

DARE TO BE LIMITLESS WORKBOOK

Embody Ease and Abundance



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DAY 1: STEP INTO INFINITE POSSIBILITIES.

MOVEMENT: MOVING FORWARD.

AWARENESS TRAINING: ARE YOU FIXING OR BECOMING?

You are divinity expressing itself in time and space.

You have infinite powers and can have new possibilities for your future.

Our nervous system protection mechanisms cause us to be stuck in a limited version of ourselves.

Don't let fears limit you.

Game changer 1 from Superpower Your Abundance Program:

Release stuck energy and unconscious patterns to open up new possibilities.

HOMEWORK:

What is one new possibility you want to step into? What will you feel and experience when this new possibility becomes a reality?



DAY 2: ACCESS QUANTUM FIELD

MOVEMENT: DROPPING INTO YOUR CORE.

AWARENESS TRAINING: ARE YOU IN YOUR HEAD OR IN YOUR CORE?

The Quantum Field holds the infinite potential for us to actualize our wildest dreams now.

Every moment in the Quantum Field is a fresh start and is filled with infinite possibilities.

Don't let your past limit you.

Game changer 2 in Superpower Your Abundance Program: Plug into the power source for direct access to ease and abundance.

HOMEWORK:

Describe one area of your life that needs transformation then imagine giving yourself amnesia. How will you feel if you don't remember the past? What will you do to live your dream life?



DAY 3: ENJOY EMOTIONAL EASE.

MOVEMENT: SHAKING AND SOUNDING.

AWARENESS TRAINING: ARE YOU IN RESISTANCE OR IN LOVE?

Emotions are love from the Universe.

Happiness is innate. Suffering requires practice.

Your unproductive or destructive behavior is just a habitual response to an unbearable emotion.

Don't let emotional discomfort limit you.

Game changer 3 in Superpower Your Abundance Program: Move through resistance to make different choices from moment to moment and take massive actions to reach your goals.

HOMEWORK:

What is a potential pattern interruption you can do when trapped in an old emotional pattern?



DAY 4: MANIFEST MAGIC.

MOVEMENT: ENERGY SCOOPING.

AWARENESS TRAINING: ARE YOU OVERTHINKING OR TAKING ACTION?

A Quantum Leap requires that you do something differently, instead of working harder on what's not producing your desired outcome.

Action brings clarity because it activates inner guidance.

Don't let your current reality limit you.

Game changer 4 from Superpower Your Abundance Program:

Reference points for Quantum leap. You need new tools and new approaches to make massive changes.

HOMEWORK:

What wildest dream or idea or prompting do you have? What small first step will you take?



DAY 5: MONEY IS LOVE.

MOVEMENT: PAT YOUR BODY.

AWARENESS TRAINING: AM I MAKING DECISIONS OUT OF LACK OR ABUNDANCE?

Abundance is an inside job.

"The essence of trauma is disassociation." - Bessel Van Der Kolk from the body or situations.

Money is all about intimacy.

Don't let your mindset of lack limit you.

Game changer 5 in Superpower Your Abundance Program:
Abundance reprogramming to embody ease and abundance.

HOMEWORK:

What are easy ways to use your talents? What other income streams can you come up with?
