

Secrets from The Formula

Tips, tools, and insights into how ONE simple formula can transform every area of your life into something wonderful.



By Sundi Bright

Psychic – Medium – Healer – Law-of-Attraction Coach

949-295-6135

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New Bonus Information! The Energy of Resistance: Instructions and Log

Introduction

This eBook was written with the intention of providing a sample of information from The Secret Formula and how this formula can be used to transform problem situations and manifest your desires. This is information that you can use immediately to make positive changes in your life.

You may have been living in what appears to be a limited existence for so long that you are not even aware of what is possible. Realize that you are limitless!

I hope that this free eBook gives you some insight into what is possible for you.

To join me on a journey of limitless creation, come visit us at Consciousness101.com and/or [like us on Facebook](#) for insights into your mind that will help you transform problems and manifest your desires! These sites have a lot more free material that will help you become a conscious creator. In addition, you will be able to collaborate with myself and other like-minded individuals that may need your help or be able to offer help to you on your own journey.

We now have an [iPhone app](#) available that will guide you through the 6 steps of The Secret Formula, giving you access to transformation right from your phone! Goto [the iTunes Store](#) to download this handy transformation tool today. We are in the process of developing the app for other phones so visit our services page often to check for availability.

EFT

Since EFT can be used in the first step of The Secret Formula, I am including instructions here on what it is and how to use it. EFT stands for Emotional Freedom Techniques and is a powerful technique for clearing negative emotions. It is a good idea to learn EFT because achieving what you want STARTS with clearing your negative emotions. Even without knowing the 6 steps of the secret formula, EFT can benefit you tremendously.

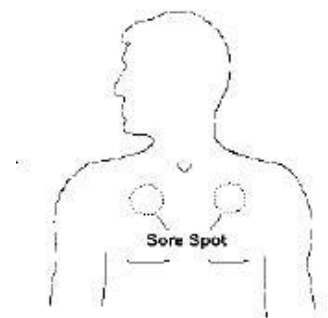
Here's a short description on how to use the technique.

Emotional Freedom Techniques (EFT)

To put it simply, EFT (Emotional Freedom Techniques) is a 3 step process (actually 4, but you do one of the steps twice) to emotional healing. Before you do the procedure, you're going to rate the intensity of your negative emotion on a scale of 0 to 10. Once through the procedure, you'll re-evaluate... if you no longer have any intensity, you'll stop.

1) Overcoming Psychological Reversal.

This is what happens when we think we want something, but deep down we have a reason for holding onto a negative belief, bad habit or other pattern. For instance, the woman who says she wants to lose weight, but deep down feels that her friends won't like her anymore if she loses weight. We're also instilling the feeling of accepting ourselves no matter what, which is so important in moving forward.



What you do to overcome psychological reversal is to rub the tender spot on your chest... called the sore spot... or tap on the karate chop point (side of your hand) and say to yourself 3 times, "even though I have [this issue], I deeply and completely accept myself". This is the standard setup phrase. In working with an [EFT practitioner](#), he or she may use many different phrases in setup that they've come up with intuitively. EFT practitioners have been trained to use their intuition to guide them into possibly using EFT differently than the standard method. It can be very beneficial to consult with an EFT practitioner and get an outside perspective on your problem when you are stuck. However, the standard setup phrase works great as a catch all, so use it and say it emphatically. A weak setup will get you weak results.

2) Clearing the negative emotion from the meridians in your body.

Negative emotions are stuck somewhere in your meridian system and causing a malfunction in your energy system. Although a certain negative emotion could be stuck in one or more of the meridians, we use this technique to tap on each meridian while reminding ourselves of which negative emotion we're attempting to clear. Often times we can stop right here and have the negativities cleared. In the really tough cases, you'll want to move on to Step 3.

What you'll do is tap on each of the following points 5-7 times while, using 2 fingers, repeating the reminder phrase "[this issue]" (your issue). You'll say "[this issue]" once for each point you're tapping on. These are the points:

Eyebrow: The point where your brow line starts.

Side of eye: The bone to the side of your eye.

Under eye: The bone just beneath the eye.



Under the nose: The space between your nose and upper lip.

Chin: The crease between your chin and lower lip

Collar bone: Near your throat, the collarbone is shaped like an L rotated to the side with the short part of the L pointing down. The point you should be tapping on is the start of the short side of the L.

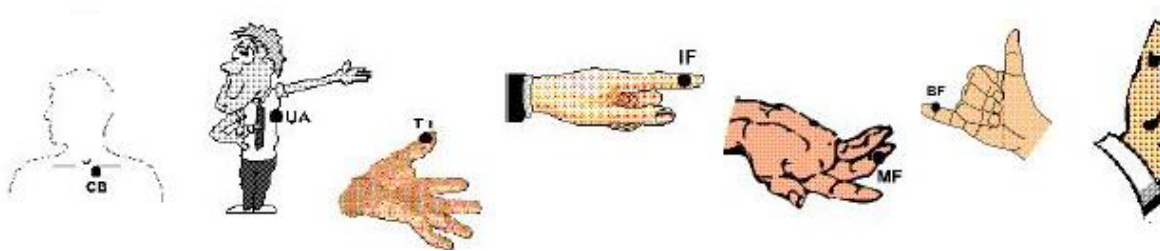
Under the arm: Use all 4 fingers to tap on what would be the bra line on a woman.

Thumb: The side of the thumb, at the base of the nail, where your skin meets the nail in the corner.

Index finger: The side of the index finger, at the base of the nail, where your skin meets the nail in the corner.

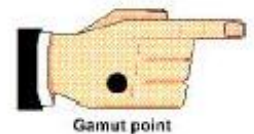
Middle finger: The side of the middle, at the base of the nail, where your skin meets the nail in the corner.

Baby finger: The side of the baby finger, at the base of the nail, where your skin meets the nail.



3) Brain Balancing.

This is a silly looking little part of the procedure called the gamut procedure. Its purpose is to train other parts of the brain and instill the new notion that you do not need this negative emotion.



What you'll do in this step is find the V on the top of your hand where the bones of your baby finger and ring finger meet. Inside that V, tap while you close your eyes (and say "this issue"), open your eyes (this issue), look hard down right (this issue), look hard down left (this issue), roll your eyes around your nose (this issue), the other way (this issue), hum a tune for 2 seconds such as Happy Birthday, count to 5, hum the same tune for 2 seconds.

Even if your issue is clear before hitting this gamut procedure, I recommend getting into the habit of doing it anyway. **This brain balancing technique can lead to a more synchronized brain, and greater brain synchronization has been associated with higher mental states, third eye activation and heightened states of conscious awareness. I like to start my morning just doing the gamut procedure!**

4) Go back to step 2.

