

WITH TRAUMA HEALER ANGELA TURPIN

UNITY THE MASTERCLASS



THE PROCESS WHERE YOUR MIND & BODY COME
TOGETHER

CLARITY

QUESTIONS

THE FOLLOWING QUESTIONS ARE TO CREATE CLARITY AROUND THE 8-STEP INTEGRATION PROCESS. ANSWER THESE QUESTIONS WITHOUT JUDGMENT. THIS IS TO HELP YOU SEE WHERE YOU'RE AT WITH CONNECTING WITH YOUR BODY WITHOUT THE NOISE. REMEMBER, THE END GOAL (FOR THIS MASTERCLASS) IS TO BE CONNECTED TO YOUR BODY TO TAKE ALIGNED ACTION.

	YES	NO
WHEN YOU TAKE ACTION, LOOK AT YOUR BODY, OR DO SOMETHING OUTSIDE YOUR COMFORT ZONE, DO YOU HEAR DOUBT, HATE, RIDICULE, SHAME, JUDGMENT OR INNER CRITIC?	<input type="checkbox"/>	<input type="checkbox"/>
WHEN YOU SEE OTHER PEOPLE ONLINE, OTHER RELATIONSHIPS OR IN YOUR RELATIONSHIPS, DO YOU COMPARE YOURSELF, GET JEALOUS, GET OFFENDED, OR FEEL LIKE YOU CAN'T HAVE SOMETHING?	<input type="checkbox"/>	<input type="checkbox"/>
ARE YOU AFRAID OF HEARING NO FROM A STRANGER, LOVED ONE, OR POTENTIAL CLIENT?	<input type="checkbox"/>	<input type="checkbox"/>
WHEN YOU'VE BEEN HURT WITH WORDS DO YOU KEEP THOSE WORDS LINGERING IN YOUR MIND, THEN USE THOSE WORDS AGAINST THAT PERSON LATER ON?	<input type="checkbox"/>	<input type="checkbox"/>
ARE YOU ANGRY OR IRRITATED FOR NO REASON, OR ARE YOU UNHAPPY, SNARKY, OR RESENTFUL TOWARDS YOUR PARTNER OR FAMILY MEMBERS?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU SPEAK UP, SET BOUNDARIES, & HAVE UNCOMFORTABLE CONVOS NO MATTER THE COST? OR WHO YOU'RE DEALING WITH?	<input type="checkbox"/>	<input type="checkbox"/>
ARE YOU WAITING TO TAKE ACTION, LIVE OR MAKE MOVES UNTIL EVERYTHING IS PERFECT, IN ORDER, LIKE YOUR BUSINESS, YOUR FAMILY LIFE OR MONEY?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU HEAR YOUR INTUITION CLEARLY? DO YOU EXECUTE WHEN YOU HEAR THAT INTUITION WITHOUT HESITATION?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU HAVE A SELF-CARE ROUTINE THAT YOU DO DAILY?	<input type="checkbox"/>	<input type="checkbox"/>
IS THE CURRENT WAY YOU DEAL WITH DOUBT, YOUR INNER CRITIC, JUDGMENT, & FEAR WORKING FOR YOU LONG-TERM?	<input type="checkbox"/>	<input type="checkbox"/>
DO YOU HAVE A VISION FOR THE NEXT YEAR? DO YOU FEEL LIKE IT'S A REAL POSSIBILITY FOR YOU?	<input type="checkbox"/>	<input type="checkbox"/>

JOURNAL PROMPTS

BELOW ARE QUESTIONS TO DEEPEN YOUR AWARENESS OF WHERE YOU ARE AND WHY YOU'RE NOT FULLY CONNECTED TO YOUR BODY. PLUS, THESE QUESTIONS WILL HELP YOU SEE WHAT'S PREVENTING YOU FROM TAKING ALIGNED ACTION & STEPPING INTO YOUR SOVEREIGNTY, LOVE & PEACE.

IF YOU WERE THE NEWEST, BEST VERSION OF YOURSELF WHAT WOULD THAT LOOK LIKE?

Based on the questions above do you feel like you're on the right path?

IN WHICH AREA OF THE 8-STEP PROCESS DO YOU FEEL YOU NEED TO IMPROVE ON THE MOST?

What is the cost of you not improving in this area of your life?

CLIENT TESTIMONIALS



I FEEL LIKE A TOTALLY NEW PERSON
THESE DAYS. I'M NOT WORRIED ABOUT
WHAT OTHERS THINK OF ME NEAR AS
MUCH. LIFE SEEMS MUCH MORE DOABLE
NOW & EASIER. I FEEL SO MUCH MORE IN
TUNE WITH MYSELF. THE FEELING OF
COMPLETING SOMETHING SO BIG FOR
MYSELF THAT HAS MADE SUCH AN IMPACT
IN MY LIFE IS UNEXPLAINABLE.



CLIENT H



FEELING FREE TO LOVE MYSELF &
LOVE OTHERS WITHOUT FEELING LIKE
OTHERS HAVE TO COME BEFORE ME.
FEELING FREE TO ALSO STILL EXIST
TO MYSELF WHILE OTHERS EXIST.
FEELING MY FREEDOM TO EXIST
BEFORE OTHER ISSUES. FEELING
VISIBLE.



CLIENT C

IF THEY CAN DO IT, YOU CAN TOO!

**RELEASE. RISE. BE REBORN
INTO YOUR SOVEREIGNTY**



ARE YOU READY FOR THE NEW YOU?

Wouldn't it be incredible to have the step-by-step process of integration-healing that gives you peace rather than temporary relief?

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