

REVEAL THE HEART

# ROADMAP TO TRANQUILITY

**Effortlessly** identify the hidden harmful master boundaries blocking you, so you can then **blow up your limitations** and **emphatically speak up** and **move forward** with things that are important to you!



# Welcome!



**YOU READY? THIS  
WILL BE EYE-OPENING!**

Hi, I'm Johnlyn! And I help my clients feel more alive, in weeks — not years...

Most traditional spiritual and healing practices take years to see results, but my clients start **speaking up** and **moving forward** towards the things that are really important to them within weeks, sometimes just days.

## **Why?**

Because my proprietary 5-Part Tranquility Process™ finds and releases the **hidden harmful master boundaries** in the body, and my clients can quickly go back to their natural state of being...

...almost naturally **standing up** for what they believe in, feeling more **optimistic**, experiencing more energy, and **conquering** self-doubt.

Imagine the possibilities that await, once you **break free** from your limitations! You can **feel more alive**...more like the real you — now.

Are you **ready**? Let's begin!

*Johnlyn Broeder*



# Section 1

## HEALING BEGINS WITH AWARENESS

If you don't already have what you want in life. If it feels like there's something blocking you...**something intangible**...you're right...

This self-assessment will help you begin to **effortlessly identify** (and possibly even **release**) harmful master boundaries held in your body blocking you from actually doing the things that would make you happy.

If you are impatient to get started so you can **get on with your life**...read this quick summary of what to expect first!

- **EXPERIENCE THE POWER OF BODY SCANS**  
...When you become aware of how your physical body responds to ideas of positivity and fulfillment, you gain insight if your body, mind, and spirit are in harmony.
- **SPEND TIME REFLECTING**  
...Reflecting on the experiences you had between the ages of 0-7 can help you bring awareness to where you may have started holding back parts of your true authentic nature.
- **FIND YOUR FULL BODY NO/YES**  
....So you can choose more things intuitively that are in alignment with your unique needs, wants, and desires.

# Section 2

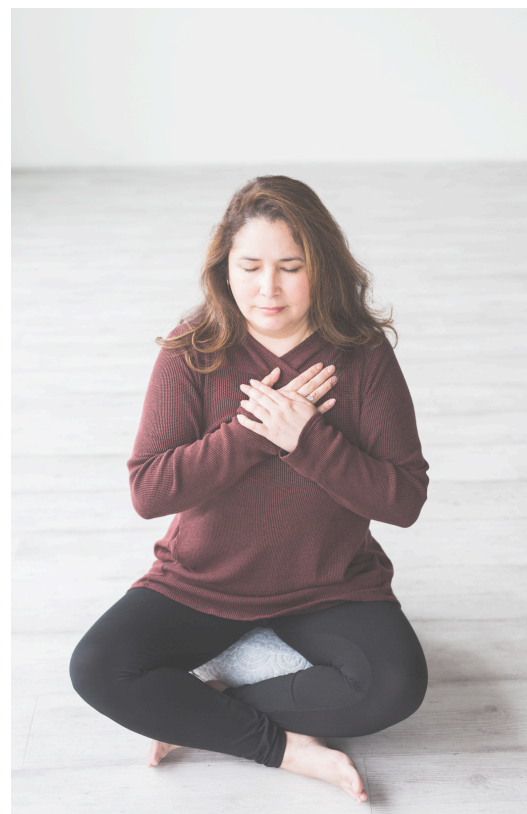
## BODY SCAN

Follow these instructions:

- Put your left hand over your heart.
- Move your awareness slowly up and down your body.
- Say out loud “I, (first and middle name on your birth certificate), deserve to be happy.”
- Again, move your awareness slowly up and down your body.

My clients often experience one or more of the following symptoms:

- Suddenly feel emotional, blank, numb, or floaty. Toes curled.
- Yawning, nausea, or coughing.
- Lump in their throat, stomach or throat growls.
- They get bombarded with thoughts or anxiously need to move NOW!
- Subtle/sharp sensations in their body.