Now go back and repeat Step 2 of the process.

Check the intensity on the emotion you just tapped on. If you are not at a 0 on that emotion, go back to step 1, and do the procedure on "this remaining issue". It is important to recognize that some of it cleared by stating the setup with the phrase "even though I still have some of this issue" and the tapping using "this remaining issue". With one of the trees in the forest knocked down, you may now find that there is another one to tackle. If a different issue comes up, rate its intensity and go back to step 1 and do EFT on the new issue.

Discovering the core emotional cause of your problem

EFT works best when you know the core reason for your negative emotion(s). Although your conscious mind may not know the answer, your higher self does! So, how do you get the answer? First of all, you ask. The question to your higher self might go something like this "If I knew the core reason for these negative emotions, what might that be?" An answer may come to your mind in the form of a word, in the memory of an event or in a feeling that you can't describe. Whatever the case, tune into that answer and start tapping. If you have a word, that's great, if not, with the feeling tuned into, you can start tapping until you experience a shift.

Here's an example. I did this the other day when I noticed I still wanted something to eat after finishing dinner. Say you're trying to lose weight, you just ate, you're full and yet you're still looking for something more. Ask: "what is the underlying emotion that has me wanting more when I know I've had enough?" Now just wait for the answer to be fully present and start tapping. In this case, "dissatisfaction" came to mind. The answer seems so obvious once you ask! This is an invaluable secret. This secret helps develop the consciousness that will arm you with the power to change your world.

In determining the cause of certain "problems" in your life, whether related to your health, finances or relationships, you might ask the question "where in my life am I, or in the past, experienced the same vibration as [your problem]?"

Remember, thoughts have a vibration. If you have been wronged in some way and hold vengeful thoughts for that person and/or wishes for that person to be harmed, it holds the same vibration as the actual act. And has karma associated with it. Karma, being energy and that's it. Karma isn't a punishment. It is simply the energy you put out coming back to you. Your BEST defense against those who have wronged you is to be neutral about the situation and EFT can help you get there.

Here's an example...

In one particular session, I had a client experiencing genital herpes. His deceased brother came through and actually showed me the way that he had sexually abused my client as a young boy. Then he showed me how my client wished and hoped his brother was burning in hell. And that that energy had the effect of firey hands touching his private parts... symbolic for the way that outgoing energy was returned to my client. How it had the same vibration. My client asked if he was supposed to love his brother after what he did to him and my reply was no, just be neutral.

Karma will take care of itself. As it did when his brother was killed. His brother was trying to clear his own karma by bringing this information through. His brother had already experienced a traumatic and painful death. Wishing further punishment on him was to the detriment of my client.

Tapping and neutralizing negative emotions is the first step in creating what you want. The Secret Formula outlines the rest of the steps to transforming your situations, your finances, your relationships and your health. [Consciousness 101](#) will teach you the rest of the formula and how to create the life you want by

using it, although the rest of this free eBook will provide plenty of insights and information as to how to get started. You can also learn the steps by downloading the [iPhone app, The Secret Formula on the iTunes Store](#).


The app is a handy way to have the formula available at your fingertips and offers another useful way to obtain the core reason(s) for any “problem”. Part of the process involves stating what you want in any given situation... without even mentioning what it is you don’t want. This can be very hard to do, but when you can put a label on what it is you **DO want in the situation you’re not happy with**, it can bring more insights into the problem itself. Often, the “problem” then will be the opposite of what you do want, summed up in a single word description, that you can then tap on.

Here’s an example. I personally, have been going through some changes lately, which brings up fear of the unknown and therefore, resistance. My face has been affected as a result. I’ve had splotches of eczema on my forehead, cheek and area on the side of my mouth. When I tried to label what I want without saying what I don’t want (I wanted to say “not itchy, not splotchy”, etc.), I had a hard time, but when I asked “if there were a word that described what I do want, what would that word be?”, I got “refined”. I want my skin to be refined, to have my look “put together”, etc. This insight led to the realization that I was feeling “not put together, unprepared” in going forth with changes I was feeling needed to be made. Dreams I was having about not being able to find a bathroom to take a shower, put on make-up, etc., was verification of what was happening. So, the word to tap on would be “unrefined”. What I love about the word is that it doesn’t sound so bad when I label it that way. It has kind of a feel of being unlimited and flexible so it’s easier to accept and acceptance is truly the first step in transforming a situation, which is why we have EFT to being

with. When we can't get past the negative emotions, and they continually present themselves, blocking the experience we do want, we must get behind those negative emotions, learn where they come from, heal the initial wound and clear the blocks that wound created.

The entire of the process to transforming what you don't want into what you do want is intricately explained in my book, which you can get on kindle at howtotransformproblems.com or in pdf format in my [Consciousness101](#) program. It explains how The Secret Formula works and how I go deeper in a psychic healing session to get to the reasons behind the problem. When you understand how problems are created, you gain the power to transform your life.





 Emma Edwards

★★★★★ Such a gem!!!

November 8, 2017

This book was really a **game changer** for me, as an **individual** and as a **health care professional**. The skills I learnt have been extremely valuable for my own health and I feel inspired to share this with others. I read the book, then bought the app which is an amazing little tool to have in my phone to help me stay in tune with myself throughout the day if or when I need it. It has also **allowed me to get clearer on my goals** and my desires which is the first step toward living the life you are destined. I managed to get about **80% relief of my skin symptoms** through **guidance of the book** and app and then I felt I needed a little guidance to really get to where I needed to be. I scheduled a reading with Sundi all the way from **Australia** and it was amazingly insightful and has given me new direction and tools to get to where I want to be, both professionally and in my health/self development. I would recommend this to anyone who feels like they have tried everything and feeling a bit stuck in life and resources. Thank you Sundi!!! You are amazing.

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Training your Brain

Do you know that when you make a point to start using your mind to consciously create, that you are performing brain exercises that can train your brain to attract abundance? Just like working out at the gym conditions your body for ultimate fitness, The Secret Formula stretches your mind by conditioning it to be

a manifestation magnet. The more you use these simple concepts consistently every day, the more you start to see how easy it is to manifest the things you want.

This process creates higher levels of consciousness, which naturally elevate the frequency you're vibrating at. You notice (are conscious of) when your levels are low and automatically raise them to a level that attracts all good things to you.

Direct Any Outcome

You can direct any outcome by using The Secret Formula. It uses popular concepts (along with some more unknown ones) all in one simple, 6-step formula to ensure you cover all necessary bases for manifesting anything you want.

