

# **INCREASE** your **VIBES IN 40 DAYS**

## Find the **GURU** in **YOU!**

(transformational mentorship program)

Christ-Centered Soul Embodiment

It is by divine appointment that I am choosing to start a **40-day self improvement program** with the guidance of Jen Giordano, **Radiance Technology, LLC**.

**Jen is a Soul Embodiment Coach and DNA activation specialist, serving the collective awakening. She is also seen as a spiritual catalyst, a tantric healer and psychic surgeon . But here's the catch. God is the surgeon. Jen is the conduit. His assistant and servant. And that makes one recognize their divinity, queen. Manifesting the desires of your heart does not have to be a grind. It can be flowy and easy. Yes, there is a God and YOU ain't it. Now that we have that outta the way.**

**Lots of titles can be used for ONE super multi-dimensional LIFE COACH. Jen lived 9 lives in one. Many near death experiences to show that you can resurrect. And heal yourself.**

**(Jen here: I try not to grasp at any one egoic image or cultural identity. But mystic christian fits me nicely.)**

I am the participant who will embark on this journey recognizing that I am **empowered**, a co-creator, not a **DEPENDENT** person in a program. An **INTER-dependent** person.

I am co-creating my own healing journey, while focused on **devoting** myself to *heal myself and others with the love of Jesus and in his name*. I do not expect anyone to "heal" me or anyone to take responsibility for my choices or actions. I surrender to the Light of Christ to do that job for me.

I now agree to take **RADICAL** responsibility for my own life and experiences from this day forward. No one is to blame for me taking things personally.

I agree to hold myself to the highest standards of health, diet, communication, thoughts, behaviors and attitudes. I will practice self-awareness, be conscious of my words, and take accountability for my actions and choices. I will receive constructive criticism from Jen my coach.

I will not blame others for how I **FEEL** or **ACT**. I will remain a curious observer.

I will practice taking response-ability.

The next 40 days I am dedicating myself to work on what I can control, only ME, Myself and I. The journey with IN begins .... now...

**I am becoming a new me, a version 2.0.** Dying to my old self and birthing my higher self. Or oversoul.

I agree to always do my best to limit the **JUDGEMENT** or labels that I attach to in each given moment. Non-attachment, in a healthy form, is my goal. I will stop myself when I feel like over-reacting and tap into my breath. Breathe in 4 seconds exhale 7 SECONDS inhale 4. Repeat.

I agree to always do my personal best and reduce comparison with others.

I agree to maintain a “**witness**” perspective. To try and observe without reacting.

I Try my best not expect myself to be perfect.

I agree to request support and guidance and receive it (ask for help!). I agree to do my best to be patient with myself and others.

I agree to reach out to Jen by **email or text** anytime if I may be having difficulty with any agreements, “clearing work” activations, or anything else that makes me backslide into old habits. I forgive myself if I fall into bad habits.

I am re-parenting myself, so my inner child is allowed to be seen and heard. Adult Tantrums are allowed here. Even welcomed for learning purposes. Open dialogue with Jen is essential!

I, \_\_\_\_\_ **agree to set aside the necessary time, focus, dedication and discipline to my prescribed practices.** Instructions. (22 min a day to 5 hrs a week min.)

I will respect Jen’s time by showing up on-time ready to experience what is coming from completion of this 40 day program. I am willing to **catalyze** a quickening of my spirit (awakening) and quantum healing.

I acknowledge that I have been forewarned that I may experience intense releases, feelings and sensations. I will release psycho-spiritual JUNK and invite fresh energy. I may feel negative emotions. I may see people in my life fall away or new people enter into my life. I will allow that and promise to sit with phenomenons (emotions) daily.

