



THE 7 STEP HEALTH SYSTEM TO 6 FIGURE SUCCESS

TURN ON YOUR VITAL LIFE FLOW

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***The 7 Step
Health System
to Six Figure Success***

***Turn On Your Vital Life
Flow***

Excel To Excellence

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DEDICATION

My Mentor Rabbi Dr. Michael Weisblum

I've known you for 6 months now, and every day has been a journey to my evolving towards the greatness awaiting me. You where the missing link to my souls elevation coming to fruition.

When you came into my life the missing dots began to come together and continue to connect. The fragments came to the surface, I got to see myself within the whole picture clearly with your lazer focus insight, your vision and love. Every day with you is like a year in a university or a spiritual booth camp.

Thank you from the bottom of my heart for your valuable time and care to help me to evolve, elevate and excel daily. I pray that as the messenger for the message in this program that I will be able to bring forth the inspiration, motivation and determination for other souls to find the solution to much unnecessary suffering, self blame, & self doubt. I pray that the blessings you have brought to my life can help me maximize the success I desire and dream of in others and in the elevation of the universe.

TANIA DILMANI

FINDING & CHOOSING YOU

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FINDING & CHOOSING YOU

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Preface To Your Journey From Fear To Freedom

In my 2 decades working through my own healing and journey to success as well as leading thousands of other souls on their journey. I am here to share what I have found to be the leading patterns to failure, illness as well as the leading patterns to success.

Are you ready for your health, success, your freedom? Are you tired of struggling? Trust me I feel you and I want your wins. It's your time NOW!

A little about me, I was the girl who lost competitions year after year. I never won a raffle, most of my fears in life happened. I got to sit and watch others living their dreams and wins while I just accepted that was I was not destined for great things.

One day after learning everything I could have about healing, spirituality about empowerment, my suffering became unbearable I decided that I wanted a different life and I was going to find a way to be the lucky girl.

The new journey began, the truth you may ask, has it all been uphill, NO, and that's a big no. Have I failed, have I cried, have I made tons of mistakes? Yes, yes yes.

However did I have wins, big wins, created 6 figure months and programs. Do I feel like a winner, do I finally feel like the lucky woman I deserve to be... I sure do! Do I feel free and fulfilled. Yes and I want it for you too. The question is do you.

Here is what I have done, I have created a customized signature system for your success.

So many programs focus on outer success, and then so many healers work on parts of you that need healing. Many times I found that the dots don't come together and there are gaps. Those gaps of uncertainty, those gaps of doubt, they create a crack in the system and that's why so many individuals and businesses fail today. That's why relationships tear down, and over 90% of people feel unfulfilled and feel like a failure. All this takes a toll of the health of one individual and overall life.

Then this roller coaster seems like it will never end. Is there a light at the end of the tunnel. Just when you come to become hopeful, a tragedy happens in the world, your best friend gets a divorce, your college friend goes bankrupt.

Sometimes the pain is just unbearable, you win one battle and then loose the war in the process .

What good is life having health without money, or having money without love and health?

What is there was a SOLUTION.

So here is what you are going to learn and journey together with me.

You are going to set an intention, you are going to take a big breathe and allow yourself to dream again. To remember those desires you put on hold cause your where too busy putting out fires , too sick to enjoy your life and being afraid of what was going to go wrong, or simply going through a very dark unbearable time?

Then I want you to promise me that for the next 6 months, you are going to write down every negative thought, belief, pattern, worry, it all.

You are going to allow yourself the space here to feel, to cry, to be angry, to then do a gratitude ceremony for every mistake, failure or shortcoming you have and accept it with love. Then you will learn to let it go and create room for blessings to come into your life. You may go one step forward, one step back. Yet you are going to learn this dance if you keep to it and TRUST, HAVE FAITH, SURRENDER AND ALLOW. Your time for freedom and fulfillment is just around the corner.

Vision Worksheet

Create a practical 6 Month vision.

Write down an ideal vision of where you would like **your life** to be at the end of the week, at the end of 8 weeks, in 6 months and 5 years from now.

Just **list** whatever freely comes to your mind. Do not block or censor your thoughts.

Keep writing.....you can be as detailed as possible about your dreams. Use your own paper if you need more space than is provided in this workbook.

