

# **Your Next Level Life**

## **90 Day Transformational Package**

*Release, Heal and Reprogram Your Life for Next Level Experiences*

***Welcome and congratulations on saying 'yes' to Your Next Level Life!***

Please start here and read this before beginning to listen to, or read, any of the material in this package. It is important to understand the reason for this package and what is included in it as well as how to move through each part for the most benefit for you.

This is a self guided package, meaning you will be doing this at your own pace. You will be listening to guided audios and doing the processes and exercises within them to help you in releasing and healing your emotional wounds and old ways of being that have been keeping you stuck where you no longer want to be. Then, allowing yourself to create a new space where you reprogram your beliefs and reboot your desires to reflect who you are now that the heavier, constricted and limiting old life patterns have been released and healed.

It is simpler than you may realize when you commit to yourself and take the steps to move forward into the next level of your life. It is waiting for you to step into it now, it just helps to have assistance because doing it alone can seem like more work than is necessary and that it takes much longer than you'd like it to.

### ***What's Included***

In this package, you will find the following guided audios and written guides:

- ***Healing Your Child Self Audios*** ~ these audios assist you in healing the experiences of your childhood that keep you feeling unloved, not enough and unworthy to experience more in your life now
- ***Clearing Past Emotional Wounds Audios***~ these audios assist you in releasing past situations, people and experiences that still hold an emotional charge that you are ready to be free of
- ***Freeing Your Body of Emotional Pain Audios*** ~ these audios assist you in releasing emotions that have settled in your body creating discomfort, ailments and dis-ease there
- ***Letter of Release Written Guide*** ~ this guide assists you in releasing the attachment to another person because of an emotionally charged situation you have not felt fully heard in by expressing it via this exercise to set yourself free
- ***Your Freedom through Forgiveness Written Guide*** ~ this guide assists you in finding freedom in forgiving yourself and others to release the constrictive energy and lower level experience that holding on to the anger creates
- ***Reprogramming Your Beliefs Written Guide*** ~ this guide assists you in reprogramming your old beliefs that no longer serve you to new ones you choose to live your life from in a simple exercise that works
- ***Rebooting Your Desires Written Guide*** ~ this guide assists you in identifying your outdated desires that are not in alignment with who you are now to creating new desires that feel good and become your new reality

- ***Self Value and Expectation Written Guide*** ~ this guide assists you in finding and connecting to your value and calling into your life only the best that you deserve and desire to experience

Over the next 90 days, you will work with these guided audios and written guides to release and heal your old emotions, painful experiences, emotionally charged attachments, and physically related emotional concerns. You will then go into replacing what you have let go of with new beliefs, desires and expectations of what you deserve in your life now.

This is the process that we unconsciously, until now, move through each time we up-level into a new vibrational frequency. You are now becoming conscious of this process and can be in charge of how you move through it. It empowers you to no longer feel like you are a victim in the emotional blocks and reoccurring unhealthy and stuck experiences that keep appearing in your life. You have the power to consciously do the healing work to set yourself free.

The details of how to work with the guided audios and written guides will be a little later, but first, what is the journey you are on?

### ***The Process of Change***

It is said that it takes at least 21 days to stop an already formed habit, and at least 28 days to form a totally new one.

Although shifts and changes can happen immediately, and in an instant, there is a process to the way we move through our experiences because our soul intended it that way. The reason for our human experience is to live through our physical senses and experience all that is available to us in our life. We forget this and think that we just want to get through life, especially those things we deem uncomfortable and undesirable.

That is not what the soul intended because it knows who you really are and what you are a part of, and connected to, at all times. There was no need for concern or worry because it is just an adventure through time and space, remembering ultimately who you really are, knowing you create your reality how you want it to be so that you receive the fullest experiences from it.

Although all this is true at a higher level, we as humans, forget this and then get caught up in the angst and upheaval we experience while we are here. We don't just go through it and fully experience it, but continue to perpetuate it and carry it along, proudly revealing how much we have gone through every chance we get. We end up with old baggage, trauma and wounds, that run deep within our energy field, that we turn to when times are tough and when they are not. It is a safety mechanism that has been instilled in us as our go to response when things in our life seem to be moving in a better direction. Even through these experiences, our soul enjoys the adventure of experiencing all of it through the human senses and limited understanding.

