

Learn to Let Go with Conscious Completions!



Welcome to Conscious Completions

- The What
- The Why
- The How
- The When



Conscious Completions are . . .

- A radical act of self-love
- A reset button for our lives
- A spoken commitment to yourself
- A mindfulness tool that can take 5 minutes or less
- An essential practice for transformation and healing



Two Functional Principles Make Conscious Completions Work

- These are the foundational truths that are the power behind this mindfulness tool.
- Everything happened in the ONLY way it could have.
- I did the best I could with what I knew and with the resources I had available to me at the time. And so did everyone else!



Benefits of Conscious Completion

- Fun, easy, and it feels great!
- Stops shoulda/coulda thinking
- Releases old beliefs and stuck places
- Activates your Higher Self Connection
- Transcends self-sabotage, shame and perceived guilt
- Opens the path to your intrinsic innocence and worthiness
- Lightens your subconscious load allowing for a deeper sense of well-being



Mindfulness Practices Teaches Us to Live in the Power of the Present

*"Nothing has happened in the past;
it happened in the **Now**.
Nothing will ever happen in the future;
it will happen in the **Now**."*

-Eckhart Tolle

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How to Do Conscious Completions

Attitude is everything!

Form or style is not nearly as important as your attitude.

Be Resolute, Focused, and Willing



Two Ways to Do Conscious Completions

- 1) The simple 5-minuts practice of completion with the power pose for daily or weekly completions. This simple short daily practice can radically change your life!
- 2) Create a ceremony for deeper issues, loss, or long-standing patterns that you are now ready to release. These are effective for recent events or events from any time in your past. These may need to be repeated until you feel you have genuinely let go of the experience.



Simple 5-minute Conscious Completion

- Choose an event you want to call complete –
- ***“The universe rewards clarity.”***
- Stand up using the power pose posture
- Speak out loud your declaration of completion in a calm centered, authoritative voice—then clap 3 times
- Hold the power pose for 2 minutes with a smile on your face and gratitude in your heart.

How To Power-Up Your Change Efforts

To effect lasting change and healing, it is important to engage all four levels of our existence whenever possible; physical, emotional, mental and spiritual (PEMS). When activating the Conscious Completion habit, we are using all four at one time! It just works!

- ✓ The physical level is activated by clapping, the sound and vibration of your voice, and the power posture.
- ✓ The emotional and mental levels are activated with your resolute attitude, and mental focus.
- ✓ The spiritual level is automatically activated by the truth statements included in the conscious completion decree boosted by your emotional willingness.

*“I can’t believe what a difference this tool has made in my life!
Thank you Jennavieve for helping me to live in much greater peace.
It seems too simple to be so powerful, but WOW, this thing really works!” — Sherri K.*

Simple 5-Minute Daily Conscious Completion Script



- ▶ Choose what you are completing (be very clear)
- ▶ Stand up in the power pose posture
- ▶ Speak this decree in a calm, centered, authoritative voice

"I choose to consciously complete this day...or whatever."

"I stand in my own power. I now call all the events of this day, or whatever, complete and good enough!"

"I call back my physical, emotional, mental and spiritual energies from all of the events of this day."

"I did the best I could with what I knew and with the resources I had available to me at the time. And so did everyone else. Everything happened in the only way it could have."

Hold the *Amy Cuddy power pose posture for 2+ minutes with a smile on your face and in an attitude of gratitude!

"I call this complete and good enough!"

- ▶ Clap 3 times! Done!

Remember, attitude is everything! Be Resolute—Focused—Willing—Grateful



You Did It!

- ✓ You have lightened your subconscious load.
- ✓ You are no longer leaking energy to the past.

*For more info regarding the power-pose-posture, see social psychologist Amy Cuddy's Ted Talk https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?language=en



The Daily Completion Habit

This practice is a radical act of self-love, self-respect and self-empowerment!

You can considerably reduce stress to your nervous system, your inner child, and clear perceived guilt or “shoulda/coulda” thinking from your subconscious mind, by including this fast, easy and profoundly powerful habit into your nightly ritual before going to sleep! **Seriously, just do this!**

Simply make the following statement out loud if you can, in a voice of power and sincerity. Make the statement three times for your body, mind and Spirit! This can lower your blood pressure, help you sleep, and deeply benefit your physical health and mental health. **Give it a try!**



I call this day and all of its events COMPLETE!
I claim all my creations to be GOOD! I am good enough!
Everything I did and all that I am is good enough.
I am worthy of Love, Peace, Belonging and JOY!
I am grateful for all the gifts of this wonderful day!
I declare this day COMPLETE!

Now close your eyes, take a gentle breath and give yourself a hug!

*I can't believe what a difference this tool has made in my life!
Thank you, JJ, for helping me to live in much greater peace.
It seems too simple to be so powerful but WOW, this thing really works!*
— SK, Administrative Assistant

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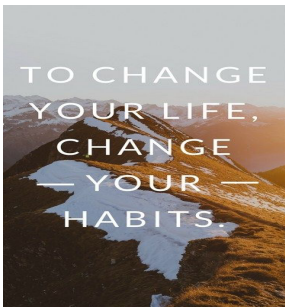
Ceremonial Conscious Completion

- Needed for major life changes and or losses
- Use the same script as Simple 5-minutes + your own additions
- With your own ceremonial design
- Some conscious completions need the layering approach
- Once may not be enough. Keep going until you feel complete



When to Do Conscious Completions

- Any time you want to and/or think it's a good idea!
- ***Every day at the end of your day!***
- The end of your work week
- End of the school year or the season
- Twice a day at mid-day and the end of day
- End of meetings, healing sessions, creative projects, relationships
- Bigger life events that may need ceremony and layering over time
- Examples: Add some elements of wind, fire, water, earth and music to your deluxe conscious completion ceremonies. Play with it!



