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MODULE 4 - MORE AREAS TO DO “TOWARDS & AWAY” ON

1. Having Negative Thoughts
2. Having Only Positive, Uplifting, Empowering, Constructive Thoughts
3. Feeling Envy or Being Envious
4. Selfish or Selfishness
5. Entitlement
6. Perfectionism – Not starting because everything must first be perfect
7. Thinking and feeling there is something wrong
8. Wanting Instant Gratification
9. Irritation – Feeling Irritated
10. Being Stressful
11. Feeling I am Bad
12. Feeling Self-Hatred
13. Feeling Resentment
14. Wanting to prove yourself
15. Fear of being Powerful
16. Fear of Coaching
17. Fear of making Mistakes
18. Fear of getting Hurt
19. Feeling Apathy
20. Feeling Despair
21. Being nothing or nobody
22. Being something or somebody
23. Am I enough?
24. Fear of being Highjack
25. Fear of being Robbed
26. I am Afraid of _____
27. Feeling Hurt
28. Having Harmony
29. Fear of missing out (FOMO)
30. Doing a “Towards & Away”
31. Trusting
32. Hatred
33. Relaxing
34. Having negative self-talk or talking negatively to myself
35. Feeling Unworthy to Receive
36. Feeling Ridiculed
37. Temptation _____
38. Having to do Something all the time
39. Doing Nothing
40. Vengeful
41. Wanting to take Revenge
42. Feeling I am Stupid
43. Feeling Humiliated
44. Wanting to be Controlled
45. Satisfaction
46. Arrogance
47. Feeling Ridiculous
48. Being Selfish
49. Possessiveness
50. Being Stingy
51. Hoarding
52. Ignorance
53. Feeling Lust
54. Being Greedy
55. Having Cravings

BULLYING: A LIST OF LONG-TERM EFFECTS & BELIEFS TO DO “TOWARDS & AWAYS” ON

- | | |
|--|--|
| 1. Feeling Insecure | 12. Struggling to trust other people |
| 2. Playing Small in Life | 13. Feeling the world is a bad place |
| 3. Overly Apologizing | 14. Feeling a lost (or lack) of free will |
| 4. Being Terrified of other people | 15. Feeling a loss of Identity |
| 5. Avoiding other people | 16. Feeling it is not Safe to be Yourself |
| 6. Shame | 17. Anxiety |
| 7. Pleasing other people | 18. Overcompensating just to fit in |
| 8. Being cold-hearted because of bullying | 19. Feeling I am not good enough |
| 9. Extremely Self Aware | 20. Feeling worthless |
| 10. Paranoid | 21. Feeling unworthy |
| 11. Resistance towards other people | 22. Feeling undeserving |
| | 23. Isolating myself |

MODULE 7 - MORE AREAS TO DO “TOWARDS & AWAY” ON

P.S. When you are really serious about having an Abundance of Money, Wealth, and Success, I do suggest doing all of them.

- | | |
|--|---|
| 1. Having a Lack of Self-Discipline | 26. Attachments |
| 2. Having great Self-Discipline | 27. Desperation |
| 3. Having a Lack of Self-Motivation | 28. Coaching with the Let Go Healing Gift™ |
| 4. Having great Self-Motivation | 29. Coaching with the Inner Freedom Coaching System™ |
| 5. Speed of Implementation | 30. Wanting to control my Clients |
| 6. Fear of been judged by others | 31. Feeling Desperate to Attract Clients |
| 7. Fear of making mistakes | 32. Thinking & Feeling Money is Bad |
| 8. Doubting myself | 33. Hating Money or Not liking Money |
| 9. I Believe in Myself | 34. Loving Money |
| 10. I Believe in Myself and my unlimited abilities & capabilities | 35. Feeling & Thinking Money is Evil |
| 11. Being Wealthy | 36. Feeling & Thinking that God doesn't want me to be Rich |
| 12. Being Courageous | 37. Wanting to control my Environment |
| 13. Lacking Inspiration | 38. Wanting to control other People |
| 14. Consistently Being Highly Self-Inspired all the time | 39. Wanting to control my Employees |
| 15. I Believe in myself as an Amazing Transformation Coach | 40. Wanting to control my Emotional State |
| 16. Knowing that I am the powerful creator of my own reality | 41. Wanting to control my Business |
| 17. Being a pessimist (remove) | 42. Wanting Clients/Customers |
| 18. Being very optimistic (become) | 43. Wanting my business to be safe & secured |
| 19. Recognising your Wealth | 44. Money works for me |
| 20. There is Not enough... | 45. Paying my Monthly Expenses |
| 21. Not capable... | 46. Making excuses |
| 22. Not adequate... | 47. I am unworthy |
| 23. Wanting Control | 48. I am Not deserving |
| 24. Justifying myself | |
| 25. Wanting to control my business | |

P.S. Look at the Negative Beliefs around money again. Maybe there are more of them that you can do a whole Towards & Away on for yourself or the client.

