



The Velocity Method

More Than Just Being Positive

You can change your current reality!

Most people feel like life and business is happening to them and they do not realize they are in control of their reality.

Your source of reality comes from within.

This means you can flip the script.

You can change your reality.

How do you change your reality?

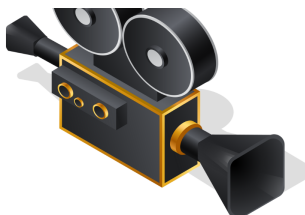
1. Be aware of what your current reality is - the movie that is playing out in your mind?
2. Be intentional in changing thoughts that are not serving you.
3. Use your Human Design and modalities like tapping, meditation, dancing, breath work, and exercise to support the new script.

Tip- You are becoming equipped with tools to help you work through those feelings and not have your identity shift due to external circumstances. You will still have bad days. You are still human!



Programming

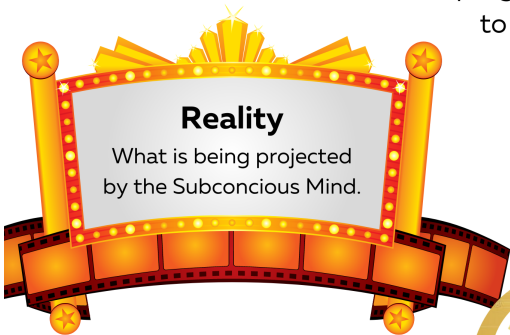
This programming can be changed starting with recognizing that you have power.



Subconscious Mind

Playing what it is

programed
to play.



Concious Mind
Watching the reality as if
you don't know it can
change..

