



Ep 3: Emotional Acupuncture, Clairvoyance
(And That Time Paul McKenna Hypnotised Me In A Broom Cupboard)

Identify some things from your past that still have a hold on you. Hurts, disappointments, grudges and resentments.

What's the cost of holding onto this? Does it cost you confidence, self-worth, energy, peace of mind, the ability to truly love yourself and others?

What if these experiences were designed deliver you something valuable or contained a deeper wisdom or hidden gift? What might that be?

Imagine what it would be like to feel absolutely neutral about what's happened with no physical sensations or emotional reactions when you think about it. How would it FEEL to be free from these past hurts completely?

What could open up in your life if you released this? What might be possible?

Have you ever tried any of the modalities out there to help release the past? Are you open and willing to try any of them?



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To find out more about my 4-week **High Vibe Journey** programme, go to www.myprojectme.com/high-vibe-journey

If you haven't yet got the free **Project Me Life Wheel®** head to www.myprojectme.com

Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of autopilot and consciously creating their lives.

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