Tips on how to complete the vision sheet:

1. Write in the present tense and have positive thoughts as you are creating your list.
2. Set a target date and time for their completion.
3. Once you have created your list, glance at it every day and practice reading it in the present tense. Visualize what you have written and try to **experience the feelings** you would have as if your vision has already happened.
4. You can create your own affirmations to help you through the process or refer to the previous pages.

Example: "I am passionate about living my best life. I will devote time each day to enjoy my life. The more I enjoy the more clear I will become and the more I will accomplish. I accept myself as I am and will do my best to grow each day. I will write down my goals and take as much action as I can to follow through with my goals. I will rejoice with each EFFORT I make towards reaching my greater visions."

In Month 1, I visualize

In 6 Months

In 12 months

5 years

Exercises

Create a vision board and put it somewhere where you can see it every day for the next 6 months.

Cut and paste pictures of the ideal things that you want to bring into your life onto a large poster board. This will help you to visually identify what your goals in life are. .

Goals Worksheet

Fill in the worksheet below with the goals you want to accomplish this week towards getting closer to your ideal vision. **Prioritize** your goals by assigning each a number from 1 to 8, with 1 being your #1 most important goal and #8 being your least important goal.

Goals	Priority
1.	
2.	
3.	
4.	
5.	

6.	
7.	
8.	

Success Steps Worksheet

In the worksheet below, **fill in** the steps that you will take each day to accomplish the goals you have set for yourself for this week towards realizing your vision. Use this worksheet to **break down** how you will arrive at your #1 goal at the end of the week by taking action each day of this week towards achieving your goal. You may want to **make copies** of this sheet or use your own paper to **repeat this process with each of your other goals** as well.

Success Steps
Day 1
Day 2
Day 3
Day 4

Day 5
Day 6
Day 7

Schedule

Now refer to the goals, priorities, and steps you completed in the previous worksheets to **fill in** your weekly schedule. **Block off** 3 hour segments of time starting from the time you wake up until the time you go to bed to **schedule** your normal daily activities and your steps towards meeting the goals you have set for yourself.

Schedule - Week 1							
Time	SUN	MON	TUE	WED	THU	FRI	SAT

Monthly **Suggestion - Charting Your Progress -
Insights Gained**

Answer these questions in the space provided and refer to your goal sheet.

What positive change or changes have you accomplished this Month?

What new thing(s) have you learned about yourself?

What are your biggest challenges and fears this month to overcome?

Imagine what is possible for you if your desire and dreams come to fruition?

<hr/> <hr/>

1
GOING FROM GREAT- MESS TO GREAT
SUCCESS

MISTAKES
FAILURES
MESS UPS
MISFORTUNE
SELF DOUBT
SELF BLAME

What area in your life are you struggling with right now?

What areas feel like they are a mess and out of control?

What is the greatest mistake or mistakes you have made?

Are you still beating yourself up for them, or have you forgiven yourself?

What are your strengths, your natural talents you may perhaps take for granted. Please specify those.

Do you know your unique purpose on the planet?

If you were to take out your limiting beliefs and self sabotaging patterns and look at yourself from a fresh view perspective what strengths of greatness do you see within you?

Who do you look up to that has qualities of greatness?

If you were to have everything you needed without any barriers stopping you, how would you stand in your greatness?

Red Chakra Test

1. Are you embarrassed of yourself and feel physically unattractive?
2. Do you tend to concentrate on small physical conditions such as pimples or marks?
3. Do you set overly high standards for yourself and your achievements?
4. Are you full of self reproach or guilt?
5. Do you blame yourself for the things that go wrong, sometimes even the mistake of others?
6. Do you feel overwhelmed by your responsibilities?
7. Do you feel it is too difficult to handle all the many tasks ahead of you?
8. Do you become exhausted when faced with everyday commitments?
9. Do you lack self confidence?
10. Do you feel inferior and often become discouraged?
11. Are you so sure you will fail that you do not even attempt things?
12. Are you exhausted but feel the need to struggle against all odds?
13. Do you have a strong sense of duty and dependability, carrying on no matter what obstacles stand in your way?

