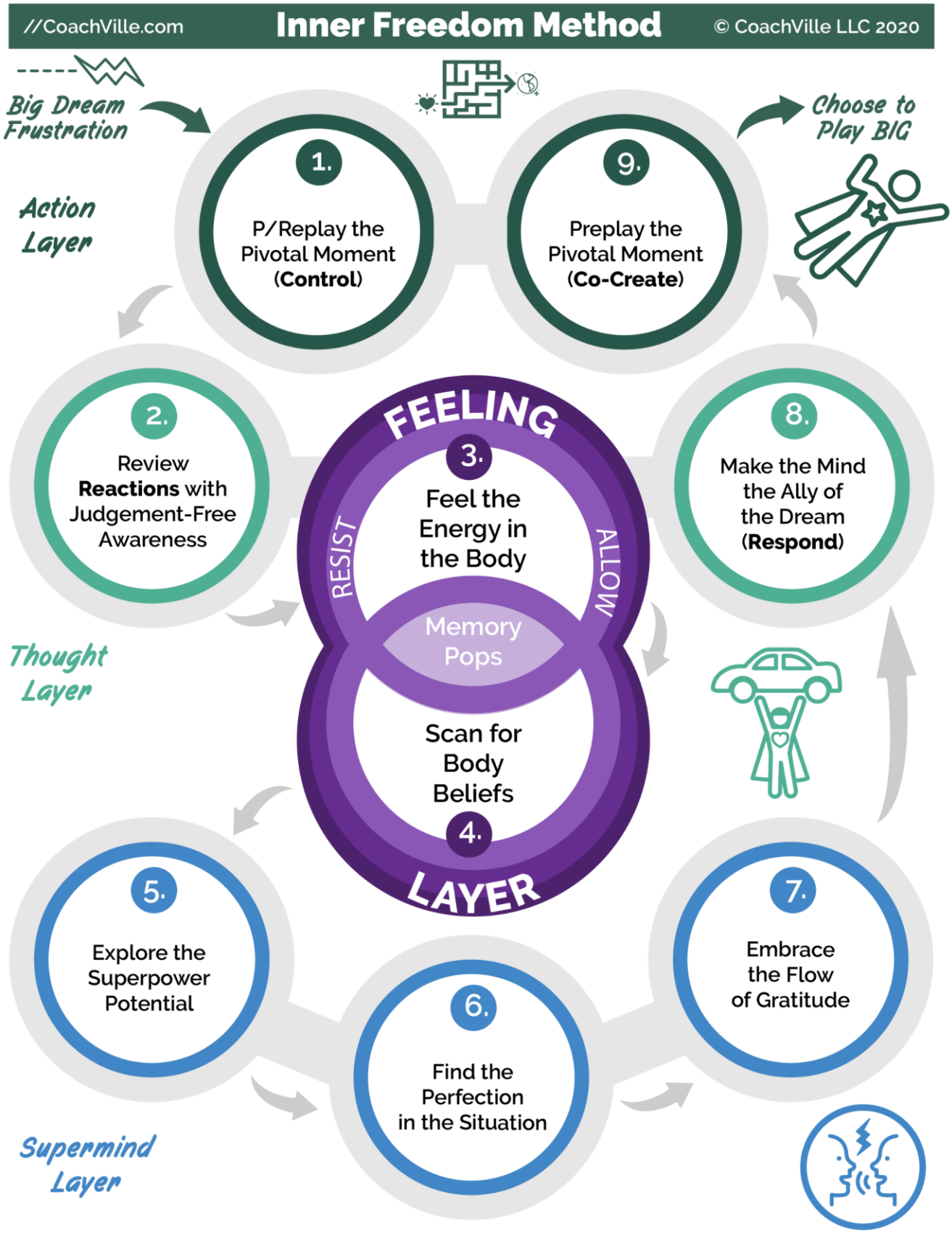
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Inner Freedom Method
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Big Dream Frustration
Choose to Play BIG
Action Layer
1.
P/Replay the Pivotal Moment (Control)
9.
Preplay the Pivotal Moment (Co-Create)
2.
Review Reactions with Judgement-Free Awareness
8.
Make the Mind the Ally of the Dream (Respond)
FEELING
3.
Feel the Energy in the Body
RESIST
ALLOW
Memory Pops
Scan for Body Beliefs
4.
LAYER
Thought Layer
5.
Explore the Superpower Potential
6.
Find the Perfection in the Situation
7.
Embrace the Flow of Gratitude
Supermind Layer