

Positive Infusion Webinar
How to Navigate Life in a time of Chaos
From Fear to Courage
 With Transformation Navigators
 Crystal Ba & Michael Ditton
 from San Diego

How to Navigate Life in a time of Chaos
 From Fear to Courage

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Journey from Fear to Courage:

1. Define and map your Fear
2. Journey from Fear to Courage
3. Identify your Inner saboteurs connected to Fear
4. How are habits and behavior connected to Fear and Courage?

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Define and map your Fears
 Foundation clearing

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What is fear?

- **Wikipedia:** an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.
- **A Conversation with Fear:** (M. Blakeslee) Fear is located between control and surrender.
- Western world approaches fear as a pathology you need to always fight for or win.
- It is actually possible to communicate with the fear like with a friend not to treat it only as an enemy.
- Fear can actually open us up for more empathy and bring out some deep insights about ourselves.
- Body talks to us through our movements and breathing.
- We have in our body a critique connected to the fear and a guide connected to courage.

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3 Levels of fear by Susan Jeffers:

Level 1 Fears - surface story. One fear may be connected to others and create a chain reaction.

Those that happen:	Those requiring action:
Aging	Going back to school
Being alone	Making friends
Loss of financial security	Using the phone
Illness	Driving
War	Being interviewed
Losing a loved one	Public Speaking
Rape	Intimacy

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3 Levels of fear by Susan Jeffers:

Level 2 Fears - not situation related, they involve the ego.

Those that happen:	Those requiring action:
Rejection	Being conned
Success	Helplessness
Failure	Disapproval
Being vulnerable	Loss of image

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3 Levels of fear by Susan Jeffers:

Level 3 Fears - at the bottom of every fear is simply the fear that you can not handle it.

Level 1 fear:	Level 2 fear:	Level 3 fear:
I can't handle illness	I can't handle the responsibilities of success	I can't handle it!

- If you would know that you can handle it, what would you fear?
- - NOTHING!
- Have to increase your trust in abilities to handle it all!

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How to map your fears?

- Write down all the fears you consciously know you have today.
- Take the next week to let hidden fears come to the surface so you could write these down as well.
- Understanding that fears are not your enemies, they are your friends, your allies. Their purpose is often times to save you or instinctively keep you alive or hold you back not to make the same mistake you did in the past.
- Fear is very fearful of the unknown or the future because everything unknown can be dangerous.
- After you have mapped your fears and made a list, you can go into a guided meditation where you meet your fears and find out these things:
 - a) Why they are in you - what is their purpose?
 - b) Who assigned them to this task? Usually it can be an outside person or you have somehow copied it from someone or somewhere
- Once you get the message from your fear(s) you can give your message to it, thank it and ask it to leave
- In this process your Inner Sage or Guide can help you.

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Fear characteristics (from A Conversation with Fear by M. Blakeslee)

Experience - Guide	Performance - Critique
Singularity	Polarity
Discovery	Win-Lose
Adventure	Success/Failure
Sensation	Good/Bad
Newness	Right/Wrong
Emotion	Pass/Fail
Relatedness	Competition
Other-orientation	Me-orientation
Internal Gift	External Reward

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How to map your fears?

- You can send your fears on a holiday or completely fire them. You can thank them for their services and ask them to leave and never return. Sometimes you need to ask them to also take with them all of their backup systems, assistants and the ones who have been invisible as fear often times works in teams and is tricky.
- Do your "Fear Setting." If you would love to make the picture clearer Tim Ferriss recommends to do something he calls "Fear Setting", so you make a list of three categories:
 - a) What is the worst case scenario if you do not stop it now or later?
 - b) What can you choose to prevent it?
 - c) If the worse case scenario happens how can you repair it?
- Example: Lets take for example Crystal Ra's opportunity to go and study in South Africa. Her fear to go there was pretty big. She knew that if she really wanted to go she needed to work through it otherwise it would turned into a nightmare while living there. She did the necessary research and took the measures for extra safety. She chose to live in an apartment close to the University so she did not need to take the public transport and could just walk to school. Worst case scenario would have been that she would have not gone to SA or something bad would have happened there. While living there she listened to the locals - never walked alone in the dark and when she was at home locked her doors and windows and always got someone to give her a lift home when walking around with her camera equipment. If the worse case scenario would have happened - for example her camera equipment would have been stolen and she could have contacted the insurance company for coverage.

