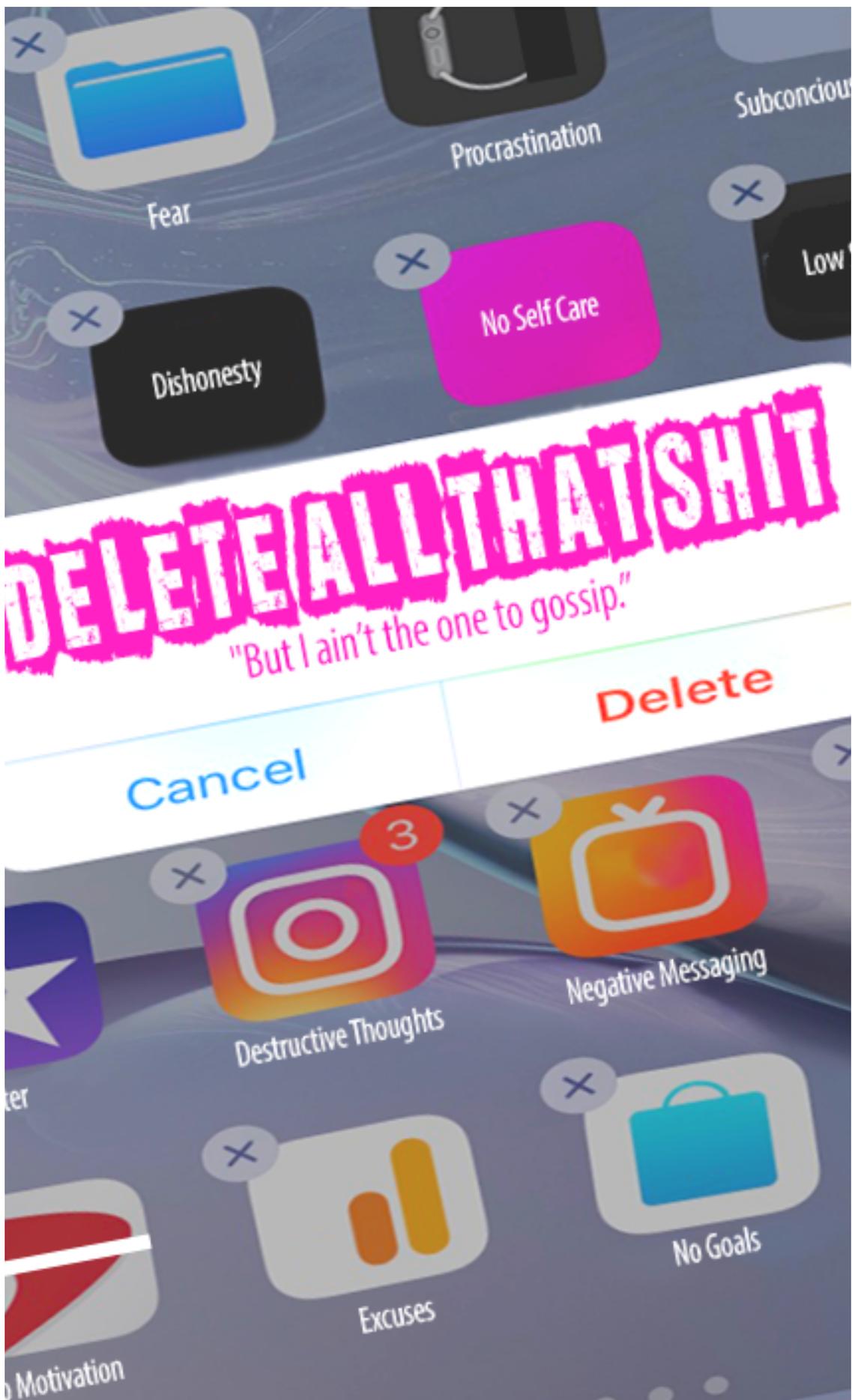


CHALLENGE

30 DAY



By
A VEGAN GYPSIE

hello 



W

elcome to the D.A.T.S. Challenge this challenge is designed to change your life. Hi I'm Aja your Healing Writer and creator of the Delete All That Shit Challenge. The formula this challenge is based on has assisted me for years in helping my clients as well as myself obtain the life we desire.