When you first start using the formula, it's a good idea to start small. Try "creating" a parking space at the mall, a phone call from someone you haven't heard from in a while, or a light traffic day going to or coming home from work, etc. Creating outcomes that seem small will give you the confidence that the bigger things aren't any harder to achieve than the small things. They may take a little longer as the right knowledge and the right opportunities line up, but they are all still "easy".

Consistency

The #1 reason to consistently use The Secret Formula is that when you do, you create a habit of using universal laws to your benefit.

When you learn to become conscious of your thoughts and to point them in the direction of your dreams, you transform your life, making it better and better all the time. Attracting great things into your life becomes the norm as you become a magnet for all that you wish for.

As you consistently use The Secret Formula, it becomes natural for your energy to match that of the good things you want in life.

And when your energy (vibration) matches that of the things you wish for, they manifest into physical form.

Think about something that you want. See it in your mind's eye. In your mind... as that image, it has no tangible substance. But once you think about it, you put it "out there" and it has the potential to become physical reality. Physical reality occurs when you consistently use The Secret Formula (which encompasses the most important laws of the universe), to your benefit.

When I first read The Secret, as with many of the things I've read, I was excited about applying it. However, as with so many other things, I found that it is so easy to forget and fall back into old habits of negativity, complaining, and mundane activity. It was not easy to consistently use the concepts taught in The Secret without some kind of formula to follow. Have you experienced this yourself?

I decided I had to do something that would allow me to consistently use these important concepts and make it a habit without cutting into my busy life. And so

I created The Secret "Formula". Really, just a 6-step process that I started out journaling in the mornings.

Wow, did my days get better when I did this!

And so, I kept doing it.

And everything else got better and the things that seemed so bad weren't so bad anymore and I started to attract great things into my life!

I went from having endless health problems to having perfect health, a toned body and tons of energy!

I went from always coming up short financially, to having money magically come my way.

I went from being in a bad relationship, afraid to let go, to having the world at my feet when it came to dating.

Most importantly, I learned that anything is possible, and life truly is limitless!

And now the 6-step process is natural and I can transform any negative-seeming situation with ease.

I want this for you! It is such an awesome thing to feel that the universe has your back! That becomes obvious when you follow these universal laws on a consistent basis. When you become more conscious of what you're putting out there, you can turn things around very quickly!

It is fun and therapeutic to use these 6 steps in your journaling, although after it becomes a habit, you may find it hard to find anything you want to specifically transform as it all comes so naturally.

The formula that I developed is now outlined in [The Secret Formula iPhone app](#), and in [Consciousness 101](#), my online course in the practical aspects of consciousness and the Law of Attraction. These 2 products make it fun and easy to consistently use the concepts that will help you create the life you want.

The Secret Formula integrates every aspect of the law of attraction, "The Secret", and other laws of the universe, that when used properly, result in a happy, fulfilled life. The laws of the universe are always part of your life and if you're not experiencing life the way you wish it to be, you are not taking advantage of universal energies that will work for you when you apply them correctly.

Consciousness 101 includes The Bright Future workbook (my original work that outlines this formula) and this becomes your journal that you thoroughly enjoy as a key part of your day. And when you are using this process every day and looking back through your journal at the progress you've made, you feel in awe of your ability to create and it keeps you consistently using the secret formula. And then you get to a point where your manifestation abilities are exponential! When it becomes so obvious that you really do create by following this step by step process, the world becomes a magical place of your creation!

Access to Answers & Solutions

This is one of my own personal examples of how the formula works to help you find a remedy. You might not necessarily heal a situation just by doing the steps, but what happens is, you access the morphic field of possibilities and you find a solution. This is my story...

I woke up one morning with spots all over my face, especially around my eyes and on my eye lids. It was itchy and uncomfortable, and most of all, ugly! Naturally, this condition left me feeling self-conscious and miserable. I went to see my dermatologist, who told me it was Rosacea and that I'd always have it. In fact, it looked like he even had it. I didn't believe him and searched for a natural remedy to clear it up.

After 6 weeks of desperately trying every holistic remedy I could think of to clear it to no avail, I finally sat down and went through the steps outlined in The Secret Formula.

After doing the steps in the formula, an idea came to mind. At some point, I had read a book and followed the diet outlined in a book called "We Want to Live" by Aajonus Vanderplanitz. Although the book had a section of remedies for different issues, Rosacea was not in the book. Nor was it in any other book I had read. Because I felt better than I'd ever felt on the diet in this book, I decided to call the author.

The cost was \$45 for a 15 minute talk. A price I'd gladly pay if he had an answer for me. And he did.

Although I don't remember his exact words and it doesn't matter because I do remember the remedy, he said that rosacea had something to do with broken blood vessels and was the result of a Vitamin K and a Vitamin U deficiency. Most importantly, he told me how to clear up this annoying issue.

He said to juice and drink organic green cabbage and eat raw, unsalted cheese with it. Since I was already juicing, this wasn't a problem at all. I hurried down to my local health food store and purchased both the cabbage and the cheese.

As he suggested, the first day I drank 8 oz of the juice and with each gulp, chased it with a bite of the raw cheese. Thank goodness for the cheese as I did not like the taste of the juice at all! The cheese, however, was yummy. He said that each day thereafter, to drink 4 oz of juice and eat raw cheese with it, which I did.

In THREE days the rosacea had disappeared!

Occasionally, I see a spot or two indicating the return of the rosacea and I quickly run down to the market for the cabbage and the cheese and stop the rosacea dead in its tracks!

Get Lucky

Feel like bad luck is following you? Do you want to get lucky? In other words, do you want to be one of those people who seem to naturally be lucky?

I believe "The Secret Formula" applies to all things, and you can even use it to have better luck! Once you apply it to broad areas like luck, it creates a cascading affect that will shock and amaze you!

Makeup the Rules

You may already know that your reality is based on what you believe. If that is so, why not make up the rules as you go along? Whether your beliefs are beneficial or limiting, they are creating your reality. So, it would make sense that to create a better reality, you would want to create better beliefs. Right?

The only problem that I see is that the word "belief" is somewhat limiting in itself. Why not create your own new RULES. If you have the belief that you must work long, hard hours in order to get ahead, why not create a new rule that says "Each small step I make is huge progress toward my goals and only takes a few hours a day in order to accomplish".



If you believe that the mundane tasks of the day are eating up your time and getting you nowhere, how about this rule: "All that I do is energy that ripples out into the universe to bring me what I ask for". That particular rule might help you ensure that those mundane tasks are done in high vibration and can't be a bad thing!