Integrate the Conscious Completion Habit

- Studies have shown it takes 66 to 254 days to move a new discipline into an automatic habit (automaticity).
- Habit stacking—tie it to a physical habit you ALREADY have dialed in like brushing your teeth.
- What if we all choose to start tomorrow integrating this new habit so it can become a foundational part of your empowering life habits?



The super-power within the core of the Conscious Completion

- Forgiveness sets us free
- "All major traditions carry basically the same message; that love, compassion and forgiveness are the important things, they should be part of our daily lives."

— Dalai Lama

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Inspirations

"When you become comfortable with uncertainty, infinite possibilities open up in your life." – Eckhart Tolle

"When fear gets the best of me. I surrender to love." – Anonymous

"You can't solve a problem from the same mind that created it." – Albert Einstein



All References Mentioned

- For the science behind and the benefits of the power pose
Google search for Amy Cuddy, Ted Talk
- Book- *Atomic Habits* by James Clear
- Book- *The Little Book of Letting Go* by Hugh Prather
- Visit my website under the RESOURCES tab for a PDF on Forgiveness
www.jjforinsight.com
- For visual reminders to do your Conscious Completions daily, see next page⇒⇒⇒



Transformation Demands Letting Go!

To schedule your **FREE 30-minute Discovery Conversation** with JJ Joshua email her at **jj@jjforinsight.com**

*Blessings on Your
Conscious Completion Journey!*



The Two Truths

Reminding ourselves frequently of these two truths can support us in being able to forgive faster, let go easier and without the overlays of regret or the desire for retribution that impedes true healing and a complete release from the past. The primary healing goal is to set yourself free from the past on every level. Integrating the *Two Truths* can effectively, and in my experience, miraculously, facilitate your Soul's journey toward peace, freedom, joy and greater personal empowerment.

These two truths function as the energetic and intellectual threshold for forgiveness to be possible from the perspective of our reasoning minds. True forgiveness takes place first at the spiritual levels and then trickles down into our mind, emotions and bodies.*

Everything happened in the only way it could have.

The proof of this is quite obvious—that *is* the way it happened and no other way. The only “*other*” way we think it could have happened, is taking place only in our imagination, in a fantasy, not in a 3-dimensional reality.

Everyone did the best they could with what they knew and with what they had available to them at the time. Everyone. Every time. Period.

*For more information about how *Forgiveness Sets Us Free*, visit this link for a pdf on my website at: https://www.jjforinsight.com/files/ugd/ec6602_ce4a760a4a614e7494d404ab48bd5fd5.pdf

Soul Chakra Clearing with JJ Joshua

My coaching approach essentially brings the toxic blockages to your healing and empowerment that may be stuck deep down at the bottom of the Unconscious Mind, up into the Light of your Higher Self for True Healing and spiritual release. The process of accessing your Akashic Records can shave years and even lifetimes off of your True healing and spiritual awakening journey. This process makes way for miracles to occur—a complete shift in perspective allowing the Light to free you of that blockage. (See page 2)

This process and timing are directed by your Higher Self, therefore you will only release and clear that which you are ready for, within the energy field of gentleness, love and forgiveness and in harmony with your current day-to-day life and circumstances.



Jennavieve "JJ" Joshua

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What is True Healing?

Healing is defined in the context of my coaching practice, as a complete shift in consciousness from fear to love, from perceived guilt to the awareness of your intrinsic innocence, and from contraction to expansion. It often contains the process of True Forgiveness* and allows you to see yourself and all circumstances with an entirely new perspective and compassionate vision. The healing occurs at the Higher Self and Akashic levels first, then filters down into the conscious mind and body as the soul directs.

*See *Forgiveness Sets Us Free* on my website under the RESOURCES tab.

What are the Akashic records?

The 'Akasha' is another name for the field of recorded consciousness pertaining to the entire journey of each soul. The Akashic Records hold every thought, word, deed, and intention related to a Soul's journey since its beginning, in this life and others. Everything that occurs leaves an imprint. The Akashic records also may hold codes that awaken specific gifts and potential for activation when it serves the highest good for that Soul's journey. The Akashic records have been referred to by various names within many spiritual traditions. The Christian bible, for example, refers to the Akasha as, "The Book of Life."

Reading your Akashic Records accesses valuable "big-picture" guidance as well as details about any mundane or spiritual issue you might have. Over the years, I have found how remarkably practical and useful this information can be. In addition, the Akashic Records provide a field of unconditional love, understanding and support, as well as placing you in the path of opportunity for True healing and lasting transformation.

Your Akashic Records are accessed within the context of a specific intentional prayer. I consider it a sacred agreement and process when the records are opened. Your Soul and Higher Self direct the session. Seven or less questions, formulated by you prior to our appointment, reveal to your Soul what records require opening to support you in strengthening, healing and releasing anything from the past that does not serve you. Your Higher Self will not reveal anything to me, or you, that you are not ready for or not able to hold responsibility for. Being in the field of your Akashic Records is a deeply nurturing, illuminating, and safe place from which to participate in personal growth and healing.

I was born knowing how to "see and read" the Akasha. This ability is a part of my Soul's lineage. I am able to offer you clear and experienced vision that originates from your records and energy field. We use the Akashic records, not as a curiosity, but as a tool to get free from past limiting beliefs, patterns and trauma stuck in your energy field, and to support you in your next most empowered steps in all aspects of your life.

"You cannot solve a problem from the same mind that created it." ~A. Einstein

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