



# THE BREAKTHRU BE WOKE SAMPLE PLAYBOOK

*Your 4 day starter antidote to  
coping with the impact of the  
global healthcare crisis*



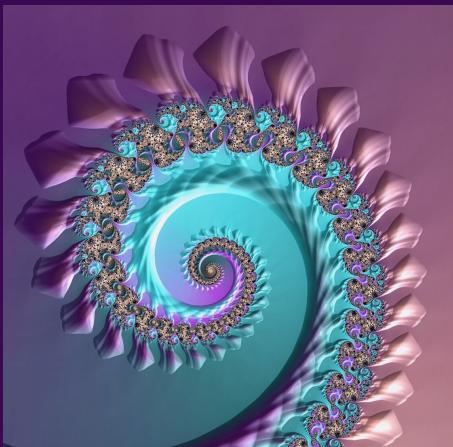
# **How to use the Sample Playbook**

To get the most benefit, we suggest over the next 4 days, you do each exercise and add it onto the next one. The intention is that by Day 4, you are doing all 4 exercises daily.

## **Day 1**

### **How to Use the Weekly Mantra**

To start your week in the most powerful way, say this mantra out loud. This will raise your vibrations and therefore help your immune system to stay strong.



# Day 1

## Weekly Mantra

**YOU are a powerful being of  
Divine Light. Your magnificence  
shines both  
far and wide. Let this week be  
full of happiness, love & joy as  
you begin to see just how  
effective and powerful you truly  
are. Embrace  
your passions and let your  
happiness spread to all you  
meet!**

# Day 2

## How to Do Alternate Nostril Breathing - Nadi Shodhana

This breathing technique can settle your mind, body and emotions.

Alternate Nostril Breathing comes from the Yogic tradition and is simple to do at home for yourself.

Go to the link on the next page to access the video which will guide you through



# Day 2

## Nadi Shodana



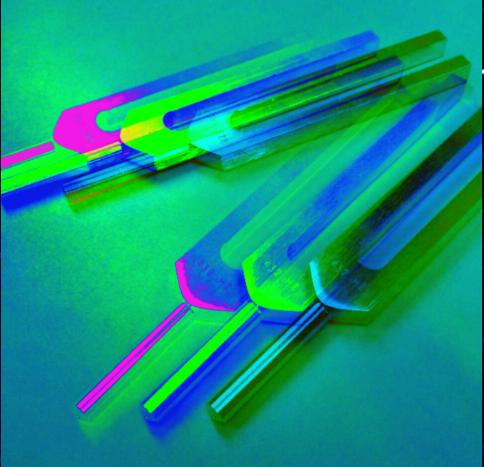
go to the link below:

<https://youtu.be/An6o9ls-GQU>

# Day 3

## Using Your Emotional Energy Pro-actively

Scientific research shows that our emotional states are contagious. You can catch anxiety. This is due to Sympathetic Resonance. All of our emotions are waves of energy, just like the sinewave you see when you look at a heartbeat graph. The same waves can amplify each other. This means that if you are even a little anxious, speaking to someone who is extremely anxious can make you very anxious too.



# Day 3

## Tuning Anxiety Out

**Visualise a tuning fork in front of you vibrating with any fear or anxiety you are holding. Imagine that you are receiving that vibration in your body as if you too are a tuning fork. Now feel your own vibration switch to a feeling of calm and at the same time visualise the other fork switching to the vibration of calm too. Feel the amplified sense of calmness flood through you.**

# Day 4

## Use Journal Questions

Write down your thoughts about the following statements...

I am in charge of my life, my attitude and my career.

I love and trust my instincts and I am taking aligned action everyday towards success.

The obstacles I face are not meant to hurt me, but to help me gain strength and up-level my life.

I am moving towards my idea of happiness, success and reaching my goals, one step at a time.

# **Please give us some... Feedback on Your Experience**

**How did these exercises in the  
playbook affect you?**

**Were they helpful in helping you  
embrace your power?**

**Did they give you a reason to  
pause and think about better  
ways of moving forwards into  
resilience and calmness?**

**Do you have any  
recommendations on how we  
could make this a better  
experience for you?**

# **BE WOKE**

**Julie Saillant and Ildiko SpinFisher  
bring you bite size dips into our  
awakening consciousness**

**The Breakthru Be Woke Sample Playbook** is brought to you by the Be Woke podcast.

Pre order the full 30 day **Breakthrough Be Woke Playbook - Your Daily Source for Rising Above a Global Crisis**

go to the link.....

**<http://www.liferetuning.com/the-breakthru-be-woke-playbook/>**