## ***Ready for Change***

There is a point at which this human experience becomes physically and energetically draining when we decide that something has to change. It may be that we just decide to start making real changes, or it may be that some external experience, that we invited in on a deeper level for this reason, happens and makes us have to change. It is a free will choice of course to actually begin the journey as there are always other options, but when these occur, it is because we are ready - we just didn't know how to take the first step.

## ***Let the Releasing and Healing Begin***

We start to accumulate our experiences beginning in childhood, and even before in the womb and other lifetimes, that will have an influence on what we experience in this life. They can be experiences that we believe are wonderful and they can be experiences we would rather not have had at all. All of them contribute to who we are here, who we become and how our soul grows from the experiences of this lifetime.

As we move through them, we end up holding on to much of the pain, sorrow, hurt, and unhappy of the experiences, carrying it all with us because it wasn't processed fully at the time it occurred. This is really taught as the norm. Push it all down, don't allow yourself to embrace and move through it so it can be processed and healed to completion in the moment. That would make it much easier and less resistance involved, but that is not how we are indoctrinated into the physical world nor is it what we are taught as the best way to process our life experiences.

When we begin awakening to recognizing and intuitively knowing that there is something more to this life and why we are even here to live it, then we can consciously begin releasing and healing those old aspects of ourselves that have us believing, and living, in the illusion concept of separation and limitation. Instead, we can begin to chip away at all that which is not who we really are, like Michelangelo did when he revealed David from the stone he was within. It is like that for us too.

The true us is under all the rhetoric and false information that has been fed to us since we entered this human form, attempting to have us conform and be dominated by others. When we finally recognize that is all a false illusion that we can no longer play within, then our ability to step into our authentic, true selves, the "who we really are," begins happening and all that which is not us must also begin to fall away.

You are awakening to this truth for yourself and are ready to start releasing all that which is not you to heal the false truths and become the master of your life.

Once you have begun this releasing and healing work, you will find that the person you thought you were no longer exists and in its place, is the infinite possibility of whoever you desire you can be.

## ***Filling the Space with Possibility***

You will work through levels of the releasing and healing of the different areas of your life and each will offer benefit to the other as you do. Each level will open you up to new possibilities to fill that space with more of what you want to experience in your life.

This is where your creative nature comes in and you get to design your life the way you want it to be from a place of least resistance because the heavy, constrictive and limiting past experiences have been transmuted and cleared by you. Your soul finds satisfaction in its desired journey here when it feels complete in the experiences it wanted to receive the most from. This is your opportunity to really satisfy your soul and empower yourself to be in charge of your life from a space of clarity, connection and expectation.

You will create new beliefs that your subconscious recognizes as the basis for which it keeps you safe in this lifetime. If the ones you have now are not producing the results you desire, then the releasing and healing work you have done allows you to implement new ones that will allow for you to. Many of your desires that you have been wanting to experience, but likely haven't as fully as you dream of, will be re-evaluated for congruency with who you have become rather than the stream of energy they were created on long ago. You change, so must the things you desire come up to that new place where you are.

Again, this is all simpler than you may think. The processes offered in the written guides will assist you in easily and quickly shifting out of the old, outdated and into the new, updated versions for yourself.

### ***What is the Process?***

**Over the next 90 days**, you will work with the guided audios and written guides to help you in the shifts and changes we have been talking about.

**Please allow at least 3 days between any audios, exercises and processes you do.** The energy of the process or exercise continues to work strongly for a minimum of 3 days, with it even continuing at some level for up to 7 days. By being conscious of this, giving them at least 3 days, before doing more work, allows for the movement of the energy that has been influencing the experiences relating to the work you are doing as well as the integration and assimilation of the changes and shifts occurring in your physical body and energy field. *Please note that energy work often invites a deeper level of "tiredness" than you experience normally, so honor the work you are choosing to do and allow yourself time to rest for the changes and shifts to occur.*

Work with only one process or exercise at a time until you feel that it has created the results of release, healing and reprogramming you desire. There is no need to hurry as it is a process and you want it to be as thorough and complete as possible so that you do not have to continue to experience any aspect of those experiences that you are ready to be finished with, in this lifetime and all others.

