

JOURNEY TOGETHER  
PRESENTS

# 30 DAYS OF LESSONS

I CHOOSE FOR THIS TO BE EASY



H. DAHL

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CHAPTER 1

# INTRO

H. DAHL



HI, MY NAME IS HILLARY DAHL. I AM A PSYCHIC CLAIRCOGNIZANT, EMPATH AND MEDIUM. I HAVE HONED IN MY SKILLS AND LESSONS TO PROVIDE YOU THE OPPURTUNITY TO LEARN, EVOLVE AND GROW. YOU ARE THE BEST TEACHER FOR YOURSELF AND YOUR LIFE. THROUGH THIS "E-BOOK" I WILL BE PROVIDING YOU WISDOM, ENERGY HEALING, AND TRUTH. THROUGH THIS YOU WILL BE ABLE TO BEGIN THE PROCESS OF TAKING FREEDOM IN YOU LIFE, WITH SOME LIMITS OF COURSE.. BUT ENOUGH TO HELP YOU KNOW THE BALANCE TO TAKING THE WHEEL AND CREATING THE LIFE YOU DESIRE.

30 DAYS OF LESSONS

CHAPTER 2

# LAWS OF ATTRACTION

H.DAHL

LET'S TALK ABOUT THE LAWS OF ATTRACTION. JUST LIKE YOU HAVE HEARD, YOUR THOUGHTS BECOME THINGS. WHETHER BAD OR GOOD, THE UNIVERSE IS LISTENING AND LEADING THE WAY INTO MAKING IT HAPPEN. BASICALLY YOU GET WHAT YOU EXPECT, BUT IT IS A LITTLE MORE THAN THAT. JUST SO YOU KNOW I ALREADY OVERTHOUGHT THIS FOR YOU, SO REST ASSURED ALL THE HARD WORK OF FIGURING IT OUT IS DONE. THE LAWS OF ATTRACTION IS ALWAYS WORKING, NO MATTER WHAT.. THE GOOD THING ABOUT THIS IS THAT IT IS OKAY THAT IT IS WORKING THE WHOLE TIME. SEE THE LAWS OF ATTRACTION IS LIKE YOUR CO-PILOT, YOUR THOUGHTS ARE THE PASSENGERS AND YOUR SUBCONSCIOUS IS THE PILOT. THERE IT IS.. PRETTY SIMPLE TO SEE, BUT HOW DOES ONE GET AHEAD OF THE CURVE AND MANIFEST INSTANTANEOUSLY THE LIFE OF THEIR DREAMS. BEFORE WE GET INTO THAT WE NEED TO TAKE A LOOK AT YOUR THOUGHTS...



30 DAYS OF LESSONS

CHAPTER 3

# ENERGY

H.DAHL

DIVING IN TO ENERGY. I AM NOT GOING TO SELL YOU ON  
SHADOW WORK, THE DARK NIGHT OF THE SOUL,  
ASCENSION, OR ENLIGHTENMENT. ENERGY IS ALL AROUND  
YOU, AND IT IS WITHIN YOU. NOW YOU MIGHT NOT FEEL  
WHAT I AM TALKING ABOUT YET, BUT YOU WILL. JUST ASK  
FOR IT TO COME EASY, GENTLE AND IN AN ORDER THAT IS  
APPROPRIATE TO YOU. WITH ENERGY YOU MIGHT GET  
INTUITIVE NUDGES, RANDOM SONGS IN YOUR HEAD,  
REPEATING NUMBERS. BUT AGAIN I ALREADY DID ALL THE  
OVERTHINKING FOR YOU, WE ARE GOING TO MAKE IT  
EASY.. SO NOW YOU FEEL INTO IT, TAKE A BREATH AND  
SEE THE WORLD AROUND YOU IN A MORE VIBRANT AND  
EXCITING LIGHT.