Make a list of your limiting beliefs and then create a new RULE for each! I'm sure you can come up with some better rules that I can.

And guess what? My [Consciousness 101 Program](#) includes a free bonus that guides you through a technique designed to make-up new and more useful rules! Start turning limiting beliefs into new rules for creating your life today!

[The Secret Formula iPhone app](#) also has a section to help you transform limiting beliefs into beliefs that are in alignment with what you wish for.

How to be Smarter

I recently had an experience in how to be smarter that helped me to realize that The Secret Formula can even make you smarter!

Here's my story and you may be able to relate, especially if you like Starbucks iced coffee the "old way".

I went into Starbucks one day and ordered my usual iced coffee. The same drink I've been getting for YEARS. For the most part, it's always tasted pretty much the same... at any Starbucks I go to.

Well, on this day, it was WAY weaker. Pretty much tasted like flavored water. So, I went in to let a barista know about it. He said that they have a new recipe. Then he said that it's not really a new recipe, but it's that they've been making the iced coffee incorrectly and they've been informed to make it correctly and ADMIT that it is more watered down. However, they fixed my coffee by adding a shot and I was fine for this visit.



The next visit, however, I asked if they were still using the same watered down recipe that they used the day before and they confess that that's the way they have to do it. I find this VERY irritating that I have to order an add-shot to get my coffee to taste the same way it's tasted for years. VERY irritating! In my irritation, I order the add-shot and pay \$3.20 for a coffee that used to cost me \$2.45. Even though I created the formula, it hasn't yet dawned on me how to be smarter!

The next day, after I finished at the gym, I decided to stop for coffee. On my way, I remembered the watered down iced coffee and I once again started to get irritated about the whole injustice of the thing.

Then I stopped and remembered that I have a formula for situations like this. In addition, a higher priced cup of coffee is not worth the low-vibrating state that could make my day worse if I let it. And so I went through the steps quickly in my head, and IMMEDIATELY have an idea! Going through the steps in the formula made me smarter! To be more accurate, it allows you to access a vast field of possibilities you might not otherwise be aware of.

Anyway, I get up to the counter and place my order... "One tall bold coffee (hot), poured over ice in a grande cup, please".

It took her a bit longer to figure out this "complicated" order... she put it in another hot cup, but I ended up with a coffee that tastes even better than my regular iced coffee and for only \$1.65, which is less than the \$2.45 that I used to pay for my coffee and considerably less than the \$3.20 I paid when I was irritated and ordered.

My purpose in telling you this story is 1) that if you liked the iced coffee the old way, you might now want to order it this way, and 2) to realize that you can use this formula every time you have a negative emotion about something, and turn the situation around. This is a very simple example, but the fact is that when you go through the steps, you gain access to a lot more possibilities.

You CAN create a different life experience. You can learn how to be smarter! There is an answer to every problem somewhere out there in the universe. They call this a morphic or morphogenic field and you do have access to it. The Secret Formula gives you access to it!

The way to continually improve every aspect of your life experience is to use The Secret Formula.

The Movie of Your Life

Your life has the potential to be a wonderful creation. The only thing holding it back from that are your doubts, your fears and other negative emotions and limiting beliefs.

Every time you worry, you're pressing the pause button on the beautiful movie of your life. You may even be allowing in an annoying intermission that does not benefit you.

You have created the movie of your life up to this point and if you don't like the way it has gone, it's time to re-write the script. You can do that ANY time. How do you want your life to go from this point further?

A very important step in living that life is **knowing** how you want it to be. It's important, but it doesn't mean you can't change it as you go along. When you start to see how you can create a better life, you naturally want it to be EVEN better.

Most of us are too afraid of failure or full of feelings of not being good enough to dare dream of a better life.

Start with a big picture, and then day-by-day, imagine having it.

Any time you press the pause button by worrying, catch yourself and go through the steps of The Secret Formula. This acts presses the play button so that you can continue on with a beautiful life.

Remember, it is YOU creating the movie of your life with your thoughts. Think great thoughts and create a great life!

The Secret Formula is a formula that guides along a path to a happy, successful, and prosperous you by continually turning negatives into positives, connecting you to a source that supplies you with insights and answers along the way.

In addition to supplying you with this formula for success, the [Consciousness 101 Program](#) contains wonderful tools for teaching you how to create a beautiful script that makes for a wonderful life movie!

An NLP Trick

Before I move on, I wanted to give you one of the tools I offer in the [Consciousness 101 Program](#).

Neuro-Linguistic Programming (NLP) is a great tool to get into a high-vibrating, abundance attracting state quickly. Being in a high vibrating state when you use The Secret Formula is extremely powerful!

Whether you're familiar with NLP or not, you should still be able to use this tool to create an anchor for feeling good in any moment. I'm not claiming to be an NLP expert, however, I have learned some tricks that I find helpful and I wanted to share.

NLP is used to program a good feeling into a gesture that you define. That's basic NLP.

So, what you can do is to really get into that state and then use some kind of gesture that you choose to be the anchor for that state.

For example, if I want to get into "matrix" state for healing, I first anchor that state into a gesture. I do that by thinking about all the times I had the most powerful experiences using Matrix Energetics to heal. Once I'm really into the state of remembering what that was like, I anchor in that feeling by making a gesture programmed for this state. For me, the matrix state is programmed into the gesture of taking my hand and moving it in a horizontal line. You only have to program the gesture once. Now, when I want to get into that state, I simply take my hand and move it in a horizontal line. You can add to your anchor when you have new experiences. For example, if I were to experience facilitating an incredible healing for someone tomorrow, I would move my hand in a horizontal line as I'm in that beautiful healing state.

The Consciousness 101 Program includes other powerful examples for how to use NLP to change your state.

EFT for Love Pain

The more you use The Secret Formula, the more conscious and connected you become. Whereas, when you first start using it, you may notice shifts in your world based on what you're applying the formula to. Then, you start feeling closer to your guides and angels and can ask them questions directly and receive answers.

The following EFT statements for "love pain" are what came to mind when I applied the formula at a love pain issue. As the information came through, I didn't believe it... EFT doesn't work this way... and I almost stopped listening thinking my mind was making stuff up... and yet I did listen and once I heard the entire message, it seemed so genius! Almost like reverse psychology!

If you're experiencing any type of love pain, try these EFT statements and let me know how it goes!

Even though I may be over it, I deeply and completely accept myself.

Even though I may already be past this, feeling great and looking forward to future possibilities, and that may seem like it means I'm not human, I deeply and completely accept the fact that I may be BEYOND human... a spirit in a body who created this situation for the purpose of learning and growing.

