

528hz True Love Activation System

Quick Start Guide

What is a **True Love Activator**™

A **True Love Activator** is a self guided meditation designed to lay the subconscious framework for raising your vibration and radiating love from within.

Oftentimes people carry around emotions that no longer serve them, push others away, and can even be hurting their body.

The primary directive of the subconscious mind is to protect the body. That is why a **True Love Activator** is self guided.

Your mind wants **to release negative emotions in the body that are doing harm to it on a subconscious level.**

What is the best way to use a **True Love Activator**?

Please abide by these rules:

1. Please be in a **quiet place with zero distractions.**
2. **Fill out the worksheet** before and after you complete each session.

3. **Track your results** because your mind will play tricks on you in the process with you no longer remembering why you started listening to it in the first place.
4. Realize that **every time you listen** to a True Love Activator, your mind will repair any broken framework that is holding you back from the intentions you wrote down in the workbook.

Bonuses: Peace Architecture Activators™ - Audio Lesson - 3 Peace Activators™

1. **Guilt Into Gold** - Feel the judgment of others - and all the pain that comes with it - melt away like a snowflake in the sun.
2. **Turn Shame Into Soul Healing** - Experience layers of shame peeling off of your soul like layers of an onion.
3. **Turn Anger Into Freedom** - Heal your deepest wounds that can turn from rage into pain when you're not paying attention.

Pre Activation Self Assessment:

How long have you been trying to attract more love in your life?

What do you feel is the biggest challenge is to attracting an abundance of love into your life?

On a scale from 1 to 10 (10 being the highest) how important is it for you to attract more love in your life right now?

What will your life look like once you've attracted an abundance of love into your life?

What have you done (courses, coaching, seminars, etc...) to get help with attracting an abundance of love into your life?

Please list what you have done to get help and if any of them worked.

528hz True Love Activation Progress Tracker

You cannot improve what you cannot track.

Print this form and use this tracker for each session. Not only will it gauge where you're at, it will also reinforce how far you have come.

Today's Date: _____

Today's Focus: _____

Notes To Self: _____

Now that you have done the True Love Activation around the event, list the same emotions you had before and rank them from 1-10 (10 being the highest)...

How do you feel now that you have done the Magnetic Meditation™ around the event from your past? What emotions come up for you around this event?

Now look back at the three things you wrote down that prove you moved past this event in your life. Are you able to see yourself experiencing those things now?

Write down three things that prove that you have released any negative emotions around this event and how do you feel about each one as if you were actually there now?

Now ask your subconscious mind is there anything it would like to learn around this event that by doing so it would completely release any negative emotions but retain the learning lessons?

Please write in all the positive things that have happened to you because of learning this lesson now that you no longer have negative emotions attached to the event...

Other notes, ideas, or inspirations...

Post Activation Self Assessment:

How do you now feel about the challenge you just worked on?

From 1 to 10 being the highest, how intense is the challenge now for you? 1 being you feel confident and 10 you feel exhausted & defeated.

What can you see yourself able to accomplish that you could not see before?