The body scan exercise helps you gain insight if your body, mind, and spirit are in **harmony**.

You can try a variety of statements to see how your body responds!

Here’s a **video** as I guide you through the process:

[\*\*click here\*\*](#)





# Section 3

## REFLECTION

**Tension patterns...**hidden harmful boundaries form in your body when you were stressed and you didn't have the safety to release the stress (energy).  
AND then a belief was formed about why this **need** wasn't met.

Experts show that most tension patterns **start forming** between ages 0-7.  
**Looking back** at your life with your primary caretakers...

	Can't Recall	Rarely	Sometimes	Frequently
Did you feel like you <b>fit in</b> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Was it easy for you to <b>ask for help</b> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Were you <b>lovingly</b> shown how to do new things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Were you <b>encouraged</b> to share stories at meals?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Did you experience <b>fair consequences</b> for mistakes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTE: The focus is on what you **experienced** not your primary caretakers!  
**Looking back** at your life with your primary caretakers did you experience...

	Can't Recall	Rarely	Sometimes	Frequently
FUN! Laughter and joy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Angry outbursts?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The silent treatment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A relaxed, calm, warm environment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Respect?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Reflection Continued...

## Your Life Today

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### Looking at your life today...

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	YES!	Sometimes	NO!
Are you able to make choices that excite and <b>fill you up</b> ? <i>For example: when going out to dinner do you choose what you *really* want at a soul level or do you make the "sensible" choice.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you <b>ruminate</b> on conflicts for more than an hour?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you emphatically stand up for what is <b>important</b> to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do you wake up <b>excited</b> and <b>grateful</b> to begin another day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Are you comfortable being <b>authentically</b> "you?"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If any of this feels uncomfortable (or difficult) please know that it is a **perfectly normal reaction!** There is a video at the end of section 5 that will help provide **instant relief.**

Right now I **encourage** you to dream about what your life can look like once you target and release the **real source** of your pain held in your body — where true and **lasting transformations can happen very quickly.**

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# Section 4

## FULL BODY Y/N



NO!

Follow the instructions below to learn what it feels like for **your body to tell you NO!**

Think of a food you **do not like**. For me, liverwurst and lima beans are at the top of the list! 🤢 If you can't think of anything, apparently the most **commonly hated foods** are: blue cheese, liver, anchovies, or black licorice.

1. With that food in your mind, bring your attention to your body.
2. **Notice your breath** and then move your awareness to your **feet**.
3. What are your **feet doing?** Are they squished up? Moving around? Nice and **relaxed?**
4. Start moving your awareness **up and down your body** with that food in mind and see how your body responds..
5. You might notice **a tightening** in your gut, chest, jaw, head, etc.

**Write down** whatever bubbles up for you so you can **fine-tune your intuition**. Then Shake! Shake! **Shake your body** ~ clearing your mind of the food you don't like!





YES!!!

## DISCOVER YOUR FULL BODY INTUITIVE YES!

Think of a food you **love, love, love** to eat!

Then follow the same instructions from above.

**Notice** how your body **responds differently**  
between your yes and no.

If it doesn't respond differently...

**No worries!** You can develop that skill.



# Section 5

MORE ALIVE!



**Dr. Piper Gibson** AHND, TND, BCDNM

...since working with Johnlyn I have **confidence** in what I am doing in my business, and I **feel more alive** in my day-to-day life. I also feel **relaxed** knowing that my energy is exactly where it needs to be.

If you are on the fence about this energy work, I **highly recommend** you go for it! This is unlike any therapy you have ever experienced before, and it will definitely change your life.

**What would your life look like if this were your story too?**

**WATCH THE VIDEO HERE FOR -> INSTANT RELIEF**

It would be **totally normal** for emotions to bubble up as you go through these simple yet powerful exercises.

Remember, trapped emotions are energy and must move or they'll build up like a **nuclear disaster**...and in order for them to move, you must have a **sense of safety**.

