



Awaken Your Ageless Authentic Body Size and Your Higher Life Purpose!

## Video 6 – How to use affirmations, meditation hourneys, visualizations, thoughts and beliefs to change your diet.

Outline of the video is as shown below:

**Meditation** into the future Journey

- A. Meditation when you don't do the butterfly diet
- B. Meditation when you actually do the butterfly diet

**Getting yourself in the vortex** “sunflower of positive emotions” before you do affirmations.

**Affirmation:** (tip: you must believe that its true and have faith, don't only say the words)

1. God's (the universe whatever you want to call it) supernatural power, the God that created worlds into existence is guiding my thoughts and steps now. His power is giving me the strength I need to effortlessly make the transition. To create a miracle of joyful ease into my transition. I know intuitively how much to change and when to change it, because God clearly guides me now. It is so and so it is.
2. I am 100 percent perfectly practicing the butterfly diet, and I recognize that it is the most pleasurable experience, because it brings my the highest vibration and integration of who I am into my body, it open fully the channels to my life purpose and the flow of the joy of who I really am.
3. I recognize that junk food is a lie, and it is not really delicious, but an abomination to my body, the only real joy is the complete alignment of my butterfly diet. I enjoy the process of the transition and the simplicity of this diet. The inner well being it gives me is far more enjoyable than anything I have experienced.

**Visualization:** Get your visualization chart and look at it for 2 minutes and see yourself practicing it in your mind every week. Go through each day and see



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yourself nailing it, see yourself effortlessly practicing it, and enjoying the discomfort of growth, see yourself enjoying the nothingness of not eating, gods supernatural power guiding you into the heavenly consciousness that this is. Believe and trust it. Let go into the effortless joy full ease of this diet. When you believe it is hard, it will be. When you believe it is a struggle it will be, it is uncomfortable, simply stand there as the observer and be in please with whatever emotional issues come up.

**Prayer of thanks.** Thank you Universe that all of these things have been released and been doesn't with effortless ease. Thank you that the transition for everyone is a magnificent adventure and that it is not big deal to enjoy the transition even in the discomfort. Thank you that negative beliefs, negative thoughts and addiction strongholds are being broken now. Thank you that the perfect butterfly diet will be received perfectly for everyone who is within this prayer. Amen.