Just like you I have always dreamed of the way I wanted my life to be. But no matter what I did it never seem to get close to the vision I had. I suffered from a severe case of procrastination which led to low self esteem. In 2016 I started my healing journey by mid 2018 I was able to get rid of procrastination and eliminate any low self esteem issues I was facing. How I did It ? Well here is the formula, remember knowledge has no power unless applied.



Your Healing Writer

KNOWLEDGE
HAS NO POWER
UNLESS IT'S
APPLIED.

@YOURHEALING&WRITER

DELETE ALL THAT SHIT

Subconscious Programing

UNDERSTANDING THE PROCESS

How the programs work for you depends on where the initial teaching derive. All programs that the subconscious creates don't always work against you.

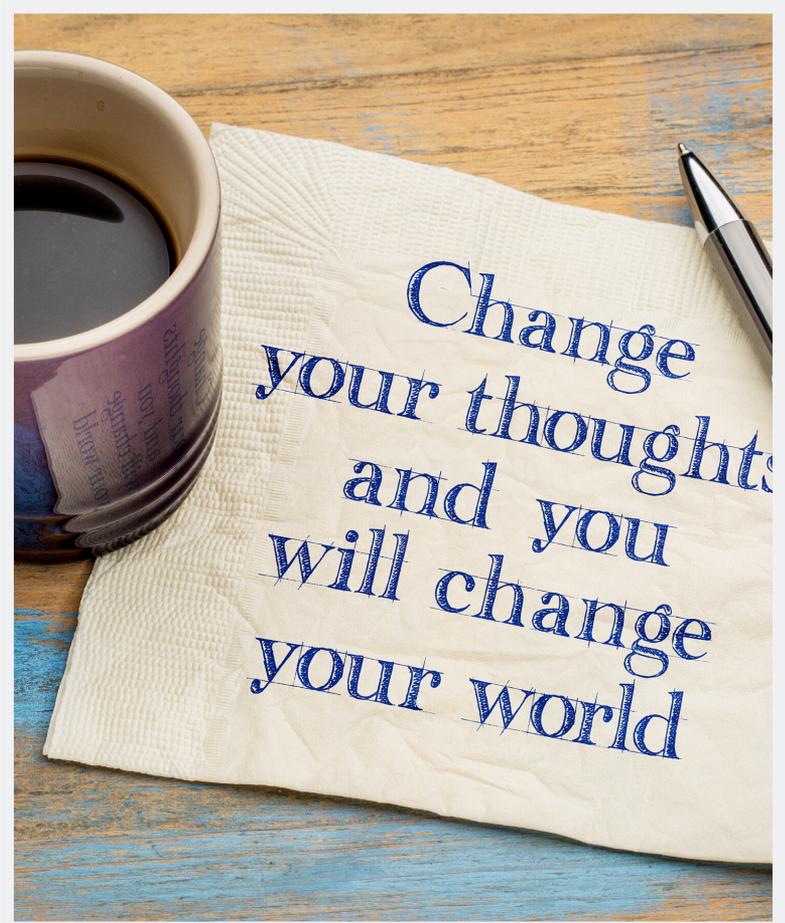
The programs that usually work against you comes from a negative vibration which is a derivative of fear, keep in mind the programs aren't always developed due to a traumatic experience. They can be created from the subtlest of experiences. The experiences that you overlook or didn't realize existed.

To discover or better understand what programs need to be deleted or re-written you must first find out the programs that exist. After the discovery of the program to determine if a program needs to be deleted or re-written you must evaluate how that program is working towards you living the life you desire. Does it hold you back or push you forward?

A program that can be re-written is simply a program that can work for you if you learn how to control it and when to use it.

EXAMPLE

You have discovered the Manipulation program running on autopilot. This program has not been really benefiting you in the past because you didn't understand it and had no knowledge of how to control and use it.



Manipulation means having the ability to handle or control something skillfully and having the ability to influence others.