Even though I'd rather whine and cry for months on end about how he (or she) wronged me, I deeply and completely

accept myself even if I choose to play the human role and
whine about this for a while.

You should only have to tap the side of the hand and read (with emphasis like you mean it) the above statements. Tapping the points should not be necessary, however you could tap the points while saying “over it” and really feeling past it and enjoying fun and freedom.

More Secrets from The Formula

The only difference between you and me is experience using The Secret Formula. By using the formula almost daily, I have developed a keen intuition and discovered and developed psychic abilities. This allows me to go a bit further with the formula and see the patterns that are behind the “problem” and then transform those patterns quickly, basically using the other steps. If you are clairvoyant and/or a healer, this formula will help you develop an effective procedure for your healing. If you are not clairvoyant, nor a healer, that’s okay! This formula was created long before these abilities were developed in myself and will allow ANYONE to experience transformation on a daily basis.

The following chart outlines some of the things I’ve worked on with people and some of the causes I’ve found for these issues. Much of what I see is very personal and so I’ve left personal reasons out. If it seems like it could be a common problem among those experiencing the same issue, I’ll have it listed here. If you can relate, then try using EFT on that aspect and you may see your problem transform just using EFT.

In my sessions, I will detect the patterns that either contribute to the problem, or block you from experiencing something better, send healing energy to shift it, and when it is appropriate, provide you with EFT statements to “anchor” in that healing work, or to go back to if the problem returns (although, time permitted, I’ll also look for the patterns that would cause the problem to return and send healing to those patterns as well). Knowing what to look for is all part of being a good healer and what you learn on Consciousness 101 will teach you that as well. Consciousness 101 also contains a very special meditation designed for the up and coming advanced courses. Subscribe to [Consciousness 101 members only content](#) for only \$14.44/yr to be guided through transformative healing. This 20 minute meditation practically negates the need for a session with me!

As I mentioned above, The Secret Formula has helped me develop the psychic abilities that allow me to see the problem patterns in a way that I can either send healing to, or provide information that will help you shift to a better place. I call it a pattern because that is the best overall description for what shows up for me when I “look” for answers. Sometimes I get a clear, literal image of information that is useful, and sometimes I simply get a symbolic representation that will make more sense to you than it will to me.

Clairvoyance is not necessary to use The Secret Formula. [Consciousness 101](#) will teach you how to shift each of these patterns by using The Secret Formula. However, if you have any of the following issues, you may be able to tap on the causes I’ve found and experience a shift.

Problem Pattern	What I’ve viewed as being a cause of the problem
Acne	Anger, sexual pressures, not wanting to face someone

	or something, sensitivity to peanut butter, feeling boxed in, nowhere to go, not participating
Constipation	Hesitating in action (creates a backup), nervous habits (twirling the hair), suppressed emotions, suppression in a past life, passing the buck, energy of someone else in sacral chakra... holding on... won't let go, trapped energy
Lack	Experienced a recent loss in life (death of a loved one)
Cellulite	Too much salt in the diet, being held down... controlled, confined, "stuffing" emotions.
Gray hair	Anything that ages you... not drinking enough water, the sun, etc. As the cells age, they lose their ability to create color (the best way to explain/interpret what I see).
Snoring	Suppressed resentments

The Secret Formula could be used to transform any known pattern. Consciousness 101 teaches you how to uncover the subconscious patterns behind a "problem".

In a psychic reading, I see the dark energy of past hurtful experiences that have stayed with you and are attracting situations of the same vibration. I work to clear these negative energies and look for the truth that will empower you and raise your vibration to a level of attracting something much better. There is positive perspective that I will help you gain by recognizing your strengths, abilities, gifts, experiences and/or potential that has been suppressed with those negative subconscious patterns. A little Matrix Energetics magic will help shift you into the beautiful, happy and abundant you that is your birthright!

If you cannot clear the negative emotions surrounding any kind of “problem”, you will benefit most from a healing session or by using the guided meditation now included in [Consciousness 101](#). If there is any kind of negativity surrounding your issue, you could be blocking the manifestation of something better.

Which brings me to my next topic...

Transform Anything

Everything is energy and that means anything can be transformed with better energy. Energy of higher vibration and light.

The trick is knowing what to look for and I am persistent about finding the **patterns that have caused** physical issues and other problems in your life.

I know for a lot of people that sounds scary. That might mean uncovering something about yourself that you don’t want to hear, you don’t want to change, you don’t *think* you can change, or you don’t want to accept.

I assure you that the **process is gentle** and always for your highest and best good, because not only do I look for the patterns that have contributed to “problems” in your life, I look for ways of healing those patterns and for the **truth that feels much better**. **That healing is going to come in the form of either knowledge that creates the shift, knowledge that prompts you to do something that causes the shift toward what your desire, or from energy that is applied while I’m in session.**

There are all kinds of things that I can look for in a session that may be contributing to your problem, whether it is related to your health, relationships, finances, or otherwise. One of the first things I will look for is the energy that represents the problem itself. If you're experiencing a physical problem, such as a broken bone, I will see the broken bone and will be able to instruct your inner mind to heal that broken bone. If you're experiencing an energetic problem... which includes pretty much everything... I might see a symbolic representation of this energy. I start with that and send healing to the problem itself so that you can experience immediate results.

It's honestly quite easy for a lightworker to view patterns of imbalance and send healing. However, he/she must know how to find the underlying causes of the imbalance in order to create lasting healing. Knowing what to look for, what to ask for and **how to ask for it in a way that will provide healing is key.**

To experience LASTING healing/transformation, we must find (and send healing to) the patterns that have contributed to the undesirable. Here's a list of some of the things I look for when I do this work:

- 🌀 The inciting incident that initiated the creation of the problem
- 🌀 Where that energy is stuck in your body (you're probably experiencing some discomfort there and clearing this energy will help you)
- 🌀 The mindset that you developed as a result of the inciting incident
- 🌀 The potential that you're suppressing with this mindset
- 🌀 Dietary patterns
- 🌀 Emotional patterns
- 🌀 Limiting beliefs and other thought processes
- 🌀 Low level or discarnate energy in your field
- 🌀 Personality patterns
- 🌀 Global patterns (ie. The weather or the economy)
- 🌀 Karmic/Past Life/Past contracts or agreements
- 🌀 Ancestral patterns
- 🌀 Genetic patterns
- 🌀 Chords with others

- Intended lessons
- & Past events from this incarnation
- to name a few

A [low-cost introductory session](#) will give you a taste how this works and the possibilities for this work are only limited by your imagination and belief system. The law-of-attraction indicates that everything is created. The above patterns are some of the aspects that contribute to the creation of a problem/situation/challenge. When these patterns are healed, you're able to create something better.