14. **Do you feel as if you have reached the limits of what you possibly can endure?**

First Chakra: This is located at the base of the spine. It is called root or base chakra. It governs the spinal column, skeletal system, feet, legs, immune system, rectum and healthy sexuality when in contact with another. This chakra is linked to the adrenal glands. The colors that symbolize them include red, brown and black. The root chakra particularly helps one to fully enjoy all the physical aspects of life. People who experience frightening conditions or lack of self confidence have unbalanced root chakras. In the physical aspect, they are people who suffer from weight issues, hemorrhoids, constipation and knee troubles.

PERSPECTIVE

I accept my imperfections. I love my body.

I cleanse myself of any toxicity or disharmonious energy

SELF-ASSURANCE

I am confident and capable of meeting my responsibilities.

I always have the help I need.

SELF-CONFIDENCE

I act with confidence. I express myself creatively.

I can do it. I will do it. I am doing it.

STABILITY

I experience renewed strength and stability.

I feel strong and energetic. I accept my limits.

SELF-ACCEPTANCE

I release all guilt. I accept my mistakes.
I forgive myself. I love and accept myself.

FAITH

In the darkest hours, I find courage and faith in a divine power.
When the need is greatest, God's help is nearest.

Affirmations for the Root Chakra

I am safe and secure at all times.
I am divinely protected and guided and my way is made smooth and easy.
I love my feet. They show me the way.
I love my legs. They give me support.
I am open to expanding my awareness of life.
I am willing to release all my old patterns of fear and insecurity to live with joy and well-being now.
I know that I belong. I know that I am safe.
People now support me in an easy and pleasurable way.
It is safe for me to enjoy my life now.
I am willing to be my own good mother and look after myself properly at all times.
I am responsible for the quality of my life.
I am open to new ideas, new thoughts, and new people in my life.
I am willing to consider the possibility that there are new approaches to enjoying
life which will enhance my sense of being alive and give me pleasure.
Life is good.
I trust life supports me in fulfilling my purpose.
I have a right to be me, just exactly as I am.
I have a right to express myself and manifest my dreams.
I can have pleasure.

I trust in the process of my life to unfold for my highest good and greatest joy.

I love my life just exactly the way it is. I am free to make whatever changes are necessary for my future.

I can risk doing what I feel is right.

I am a life enhancer.

I am creating a healthy foundation on which creativity can flourish.

2

Creating Clarity, Confidence, Courage & Cash

Libido for Life

Passion

Purpose

Vibration

Frequency

Visioning

Feeling

Imagining

Are you clear which direction you are headed?

How much money do you desire to have and why?

It is urgent, how badly do you desire more cash now and for your future?

How would having consistent income enhance your overall life and peace of mind?

What gets you excited?

Who gets you excited?

Is this excitement good for you or is it a quick high, can you tune in and tell the difference?

What is your greatest fear?

What are your greatest distractions, people, habits, thoughts?

If you were to imagine yourself at the peak of your soul success journey who's in the scene, what are you wearing, where are you, what is happening?

Orange Chakra

- 1. Are you susceptible to feelings of terror or panic?**
- 2. Do you become helpless and frozen in the face of your fears?**
- 3. Do you suffer from nightmares?**
- 4. Are you often concerned and worried about your loved ones?**
- 5. Are you distressed and disturbed by other people's problems?**
- 6. Do you fear that you may think or do something that you feel is wrong?**
- 7. Do you have feelings of apprehension and anxiety without knowing why?**
- 8. Are you shy, overly sensitive and often afraid?**
- 9. Do you have fears of identifiable things such as illness, pain, heights, darkness, etc?**
- 10. Do you often worry about everyday situations such as traffic, exams, bills?**

Second Chakra: This is located approximately two inches below the navel. It governs the reproductive system in men (testes) and women (uterus and ovaries), kidney, bladder and middle spine. Their color symbols include peach and orange. This chakra is

linked to the gonads. Its imbalance can lead to low back pain, urine, spleen, bladder or kidney issues.

TRUST

I have faith in life. I am being guided.
I am filled with courage and inner strength.

COMPOSURE

I remain balanced and strong under extreme stress.
I acknowledge a higher force guiding my life.

COURAGE

I act with courage and inner strength.
I recognize each problem as an opportunity for growth.

SELF-TRANSCENDENCE

I face the most extreme challenges with unshakeable courage.
I am immortal spirit. I am in God's hands.

