

# Beautiful From the Inside Out Lighten Up 8 week Program

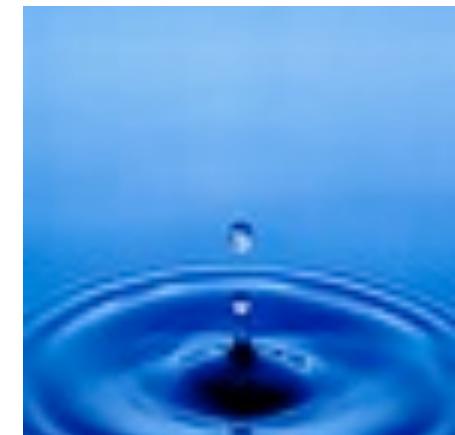
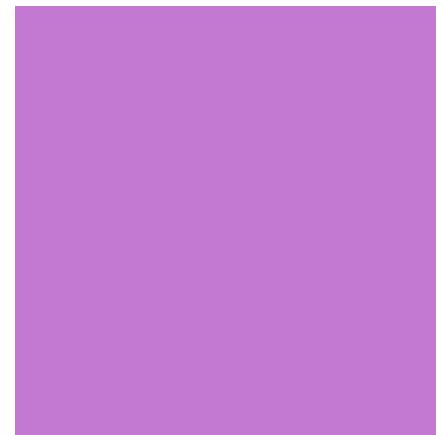
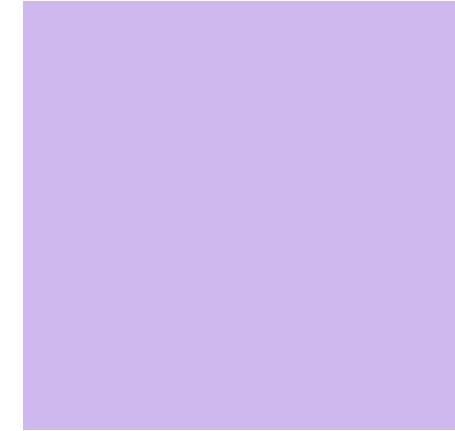
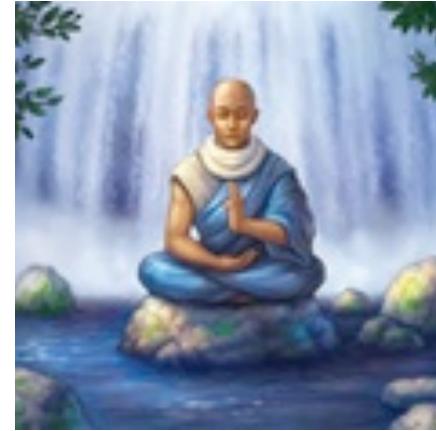
*JulieRenee.com*

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## Opening blessing

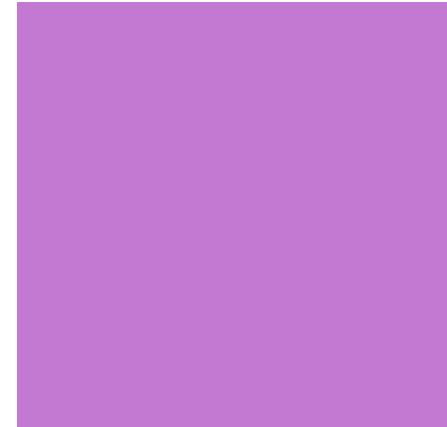
Om Tryumbicum Yajamahay Sugundim  
Pushdivardinam Urvar Rucumivatbandinaot  
Myrtyor Muckshea Mamretato

+ Remove all obstacles from our path



Possible interferences:

Stress, lack of discipline, follow through on exercise, follow through on meal plan, thyroid hormone, testosterone, metabolism, liver function



## ⊕ On the road to success!

Develop new habits

Strengthen Metabolism

Strengthen resolve ~ why this is so very important to me now



# Clearing Blocks



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  
timelines  
Emotions  
DNA and resets

Holographic inserts  
Mechanism  
Seeds  
Implants  
Permeations  
Portals  
Nano technology

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How to succeed  
Daily practice



**Meditation**  
**Healthy Weight Reducing Meal Plan**  
**Daily Exercise**  
**Staying peaceful and calm**  
**Extra credit clearings**  
**Begin again !**