



June Bootcamp – 5 week program \$97

***includes Rhys Method® Profiles Foundational Class**

June 2nd, June 9th, June 16th, June 23th, June 30th

12-1:15 US Eastern Standard Time

Week 1: Identify and heal your immediate vibration about money

- **Personal “aha moment”** : I now see how I connect money directly to my self worth and to my family’s money paradigm
- **Milestone Commitment:** I commit to seeing and healing my direct vibration about money everyday. I see and release my battle against or loyalty to my family paradigm.
- **Weekly homework:** Specific tapping: from money vibration of fear to YES, and using the 2 paradigm videos. Specific action around writing your new money paradigm. Listen to Rhy Method® Profiles Foundational Class.

Week 2: Identify and heal financial trauma and the energy of debt

- **Personal “aha moment”** : I now see the weight of pain and punishment I carry in my debt and lack of savings. I now see how this past trauma through my Profile.
- **Milestone Commitment:** I commit releasing this past story so I can manifest money powerfully in the present. I commit to growing myself into a great money manager.
- **Weekly homework:** Specific tapping: from fear of handling money/bills/saving to empowerment. Specific action on reviewing finances and creating a savings goal.

Week 3: Tapping for the Rhys Method® Chakras – the Heart Chakra

- **Personal “aha moment”** : I now see how my vow to be perfect (and perfectly critical) means I am always striving and never arriving at deserving of money/love/worth. I see how my brilliant mind uses “disappointment wounds” to justify my ruthless self judgment.
- **Milestone Commitment**: I commit to opening my heart to feeling who I am and loving and honoring myself as perfect and deserving right now. I commit to releasing the need to be disappointed and see the divinity in every situation unfolding as fresh, new, evolving.
- **Weekly homework**: Specific tapping: from belief in disappointment/failure to openness to learning, adjusting, growing. Specific action on reviewing and celebrating successes.

Week 4: Identify and heal goal trauma

- **Personal “aha moment”** : I now see exactly how I “go into defense” around goals through my Profile. I recognize when I go into defense, I am lining up and attracting people and circumstances that make me feel _____.
- **Milestone Commitment**: I commit to consciousness around my power and defense as I work my goal. I commit to taking action toward my goal while surrendering the outcome to the divine.
- **Weekly homework**: Specific tapping: from refusal to take action to enthusiasm and curiosity. Specific action step toward goal that can be acted on immediately.

Week 5: Healing the money “shadow” and divine conflict

- **Personal “aha moment”** : I now see how my dark money shadow requires me to “get rid of” and sabotage my wealth. I see the personal conflict I carry with wealth and my higher purpose/God/spirituality.
- **Milestone Commitment**: I commit to seeing my money/self conflict in every wealthy “shadow” I see in my life and in the media. I am open to divine guidance on how the energy of money can divinely support my life purpose and joy.
- **Weekly homework**: Specific tapping: from desperation/desire to surrendering and allowing miracles. Specific action step toward goal that includes giving and generosity.