Let's say you have a friend that is on the verge of losing everything. A couple of months ago his wife left him for a woman and it sent him spiraling into a deep depression. He lost focus and hopes in life and now depending on anti-depressants to sustain him and even that wasn't working. You tried to convince him he needs to seek counseling to help him overcome this. But because of his stubborn egotistical ways, he refused. So, you have a heart felled conversation with him about how you also experienced the same thing. How you lost everything and were strung out on medication. And that it wasn't until you seen a therapist did you get your life back on track and felt better. And because of this heart felled conversation you had convinced him to seek counseling and he did. The entire conversation was made up those things had never happened to you. Was it manipulation? Absolutely, and it



cont'd

helped save a friend's life or how about having the ability to manipulate a business situation so that both parties can benefit. Having this program can benefit your life if you learn how and when to use it. Rather eliminate a program or re-write it is solely up to you. When making your decision keep in mind that the important thing is being able to live in balance and the life you desire without hurting others. So, if a program is not in alignment with where you are headed or what you are trying to accomplish then Delete All That Shit!

There is an exercise I have created for my clients and I have also used it for myself and it works. It's one of the very reasons why I was able to divorce procrastination and eliminate many of the other programs that the subconscious had created that was holding me back from living the life I desired.

Triggers

A trigger is something that sets off a memory tape or flashback transporting you back to the event of the original trauma. Triggers are very personal; different things trigger different people. You will react to this flashback, trigger with an emotional intensity similar to that at the time of the trauma. A person's triggers are activated through one or more of the five senses; smell, taste, sight, sound, and touch.

SIGHT

clothing, hair color, distinctive walk. It can be anything from a raised eyebrow to a verbal comment. Locations in a house, holidays, time of year, piece of furniture

SOUND

Raised voices, arguments, bangs and thumps, something breaking, crying, whispering, screaming, sirens, foghorns, music, cricket, chirping, car door closing, whistling, footsteps, pop of an opening, tone of voice, cursing, labels, put-downs, specific words used.

SMELL

Add a litobacco, alcohol, drugs, aftershave, perfume. Any smells that resemble the place where the abuse occurred.ttle bit of body text

TOUCH

the resemblance of the things that occurred before and after the abuse such as, certain physical touches, persons standing too close and even the way someone approaches you.



TASTE

certain foods, or chemical taste. There is magic alone in the awareness that affords us the ability to be able to over-stand the current situations and deal with them properly. You have the ability to delete whatever program you desire. You are the creator of your life and maybe nobody has ever told you, but you have the power to delete all that shit! No matter how traumatic or not the experience. It may not be your fault, but it is damn sure your responsibility to heal from anything that is not working for you.

