Transform Your Life Workbook

"All the water in the world can't drown you unless it's gets inside of you." Eleanor Roosevelt must have known exactly what it's like to live in the 21st century!

Today we are going to talk about how you can keep the water from getting inside you with the power of your mind.

My name is Jenny Harkleroad and I am the founder and owner of Balanced You. I'm am an author, speaker and subconscious change expert. Before starting this business, I was a top real estate producer in San Diego producing double digits in the millions. I had it all, but I was suffering with chronic pain and major relationship stress in my marriage and from my childhood. I was putting on a brave face but my "ship" was going down.

Some of you might be doing what I was doing. Putting on a happy face and just pushing through with your struggles.

In business and in life we all have lots of stressors. Think about the #1 stressors in your life. What's the number one stressor you could do without? If it's the person next to you, please don't point. :)

That one stressor has the potential to stay a small leak in your ship or turn in into the titanic. Why wait and see how bad the leak gets and spend your time and efforts daily bailing water. You can get rid of the "leak" with the power of your mind.

In my experience with hundreds of clients in my office, I have seen that these #1 stressors cause a broad spectrum of pain. Physical pain, mental pain, emotional pain and even spiritual pain. These pains show up as stress, fear, worry, depression, anxiety, trauma, drama and dis-ease.

And, if you are like most of us, I'm guessing you've got more than one stressor. Let us help you manage the impact of that stressor. Stressors affect your bottom line as well as your relationships and your happiness. We can't think lack and prosper.

Think about a lemon. Imagine cutting it up and putting one of those lemon slices in your mouth and chewing it up. What happens when you think about chewing up a piece of lemon? Your mouth waters! Thoughts are things with a real live effect on our health and happiness, finances, relationships and pain.
Our bodies and our minds are one. What effects the mind also effects the body.

One day my husband was having an apparent, sever, hay fever attack. When an allergy shows up, we find in the subconscious mind that the effect is usually an emotion, not a physical thing like a food, plant, pollen or dust. We did a subconscious change process for my husband for his system to change his percept of the event that was causing this reaction. Immediately, his eyes that he could not previously open, because they were stinging so bad, opened wide and the red drained out like I was watching a cartoon. He reported he felt 100% normal and went on with his day. The mind body connection is fascinating!

When people come into my office I find they have 3 serious issues.
#1 Their thinking!
#2 Their thinking
#3 Their thinking!

We can help you tap into the power of your subconscious mind and change your thinking. The subconscious is one million times more powerful than the conscious mind. Unless you tap into that power, it's near impossible to change your life. What we do is not woo woo, it's science. We train with international teachers that include medical doctors, osteopaths, kinesiologists, and cellular biologists. Jeffrey Fannin has done extensive brain mapping on what your brain looks like before and after a session. New neuropathways are formed with a whole-brain state that is created during the balance process.

In the absences of the understanding of the power of the subconscious mind, nothing will change. Sure, life will go on. But why live with all the fear, worry, doubt, stress, pain, troubles and struggles. You can live without all that by

reprogramming your subconscious mind. Why let that leak in your ship keep flowing? Reprogram your stressors so that they go away.
That way, all the water in the world can't drown you because it's never going to get inside of you.

How do you change the subconscious mind? You start by figuring out what you want different in your life. Most of us know what we don't want but what DO we want?

Ask yourself these questions:

1. What IS working in your life?

2. What's NOT working in your life?

3. What do you want to be working in your life?

*****If you'd like to discuss your answers and how we might further support you in moving forward with your goals, schedule a complementary Balanced You Intro call here, http://balancedyou.org/book-an-appointment/.