

## 22 Days to Embrace and Transcend Accelerated Chaotic Change

### Accelerated Change is Extremely Challenging

The world is experiencing a very turbulent period of accelerated change and most of us are struggling to adjust to the new frequencies flooding the planet.

This time period is especially challenging for light workers, empaths, spiritual teachers and highly evolved old souls because we are very sensitive to both the emotional chaos experienced by our family, friends and co-workers as well as the stress accelerated change has on the planet.

To succeed, thrive and flourish during accelerated chaotic change, you need to **shift your focus from what you have lost or what has been disrupted to how you can benefit and take advantage of the new opportunities** created by accelerated change. It is an opportunity for each of us to reexamine our lives and to create a life that supports on all levels.

### Shift from Resisting Change to Embracing It

Human beings have a strong preference for things being or remaining the same, fixed and constant. We just don't like change and unfortunately our first response to accelerated change is either to resist or fight it. Since this takes a lot of time and energy, the more we resist change the more energetically depleted we become.

Unfortunately, most of humanity is choosing to focus on what they have lost rather than taking advantage of the new potentialities. What this means is that over half of humanity is exhausted, depleted and burned out from the pressure created by accelerated change. The other half of humanity is freaked out, angry and resentful about the huge disruption in every area of modern life from money to politics to technology and medical breakthroughs.

Like anything, accelerated change offers each of us a choice: We can either fight or resist or embrace, accept it and take advantage of the new opportunities offered by accelerated change. **The quicker you shift the less disrupted your life will become.**

## **Money is Usually the First Area Disrupted by Rapid Change**

A lot of humanity is hugely struggling financially because our money, job and personal finances are often the first area to be disrupted and negatively impacted by rapid, accelerated, chaotic change.

If you ask your family and friends where their money and income originate, most of them will say their money comes from their job, business, investments or government pensions. The problem is that all of those things are outside of ourselves and therefore beyond our control.

**When we view our money and income as coming from outside of ourselves, we become much more vulnerable for our money to be disrupted by change.**

One of the challenges with rapid, accelerated, chaotic change is that most of us identify who we are with what we have. We look to the outer world to validate our perception of ourselves.

And that is perhaps fine when things are going great. When we have a great job, supportive partner and family, three new cars and a beautiful home...

But what happens when rapid technological change replaces your job or the economy dips and suddenly it is hard to pay the mortgage and car payments. The reality is that rapid change can screw up your life pretty fast.

And if you lose the great job, house and cars, it may negatively impact your relationship with your family. And how do you view yourself when all the good stuff and relationships in your get harder to keep and maintain and may even vanish.

If you base your self-image and self-worth on what you have rather than who you truly are, chaotic change can be devastating. **The truth is that who you are is so much more than what you have.**

The goal of this 22 Days Program is to help you to embrace accelerated change and become energetically neutral to it so you can master and benefit tremendously from it.

## The 22 Days to Embrace Accelerated Change Program Includes:

1. The first third of the program will focus on clearing the common blocks, resistance and self-sabotage we each have around change.
2. The second third of the program will focus on raising our vibration so we can handle accelerated change more gracefully.
3. The last third of the program will help each of us to master or transcend change and to tap into the momentum of accelerated change to create a life that works and that supports us on all levels.

Here is the list of topics for each day of the 22 days of the program:

### Day 1

Clear, Heal, Release and Dissolve with Love All Fear, Stress, Tension, Pressure, Worry and Anxiety Around Accelerated Change

### Day 2

Clear, Heal, Release and Dissolve with Love All Fear of and Resistance to Accelerated Chaotic Change

### Day 3

Clear, Heal, Release and Dissolve with Love All Drama and Trauma from Accelerated Chaotic Change

**Day 4**

**Clear, Heal, Release and Dissolve with Love Anything that Triggers You Around Accelerated Chaotic Change**

**Day 5**

**Clear, Heal, Release and Dissolve with Love All Whining, Complaining and Denial Around Accelerated Chaotic Change**

**Day 6**

**Clear, Heal, Release and Dissolve with Love Feeling Overwhelmed, Exhausted and Depleted by Accelerated Change**

**Day 7**

**Disconnecting from Planetary, Humanity and Mass Consciousness Fear of Rapid Accelerated Chaotic Change**

**Day 8**

**Clear, Heal, Release and Dissolve with Love Our Attachment to Past Ways of Being that No Longer Work Due to Rapid Change**

**Day 9**

**Embracing, Accepting and Celebrating Rapid Accelerated Chaotic Change**

**Day 10**

**Shifting from Reacting from Fear to Responding with Love to Accelerated Change**

**Day 11**

**Embodying Inner Peace and Tranquility During Rapid Accelerated Chaotic Change**

**Day 12**

**Embodying Emotional Positivity and Light-Heartedness in the Midst of Rapid Accelerated Chaotic Change**

**Day 13**

**Envisioning and Embodying Positive Expectancy in the Midst of Rapid Accelerated Chaotic Change**

**Day 14**

**Soften Your Energy and Embrace YOUR Divine Feminine Self to Flow with the Winds of Rapid Accelerated Change**

**Day 15**

**Focus On What YOU Can Control and Disregard the Rest**

**Day 16**

**Aligning with the Flow of Rapid Accelerated Chaotic Change**

**Day 17**

**Clear, Heal, Release and Dissolve with Love All Blocks We Have Around Fully Embodying “I AM the Source of My Abundance”**

**Day 18**

**Using the Momentum of Rapid Accelerated Chaotic Change to Create a Life that Supports YOU on All Levels**

**Day 19**

**Taking Advantage of the New Opportunities Created by Rapid Accelerated Chaotic Change**

**Day 20**

**Thriving and Flourishing During Rapid Accelerated Chaotic Change**

**Day 21**

**Becoming Energetically Neutral to Rapid Accelerated Chaotic Change**

**Day 22**

**Creating, Receiving and Embodying the Essence of Abundance, Prosperity and Success**

## What YOU Get and Ordering Information

The 22 Days to Embrace and Transcend Accelerated Change has 44 audio recordings. Each day I created two audios to participants who enroll in the program to help them with one specific focus.

The first audio is a clearing and healing mp3 and the second is an audio for guided visualization exercises that allow you to easily tap into the power of your soul to clear out specific issues and challenges you have around accelerated change. I use these visualizations all the time with telephone healing clients and they are very powerful and easy to apply.

In addition to the 44 mp3 audio recordings I prepared for this program, I am also offering each person who participates in this program a month of my Daily Healing and Support Program (\$77 value).

