

BAD BOY DETOX STARTER KIT

BY JENNIFER ESCALERA



QUESTION

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HOW DO YOU KNOW IF
YOU NEED TO DETOX
FROM AN UNHEALTHY
RELATIONSHIP?

ANSWER

If you've been **feeling** sad, angry, resentful, ashamed, hurt, empty, distrustful, and discouraged because of past relationships and you're dealing with these old love wounds by sabotaging your love life before it even starts with patterns like:

- Being in the same relationship with different people
- Creating defense mechanisms to make you feel safe and free of any risks or pain
- Measuring your self worth by the guy's investment in the relationship
- Staying in relationships too long trying to make the best of them

BUT YOU NO LONGER WANT TO LIVE THIS WAY BECAUSE IT'S NOT WORKING AND YOU ARE TIRED OF FAILED RELATIONSHIPS

Then you are in the right place...

Find out how to **DETOX** from unhealthy relationships so you can heal your past and move forward and finally attract a healthy and lasting relationship.

3 WAYS TO DETOX



1. CHOOSE THE RIGHT MEN TO BE AROUND
2. CREATE A SELF-CARE PRACTICE
3. BALANCE YOUR CHAKRAS

CHOOSE THE RIGHT MEN TO BE AROUND



Be receptive and keep an open mind and heart about the type of guys you surround yourself with. It's not so much of avoiding the wrong guys, it's who you let into your space that is just as important. When you step away from being in the circle of wrong guys, you actually create lightness and calmness in your life. You'll feel good inside and out. By making a new choice of: placing yourself first, doing what is right for you and your own well-being, you shift and raise your vibrational level and you naturally want to attract the right men.

Are you ready to break out of old wounded patterns?

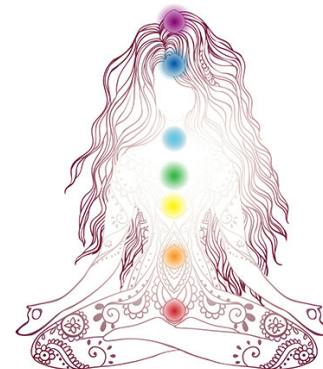
CREATE A SELF-CARE PRACTICE



The use of self-care means you love yourself to create healthy boundaries and to listen to your inner guidance. **Without self-love, you will continue to sabotage your love life.** A self-care practice allows you to breakthrough old patterns of putting others first. The body and mind need to rest. When you sleep your brain has a chance to flush out toxins. When you act from your personal power, you open up the doors to new possibilities of attracting healthy love. Self-care is one of the ingredients of that will steer you into a new path and thinking pattern of seeing there's different options you can get out of your love life.

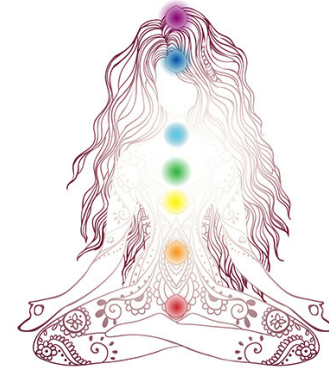
When was the last time you did something good for yourself?

BALANCE YOUR CHAKRAS



A natural and gentle way to detox from old love wounds is to harmonize your 7 major chakras. Chakras are a Sanskrit word meaning “wheels.” We have chakras all over our body, but the main one’s I’m talking about are your Root, Sacral, Solar Plexus, Heart Chakra, Throat, Third Eye, and Crown Chakras (see picture). Each center vibrates at a certain frequency and they correlate to our psychological, emotional, physical, and spiritual well-being. When these 7 chakras are in harmony, you will be able to release obsessive thinking about your past ex’s and the pain they have caused your mind, body, heart, and spirit. Results of balancing your chakras are: improved confidence, trust in your intuition, and finding gentleness to work towards forgiveness. When your Third Eye Chakra (intuition) is blocked, there is no energy flowing so you will tend to have more **limiting beliefs** which can cause disharmony in your Heart Charka. The Heart Chakra when open resonates love, compassion, trust, and forgiveness. But if it's blocked and the Third Eye Chakra is blocked too, this may prevent you from finding a healthy man.

