



BRAVE HEART
EMOTIONAL BREAKTHROUGH
33 DAY AWAKENING TRANSFORMATION

Dr. Darrell Wolfe Ac.PhD.DNM.



BRAVE HEART

EMOTIONAL BREAKTHROUGH

33 DAY AWAKENING TRANSFORMATION

Welcome Brave Heart!

Before we embark upon this 33 Day Awakening Transformation, I want to share with you what we do at the Doc of Detox Functional Medicine Clinic. At the Doc of Detox, we practice integrative natural medicine, which is defined as, ***'Working with every aspect of wellness in a whole body approach, everyone working together to help train the patient to become their own therapist, which is the only natural course of action for permanent health to take place.'***

Energy balance in the body is based on the **heart/brain/body connection**. How the mind relates to the body depends on your belief systems and how easily you process and understand the information that comes into it. We know that the mind is always sending out neurological messages to the body, but it is just as important to learn how to interpret and pay close attention to the messages the body sends back to the mind, especially when it comes to the messages from your good bacteria in your large intestine.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Many are not aware of this, but the bacteria in your large intestine send nine messages to the brain for every one message the brain sends back to your poo.

Bacteria: The Essence of Life

Whether you are actively aware of this or not, in one centimeter of your large intestine lives and works more bacteria than the total number of humans who have ever been born.

Your bacteria are the main reason you exist in physical form. To these life-giving bacteria, you are just a darkened, anaerobic vessel of fecal matter; that's all you are to them. You are responsible in keeping them alive and if you don't, they will not keep you alive. ***When you kill your good bacteria, you are literally killing yourself.***

Your good bacteria are responsible for your lower digestion, are the core of your immune system and are the main facilitator of what we call energy. **We are not above them, we are not below them, we are equal participants in this biological vessel called your human body.**

The **heart/brain/body connection** helps create balance within your energy systems. For example, if you were to experience discomfort in a particular area of the body, such as the back or neck every time you go to the office or your work place, but the discomfort disappears as soon as you leave your work environment, the body is using your **internal GPS known as 'pain'** to get your attention to alert you of a situation that your mind needs to recognize so it can take the needed action to bring life and limb back into balance.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Realizing where the pain takes place is the first major clue as to where your attention and action are needed and in this case, it's your work place, not your back or neck. This is just one example of thousands, showing how the body sends a physical message to the mind, alerting you that you are out of alignment. But where the rubber hits the pavement, is the way the majority of the population operates their lives when it comes to the relationship they have with pain.

This is due to the unconscious downloads that the medical system and Big Pharma have programmed into us, along with the continual brain washing by the media... **These corporations help to paint pain as your enemy when in actuality it is a life-saving friend!**

Energy Blocks

Energy blocks such as pain, inflammation and internal scar tissue formation within body tissues, organs and joints are a direct reflection that there is a malfunction in the physical body that needs to be addressed, even though they are invisible to the naked eye. This physical malfunction is an interpretation of the **heart/brain/body dis-connection**, showing us how we are ineffectively processing our thoughts and emotions, which in turn affects the body in a negative way. In my 36 years of clinical experience, I have found that we all possess some level of congested energy blocks in the body.

The level of energy disruptions and distortions vary from mild, moderate, severe and very severe depending on how many dysfunctional beliefs you are running and how long you have been running them for. The amount you suffer is a true indication on how well you are able to process the

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

information and emotions within your everyday lifestyle. The percentage of joy that you experience throughout your day is a direct indication of how much your energy is being processed through the **heart/brain/body connection**, which has unlimited potential.

The percentage of pain you suffer from on an emotional and physical level throughout the day will be determined by how much you process only through the mind, which is limited only to the past. If your focus of energy is on everyone else instead of yourself, then expect your body to rebel and respond by interrupting the natural flow of energy, which always manifests pain, inflammation, internal scar tissue formation and dis-ease.

Body talk is a rough ride when you lose your **heart/brain/body connection**. The amount of pain, otherwise, congested energy flow within your body on a physical or emotional level indicates the health of your belief systems, which are buried deep within the subconscious.

Now, allow us to give you the keys to unlock and unleash the Brave Heart within. Brave Heart is not about rules, Brave Heart is about creating the Emotional Perfect Day for the Perfect Life.

The Ultimate Prescription For Emotional Health

Brave Heart is mind body medicine. The Brave Heart Emotional Breakthrough: 33 Day Awakening Transformation is not based on any religion or spiritual teaching, it is based on total love and was created for everyone from all walks of life. Over the next 33 Days, Brave Heart will transform you and your life forever. We're going to change your world,

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

and we're going to show you how to let go of everything that no longer serves your greater good. We're going to show you how to lose what needs to be lost and find what needs to be found. Prepare for the greatest adventure of your life. Remember to pack light! ***Oh, wait a minute, you are the light!***

Are you ready to question why you think and do the things you do?

Do you realize that the only true health care is self-care?

Do you know that true self-care cannot take place unless it is rooted within the heart and nourished with love from your self?

When you were born, you had no belief systems, you were total love because that which created you is total love. So now, you must dump, cleanse, erase and replace all belief systems and create a **new map of reality** based on the real you, if you wish to **unleash the true you, which is total love, total freedom, total joy.**

If love is the answer, self-love is the way. Brave Heart is about building total trust in one's self, finding honor, self-respect and protecting yourself from yourself so that you can finally **discover the true you.** Let us show you how to redefine your confidence and take apart anything and everything that may be holding you back in any way, shape or form.

You are not just a child of earth, you are not just a child of your parents, you are a child of the universe, you are infinite!

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Welcome to Planet Earth

You are a universal traveler who has come here to play. Planet Earth is a fun-filled adventure for the whole family that can easily feel and become life-threatening at the best of times - unless you understand that you must not just bend the rules, you must break them! Let us teach you the rules of the game.

Where most of us continually trip and fall is when we actually allow ourselves to get upset because there are people starving, people lying, people stealing, people cheating, people killing, chem trails, corruption, Corporation Cancer, the war on drugs, the war on terror, the list goes on... You just got sucker punched, thinking that they landed on Planet Bliss, you forgot, this is Planet Earth!

Stop looking for world peace, when you finally have inner peace, you will finally realize you can't have one without the other.

Man has been at war with himself and everyone else since the beginning time, things don't change - **only you can change!** This is why Brave Heart is sweeping the globe, because love is the answer and self-love is your only cure to finding the joy that you always knew was possible. This is an exciting adventure as long as you don't take it personal, **so turn on your Brave Heart and let's get started!**

Brave Heart is a life-changing opportunity that will give you a new perspective on personal value that has no limit. You will uncover your truth and find the courage to roar within a room filled with silence,

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

echoing onto others the full potential of the heart with the **heart/brain/body connection**.

First, let's understand what we are not, so that we can unlock who we really are and who we are meant to become. What I'm about to share with you is not a secret; it's the law of the universe and the only way to live, if you want to live a life with purpose, passion and joy... Because loving one's self is such an unknown concept to most in today's society.

This is due to unconscious programming from those who wish for you to only look outside yourself for purpose, passion, joy and love.

I get questions like, *'Is this new age philosophy?'* and I can assure you, it's not. This is about coming of age because **total love for one's self is the only true answer**.

So today I'm offering you a choice:

- 1. Continue to struggle and stay with the herd, or...**
- 2. Break free and awaken to your fullest potential.**

Let me ask you a question... **Do you believe that you have the right or even know how to trust, honor, respect, protect, and love yourself first and foremost before anyone else or anything else?**

I am not talking about your god, creator, or source... What I am really asking you is, **are you the master of your body, mind and spirit or is the system or any other human being controlling you?**

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

We have purposely been conditioned to keep the heart and the brain apart from each other, because this is how **the few** control **the many**, through herd mentality. Until we master the heart/brain/body connection we will not just discount our heart, we will continue to starve it.

You will be able to awaken on demand when you are in union with your **heart/brain/body connection** and how long it takes you to get there will depend on your **map of reality**.

Brave Heart is about showing up, growing up and waking up the real you. It's time to live the full potential of who you were created to be.

I'm the type of person who loves answers and I'm not afraid to ask the question 'Why?' I like to understand the way things work, what makes them work and why we have come to the belief that life is hard and that love hurts.

I am result driven, this allows me to understand the mechanics of success. Once you experience Brave Heart and begin to create **The Perfect Day**, emotionally and physically, you will understand that your potential has always been unlimited and that the possibilities for results are endless.

What's the most important thing in life?

What's the one thing that would make everyone's life better?

What's the one thing that gives people power, peace and happiness all at the same time?

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Is it love, money, health, freedom, relationships, family, security?

I feel the answer is **beliefs** and the focus of those beliefs is to love one's self first and foremost.

Until you are willing to trust, honor, respect, protect and love yourself first and foremost before anything else or anyone else on this planet, the love you share, the relationships you have and the success you have created will never meet your expectations of a happy and fulfilled life. **Love is an inside job.**

Why do we see people graduating from the finest schools in the country at the top of their class but fail to get jobs? Yet, people less qualified and supposedly 'less intelligent' find jobs easily.

Why do we see some people, who have all the great qualities of a life partner, living alone and never finding true love in their lifetime?

And on the contrary... **Why do we see people who are not equipped to be anyone's partner in life wind up finding themselves in countless relationships, leaving a trail of broken hearts everywhere they go?**

Why do most people live by the belief that they must work hard all their life just to pay the bills, while others make financial abundance look easy? Only one group in society thinks about money more than rich people: **poor people.**

Do you see problems or do you see opportunities? The only true evil lies in false beliefs; they are the root of all evil.

Why is it that even when we follow the rules of what logically makes sense we sometimes don't get the results we desire? While others who don't play by the rules, end up with what they desire.