Also, for the most benefit, it is helpful to go through an audio or guide before you actually do the exercise or process in it. This way, you have a better idea and understanding of what the exercise or process is before you actively do it, which allows for you to move through it more smoothly and with greater ease.

### ***Beginning with the Releasing and Healing***

You will start with the releasing and healing portion of the material, which includes:

- ***Healing Your Child Self Audios***
- ***Clearing Past Emotional Wounds Audios***
- ***Freeing Your Body of Emotional Pain Audios***
- ***Letter of Release Written Guide***

Since most of what you are still experiencing originated in your childhood, it is best to begin with the *Healing Your Child Self Audios*. These will assist you in healing the aspects of your child self that didn't have you feeling enough, worthy and lovable. These are the most common feelings that keep us stuck because they continue to perpetuate, and show up, in so many areas and experiences throughout our lives. It often feels like a never ending cycle of the same types of people, situations and circumstances that continue to uphold not being enough, worthy or lovable in each of them. It is actually very tiresome when you finally become conscious of the patterns that have been happening over and over, and even to some degree when you are still unconscious of them.

Once you have worked with those three feelings, and feel that you have released and healed what was showing up for you, then allow yourself to make a list of all the emotionally charged experiences that still come to mind that create undesirable feelings in you. These would be of any life event from when you were a child until now. Also include any people that, when you think about them, you get upset, angered or have any other lower vibrational emotions relating to them.

With your list you have created, sort through each of the experiences and categorize them according to the area of your life they influence, such as relationships, money, health, etc, and you can even be more specific than that if you want to. If they overlap with each other in a category, that is okay. Just think about the experience and which category comes to mind first and place it there. Since all areas of your life are really intertwined and interconnected, many specific experiences will likely reflect more than one area, but for this work, having them be in one category more allows for them to be focused on more specifically. You can include them in more than one category as it may be that you will work on that one emotionally charged experience in each, but more than likely, it will be healed enough from the main one you choose.

Now that you have them in the categories, you want to rank them in the category from most emotionally charged to least. Choose just one category at a time to do this ranking because as you do the releasing and healing work, you will likely be removing and adjusting whether they are even on the list anymore or to what degree the emotional charge for them remain. Offering the list in such a specific way allows for the opportunity to actually clear more. The more intentional you are in directing the energy you are working with, the more shifts and changes that will occur for you.

From that list of the category you choose, begin using the *Clearing Past Emotional Wounds Audios* to move throughout your past experiences to shift the energy of the them, by bringing them to mind and traveling to that specific experience as guided in the audio exercise.

Once you have made it through your list in the one category, and again, this will take time. Please honor the intensity of the work you are doing by giving yourself at least 3 days between the exercises and processes you are working with. During this work, be

noticing how you are feeling. You may even want to journal what you are experiencing as you are moving through it so you can acknowledge it in writing as well as be able to reflect on the journey and how far you have come.

After the one category feels complete, review your list of experiences in it again and see if any of what you have done there still holds any kind of unpleasant emotional charge around it. If it does, then you can do another round of *Clearing Past Emotional Wounds* for the ones that do using the guided audio. If any of the experiences that are still emotionally charged are in another category as well, you can choose to work with it in the other category instead so that you heal it in that area as well.

If it is specifically related to a person, you can also use the *Letter of Release* in the written guide. This will work great for any new situations that arise with people in your life, or if you still have any emotional attachment to someone in particular that you would like to release and heal. This letter can be used for those who are living or deceased.

Depending on how much previous emotion releasing work you have done, along with how ready and willing you are to release and heal each of the experiences on your list, it is likely for you to go through, process and integrate one category of emotionally charged experiences in the first 60 days. Remember, as you move through them, the intensity of others will likely lessen because of the connectivity of all of them to some degree. They piggyback on each other the more of this releasing work that you do. The more you do, the more will shift even in areas you didn't know they would.

