

Thursday, March 25, 2021

Brooke Hemingway's Group Emotional Release Call
With Jenni Orton, Transformation Coach, LMT

Whatever negative phrase is in your mind is the direct OPPOSITE of the truth. Remember, truth is light, uplifting, peaceful. Choose to change those negative phrases in your mind immediately and live true to your potential.

Releasing negative thoughts by identifying and flipping them to the opposite. Change it to a positive question: for example:

I'm not successful	I am successful	Why am I successful?
I don't have what it takes to succeed.	I have what it takes to succeed.	Why do I have what it takes to succeed?
No one loves me	People love me.	Why do people love me? Why am I loved?

Focus on the positive questions, and allow those to fill your mind with positivity. The more you do it, the easier it will become to think positively.

The next 3 days place your hand over your heart and ask "what do you want me to know today?"

Emotions to clear:

What is stopping us from fulfilling our potential?

Frustration – Cleared. Replace with: Calm, peace, clarity, patience, wisdom

Shock – Cleared. Replace with: peace, clarity, calmness, regulated nervous system, joy, comfort, understanding

Panic – Cleared. Replace with: calmness, love, certainty, peace, determination

Segment Complete.

Anything blocking us from rank advancing?

Doubt – Cleared. Replace with: faith, trust, belief, confidence

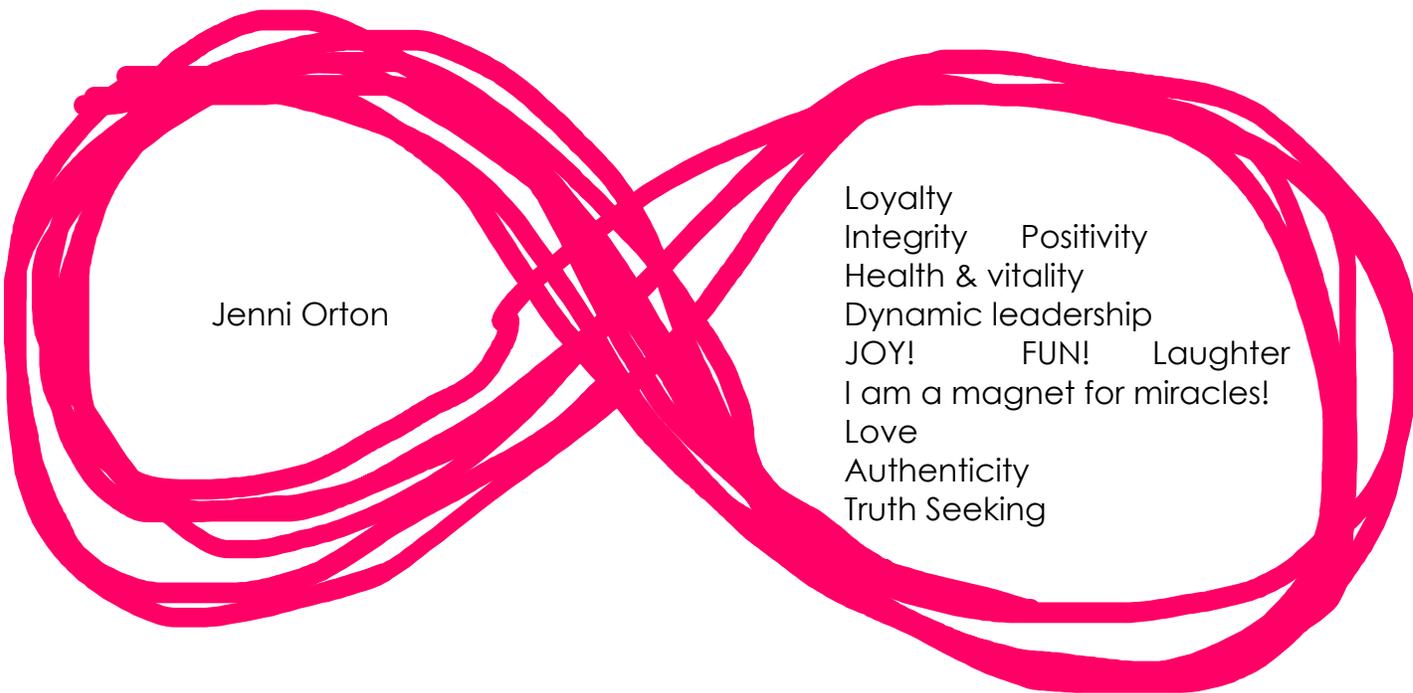
Segment Complete.

Surrender to God. Allow Him to take care of the details. You follow impressions that come to you, but surrender (like I did with my trip to Hawaii); allow God to take care of the details because it works out better that way. Tell God the desires of your heart and allow yourself to receive them.

Visualize what you desire flowing to you and part of you.

Write a list of what you'd like to experience in your team/business culture. (ie – joy, abundance, success, flow, loyalty, dynamic leadership), and then put your name off to the side of it, and draw an infinity sign around those things, while meditating and receiving those things into your reality. Here's a brief example (drawn on the computer - hopefully you catch the point – you will if you watch the video):

My team culture:



Jenni Orton

Loyalty
Integrity Positivity
Health & vitality
Dynamic leadership
JOY! FUN! Laughter
I am a magnet for miracles!
Love
Authenticity
Truth Seeking

Visualize these positive things coming to you. Allow yourself to receive the desires of your heart.

BONUS group call Monday, March 29, 2021 at 9am MST. Zoom link will be sent out early Monday AM on the Messenger group thread.