Just about **anything** can be transformed into something more desirable, and in my practice, I use my clairvoyance & troubleshooting abilities, and various healing modalities along with the assistance of other helping energies in the universe to transform the health, finances and relationships of my clients.

I want you to know that **I don't foretell the future**. I help you **create the future you want** by posing questions that will provide answers and healing that help you get there!

I recently did a session with someone (who is 3000 miles away) who wanted a greater level of connectedness with his wife and it got me thinking about the infinite possibilities for transformation this work provides. Truly, you can transform anything and shift it into something better.

What I am basically doing as a transformation specialist, is troubleshooting the human energy field ([or anything else that needs transforming](#)). This is appropriate considering I have a background in computer troubleshooting. As a computer technician, I dove into the inner workings of computers to solve problems and keep them running smoothly.

Now, as a transformation specialist, I do the same thing with people, animals, situations, and other “problems”. I believe that anything can be transformed using the [The Secret Formula](#), yet when you're just not sure "what" to transform to take you to the desired outcome, or when you can't let go, that's when a [healing/transformation session](#) with me would be beneficial. I look deeper at the reasons you are experiencing an uncomfortable situation and for the blocks that keep you from what you want and I send healing to those patterns. The result is transformation!

There are reasons we aren't where we want to be... those reasons simply need a new perspective and the love and light of the universe.

Every “problem” has a reason for its creation. Everything is energy and everything has been created. So when the reasons for these problems can be viewed as a pattern, image or scene, I can heal the effects of these patterns with energy. Energy provided by a loving universe of angels, high guides and ascended masters, which I am grateful to have on my healing team 🌞.

In the case of my client who wanted a greater level of connectedness with his wife, I found many patterns that were contributing to the disconnect. After sending healing to these patterns, he reported back that his wife wasn't getting angry with him over his insecurities and accusations and even offered ways to help make him feel more secure, which, he said she'd never done. This is a perfect example of how subtle, yet powerful, this type of work can be.

Wendy (in Australia), who had a session to work on a financial block writes: *“I am feeling a lot 'lighter' and very positive about a few things that have come up just in the past week - I'm taking on a work place course next week which is*

paid for by my employer, and I'm quietly confident that once I have this new qualification it will lead to a salary increase for me! I have found that 'lack' thoughts have completely gone, which is just brilliant! Thanks again for your healing - you're amazing!" If you're familiar with the law-of-attraction, you know that feelings of lack will surely block you from abundance.

Hillary who wasn't getting much sleep due to her boyfriend's snoring writes "*Wow, one session with Sundi and my boyfriend's snoring is history. We are now both able to get a good night's sleep, which truly transforms many issues!*"

I helped one client in Michigan with a serious constipation issue in her 6 year old daughter. She writes: "*The night you worked with Christy's energy patterns, she woke herself up and went to the bathroom. [...\(more detail\)...](#) I also notice that it was as if a layer of fear had lifted and she was much more comfortable with her physical presence. I also sense a bit more confidence about her". When I work on an issue such as constipation, I'm look for the causes, and those causes may be other issues you're having in your life that also shift when I do this work.*

If the unknown forces that have led to the undesirable situation were to be healed, your situation would shift into something better. Are you ready for that?

How to Heal

We are complex beings. We are made up of physical, emotional, mental and spiritual aspects. Each one of these aspects of us can have imbalances that manifest as all kinds of "problems"! In my work, I look for the underlying issues that have contributed to a problem, whether it is related to your health,

relationships, finances or otherwise.

Consider this cooking analogy...

You may be experiencing a “dish” (the problem) that you created (everything you experience is of your creation... that is the law-of-attraction) that you don’t like. This dish was created with many different “ingredients” (patterns identified as contributors to a problem (which I see clairvoyantly)) and the outcome was a bad tasting recipe.

To recreate a recipe that tastes better (your desire), we need some new ingredients (patterns identified as being in alignment with your desire (which I can also see clairvoyantly)). To create a better tasting recipe, throw out the old ingredients and use new ingredients that will create a better tasting recipe!

For the most part, I intuitively know what to ask for, but the pieces of different client session transcripts I’m about to share with you provides insights on what you can look for and send healing to, resulting in a cascading effect of healing. In other words, you may notice physical, emotional and mental issues transformed after this type of healing work.

It takes courage to face that which has created an undesirable situation. The ego wants to protect the image you want to believe you are. If there is something within you that has created something you don’t want, it must be bad, right? Wrong. There are no judgments here. We are all doing the best we can with what we’ve learned so far. It is simply an aspect of you that needs healing. My sessions have a 2-fold benefit. 1) They alert you to a truth that will set you free, and 2) Healing energy is applied to the pattern so that it transforms into something for your highest and best good. What this means is you don’t have to fear the information or having to change in a way that scares you! The

healing is done for you and you naturally settle into a perspective on things transforms your life in a very positive way.

Anything you don't do because of fear stalls you on your path to being all you can be.

Imagine then, how overcoming fear can accelerate the rate at which you reach your destination.

My [Consciousness 101](#) includes a meditation that guides you through healing these types of patterns. The more “detached” you are from the situation, the easier it is to heal. The meditation does help you reach a detached state of relaxation, so you will benefit by taking 20 minutes to be guided through the healing process.

As mentioned above, everything is energy, including the patterns of emotional, mental, past life, karmic, and other factors. When you can access that pattern, your attention to it alone is healing! I am being shown patterns for the purposes of healing. The patterns may not mean anything to anybody, but are simply there to represent "something" that needs healing and so that is what occurs. There are many modalities and many ways of healing, some of which you will discover in my program and some of which you may already be practicing and may implement into this process.

As a troubleshooting kind of gal, I have spent years studying the subtle energy body to determine what to look for and where to find the patterns that hold us away from what we want and who we truly are. My work is a product of those studies. I clairvoyantly do the detective work to uncover those sneaky little

patterns that can trip us up in life. Then I zap them with a loving, healing energy of acceptance that miraculously transforms them.

The following testimonial is an example of how powerful the information alone is, and yet, I am not so much looking to give you the information as I am looking to find the things that trip us up and heal each one of them. Again, what this means is you don't have to fear the information or having to change in a way that scares you! The healing is done for you and you naturally settle into a perspective on things transforms your life in a very positive way.

