

6 Day Emotional Rescue Kit



Shifting Exercises, Meditation Prompts and
Tapping Scripts for You to Feel Better,
More Confident and Energized

I am glad you are taking extra steps to feeling better and advance your manifesting skills.

This 6-Day Emotional Rescue Kit is for women who had tried manifesting unconditional love and acceptance and found difficult to 'just do it'.

I get it!

We all had been there. Feeling hopeless, not seeing results of our hard work, pushing and pushing. It is okay. You are in a process. No time or effort has been wasted. What you need is a little help with resistance and a simple routine to get you back on track.

That is what this Kit is here for, for you to regularly apply the proven techniques to release resistance and gain extra energy and motivation to act with faith and confidence.

I know you will enjoy this routine and see the evidence of your dedication in a matter of days.

With love always,

Lira

Day 1

Focus Meditation:

How to do it: sit quietly in a nice safe place alone and contemplate the statement for 3-5 min. If you are new to meditation, your job is just gently return your focus back to the statement if your mind begins to wander. If you are an experienced meditator, you can always increase the time of your focus and enjoy feeling your renewed energy.

*I am focused and I am sharp.
I am at the top of the mountain.
I see my life easy, joyful and with a purpose.
I love what I see.*

Tapping Routine:

How to do it: watch the video for demonstration, follow the script and feel free to add by expressing your coming up feelings while you tap.

Tapping on the side of your hand:

*I am here to make a difference.
I am taking my life and myself as an example of what I can do.
I am an old powerful soul, ready to serve, ready to be at use.
I am ready. I am ready.*

Start tapping on the face points going to your heart:

*Sometimes I am doubting myself and feel lost.
Sometimes I am really frustrated not seeing any progress.
I feel disappointed and impatient.
I truly and entirely accept myself with those feelings.
I am where I am.
I forgive and love myself for that.*

Tap on the top of your head:

It's okay.

Continue tapping on the face points going to your heart and the top of your head:

*I wander what is next for me.
 How would I feel
 what would I do
 How happy and fulfilled I will be
 I feel that very soon things will change for me.
 I am ready to start feeling different
 I am ready to use my powers and manifest all I want.
 I am on my path.
 I am serving.
 I am here to make a world a better place, make an impact,
 I am ready to embrace my purpose and create miracles.
 I am a magician
 Today I will create a beautiful day
 I will choose to attract miracles
 I am in a process of attracting beauty and grace
 I am an invitation
 I am open
 I am ready to receive
 I am grateful
 Thank you.*

Visualization:

How to it: simply sit in a quiet place alone, close your eyes and imagine the following. Make the picture in your mind as colorful and detailed as you can. Remember to enjoy everything you see and get into the feeling of what is going on.

*You are doing your work and you receive an invitation to an event.
 You are at the event and you meet a new friend/friends.
 You tell them about yourself, and they smile and want to talk more with you.
 You feel confident and inspired.*

Day 2

Focus Meditation:

*I am present.
I am on the top of my mountain.
I am a mountain.
Today is the day I see myself.
Today I am present.*

Tapping:

Tapping on the side of your hand:

*I like being present
because it feels safe
because it feels easy
and I am in control.
Being in a present moment gives me a lot of power.
I would like to explore what is it like to be so powerful.*

Continue tapping on the points:

*I am in control of my breathing
I can feel my lungs fill up and expand
I can feel air coming out of my mouth when I speak
I hear my voice
I hear my words
I hear my thoughts
I feel my feelings
I feel my body
I am here
I am now
I am present
I am in control
I am safe
I belong here*

*I belong to my present
 I matter here
 I matter in my present
 My present is now
 My present is good
 I am all good*

Continue as long as you feel like adding what you see, hear, feel and experience in a present moment. If you feel like your mind is wandering, please, add “ I feel/think.... and I entirely accept myself for that”, then get back to presence.

Process:

A Round of Appreciation

- 1) Find something near by, that you can see, and feel good about.
- 2) For 3 minutes write what are you appreciating about it.