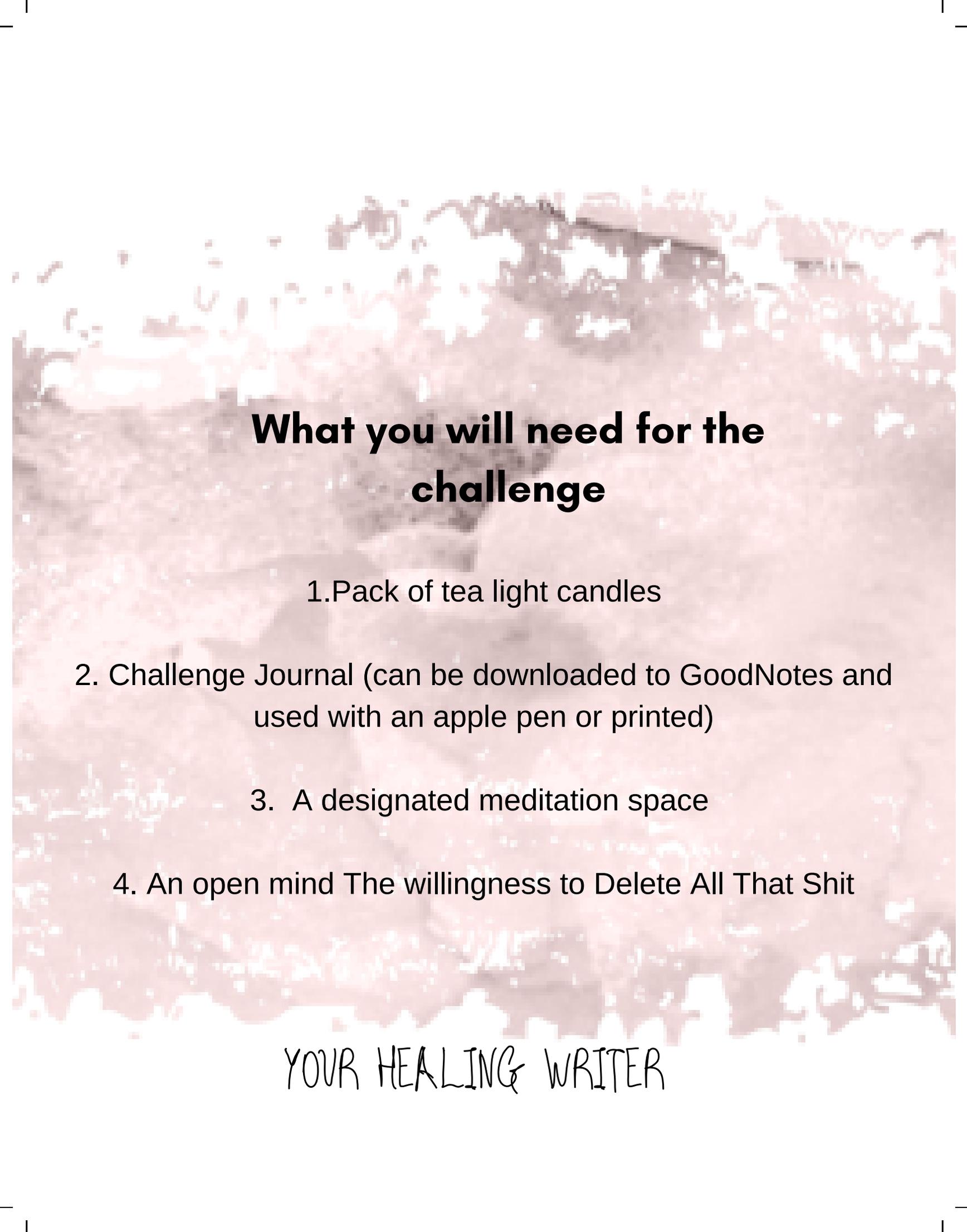
It Is Not Your Fault, But It Is Your Responsibility

Subconscious parenting is parenting that occurs below awareness. This can mean the parenting person/s has no true awareness of the damage that can be caused by their actions and or teachings. Recognizing their lack of awareness is not in any way to make an excuse for the actions of an abusive parent, a strict parent or even an absent parent. This is solely to help you understand that healing yourself is your responsibility although some of the experience that you had was not your fault.

Some people think that healing will only come when they confront the person that wronged them and are given the right answer to why they did it. A lot of times the abuser doesn't even realize the abuse that they inflict. But the truth is you don't need to confront them at all. You have the power to heal yourself, you have always had the power.

**LEARN TO
CONTROL
YOUR
EMOTIONS
AND YOU
WILL
LEARN TO
CONTROL
YOUR LIFE**

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What you will need for the challenge

1. Pack of tea light candles
2. Challenge Journal (can be downloaded to GoodNotes and used with an apple pen or printed)
3. A designated meditation space
4. An open mind The willingness to Delete All That Shit

YOUR HEALING WRITER

INSTRUCTION SHEET

each one is done daily

30 DAY DIET PLAN

A vegan Diet is recommended but not required. for the next 30 days we will eliminate all animal products meaning no meat below is a breakdown of your eating chart. (can do seafood)

Daily Meditation Plan

One time in the morning at rising and lastly before bed (increase each week by 2 minutes till 30 minutes is reached). 4-minute candle meditation instructions can be found at <https://www.yourhealingwriter.com>

Journey Back Writing

Starting as far back as 3 years old each day you will write about the next age so day 1 age 3 day 2 age 4 and so on. You are not looking for anything in particular just whatever you remember write it down. Once written down go back and read it write what triggers and programs are revealed for that age. See below for journal download

THOUGHT CONTROL

Pay attention to your daily thoughts as they happen. Ask your self " Is this thought in alignment with what I want ?" if it's not then immediately cancel it and replace it with a thought you. The more you do this it will become a habit and you will be able to have constant control over your mind

Living In the Now

While in the shower only focus on the shower. like how the water feels as it runs off your body. When you catch yourself thinking about something else bring your focus back to the shower.