These undeniable facts led me to ask **'Why?'** which in turn, led me to believe that it's something we innately lack or better still the lack of functional foundational beliefs. I knew there had to be a common denominator for all this unnecessary emotional and physical pain that is now accepted as a normal way of life within the majority of our population.

You must learn to ask questions until there's no need to ask anymore questions, keep pushing the question 'Why?'

Every result in life involves human interaction but... **What if you had dysfunctional beliefs?** This would ensure that most, or all, of your interactions and relationships would end up being dysfunctional on some level without you ever being aware of it.

Relationships nurture the soul, but let's be more specific about this; **only healthy relationships built on healthy belief systems rooted in the heart truly nurture the soul.** Unless we have, or more importantly, once we understand what a healthy relationship with others and ourselves truly feels like and looks like, then we will never live life to its full potential.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

If you're beliefs are healthy, you'll be healthy and if you're healthy, you'll have better relationships; healthy people have healthier relationships. If you're healthy you will be more in alignment for financial abundance and if you're happy you will experience health much easier.

People think that once I'm healthy, I'll be happy, once I have money, I'll be happy, once I have a good relationship, I'll be happy but it's not that way at all, which I'm sure you must realize this by now.

We must learn how to master our emotions or we will never experience what a pain-free, disease-free body feels like. Regardless of what you want in life, the relationship you have with yourself is a crucial part of the result. The quality of the relationship will be measured by the result. Your ability to be successful will depend on the health of your relationships with yourself and others. Your relationships are going to supersede every other attribute that you have. Including your talent, education, intellect, skill level, persistence or whatever else it is that you bring to the table.

What good is it to graduate from University or college if dysfunctional beliefs about yourself stop you from getting hired?

What good is it to work hard if you haven't found your passion and purpose?

What good is it to fall in love if dysfunctional beliefs continually undermine your relationships? I think you get the point...

All relationships, starting with your relationship with your self, will never reach their true potential until we are able to access the subconscious, where all belief systems are stored. Just as your clothing may get worn out or you just simply outgrow them, the same happens to your belief systems that run your whole life without you even being conscious of this undeniable fact.

Your subconscious mind never communicates to your conscious mind, but your conscious mind can communicate to your subconscious. Your conscious mind will have to repeat itself hundreds of times with passion, purpose and faith, using the **heart/brain/body connection** technique if it wishes for this new belief to be acknowledged, embraced and put into action by your subconscious mind.

Your subconscious knows all the things you do and why you do them, it also knows all the things you don't want to do. Your subconscious knows everything about you and even knows where your car keys are when you misplace them. The only way that the conscious mind can talk to the subconscious mind is through repetition and the **heart/brain/body connection** - it's as simple as that. The hardest thing to access in life is your subconscious, but the greatest thing that you will ever conquer is your subconscious.

We are sacred, spiritual beings, here for a much larger reason and serving a much higher purpose. You are infinite love that has lost its way. Until you start asking the question why, you will never find the answer. **Be the answer. Become the way, become a Brave Heart Warrior.**

After 25 years of consulting patients, I created what I believe to be the most powerful, transformative program ever developed. I decided to share it with the world 9 years ago because of the thousands of people from all walks of life who are now successful Brave Heart Warriors through the Emotional Breakthrough Training, which is online for everyone to experience and discover the power of the **heart/brain/body connection**.

Brave Heart is the blueprint that embodies everything I have ever discovered to achieve success - spiritually, emotionally, physically, financially and mentally. This life-changing training is the result of years of research, testing and real world applications of various bodies of knowledge including: **psychology, NLP, body language, mind reading, human desire, personality types and decision making processes - all blended together**. What I am about to share with you is not only revolutionary; it's simple, it's easy and it works!

***There's only one catch to the Brave Heart Program.
If your desire is to awaken to your full potential, then you have to complete the 13 Loving Steps everyday throughout the day for the next 33 Days. It's as easy as that!***

Believe me when I tell you that this information will change your life forever. If deep meaningful relationships are important to you along with peace of mind, finding your purpose and living your passion everyday, then my friend, let's get started!

**FREE step-by-step support, 1 855 900 4544
We welcome all your calls.**

Today, we are living in what is called the **Information Age**, but what you may not realize... Which I awoke to almost a quarter century ago, is that **knowledge is useless unless it is specialized**. Unless you can do something with knowledge it has no use and no power. **Brave Heart is specialized knowledge that can and will improve your life for the better.**

I have spent 34 years immersing myself in the mental and physical wellness field and I can tell you firsthand that **only one out of ten thousand people truly awaken to their authentic self**, and this also includes everyone working in the natural and medical health care fields!

You can read countless self help books but unless they motivate you to take action and become the change, then it's just a book. There are countless programs and books that you can read on the market today but nothing will compare to the simple take-action results that the **Brave Heart 33 Day Awakening Transformation** will deliver.

Without action you're nothing more than a spectator watching the movie called, 'Your Life Is Passing You By'.

Most people subscribe to the dream that external resources will change their life. We are always looking to get someone to do the work for us and this is the nature of the beast. The beast that I am talking about is the system that wishes to own and control every part of your life. The system I am talking about says that it will provide everything we want including all of the health, love and abundance that we will ever need, go figure, sucker-punched again.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

In reality, you are the only one that can change your life. We may become inspired or triggered by an external source but what happens after that is the result of a conscious decision that we can only make. **So join me right now and make a conscious decision today to change your life by taking action and become the Brave Heart Warrior you were born to be!**

The most important question you will ever ask yourself is **'Why?'** so let me answer the **'Brave Heart Why?'** Love, relationships, financial success and a long and healthy life do not come in an App. Until you start questioning **'Why?'** everything in your life will stay like it is. You will continually find yourself asking **'Why me?'** You can only become exceptional at something when you have belief systems that create the perfect day everyday.

So, let me congratulate you for taking the most important life-changing step to true emotional freedom by making Brave Heart a priority. **You could be doing so many other things but you have decided to be the one in ten thousand that breaks free from the herd.**

We're in this together and I am here for all of your heart-felt questions now and in the future. I am here to guide and help you build your New Map of Reality.

It's time to discard, remove, erase and replace all of the toxic thoughts, views, beliefs and opinions that were unknowingly force fed to you since conception. Let's create the original thought and the original you. **Let's empty out our minds and open up our hearts so that we can become the creators we were created to be!**

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Everyone here is absolutely free to disagree with everything I say. **If I don't say things you have never heard, then why am I here?** If what I say does not ring true don't throw it away, just put it away in a safe place for now. If however, my message rings true to you, you may find yourself among the thousands who have said to me, **'I've always believed I could do this, I just didn't know how.'**

You can have everything you've ever desired; you just haven't been shown how to let yourself allow it. Allow me to be your guide. Everything you've ever wanted is already on its way.

Just know this, we have not really thought about anything, until we think about, what we have thought. Peak performance only occurs when muscle memory is initiated by your repeated **take action successes**. So, let's take personal action and awaken to the abundance that awaits within us all and understand that repetition is the key to setting yourself free.

If you can totally dedicate yourself to loving yourself for 33 Days, then you can have it all! Allow me to be your guide. Everything you've ever wanted is already on its way.

The **Brave Heart 33 Day Awakening Transformation** is the most powerful daily exercise for your body, mind, and spirit. We will explore what the heart really is, where it is, how to get there and the language the heart speaks. You have a choice to either brainwash your own mind on a daily basis, which puts you in the driver's seat or you can allow yourself to continually be brainwashed by others which puts you into the backseat.

The key to overcoming our mental blocks is to change our **map of reality**. Through the 33 Day Awakening Transformation you will quickly come to

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

understand that gentle loving steps repeated daily using the **heart/brain/body connection** is the key ingredient that will create the tipping point for you to become the master programmer of your life.

We must remove stored experiences and images that no longer serve us.
We must lose what needs to be lost, to find what needs to be found.

Every day you are gifted a brand new opportunity to transform and awaken to your full potential. Let's become like little children and start over every morning, connecting to our breath and leaving smiles wherever we go. Permanent transformation is a lifetime experience that starts over with each new day.

We will never change until our belief systems change – end of story.

So, let's unleash the power within so we can rediscover the language of the heart and its right-brain connection. When we learn what the heart is, where it is and how to get there, we can be freed from the past, **learn how to be real and how to experience peak performance in the present moment for the very first time.**

A baby is born knowing the language of the heart perfectly. We completely lose this language by the age of seven, which causes a disconnect between the heart and the brain. We have purposely been conditioned to keep the heart and the brain apart from each other, this is how ***the few*** control ***the many*** through herd mentality.

We must relearn the language of our birthright – this would be the language of the heart. Healing your life, demands recognizing the power

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

of your heart first and foremost so that you can tap into the unlimited potential of the **heart/brain/body connection**. *So... Let's get to the heart of the matter.*

What I'm about to share with you now is scientifically proven and absolutely amazing. **Do you realize that we have 40 thousand cells in our heart known as sensory neurons?**

They are brain-like cells and are known as the little brain within the heart. These cells are responsible for harmonizing the heart and the brain. **This is why your heart remembers all.** These specialized brain cells in the heart learn, remember and think independently from your brain, but as I stated they also harmonize and attune to the brain, otherwise, talk to the brain.

When you harmonize the heart and the brain using the Brave Heart Techniques you will have superior abilities, you will think clearly and solve life's problems at lightening speed. Brave Heart will open the door to your subconscious and will unleash the power of self-healing as we embrace the art of self-love through the heart.

Until the age of seven, we are human sponges in a hypnotic trance with no filters, with no choice about what comes in. Very few children experience a healthy family life, specifically healthy parents who are not suffering from the family curse. Unhealthy subconscious belief systems have been handed down from generation to generation and it's only getting worse through mass media manipulation.

