

Rewiring Beliefs



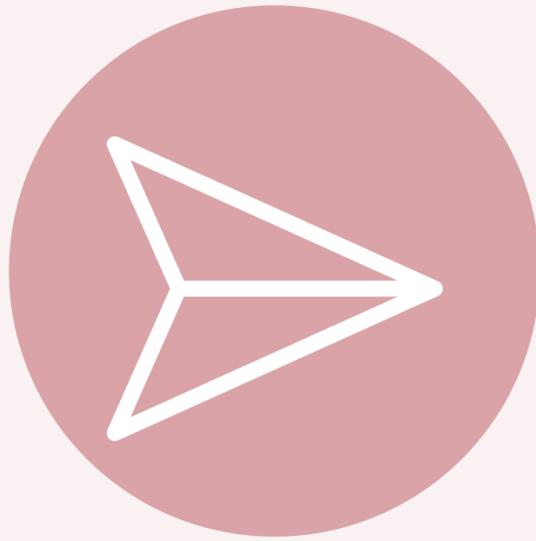
SUBLIMINAL BUILDER

a 5 day launchpad to embodying your next iteration of you

Day 4

WWW.GEMMAVERIFIED.COM

TODAY



Step four: Reflect + Send

Answer reflection questions and send. me the audio files.



04 Reflect + Send

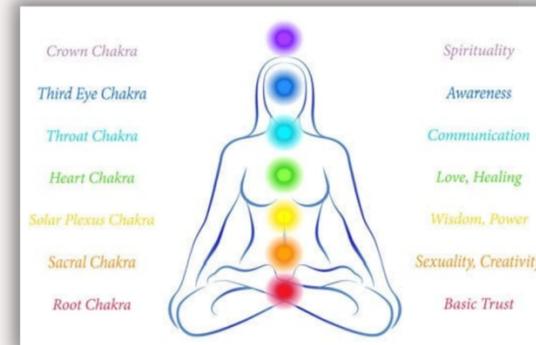
CONGRATS! You did it!

Okay, this part is pretty simple: look at the questions on the next page, and then fill out the google form submitting your audio recording, music preferences, and answer the form questions!

Here we go!

QUESTIONS FOR SOUND MIXING

- In this process, was there a particular chakra you felt : if it could be supported just a little more, you'd be embodying what you want faster? Or perhaps have you been told/ sensed you have a certain chakra that needs support?
 - Crown - connection to spirit
 - Third eye - inspiration & insight
 - Throat - manifesting & speaking your truth
 - Heart - love, self love, worthiness
 - Solar Plexus - power
 - Sacral - creativity
 - Root- security & safety



- Will you be listening with or without headphones at:
 - Meditation time
 - When you're doing work around the house/ on your business
 - When you sleep
 - PS: yes you are getting multiple recordings– each you can use at different times and will support you in being in that mind state– I'll be mixing them with isochronic tones or binaural beats : I'll know which to use based on when you use headphones or not.
- If you have a favorite song (no singing/ no vocals) feel free to share the YouTube link with me, otherwise I'll pick. Make sure it is something you wouldn't mind hearing on repeat every day for the next 90 days. You can pick 3 if you wish for the 3 times listed above.
- Think about if you would prefer to have rain sounds, white noise, or a soothing melody playing while you sleep? You can also opt for "soundless" subliminals for sleep.

Upon completion fill out the answers and upload here:

<https://forms.gle/532VpNN8Rq1fDpXo6>

Chakras + Shadows



- Think of each chakra like a mini brain with its own consciousness
 - having its own thoughts + beliefs (independent of each other and independent of your mind)
 - EG: Telling a sensitive boy "you cry like a girl" : boy shuts down what makes him sensitive: Heart Chakra
 - EG: Telling an expressive girl "you're too much" : girl shuts down what makes her expressive: Solar Plexus and Sacral Chakra

Thank you for coming to my Gem Talk

You're rising up!

