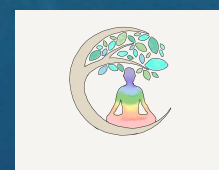


# 3 powerful healing skills



**By: Jody K & Liz Adkinson**

**[www.jodykhill.com](http://www.jodykhill.com)**

Let me ask you a couple of questions ok?

1. Are you facing a crossroad in life and unsure of what direction to take?
2. Are you ready to shift thought patterns and upgrade your belief system?
3. Are you feeling called to understand your spiritual gifts on a deeper level?

Jody & Liz understand emotional pain. Jody 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.

Liz also grew up with a mother with mental illness; severe depression, and suicidal tendencies issues.

We both know how to withstand the storms of life.

Mental illness SUCKS!

Family trauma HURTS!

Emotional Relationships, the negative ones are PAINFUL!

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

And we're so sorry you are going through difficult times.

Thank you for having the courage to download the *3 powerful healing skills*.

Great job!

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

When you get to this crossroad in life, there's no need to solve everything alone.

You have a choice to stay on your current path or not.

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

Jody K & Liz Adkinson have created a signature methodology specifically for YOU.

We know when you take advantage of these three powerful skills,

it's like a light gets turned on and the darkness of pain finally fades away.

# Skill 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 and nurture 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.

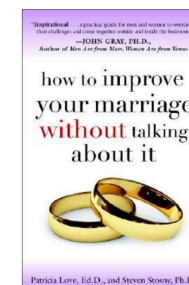
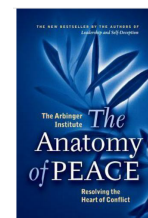
What that means is that too often we judge the world by how we interpret what we see, hear and touch?

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.



# Skill 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. However, be mindful, each person who crosses your path plays a specific role in your life and has a story of their own, and can also choose this theory or not. When they don't they can make it more difficult for you to feel empowered. But when you choose to embrace this theory 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, the power of discernment is key. Accept all of you – allowing yourself to explore your subconscious programming and release the beliefs that no longer serve you.”.

Eliminate blame and excuses 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.

# Skill 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 of energy 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, because it's based in fear. Positive energy moves you forward, because it's based in love and peace.

Unlock and unblock your natural 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 positive energy, in the direction that serves your highest good?

We hope you gained great insights within these *3 powerful healing skills*

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, also known as shifting your thought patterns and upgrading your belief system

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

What's your greatest fear from embracing your spiritual gifts?

*... simply follow the directions for what's next and begin to take back your happiness!*



# What's next?

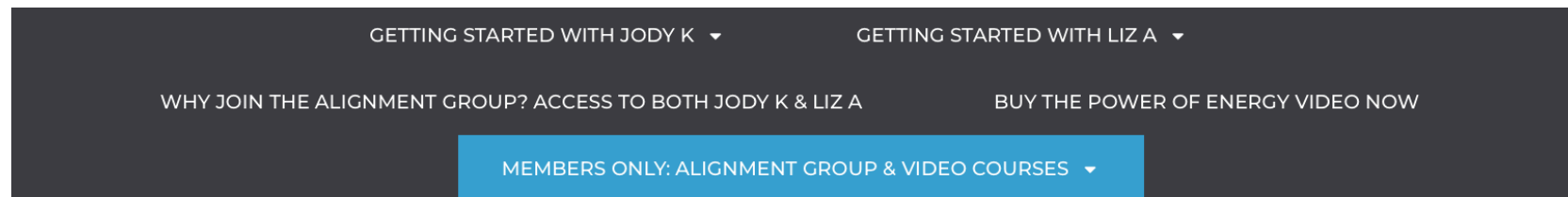
Well, that's up to you, and you are the only one who knows your situation.

Jody K & Liz A suggest answering the following questions ...

1. What do you want to happen?
2. Do you want to learn more about how these powerful energy skills work?
3. Are you seriously seeking answers to your questions?
4. Do you want to find a way to navigate away from fear and live in peace?

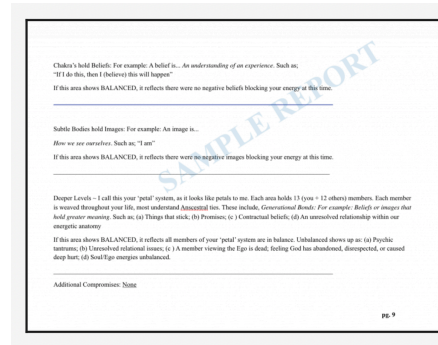
If you answered yes to any of these questions ~ you're ready to take the next step.

Purchase the (50) minute video for the low price of \$65.00 ~ ***The Power of Energy by clicking on the menu***



Within this video Jody K & Liz A share important energetic basics and PLUS you receive a **FREE** Healing Matrix report with your purchase (That's a \$55 value)

Here's a sample of a Healing Matrix Report



Remember: There's no need to solve everything alone. We look forward to meeting you, thank you!

Jody & Liz.



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