"The healing for me started as soon as I read the feedback report, I was blown away at the accuracy of the information that was given to me. I had been battling with my health for over two years and there is nothing more frustrating than treating the physical symptoms but not knowing the underlying causes. Just getting that clarity was healing all on its own! Wow! I was really struggling with severe fatigue. Every day after my session I have seen a noticeable difference in my energy levels, and after two weeks I started exercising again, something I have not done in a very long time! This new found vitality is just amazing! In addition, Sundi told me the acne on my arm was caused by something I was squishing in my hand. At first I didn't know what she was talking about and then I realized that I have been putting a squishy hot/cold pack on an achy neck many times a day! I looked closer at the pack and found that it is filled with wheat, which I am allergic to! I am excited that this knowledge alone will clear up many of my health issues!"

-Leigh, South Africa

That's what I'm talking about! 😊

There are many other aspects that can be explored. In addition to looking for problem patterns, I look for the strengths and gifts that the client can expect to

realize after the healing is complete. The result is transformation in MANY areas of your life!

Pertinent Questions to Ask

Your mindset is your biggest block to having what you want. Your mindset has been developed as a result of an “inciting incident”, the energy of that incident stuck with you and you attracted similar situations as a result.

Questions that may be asked to access and shift underlying patterns that contribute to a “problem”, whether it is a physical health issue, relationship concern, financial hardship or spiritual question are as follows:

1a. What is the “problem behind the problem”?

1b. What would your energy look like if you were experiencing your desire?

This helps you to know what to consciously shift your vibration to, providing a very powerful affirmation!

2. What is the inciting incident that initiated the creation of the “problem”?

What was the effect and where is that energy stuck in your energy field?

It is important to clear this energy so you are not attracting more of the same.

3. What mindset was developed as a result of the above incident?

4. What gifts do you possess that may be suppressed as a result of this mindset?

5. What truth can you begin resonating with that will bring out those gifts/strengths/experiences or potential?

6. What outcome can you expect as a result of changing your mindset?

These are just a few patterns that can be explored, sending healing in a way that will help you shift to a vibration that attracts/manifests what you want in your life!

The Magic Code of Manifestation

A very simple code that has the side effect of developing your psychic abilities

The manifestation process works by sending a thought out into the universe. The clearer you can make that thought, the better chance you have of manifesting exactly what you want. Including an image and a feeling of what you desire will give the universe the foundation it needs to start the creation process. The universe recognizes these aspects of your thought over any other. This is the protocol the universe uses to create a physical version of what you have requested. It is important to be careful about what you add to this request before a 3D version has been built. To create your desire, it has to go out and assemble situations and opportunities in a way that form your desire into a 3D version of what you want. It's kind of like putting together a puzzle. The clearer your image is, the easier it will be to complete the puzzle. If you add confusing energies such as limiting beliefs, doubts and low vibrations to the mix, it is

harder to complete the puzzle, takes longer and ends up being much different than your original request.

This article reveals a code that is not only the key to manifesting your desires, it also helps you develop your psychic abilities.

It starts as a thought

As mentioned above, manifesting what you want starts with a thought. Therefore, being conscious and in control of your thoughts is very important.

We have hundreds of thousands of thoughts that have no power to create anything. That is because they may be so random, unspecific and having virtually no “charge”, that they float off to nowhere.

So, it is equally important to charge the thoughts that are meant to be manifestations with your emotions **when** you make the request, while having no charge on thoughts that come up that may be more aligned with what you don't want.

When there is something you desire and you recognize it as a desire, get a clear image and feeling around that desire and send it off to the universe. I like to imagine what I want as a vision in a bubble. As it is floating up, up and away, I am feeling what it would feel like to have this desire. Just as I am feeling complete, as if I have what I want, I ask a question that will prompt the universe to create my desire (“If I were to experience [state your desire] in my life, how would that happen?”) and I watch the bubble burst. I ponder on the idea that the scattered bubble of my creation is going out to gather the pieces of the puzzle that will create a three dimensional version of my masterpiece and I thank the universe for this creation.

At this point, you are to “let go” and allow the pieces of the bubble that formed the idea of your creation to go out and gather the building blocks to create it.

Modifying your creation unconsciously

Now, if you sent out a request that you want a romantic partner and sent a picture and a feeling of what that looks and feels like, the pieces of a 3 dimensional puzzle are gathered up and start to form to a point where they have the potential to manifest in the physical.

But if, in about a week, you are impatient and feeling sorry for yourself and wondering why you don't have someone in your life and thinking about how the last guy did you wrong, you just sent a modification of your request out to the universe. This particular request really complicates the puzzle as “doing you wrong” doesn't fit well with the specific request for someone that is “loyal and loving”, etc. that you originally asked for.

The universe receives this new thought that has come along to be part of this puzzle although it's not a super clear packet of information. It is about guys being jerks, and something about not wanting a cheater (whatever "not" means ???), and possibly some kind of fear about being with an alcoholic. Not a good feeling in this one, but the sender has been sending it out a lot and it feels quite strong, so the universe applies this to the mix, delaying the manifestation.

Let go and just do what you always do

If you've started getting impatient, thinking the law-of-attraction doesn't work, falling back into self-doubt and fear, you have created enough of a “charge” to add to your manifestation and delay its creation.

Ideally, after you've made your request, you would simply go about doing your thing... whatever you're guided to do. In other words, your regular routine along with whatever you want to do and if you don't feel guided to do anything related to your desire, then don't. And don't think about your desire at all!

Stay in non-thought as much as possible. Having a lot of non-thought allows your guidance to come through more clearly... Actually, each moment of non-thought is a moment when your guides are coming through most clearly.

Thoughts from your **higher** self. From that place of having a **higher** perspective.

This IS the **Magic Manifestation Code!**

That is, **being in a neutral state of noticing.**

You develop psychic abilities when you use the magic manifestation "code"

So the channel from your higher self is more clear when you turn off the part "down here"... the brain.

And open up to the part "up there".

It's similar to thinking but in a different kind of way... it is opening up your channel to allow information to come in and that is as simple (although not easy) as getting your own thoughts out of the way.

It is kind of like listening. More like listening than actually thinking. More specifically, it's noticing. Ah yes, what I've been trying to teach you in using The Secret Formula App. However, you may "notice" using any one or more of your senses.

I do admit... it is hard to do! That's why it's good to make meditating and using The Secret Formula a regular practice. It teaches you to get clear on what you want and then practice that non-thought. To make non-thought a **habit**. That's a big key. So when you don't need to think, you don't think!

Instead of thinking, "notice" in whatever way feels best to you.

