

Are you ready for the Ultimate Lifestyle Transformation?

Join me on a 21 day journey from the comfort of your home, as we explore the secrets of living a balanced and reduced stress lifestyle.

Be empowered to live in the present moment by shifting key aspects of your Physical, Mental and Spiritual life.

It is my passion to assist each and every one of you to achieve your highest potential and to experience enduring health, happiness and maintain a higher quality of life.

TAKE THE SATORI 21 DAY JOURNEY

Designed to guide you through a Physical, Mental and Spiritual Journey of self-discovery and personal Empowerment. This program is for all levels and will enhance your awareness of adapting a healthy balanced lifestyle. Allowing you to have your own experience and or aha moment to wellness

Follow these guidelines every day for 21 Days and watch the magic transpire.

The Items below are available online

www.seyoga.com and www.earthshiftproducts.com

☉ **Practice the Power Flow Yoga**

☉ **Smudge your aura every day and do the following:**

1. **Take 4 short breaths**
2. **Then take one long breath**
3. **Pull the breath in and out through your nose**

Do 4 sets of 5 breaths, for a total of 20 Breaths

☉ **Eat a daily CoCalm Chocolate**, designed to bliss you out

☉ Feel the joy of a daily **Coconut Oil Pull**

☉ Smell **Aromatherapy** during your daily Power Flow Yoga

☉ Explore the power of cleansing your internal body by adding **Diatomaceous Earth** once a week to your journey

☉ **Avoid eating animal** products, if you wish you can eat fish. Visit www.peta.org to find out why you should not eat animals. Watch “the rave diet” DVD

☉ **Avoid junk food, canned and food cooked a microwave** (microwaves kill most of the nutritional value), eat fresh **LOCALLY GROWN** foods, lots of fruits, vegetables and no dairy products. Rice and yummy coconut milk is a better than processed cow's milk

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- ☉ Remember **to bless your food** and be thankful
 - ☉ **Avoid alcohol** or keep it to a minimum. Do not smoke; take any medicines or drugs during this time. (Only medication necessary and prescribed by your physical
 - ☉ When you experience negative thoughts or emotions, **change them to positive**. Recognize the emotion you are having, and do not react the way you always react, change your reaction to be one of love and acceptance. Think happy thoughts. Watch “The Secret” www.theseecret.tv
 - ☉ Replace any feelings of fear with **excitement**
 - ☉ **Write inspirational words** on your water bottles, such as LOVE, JOY, ABUNDANCE, HAPPINESS, BLISS or whatever words resonate with you
 - ☉ Watch DVD What the “Bleep do we know”
 - ☉ **Have as much fun as you can every day**, if it does not bring you, Joy, Nourishment and Empowerment, don’t do it.
 - ☉ **Every day meditate** on transcending your senses: sight, sound, smell, taste and touch
 - ☉ **Keep a Journal** of your Journey and monitor your Physical, Mental and Spiritual state
 - ☉ **Don’t judge** others; see all with love and compassion. Be an example of peace in the world

Now, if you truly stick to this regimen for 21 days, you will feel much, much better than you feel right now!

Your body will detoxify, your muscles will gain energy and flexibility, your digestive system and liver will get a break and be functioning optimally, your skin and hair will benefit, your heart will benefit, and your overall mentality will improve.

Spiritually you will find a new world to live in, as this is **Heaven on Earth**. I would love to hear from you and how your Journey is going and if you have any questions please email me at satori@satorijourney.com

"Its not where you go, its how you feel for a moment in your life and allowing that moment to last forever." Satori