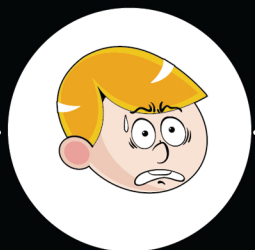


MENTAL KUNG FU

The Art of Mastering Your Mind so You Can Master Your Life



RECOGNIZE

Catch reactive patterns, thoughts, feelings or funky energy.



REFUTE

Talk to the hand and say "NO" to this old way of thinking!



RELEASE

Let it go and allow your life force energy to flow.



REMEMBER

Connect to your inner wise self that knows what to do.



REPLACE

Upgrade your old story to a more aligned way of thinking.



RADIATE

Emanate your new positive, expansive energy.