I look and I listen on purpose, but I "feel" naturally. In fact, I feel so naturally, that I get quite uncomfortable with some of the things I feel around me, so I try to shut off the feeling and notice in a way that is more comfortable and yet stretches my abilities so that those psychic abilities become even more developed.

To get in the habit of consciously noticing, I look around a lot. I look more than I listen so that's why clairvoyance is my strongest psychic ability. If I wanted to develop my clairaudience, I would try to be in the practice of noticing what I hear.

Whenever you catch yourself thinking, stop and "notice" instead.

My point is, not only will you learn to manifest intentionally, you will develop your psychic abilities as well. And we all have them! It is simply a matter of getting out of your own head and allowing information from a higher source come through.

Evidence of your coming manifestation

What you will "notice" when you start doing this are synchronicities, messages and ideas.

You may see the same numbers over and over again, possibly 11:11 or 444. This is an indication that there are angels around you helping you with your manifestation so watch your thoughts!

You may be prompted to go to a certain place or start a new hobby, or similar. You may hear a song that makes you feel good and reminds you of a time when you were experiencing the same vibration.

Receiving your creation

Now, the universe has finished putting the puzzle together and is ready to present your creation to you.

Here we have her perfect man. He's good looking, he makes a lot of money, he loves to drink, and he's married (and yet he's hitting on you indicating he's that cheater you were thinking about)! Let's send him down and present him just the way she asked us to... With that special sign!

That other thing you think of all the time that represents the perfect man!

Wait, what? Loves to drink and he's married? How is that the perfect man?

The point in these last few paragraphs was to help you see how what you think about is manifested and why you have to be careful about your thoughts.

Whenever you start "thinking" from "down here", stop and complete the manifestation form in [The Secret Formula App](#). It's great for journaling and to keep your thoughts organized so that you're not putting out there what you "don't want". If you have a lot of "don't wants" and other low vibrating thoughts and beliefs in your mind, you might consider a [psychic healing session](#) to get to the bottom of all that and heal it so you can be clear to manifest what you want.

So, let's continue. You've manifested what you've thought about.

When you have that knowing that this is "the one" because of that sign, you'll know to never let him go!

Ah... Er... NO!

I think people get caught up in that. I know I have. We get pretty attached to the miraculous way in which we manifested our desire.

What happens is that no matter what a shit he is, no matter how much he drinks and stays out all night, etc., we believe in this "answer to our prayers" and that it's meant to be. He's what I asked for right and I got my special sign? We think it's meant to teach us something.

And it is! **It's meant to teach you that your thoughts, feelings and beliefs create your outcomes and now you can think and feel something better and manifest something better!**

The only thing this should teach you is how good you are at manifesting what you want.

Now ask for something new and better!

(By the way, on many occasions, I've seen current partners completely transform when this "code" is put into place).

The experience taught us how to manifest. But the "order" (ie. the request) got messed up by throwing those "don't wants" in the mix accidentally.

You CAN change your mind! It's a woman's prerogative! 🙄

Ok, men's too.

Next time, send up your request clearly, and stay in non-thought so that instead of thinking and sending up mixed signals, you are RECEIVING answers and seeing synchronicities to give me those little signs that your creations are on the way!

Excitement is not the right vibration

Have you ever had the experience that when you were TOO excited about something, things went wrong and you ended up not getting what you were so sure was going to happen?

If you were excited, you were "anticipating". You don't have it when you're anticipating. It's not the same vibration. The way to be at the same vibration is for it to feel like an everyday thing. Like you've been together for a long time and it's just comfortable, loving and normal. Sometimes you're even bored with him, but most likely you're just content. Sure we might feel excited when we first get something but wouldn't we just look at that thing (or person) with love and admiration on a regular basis? We may feel love when we're at work and excitement to go home. In this case, find something to get excited about to get home to. If you're one that wants to be with your partner 24/7, just feel that love of being with someone. Love being with the people that are around you. When you're not with your partner, imagine the times that you are. You do not want to be sad when you are away from him or her because that is a vibration you're sending up to the universe that says this is what you want and the situation persists.

Why Being Grateful for What you Have is so Important

The only thing you need to do is truly to act like you already have what you want. Truly. Everybody says that but that is the same vibration. It's really the

only thing that's the same vibration. That means enjoy and be grateful what you currently have! That is the right vibration! You really don't have to think about the thing that you have requested and be grateful for it, except for maybe when you send the request. You've put the request out there, now just be grateful for what YOU'VE ALREADY SO PERFECTLY MANIFESTED even if you don't like it... you are a master at manifesting and this proves it.

I've used the example of manifesting a love partner, but you can use this process for anything you want to manifest.

Use [The Secret Formula](#) instead of thinking. Journal your thoughts, making sure you putting out to the universe what you DO want and then go back to non-thought.

I'm here if you need help healing the thoughts that mess up your manifestations!

Many blessings to you on your journey.

In Conclusion

It is my hope that you've found some gems of information in this document that can help you on your journey.

Please stay in touch by connecting with me on Facebook. I invite you to [like The Secret Formula](#) and/or my [personal page](#). I will soon be converting the information I get in sessions to visual healing messages that you may relate to and benefit from.

If you find you need any help, my [products and services](#) can help accelerate your progress, and I would love the opportunity to work with you.

In loving light,

Sundi Bright



Sundi Bright

Psychic / Medium / Healer / Law-of-Attraction Coach

As a law-of-attraction coach and psychic healer, my goal is to connect with your guides and other spiritual helpers to uncover the **truth** that will guide you on your journey, attracting all that you desire in life.

In a psychic reading, I can see past situations including **past life experiences**, that may be affecting you today and possibly blocking what you want. I work to clear these negative energies and look for the **truth** and **positive aspects** that will **empower you** and **raise your vibration** to a level that **attracts / manifests / creates what you want**. I will also help you gain a positive perspective by recognizing your **strengths, soul abilities, gifts**, experiences and/or **potential** that may be suppressed by the detrimental subconscious patterns. I also use a little **Matrix Energetics magic** to help shift you to the beautiful, happy and abundant YOU that is your birthright!

This type of healing work can help you in many areas of your life, whether related to your **health / body image / appearance, finances / career / job, or relationships / finding love**, and I'd love the opportunity to assist you on your journey.

In addition to 20+ years of personal study, I have been trained & certified in the following modalities:

- Anastasi System of Psychic Development taught by Carl Woodall
- Matrix Energetics
- Reconnective Healing and The Reconnection
- Emotional Freedom Techniques (EFT)

www.sundibright.com
sundi@bright-future.net
949-295-6135