30 DAYS OF LESSONS

CHAPTER 3

# EMOTIONS

H.DAHL



FEELINGS... THE BIG F WORD!! FEELINGS ARE SUCH AN  
IMPORTANT PART OF LIFE,. BUT HAVE YOU EVER  
WONDERED IF YOUR FEELINGS ARE GENUINELY YOURS, OR  
ARE THEY APART OF THE STORY. SEE WITH FEELINGS AND  
THE BODY RESPONSE AND ACTION WITH FEELINGS ARE  
THE ESSENCE OF CREATING THE WORLD AROUND YOU.  
THIS IS WHAT YOU EXPECT. IT'S NOT ABOUT CHANGING  
HOW YOU FEEL, BUT BEING A MASTER OF EMOTIONS. WE  
AREN'T TALKING ABOUT BECOMING EMOTIONLESS, WE ARE  
TALKING ABOUT EMBRACING THE TRUE YOU!! THE  
EMOTIONS ARE A KEY PLAYER IN THE LAWS OF  
ATTRACTION.

30 DAYS OF LESSONS

CHAPTER 4

# UNDERSTANDING OTHERS

H.DAHL

THE PEOPLE IN YOUR LIFE ARE SO IMPORTANT TO YOU  
AND YOUR PERSONAL

THE PEOPLE IN YOUR LIFE ARE SO IMPORTANT TO YOU  
AND YOUR PERSONAL JOURNEY. THEY ACTIVATE PARTS OF  
YOU TO MOVE OUT OF YOUR COMFORT ZONE, OR HELP  
YOU REALIZE BETTER PARTS OF YOU. WHOMEVER HAS  
ENTERED YOUR LIFE PROVIDED YOU GROWING  
OPPORTUNITIES ABOUT WHAT YOU DESIRE AND DESERVE.

EVERYONE YOU ARE AROUND PROVIDES YOU KEYS TO  
YOUR PERSONAL TREASURE CHEST, AND YOU DO THE SAME  
FOR THEM. IF THE PERSON WAS UNKIND OR ABUSIVE THEY  
WERE TEACHING YOU TO BREAK OUT OF A PATTERN,  
UNDERSTAND YOUR WORTH AND STAND UP FOR YOURSELF.  
IF A PERSON WAS RUDE OR UNKIND THEY WERE TEACHING  
YOU TO SPEAK UP, IF THE PERSON AROUND YOU LEAD YOU  
TO ACT LIKE A DOORMAT OR PEOPLE PLEASER THEY WERE  
TEACHING YOU HOW TO LOVE YOURSELF AND YOUR  
PERSONAL LIMITS ON WHAT YOU TOLERATE.



30 DAYS OF LESSONS

CHAPTER 5

# SUBCONSCIOUS MIND

H.DAHL

THE SUBCONSCIOUS MIND, IS WHERE ALL THE  
MEMORIES, PAST BAD SITUATIONS, EARLY  
CHILDHOOD EXPERIENCES AND BELIEFS LIVE.  
YOU MIGHT HEAR COACHES TELLING YOU  
THAT YOU HAVE A BLOCK.. NOT ME...  
YOU HAVE A GIFT!! THE GIFT TO DIVE DEEPER,  
A GIFT TO GROW AND A GIFT TO ACCEPT.  
UNDERSTANDING WHAT YOU ARE WORKING  
WITH AND MAKING FRIENDS WITH YOUR INNER  
CRITIC IS THE BEST PRACTICE. THIS IS  
ALLOWING YOURSELF TO LOVE YOURSELF  
FULLY WITHOUT THE CHALLENGES OF TRYING  
TO FIX YOURSELF AND GO CRAZY. WE DON'T  
WANT THAT, I DON'T WANT THAT.. SO SHUT  
THE NOISE OFF!!