Commit to doing this exercise at least once a day for a week. You don't have to always write your appreciation down, just say it in your head (or out loud, if you want).

You can play with this process. When you are talking to somebody else, you can start just appreciating something (like weather, or nature, or some person, or event, or situation, some outfit, your's or else's), kind of incorporate it in your conversation (3 min.) and see how the flow of the meeting will shift. :-)) They won't know what got them :-))))) But we will :-)))))

Have fun with it!

Day 3/4

Meditation Focus

*I am in a safe cocoon resting.
 My mind, my heart, my intentions are sleeping.
 I am all at peace.
 Today I take a moment to rest.
 Today I am peace.
 I experience myself in a flow of peaceful energy of Source.
 I am the Source.*

Process:

A Round of Appreciation.

Tapping:

Begin with face and keep going.

*Today I am peace.
 I am source.
 I am what I am
 Still,
 powerful,
 connected
 beautiful,
 enlightened
 and ready
 I am what I am
 I am source
 I am ready
 I am at peace*

You can continue tapping on feelings that come up for you, accepting every one of them, loving yourself for each and one of them. You are getting ready for manifesting.

Day 5

Meditation Focus:

*My mind belongs to light.
My heart belongs to light.
My path belongs to light.
It easy to follow, it is easy to be, as I belong.
I am light, enlightened, and I belong.*

Journal:

How to do it: Start (or continue) a journal and write down the answers to those questions.

What matters to me?

Write down 3 main things in life that really matter to you. Write down why. Why do they matter?

Day 6

Meditation Focus:

*Today is the day that matters.
I matter and every day of my life matter just because it is my day.
I enjoy the easiness of being me. I love feeling myself as I am.
I love myself.*

Journal:

You have everything in your life right now. What are the three things you would want to share with other people?

Write them down and tell why. Why would you want to share those things? Why do they matter? (Watch out for the essence, the feelings those things will awake in other people. Enjoy yourself.)

Congratulations!**You did it!**

This 6-Day Emotional Rescue Kit is just an example of how you can shift your feelings and ultimately your energy in a matter of days. There is so much more to explore. This is just a beginning.

MORE GIFTS FOR YOU!

- 9 min Audio a Self Love and Acceptance Affirmations for you to continue with your good work. Listen to this recording daily and reinforce your commitment to feel happy and fulfilled in your life
- Powerful Manifesting Mantra to help you attract people and opportunities into your reality
- A set of awesome affirmations for you to educate and re-train your mind to be your loyal and helpful friend



*Click to get your
Self Love and Acceptance Affirmations to Change Your Life*

Manifesting Mantra

Write this mantra down and surround yourself with these healing and advancing words.

*I am
positively expecting
great results,
no matter what
I see in front of me.*

*The universe
is rearranging itself
for my highest good
right now*

Mindful Affirmations

This what you want to know and feel about yourself!
Put your hand on your heart and repeat daily in front of a mirror:

I love myself the way I am.

I deserve love because I was born into this world.

I am the source of my love.

My loving thoughts heal my heart and my body.

My mind receives the love of the Universe and guides me to my loving self.

I am the source of my love.

My life is an unfolding adventure.

I choose peace and warm loving feelings.

I know I am all good and had always been.

I know the Universe is listening to my command.

I command happiness.

I am here to receive happiness.

I am here to love myself, my world, and my peace.

I am happy now and from now I can love and live and be in peace.

From now I am attracting peaceful loving feelings.

I am in a process of healing and growing.

My spirit has strength and power to overrule my past.

I listen to my spirit and I trust myself to be strong.

I am strong.

I am feeling so much happier now I know I am always cared for and looked after.

