

## Beautiful From the Inside Out Lighten Up 8 week Program

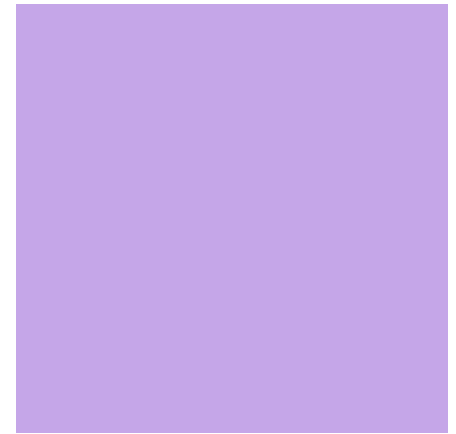
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## Opening blessing

Om Tryumbicum Yajamahay Sugundim  
Pushdivardinam Urvar Rucumivatbandinaot  
Myrtyor Muckshea Mamretato

+ Remove all  
obstacles  
from our path



Clear all that interrupts the flow of  
easeful release of excess

1. **Living in and owning  
your beautiful dream body**
2. **Out of High Alert into Calm**

# + Clearing

Bloodline  
Lucifer stop  
Soul contracts  
Demonic curse  
Satanic curse  
Evil spirit curse

Group mind  
Group mind virus  
Black magic  
Curse  
Atheist thought forms  
Trauma  
Cycles

Emotions  
DNA



Holographic inserts  
Mechanism  
Seeds  
Implants  
Permeations  
Portals

+

How to succeed  
Daily practice



**Meditation**

**Healthy Weight Reducing Meal Plan**

**Daily Exercise**

**Staying peaceful and calm**

**Extra credit clearings**