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Road trip from Fear to Courage

Get things in motion while being centered



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How do we move from pain to power?

- We do not realize so often that pain comes from suffering and suffering comes from unconscious behaviors, even habits or thoughts or beliefs. Some of these may cause anxiety, some of these may even paralyze our ability to move forward. The key in this is to move forward and start to open up all the layers one by one and consciously understand how you, your past, your experiences, memories have all created this mess.
- It helps to start to take responsibility of the bad situations and also fear in your life. Fear can not move into your inner being until you say yes to it. If you choose to take action and start to communicate with your fear and handle it, you start to move away from the pain towards the power. How long is that trip? It is very individual and depends on many things.
- Your first step out of pain is DECISION MAKING and second one is TAKING ACTION.
- Susan Jeffers recommends that it is smart to watch your language - words like I can't, I should, It is not my fault, It is a problem, I am never satisfied, Life is a struggle, I hope, If only, it is terrible be substituted with I won't, I could, I am totally responsible, It is an opportunity, I want to learn and grow, life is an adventure, I know, next time, I know I can handle it, it is a learning experience - you will start to move from pain to power!
- Pain acts from victimhood and power acts from responsibility! Choice is yours!

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3 types of pain:

- Brendon Burchard shared that there are 3 type of main pains:
 - a) Pain from loss
 - b) Process pain
 - c) Outcome pain
- As humans we journey between pain and pleasure. We aim for more pleasure and try to run away or avoid pain. But sometimes with growth pain is necessary. The difference is how you handle it!

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How does Fear express itself through the 3 Selves & Inner Family?

- The Higher Self is connected to the universal knowledge and is always interested to guide you to the best paths for your growth and advancement. This part is connected also to your Inner Woman.
- The Middle Self is the rational and masculine side of you who is taking care of the material and practical things. It helps you to get things done and manifested. This is connected to your Inner Man.
- The Lower Self is the connection to the subconscious levels and is taking care of the body's needs and safety. It is connected to your Inner Child.
- The biggest target for your fears as well your critique and saboteurs is actually your Inner Child and Lower Self. S/he can be very vulnerable and opened to other people's as well environment's suggestions and has no filter. When you want to move forward your Lower Self with the Inner Child stops you until you will clarify what you are doing and why. Once this is clear then you can move on. Sometimes more deeper healing is needed as well. All of these steps depend very much on the personal paths and journeys.
- At times your Middle Self can stop you as well as it has the experience from the past that you have promised something but not delivered. In order to change that you need to promise that what you promise, you deliver.
- The Higher Self will be your best friend and connector to your Guide and Sage out of the fear. If you need to find a shortcut out of fear, this is a route to go - to meditate, to listen to your intuition and act accordingly as soon as you can!

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How your Inner Family can help to dissolve the fears?

- **The most important is that the Inner Woman will take care of the Inner Child and clarify and give enough information what is going on.** Our Lower Self or Inner Child will stop us if something is not clear enough or there is not enough information. Once the clarity is there, the resistance usually will disappear as well.
- **When the Inner Child feels better, then the Inner Woman will feel better almost instantly as well.** When Inner Woman can relax and surrender, then she can start to receive her intuitive messages and be creative again and deliver that info to the Inner Man who can start to manifest through it.
- **Inner Man is there for safety and security and will do the utmost best to take care of the whole Inner Family.** Inner Man is very crucial in manifestation and realization as well. If everyone in the Inner Family is in balance and doing well - the Inner Man can start to fully support the creation of the world and universe as needed according to the situation.
- **When each Inner Family member is busy and at the same time focused and taken care of (like in any family) all the dynamics are running smoothly and harmoniously and then this person is most probably also fully in their center.** Once someone is in their center, noone can disturb them, not even fear. When this person is also now fully engaged in their life purposes, fear has no chance to even knock on the door, because no one will be home to let it in!

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Where are the Environments where fear flourishes?

- Places where there are people who are full of fear and who believe in what they are presented without questioning it or researching it themselves.
- Mass media's one purpose is to create and multiply and amplify fear!
- Where there is not enough consciousness of the creation formula - how thinking, words and actions create your reality
- Where there is not enough education and also role models how to lead a fulfilling and impactful life
- Where there is no balance and consciousness
- Where there are many illusions and people believe in them
- ... and so many more places - too many to mention all of them here...

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Weed out your fear from your Inner Gardens!