EACH DAY

1. Make Your Bed
2. meditate
3. journal writing
4. Thought Control
5. Live in the now

1.

DIET PLAN

7am-12pm: no solid foods, the body is releasing toxins, and eating solid foods during this time will disturb that process. You can however so a juice or fruit.

12pm-1pm: You can eat your first solid meal but keep it light

2pm-4pm: your heaviest meal of the day should be consumed (remember no dairy)

5pm-6pm: A light snack drink plenty of water if you can't get alkaline water do a natural spring.

7pm-8pm: Dinner, this will be your last meal of the day after this you can do liquids but no solid foods.

*******Absolutely no dairy products and no meat if you can (fish ok)**



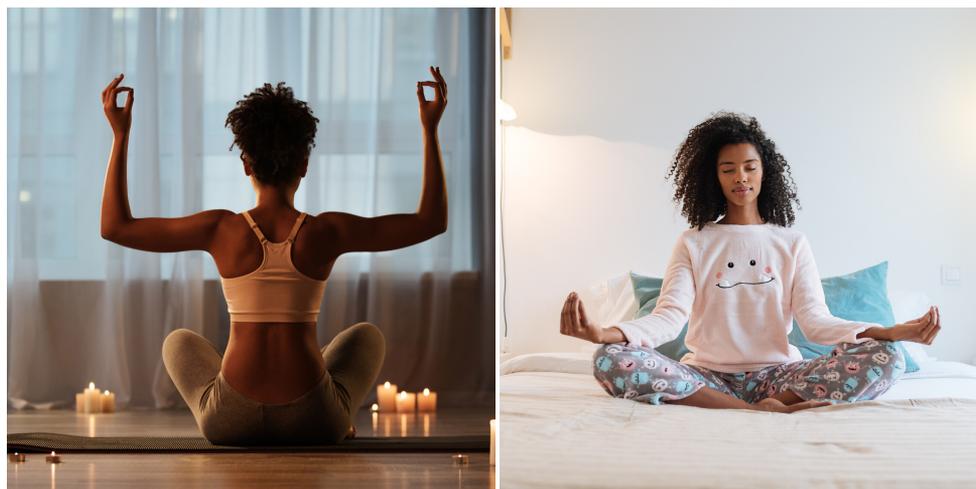
2. MEDITATION PLAN

4 MINUTE GUIDE

Meditation is when the mind goes into a complete duh state, Meaning there are absolutly no thoughts. Meditation helps to reduce stress and control anxiety. It helps one to become in control of your emotions. While meditation offers tons of benefits it also enhances self-awareness. It isn't easy trying to silence the mind especially in the world we live in. So below is a beginners step by step to meditating. (to watch the video scroll down)

- take a tea light candle and light it
- set the timer on your phone for 2 minutes exactly
- stare at the flame of the tea light candle till timer sounds
- blow out the candle
- set your timer for another 2 minutes
- close your eyes again

This time when you close your eyes a shillouett may appear of the flame just focus on keeping it centered



A MOMENT OF HONESTY

LOVE

YOUR HEALING WRITER

What You Love About
Yourself

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

Your Least Favorite Thing
About Yourself

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

HERE'S A FEW IDEAS TO HELP YOU OUT!

NEGATIVE THOUGHTS

Whenever a negative thought occurs you must cancel it by saying out loud "I cancel this thought" and replace it with one you want.

LIVING IN THE MOMENT

Pay attention to what you're doing at the moment and focus solely on that. When you see yourself drift off bring it back to the moment

TRUSTING YOURSELF

The moment you feel doubt taking over take a second and do the 4 minute meditation and remember to breathe

DON'T GIVE UP

Even if you miss a day don't get discouraged.. Just continue the next day

BE ACCOUNTABLE

Be accountable this is your life. Be real with yourself acknowledge when you know you are bull crapping. And get back to it!

LOVE

Love is the most powerful energy source that exist. Remember to live through love. Always love yourself and remember what you put out will come home to root.

Helpful Tips





Thank you!

Thank you for trusting my process and taking this challenge. The life you want is within your reach and the key to obtaining it is "Application." It is important to apply the knowlegde that you consume to your everyday life.

