INSTRUCTIONS FOR LISTENING TO SUBCONSCIOUS HEALING

Activate Worthiness is a powerful way to break through subconscious limiting beliefs programmed in you from childhood. The limiting belief healing prepares the mind to accept abundance, increase wealth, and feel enough.

Before You Begin

Each of the audio healing sessions is powerful. Be patient with yourself working through the audio downloads. You might find that some healing overlaps or you might not resonate consciously with everything.

Preparation

Healing the subconscious programming takes repeated action to unhook the ego-mind from its stronghold. At least fifty or more belief patterns get reprogrammed in the digital program.

All audio healing sessions are easy to use—no workbooks or worksheets to fill out. Sit or lay in a quiet place, clear your mind, and focus on breathing. It's okay if you fall asleep, but it's better to remain semi-conscious.

Listen to the MP3 recording one at a time. Wait three or four days, allow the first MP3 to integrate, and listen to the next one. Do the same, wait three or four days, let integration occur, and listen to the third one.

Always be in a quiet place away from family and pets. Do not drive while listening to the healing sessions.

After Care

You'll need to take positive actions toward self-esteem or financial goals afterward by thinking positively about money, self-worth, self-respect, and feeling enough.

If you have any questions or issues, please don't hesitate to contact us at support@kumarainstitute.com. Thank you.