OBJECTIVITY

I trust in the unfolding of life.
I have a healthy detachment from the problems of others.
I am radiating peace, calm and optimism.

Chakra Affirmations

Chakra affirmations for the 7 Chakras

Affirmations for the Sacral Chakra

I unconditionally love and approve of myself at all times.

I trust in my own perfection.

I am good enough to have what I want.

I release my negative attitudes which block my experience of pleasure.

It is safe to have life easy and pleasurable.

I allow pleasure, sweetness, and sensuality into my life.

I allow abundance and prosperity into my life.

I am in control of my own sexuality.
I give myself permission to enjoy my sexuality fully.
I trust the Infinite Intelligence to give me everything I need
for my growth
and development.
I am enough. What I do is enough. What I have is enough.
Who I am and
what I do is enough.
I open myself to the beauty, joy, and harmony of the
Universe and I enjoy it.
I trust the process of life.
I love myself exactly as I am right now.

3

Finding Health Healing, Happiness & Hope

1. **What do you desire?**
2. **What do you feel you deserve?**
3. **What has caused you the biggest shake in your life?**

4. What lights you up?
5. What do you look forward to?
6. What do you doubt about yourself?

Yellow Chakra

1. Do you often find yourself in a complete state of uncertainty over major life decisions?
2. Do you feel ready for a change in direction, but unsure which way to go?
3. Do you find it difficult to decide when faced with a choice of two possibilities?
4. Do you lack concentration, are you fidgety and nervous?
5. Do your moods change from one extreme to another, joy to sadness, optimism to pessimism, laughing to crying?
6. Do you constantly second guess yourself and your own decisions and judgments?
7. Do you often seek advice and confirmation from other people, mistrusting your own intuition?
8. Do you often change direction, even after asking advice, because you feel confused and unsure?
9. Do you often become discouraged or sad when things don't go the way you planned?
10. Do you often feel too tired to face the day ahead?
11. Do you feel bored or overworked with your life?
12. Do you tend to procrastinate?

Third Chakra: This is between the rib cage and navel at the solar plexus level. It governs the upper abdomen, liver, stomach, pancreas, gall bladder, spleen and intestine. They are symbolized by yellow and gold colors. It is linked to the pancreas and liver. Physical problems resulting from imbalance includes diabetes, hypoglycemia, liver malfunction, digestive problems, ulcers, arthritis etc

INTUITION

I trust in my own inner guidance.
I am confident that I know what is right for me.

PERSEVERANCE

I persevere despite difficulties and setbacks.
Everything has a deeper meaning.

OPTIMISM

I have faith in life. Hope brings healing.
Every new day is a new opportunity. Life is a gift.

ENTHUSIASM

I have all the energy I need.
I am involved and interested in my daily activities.

BALANCE

I am decisive in thought and action.
I bring balance to all areas of my life.
I act from inner certainty.

SELF-ACTUALIZATION

I express my soul's purpose in my life's activities.
I am clear about my life direction.

Chakra Affirmations

Chakra affirmations for the 7 Chakras

Affirmations for the Solar Plexus

I deeply love and approve of who I am.

I am worthy of my own-self-love.

I love and respect myself at all times.

I trust in love.

I trust my worthiness.

I am worth my weight in gold.

There are no failures. I learn from everything I do.

I believe that everything is for my highest good and greatest joy.

I love life.

I listen to and trust my deepest insights.

I am worthy of the very best in life.

I release judgment and let my life flow.

I am open to the goodness and abundance of the Universe.

4

From Wounds To Wonders

1. When in your life have you felt wounded?
2. What thoughts come up as you allow yourself to feel the pain of the wound?
3. What fear comes up if you allowed yourself to release and surrender the wound?
4. What would life feel like if in your Surrender you allowed life to flow and you trusted, truly trusted?
5. If you Let go of control what will happen?
6. What could you do and be open to if you replaced all that time worrying, loving yourself and caring for yourself and open to receive?

Green Chakra

1. Do you tend to worry behind a cheerful, smiling face to conceal your pain from others?
2. Are you distressed by arguments and quarrels, often “giving in” to avoid conflict?
3. When you feel life’s pressures weighing you down, do you often turn to food, work, stimulants, or other outside influences to help you cope?
4. Do you often neglect your own needs in order to please others?