This challenged revealed two things to you. The first was the programs that was stopping you from getting the life you want. The second was it revealed your passion/purpose that has been there all along.

Having the life you want is your birth right. Never stop working towards what moves you. All that you need can be found within. You must be willing to uncover it. Healing doesn't have to be a long drawn out process all you need is a conscious decision to heal. Delete All That Shit so you can have what you want.



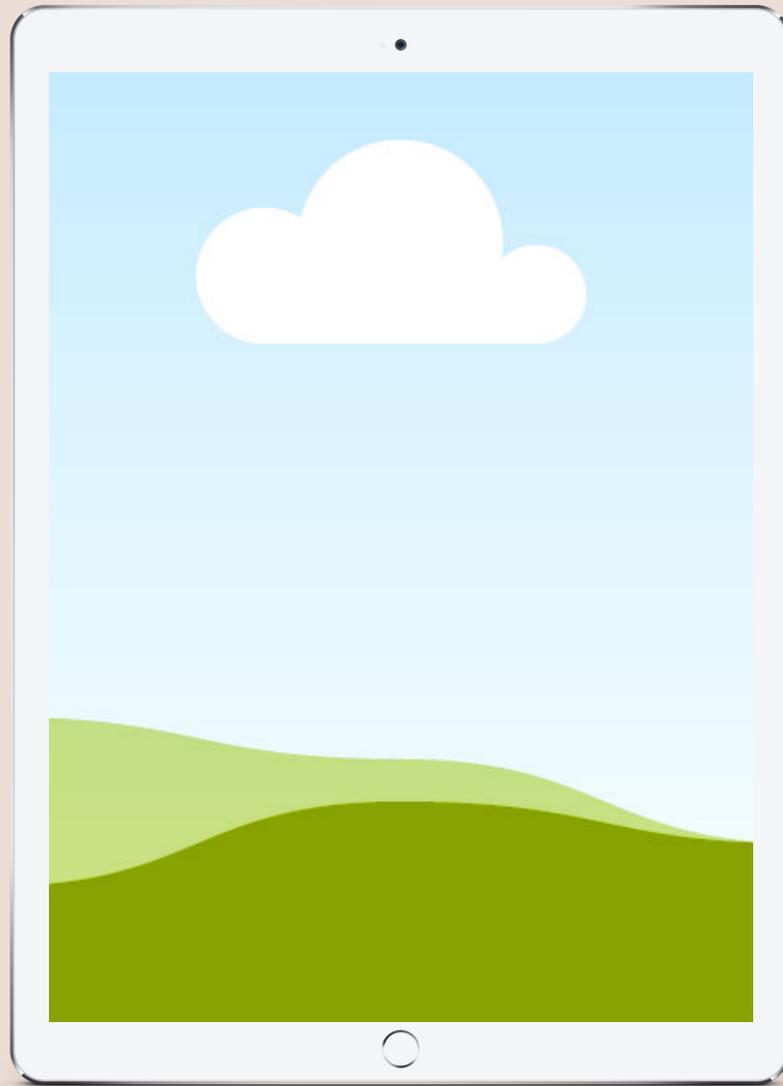
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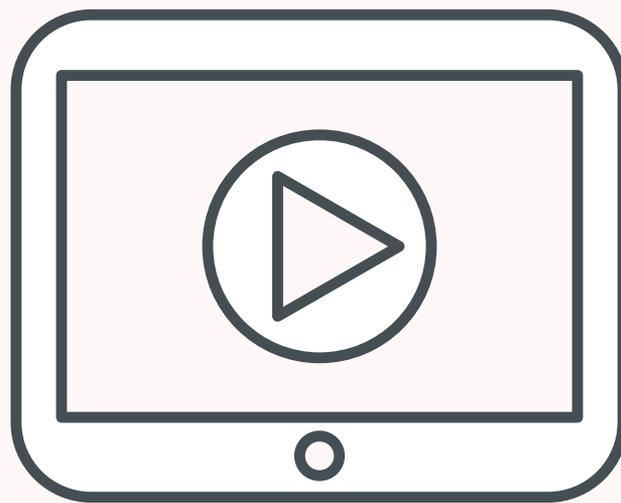
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4 MINUTE
MEDITATION FOR
BEGINNERS
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