After you finish the emotionally charged experiences, you can move into addressing any conditions in your physical body, such as ailments, discomfort, pain and dis-ease. Some of this will have shifted and found relief from the healing work you have been doing, but if you are still experiencing anything within your body, then you will work with the ***Freeing Your Body of Emotional Pain Audios***. This can be used for anything you are feeling in your physical body to help create shifts, relief and healing in it. Your body knows how to heal itself and return to its natural state of health and well being, so when you provide a higher vibrational environment for it to do so, it can and will. You can use this as anything appears for you health wise to keep your physical body functioning at a higher level of health, wholeness and well-being.

## ***The Second Part - Reprogramming***

Once you have done your releasing and healing work in an area of your life, you will have a new open space that automatically fills with loving energy, as that is naturally what happens when you open it up after the healing work. Although the high vibrational love energy fills the space, it is still necessary to reprogram the space from what was there before to what you now want that space to be filled with that you are creating your life from. This is where you will add your new beliefs and desires so that your life experiences are being created into your reality from them.

Your reality has been influenced and created by your old and outdated beliefs and desires up until now, and, with the work you have been doing, the beauty is that you get to consciously change all that to what you want as the person you are now at the higher vibrational level you are at in this moment. Most people are not aware that this is even possible, but you are on an awakened, conscious journey that provides you with the

knowledge and knowing that it is possible and you are doing it!

Using the processes and exercises in this second part will be over the remaining 30 days, of the 90, that you focus on the one area you did the earlier work around. Working with one area will create more noticeable results than the subtle ones that occur when you are wanting to do so in multiple areas at once. With each of these additional exercises and process, you will keep it to that area as well when working with them.

To begin creating these belief and desire shifts, you will start working with these written guides:

- ***Your Freedom through Forgiveness Written Guide***
- ***Reprogramming Your Beliefs Written Guide***
- ***Rebooting Your Desires Written Guide***
- ***Self Value and Expectation Written Guide***

It takes the releasing and healing work to open you up more energetically and vibrationally so that implementing these processes and exercises becomes easier. You want to become more receptive so that you experience less resistance to the shifts and changes that are occurring and allow them to do so with more ease and flow.

This step has you reprogramming your old beliefs so your subconscious is running on the ones that you consciously choose to believe now. Most of your beliefs were established and offered by the people around you and your perception and interpretation of the experiences that happened when you were a young child. Those formed how you viewed the world and your subconscious functions to keep you safe from birth to death from these beliefs. That is why, often times when your conscious mind wants to believe one thing, if it does not match the already established subconscious programming, then the subconscious will override it or make it a challenging situation that does not result in what you think you desire.

Take for example the desire to release weight. If your subconscious programming has a belief around releasing weight that contradicts your conscious mind's thought, the result will be reflected in what the subconscious believes over what your conscious mind wants. It may be that you feel objectified or looked at in unwanted ways by men if you are more slender, so if you carry extra weight that won't happen. That is a deep seeded belief, and your subconscious will uphold the original programming. The subconscious mind does not judge or interfere with the programming that exists there. It only carries it out to keep you safe. So, your conscious mind thought of wanting to become thinner, but because the subconscious mind recognizes the current belief that it is not safe for you to do so, the conscious desire does not happen, or does so temporarily until the subconscious implements the original belief again and changes it back to what it was. You will have to adjust your subconscious belief to match your conscious desire for it to work more easily and remain such without it being momentary or returning to the original pattern.

This is actually more simple than you may have thought. It just takes focus and consistency when you notice that the old belief is the one you are in, to switching it to the new belief. In the ***Reprogramming Your Beliefs Written Guide***, you will discover how to shift your beliefs to the new ones you consciously choose to have your

subconscious now functioning from. You work with only one, or two at the most, at a time and the shifts happen much more quickly. You are reprogramming your subconscious, and also the neuro pathways in your brain that will actually create scenarios to uphold the old patterns to satisfy their existence. You have more plasticity in creating these changes than you may have thought before. I had a client, who tried all sorts of belief shifting tools over two decades share that this was the simplest and most effective way she found to finally do it. That was a very profound confirmation for this process.

In addition to the ***Reprogramming Your Beliefs Written Guide***, you will be working with the ***Rebooting Your Desires Written Guide*** which assists you in updating your desires to what you want now congruent to who you are now. Often, without realizing it, your desires are based on outdated ones, that are even influenced by outer conditions, and are not showing up for you the way you want because they are misaligned, in their current state with your current vibrational state. Once you re-evaluate and update your desires to what you want as the person you are now, because they were created some time in the past, it is easier for them to manifest into your reality. This can be a reason that the Law of Attraction does not seem to be working the way you understand it to do because of your misalignment with the desires you are wanting to create.