I will give 24-hr notice of any tardiness or cancellation for **private coaching** sessions, otherwise I will forfeit these days, and my coaching sessions and lose that session. *Reasonable excuses are ok 23 hrs before the session starts but rescheduling is required when you cancel.*

1. I will practice prescribed yoga, meditations, mantras, and affirmations daily.
2. I will ingest high frequency **living foods** and limit my consumption of energy drinks, social media, high fructose sugars, alcohol, coffee, tobacco, television and mind-altering substances or stimulants.
3. I will commit to celibacy and refrain from masturbation! Cuddling is ok, I will not break this commitment to myself during my 40 day program. **I will not use sexual connection with others as a device to escape Myself during this program.**

4. I will only report things **after the program is complete** so as to process my realizations internally and powerfully integrate my changes. I will process **through meditation** and **quiet 22 min a day**.
5. If I break my agreements I will substitute the behaviors with uplifting activity (i.e. DANCING, COACHING, SERVICE WORK, HIKING, GARDENING, YOGA or CLEANING THE HOUSE). **I will quickly sit in meditation to access my inner awareness** and **journal if I feel triggers - always do my best**. I will not end this program by quitting, shaming, distracting, abusing, or hurting myself - **love** is required, **remain calm** and CARRY ON.

Signed : \_\_\_\_\_ Date: \_\_\_\_\_

**CONGRATULATIONS!** Today you have made a unique agreement with yourself. You are making an agreement to marry your Soul. To balance the relationship with the divine feminine and masculine within you. You have agreed to embark on an inner journey, a deep cleansing. A tour to the Temple of your Mind, Heart and Soul. Your consciousness is always shifting, changing, adapting. Let's start by making an agreement to WITNESS and not JUDGE. Discern with righteousness. It's time to connect to higher Mind and realize the HIGHER SELF! Experience version 2.0

Jen Giordano is a multidimensional soul embodiment coach and kundalini yoga practitioner who is one of millions of awakened 'indigos' born in the 70's and 80's on a volunteer mission to interpret, integrate and modernize the teachings of the ancient past. A Modern Mystic and Yogi, a mystic christian arrived to bring Christ consciousness 2.0.

As a Mystic, Healer, Teacher, Master, Psychic Surgeon- Jen is at your service. You will have FULL access to Jen for the next 40 days by email, text, in weekly sessions and calls.

In this program you will learn the "yoga of awareness" called **kundalini yoga**. You will practice **sounding with healing mantras and soul activations** which bring you to cosmic consciousness (alpha/delta brain state) and help to access & embody your EVOLVED Being by activating the DNA and Master Glands of the Brain.

You will experience energy clearing that is SUPER-charged and often intense. Just surrender. There are physical and non-physical benefits as we are made of Matter, Energy and Spirit.

You will be asked to practice **3+ days per week**, this includes weekly **1-1.5 hr sessions**, on the phone or on a virtual video chat. Every week you will share your journey, ask questions, journal and listen to the personalized instructions of your COACH, Jen.

Get ready to step into the unknown and make it known. WARNING: This is a spiritual quickening with mental detox. You may not understand all of what occurs, but Jen will guide you to integration with soul, and help you to *Find the Guru in YOU*.

Here are some tips for completing this program effectively:

Do Eat healthy and LIVE FOODS while reducing the processed foods in your diet  
DO take 30 min. salt baths w/Himalayan salt **or** ½ c of CLOROX brand BLEACH  
DO eliminate alcohol, smoking, marijuana, any drugs, wake up as EARLY as humanly possible  
DO ask questions without hesitation, NO JUDGEMENT  
Do NOT judge yourself for old patterns of thinking, refrain from shaming yourself  
Do NOT hide anything from your soul coach, again this is a judgement-free zone  
DO be honest about your thoughts and speak them out loud, releasing fear to defuse it.

Start the day with power statements : “My VULNERABILITY is My **STRENGTH**, I’m sorry please forgive me thank you I love you.” You may use the code word pattern interruptor “Sat Naam it” and mentally chant “Wahe Guru” when emotions or troubles arise. Repeat it until the storm in your mind calms.

This is your personal journey into the alchemical transformation of the merkaba, light body, we will be addressing the maintenance of your body so the soul may inhabit the body . . . the holy vessel, the covenant, and BONUS! ... mental health benefits are included.