5. Is it difficult to say no to those who impose upon your good nature?
6. Do you tend to be influenced by those stronger in nature than yourself?
7. Are you suspicious of others, feel that people have “ulterior motives?”
8. Do you feel great anger towards other people?
9. Are you experiencing a any change in your life, a move, new job, new relationship, loss of a loved one, divorce, puberty, menopause, giving up an addiction?
10. Do people or situations sometimes drain your energy?

Fourth Chakra: This is located at the center of the chest and is called the [heart chakra](#). It governs the heart, circulatory system, blood, lungs, diaphragm, thymus and breast. Green, rose and pink colors represent this chakra. It is known as the center of the entire chakra system and linked to the thymus gland. Physical imbalance of this chakra leads to heart and blood diseases, upper back pain, compromised immune system, lung and breathing problems, breast cancer etc.

INNER PEACE

I am finding peace within myself.
I allow others to see me as I really am.

INNER STRENGTH

I am the master of my life.
I share from a place of inner strength.
I serve others by being true to myself.

LOVE

I open my heart. I love and am loved.
Love is the greatest healing elixir.
I feel united with all life.

TRANSITIONS

I break all links which hinder my growth.

I now have the strength to follow my own inner guidance.
I move forward with ease into the next phase of my life.

Tips for Enhancing A relationship

Woman need to receive

care

understanding

respect

devotion

validation

Reassurance

Men need to receive

trust

acceptance

appreciation

admiration

approval

encouragement

Chakra Affirmations

Chakra affirmations for the 7 Chakras

Affirmations for the Heart Chakra

I deeply and truly love and approve of myself.

I am adequate at all times to do that which is required of me.

I love who I am.

I am willing to love everything about myself.

I trust in love.

I open my heart to love.

I forgive myself

I forgive those who need forgiving for not being what I
wanted them to be.

I acknowledge my own loveliness.

I am pure, good, and innocent.

Love is the purpose of my life.

Love is everywhere.

I open myself to the healing powers of love.

I follow the path of the heart.

I am confident that the healing power of God's love will heal
my mind, heart, and body.

5

**Leaping From Loneliness To Leadership:
Your Loyalty to Your Luxury Lifestyle**

Do You feel Lonely?

In which area of your life do you feel the loneliest?

Are you Loyal to yourself?

What are you committed to?

Who do you Love?

Was there a Time that you felt at your best, your peak?

If you gave yourself permission, what luxuries would you add to your lifestyle?

Are you a born leader, are you hiding perhaps from your full Leadership potential?

Blue Chakra

1. Do you find your head full of persistent, unwanted thoughts that prevent concentration?
2. Are you unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?
3. Do you often feel spacey and absent minded?
4. Do you find yourself unable to concentrate for any length of time?
5. Do you feel utterly exhausted, both physically and mentally?
6. Have you been through a long period of illness, stress or strain with little relief?
7. Do you find yourself making the same mistakes over and over again such as choosing the wrong partner or staying in a job you dislike?
8. Do you fail to learn from the mistake or experience of others?
9. Do you feel your moods swinging back and forth?
10. Do you find yourself living in the past, nostalgic and homesick for the “way it was.”?
11. Are you unable to change past circumstances because you are always looking back and never forward?

Fifth Chakra: It is located around the throat and neck region. This area governs the throat, trachea, thyroid, neck vertebrae, mouth, teeth, gums, oesophagus, parathyroid and ears. It is linked to the thyroid gland. This chakra is represented by light blue and turquoise. The [throat chakra](#) is not only responsible for communication but also control facial expressions, gestures and smiles. Some of the diseases associated with an unbalanced chakra

in the physical realm include problems in the upper digestive tract, mouth ulcers, hearing problems, bronchitis etc.

WISDOM

I recognize and am able to let go of old patterns.
I am learning something new from every experience.

CREATIVE IDEALISM

I am inspired to manifest my ideals.
I am happy to be here now. I am involved in life.

LETTING GO

I let go of the past. I am here now.
They are free and I am free.
I move forward in life with joy and ease.

JOY

I am moving from darkness to light.
I am filled with the joy of life.
My heart feels light and happy.