- **Figure out how past has fed your fears!** We feed our fear in so many ways. Since we were born till we were 6 years old, our subconscious took in everything it saw or heard with no filter. These experiences start to build the beliefs, mindsets as well worldview of that person which in case bad, turn into instant weeds. If there was a lot of fear, drama, panic, unconscious behavior etc., it was all copied as a coping mechanism to that child and if that person is not going back in time to clear that up, these seeds from that time period will continue to grow weeds in our subconscious as well conscious mind and can create massive issues getting fed by habits and bad behavior.
- **Wake up and find a support guide, program or group for your changes!** Often times people do not even realize that something is wrong, because they have behaved badly all their life and surrounded themselves with people who did tolerate it too. Until one day someone brave comes and gives feedback or something really bad happens and the person will wake up like from a bad dream. **Sometimes it is a divorce, unemployment, someone's death or something similar which can shake us.** The times we have right now work the same way. But if that person does not have a guide or a group to help through this - it is almost impossible to change because you need a role model or a guide to leave the old non-functioning behind and move to a different life and lifestyle. So that is why products, books, classes, programs, events and retreats as well support groups can be one way to work with these issues.
- **Crystal Ba's recovery story.** Crystal Ba started to go to Alanon meetings (created for family members of alcoholics and drug addicts) in 2015 and started with just 1 meeting per week, then worked through the workbooks for almost a year and continued to go to meetings and read the books to keep clearing her inner garden. Prior to that she did loads of online programs, spiritual or self-development events to grow, to heal and become aware of the patterns and clean the inner garden which is even more important when one is a therapist herself. And it worked!

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Weed out your fear from your Inner Gardens!

- **Are you a victim or a responsible action taker in your life?** This question helps you to find out where in your Inner Garden your weeds may still grow. When Crystal Ra started to go through a process of clearing victimhood in her life in her early 20s it took her several years to clear it from the body, mind and spirit levels. It also happened with the help of others. She set up a spiritual book study group where the cleansing could continue while also guiding others.
- **What happens when we are victims is that we do not take responsibility.** We believe then that the rest of the world and everyone else is guilty in our circumstances. We do not take charge. We do not use the **Creation Formula** of thinking, talking and acting consciously enough. This is one of the ways to let the weeds of fear flourish and even blossom so much that new seeds can fall into the ground...
- **Make a list of decisions you do today** which will keep you going with your continuous work to clean your garden of all the fear!
- **Side note** - this process will never end - as long as you are growing, there will be more fears popping up. This is why it is crucial to figure out what works for you and how you can clean it even faster and more effectively!

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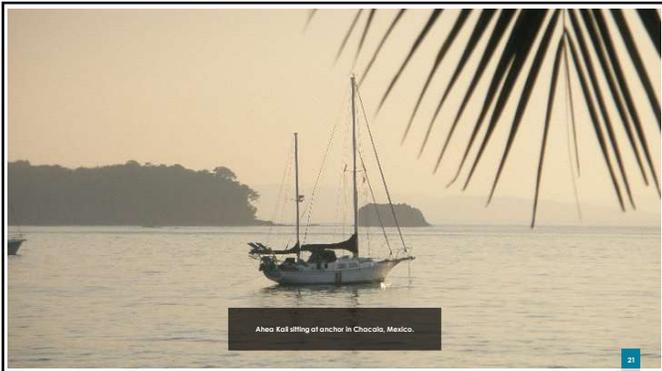
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How do we train our Courage Muscle?

- **Look back at your life and list down all the fears you have had and overcome in your life already. What insights did this give?**
- **Face your fears in the present moment!** Make a list of all the fears you still have on the left side of a paper and on the right side write down what decision you will make to communicate with that fear and face it and do it anyways and also put a date behind it as a deadline! If you need someone else to be your accountability partner in the process - find a friend who can do that so you can not cheat!
- **Train your intuition, heal and reconnect with your inner Woman or Higher Self.** Build trust with her, so that finally when your inner Woman will send you some new ideas through your intuition and it does not actually make any rational sense - you feel the impulse to take action, contact your inner Man or Middle Self and ask them to help you to follow through and you do it! If you feel that there is enormous resistance, find your Lower Self and Inner Child and have a talk why you need to do this. Once you start to practice this regularly your inner Woman will gain trust and will encourage you to overcome more fears and take bigger steps!
- **Example** - Crystal Ra's guidance to go to Hawaii the first time for 3 months, the second time or the third time or traveling to Mexico with a one way ticket for unknown times, learning aerial silks or starting to paddle in the Hawaiian outrigger canoe club ...
- **Example** - Michael purchasing a sail boat in Panama and then sailing home, through the storms, to California. Then buying a boating supply store to outfit it with a dream to sail around the world...

