
The EMPOWER Pack

Pt 1. Release Tool

This **EMPOWER** Pack was developed to give you effective tools to fuel vitality and inspiration within minutes – ***even if you are upset or angry***. When practiced often they provide not only momentary relief, but life-long.

The Release Tool dissolves built-up stress and calms pent-up anger.

The Rewire Tool rewires toxic thoughts to power-up greater vitality.

These evidenced based tools ignite a ***SUPERpower*** of natural mind and body intelligence that trains the neurons in your brain to Release and Rewire negative patterns, so you naturally become happier and healthier.

The Release Tool

Anytime life gets difficult it drains your energy, you feel tired. Your mind spins in negativity, repeating everything that made you unhappy; what someone said to you. How they mistreated you. How they didn't understand you. On and on...

But you can interrupt that self-defeating pattern by using this moment – as a turning point.

Release:

You want to begin by Releasing any stressful emotions in your body, by doing one of these practices:

- **GET VOCAL** (sing or shout so you can really let it out – but do it in private)
- **GET PHYSICAL** (dance, box, walk or run – any active movement will do)
- **GET SOAKED** (swim or let the water wash over you in the tub or shower)
- You could even try all three: sing in the shower while rockin' out!

This is an essential part of the process. Your body is affected by emotional stress: your chest hurting, stomach in knots, head throbbing, etc. You will continue to feel bad until you physically work it out.

Seriously! Put your cell phone down and do this practice NOW. I'll be here when you return. Promise. Go do it!

Why you need a Release:

When you've been 'triggered' it's usually something from the past that has been cycling through your life, dragging you down, making you feel angry, hopeless... and exhausted. Imagine if the feelings you're having are tied to old experiences that you could've forgotten or genetic traumas that have been passed down that you're not even aware of.

All the time you spend thinking thoughts that send you on a downward spiral will continue dragging you down - *unless you take action to turn it around.*

But I want you to know something: You don't have to be a victim to old patterns. You've always had the power to heal this – you just haven't known how.

At **NEXTjourney**, we understand.

That's why we provide you with a simple, revolutionary method that overcomes these limitations – in only minutes a day.

It's a modern hybrid of meditation, holistic practices, and neuroscience proven highly effective for over 2 decades.

It's time to experience one of these dynamic meditations now.

Relax:

Feel the soothing sounds of the **SOSmethod** special formula as it relaxes those angry impulses that cause your suffering.

Experience the energy vibrations pulsing through the words, tones, and sounds as they ignite a **SUPERpower** of natural intelligence that Releases blockage in the pathways of your mind and body.

Depending on the amount of stress or upset you are in, this practice can be repeated multiple times in a day.

Today you'll experience Ease & Comfort. So, are you ready...

Close your eyes, relax your body, let the world drift away...

CONTINUE with the Rewire Tool after completing the steps to Release stressful emotions if you want to add more vitality and empowerment to your day. Otherwise, enjoy your day and practice the Rewire Tool later or tomorrow. Bye for now!