

Thank you for purchasing *Personality Upgrade Modules*.

Please **RIGHT** click (or cut and paste the link below into your web browser address bar) to access the page with your meditations.

<http://jonettecrowley.com/PersonalityUpgradeModulesSeries.htm>

If you need any further assistance please contact: Center For Creative Consciousness at +1 303-689-9318 or email Info@JonetteCrowley.com

Personality Upgrade Modules

These meditations ensure that your personal growth and emotional health keep up with your spiritual growth. These meditations address our needs at a very practical level, assisting us with some of the blocks and pitfalls of being divine in a human body.

Releasing Negativity and Self-Criticism - This meditative process leads us to explore not the roots of our negative self-image, but the roots and results of our optimistic, powerful choices. We imbibe the energies that have given us strength throughout our life. We embed our current self with the knowledge of our innate perfection. You feel released from negative patterns and reactions.

Clear the 'Big 5' Emotions - This meditation clears the major emotions that block us. We move through acceptance, forgiveness, action and finally release of the 'Big 5' negative emotions that keep replaying in our life— Anger, Resentment, Jealousy, Guilt and Worry.



Re-patterning Habits of Self-Sabotage - We bring awareness to our unconscious patterns of self-sabotage and victimhood. The meditation lifts you into a purified and expanded Buddha-like emotional body. Absolutely breathtaking!

Being Loved and Loving - This transcendent, grace-filled meditation unhooks our emotional body from where it has attached to our pain body and blends it into our spirit body. We experience the space of adoration, radiance, enlightenment. Being One with Love. Words can't do justice to the transformation in this meditation.



Infinite flow of abundance -We end this series experiencing that abundance isn't what you have, it is where you come from. The meditation has you embodying the flow and force of abundance on every level. It is spiritually and cellularly transforming! A celebration!