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Why is identifying your Inner Saboteurs so crucial?

- Inner Saboteurs are like hidden enemies living inside of you and challenging your progress and advancement every time you want to move ahead or step to another level.
- Inner Saboteurs know you so well - so they are very tricky and hide and seek all the time. In order for them to survive they need to take care of you doing certain things in a certain way. Your bad habits and bad behaviors as well as bad environments feed them and help them to grow.
- Your Inner Saboteurs are allies with fear and hold you back. This is why it sometimes feels almost unbelievable how we are our biggest enemies - because we have so many inner enemies working against us.
- On top of all of that we also have to face projections and expectations others have put on us. If we do not know how to set boundaries clearly and consciously - a person can actually get imprisoned in someone else's dream or ideas or projections.
- Inner Saboteurs are feeding your survival and primal brain which is also connected to the fear.
- Primal brain's purpose is to keep you alive!
- As soon as you start to activate your courage, you will activate other part of the brain which actually loves to be challenged. In the beginning it may feel hard, but after some time you may start to love challenges as you feel your courage will grow each and every time!

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Map your Inner Saboteurs (By Shirzad Chamine)

Saboteur - Survival Brain	Sage - Advancement and Thriving
Anxiety, shame, anger, disappointment, grief, regret, blame	Curiosity, empathy, joy, creativity, peace, calm, resolve, gratitude
We are more naturally wired for this and need to work to weaken this!	Take approach that we can change every circumstance into an opportunity!
Controlling, judging others, holds back, enjoys safety and familiarity most, passive, chooses comfort over unknown	Trusting, tolerant, courageous, curious, enjoys to explore and adventures, loves new places, active, chooses unknown because it is exciting!

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5 Steps to strengthen your Sage (By Shirzad Chamine)

- 1. Empathize
- 2. Explore
- 3. Innovate
- 4. Navigate
- 5. Activate
- All of these steps help you also to grow your "courage muscles".
- Examples from our lives.

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Your 9 Inner Saboteurs (By Shirzad Chamine)

Controller	Hyper-Achiever	Restless
Stickler	Pleaser	Hyper Vigilant
Avoider	Victim	Hyper rational

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How to map your Inner Saboteurs and eliminate them?

- Take the list from the previous slide and observe your own behavior, habits and lifestyle for at least 7-14 days. Sometimes you need to do it even longer in order to really start to see the patterns. Make notes which ones are the most prominent in your life? Write down why?
- All these Inner Saboteurs need certain triggers, behaviors and habits, certain circumstances and people in order to exist. It is food for them to survive. In order to understand how the Inner Saboteurs get activated you have to observe yourself. It is recommended to go through this process with a guide or a therapist, as it may be hard to break out of it yourself or even notice it yourself.
- In order to change something you need to first see it, then define it, understand it. We also recommend to communicate with it and after the information is collected you can start to see what kind of change you are ready to bring in.
- As with fear, the same here with the Inner Saboteurs - it is good to have a guide or a mentor to help you in this process. One of the easiest ways is to do an Inner Journey where you meet all your Inner Saboteurs, communicate with all of them and get all of their messages and thereafter fire them or ask them to leave or what is even better dissolve them!

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Crucial steps to feed your courage?

- **Courage is like a muscle, you need to train it all the time - we would recommend daily.** As it has been suggested by many - do something new and challenging every day! Even if it is just a very little thing, more and more you do it, more comfortable you will feel and one moment you do not even remember that you had a fear connected to these topics!
- **Go back to slide 20 where we gave you more direct guidance how to train your courage muscle and slide 25 will give you ideas how to take these 5 steps to feed your Sage connected to your courage.**
- **Example -** Michael knew how to sail and even didn't have much fear about it but was very crucial to go to specific sailing classes and study more about it so that when he was sailing the world he would feel more confident. Sometimes it may not even been directly fear, but the issue of confidence or safety.
- **Example -** Crystal Ra used to be super scared about public speaking. She was about to get a heart attack when she had to go to in front of the class to do a presentation, but as soon she finished high school and started to study new things and moved to a new big city, she courageously started to adventure to new places, meet new people and very soon also developed the ability to speak in public. She was invited to have her own radio talk show with two radio shows for some time and has now had appearances in TV, radio, magazines, newspapers and also podcasts.