REJUVENATION

I feel revitalized in mind and body.
I tap into an unlimited energy source within me.
I relax and experience a new strength.

TRANQUILLITY

My mind grows calm and peaceful.
I become quiet within and the answers I seek begin to emerge.

Throat Chakra

This fifth chakra deals with the power of the spoken word. Its name means pure. It helps to express our truth fearlessly and hear the sound of the universe. When this chakra is clean one feels completely peaceful. When two people mix energies from their throat chakra they will talk together actively and intensely. It is associated, in the body with the throat, ears, thyroid, and parathyroid, with the element ether.

Affirmations for the Throat Chakra

I am able to harness my will power to control addictive influences in my life.

I am ready to put my negative habits to one side and openly develop my creativity.

I substitute love, joy, and creative expression for old patterns of addiction and abuse.

I willingly give up (smoking, alcohol abuse, drugs, overeating and unhealthy dieting) to enhance my own creative gifts.

Love opens the door for me to feel whole and complete.

Everything I do is an expression of love.

It is now safe for me to express my feelings.

I love and trust my creative gifts.

It is now right for me to express the best of who I am now.

I release the fear and doubts which block the way to my creative expression.

I am confident in the healing power of love to open my throat for greater self-expression.

THROAT:

Imagine opening your throat up like a gateway to an infinite blue sky, feeling the air come into your body through this gateway with no resistance. As you hold the breath, feeling the "cage" of any inhibition or self-doubt fall away from you, leaving free to spread your wings and fly on the out breath. In through the mouth for 4, hold for 4, out through the mouth for 4. Make the sound of EH.

6

Upgrading Your Status : Establish Yourself as The Expert & Influencer You Are

Your Inner Light
From Light To Darkness
Your external glow
How it all flows
Time is of essence
shining your light on media
radio
writing
speaking

Purple

1. **Do you need to be needed?**
2. **Are you possessive for those you care for, feeling you know what is best for them?**

3. Are you annoyed by the habits and shortcomings of others?
4. Do you find yourself being overly critical usually over what someone has done wrong not right?
5. Do you set high personal standards and take pride in setting a good example for others?
6. Are you overly concerned with diet, exercise, work or spiritual discipline?
7. Are you extremely disciplined in your approach to life, always striving for perfection?
8. Do you have so much energy and drive, that you are sometimes tense and can't fall asleep?
9. Do you have strong opinions and try to convince others of them?
10. Are you sensitive to injustice and dedicated to causes almost to the point that others think is extreme?
11. Do you consider yourself a natural leader?
12. Are you strong-willed and ambitious but may appear aggressive and domineering to others?

TOLERANCE

I release all feelings of judgement and criticism.

I accept other peoples' differences.

SELFLESSNESS

I respect the freedom and individuality of others.

I love and nurture myself.

I draw on the source of universal love to share freely with others.

FLEXIBILITY

I am open to new insights and experiences.

I allow the joy of life to flow freely through me.

I am flexible and relaxed.

MODERATION

I practice moderation in thought and action.

I allow others to hold their own beliefs.

I feel relaxed, open and balanced.

HUMILITY

I am tolerant and respectful of the individuality of others.
I harmonize my will with the universal will.

Asana: Guru Pranam

Sit on the heels. Bring the torso over the thighs and place the forehead on the ground. Extend the hands in front of you on the ground in prayer.



Affirmations for the Brow Chakra

I think positive thoughts about myself and everything around me.

I open myself to my intuition and deepest knowing.

I acknowledge I am the source in creating my life the way I would like it to be.

I accept that I am an unlimited being and that I can create anything I want.

I focus on what I love and draw it to me.

I release all the impediments which block my growth and development.

I am open to new ideas, people, and situations which will enhance my joy and happiness.

I live in the truth of my grace, beauty, and intelligence.

I am responsible for the quality of love and happiness in my life.

I rethink all negative thoughts about myself and others and change them to positive energy.

I create clarity and unlimited vision for myself about my life.

I trust whatever comes to me is for my greatest joy and highest good.

