



Waking Up: 63 Day Experience

Rewiring Plan: *I am worthy. I am loved. I am His Sanctuary. I am taking hold of my inheritance.*

PLAN:

- **WAKING UP WEEKLY TEACHING:** Therapy and Theology Integration to help you embrace the journey and protocol with a greater **WHY!**
- **DAILY PRACTICE:** A weekly video will guide your daily practice aimed at rewiring pathways, repairing nervous system, releasing trauma, restoring peace and connecting spiritually.
- **DAILY LOVE NOTES:)** Daily encouragement and insight to help keep you on the journey to establish rhythms of practice that become a way of life.
- **WEEKLY SPIRITUAL PRACTICE FOCUS:** A practice of focus will be released weekly to move you toward spiritual growth.
- **WEEKLY MEDITATION:** to focus on your parts that hinder your truth that you are worthy, loved and sacred space.

I will be your guide, so you just simply engage in content as released and allow it to guide you through your 63 Days.



ADDITIONAL:

21 Immersion Participants:

4 private sessions to dive deeper into blocks around worthy, loved and body care, rest and self acceptance.

Three live zooms options for smaller setting work on these blocks including self acceptance, mother/father blessing and releasing shame.

And gifts, of course!

SCHEDULE:

July 29th

Orientation Videos & Content Released

August 1st

Launch Video & Introduction Practice

August 4, 11, 18, 25 &

- Every Sunday @ 8pm CST Live Zoom (Recording released on Monday)
- Mondays Weekly *Waking Up* Practice Released
- Weekly Parts Meditation
- Daily Love Notes of encouragement, insight, and practice

September 1, 8, 15, 22,29

- Every Sunday @ 8pm CST Live Zoom (Recording released on Monday)
- Mondays Weekly *Waking Up* Practice Released
- Weekly Parts Meditation
- Daily Love Notes of encouragement, insight, and practice

*Special zoom sessions to be announced for 21.
(These sessions require smaller groups.)*

****Possible options of live healing sessions coming in Mississippi, Louisiana, and St. Simons for those interested.*

October 2nd

Finale Live Zoom Session