



The 3 Principles of Healing

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Jody K has created a signature methodology specifically for YOU.
When you take advantage of these three principles, you are able to
begin your journey of becoming emotionally fit, easily!

Principle 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.

Principle 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, we continue to give that power away. Why? Because it's so easy to blame others for how we 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 we call 'spirit language'.

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

So, be careful with what you say and/or think to yourself. Accept all of you – the good, the bad, and the ugly. Eliminate blame from in 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.

Principle 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 and start becoming emotionally fit.

We are each Divinely made. We have ego and we have spirit.

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

Our spiritual self is focused outward and driven by love. Moment-by-moment, it seeks to fulfil our purpose in life.

Negative energy holds us back. Positive energy moves us 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?

Perhaps you've thought about implementing a weekly strategy?

One that allows for greater peace in your daily life?

IF Yes ...

I invite you to become a ***JodyK insider: Only \$84/yr or VIP for only \$180/yr***

Can you imagine nourishing 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?

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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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