This program is not a quick fix nor will it offer instant gratification. It will catalyze you onto a path of self discovery and healing. **If you are disciplined YOU will uncover the deep rooted beliefs, values, and thoughts that help and/or harm you** as you create a life you truly wish for...

The **soul embodiment** completion process will require multiple stages of awakening, cleansing, purging, resting, mindfulness, refining, and initiations. This program is **not a guarantee** that you will never need more support from other teachers. I hope you will become your own Master, and Guru.

Beginning this journey sets the course for realizing your potential. It initiates you.  
Dietary changes, lifestyle changes, new rituals and habit alterations, are required.  
Shedding your skin and moving out of the “comfort zone” YES is necessary.

**Day 1** - Today is your first step toward sovereignty using empowered action steps to manage your energy field. The number one task is removal of obstacles in the path of success. (Homework: Send me a video of your INTENTIONS 2-3 min long through Whats App, Facebook Messenger, or other means.)

First **review your living and work environment and intimate relationships**. Be honest. Write down in a journal (make sure you get one) all the current perceptions of your life.

Do you have any clutter? Do you feel depleted or energized by people in your daily life?

Who can you spend less time with? Who do you want to spend more time with? When do you feel the most peace interacting with others? Who are you?

Create an altar or a sacred place in the home and do your work with me there, and declutter your work spaces so you are quiet, private, undisturbed?

**Create that space today. You will return to it every day for 40 days. This can look like removing clutter, setting up beautiful art or memorable artifacts. White Candles, sage, palo santo, oils, pictures of saints or sages. Even photos of people you admire and want to emulate.** If you are already used to using an altar space remove things that remind you of any negativity from the past. Do the things in this space give you feelings of peace and joy? Good. Add something **new** to the altar that signifies this SPECIAL NEW DAY. The first day of your commitment to *Raising the frequency of Your Vibe*, the first day of the NEW life you are creating.

**Sit in seated posture or in a chair comfortably**, if sitting on the ground hurts your knees. Put a pillow under your bum if you want to sit on the floor. Knees should be parallel to hip height, not above the hips, and backbone should be elongated, heart forward, chin tucked, and spine straight (natural curves) solar point at belly button pulled in and back toward the spine. Practice. Be patient. Sit still.

**Seated in stillness for at least 5 minutes, now begin breathing:**

**INHALE for 7 seconds holding the breath OUT for 4 seconds then EXHALE slowly**, you are now going to **begin stating this out loud and clear.**

TUNE IN: ONG NAMO GURU DEV NAMO 3 times Search the singer name Jai Jagdeesh, song title: "Aud Guray Nameh" watch while breathing and close your eyes. Feel the music. (YouTube)

STATE out loud : " I am a divine idea in the mind of God. May God's will be done in my life. I surrender all my thoughts, wishes, desires, to God (SOUL) and I am now guided into my place in this world. I let go of everything and everyone that is no longer a part of the divine plan of my life. I invite synchronicity, and daily expansion. I quickly receive all the blessings that are intended for me. I receive (fill in the blanks with 3 things you want to attract into your life, be specific) and I recognize that all conditions are perfect in this moment. I am grateful for all that I have and all that I am willing to experience which is bringing me closer to divine wisdom, knowledge, and experiences."

NOW add this chant - **CHANT Ong Ahh Shay Huong!** Louder! This cleanses the space & body vessel. Practice this mantra for **11-22 Minutes per day in the morning**. Or whenever you have negativity creeping into your mind. I recommend using this all day long for the 1st 7 days.

Throughout the day when negativity is directed at you by someone or by the voice inside your head, chant these words mentally or OUT LOUD:

**Wahe Guru. (Waaahy GooRoo)** a sound that is ancient and universal languages over 7000 years old... this may help to cancel out and interrupt any negative thought patterns very quickly. It will help you interrupt bad habits. It will absolutely help unite you with your soul and/or the higher consciousness. No need to embarrass yourself and say it out loud in a crowd, but your brain will enjoy the vibrations if you do. This is a Gurmukhi mantra. Calling on eternal life force. Source energy.