BALANCE YOUR CHAKRAS

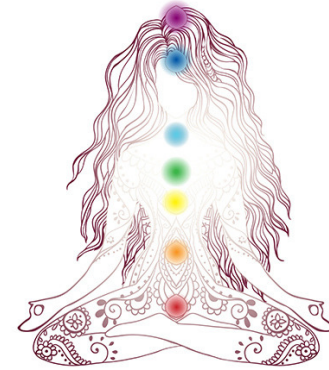


Practical tips to balance your chakras

Exercise: Heal Old Love Wounds with Chakra Balancing

1. Heal your Sacral Chakra. This is the 2nd Chakra (the orange ball you see in the image). This chakra is associated to our sexuality, sensuality, emotions, and creativity. This is where shame and guilt get stuck. You tend to hold onto everyone's emotions and you block off connecting to your own and the physical body. Examples to heal this chakra: bring in more self-compassion and self-care. set boundaries with others, rest, feel your feelings, do something that will make you laugh, dance, hip movements (hula hoops are a good one). Opening this chakra will give you the courage to rediscover your **passion for love**.

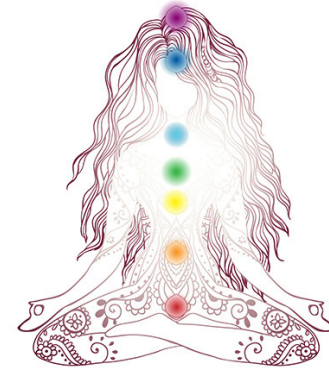
BALANCE YOUR CHAKRAS



Continue Exercise: Heal Old Love Wounds

2. Connect to your Root Chakra. This is the 1st Chakra (the red ball). This chakra is associated with grounding, feeling safe and in our bodies, and ancestral lineage. Examples to heal this chakra: take 5 minutes with no interruptions and sit in a quiet sacred space to chant "Om." It's pronounced "Ahh-oooh-mmm." You can sit like the woman in the image. Use this sacred sound to set intention of active healing and the flow of Divine energy to move through you. Allow the sound to wash the pain and negative energy away from you.

BALANCE YOUR CHAKRAS



Continue Exercise: Heal Old Love Wounds

3. Open your Heart Chakra. The heart chakra will help you deeply connect in your relationships. You will be able to trust, be compassionate towards self and others, and be warm and open. When it's blocked you will tend to have codependent, jealous, and emotionally distant tendencies. You can also be prone to be stubborn and hold grudges.

How motivated are you to balance your chakras if that will help you heal old love wounds so you can move forward and be in an amazing relationship?

Rate yourself 1 (low motivation) to 10 (highest motivation).

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**DETOXIFY
IT
WORKS!**

BY JENNIFER ESCALERA

Thanks for your time!



Jennifer Escalera is a Mom, Empathic Healer, Holistic Therapist, and Self-Love Coach. She runs a soul-centered business helping conscious-driven women get clarity and freedom around an area of their life that was blocking them from living their fullest potential. She is the creator of Bad Boy Detox, an online program for single women who are motivated to heal from old love wounds so they can move forward and attract a great guy.

Jennifer is passionate about helping women to empower their lives through meditation, intuition, self-care, psychospiritual healing, sound and crystal healing so they can create a meaningful life of fun, healthy relationships and self-love. She lives in Los Angeles with her boyfriend, their toddler, and four cats. Her office is in Pasadena where she sees clients in person and distance sessions. Jennifer is the originator of Tune Up Tuesday. A weekly online training about how to use sacred sounds to heal yourself and others.

When Jennifer is not busy coming up with her next project, she enjoys spending time with her family, cooking, listening to music, and relaxing. Her guilty pleasures are cheese and ice cream!!

Jennifer offers FREE weekly downloadable sacred sound meditations. To learn more about Jennifer, click link here:
<http://www.JenniferEscalera.com/>



www.BadBoyDetox.com