

# SOUL REVIVAL

10 Day Discovery Plan to Help You Find Satisfaction & Soul

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Lesson 01: Greet Your Tidings

Lesson 02: Finding Your Inner-Self

Lesson 03: Forgiveness

Lesson 04: Commitment

Lesson 05: Believe

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Lesson 07: Release Guilt

Lesson 08: Feel Free / Allow Your Thoughts

Lesson 09: Turn What You Dislike Into Change

Lesson 10: Bingo – New Beginnings

10 Lessons Over 10 Days!

## ATTACHMENTS

Appendix A: eFacts - Tealight Meditation (How To Guide)