



BOOST YOUR LOVE APPEAL

Level 1

Guide to Unconditional Love
for Professional Women



Welcome to your *Guide to Unconditional Love* course!

I am so proud of you for taking this positive step towards knowing and loving yourself and making a world a better place through your embracing your own happiness.

Everything starts from your loving yourself, giving to yourself, caring about yourself. Once you claimed your power by taking responsibility for the way you feel, you will see the desired changes occur in your life.

Love, opportunities, rewards come to people who are capable of accepting them. You become capable of accepting all the goodies that the Universe has in store for you without some huge effort and hard work on your behalf only if you master the unconditional love.

Please, start with forgiving yourself for living under the spell of your upbringing, media, and open up to possibility that you, in fact, deserve happiness just because you were born. You don't have to prove you are good enough to receive and feel free, joyful and on purpose. Just think about sun and air you have plenty of, you don't think you have to deserve that. Right?

Well, same works for love. It does!

There is plenty to go around and you are here in this world to experience it.

I am going to gently, yes, really gently, guide you to unconditional love. On this course you will start taking your first steps to liberate yourself from the very natural resistance to accepting love. I will explain to you why it happens and show you exactly what to do with it.

I am genuinely happy for you being here for yourself! You matter! You matter to me.

Give yourself an uninterrupted 30 min to watch your videos and do the exercises and assignments. Let this course be your claim to happiness, peace and love.

Enjoy,

with love always,

Lira

Part 1

Break Through Negative Thinking

On this course I propose you to try Emotional Freedom Technique (tapping) to breakthrough a very natural habit of thinking negatively about yourself and release some of the negative feelings and thoughts you already have.

You need to say out loud what is on your mind, talk about your feelings. You can exaggerate to really get into the place of feeling so you get to be emotional and genuine. At the same time you need to tap on the special points on your face and body. Watch the video to know exactly where to tap.

Here is the script I am using in my video. With experience you can use your own words and address any issues you have. It is absolutely safe and 100% helpful to express what you feel. As a therapist I also know that being in touch and expressing your feelings is essential for emotional and also for physical healing. And let's face it, we all could do with a little healing in our lives.

Start tapping:

*I am fed up with thinking badly about myself.
I don't like to criticize myself and say rubbish things about myself every day.
I want to feel better.*

*Sometimes I criticize myself to much.
I want to be perfect.
I wish I could be perfect.
I wish I could be more beautiful.
I wish I could be smarter.
I wish I could do everything much faster.
I wish I was perfect.
Why am I such a klutz.
Today I didn't do my work properly.
I procrastinated.
I lost so much time.
And I could have been so much nicer to my family.*

*Why did I have to loose my temper.
I am not perfect.
I don't like it.
But however with all that
With not being perfect
With doing the wrong things
At the wrong time
I entirely and unconditionally forgive myself today.
With all those imperfections
with all those negative feelings and thoughts
I am trying to feel better.
Feeling better makes me stronger
makes me kinder
makes me more productive
I like feeling good about myself
I wish I could do it more often.
Today I will start.
Today I will feel a little bit better about myself.
I know how to forgive.
I can just say.
I entirely and unconditionally forgive myself today.*

Take a deep breath and enjoy your changed energy.

**Download your 6-Day Emotional Rescue Kit for more tapping scripts
and exercises to help you farther advance your self love practice**

Your password is:

love

Part 2

Ease and Purpose Activation Tool

You **MUST** prioritize. Make yourself your number one priority.

1) *What is your to do this for this week?*

Write down your list of 6-10 things, events, actions you planned.

2) Now examine your list and ask yourself about each entrance of your list:

Who am I doing it for?

For example, if the first thing you do in the morning is checking emails and answering them or going on Facebook where you get caught up in somebody else's affairs, you need to stop this.

You can spend that same time meditating in your garden, listening to positive affirmations I had given you (re-program yourself to attract new people, opportunities, money , love for yourself). You can spend that beautiful morning hour doing something to advance your own business or career. You can spend that awesome time with your loved ones, giving them and to yourself the love that is essential for your well being. Make those important phone calls, make the connections with real people. Whatever makes YOU happy.

Honestly, emails and FB can wait. Move that task for the afternoon or evening, when your energy is not at its best.

The best energy is meant for you! It is not for you to interact with your computer screen.

Bonus Exercise

Identify your most urgent needs:

1

2

3

What you are going to do TODAY to feed your needs?

1

2

3

Example:

One of my clients didn't feel appreciated in her marriage.

I asked her: how can you appreciate yourself?

My client was surprised when she realized the connection between her inner reality and her outer reality. She understood that no one can appreciate her before she does it herself.

Ultimately taking responsibility for feeding her own need for being appreciated gave her power to change the situation. One of the things on her list was writing daily in her journal everything she had done that day and expressing gratitude to herself for being so skillful and capable.

She was surprised when only in two days her husband complimented her and said how lucky he is to have her as a wife.

The proof is in the pudding!

Start feeding your own needs and see how differently you will show up in relationships and in your work.

Part 3

Take Inspired Action

What are the actions you are ready to take to love yourself more, to advance your career, to attract more love and passion into your life?

1

2

3

4

5

Dealing with Fears

Identify what are your biggest fears:

1

2

3

Remember your mantra:

I am in the process

What if Exercise

Start projecting and visualizing the good outcome.

What if everything is absolutely fine?

What if everything I am doing is absolutely right?

Continue by writing down at least 10 great outcomes. Be creative, daring and hopeful! Start each sentence with WHAT IF...

1

2

3

4

5

6

7

8

9

10

Solving Inner Conflicts

Identify your most obvious inner conflicts.

N1

N2

N3

Solve your inner conflict N1

Write down 9 other choices you have

1

2

3

4

5

6

7

8

9

Solve your inner conflict N2

If you are totally free to be what you are, what is your ideal relationship?

Solve your inner conflict N3

If you are totally free to be what you are, what is your ideal job/career/next move?

Identify your 'poor poor me' story.

1) *Write down your old story.*

2) *Make an intention to liberate yourself from your old story. Declare to yourself and the Universe:*

I am in a process. I am moving forward.

Download more tapping scripts and tools here. Your password is: **love**

Commit to break through your resistance, conquer your fears, solve your inner conflicts and keep growing and evolving into your best possible self.

I believe in you!

I love you!

Read farther how to continue your self love practice and advance your skill of manifesting your beautiful life.

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 with 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 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 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 HERE

With all my love, dedicated to you,

Lira