Working with forgiveness and increasing your self-value and expectation becomes easier when you have started to move into a more clear, higher vibrational energy that will occur from the releasing, healing and reprogramming you have already done. The higher your vibration raises, the less resistance that exists because you begin to have a clearer understanding of what is possible and what no longer serves you to hold on to. It is quite freeing to move into this space and continue to do so each time you work your way through the 90 transformational process.

### ***What's Next?***

Once you have completed the 90 days with your one area you were working on, check in with yourself, and even go back through your journal, to review all your progress, experiences and results. Do you feel lighter now that you have completed the 90 days? If it takes you longer to move through it than the 90 days, that is fine too. You want to work through it in a minimum of 90 days. The whole cycle will begin to move more quickly and recognizably as you do it each time because you will be more familiar with it and it will happen with more ease.

Complete the 90 day cycle for another area of your life from your list of categories and use the same steps again. As you release, heal and reprogram more and more areas, you will discover that more energy moves and shifts happen more quickly and easily. You may also find that some of what you thought you would be working on in the different areas, actually already have gotten cleared and the emotional charge and old patterns have already shifted around it. This work is cumulative when you keep up the momentum of it.

### ***Additional Notes...***

Please follow this guide in the process of how you move through this work. It is set up in

a way so that you receive the most benefit from it. I have been doing this work my entire life and know, from my own experiences and those of my clients, what process works best with the most results and benefits within the work I offer.

Due to the nature of this work, you can overload and overwhelm your system with too much energy work, particularly if it is intense and powerful in nature, and it will actually take you longer to integrate it into your energy and body, thus delaying receiving or experiencing the results you anticipated and wanted. I know this from past experiences, so please be patient, as it will move more quickly and profoundly if you allow it to do what it knows to do. It could feel slower at first as the denser energy that has been there for some time begins to move, clear and open up, but it will become quicker and easier as you continue to do it as described in this guide.

Also, be sure to stay extra hydrated during the **3 to 7 days after** any audio, exercise or process you do. You will really just want to stay well hydrated during the 90 days that you are working with the process and steps here. That keeps your energy strong because the electrical charges in all of your cells, and body, are running smoothly and no additional energy has to be expended to help in this process. The higher level work that is happening allows you to move through the process and shifts more quickly when it flows with more ease because those aspects are already being cared for.

This work will have you feeling different on many levels. Allow yourself to notice the changes within you as well as in your external world. Your outer experiences and world will start changing in accordance with your new and shifting vibration, along with the way you are experiencing yourself and life. Enjoy what you are creating and have created each time you move through it all!

Much love,  
Tammy

### ***Interested in going even deeper?***

After experiencing this work, if you feel you are ready to go even deeper, and higher, in exploring any remaining areas where you feel you may have blocks that are specific to you that you have not been able to clear, or are afraid to explore alone, then let's chat and discover if the Your Infinite Self Mastery 6 Month Transformational Package is your next step.

We will work one on one together for 6 months to really hone in on what may still be coming up for you that is ready to be released and healed. This can even be related to, or influenced by, other lifetimes as well as generational, ancestral and lineage streams of energy that are carried down through your family line. Those types of energetic blockages and old energy take a different kind of work and ability to tune into them specifically, which I am able to access and shift with and for you.

I know from personal experience that, at times along my journey, having someone who has experienced what I was and could help me with deeper healing was important. On my journey, Often times, the individual, and specific to me, support, mindset shifting, higher levels of healing and the "hand holding" I just couldn't give to myself, wasn't available from others around me, because I either didn't know where to find

them or they were not at the level I was ready to move out of. What I really needed to take me to the next even higher level with more ease and flow just didn't seem to be there.

If this is you too, then I invite you to request a chat with me to take YOUR life to the next even higher level for you too, knowing you won't be going it alone.

I invite you to request a [\*\*\*Transform Your Life Chat\*\*\*](#) with me and let's see what is next for you in making this happen now!