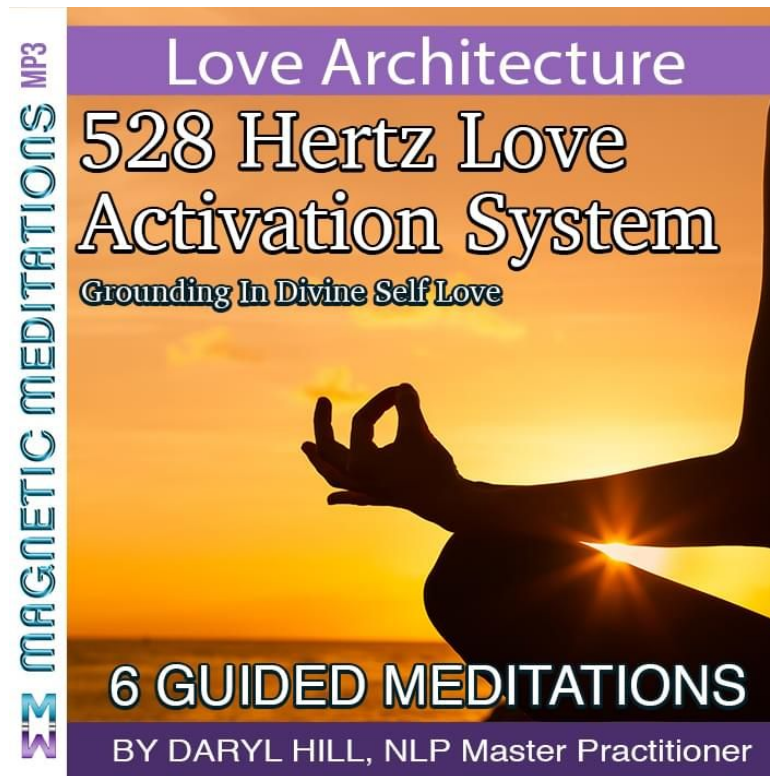


528 Hertz Love Activation System™

OVERVIEW & PURPOSE

"Grounding In Divine Self Love"



*Follow Along As You Go Through The System
Prepared by Daryl Hill*

OVERVIEW & PURPOSE

Each Magnetic Meditation™ serves a specific purpose to help you create the framework inside your subconscious mind to allow for change too easily happen. It is important to focus on one event at a time in order to maximize your minds efforts.

An event for the purposes of doing the exercise is something that happened at a specific moment in your life.

Often times emotions* are trapped in these events from the past and are not able to get out. By following through on this exercise filling in the worksheet and listening to the meditation you will be restructuring your thoughts around past events letting go of any emotions that no longer serve you.

*This is a list of emotions broken down (see chart below) that may be helpful to reference while doing this exercise.

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Before we begin...

Baseline Lesson - Please complete the quick survey that is in the course designed to help us better understand your desired outcome for this course. It also gives you a baseline ranking of your emotions as a starting point.

WHY ARE YOU HERE?

What is the desired outcome you are looking for by doing this exercise?

First, "It's not your fault," about where you are in life right now or why you are here doing this exercise because of an event that may have happened in the past. You are in this precise moment for a reason. It may have helped you and it may continue to help you but, now...

I'd like to share with you that you have two minds, a conscious mind and subconscious mind. These two minds coexist together and often fight each other.

And what if I shared with you that your subconscious mind is undefeated, and now you have the ability to have it on your team.

I'd like you to think about an event from the past that may or may not of been the original cause of an emotional event that is driving you to complete this exercise.

Please write out why letting go of any negative emotions around this event will help you improve your life ...

What event are you now ready to let go of, that no longer serves a useful purpose in your life?

Please list the emotions that come up around this event from your past?
Associate a number from 1-10 (10 being the highest) to each emotion you listed.
Example: anger-10,

Ask yourself what are three things that will happen that prove that you have moved past this event and no longer are affected by it in your life?

1. _____

2. _____

3. _____

Ask yourself what was the lesson I must take away from this event that will help me in the future?

Is there any reason you would not be open to letting go of any negative emotions around this event?

What are you getting out of this event or taking away that may be helping you in some strange silly way?

Would you be open to taking just the lesson away from this event and letting go of any harmful emotions?

How would your life look in the future because you learned the lesson and let go of any negative emotions?

What if you didn't learn the lesson and kept the emotions what would your future look like?

Please ask your subconscious mind is there any reason it would want to hold onto emotions around an event that happened in the past, if it's now hurting you because of the negative feelings?

Did you know that if you learned something you also have the ability to unlearn it, because you've learned something new?

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 lesson?

Did you know that by forgiving someone, or even yourself, for an action in the event actually releases any negative emotions you may be holding onto?

Who was in the past event that you will be forgiving that will allow any negative emotions to easily disappear?

What about the other people that may have been there in this event, are you open to forgive them because it will finally allow you to release any negative emotions from the past?

If so, what would you be asking them for forgiveness for?

Complete the The Magnetic Meditation™

Audio Lesson - You will be doing a Magnetic Meditation™ which is a guided meditation exercise. It's important you have completed the previous steps to get the most out of this exercise and to fully complete the process to release any negative emotions around why you started doing this exercise for the first place.

Please abide by these rules:

- Please be in a **quiet place with zero distractions**.
- **Fill out the worksheet** before and after you complete the Magnetic Meditation™™.
- **Track your results** because your mind will play tricks on you in the process with you no longer remembering why you started listening to in the first place.
- Realize that **every time you listen** to a Magnetic Meditation™™, your mind will repair any broken framework that is holding you back from the intentions you wrote down in the workbook.

POST Magnetic Meditation™

Your Next Action - Video Lesson - In this lesson, you'll write out what your next action steps will be and write out your takeaways from your experience.

Please complete the below questions

My first action step is...

You will write out the vision for where you went in your mind in order to enable you to get there faster because the picture will be connected between your conscious and subconscious mind. This is very important to complete the integration process with your mind.

The vision from my future is...

Complete To Gauge Your Progress

Progress Lesson - This will not only give you a gauge from where you started but reinforce how far you have come.

Now that you have done the Magnetic Meditation™ 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?

1. _____

2. _____

3. _____

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...

Congratulations!

You are now able to revisit doing this exercise any time you like because each time your subconscious mind will work on a different event.

****NOTE**:** Now that you are aware of how important it is to focus on one specific event please email me with any suggestions for a specific meditation you would like for yourself and any suggestions to make this experience even better for you at dhill@darylhill.com because I'm constantly creating new ones and improving on things for you.

Make sure to join the Facebook Group with like minded people and post questions you may have that pop up around the different lessons.

Please [click the link](#) and you'll be asked to join the group with a few questions.

<https://www.facebook.com/groups/subconsciousarchitecture/>

MAGNETIC MEDITATIONS MP3


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By Daryl Hill, The Subconscious Architect