
















# EASY A-Z Guide






to Choose the Right MP3 for You






MP3 Series & Title	Topics Each MP3 has 180 different life-changing statements
<b>Empowerment</b>	
 <p>Your First Step</p>	<p>change self esteem receiving &amp; being supported family control &amp; authority</p>
 <p>Heal Your Childhood</p>	<p>childhood &amp; my child-self having needs having a troubled family bonding and being intimate being abused &amp; abandoned experiencing &amp; expressing my feelings shame</p>
 <p>Release Your Past</p>	<p>releasing the past grieving &amp; the grieving process releasing guilt forgiving &amp; being forgiven</p>
 <p>Claim Your Personal Power</p>	<p>being taken seriously being needed serving others &amp; being served being a martyr setting limits &amp; boundaries facing conflict claiming my personal power</p>



	<p>being passive  being aggressive  being passive aggressive  being assertive  saying no  asking for what I want and need  speaking up for myself</p>
	<p>accepting changes  having expectations  being certain &amp; secure  establishing order  flowing with chaos  having faith &amp; trust  facing my future</p>
<p><b>Healing &amp; Wellness</b></p>	
	<p>opening to healing  taking responsibility  illness and healing  the life force</p>
	<p>root energy center  sexual energy center  power energy center  heart energy center  throat energy center  third eye energy center  crown center</p>
	<p>physical wellness  nutrition and nourishment  weight management  fitness and exercise</p>
	<p>having healthy thoughts and feelings  managing stress  having support  being mentally and physically well</p>

	<p>faith and prayer  being loving and forgiving  having a higher state of being  being spiritually well</p>
	<p>changing my lifestyle  myself and others  work and leisure  life stages and aging  living a balanced life</p>
	<p>stress  painful memories  destructive cellular memory  healing energy  my emotional heart  balanced body system  advanced healing consciousness</p>
<p><b>Loving Relationships</b></p>	
	<p>dissolving fear  opening to love</p>
	<p>self hatred  punishment/victimization  being dishonored  perfectionism  unrealistic expectations  loving yourself</p>
	<p>family of origin  family dysfunction  loving family  creating and maintaining  a loving family</p>

	<p>being a loving friend to yourself  being a loving friend to others  attracting loving friends  loving friendships</p>
	<p>listening lovingly to myself and others  speaking lovingly  co-engaging in loving communication</p>
	<p>conflict/confrontation  anger/drama  loving conflict resolution  co-engaging in loving conflict resolution</p>
<p><b>Loving Partnership</b></p>	
	<p>seeing past relationships clearly  releasing and forgiving  grieving and completing  letting go  moving on</p>
	<p>attracting a loving partner  romance  fantasy &amp; illusion  loving courtship</p>






	<p>commitment betrayal being left/leaving another loving endings mutual conscious loving commitment co-creating mutual conscious loving commitment</p>
	<p>intimacy co-engaging in loving intimacy sexual intimacy co-engaging in sexual intimacy</p>
	<p>myths/expectations projection dependence/ interdependence loving bonding and partnering loving support and appreciation</p>
	<p>co-creating our loving partnership co-maintaining our loving partnership co-engaging in loving partnership with loving intention</p>
<p><b>Money</b></p>	
	<p>money myths abundance &amp; prosperity creating, accumulating &amp; maintaining wealth</p>


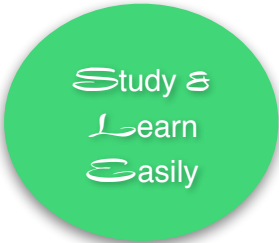



	<p>money wounds &amp; dysfunction  poverty / scarcity / deprivation affluence  having a healthy relationship with money</p>
	<p>working  job hunting  choosing &amp; changing careers  right livelihood</p>
	<p>financial values &amp; goals  budgeting  spending &amp; debt  managing my money flow</p>
	<p>educating myself  planning for the future  choosing investments  investing profitably</p>
	<p>clarifying my values  planning my giving  choosing receivers  giving purposefully</p>
<p><b>Parenting</b></p>	






 <p>Parent On Purpose</p>	<p>deciding to be a parent moving beyond my parents &amp; childhood being a parent parenting on purpose</p>
 <p>Understand My Children</p>	<p>getting information about my children understanding my children my children's development understanding my children's world</p>
 <p>Support Health &amp; Wellbeing</p>	<p>physical wellbeing mental and emotional wellbeing spiritual wellbeing child care sexual development alcohol and drug use</p>
 <p>Nurture Self Esteem</p>	<p>creating a loving family communicating positively empowering my children nurturing my children's self esteem</p>
 <p>Discipline Effectively</p>	<p>having expectations setting clear rules and consequences being consistent disciplining effectively</p>

	<p>instilling values and morals  building character  developing responsibility  guiding my children wisely</p>
<p><b>Spirituality</b></p>	
	<p>spirituality  ego  personality &amp; soul work  spiritual teachers and paths  knowing truth  grounding my spirituality</p>
	<p>cause &amp; effect  thoughts, actions &amp; consequences  releasing past agreements  responsible choice  free will &amp; conscious intent  taking new directions</p>
	<p>intellect &amp; intuition  dark mind &amp; light mind  superconscious mind  asking for guidance  receiving guidance  trusting my guidance</p>
	<p>opening &amp; awakening to my purpose using  my gifts &amp; talents  serving &amp; being served  living my truth  living my spiritual purpose</p>



	<p>opening my heart  knowing my heart and mind  my heart's desires  linear time and creative time  magic  my magical self &amp; miracles  manifesting with ease</p>
	<p>faith  prayer  meditation &amp; spiritual practices  surrendering  attaining inner peace</p>
	<p>free will &amp; karma  basic needs karma  relationship karma  mental karma  emotional karma  physical karma  spiritual karma  work karma  global karma</p>
<p><b>Student Success</b></p>	
	<p>taking responsibility  changing  having self esteem  setting and achieving goals  being a master student</p>
	<p>being intelligent (the 7 intelligences)  working with the school system  having friends and activities</p>

	<p>being motivated being organized managing my time</p>
	<p>learning styles focusing and concentrating going to class doing homework taking notes studying and learning</p>
	<p>having test anxiety preparing mentally preparing physically preparing emotionally taking tests</p>
	<p>planning and completing researching papers and projects presentations</p>
<p><b>Success</b></p>	
	<p>having a purpose being motivated setting &amp; achieving goals taking responsibility taking right action being proactive</p>

 <p>Be Organized</p>	<p>getting organized having systems setting priorities managing my schedule</p>
 <p>Solve Problems Wisely</p>	<p>having problems thinking strategically thinking creatively solving problems wisely</p>
 <p>Communicate Effectively</p>	<p>listening, questioning giving and receiving feedback communicating effectively</p>
 <p>Manage Information &amp; Technology</p>	<p>acquiring information integrating information using information effectively choosing technology using technology effectively</p>
 <p>Achieve Success</p>	<p>dissolving blocks to success achieving success</p>

