

Course Preview

Welcome to The Foundation of Your Finally Free Course

Please start with the program introduction video, shown below. Then watch the videos in linear order, as each video builds on the other.

The Foundation is the heart of this experience. It is the same for every course, and I use it for everything I teach.

The Ad On then comes at the end, and is listed below. It addresses your specific challenge, and is meant to be watched last.



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[Audio Version of The Foundation Intro](#)

[Written Program Introduction](#)

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Ad On

- [PTSD Introduction: The Cause and Solution for PTSD](#)
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PTSD INTRODUCTION SUMMARY

SHORT SUMMARY OF YOUR PTSD PRACTICE

Start here:

- Commit to watching all videos, as they offer crucial finer details
- Please read the excerpts from The Art of Fear, located in this Ad On
- Re-review the list of payoffs in session 11 of your foundation, then either consciously choose to keep your PTSD around, thus maintaining your payoff, or choose instead to do this practice
- Change your language to temporarily re-name PTSD, into a more accurate: PTRD

What to expect:

- Everyone is so different, know this may take the entire 4 weeks, or it could take you only a few days, or it could take longer or even become a lifetime practice
- Where you're headed is not a place free from negativity or discomfort, but rather a place where negativity or discomfort shows up at levels that are appropriate to the moment.

Your one-month practice:

1. The first week you'll engage in an experience called: ABC Guide to Feeling Emotion. This is a 1-week practice that will start off your month, easing you gently into the experience you're about to have. It is the next section in your PTSD Ad On.
2. After that, the next three weeks you'll then practice your 4-step Art of Fear method, which will be modified quite a bit, to specifically address PTSD.
3. After your month is completed, engage in the Final Summary section, where you then have the option to explore Post Traumatic Opportunity.

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