



# FOUNDATION FOR EMOTIONAL MASTERY

with JayJay Jung

**Go beneath your many layers of emotion to gain the power and freedom to choose whether to let go of your negative emotions or hold on to them.**

Emotions—joy, anger, guilt, fear, sadness, reactivity, etc.—exist in the body as powerful energies, and are the driving forces in our daily lives. They influence our relationships, our judgements, the choices we make, and even our health.

In this 6 week course, you will peel away layer upon layer of negative emotions and discover the true root cause. With this newfound awakening, your mindset will shift and allow you to tap into the strength of your true nature.

*Note: You will also receive daily mentoring from your trainer, JayJay Jung.*

**Click the link below to sign up and view the weekly schedule of this online course.**

[\*\*Course Schedule\*\*](#)

**Total Cost: \$360**



# COURSE OVERVIEW



## **Week 1: How Your Emotions Work**

Before you can transform your emotions, you must first understand what they are and what they are not.

## **Week 2: Judgement Towards Emotions**

Identify judgments towards emotions and how to release them. You will also recognize the feelings and flow of energy that exists within your body.

## **Week 3: Face Your Emotions**

It is common for people to avoid or deny their emotions. Learn to face your emotions on a deep level so you have the power to transform them.

## **Week 4: Finding Solutions with Strength**

Detach your emotions from who you truly are by building your physical strength as well as developing your core.

## **Week 5 & 6: Choosing Your Emotions and Continuous Growth**

Master your emotions and consciously choose emotions that will help you move forward to create the life you truly desire.



## **About the Trainer**

JayJay has developed the unique gift of being able to use emotions as a guide to healing relationships and recovering our health. Emotions can help us discover the root causes of illness and relationship challenges. For the past 17 years, she has been guiding others on a transformative path through facilitating workshops and teaching self-awareness. She also works one-on-one with her clients, helping them overcome negative emotions and recover the true empowering voice within. She brings a huge heart and a wealth of personal knowledge to help others heal from a place of authenticity, gentleness, and patience. Currently, she serves as a manager of the Sedona Meditation Center.

[\*\*CLICK HERE TO LEARN MORE & SIGN UP!\*\*](#)