

## **Finding True Self ~ the Journey...**

### **Day 1**

You've experienced the invigorating lift of a healthy dinner – now it's time to experience yourself.

Today you'll be given the opportunity to rediscover your potential, and to cultivate the inner power that comes from finding true self.

When was the last time you took a good look in the mirror? Are you an empty cup, or a full one? It's time to figure out just who and what you see when you look into your own eyes.

Awakening is the focus today as we rekindle the body's energies in all their various forms.

### **Day 2**

Today is all about the heart chakra – the very center of the chakra system, and the place where your true self resides.

Are you a caterpillar, or a butterfly? Are you ready to spread your wings?

As you unveil your heart and experience finding true self, you'll delve through the layers of thought and emotion until you begin to undo the negative patterns that have been keeping you from your divine essence.

We'll revisit your past and connect with the present on our way to clearing a path for the future.

### **Day 3**

Today you'll awaken with a renewed sense of self.

After morning meditation and a rejuvenating vortex encounter, you'll resonate with light particles like never before!

You'll recognize the importance of honoring your heart and keeping it open. All those things you've been taking for granted – the breathing, the posture, the smile that lights your face – have taken on a new sense of priority.

This morning you'll be introduced to a range of wellness tools that are designed to improve the energy of your chakra system and keep it circulating freely.

And as you take everything you've learned back home with you, you'll understand that finding true self is a personal journey: one that's meant to be shared and expanded as you connect with the world around you.