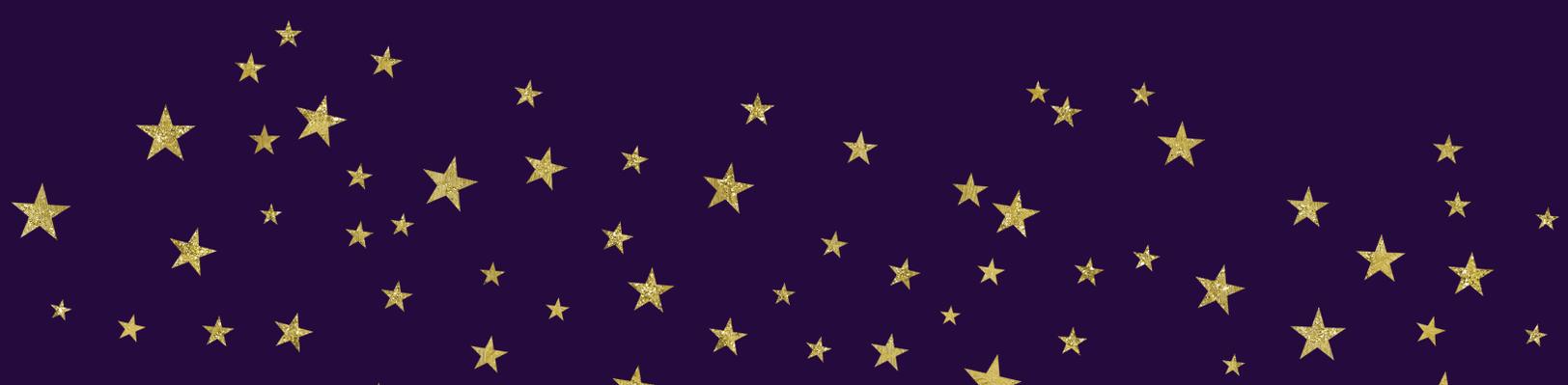




HELLO DARLING



my evolution journal



Introduction

I have been teaching this eight weeks to restart for several years. First, I practiced myself, and then I started teaching what I found has worked for me. I humbly share, and I hope you find it beneficial.

Eight weeks to restart is a self-directed program to reconnect with yourself to find peace, awareness of yourself, your surroundings, and your relationships, and aim to live in harmony.

Different traditions have similar concepts about what our needs are as human beings. In the Vedic system, these are called koshas, layers. There is a similar conception from Vedic and Buddhist traditions to the Jewish Kabbalah, and psychology.

These eight days will be based on these basic needs: Physical, Vital Energy, Mental, Intellectual, and Bliss.

The **Physical** aspect refers to the body, the food you need, water and air, sleep, sex, and all necessary for the body to function.

The **Vital Energy** controls your life energy, your need for security, work, family, health, and other resources to sustain your life.

The **Mental** layer refers to seeking knowledge to think better, your power of will related to wish, and the desire for prosperity. When these needs are satisfied, love and belonging will emerge.

The **Intellectual** layer aims for each person to attain inner awareness, self-discipline, and ethical thoughts and values. This layer is essential to satisfy your self-esteem, self-confidence, self-worth, strength, capability, and feelings of adequacy to be in the world.

Lastly, the **Bliss** layer is the connection between the physical world and the ethereal, intangible world, the conscious and unconscious, life on earth and eternal, time and the timeless. At this stage, you become your full potential for the closest to the full potential.

These layers are not sequential but continuously interact and manifest together for you to evolve and grow.

I invite you to connect with each aspect of yourself for the first five days and in the last three days, you will connect all of them. Join the adventure!

Listen, observe, study, and work with genius and intelligence, for you will become free.

The Practice

Wear something comfortable. This practice will evolve with a few steps to help your mind into the course. I called them rituals, but choosing your word is up to you.

Bring awareness to your breath.

Choose if this particular day you want to sit in silence without interruptions, you want to go for a walk, or you want to sit in a chair to contemplate nature. The choice must be comfortable and help you to be present and relaxed instead of creating any kind of discomfort in your body.

Bring awareness to your breath.

If you are in your room, you can use an aroma; control the light and temperature. If you're outside, choose an area you love, a beach, a forest, a park, walk without headphones, and keep your phone silent. Dedicate this time to yourself.

Bring awareness to your breath.

Consider raising thoughts a passing cloud in the sky whenever they interrupt the silence. Acknowledge the thought, but do not engage. Remember, you do not engage with every single cloud in the sky; you know ideas will come and go.

Bring awareness to your breath.

Aim to hold these conditions for about 15 minutes. It could be less, or more, depending on how you feel each day.

You are embarking on the most beautiful relationship: be your best friend.

Good luck, my friend!

Claudia M Gallegos Bio

When Claudia encountered the Akashic records, she understood that it was a path to better understand herself and assist others on the path of liberation. Learning how to access the Akashic Records shaped her natural ability to perceive the subtle plane of existence.

Through the Akashic Records, Claudia helps people overcome obstacles and find new ways to live more fulfilled and happier lives. She leads classes for individuals and groups using mindfulness, self-awareness, and visualization. She is a Certified Akashic Records Consultant and Life Coach.

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Before, I'm feeling

PHYSICAL, VITAL ENERGY







MENTAL, INTELLECTUAL







BLISS







Physical

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

Vital Energy

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

Mental

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

Intellectual

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

Bliss

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

Integration

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

Integration

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

Final Thoughts

TODAY I AM FEELING...

TODAY I AM GOTING TO...

TODAY I AM LOOKING FORWARD TO...

MY AFFIRMATION TODAY

After, I'm feeling

PHYSICAL, VITAL ENERGY







MENTAL, INTELLECTUAL







BLISS