Unless we access the subconscious by harmonizing the heart with the brain with the Brave Heart Technique, we will live life limited.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Unconscious brainwashing has caused us to not just discount the heart but to actually starve it, this is even more prevalent with the male population. Unless we feed the heart by developing the thinking, the feeling and the memory of the heart, we will starve on all levels, not just physically. The process of harmonizing the heart and the brain is guaranteed to give you extraordinary states of consciousness on demand.

In-depth studies have been performed to test the frequency coming off the organs of the body. When it came to the heart, there has not been a device created that is able to test the distance of the frequency coming off the heart. It is believed that we are all connected by and through this heart frequency. ***If love is the answer then self-love is the driving force to plug-in and turn on the heart to unlimited potential.***

Through the Brave Heart heart/brain/body connection, spontaneous clarity can be called on in an instant.

The **heart/brain/body connection** creates 1,300 positive chemical reactions. It's all about the neurons in the brain and the neurons in the heart, together they form a network of communication; the most important communication you will ever experience. The act of creativity is the biological trigger of evolution. To trigger self-healing and self-evolving we must harmonize the **heart/brain/body connection**.

Using the Brave Heart Breathing Technique extends life by harmonizing the heart, brain and body. When we master the art of cycling energy into our body to restore, recharge and heal, we fill our hearts up with love instead of sending our energy outward in defense against the world

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

around us. When we send our energy outward we cause an over-release of the stress hormones, cortisol, adrenaline and norepinephrine, creating a fight or flight reaction.

You are wired to thrive, you have 3 seconds to choose - are you going to be nervous or excited? Similar chemicals are released, your thoughts change the emotional frequency. Awakening on demand happens when you marry the heart, brain and body. The brain releases the healing and rejuvenating chemicals but the instructions come from the heart, through thoughts, feelings and emotions, so as you can see the heart tells the brain what to do.

The brain almost never communicates with the heart. Your heart has much to say, your heart knows the truth, answers come from the heart, not the brain. You will know if you like someone within 3 seconds, if you are heart-based.

The heart speaks briefly, concisely and usually in a single sentence, whereas the brain goes on and on, justifying.

The heart does not tell stories. When you learn the Brave Heart Breathing Technique you will reach what we call Gama state, this is where you will experience total recall and fast processing of information and emotions. Your brain will continue to go through issues and doubt with continual questions but your heart already knows the answer. The heart never judges, it only observes, whereas the brain judges. **Practice staying heart-based.**

Your negative emotions create and send chaotic signals to your brain, these negative emotions release cortisol, adrenaline and norepinephrine - this chemical reaction will destroy the body if it occurs too often. Your heart and brain share the same network, this being the spinal cord and the Vagus nerve. The heart has a lot to say to the brain, our heart knows and tells the truth, do not expect the same thing from the brain. The heart can retrieve information at light speed, whereas, information from the brain comes slow. ***It's never the heart speaking when there's a story, it's the brain justifying the lie.*** You are guaranteed clarity and super learning when you use Brave Heart Techniques and use your **heart/brain/body connection.**

The brain processes through loops of fear and what it believes to be logic, dealing with issues from the past, self-doubt and self-esteem are all filters of the brain. The heart never judges or looks for right or wrong, good or bad, but it will decide what's true without judgment. **Judgment jail and the poison pill is the making of the brain. The brain judges the past whereas the heart has infinite thinking.**

When you are working through and with your heart, it creates a natural state of calm and alignment, causing all your senses to tune in and turn on, which guides the brain to create the body and life we all knew was possible.

Let us never forget that the mind never sleeps, so we must watch what we feed it - **our thoughts become things.** Let me teach you how to become the filter, otherwise, a conscious creator that monitors, observes, but never judges what comes into and flows through that beautiful mind of yours.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Self-talk is the most powerful, life-altering conversation you will ever experience in your lifetime.

They say that if you talk to yourself, then you must be insane. Well, everybody talks to themselves, so then I guess everybody must be insane!

Now you have a choice... To be insanely happy where you are the conscious thinker, creating in the present or to remain an unconscious thinker, living in the past, fearing your future and missing out on the present moment, the present being the only place that joy can ever be experienced.

One of the most beautiful gifts that you will ever give to yourself, your family, your friends and most importantly to your children is to finally put an end to the family curse. As you break free from dysfunctional beliefs, you will transform the family curse into the family blessing. **You become the blessing.**

Those you love and associate with will unconsciously feel threatened by this. One by one or all together they will come up against you and your new belief systems, because they will feel you are turning your back on their belief systems... But what they are actually experiencing is their subconscious fearing that you are breaking away from the family unit, otherwise, from herd mentality.

The need for approval, fitting in, and taking things personal is force fed to us before we can even walk or talk. This is called the Ox Mentality.

So let me ask you honestly, **how much have you practiced self-love in your life?** Many would say, if being totally honest... Never. I've worked with thousands of people and almost all say, **'What does that even look like... What does that even feel like... How do I even start?'**

This is the Majority. This is Ox Mentality. This is the Family Curse.

As you awaken the Lion within and begin to put the family curse to sleep you may hear, **'What... you think you're better than me?'** Or they may state things like...

'We're no longer good enough for you?'

'What did I do wrong?'

'Don't you like me?'

'Don't you love me?'

'Is there another woman?'

'Is there another man?'

'I thought you liked our life?!'

People will not only justify the lie, they will actually die for the lie. But in actuality it's not the person that is lying, it's their subconscious belief system fearing a new reality. When you become a Brave Heart you will

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

have the ability to recognize when your subconscious is blocking your growth. Being able to state the phrase, **'I was wrong.'** is not only liberating but will release the Lion from its cage and weaken the hold of Ox mentality.

As I stated before, it's time to show up, it's time to grow up; it's time to wake up and set the Brave Heart Lion free.

Many do not realize this, but the majority of physical and emotional abuse takes place first in the mind and then in the home. When you really do awaken, you will all be surprised and even shocked at what you thought was normal family behavior. What you once accepted as normal will not only look abnormal but it will also feel abusive and not heart-based.

When I decided it was time to make a change in my life and put an end to the family curse, friends and family members called me names like – Buddha, Jesus or would ask, **'Darrell, did you join a cult yet?'** Our beliefs with love and money are similar, they've both been poisoned. Both of these will become abundant when we no longer have belief systems of lack.

When you want to make a change, your family will support you at first and say things like, **'That's great!'** or **'Good for you!'** and then when you do start to actually make changes, they will feel threatened on a subconscious level and try to derail you. This is a natural reaction because of their unconscious, subconscious dysfunctional beliefs that wish to protect their personal map of reality, whether it is a healthy one or not.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

It's amazing what people will say and do when they feel threatened by something new. So you have a choice, honor the family curse and stay insanelly miserable or become the hero of your own story and honor the greater part of you even if it means your family laughs or disapproves of the new real you.

Low vibrational things will naturally fall away due to your new belief systems such as parasites and diseases from your body and people who no longer match your vibration. **Like attracts like.**

So together, let's take the first loving baby step towards becoming a Brave Heart Warrior and learning the art of self-love, where you now process your emotions in the heart and up through the right side of your brain, this being the creative side of your brain, or what is also known as the Lion.

Align yourself and embrace the fact that the soul purpose why you were created, was to be a masterful creator, you are the creator of everything. How you look, feel and act at any given moment whether you are conscious of this fact or not is known as, **emotional anatomy**. Your physical health is an extension of your mental well-being, otherwise, how well you master your emotions will be how healthy you will be at any given moment. **You are what you focus on.**

We are sacred spiritual beings here for a much greater reason and serving a much higher purpose than many believe. You are infinite love that has lost its way. Until you start asking the question why, you will never find the answer. Be the answer, become the way, and become a Brave Heart Warrior.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Cultures from all around the world partake in rituals because rituals are spirit-based and are processed through the heart. As we all know, habits are easily made, easily broken or even forgotten, whereas with repetition, rituals become woven into the very fabric of our being.

Before we begin the **Perfect Day Loving Steps**, let's learn how to get and stay connected to our breath. The only time that we are breathing slowly and deeply is when we are relaxed and in alignment. It is known and understood that in this state the body is in total alignment, releasing chemicals and signals for your complete healing on an emotional and physical level. So let's master the Brave Heart Breathing Technique and begin the **heart/brain/body connection**.

The Brave Heart Breathing Technique

The Brave Heart Breathing Technique is a simple but powerful practice that is done by first holding your hands over your heart, whether your hands are laying flat over the heart or in prayer style. The mind instantly goes where you touch, so let's learn to process through the heart.

Connect to your heart, then engage in the breath of safety and alignment, slow your breathing, 5 seconds in and 5 seconds out. You have just made the most important journey of your life, the **heart/brain/body connection**.

The only time that we slow our breathing in this way is when we feel safe, when we're not under a threat or attack. In today's society people are continually under attack due to fear mongering and the illusion of lack.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

When you practice the Brave Heart Breathing Technique, you are telling your body that it is safe.

By breathing slowly, 5 seconds in and 5 seconds out and holding your hands at heart center, feel the feeling that creates 0.1 hertz. Feel the feeling that sets up coherence for the union of the heart, brain and body.

The more we practice this technique the more we master love for others and love for ourselves. The best way to continue the 0.1 hertz gamma state throughout our day is to embrace and repeat the Brave Heart Breathing Technique on a continual basis, the four pillars of harmonizing the **heart/brain/body connection**.