"Ong" is the creative force of the universe. "Om" is the sound of harmony. Use these sounds as daily replacements or FILLERS for the thoughts that are NEGATIVE. When those thoughts come up, stop them and replace it with these sounds.

**Your homework for DAY 1 is complete. Make sure the these tasks are checked off your TO DO List:**

- Set up a quiet space to meditate free from interruptions
- design a sacred altar and set it up

-learn to sit in seated posture with spine straight, neck locked, solar plexus tucked back  
-do long deep breathing meditations for 22 minutes and SAY our statement OUT LOUD, (set your intentions) share them.

**On Day 2** you will be speaking with Jennifer to receive your **personalized kundalini yoga practice** and prepare in order to start the **coaching** and **accountability** portion of the program.

Get ready to reveal all your JUNK and STORIES and allow Jennifer to help design intuitive daily routines for you to follow. Receive. If resistance arises, breathe, let go and ALLOW. The **ego** does not like being out of the driver's seat. But lovingly buckle it up.

**Day 2 - Early morning ritual is 5-7 am wake up, run cold water for 3 min. on the hands, feet and face with lotion or oil massage to wake up the nerves. Drink a 6-8 oz. glass of lemon water to stimulate healthy digestion. NO COFFEE or stimulants today. Light a white candle sit in silence 5 min. and speak the intention statement out loud. You will use this every day. Write it down 5 times. This will engage your Mind with the statement and help the conscious mind to pattern itself matching the vibration of this statement. You will feel uplifted. Maybe you will feel very little the 1st few days but let the magic work. Stay consistent. Stay committed.**

“ I am a divine idea in the mind of God. May God's will be done in my life. I surrender all my thoughts, wishes, desires, to God as I am now guided into my place in this world. I let go of everything and everyone that is no longer a part of the divine plan of my life. I invite synchronicity, expansion and I quickly receive all the blessings that are intended for me. I receive (fill in the blanks with 3 things you want to attract into your life, be specific) and I recognize that all conditions are perfect in this moment as I am ever-expanding. I am grateful for all that I have now and all that I am willing to experience bringing me closer to divine wisdom, knowledge, and experiences.”

Today will be your CALL with Jennifer. Set aside 1 hour for talking, prepare the list of WHAT you are working towards, WHAT has repetitively come up in your reality of life that is UNCOMFORTABLE and something you are READY to let go of. Meditate for 20 min and take a Salt Bath if possible.

It is a 1 hour call with one hour to process. Go in nature after the call, swim, meditate, or sleep. DO NOT start working or doing something that traps you in the



Mind after the call, relax right away! Even if you have to sit in a park go take a work break, do it. Like during the act of breathing, the inhale and the exhale are BOTH keys to balance. You MUST be with yourself after intense coaching, diving deep into the subconscious and after any healing sessions. And that is what this will be, healing sessions. It's not talk therapy, you go to a psychologist for that... for many years! This is quantum healing.

**Day 3-Day 7- Start your day for the next 5 days with a glass of room temp. Or warm water with lemon and himalayan salt in it. Just a dash don't put too much in the water. Begin fasting if you can for 12 hours pick a day every week that works for YOU. If not, choose a greens drink or fruit fast.**

**I recommend if you have income that is higher, purchase a \$1500 distributor trial package from JUUVA of Hemp WholePlant greens drinks, an anion emitter for pain, cation shields for EMF protection, TruSilver for virus protection, Alkaline Water, a bottle of Galaxy antioxidant elixir.**

[cs@juuva.com](mailto:cs@juuva.com)

**1-801-528-1894 Orders**

**Referral: 247212**

**Call Jennifer for details on signing up for that package if you want more information.**

**Structure:**

**Prep for the 40 days: set up space, clean up the diet, reading is required.**

**Recommended reading on DETOX DIET, MEDITATION, and purify SEX**

**1- The Clean Book, e-book by Dr Junger and 2- Meditation as Medicine, Dr Dharma Singh Khalsa and 3- The Perfect Matrimony, Samael Aun Weor**

