

21-DAY HEALING PLAN WELCOME

INTENTION

The Intention of the healing plan is to create an entry level guide to healing. Within this plan/course are exercises that will allow you to go within to heal parts of yourself that are stopping you from evolving. The foundation of the 21-Day Healing Plan is structured and centered around the 7-Chakras/Energy Centers in the body. The 7-Chakras/Energy Centers in the body are a direct blueprint and guide to keeping our soul and ego in alignment. When one or more of these are depleted or off balance, WE ARE OFF BALANCE

"DON'T ALLOW FEAR TO BE THE DIRECTOR OF YOUR LIFE" ~ MECCA FREEMAN

HOW IT WORKS

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WELCOME

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