30 DAYS OF LESSONS

CHAPTER 6

PEACE AND  
MAKE IT  
FUN

H.DAHL



MAKING PEACE WITH YOURSELF AND  
STARTING FRESH, COMES WITH THE ART OF  
ALLOWING  
IT. GIVE YOURSELF PERMISSION TO START  
WHERE YOU ARE AT.  
IT'S THAT SIMPLE. START WITH WORKABLE  
AFFIRMATIONS THAT ARE REALISTIC FOR YOU  
AND YOUR LIFE. START WITH STATEMENTS  
THAT BEGIN WITH:  
I CAN MAKE THIS EASY  
I HAVE MADE THIS FUN  
I CHOOSE TO GIFT MYSELF PEACE  
I AM BLOSSOMING INTO ACCEPTING THAT  
THIS IS THE REAL ME AND I LOVE MYSELF  
USING THE I CAN, I HAVE, I AM STATEMENTS  
ALLOW YOU THE PROCESS OF EASING INTO  
THINGS EASILY. PRACTICE IT AND SAY AFTER  
YOUR AFFIRMATION, I ALLOW MYSELF TO JUST  
TAKE A BACK SEAT AND JUST SEE WHAT  
HAPPENS.

30 DAYS OF LESSONS

CHAPTER 7

# 30 DAYS OF LESSONS

H.DAHL

NOW WE ARE HERE, HOPEFULLY YOU DIDN'T SKIP THE JUICY PARTS THAT ALIGN YOU TO THIS PLACE RIGHT HERE. THE NEXT 30 DAYS, AFTER YOU SET YOUR AFFIRMATIONS AND MADE A CONSCIOUS AGREEMENT TO LEAN BACK AND RELAX.. REMEMBER JUST SEE WHAT HAPPENS, RIGHT??

SO FOR THE NEXT 30 DAYS TAKE TIME TO OBSERVE... TAKE NOTES, WRITE IN A JOURNAL, RECORD VOICE MEMOS, WHATEVER YOU DO, JOT IT DOWN, HOWEVER YOU FEEL MOST SIMPLE. NOTICE WHAT CHANGES, WHAT FEELS GOOD, WHAT DOESN'T FEEL GOOD, WRITE DOWN TIMES WHEN RESISTANCE POPS UP, TAKE NOTES TO OBSERVING YOUR SURROUNDINGS, LIFE AND YOURSELF.

DO SOMETHING TODAY THAT YOUR  
FUTURE SELF WILL THANK YOU FOR.

*Our actions and decisions today will shape  
the way we will be living in the future.*

30 DAYS OF LESSONS JOURNAL PROMPT

DAY:

TODAY I OBSERVED

ANY FEELINGS PRESENTED IN MY SITUATIONS

IS THERE A THEME

WHAT IS IT REALLY TELLING ME

WHAT CAN I DO TO OFFER COMPASSION TO MYSELF



30 DAYS OF LESSONS

CHAPTER 8

# PUT IT TOGETHER

H.DAHL

NOW THAT YOU TOOK SOMETIME TO OBSERVE  
AND SEE THE CHANGES YOU MADE. WHETHER  
YOU COMMITTED TO THE FULL 30 DAYS OR  
YOU STOPPED EARLY. YOU MADE PROGRESS  
AND THAT PROGRESS WAS JUST ENOUGH OF AN  
ENERGENTIC NUDGE TO LEADING YOU INTO  
THE DIRECTION OF THE PRESENT.  
THE PRESENT IS WHERE THE MAGIC HAPPENS!!



30 DAYS OF LESSONS

CHAPTER 9

LET IT  
RIDE

H.DAHL

THINK OF IT THIS WAY YOU MADE IT ALL THE  
WAY THROUGH, WHETHER YOU CHOSE TO NOT  
DO THE WORK OR YOU CHOSE TO DO THE  
WORK. YOU MADE THE INTENTION TO BE  
PRESENT, YOU WERE GUIDED TO SOMEONE  
THAT WILL HELP YOU ACHIEVE AND GET  
THERE. PLUS WORKING WITH ME WILL SAVE  
YOU MONEY!! REMEMBER I AM A ONE AND  
DONE COACH!!  
BUT THE RESULTS ARE BASED ON YOU AND  
YOUR BELIEF ESPECIALLY YOUR BELIEF IN  
YOURSELF!!  
LET'S GET YOU TO THE PLACE OF LETTING IT  
RIDE..



HILLARY