During your Brave Heart Breathing Technique, here are 4 things for you to do, feel, think and be:

- 1. Appreciation** for anything and anyone
- 2. Gratitude** for anything and anyone
- 3. Care** for anything and anyone
- 4. Compassion** for anything and anyone

If you experience any of these feelings while in the heart performing the Brave Heart Breathing Technique, you are triggering the neurons from the brain and the heart to reach out to each other and find connection and full body harmony.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

As I stated before, we are talking about hard science here, not just some new age philosophy or fairy tale story. Within 72 hours of initiating the Brave Heart Breathing Technique, your **heart/brain/body connection** will establish new neuron networks with each other. These neurons will stretch out to find other neurons to build other new networks. It takes 3 days (**72 hours**) to establish these new networks. The more you repeat the Brave Heart Breathing Technique throughout your day, the longer and stronger the connection.

Brave Heart Breathing Technique Steps

- 1. Shift your awareness and touch heart center, prayer style or whatever is comfortable for you.**
- 2. Breathe a little slower than you typically would. 5 seconds in, 5 seconds out.**
- 3. As you breathe, feel your breath originating from your heart and begin to feel the feelings of appreciation, gratitude, care and compassion to the best of your ability.**

Our research has found that typically when you perform 3 minutes of the Brave Heart Breathing Technique, it sets in motion a cascade of events in your body that will last 6 hours. You now have the ability to trigger the immune response anytime, anywhere. This technique, though simple, will awaken your life's greatest potential, the real you. **It is the key to your personal point of power.**

Within 33 Days, you will have free access to your subconscious, which will awaken all your senses and abilities to become the master of your belief systems and most importantly, your purpose for existing.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

You will no longer be caring for yourself because you are scared of becoming sick, you will now care for yourself because you now love, honor, respect, protect and trust yourself. Intention Is Everything.

Stick To The Program

Place Sticky Notes everywhere as a gentle, loving reminder for you because repetition is the key. Stick them on your fridge, on your mirror, anywhere and everywhere! Sticky Notes are life-changing, life-saving pieces of paper.

Some examples are:

'I am amazing!'

'I am beautiful!'

'I am grateful!'

'I am abundant!'

'I am everything!'



Be creative, whatever statement makes you feel great is perfect for you. Create The Perfect Day, Every Day!

Journaling

There is increasing scientific evidence that states, journaling has a positive impact on physical and emotional well-being. Writing accesses your left side of the brain, which is the Ox, otherwise known as, the worker. While your left brain is occupied, your right side of the brain, or Lion side, is free to create and visualize your **new map of reality**. Writing uncovers dysfunctional beliefs which allows us to erase and replace them with functional, updated beliefs that are in line and true to our vision and purpose, allowing us to focus on what we really want, who we really are and how we wish to see our world.

Do you feel confused about what you want in your life?

Journaling is a great way to become clear with your thoughts and feelings. It is perfectly fine to write down all your thoughts and emotions, whether they are uplifting or not. Understand that your mind is like a river and not all thoughts are originally yours, so let the thoughts that do not serve your greater good or your life's purpose float on by.

Never try to push thoughts, feelings or people away because they will just push back, notice them briefly and then go on your merry way and Create The Perfect Day!

Writing is left brain work and this helps to get rid of dirty laundry and to clear your thoughts. Where the answers really come in is when you also use the right side of the brain and initiate the Brave Heart Breathing Technique.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Keeping a journal allows us to track ourselves, our families, our pain body programs, our patterns, and our growth. Journaling can bring clarity to the present moment, helping you create more focus on what you want, not on what you don't want.

Journaling often includes logging your dreams and goals, writing your goals signals to your brain, **'this is important.'** Your brain will actually alert you of opportunities and tools needed to achieve your goals. Consider what it would be like to build a house without a blueprint. But it is important not to over-think or over-manage your dreams because the universe is always on your side, ready and willing to help you create your greatest dreams, remember that teamwork makes the dream work.

'A' is you creating your wish list with passion and purpose and **'Z'** is you already having, doing or being that which you desire – everything in between from **'B'** to **'Y'** is in the hands of the universe or that which you believe, because the mind is limited. Your creator will always give you what you desire and will know the best way and best time to give it. Just have faith and stay connected to your heart and watch for the signs.

You can pray, wish or worry but without a positive take action attitude, your dreams could turn out to be nightmares because they will never materialize. We always need to take action but to believe that the universe does not know, or have a better way, will only make us feel disappointed and discouraged if things don't go our way.

All you need to do is be patient and practice the Brave Heart Breathing Technique, this will keep you aligned and in the present moment.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Journaling is an outlet to process emotions, it increases self-awareness and self-realization on how our emotions actually affect our physical body because our physical body is just an extension, or otherwise a reflection, of our emotional body.

Journaling boosts memory and comprehension, strengthen your self-discipline, improves communication skills, confidence and mood, plus it sparks creativity!

A friendly reminder, do not journal when you are stressed out or tired because this is when you are out of alignment and you will be a mis-creator. Journaling is a practice of creation that should be fun and uplifting. Make sure that you are continually practicing your Brave Heart Breathing Technique so that you are aligned with the heart/brain/body connection, which will always keep you aligned with the real you.

Keep journaling, be specific and keep asking, ***'What do I really want?'*** Not what the world wants, not what my husband or wife wants, not what my kids want... ***'What do I really want?'***

How many people do you know including yourself, have given up just before they reached the finish line? *It's just a game, it's just an adventure, become a Brave Heart.*

Today, we stop Lion and become a Brave Heart Lion with the 33 Day Awakening Transformation.

So, let's begin with the first gentle, loving step!

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

THE PERFECT DAY: LOVING STEPS

Loving Step #1: The Gratitude Attitude

Gratefulness is the domino effect of love.

Upon waking every morning, first initiate the Brave Heart Breathing Technique and list at least 3 people or things you are grateful for. When possible, voice your gratitudes out loud as this makes them 10x more powerful.

There is no better way to start your day! We need to do gratitude's daily because they create thankfulness and this sets the vibration for the perfect day. Be grateful for what you have and for what you desire, picture yourself already having it; just breathe, allow and have faith, it's that easy.

Self-love creates value and the more value you possess the easier it is to allow because you put yourself in the position of deserving. You and your life are an extension of the value you place on your self. Don't ask yourself why you are not getting the respect that you deserve from those around you, when you have placed little value on yourself. **Total self-love, Total value.**

Gratitudes are a beautiful daily practice as they reconfirm who's really in charge - that would be you!

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Some examples of this might be:

'I am grateful for my loving family and beautiful home.'

'I am grateful for my vibrant health.'

'I am grateful for the continual abundance in my life.'

'I am grateful for knowing that I will always exist.'

'I am.'

Use your imagination, it's your greatest asset!

- > Always stay connected with your Brave Heart Breathing Technique.
- > Stating your gratitudes out loud will make it 10x more powerful.
- > Place Sticky Notes everywhere as a loving reminder that gratitude is the only attitude!
- > Write your gratitudes in your journal.

Loving Step #2: Off The Hook

Send love to 3 people, systems, corporations or anything in your life that you don't like. (**Ex. Chem trails, taxes, etc.**) Let yourself off the hook for things you cannot fix and are probably none of your business.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

This step is about perfecting the art of self-love, so that we no longer have to forgive, this is about letting yourself off the hook of the blame game and never placing judgment on another again. When we finally realize that people are not bad, that their belief systems can be, then we will no longer feel the need to condemn them or judge them.

Remove the poison pill and set yourself free from the subconscious prison of guilt and judgment. It is quite normal to be resistant with this step but you must follow through if you wish to grow and let go. Do not let your subconscious mind belittle this process as it begins to feel threatened. This is just a distraction from becoming self-aware of self-love and when you finally let go of what was holding you back you will have everything.

We all fall, I fall, let's just fall forward.

This step is essential to do every single day during the 33 Day Awakening Transformation because it will prepare you for Loving Step #13: Mind Mapping. Mind Mapping allows you to go back in time to create your new map of reality for a guaranteed beautiful future.

-
- > Always stay connected with your Brave Heart Breathing Technique.
 - > Voicing Loving Step #2 out loud will make it 10x more powerful.
 - > In your journal, let 3 things off the hook.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Loving Step #3: Visualize, Affirm, Create, Allow

Affirmations only work for 20% of the population, because they are not done correctly or they become an obsession because there is underlying fear doubt and worry that it doesn't work.

Here is a guide on how to effectively visualize, affirm, create and allow:

Prepare a quiet place where you can sit up straight while being aware of your comfort. Close your eyes and always stay connected to your breath and begin the Brave Heart Breathing Technique. Place your hands on your heart in a prayer style or what ever makes you comfortable and begin to breathe rhythmically with the same length of time in as out. 5 seconds in and 5 seconds out is the most effective rhythm. Forget the outside world, it will still be there when you return.

Spend 5 minutes, not more, not less, at the beginning of your day visualizing and affirming what and how you wish to see your life; setting a timer is helpful. The point of this exercise is to practice the art of becoming focused on your dreams and desires, avoid becoming obsessed and have faith in yourself and your creator. Breathe, allow and embrace your perfect day!

Do not picture yourself through your eyes, always put yourself physically into the picture. Place yourself within the picture doing and being that which you desire and then leave the details in the hands of the universal law of attraction.

An example of this might be your dream job, let's say that might be owning your own successful spa. Visualize that you are opening the doors

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

to your beautiful spa, smell the beautiful aroma of essential oils that drift through the air. You greet your wonderful staff with a big smile on your face and they greet you back. You walk to the front desk and check the appointment book to find that the spa is fully booked for the next month and a half... You get the picture see it, feel it, smell it, believe it, and achieve it.

'A' is your desires and **'Z'** is you already having, doing or being that which you desire – everything in between from **'B'** to **'Y'** is in the hands of the universe or that which you believe, because the mind is limited. Your creator will always give you what you desire and will know the best way and best time to give it. Just have faith and stay connected to your heart and watch for the signs.

