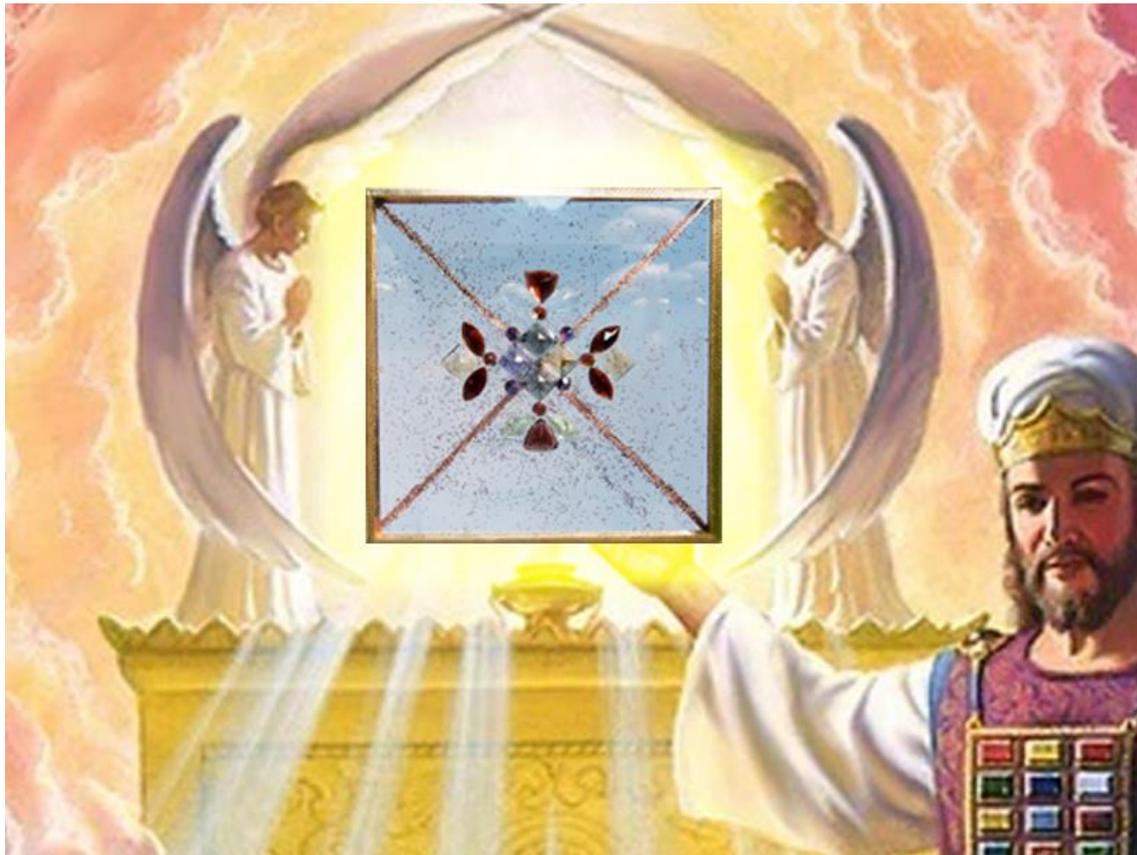


LESSON 10 – HOW TO LOVE YOURSELF UNCONDITIONALLY

In this lesson we've talked about focusing on loving yourself unconditionally. To help you, below you will see a sampler of "post it" notes that you can use to focus on a specific issue at hand for the day. You will also see a few blank ones so that you can write down whatever you feel is best for YOU. Please note that this is just an example, and I invite you to focus on what truly matters the most to YOU.

Remember for the next 3 weeks, everyday, when you wake up for you are to focus all of your attention on a specific body part, organ, aspect of yourself, and you are to walk around the whole day thinking about that organ and saying to yourself how much you love it, how you appreciate what it is doing for you, how you love that it operates how miraculous it really is, etc.,



MELCHIZEDEK RECONNECTION DISC – Works on All 3 Subtle Bodies, Etheric, Emotional, and Mental to Assist in Healing the body. This disc is **The Healing Key**, that works holistically to harmonize the mind, body, emotions and spirit, helping to increase your feeling of well-being, and neutralize negativity. The disc can be placed on specific points of the body for 10-15 min or so, to bring relief. Keeping this tool near you also help ameliorate various conditions. For more information please visit: <https://natalyaankh.myshopify.com/collections/ascension-tools/products/melchizedek-reconnection-device>

HANDS	FEET	SMILE
EYES	LIVER	YOUR ABILITY TO EXPRESS YOURSELF
HEART	YOUR KIND AND LOVING NATURE	YOUR SENSITIVITY TO OTHERS
GALLBLADDER	EARS	NOSE
LUNGS	URINARY TRACT	WOMB
DIGESTIVE SYSTEM	YOUR UNIQUE TRAITS OF...	

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