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How to dissolve your non-functioning patterns and get out of your own way?

- **In order to change you have to map where you are now and make it very clear where you want to go.**
- **a) Take a moment and write down in general what you do not like about your life at the moment and let it flow at least for 10 minutes.**
- **b) Then do the same with what you want and desire in your life and how you see your dream life unfolding for the same amount of time - for 10 minutes.**
- **The result of this exercise most often is (especially if you have not done it at all earlier) that your list of what you do not want in your life is longer than what you want.**
- **This is an indicator that you put more focus on it! Want to change it? First step is here - start to put more focus on how you will see your future unfold and what you desire there! Why so many people are struggling and why so many people's lives are also in a situation where it is at the moment - no job, difficulty to pay the bills and no idea what happens next - **is because these people did not live for a long term!** They lived for the now or till the next paycheck. Which is nice as long as it works, but when things change, we need to start to think about the future as well how to create it sustainably for ourselves and our loved ones and families.**

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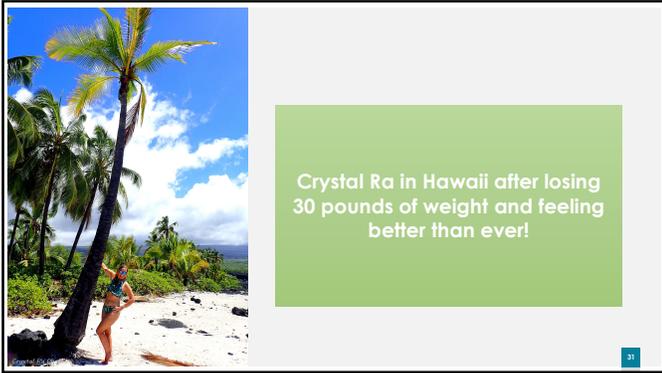
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How to dissolve your non-functioning patterns and get out of your own way?

- **Now you take the list of what you do not want in your life and this is your map to all the non-functioning patterns.**
- **It is advised to take another 7-14 days to locate these patterns in your life, in your body, mind and spirit and go deeper into understanding how these function and then start to make the steps to change it.** Once again if you have some non-functioning patterns which you have had for a very long time, you may need outside help as it is very hard to let go of them alone.
- **Example -** when Crystal Ra joined the 6 weeks bootcamp for weight loss and training, she had pretty good habits with food and training, but it came out that major shifts and changes happened after the portions were adjusted as well how the food was combined and what was eaten and when and how. In addition she had to adjust her sleeping habits which were terrible. To go to bed early and wake up earlier made a huge difference. On top of that she needed to diversify her workouts - couple of times cardio, then muscle strength and other activities. Once all of these were happening and she kept doing it - she lost 30 pounds - felt better and of course looked better too! This is why support groups or guides or mentors or personal trainers in that case were a key to solve the problem.

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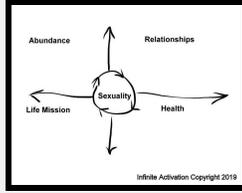
Habits which keep fear away and makes courage lead the way?

- Right now the number one thing in whatever state you are and whatever your problems are - it is super important to put taking care of yourself to the number one position in your life!
- This is why it is good to go over your body, mind and spirit habits. Answer these questions:
 - a) How do you take care of your body daily - what do you eat, when and how much; how do you sleep; how much do you move and train and when; how do you rest; how do you have fun?
 - b) How do you take care of your mind - how do you feed your mind - with TV and mass media news or with inspirational books, programs, podcasts and other possibilities?
 - c) How do you take care of your spirit - do you go to nature, to the church or a spiritual church? Do you do some soul searching? Do you do something creative?
- Good body, mind and spirit habits will keep yourself in your center and will keep fear away.
- It has also been scientifically proven that when we move and work out our body creates chemicals and hormones which feed our wellbeing.
- In addition it is really smart to keep your Abundance Wheel in full swing at all times!

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Habits which keep fear away and makes courage lead the way?

- If you activate your Abundance Wheel on every level to the maximum activity you will keep fear away!
- When you have an amazing relationship with yourself and others; you are sexually healed and in balance and activated; you are healthy, fit and happy; you have figured out your life mission and life purposes and you are fully in action and turned on; your abundance is flowing constantly from all previous sectors as well financially as you are fully rooted in courage.
- When fear pops up you meet it like a friend, listen to what it has to say, take it into consideration, try it out if needed and go on and explore it with your new best friend courage! So all the habits which are connected to all the Abundance Wheel sectors help you to keep fear away!



