

Beautiful From the Inside Out Lighten Up 8 week Program

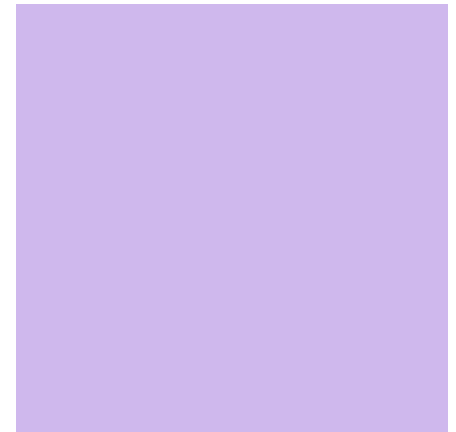
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Opening blessing

Vakratunda Maha Kya Kyoti Surya sama praba
Nervegnam curamae devo Sarva Kieyshu sarvadam

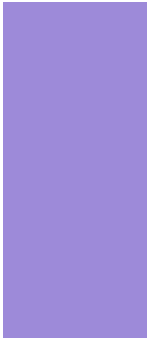
+ Remove all programs
for
Compulsion
Addictions
Ability to Release
and let go



Clear all that interrupts being in charge of your
body and weight. Food addictions, emotional
replacement, stress eating patterns

+

Clearing Compulsive addictive patterns and ability to let go and release



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

Emotions
DNA



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



Brain Booster



Regeneration of parts of
the brain controlling the
eating and hunger centers

Clear Dark Energy

Pump to bring 100% master cells to physical form

Mirror to surrounding cells

Start a cascade of new cell growth mitochondria

+

How to succeed
Daily practice



Meditation

Healthy Weight Reducing Meal Plan

Daily Exercise

Staying peaceful and calm

Extra credit clearings