



## Welcome to the Re-Program Program Starter Course!!!

### How to Utilize this Program

Focus on your vibrational frequency at all times. As your body activates in light, there are crystals in your body that are also activated to form. This will become your crystalline structure (Christed Consciousness/Crystalline), giving you the capABILITY to program your own realities, transmit at-will, receive energetically and process huge amounts of information stored inside your higher consciousness DNA/Cells, the crystals and your Super Field of Consciousness.

We start with intentionally programming our thoughts, beliefs, mentalities into ones that free us.

### Practice Continually

I call this "Reminders for Remembering". We remind ourselves not to forget, re-enter the realms of unconsciousness, or fall beneath the veils of amnesia again. Feel it with your whole being, not just saying words. Close your eyes, be present, say words that resonate with you, open your heart to expand further each time.

Re-write your own realities, from inside, in alignment with your soul/higher self/spirit you.

## Get Rocks, Stones, Crystals or Andaras

Work with them, sleep with them, play with them, carry them with you. As you tune to them, you'll gift them to others or use them abundantly to raise the frequency of your home/rooms. (You'll absorb the frequencies of rocks, stones, and crystals as they work with your consciousness and tune your physical body too. You'll "outgrow" crystals. You won't Andaras as they continue to broadcast new frequencies continually).

## Get a Journal and Colored Markers or Pens

Get a journal and colored magic markers or pens dedicated to this re-program program. Your journal can be a notebook, a stack of paper, etc., just preferably without lines.

(Removing the lines on paper and writing in color moves your mind out of linear logic and into non-linear creativity. The more texture you have, the more sensory the experience. This is about expanding your consciousness through enhancing your senses.)

## One Word Every Day

We provide 33 words/33 days to start you off. Spend the day with the word. Expand your perspectives and Higher-Mind-Consciousness. Reflect on all the ways you can apply this word to your life.

Focusing on the words will re-map the neural pathways of your brain and open your access to the Universal Mind. Use this program to synchronize your mind to the higher frequency of your heart. Bring the energy of your mind and heart together as ONE to change your life. The benefit of this course comes from focusing on one word each day. This will reprogram your thinking naturally and organically.

## Follow Along and Expand in Many Ways

Get creative on how you can re-program your own thoughts & beliefs. Listen to your own subconscious and choose the ones you desire to be your NEW Earth Reality now.

You have the power to reprogram anything you desire. Presence, awareness, and letting go of any judgement, attachment, and commitment is required. Pick words that open your heart, expand your energy, and play with them. The more new perceptions you can find, the more dimensions you have access to.

Are You Ready??? Here we go...

## The 33 Day Re-Program Program Starter Course

Here is the list of 33 words to expand on every day during your journey into re-programming yourself organically. Remember to focus on just one word a day and work with it fully and repeatedly, expanding on all ways you can apply this word to your life. Find the corresponding slide in the Re-Program Program Starter slideshow download for more information on each word and start your journey into remembering again.

Day 1: Re-Mind

Day 2: Re-Align

Day 3: Re-Focus

Day 4: Release

Day 5: Re-Empower

Day 6: Relax

Day 7: Re-Invent

Day 8: Realize (Real - Eyes)

Day 9: Re-Source

Day 10: Recall

Day 11: Rewrite

Day 12: Re-Value

Day 13: Re-Connect

Day 14: Respect

Day 15: Re-Solve

Day 16: Reverse

Day 17: Re-Direct

Day 18: Resist

Day 19: Re-New

Day 20: Re-Associate

Day 21: Redo

Day 22: Restore

Day 23: Re-Juvenate

Day 24: Re-Ignite  
Day 25: Reclaim  
Day 26: Re-Unify  
Day 27: Re-eMERGEence  
Day 28: Responsible  
Day 29: Re-Purpose  
Day 30: Receive  
Day 31: Recognize  
Day 32: Remember  
Day 33: Re-Turn

## Repeat

I repeat my reminders continually, so that I do not forget again. There is no going “back”. That’s an old perception. Now YOU keep going on your own now, finding more words to expand upon that resonate with you. Mahalo! ♥

## Thank You for Embracing Your Journey!

We want to thank you for embracing your ability to master your own programming again. When we all do this, all of our realities change in response. Please share the registration link to this program so all may benefit as we do our journey together. Mahalo Nui Loa!

♥From Lisa Transcendence Brown and the Light Team  
[www.AwakeningtoRemembering.com](http://www.AwakeningtoRemembering.com)