgiveness – Sandra Rolus
<https://www.youtube.com/watch?v=QQTtoOBaypw>

Unblocking Abundance

Mind Valley Masterclass - Christie Marie Sheldon – Unblock Your Abundance
<https://www.youtube.com/watch?v=Eaws4KOrWal>

Increasing Yin Energy

Divine Feminine – Kuan Yin Healing Meditation – Stefi Lane

YouTube Meditation –
<https://www.youtube.com/watch?v=epaj-7x3IEc>