In the video I share one of my favorite ways for your body to come back into its **natural flow state** and feel safe. It's a powerful, easy-to-follow exercise to follow when emotions arise, so you get the compassion, nurturing, and lightheartedness you **NEED**.

Then you can start **speaking up** about what is really important to you, achieving your dreams, and **feeling more alive** day after day...**starting now**.

# Section 6

I INVITE YOU TO CONTINUE THIS JOURNEY...

And join over 500 clients I have worked with as we identified the hidden harmful master boundaries held in their body, shattered them, and replaced them with boundaries that supported them.

They are now **speaking up** and taking actions that puts them on the path forward towards their dreams, things that make them **feel alive!**

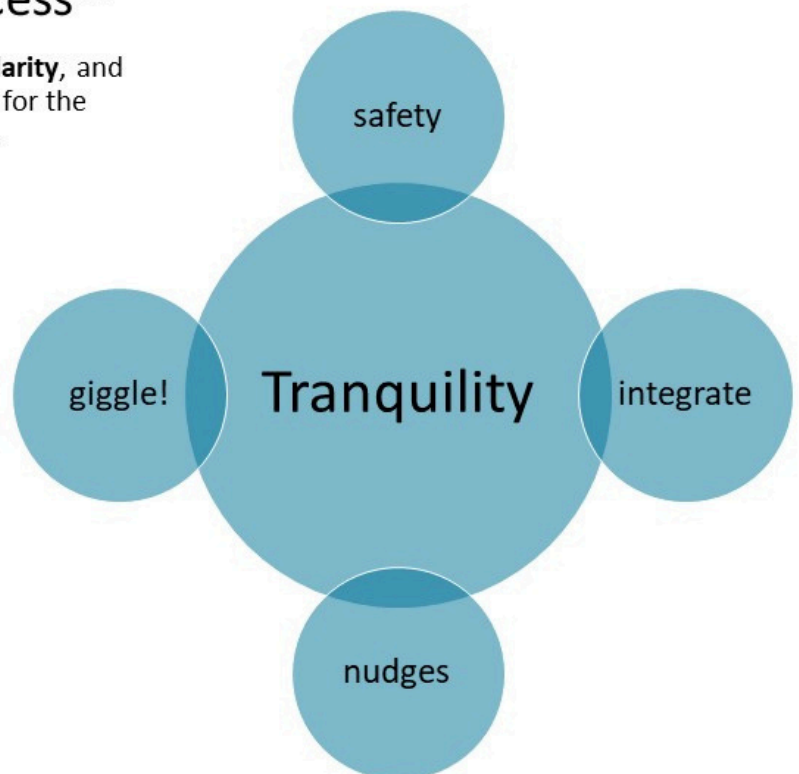
Imagine the **possibilities** that await you once you **break free** from your limitations!

And this is exactly why I created the 5-Part Tranquility Process™.

## The 5-Part Tranquility Process™

So you feel **lighter**, have more **energy and clarity**, and experience **peace and joy**. And feel **grateful** for the person **you are becoming** more of everyday.

- 1) **SAFETY:** Relaxes the nervous system so it knows the danger has passed and it's safe to move on.
- 2) **INTEGRATE:** Opens up possibilities you know exist but haven't experienced.
- 3) **NUDGES:** Taps into the power of the Divine where you fine tune your intuition, so you "know" what is right for your own Self.
- 4) **GIGGLE!:** Helps you rediscover how much fun life can be!!!
- 5) **TRANQUILITY:** Experience more and more moments of tranquility.







READY FOR MORE?



Listen, I was feeling like sh\*t for so many years.

And this process transformed my entire life. And it's  
**transformed my clients** lives too.

And now I want the same for you.

I think you know this is just the beginning. There's so **much  
more waiting** for you!

You deserve to speak up and achieve your dreams!

**Keep an eye on your email ~**

I'll be sending surprisingly simple, effective lighthearted  
exercises and motivational messages soon!

*Johnlyn Broeder*