During the process of creative visualization and affirmations, you must relax, breathe and just allow. After your 5 minute visualization, continue on with your day in peace knowing that which you desire is on its way, just as easy as ordering dinner at your favorite restaurant, as long as you don't continue to change your order. Just know that when you are clear on what you really desire in your life and just allow, the creator will provide. Your subconscious will try to cause you anxiety, doubt and worry around your new reality map, so just remember to breathe, smile and allow.

Once your visualizations are accepted by the subconscious your desires are in the universal mail.

Remember your mind first sees images before it has thought, that's why they call it imagination or image for short. Images equal thoughts, which then equal things. So stay connected to your breath and enjoy the ride.

Keep it simple and keep it clear, more is not better when it comes to affirmations. Two is great, three's a crowd. Don't clutter the mind.

- > Always stay connected with your Brave Heart Breathing Technique.
- > Stating your affirmations out loud will make it 10x more powerful.
- > Write your affirmations on Sticky Notes and place around your home.
- > Write your affirmations in your journal.

Loving Step #4: Mirror, Mirror on the Wall

Mirror work is where we learn how to come face to face with self-love, removing the masks that have been blocking the one relationship that has the power to heal all the rest of our relationships.

This is where some of you will experience resistance because the art of loving one's self was contaminated and hidden from you at an early age. Because this feels difficult does not make it wrong, we have been conditioned to only love others, continually searching for love outside ourselves.

Let me ask you this question, ***'Why should you not love yourself?'***

Why have we been conditioned not to love ourselves but to dishonor ourselves instead?

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Is it because loving ourselves is dangerous or just an inconvenience to others?

When we are told we are selfish, are we really? Or are others just threatened by our independence?

Becoming centered in the self puts the outside world on notice that you are awakening.

Look at our health care system, government, dental industry, food corporations and the pharmaceutical industry and then tell me the average person has self-love. The majority of the population is an extension of these loveless systems. Until you trust, honor, respect, protect and love yourself first and foremost before anyone else or anything else on this planet, it is impossible to experience unconditional love on a permanent basis with yourself or anyone else.

Mirror work is eye-to-eye contact, from the heart, with all your heart. Start your day with the greatest relationship of your life.

Connect to your breath with the Brave Heart Breathing Technique and while looking deep into your eyes, four inches from the mirror, state out loud, ***'Today, I will trust, honor, respect, protect and love myself first and foremost before anything else or anyone else on this planet. I love you, Darrell.'***

Repeat this affirmation 10 times stating your name, with love, attention and focus, showing and feeling more passion with every repetition. It is not unusual to get choked up, tear up or even have your subconscious

**FREE step-by-step support, 1 855 900 4544
We welcome all your calls.**

telling you that this is stupid and childish to even do this. The harder you find this Loving Step to do, the less value you hold for yourself. **Love is the most powerful vibration on this planet, learn to match it!**

Your subconscious will do everything in its power to make you feel like you are dishonoring some belief that could jeopardize your way of life, even though you may be honoring yourself for the very first time in your life.

You must come to realize that your subconscious will deny every new belief because its job is to protect you and keep you safe against anything and everything new, whether it is good or bad does not make a difference to the subconscious and it will protect your prominent beliefs, even if they're killing you and your family.

We live in an age of anxiety and conflict because the media force-feeds us fear 24/7 which has caused our subconscious to continually stay on high alert. Your subconscious is like a mule; it's not intelligent, it's stubborn.

It's your beliefs that make your subconscious healthy or unhealthy. This intense fear mongering, which has become a normal way of life, has caused our subconscious to become overprotective, reinforcing destructive behavior, to the point of stopping any positive growth.

Become the mirror image of what you wish to be and see – repetition is the key.

If you forget to do your mirror work, go back to the bathroom and complete it. This in no way is a punishment, this is letting your subconscious know that there is a new sheriff in town named, Brave Heart.

If you want to make the world a more loving place, take a look in the mirror and make that change!

- > Stay connected with your Brave Heart Breathing Technique.
- > Stating your Mirror Work Affirmation out loud will make it 10x more powerful.
- > Write your Mirror Work Affirmation on a Sticky Note and place on your mirror.

Loving Step #5: Driving It Home

Your mirror work will take place at the beginning of your drive and at the end of your drive, as well as every time you get in and out of your vehicle, today and every day from now on.

You will connect to your breath, look into your eyes and state things out loud like, ***'I love you Darrell, you are amazing!'***

Of course you will say these using your own name...

Or something like this, ***'I love you Darrell, life is amazing!'*** or ***'I can do this, I got this!'*** or any statement that keeps you aligned in the present moment and connected to your Lion Heart. Align first, then take action. Again, just know that you can make up any affirmation that will create joy and happiness.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

If you forget to do your mirror work, go back to the car and complete it. This in no way is a punishment, this is letting your subconscious know that there is a new sheriff in town named, Brave Heart.

- > Stay connected with your Brave Heart Breathing Technique.
- > Saying your Driving It Home Affirmation out loud will make it 10x more powerful.

Loving Step #6: Love on the Fly

This is where we do mirror work with every bathroom visit – when you brush your teeth, have a shower, put your make-up on, use the washroom, wash your face or hands, you get the picture. Keep your mirror work light and short. It only takes a few seconds to look in the mirror and state, **‘Hey beautiful, you’re amazing!’** or **‘I got this!’** or **‘I love and approve of myself.’** Remember this is eye-to-eye contact from the heart with emotion, spoken out loud.

To become a master at anything and everything, repetition is key, practice everyday in every way and always keep it short and sweet!

If you forget to do your mirror work, go back to the bathroom to complete it. This in no way is a punishment, this is letting your subconscious know that there is a new sheriff in town named, Brave Heart.

-
- > Stay connected with your Brave Heart Breathing Technique.
 - > Saying your Love on the Fly Affirmation out loud will make it 10x more powerful.

Loving Step #7: Bedtime Mirror Work

Before bed, do your bathroom mirror work, first connecting to your breath with the Brave Heart Breathing Technique. You might say something like, ***'Thank you, Darrell for a beautiful day, I love you!'*** All mirror work is most effective when said out loud with passion, emotion and with eye-to-eye contact. This affirmation should be repeated 10 times. Put your heart into it.

If you forget to do your mirror work, go back to the bathroom and complete it. This in no way is a punishment, this is letting your subconscious know that there is a new sheriff in town named, Brave Heart.

-
- > Stay connected with your Brave Heart Breathing Technique.
 - > Saying your Bedtime Affirmation out loud will make it 10x more powerful.

Loving Step #8: Snap Back to the Present

What seems ridiculous today becomes logical and normal tomorrow. The Life Band-Love Band acts as your reset button; its purpose is to quickly snap you back to what you really want and who you really want to be.

Snap back to your new you reality.

When we are experiencing mental or physical pain we must quickly but gently snap back and re-align our energy in order to take positive action and create a new belief system based on love. So, first and foremost align and then take action by processing through the heart and then into the right side of your brain — known as the Lion part of the brain — where all creation takes form.

Every gentle snap with the Life Band-Love Band is a gentle kiss validating and filling your heart with self-love. Your Life Band-Love Band should be as snug as a hug and worn on your left wrist if you're right handed and on your right wrist if you're left handed.

Put your Life Band-Love Bands around a glass that is a little larger than your wrist to gently stretch them out if they are too tight. Wear nothing else on the wrist that has the Life Band-Love Band, this will avoid any subconscious distraction.

Your Life Band-Love Band is a gentle, loving reminder, letting your subconscious know that there is a new sheriff in town.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Your Life Band-Love Band is simply just a hair band!



Your Life Band-Love Band needs to be plain and simple but you can change the color each and everyday to match your clothes, just make sure you wear your Life Band-Love Band everyday to create the perfect day for the perfect life.

Oh, and by the way, no one ever asks why I ever have a hair band around my wrist, they're not that awake yet.

This may be the least expensive investment but the most important tool for changing your belief systems, which by the way, shape your life. Seventeen years later, I am still wearing my Life Band-Love Band because repetition is the art of mastering an amazing life. If you have watched any of my videos, you will notice that wherever I go, my Life Band-Love Band leads the way.

The reason I still wear my Life Band-Love Band and will continue to wear it forever, is because corporations rule this planet by force-feeding us information based on fear, doubt and worry. Unfortunately this will never end and I wish to remain awake. Either you do the brainwashing or it will be done for you and I promise you won't like the outcome.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

The color of your Life Band-Love Band does not matter, but keep them plain and simple without metal pieces, bobbles or other accessories. They will break quite frequently in the beginning because your subconscious will do whatever it can to resist change. This Life Band-Love Band should be worn forever if you wish to master each and every day, forever.

Within the first few days your subconscious will try to get you to take it off when you get into the shower or try to get you to view this as a stupid, silly idea. Let me assure you there is nothing silly or stupid about erasing dysfunctional beliefs and living to your full potential each and everyday on a daily basis for the rest of your life.

Experience it, see it, feel it, believe it, be it, own it, achieve it!

Everything is just a rumor until it flows through and lives in the heart of your very being. You are a human being, not a human doing, be that which you search for.

Within the first 33 Days you want 300 kisses a day minimum, otherwise, 20 kisses an hour from your Life Band-Love Band. Kisses gently snap you back to your new map of reality.

Your subconscious believes everything is a rumor until the continuous repetition causes it to accept it as truth. Never cause any pain with your Life Band-Love Band, remember these are called kisses for a reason. **Let's put an end to any and all pain body programs.**

Choose right now; be insanely happy or insanely miserable. Your subconscious will demand to be fed continually. Be aware of what you

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

feed it and what part you feed, the victim, otherwise the Ox part of your brain or the hero, the Lion part of your brain. The Lion is the wise heart and is the right side of the brain. The Ox is the fool's heart, the left side of the brain.

