

Whole Mind
Mastery **Instant Breakthrough Success**
Freedom From Past Limits...
Get **Your Ideal Results** Now... In Every Situation!

Study Guide

“Freedom From Self-Doubt: 3 Fast, Easy Ways to
Boost Your Self-Love and Accept Your Magnificence!”

with Kit Furey, JD, CHt, CEHP www.WholeMindMastery.com

Part 1. (a) Identify qualities or characteristics you admire in 3 of your heroes and she-roes, e.g. Integrity, Compassion, Intelligence, and write down those qualities or characteristics, noting why they are important to you.

(b) What has opened up for you as a result of looking at yourself through the eyes of someone you know loves you?

(c) How do your patterns of self-talk limit or undermine what you experienced as you looked at yourself through the eyes of someone you know loves you? What thoughts, beliefs, emotional patterns and behaviors do you choose to dissolve as a result of seeing yourself through the eyes of someone who loves you? Write down those patterns you've become aware of that you choose to transform.

(d) With your mind's eye, imagine you are holding a clear sphere in front of you. (I personally imagine a large clear glass sphere...however, create what works for you!) This will be a container for 'gathering' patterns of limitation and resourceful patterns from all your levels of consciousness. Imagine there is a dot in the center of your sphere. The dot represents everything you are consciously aware of that you place into the sphere. The remainder of the sphere is for all other patterns.....Now that you have created your sphere, with your intent, place into the dot in your sphere, all the patterns you've become aware of in this exercise that you want to change + the positive qualities and characteristics of your role models that you'd like to embody and express. We'll be working with your sphere in the remaining segments of this program.

Gratitude Note: The music provide for you during the period of reflection at the end of each segment is brought to you with the permission of the composer and performer, Anthony Harshbarger, from his Radiance CD. Contact Tony at 1-316-807-7597 for more information.

Whole Mind
Mastery **Instant Breakthrough Success**
Freedom From Past Limits...
Get **Your Ideal Results** Now... In Every Situation!

Study Guide

“Freedom From Self-Doubt: 3 Fast, Easy Ways to
Boost Your Self-Love and Accept Your Magnificence!”
with Kit Furey, JD, CHt, CEHP www.WholeMindMastery.com

Part 2. Dissolving Beliefs That Interfere with the 3 Broad Categories of Core Human Desires: Significance, Self-Worth and Feeling Deserving of Love; Connection & Belonging; and the expansive states that arise from feeling a deep sense of Trust, Safety, Knowing and Surrender.

Pre-session calibration: 0--12 _____

As you follow the instructions on the audio, make a note any statements that signal an opportunity for further exploration. You might notice a wave of emotion, shifts in body temperature, images, memories, sounds...The ways in which our subconscious sends us signals is wide open.

Your ‘assignment’ is to notice your experience and then ‘track’ any signs of limiting patterns by using your All Clear cue and following your other-than-optimum-experience until you reach a sense of completion.

Complete each ‘tracking session’ with the BSFF Closing Sequence: I forgive everyone and everything...All Clear. I dissolve all Stoppers...All Clear. I dissolve all anger, judgment and criticism toward myself...All Clear. I dissolve all unforgiveness toward myself...All Clear. (Energies can re-configure without the Closing Sequence. Put a stop to that!)

Feel free to pause the audio at any time if you wish to pursue a particular belief statement or pattern more deeply.

Post-Session Calibration _____

Gratitude Note: The music provide for you during the period of reflection at the end of each segment is brought to you with the permission of the composer and performer, Anthony Harshbarger, from his Radiance CD. Contact Tony at 1-316-807-7597 for more information.

Whole Mind
Mastery Instant Breakthrough Success
Freedom From Past Limits...
Get **Your Ideal Results** Now... In Every Situation!

Study Guide

“Freedom From Self-Doubt: 3 Fast, Easy Ways to
Boost Your Self-Love and Accept Your Magnificence!”
with Kit Furey, JD, CHt, CEHP www.WholeMindMastery.com

Part 3: Tapping into Universal Consciousness for a Quantum Healing

As you follow the audio instructions, continue to place any limiting patterns that emerge into awareness into the ‘dot’ in the center of your ‘sphere.’ This is your tool for lifetime use, if you choose, and we will complete this session by adding everything that your consciousness, on all levels known and unknown, has placed into the sphere into our Quantum Clearing.

When working in your ‘inner world’ I recommend that you always take a few moments to get grounded and centered. And I personally always invoke the presence of archangels in the 4 directions.

Make notes of your experience. You can listen to the program again and again and each time you will be able to address even deeper layers of limiting subconscious programs.

Post-session calibration: 0--12 _____

Gratitude Note: The music provide for you during the period of reflection at the end of each segment is brought to you with the permission of the composer and performer, Anthony Harshbarger, from his Radiance CD. Contact Tony at 1-316-807-7597 for more information.