Third Eye or Brow Chakra

The sixth chakra is the center of clairvoyance, visions, transcendence of time and space and integrates all the gifts of wisdom from the Spirit to bridge you with the Divine. It helps to focus the mind, where one-pointed clarity and peace automatically occur. It helps to move from dualistic mind to intuitive neutral mind. It is associated, in the body with the pituitary gland, eyes, and brain, with the element light and also beyond the elements. Third eye problems are mutually intensified if the chakras are unclean, especially in a marriage or other relationship. The one with the cleanest chakra intuitively feels betrayed and left out.

THIRD EYE:

Visualize the area in the centre of your forehead as source of light and knowledge. Imagine a powerful stream of bright light as you breathe in, hold and feel it get stronger, filling you completely as you empty your mind. On the out-breath allow yourself to travel into the patterns and images that emerge from inside your third eye. In through the nose for 8, hold for 4, out through the mouth for 8. Make the sound of **IH**.

**Igniting Your Intuitive Power & Potential:
To Unleash your desires, dreams & destiny**

the significance of intuition

How to hear

feel

see

Manifesting

Mojo

Seeding Success & Sustenance For Your Soul

Success

Substance

be you

your talents

Your weaknesses

Connecting to the creator to your creativity

White

- 1. Do you appear to others to be aloof and overly proud?**
- 2. Do you have a tendency to be withdrawn and prefer to be alone when faced with too many external distractions?**
- 3. Do you bear your grief and sorrow without talking to others?**
- 4. Do you find that others may avoid you because you seem to talk too much?**
- 5. Do you dislike being alone, always seeking the companionship of others, to have someone to talk to?**
- 6. Do your conversations usually end up focusing on your interests or problems?**
- 7. Do you feel a need of urgency in everything you do, always rushing to get things through?**
- 8. Are you impatient and irritable with others who seem to do things to slowly for you?**
- 9. Do you prefer to work alone?**

Seventh Chakra: This is located at the top of head. It governs the nervous system, brain and top of the head. The [crown chakra](#) is always being represented by either white or purple. It is linked to the pineal gland. Chakras imbalance in the physical aspect results in depression, genetic disorders, bone cancer, sclerosis and multiple sclerosis.

COMPASSION

I am secure within myself. I nurture myself.

Through caring for others, I forget my self.

PATIENCE

I relax. I accept the flow of life and the pace of others.

I allow the process of life to gently unfold.

I am patient and understanding.

SHARING

I am sharing love, humility and wisdom.

I need the world and the world needs me,

Chakra Affirmations

Chakra affirmations for the 7 Chakras

Affirmations for the Crown Chakra

I am open and receptive to all life.

Love is eternal.

Love makes me free.

I am willing to go beyond my limitations to express and experience greater joy.

I am always willing to take the next step in my life.

I am divinely protected and guided.

I am safe and all life loves and supports me now.

Love surrounds me, protects and nourishes me.

I go beyond limiting beliefs and accept myself totally.

I acknowledge that the source of love is within me.

I am willing to be responsible for the quality of love and joy I have in my life.

The more love I give the more there is to receive.

I am open to the goodness and abundance of the Universe.

**7) Seventh Chakra, the Crown Chakra (Sahasrara):
Transcendence, The Seat of the Soul**

Asana: [Sat Kriya](#)

Sit on the heels. Stretch the arms over the head with elbows straight, hugging the ears. Interlace all fingers except the index finger, which you extend. Men cross the right thumb over the left; women cross the left thumb over the right. Chant “Sat nam” at a constant rhythm. As you chant “Sat” pull in the navel; as you chant “nam” release the navel. Draw the energy up the spine. Eyes closed. (3-31 minutes)

[Sat Kriya](#) is a complete Kundalini yoga workout for all of the chakras. It is an amazing and powerful practice, complete and entire in one asana and mudra. Doing Sat Kriya everyday for 40 days will have a profound effect on the function of your chakras. It specifically works on waking up the Kundalini energy and helping it move up your spine through your chakra system.



Crown Chakra

This seventh chakra is a blending of the power and will of the God and the love and compassion of the God, which creates balance and harmony for our spirit and allows wisdom to flow into the soul. The crown chakra accumulates all the energies and emotions from the lower chakra points and transmutes them by fire. It helps to tune into and surrender to divine consciousness. It is associated, in the body with the pineal gland & cerebral cortex, with consciousness and the quality of luminosity. When clean, one knows and understands everything. Nothing is obscure concerning life. When two people mix the energies, the crown chakras and the throat chakras are often involved.

