














EASY A-Z Guide






to Choose the Right MP3 for You







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MP3 Series & Title	Topics Each MP3 has 180 different life-changing statements
Empowerment	
	change self esteem receiving & being supported family control & authority
	childhood & my child-self having needs having a troubled family bonding and being intimate being abused & abandoned experiencing & expressing my feelings shame
	releasing the past grieving & the grieving process releasing guilt forgiving & being forgiven

	<p>being taken seriously being needed serving others & being served being a martyr setting limits & 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 & secure establishing order flowing with chaos having faith & trust facing my future</p>
<p>Healing & Wellness</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>Loving Relationships</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>Loving Partnership</p>	
	<p>seeing past relationships clearly releasing and forgiving grieving and completing letting go moving on</p>

	<p>attracting a loving partner romance fantasy & 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>money myths abundance & prosperity creating, accumulating & maintaining wealth</p>
	<p>money wounds & dysfunction poverty / scarcity / deprivation affluence having a healthy relationship with money</p>
	<p>working job hunting choosing & changing careers right livelihood</p>
	<p>financial values & goals budgeting spending & 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>

Parenting

Parent
On
Purpose

deciding to be a parent
moving beyond my parents & childhood
being a parent
parenting on purpose

Understand
My
Children

getting information about my children
understanding my children
my children's development
understanding my children's world

Support
Health &
Wellbeing

physical wellbeing
mental and emotional wellbeing
spiritual wellbeing
child care
sexual development
alcohol and drug use






Nurture
Self
Esteem


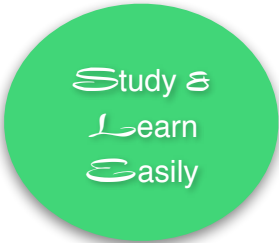



creating a loving family
communicating positively
empowering my children
nurturing my children's self esteem






Discipline
Effectively

having expectations
setting clear rules and consequences
being consistent
disciplining effectively

	<p>instilling values and morals building character developing responsibility guiding my children wisely</p>
<p>Spirituality</p>	
	<p>spirituality ego personality & soul work spiritual teachers and paths knowing truth grounding my spirituality</p>
	<p>cause & effect thoughts, actions & consequences releasing past agreements responsible choice free will & conscious intent taking new directions</p>
	<p>intellect & intuition dark mind & light mind superconscious mind asking for guidance receiving guidance trusting my guidance</p>
	<p>opening & awakening to my purpose using my gifts & talents serving & 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 & miracles manifesting with ease</p>
	<p>faith prayer meditation & spiritual practices surrendering attaining inner peace</p>
	<p>free will & karma basic needs karma relationship karma mental karma emotional karma physical karma spiritual karma work karma global karma</p>
<p>Student Success</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>Success</p>	
	<p>having a purpose being motivated setting & 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 & 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>

