



# **3 Secrets to Boost Mental Health**

**By: Jody K**

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Let me ask you a couple of questions ok?

1. How many of you would love to feel valued in your relationships?
2. How many of you would love to go to a whole new level in personal growth?

I understand emotional pain. I grew up with a narcissistic mother with bi-polar tendencies.  
She was not an easy person to be around and it was easy to feel devalued during a lifetime of interaction.

Mental illness SUCKS!

Family trauma HURTS!

Emotional Relationships, the negative ones are PAINFUL!

I get the frustration! I get the self blame! And, I get how painful resentment feels!

And I'm so sorry you are going through difficult times.

Thank you for having the courage to download the *3 Secrets to Boost Mental Health*. Great job!

I promise you, there is a way out of this mental maze and feelings of defeat.

When you get to this crossroad in life, you have a choice to stay on your current path or not.

Because you're choosing to explore other options, I'm excited to show you the beautiful space on the flip side, I call healing.

Jody K has created a signature methodology specifically for YOU.

I know when you take advantage of these three secrets,  
it's like a light gets turned on and the darkness of pain finally fades away.

# Secret One: *Embracing what is.*

## Spirit Awareness - Unlock for a Renewed Perspective!

We each hold a duality of energy within us - positive vs. negative. How you choose to deploy that energy is up to you.

But it is a choice we often make based on our life experiences. A negative life experience around relationships may force us to react to a situation through a negative filter, when in fact, we hoped for a positive outcome.

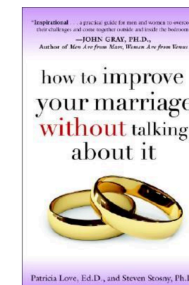
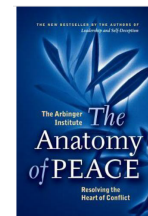
What that means is that too often we judge the world by how we interpret what we see, hear and touch?

That interpretation becomes law to us. Whether it is based in reality is another matter.

A simple shift in how you see yourself and others goes along way! When we accept our role in both the positive and the negative aspects of our lives, we optimize our Spirit Awareness. The peaks and valleys of the stormy ocean that has become our life, suddenly even out.

We can now see other points of view and can make choices based on the core of 'who we are' and not what we think.

As a bonus recommendation, here are two great relationship books that are filled with understanding why we do what we do with solutions to make positive shifts within any relationships.



# Secret Two: *100% ~ 0% Theory*

## **Optimizing Spirit Language - Unlock to Restore Power**

In the real world, you have 100% ownership of how you feel, whether you know it or not. Everyone else holds 0%.

And yet, you continue to give that power away. Why? Because it's so easy to blame others for how you feel.

Can you take back your power? Absolutely!

You can embrace the 100% ~ 0% theory completely and take full ownership of how you feel. When you do, you will gain confidence in your ability to stand strong as a spiritual being! Neither the winds nor waves of the storm can knock you over.

Eventually possibilities will be at your fingertips when you embrace something positive, it's called listening to 'spirit language'.

What is spirit language? You are what you think and feel. In other words, what you focus on, you manifest.

So, be careful with what you say and/or think to yourself. Accept all of you – allowing yourself to explore your subconscious programming and release the beliefs that no longer serve you.”.

Eliminate blame from your life. Eliminate negative thoughts. Or ~ feel stuck and disempowered.

Spirit language will feed the positive in your life. You will feel stronger and empowered as a result.

So, be kind, be accepting, and be gentle while you learn.

# Secret Three: *Knowing Who you are*

## **Spirit Alignment - Unlock to Revive Possibilities**

When you see that everything is creation energy, then possibilities are significantly greater.

Embrace your divine nature, you are worth it!

YOU are Divinely made. The duality within YOU is called, ego and spirit.

Your ego is self-centered and driven by wants and desires. It can easily lead you astray.

Your spiritual self is focused outward and driven by love. Moment-by-moment, it seeks to fulfill your purpose in life.

Negative energy holds you back. Positive energy moves you forward. Unlock your positive energy and your light naturally shines in an otherwise darkened world.

Manifesting miracles is also limited when you hold negative thoughts, much like a kinked hose with limited water flow.

Isn't time you become more open for manifesting energy, in the direction that serves your highest good?

I hope you gained great insights within these *3 Secrets to Boost Mental Health*

One more question...

In five years from now, do you want to feel the way you do today?

If you answered NO, it's time to take action towards shifting your paradigm TODAY

If you're still not ready, here's one LAST question for you...

How much emotional agony are you willing to endure before you're willing to take that first step?

*... simply follow the directions on the next page and let's begin with small manageable steps  
or dive in with accelerated learning, you choose!*

*Thank you!*



# Have you thought about implementing a weekly strategy? one that allows for greater peace in your daily life?

To take it slow, simply “like” and “follow” JodyK’s Facebook Page: <https://www.facebook.com/JodyKPositation/>

To take it a little faster, check out Jody K’s website at [www.jodykhill.com](http://www.jodykhill.com)

OR for accelerated learning, check out the Restored-Soul Retreat at [www.restored-soul.com](http://www.restored-soul.com)

Give yourself the gift that nourishes your emotional health ~ all year long

Are you ready to learn how to create the life you imagined through weekly encouragement?

Are you ready to eliminate self-doubt and develop the intuition YOU already have?

Learn how to communicate in your heart space to be fully heard - spirit to spirit?

When you’re ready, decide which options works for you then DO IT!

## Here Are 7 Great Reasons to Sign UP Now

Each month, you’ll get:

1. A chance to refocus on core messages that embrace powerful lessons found in the Course of Miracles; thus, targeting Universal Spiritual truths. You can be empowered and have an accountability partner in the most supportive way.
2. Enjoy a weekly Spiritual reading, creating a message that personally speaks to you and what really matters to YOU! Let's experience how powerful your intuition already is and what needs to happen to gain self-confidence in your abilities. When you are ready, NO MORE HIDING!!!
3. Be rewarded weekly for becoming emotionally stronger. The stronger you become, the better the decisions you make. YOU already know what you need to do, isn't it time to join a group who fully accepts and supports you?
4. What I learn, I teach.....HOW to communicate in your heart space to be fully heard, spirit to spirit! Powerful! .
5. Updates and stories (think behind-the-scenes kind of stuff!)
6. Special guests to enhance our learning and sharing. You are not alone!
7. First access to brand new products, pilot programs, scholarships or appearances.

Along with books, videos, music and resources I’m currently enjoying and thinking about. You will also learn fun activities throughout the year!

**Let’s learn from each other**

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