Picture the Ox... He keeps his head down, works hard and asks no questions. The Ox can run the same program for a lifetime and never question it. ***The Ox version of repetition is called routine.*** The Ox is unconsciously in a rut because it never gives thought to what it thinks about.

The Ox will do the same thing over and over again without paying attention to what is being done, what it has done or what is being done to him or her.

This is what those who control our planet desire for you because this belief system does not serve you, it serves them. An Ox always looks to be mastered. This program is what the majority of the population has unknowingly bought into.

The right side of the brain is known as the Lion. It is the creative side, willing to adapt, take on new things, imaginative and successful in all parts of life. When thoughts and decisions are processed through the heart first and then through the right side of the brain this creates the Lion Heart, King of the Jungle, Master of Life.

The Lion is not afraid to break or make new rules. The Lion can admit when he is wrong, but the Lion will also be disobedient when others try to master him or her. The Lion learns much differently, each repetition is a new learning for the Lion and with each repetition the Lion's

understanding will deepen and the overview of the bigger picture will get broader and much more defined.

For the first time in your life, the individual dots will connect and you will see how each and every new insight is a part of your new map of reality. Each repetition builds upon the previous repetition. The growth within each repetition is exponential. Mastery comes from repetition and rehearsal. **Why do I say rehearsal?** Because everyone is an actor and life is the movie where you can now become the hero that saves your life.

A master never leaves the basics; otherwise, the foundation of their practice, repetition is the point of power on this planet, it is foundational for a successful life. The master of muscle memory is repetition, just ask any Olympic Athlete and they will tell you that practice makes perfect. Your mind and heart are no different when it comes to muscle memory. We must embrace the art of repetition for it is this act that allows you to erase and replace.

Take a look at nature, it is in constant repetition, it is called **'The Cycle of Life'**. Everything in nature works according to the principal of cycling, otherwise repetition this is law. Repeat it until you can see it, until you can see it at work in your life. Repeat it until you see it in your heart, and until it is accepted by your subconscious.

My father and my mother taught me that life is hard and that one must always work hard to get ahead. They loved me dearly and cared for me the best way they knew how. So, they wanted to teach me what their parents and peers had taught them, but as we see in most families this is usually comprised of worn out, broken beliefs, passed down from

generation to generation. This is obvious as we can see examples in the media. They herd the majority around like cattle filling their minds with worn out fearful belief systems directing them where to spend their money and how to live their life. As a result, the majority of the population thinks about health care based on 3 things: cut, poison and burn.

To buy into this evil plot just proves my point that if you tell a story long enough as a lie eventually it becomes truth. I say this to you if love is the answer then self-love must be the cure to restore trusting, honoring, respecting and protecting ourselves.

The heart is everything and when you put your heart into it, you will find the passion you need to become the creator that you were created to be.

When you work hard you will enjoy the abundant blessings that this new way of processing your life will bear. This is because the Ox of your left sided brain will be guided by the clarity and clear thinking of your right-sided Lion. When you process through the heart and up through the Lion part of your brain, you live life unlimited. You will quickly discover there is more than enough of everything for everyone.

You will come to understand, as I did, that building the Life Band-Love Band into your daily life, for the rest of your life is the only way to support and feed the Lion. Here are a couple of affirmations to get you started.

Love Band Affirmation #1

Say out loud when possible, ***'I love and approve of myself.'*** By saying affirmations out loud, they will become 10x more powerful.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Love Band Affirmation #2

Say out loud when possible, ***'Today I will honor, respect, protect and love myself first and foremost before anyone else or anything else. I love you Darrell.'*** So, you do understand that you will be saying your name and not mine right?

Feel free to use any other affirmation that makes you feel amazing and helps you stay in the present moment as your only point of power is in the present moment. Stop dumpster diving, it's a stinky business.

Every time you have a negative thought, lovingly kiss your wrist with your Life Band-Love Band and say, ***'So, isn't that interesting, that's the old me, I'm everything, I'm amazing, my life is filled with love and joy.'*** A turd floating down the river deserves little attention.

When I even get a hint of fear creeping in, I gently and lovingly snap my love band and state, ***'I got this!'*** then I snap my fingers, sending fear to the corner. Just remember, worrying is the art of suffering twice. The path to mastery takes endless repetitions. **Are you prepared to be that Master?**

We all fall, I fall many times a day but I fall forward.

-
- > Stay connected with your Brave Heart Breathing Technique.
 - > Make sure your Life Band-Love Band is snug as a hug - but not too tight!

- > Keep your Life Band-Love Band simple, not metal pieces or bobbles.
- > Change your Life Band-Love Band everyday to match your outfit if you wish - remember to keep it fun!
- > Saying your Life Band-Love Band Affirmations out loud will make it 10x more powerful.

Loving Step #9: Bedtime Gratitude

Before you fall asleep connect to your breath and begin the Brave Heart Breathing Technique; state out loud 3 things you're grateful for. This could be the love you feel for someone or the knowing that you will exist forever or something as simple as that beautiful butterfly that flew past your window. But the very last thought of your day should be asking yourself, **'What do I really want?'** And then, thank your creator or source for bringing you that which you desire or something even better. The universal mind is an unlimited creator and it always knows the best way to get you to where you want to be once you learn the art of allowing and deserving. So just breathe, allow, have faith and smile knowing that the answer is just around the corner. Allow life to take a sharp turn if you wish to grow and learn.

You can also write the 3 things you are grateful for in your journal as this will make it even more effective through the use of your senses.

-
- > Always stay connected with your Brave Heart Breathing Technique.

- > Stating your gratitudes out loud will make it 10x more powerful.
- > Place Sticky Notes everywhere as a loving reminder that gratitude is the only attitude.
- > Write your gratitudes in your journal.

Loving Step #10: Calendar Tracking

Calendar tracking: Track your family if you wish to end the family curse.

This step is so very important! Please understand that everybody runs a pain body program due to dysfunctional belief systems.

How long and how often you run your pain body program each day will decide how much and how long you will be in pain on a mental or physical level. You will quickly grow to realize how you and others are unknowingly addicted to the addiction of creating pain for each other; this is the family curse. A prime example is the hen pecking that most couples do unconsciously.

So let's get started!

The first step to Calendar tracking is placing a mini you on your shoulder not to judge but to only observe how often and how deep your pain body program runs. This will be a gage on how much self-love, you hold for yourself, if any at all. We want to track whether we are processing our emotions through the heart or only through the mind. Understand, you cannot fix a problem or change a belief with the same mind that created it.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

You will want to track and chart your pain body program and those you are close to. You may find that you and others you track, are not as in charge of your emotions and decisions as you may have thought in the first place –and that you are actually intertwined with your family’s pain body programs in the way that you push each other’s pain body buttons at specific times, in specific ways, to trigger specific actions that create specific re-actions –and so runs the pain game of insanity called the family curse. Oh... What a wicked web we weave when we let our minds deceive.

We unconsciously enter into contracts with those close to us, so that we can trigger each other’s pain body programs. We all run different pain body programs because everyone operates from a different set of belief systems. These belief systems are your operating system.

Let me explain... The same situation could happen to 10 different people and all 10 people will have 10 different reactions to the same exact situation. Perception is everything. What you perceive and the way you process it will be filtered by your dominant belief systems, whether they are good or bad.

The length of time and suffering that you endure depends on how dysfunctional your belief systems are and how many dysfunctional beliefs you’re running at the same time.

One person may experience three outbursts a day, another might have a migraine every Friday, while yet another might find themselves in bed depressed five days out of every month.

Welcome to Groundhog Day where we all press replay, repeating the same cycle over and over again – this will continue until we finally awaken.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

As I stated earlier, the same event can happen to 10 different people. Your mind only loves the familiar whether it is negative or positive. Whether it is creative or destructive makes no difference to your subconscious – only the familiar counts.

Everyone's outcome will be different because we all run different belief systems. One person may turn to alcohol, where another is consumed by it. Another may get depressed while another may attempt suicide.

One person may make himself or herself sick whereas another may subconsciously create cancer in their body... While yet another, who has learned the art of processing through their heart, will say, ***“What can I learn from this and what can I do right now to honor, protect, respect and love myself in this present moment?”***

Do not miss out on Calendar Tracking due to a stubborn subconscious belief system if you wish your life to become a masterpiece. Until you ask the questions, ***‘What do I really want?’*** and ***‘Is this truly what love is supposed to look and feel like?’*** you will never end the family curse – love is not abusive. Make notes on your calendar daily throughout this process so you can better understand your relationship with yourself and those you share your life with. Calendar tracking **WILL ONLY** be effective if you are dedicated to keeping daily notes on your calendar.

Just a friendly reminder, continually focusing on your breath throughout the day will keep you connected to the present and make sure that you leave smiles wherever you go... Just in case I need to find you. Smile for no reason and you will have all the reasons in the world to smile... Be that which you wish to see.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

At the end of the 33 Day Awakening Transformation even just looking at your love band or 'kissing' otherwise snapping it gently without thought will trigger the domino effect of 'I AM' up through your heart and into the right side of your brain, the lion, the creative side of the brain where everything is possible.

Your 'subconscious brainwashing program' is now in full effect and by now, you know who the master needs to be... That would be you! You are now a conscious creator of everything you see, experience and become.

You have a choice... To either be the one who does your brainwashing or to allow brainwashing to be done to you... By the media, government, medical system and everybody's mother, brother, sister or uncle. But of course... This brainwashing will be done the way they want to see you. So, if you wish to live an amazing life, brainwashing must be a self-serving, self-loving action.