## LINKS for RECOMMENDED BOOKS

[https://books.google.com/books/about/Clean\\_Expanded\\_Edition.html?id=bn4ELMxBbfAC&printsec=frontcover&source=kp\\_read\\_button#v=onepage&q&f=false](https://books.google.com/books/about/Clean_Expanded_Edition.html?id=bn4ELMxBbfAC&printsec=frontcover&source=kp_read_button#v=onepage&q&f=false)

[https://books.google.com/books/about/Meditation\\_As\\_Medicine.html?id=7c-Z3vq3mQsC&printsec=frontcover&source=kp\\_read\\_button#v=onepage&q&f=false](https://books.google.com/books/about/Meditation_As_Medicine.html?id=7c-Z3vq3mQsC&printsec=frontcover&source=kp_read_button#v=onepage&q&f=false)

[https://books.google.com/books/about/The\\_Perfect\\_Matrimony.html?id=Ue\\_7AAAAQBAJ&printsec=frontcover&source=kp\\_read\\_button#v=onepage&q&f=false](https://books.google.com/books/about/The_Perfect_Matrimony.html?id=Ue_7AAAAQBAJ&printsec=frontcover&source=kp_read_button#v=onepage&q&f=false)

**WHY** would I need to read ? These books will open your mind to receive **NEW** information about topics related to things we will discuss so you understand more about transmutation of energy, healing dietary practices and meditation science. This is information that helps you discover your **WHY** the heck **AM I DOING THIS! ???** asking why and answering that question will help you complete the program and fully commit to your own healing journey -it's a **JOURNEY. A long WHOLE ENTIRE** life journey.

## Negativity Dissolvers

Thank your thoughts daily. Calm them like a child. Acknowledge all of it.

Ask them, what are you wishing to help me learn? I love this list of NEGATIVITY DISRUPTORS so I share the following tools, words of wisdom, as they will be your sacred companions & assist you in raising your vibrations. Whatever religion you practice, go into this with an open mind and heart.

*Speak these mantras when the Mind is misbehaving, command it and re-program it to align with peace & love*

### SIKH

Wahe Guru (Praise of the Soul)

Saat Naam (long Sat sort Naam) (Truth is my identity)

Aud Guray Nameh, Jugad Guray Nameh, Saat Guray Nameh, Siddi Guru de ve nameh

Guru Guru Wahe Guru, Guru Ram Das Guru

Gobinday Mukanday Udaaray Aparay Hareung Kareung Nirnahmay akamay (joy)

Listen to: "Japji" in morning and "Kirtan Sohila" in the evening (YouTube)

### BUDDHIST

Ong Ahh Shay Huong (esoteric Hanmi Buddhist mantra)

Om Mani(Mahnee) Padme Hum(hoom)

Om Tare tu tare turay so hah

aAh Dah Wah Ah, Ah Ba La - Medicine Buddha

I love my heart and Soul. I love All Humanity. Join Hearts and Souls together. Love Peace and Harmony. Credit: Master Shaw from San Francisco

### CHRISTIAN

Jehovah Elohim (hebrew) x2, Min Beesha Meeleet (aramaic) (repeat) FOr he purpose of Unification of the Divine Masculine and Feminine

Dear Lord Jesus Christ, Yeshua, my savior my redeemer, Please hear my prayer.

Have Mercy on me a Sinner, I'm sorry, please forgive me, thank you, i love you

Call on and communicate to the angels, Archangel Michael, Raphael, Ariel, Uriel, Gabriel, (this is the he/she angel of light) And for REAL BIG trouble, call on METATRON (Lucifer fears him)

To Battle Temptations: "Get thee hence Satan" Lucifer the Deceiver, Spirit of Deception!

I write this in small letters because the BIG scary guy is really a very small loud mosquito buzzing around ya! Don't let Satanic thoughts (distortions of truth) create your reality. There is a Satan. That will bring suffering.

HINDU

Gayatri mantra : Om bur buvah svaha, tat savitur, varenyum, bhargo dayvasyah, dheema Hee, DheeYoyo, Yonahh, Prachodayat. (a song to the celestial divinity that is the all pervading God)

Aham Prem Aham Prem -I am Divine Love - chant 22min