CROWN:

Visualize a source of beautiful, blissful light above your head, breathe in a stream of love, light and awareness through your crown chakra, breathing in this light and luminosity through your whole body until you feel you are surrounded and held in a bubble of light. Breathe in softly through your mouth for 4, hold the breath for 2 and feel yourself begin to glow and then breathe this light energy back to the light source through your mouth for 4. Make the sound of EE.

Turn On Your Vital Life Flow

Libido For Life

In today's world with the increase
in natural disasters

crisis in marriages

Various forms of abuse, neglect

failures in businesses

the overall increase in disease
globally

Individuals sadly giving up and
shortly after terminating their
dreams or perhaps their life

With the rise in self help, green living, spirituality and holistic influence, those of us in this safe, protected world may feel immune to the suffering that is around us.

The question is how immune are we, and can the suffering of those around us or perhaps pain that we may be concealing, numbing, surpassing become dormant leaving us helpless, fatigued, confused and hopeless.

As a mother of 3, professional homeopath for 2 decades and cases daily with individuals, families and businesses who

want to create a healthier,
wealthier and more elevated
lifestyle.

In homeopathy we treat the
whole person and not the
disease in it's parts.

Once our vital life force is turned
on, we have the key to health,
freedom, opportunities and
unlimited possibilites.

Several years ago I came across
a few remedies. I began using
these remedies in customized
combinations. That was the birth
of libido for life programs.

Today I hope to ignite in you the

desire to turn on your vital life
flow.

As a mother, healer, author and
birth doula for this regard. I
experienced and witnessed the
miracle countless times.

Homeopathy goes to the root of
dis-ease and that seed starts at
the root of pregnancy, and
evolves to the birth process.
During this sacred 9 months, first
few moments of that first inhale,
patterns, beliefs, trust, passion is
formed.

Doctors, lawyers, therapists,
holistic practitioners, coaches,
clergy spend countless hours in

training, in counseling, in sessions to find a cure, to bring ease and healing to this epidemic on the rise.

The miracles I have witnessed with the libido for life program has been profound and my number one calling today is to bring L4L to every individual on the planet. I believe it will turn back on the much needed energy we need as a whole ..

1. Do you have the urge to surrender to whatever is to come, or an overwhelmed sense of anxiety?
2. Do you feel like a doormat, lost your individuality?

3. Do you feel intoxicated with chaos and full of regret?
4. Do you feel exhausted with feelings sadness?
5. Do you feel insecure, feel guilty and feel a lost sense of power?
6. Do you feel alone and lack a sense of belonging?

ABOUT THE AUTHOR

Tania Dilmani is known as the Business Doula, the Founder and CEO of a number of successful purpose-driven businesses, including the widely acclaimed Mommy Homeopathy. An international bestselling author, presenter, teacher, healer and intuitive business coach, she is also the co-founder of La Femme CEO, Host Contributor of Living My Best Tv.

She connects business influencers to evolve, elevate & excel into excellence.

With almost 20 years of experience in homeopathy and energy healing, business development, teaching, coaching and mentoring, her philosophy connects mind, body, soul and business. Very much a super-connector, Tania is celebrated for her ability to make powerful introductions, stimulate passion, clarify objectives, and motivate peak performance in her clients.

Business savvy and incredibly intuitive, her unique approach cultivates healing, shifts fear and inspires action in all of her clients. She allows people to feel limitless and then coaches them to create customized signature systems so they can work less than 10 hours a week making 6 figures plus.

Tania provides holistic business support with customized homeopathic modalities. Whether you are in business for yourself or running a multi-national corporation, there is little point being a millionaire if you don't have the healthy vibe to enjoy it.

Tania's first book *Finding Inner Happiness* provides a simple curriculum that has helped people around the world achieve remarkable breakthroughs in all areas of their lives. Her second book *Finding Inner Healing* is set to empower readers to heal their body and change their life through simple yet profound healing practices.

Mom to three (two college students and one under 10), when she's not working, writing or creating an up level to her programs, you'll find Tania at the gym, in a dance class or in the pool or under the stars.

To work with Tania, please get in touch with her at
taniadilmani@gmail.com.*

*Side effects may include a happier, healthier and more successful

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