-
- > Always stay connected with your Brave Heart Breathing Technique.
 - > In your journal, track yourself, your family and those that play a role in your life.
 - > Remember it's just a game and you're going to track it!
 - > When we no longer judge and become a loving observer, we will be the change we wish to see.

Loving Step #11: The Couple's Connection

This step is for all couples that wish to connect or reconnect, bringing their love to the highest possible level. They say behind the eyes the soul awaits. With your Brave Heart you are now ready to bring your loving gaze together to melt the illusionary walls that prevent the two of you from your destiny of being everything and having everything by coming together as one. When two come together everything and anything is possible.

Set a time and do it twice a day.

You must remove stored experiences and images that no longer serve you as a couple if you wish to grow together. Find a comfortable place where you can sit for twenty minutes face to face holding hands, connecting to each other's hearts, looking deep into each other eyes.

You may choke up, tear up, laugh, blink and even want to look away or run away. You may experience tension in your neck and shoulders, butterflies in your stomach or even gas. Allow yourself to yawn because this is a way of realigning and letting go of emotional waste.

Let's get prepared for your Couple's Connection

Turn off all phones and ask anyone in your home not to interrupt you. Use the bathroom before you start.

Prepare a quiet place where you and your partner can sit up straight, facing each other with your knees touching, holding hands and being aware of your comfort. From this point it is important not to speak until we have completed the Couple's Connection.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Get all the pillows and blankets you desire for your comfort, but do not lie down. If sitting in a chair, sit with your feet flat on the ground, straighten your back and get comfortable.

You can have a soft light on, salt lamp or candles in the room as long as you can clearly see into each other's eyes. You can also diffuse essential oils to create a peaceful calming atmosphere.

If you have to cough or clear your throat do it before you start. Keep your eyes open, and focus on staying connected to your breath throughout this process.

Begin the Brave Heart Breathing Technique in unison. Breathe rhythmically together, the same length of time in as out. Inhale for 5 seconds and exhale the same breathing through the nose is best. When you practice the Brave Heart Breathing Technique you are telling your body it is safe.

Forget the outside world, it will be there when you return.

Begin by seeing or sensing a place in nature where you are together. The reason why we have you do this is because most couples actually are uncomfortable or are not use to gazing into each other's eyes. With your eyes open, make sure you put and see yourself in the picture. It is beautiful here; it could be on a beach by the ocean, in a forest at dusk or in the mountains at dawn.

See the beautiful white billowing clouds, the trees, the birds flying through the sky and the river flowing by. Smell the air, let your heart open and feel the love you have for each other.

Let your heart open and expand. With each breath feel the love that you have for both yourselves and each other grow stronger. Let your love grow so strong that you can feel this love for the entire world.

When you feel the love expand within your heart, let this love flow freely from your body to your partners until your hearts melt together as one. Simply feel the beautiful love of your partner filling your being, let it enter all that you are.

Now the Couple's Connection begins...

Looking deep into your partner's eyes, staying here for a moment, feel the warm calming flow of your connected breath. Now see, feel and sense inside your partners' heart, love is all around you, rest here and feel the love.

You are now in the sacred place of your partners' heart. Become aware of the love they hold for you, it is all around you, it is everywhere. Let your heart open and feel the love you have for yourself. Now let your love grow so that you can feel the love you have for your partner. It is important for you to recognize and remember this feeling – for this is love.

In this place you will find your true self and your true connection to each other. It may not be this time that you experience total love, forgiveness and understanding but be patient and compassionate with yourself and your partner.

When the time feels right, without breaking this connection of love, close your eyes and be one with each other, feel the love move through you like a gentle, flowing stream. You will find things drifting through your mind and the thoughts, feelings and images, which do not match your new map

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

of reality will float on by hardly recognizable and barely noticed.

From this place you will begin to go back in time to your first memory where you will explore and discover the love that you had for each other. If this is your first time with the couple's connection, remember to stay connected to each others breath, and just let the love in.

Do not rush the couple's connection; honor it with all your heart, because your mind will do whatever it can to distract you from the truth. Your subconscious fears the new you and what your relationship is becoming so it will create body aches, pains, itchy skin, bathroom visits or whatever else it can dream up.

When you feel that you have completed this session gently bring yourselves back. Open yourselves up to the presence of total love between you and your partner and know that all is perfect and together both of you are the answer. You have now completed Part 1 of the Couple's Connection, congratulations.

Part 2 is where you continue to hold hands and now you both realize that you are in a safe place, where you can talk openly from your heart, with your heart, all the different visions, thoughts and images that have gone through your mind in the last twenty minutes, so that you can truly become the soul mates that you always dreamed you could be. This process will help you connect on all levels even when you are countries apart because you are heart to heart.

After completing your Couple's Connection, this is where trust and the feeling of complete safety is practiced. For a minimum of ten minutes, share all of your thoughts with your partner. No matter if

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

your subconscious thinks it is silly, stupid or that those thoughts would have created upset in the past. This ten minutes will help to create an unbreakable bond, so have faith and continue to practice your Brave Heart Breathing Technique throughout this process so that you can reprogram your subconscious to lose what needs to be lost and find what needs to be found, the relationship you have always dreamed of!

I have known couples to repeat this process from once a week, up to a few times a week to reconnect the love that was always there. Go for the gold in your heart and remember repetition is the key to success and will reconnect the both of you.

Repeat the Couple's Connection process until you feel that your love for yourself and each other has never been stronger and that the need for forgiveness has totally dissolved.

Track the results of your new map of reality and don't be surprised when miracles happen, just allow and let love in. When you master self-love all things will become possible in the outside world and your dreams will become reality.

> Always stay connected with your Brave Heart Breathing Technique.

Loving Step #12: Family Connection Collage

As you have realized by now, visualization is one of the most powerful exercises you can do for your mind. You may have heard of vision boards before; vision boards are a platform to have your goals on display in physical form. You will find or create objects that symbolize your goals and pin them to your vision board, this helps to speed up the manifestation process.

What we focus on together develops and expands. Introduce your family to the art of creative visualization by inviting them to join you on your new journey by building a vision board or collage together. They may not be ready to start the 33 Day Awakening Transformation with you, but this is a wonderful way to help end the family curse and to bring everyone's heart closer together.

Here are some steps you can follow to create the most powerful Family Connection Collage:

Focus on how you want to feel, not just on the things you want. Including material things is important, but the more your board focuses on how you want to feel, the quicker it will come to life, so include anything that inspires and motivates you.

For example, a picture of a couple in love or of a happy family on vacation or even of both, you want to use pictures that capture the emotion you want to feel.

Do you want a new home? Put a picture of your dream home on your vision board and be specific. **Do you want a pool? A large garden?**

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Or white marble floors? The more details, the better - see it, feel it, believe it!

Start with your goals in the following areas:

- > Relationships
- > Health
- > Career
- > Finances
- > Home
- > Travel
- > Personal growth (including spirituality, social life, education)

Create a list of what you want each of those areas to look like; it's best to include short and long term goals, each area will vary depending on your strengths and weaknesses. For example, you might be established in your career and financially successful but your relationships and health might need some extra love, so you will have more to focus on in those areas.

From your list of goals, decide what you want to put on vision board. Remember that less is more! Don't overwhelm your vision board with every dream and desire that you have ever had, it is better to update your board as time goes on, as certain elements are no longer required on your board because they no longer apply or have manifested for you!

You'll be amazed at how things just start popping up all over the place once you set the intention for what you want and how you want to feel.

What you need to create your Family Connection Collage:

- > A cork board, pin board or poster board. You want your vision board to be visually appealing, so find or build something pretty so you enjoy looking at it!
- > Scissors, tape, pins, glue-stick, paper, pens, markers, stickers, or anything else that make you feel great!
- > Magazines that you can cut images and quotes from or you can print pictures.
- > Most importantly, the stuff you want to look at every day. Photos, quotes and sayings, images of places you want to go, the career you want, the relationships you desire or anything that will inspire you.
- > A stress-free environment.
- > Time!

How to create your Family Connection Collage:

- > Set the mood, turn on your favorite music, light some candles if you wish and clear your space.
- > Create sections on the board for each family member.
- > It can be difficult to choose what makes the final cut, so lay everything

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

out to get an idea of what you want and where you want it before you start gluing and pinning.

> If there are items that you have to leave off the board, put them away for later, when you decide to revamp your vision board, pull them out and see if they are still applicable for you.

> When you are laying everything out, you can leave space between each item if you don't like clutter as it can create confusion for you and give you a cluttered mind. However, if you love the feeling of closeness, then by all means, overlap your items! There are no rules with this; it is a personal preference.

And remember, it is always better to handwrite your goals as it creates a higher energetic vibration for them to manifest. This is a fun filled project for the whole family to enjoy together! So, happy creating!

CONGRATULATIONS BRAVE HEART

Now that you have embraced and processed the **33 Day Awakening Transformation** through the heart, you will find when you begin your Mind Mapping process that you will no longer be the victim nor will there be a bad guy in your story. But what there will be is a superhero and that superhero is you.

Remember to always do the Brave Heart Breathing Technique and to put Sticky Notes everywhere as a loving reminder for you.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Loving Step #13: Mind Mapping

When you are complete the 33 Day Awakening Transformation, contact us at the Doc of Detox Functional Medicine Clinic at 1 855 900 4544 to receive Loving Step #13: Mind Mapping.

To begin Mind Mapping, you must integrate every Loving Step into your life for at least 33 Days consecutively. This means, if you have only done Loving Steps #1-7 for 33 Days, then you will have to incorporate the remaining 5 steps and start the 33 Day Awakening Transformation again, that way you have completed all 12 Steps for 33 Days. This is to ensure that you are ready for Mind Mapping and that you will find success with the process.