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What habits enforce Courage?

- All the habits which enforce curiosity, empathy, tolerance, joy, creativity, peace, calm, resolve, gratitude.
- All the habits which allow you to surrender and trust more.
- All the habits which connect you to your life purposes.
- All the habits which help you to set boundaries in connection with your deepest truth.
- All the habits which help you to feel better and advance yourself as a person.
- All the habits which make you understand that making mistakes is human.
- All the habits which support decision making and action taking.
- All the habits which support taking responsibility or being responsible.
- All the habits which understand that we need to have both the masculine and feminine in order to create and manifest on this planet.

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What kind of behavioral action can you take to show the fear who is the real boss?

- Heal and work on your self-image. Stronger it is - weaker will your fear become and stronger will your courage be!
- Heal and work on your self-value. Stronger it is - weaker will your fear become and stronger will your courage be!
- Heal and work on your self-confidence. Stronger it is - weaker will your fear become and stronger will your courage be!
- Heal and work on your boundary setting! Stronger it is - weaker will your fear become and stronger will your courage be!
- Behave with kindness, love and respect wherever you go. Fear loves the opposite.
- Behave with consciousness every step of the way! Fear loves unconscious and can not survive otherwise.
- Be honest and stick to your truth. Fear can not tolerate that!
- When you behave include all of your Inner Family so that they can support your Creation Formula from inside out - Thinking, Talking and Acting right. Fear does not love cooperation and the balance of the masculine and feminine. Using the Creation Formula keeps the fear away.
- Behave responsibly. You will be in charge and know where you go and why. Fear hates direction and people in charge.
- Always do your best but also understand that everything is an experience to learn from. Fear can not survive there where there are no mistakes or where mistakes are taken as learning experiences.
- Be joyful, full of love and curious about life and people. Curiosity kills fear.
- Behave like you trust yourself, others and the Universe. Fear needs control for survival.
- When you do what you love you will always behave like love. Fear is more connected to hate.

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Important reminder!

- **Your relationship with fear does not need to turn into a battle field or war. You can treat it like a friend who comes by now and then to remind you of something to be careful about.** When you listen carefully what it has to say your fear starts to actually respect you. You will receive its messages and do what you need, but fear does not live in you any more. It is just a visitor now and then.
- **This will give you so much more freedom and more confidence that you can really create your reality and bend it according to your dreams and visions.** It can not happen until you believe it!
- **When you live without fear you start to live in the pulling energy** (feminine flow) instead of pushing (fear and rational immature masculine) you start to pull into your universe all what you desire and then some...
- **So treat your fear like a friend who is a messenger.** Once you change that relationship, everything will change!
- **The biggest treasures wait for us behind the fear! The sad thing is that there are only few of us who dare to go and get it! The ones who dare to do it - for them the world becomes the oyster!**

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How is fear connected to Collective Consciousness?



Through Mass Media

Mass Media is using also neuro-linguistic programming to influence people's sub-conscious through ads, movies, articles, news. Most of it is fed by fear and dependent on fear.

Through Big Organizations

There are certain organizations which work for multiplying fear and keeping people in fear and forcing citizens to make certain choices or be in a certain way. Authoritarian leaders may be the problem here.

Certain Types of Individuals

People who are not in balance, who live fear based lives, who have not enough resources or money, who believe that in order to survive they need to take extra measures against the laws.

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How to enforce your individual platform so that courage can permanently move in?

- **Implement all the tips and tools from this presentation and wait!** Courage will move in and fear will visit only as a distant friend now and then - more like a messenger or leave you alone for quite a while!
- **Be wiser and do not approach fear as a pathology any more.** Treat it like a friend, whose messages you need to know that you are on the right course. This is a crucial detail which will change the quality of your life enormously!
- **This is why we also recommend our "Reinvent Yourself!" program as there you will go deeper with the individual platform building and later also how to cooperate with others.** Another major element in that program is to figure out your life purpose and also how to make it all fit into the puzzle, make it work and create for you a sustainable future which does not collapse when the world collapses... and can carry you through the hardest and biggest of turmoils and waters in your life!
- **We are here to guide you on that journey with excitement, joy and aloha.**
- **Join us at www.infiniteactivation.com**

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