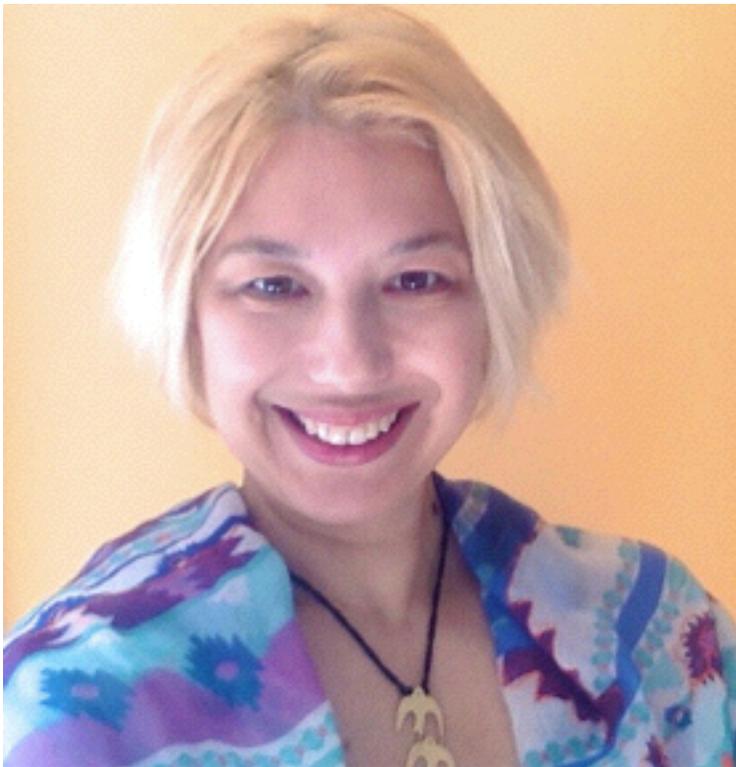
I am feeling happy and strong because I am connected to myself.

If you have any questions about the processes or my services [contact me here](#).

Here is a little preview of what to expect on the Level 2 and Level 3 Boost Your Love Appeal Course.

Level 2 is a **7 day Guide to Femininity Video Course** accompanied by an awesome Workbook and extra Bonuses, and a Level 3 is called a **10 Step Guide to Femininity for Professional Women** and it gives you 10 exact tools and exercises to have an awesome deeply fulfilling experience of farther exploring what feminine means and how to do it.

You know me by now, but here is a little reminder:



I am Lira Kay, a Psychologist, Therapist, Law of Attraction Coach, a Speaker for Women in need of support and guidance, a Spiritual Transformation Expert. A Woman in Love, a Mother (of five beautiful daughters), a Wife to an awesome Man, Your Teacher and Your Cheerleader on your way to your true Feminine Self. "

I love YOU with all my heart and wish you happiness and freedom, love and confidence. I believe in you, and I am here for you.

Click to get your immediate access to :

- Workbooks with tools and exercises proven to get results, improve your relationships, boost your self esteem and confidence, be more positive and productive
- Videos and audios to guide you through all of the process and exercises
- A big bonus package Love and Acceptance Kit for dealing with anxiety, procrastination and fear of being alone for women who need extra help in releasing the emotional hurt of their past
- Extra tools, guided meditations, videos and tapping scripts and demonstrations for women who sign up now

SIGN UP FOR YOUR LEVEL 2 & 3 COURSE CLICK HERE

- 10 Step Guide to Femininity Workbook
- Video Course to guide you through specific Love Appeal Boosting Exercises
- *Bonus* Dealing with Anxiety, Fear of Being Alone and Settling for Less Toolkit

Your Bonuses:

- How to De-stress, Revive and Live with Passion Blueprint
- Workbook with your Don't Settle for Less exercise
- Video to learn a cutting edge technique to release negative feelings, self criticism, guilt, doubts and fears
- 3 Tapping Scripts to feel immediate relief and *boost of energy, motivation and love*

AND MORE:

Go on watch my invitation video

listen to the audio preview of the course NOW

[SIGN UP FOR YOUR LEVEL 2 & 3 COURSE CLICK HERE](#)

With lots of love,

Lira