Weave the **Brave Heart 33 Day Awakening Transformation** into your daily life for your whole life if you wish to totally transform your life into the hero that saves the day everyday. Just as it takes 9 months to birth a baby, in 9 months you will birth the new you, The Real You!

As we move through life and awaken to the fact that only we can unleash the true purpose of our life, then and only then, will the things we wish for come to us without effort. All the things that we feel we need to strive for, yearn for, struggle for, will come to us effortlessly through the **Brave Heart heart/brain/body connection.**

You'll find that when you stop striving just to survive, you'll start living. You'll start being, rather than doing, you'll start loving what you do, rather than just working hard with very little to show for it.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

When you learn how to process your life through the heart and with the lion part of your brain, then the love you desire will just appear, the money you need will just flow to you and the health you've always wanted will grow within you.

The trouble is, people have been programmed to separate the heart from the brain and as we all know the heart has gotten a bad rap. Just look at all the heart attacks, heart disease, heart burn and lets not forget about the trail of continuous broken hearts because we have been brain washed to believe that love hurts and even kills.

Always remember we are on this planet to learn how to love while facing challenges that distract and disrupt us at the same time, and that's where the adventure comes in; that's where growth comes in. There are so many obstacles on this planet to challenge our love that even make us not want to love, but the name of this game is to overcome the physical, nourish the spirit, and find our way back to total love.

Fear, pain, anger, depression and other negative energies will try to gain our attention as we learn to grow and expand our love, but again let me remind you, the playing field of this game is planet Earth. These obstacles are not the curse that the majority have been taught to believe, they are the blessing to your showing up, growing up, waking up. The more negative obstacles you conquer, the more you will unleash and release the real you.

You will become the master creator of your life much sooner when you practice the art of self-love and self-care because you will become totally self-aware. We need to become totally self aware so that we fill our own

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

hearts so that we may free the spirit. When our spirit becomes stronger, our physical mind and our creating abilities will know no limits.

But as you are well aware by now the majority have not just lost their way, they have lost the logical way to think, so for most, this breakthrough training that we have taught to thousands around the world just like you, sounds too simple at first, because up until now everything has been made to look and feel complicated, especially when it comes to our health, wealth, relationships and love but mostly self love. But have no doubt; **Brave Heart works for everyone if they allow love in because love is law and self love is the way.**

If you have anything on your mind that's hurtful or painful, on a mental or physical level, how long should you hold onto it? The answer is, for as long as it takes for you to release and embrace your inner child, it is your inner child that will set you free and help you take flight. Lighten the load, baby!

Let us never forget that our belief systems make up our operational system that dictates the type of emotions we experience each and every moment. Emotions are our built in GPS that guides us and controls the energy that moves through us. It's these emotions that shape you and make you.

This energy is inside all of us. This light force energy will guide you to be who you really are, no matter where you are in life, it will help you deal with life in a better way, your way.

When you complete the **Brave Heart 33 Day Awakening Transformation**, you'll be a whole lot happier regardless of your history, you'll even feel younger and know how to rid yourself of stress and negative emotions within an instant with the Brave Heart Breathing Technique Heart- Brain connection.

You'll naturally live longer, look younger, your wrinkles won't be as deep, they'll even fade away with other worn out images and beliefs from your past. You'll be lighter physically and mentally, you'll experience deep love with passion and purpose, you'll make more money, when you change your inner world, everything else changes.

The Brave Heart 33 Day Awakening Transformation works with everybody; the hormones of stress, fight or flight will no longer drive you. When we transform ourselves, we shine the light that transforms the ones we love and care for. No matter where you are or what you're going through right now. No matter what you have already gone through, you will look at yourself and others in an entirely new way. I encourage you to look and love yourself in this new way, for those who have awakened to their true purpose call this program ***'The Tipping Point of Change'***.

What do you really want your life to be?

Do you want freedom from the invisible bonds that bind you? If so, then this is the way! As you begin to remove emotions and habits that block the flow of your creative energy, it will begin to move in you and you will begin to see and feel the amazing effects as this energy moves around you and through you, freeing you for the first time. This is who you really are, an amazing creation of energy, created by your creator to create.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

Everyone and everything in your life is created for you, by you.

Only your body heals itself and only you can be its master if you wish to live with passion and purpose, this is the law. Most of our friends and loved ones have forgotten this and have lost their way.

Doctors can set bones, but they can't heal them, your body heals the bones. Dysfunctional beliefs cause all dis-ease and yes, even cancer, so unless you are willing to work together with your body on a physical and emotional level, permanent healing will always be out of reach. Self-care is the only health care and self-love is the only answer. When you finally embrace and restore this belief you will find yourself in a place where things are just kind of fun all the time, when you become a Brave Heart Warrior.

98% of the world's people spend 98% of their time doing things that just don't matter. The majority of the population has no understanding of the true purpose of their life, no idea what they are doing here, who they are or where they're going.

Most people believe that they will be happy when they get the guy or get the girl, get the car, the job, the house, the kids, when they get the bigger office, the bigger car, the bigger house, more kids, grandkids, then people get sick and then they think they'll be happy when they get well but this is not how this fairytale ends. How the story usually ends is they usually just give up and want to get the hell out of here because they just can't take anymore dysfunctional BS, otherwise, corrupt Belief Systems, which have drained them of their vital life force. A lifetime of corrupt Belief Systems will corrupt the mind, the heart and corrupt the soul leaving us with life

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

threatening issues in the tissues.

That's not what life is about, but this is called '***The Good Life***' for the majority of the population. Life has nothing to do with this but for the majority, this is the exact script that most people have unconsciously been forced to live with.

Everyday that you raise your head off the pillow is a new beginning and you now have everything you need. The world will continually test and distract you, from the real you, so you must make everyday a Brave Heart day. Make everyday an academy performance if you wish your life to be a masterpiece. Every day is a dress rehearsal and you are its writer, director and star performer.

The main goal of the 33 Day Awakening Transformation is to awaken you to your unlimited potential of abundance in everything this life has to offer. So, as I stated earlier, continue your Brave Heart practice and in 9 months you will birth the real you, living your true destiny and being the light for those you love.

You will know when you have become a Brave Heart warrior when you eat light, drink light, think light, live light because you will be the light for the ones you love and care for. We are sacred, spiritual beings, here for a much larger reason and serving a much higher purpose. You are infinite love that has lost its way. Until you start asking the question why, you will never find the answer. Be the answer. Become the way, become a Brave Heart Warrior.

Strategize first, then execute with loving gentle baby steps daily to create the perfect day which creates the perfect life.

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.

LOVING STEPS: SUMMARY

Loving Step #1: The Gratitude Attitude

List 3 things you're grateful for.

Loving Step #2: Off The Hook

Send love to 3 people, systems, corporations or anything in your life that you don't like. (**Ex. Chem trails, taxes, etc.**) Let yourself off the hook for things you cannot fix and are probably none of your business.

Loving Step #3: Visualize, Affirm, Create, Allow

Spend 5 minutes at the beginning of your day, visualizing and affirming what and how you wish to see your life.

Loving Step #4: Mirror, Mirror on the Wall

Start every day with Mirror Work. Look into your eyes, with all your heart and repeating 10 times.

'I will trust, honor, respect, protect and love myself first and foremost before anyone else and anything else. I love you [Your Name].'

Loving Step #5: Driving It Home

Mirror Work whenever you get in and out of your vehicle. Align first then take action.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

'I love you [Your Name]. You're amazing!'

'Life is amazing!'

'I can do this, I got this!'

Loving Step #6: Love on the Fly

Mirror Work with every bathroom visit, ***'Hey beautiful! You're amazing'*** or ***'I got this!'*** or ***'I love and approve of myself.'***

Loving Step #7: Bedtime Mirror Work

Before bed do your bathroom mirror work. ***'Thank you, [Your Name] for such a beautiful day, I love you so much!'*** Repeat this affirmation 10 times out loud while you look deep into your eyes.

Loving Step #8: Snap Back to the Present

Lovingly snap yourself back into alignment with the life band-love band ritual.

'I love and approve of myself.'

'You're amazing!'

'You can do this!'

'You're beautiful!'

Loving Step #9: Bedtime Gratitude

Before you sleep state 3 things you're grateful for from that day.

'I am grateful for another day on planet earth.'

'I am grateful for being the hero of my day and the light for my family.'

'I am grateful that my creator is always with me, creating together with me, the perfect day for the perfect life.'

'I am grateful that I am eternal.'

Loving Step #10: Calendar Tracking

Track and chart your pain body programs and those you are close to.

Loving Step #11: Couple's Connection

Open yourself up to the presence of total love between you and your partner and bring your love to the highest possible level with Couple's Connection Sessions.

Loving Step #12: Family Connection

Introduce your family to the art of creative visualization by inviting your family to join you on your new journey by building a vision board or collage.

Loving Step #13: Mind Mapping

When you have completed the **33 Day Awakening Transformation**, contact us at the Doc of Detox Functional Medicine Clinic to receive Loving Step #13: Mind Mapping. **We're in this together. Let us be the change that lights the way for our brothers and sisters.**

Always be blessed, always stay connected to your Source, your Creator, your God.

BRAVE HEART CONTRACT OF LOVE

I, _____, will trust, respect, protect, honor and love myself first and foremost with all my heart before any other human being, pet, addiction or anything else on this planet during the 33-Day Brave Heart Awakening Transformation so that I am able to unleash and release belief systems that were unknowingly downloaded into my subconscious. I am now ready to engage my mind, ignite my heart and unleash my full potential to experience love and compassion that has no limits.

Here to serve and be your guide: Dr. Darrell Wolfe Ac.PhD.DNM.

Toll Free: 1 855 900 4544

WhatsApp: 1 250 801 3162

Email: braveheart@itioh.com

FREE step-by-step support, 1 855 900 4544

We welcome all your calls.