MODULE 8 - MORE RELATIONSHIPS T & A AND 5 STEP RELATIONSHIP CLEAR UP PROCESSES TO DO

- | | |
|--|--|
| 1. Comparing myself to others | 22. Mother |
| 2. Sex | 23. Father |
| 3. Intimacy | 24. All Sisters |
| 4. Foreplay | 25. All Brothers |
| 5. Talking about sex | 26. Spouse |
| 6. Talking about what I like/want
when having sex | 27. Partner |
| 7. Talking about what fulfils me
during sex | 28. All Children |
| 8. Having children | 29. Mother In-law |
| 9. The problem of having sex after
birth | 30. Father In-law |
| 10. Disapproving of Yourself | 31. Grand Mother |
| 11. Accepting Myself | 32. Grand Father |
| 12. Wanting Approval (in general) | 33. Other Family Members you had a
long relationship with |
| 13. Wanting Other People's
Acceptance & Approval | 34. Friends |
| 14. Wanting (person's name) approval
& acceptance | 35. Co-workers |
| 15. Wanting Acceptance (in general) | 36. Boss |
| 16. Being OK being alone | 37. Employer |
| 17. Relationships | 38. Neighbours |
| 18. Anger | 39. Business Associates |
| 19. Revenge | 40. Business Partner |
| 20. Rage | 41. <u>School Teachers</u> |
| 21. Yourself (relationship with self) | 42. <u>Bullies</u> |
| | 43. Pastor or Priest |

MODULE 9 - MORE AREAS TO DO TOWARD & AWAY ON FOR HEALTH

- | | |
|---|-------------------------------|
| 1. Having a Powerful/Strong Immune System | 10. Being Sexy |
| 2. Having Great Physical Health | 11. Being Handsome |
| 3. Being Fit or Superfit | 12. Doing Qigong Every Day |
| 4. Family Labels; Disorders, Diseases, Illnesses | 13. Eating Raw Vegetables |
| 5. Exercise | 14. Drinking too much Alcohol |
| 6. Being Loveable | 15. Eating too much Sugar |
| 7. Being Vibrant | 16. Smoking |
| 8. Being Beautiful | 17. Eating Junk Food |
| 9. Being Energetic | 18. Starvation |
| | 19. Drinking too much Coffee |
| | 20. Drinking too much Sodas |

REMEMBER TO LET GO OF ALL HEALTH LABELS AND ILLNESSES THAT HAS BEEN GIVEN TO YOU OR YOUR CLIENT BY DOING A “TOWARDS & AWAY” ON THE LABEL.

I am not going to name them here. They are too many. Ask yourself or your client what health Labels or Illnesses have been given to you? Let go of them all.

P.S. Reread the “Growing in Consciousness” chapter again to understand why it is so important to let go of all your health labels and illnesses that you have been diagnosed with.

MODULE 10 - MORE AREAS TO DO THE “TOWARDS AND AWAY” ON

Remember all Labels that have been given to you or your client (children included) can be let go of by doing first “Towards and Away” and then the “Clear Up Process.”

- | | |
|---|--|
| 1. ADD | 14. Struggling to focus/concentrate |
| 2. ADHD | 15. Struggling to retain info |
| 3. Depression | 16. Struggling to Study |
| 4. Manic Depression | 17. Reading with comprehension |
| 5. Low IQ | 18. Living your Purpose |
| 6. Language Disorder | 19. Effortlessly find solutions |
| 7. Dyslexia | 20. Struggling to remember |
| 8. Bipolar | 21. I can't study |
| 9. Sleep Disorder | 22. Having laser-sharp focus |
| 10. Anxiety Disorder | 23. Struggling to pay attention |
| 11. Post-Traumatic Stress Syndrome | 24. Struggling to complete a task |
| 12. Severe Burnout | |
| 13. Struggling to learn | |