

Upgrading Your Inner-Verse

Reprogramming Your Subconscious Mind To Achieve Your Most Important Goals

3-Month Structure:

4 Group Sessions

4 Private Sessions

Takeaway:

30-min self-hypnosis track featuring your voice (optional)

1st Private Session: Work with Amy to define your goals. Part 1 of the workbook.

1st Group Meeting: Set container. Share goals and answers to part 1.

2nd Group Meeting: Class Lesson: What is Your One True Voice? Conditioned voices and where they come from. The 3 causes of internal interference. Why we don't achieve our goals. Our young brains, self Image & worldview.

3rd Group Meeting: Class Lesson: Conscious mind vs. the subconscious mind. Our brain's addiction to negativity and how to overcome it. What you need to do to achieve your conscious goals. The essential keys to reprogramming your subconscious mind.

4th Group Meeting: How to create the new inner-verse. How & when to reprogram. The art of auto-suggestion.

2nd Private Session: Part 2 Uncovering Hidden Resistance

3rd Private Session: Part 3 healing the divide. Creating the New Script.

4th Private Session: 1-2-1: Record