



**NEW LIFE**  
**FREQUENCIES**  
VIBRATIONAL ENERGY MUSIC

## **The Worry Free Money Magnet Program Instructions**

Welcome and congratulations on embarking on the Worry Free Money Magnet Program!

I'm super excited for you!

To use this program, follow these instructions:

1. Simply lay or sit, making yourself comfortable.
2. Soften your body, relax the rhythm of your breathing and listen openly and patiently to the sounds.
3. Focus on relaxing and releasing anything that your body / energy field is trying to let go.

Use the audios in order Root Chakra to Crown Chakra over 7 weeks, 1 Chakra a week ideally at least 2-3 times a week, preferably more.

The program is as follows:

### **Listen AT LEAST twice a week**

**Week 1: Root Chakra Resource Alignment**

**Week 2: Sacral Chakra Emotional Opulence**

**Week 3: Solar Plexus Chakra Positive Motivation**

**Week 4: Heart Chakra Pain & Lack Release**

**Week 5: Throat Chakra Empowering Language**

**Week 6: Third Eye Creative Prosperity**

**Week 7: Crown Chakra Spiritual Influence**

The vibrations contained within the mp3 work automatically.

There may be times where you experience discomfort - it is very important that during these moments you are patient and calm with yourself.

I wish you all the very best on your spiritual journey,

John Bass