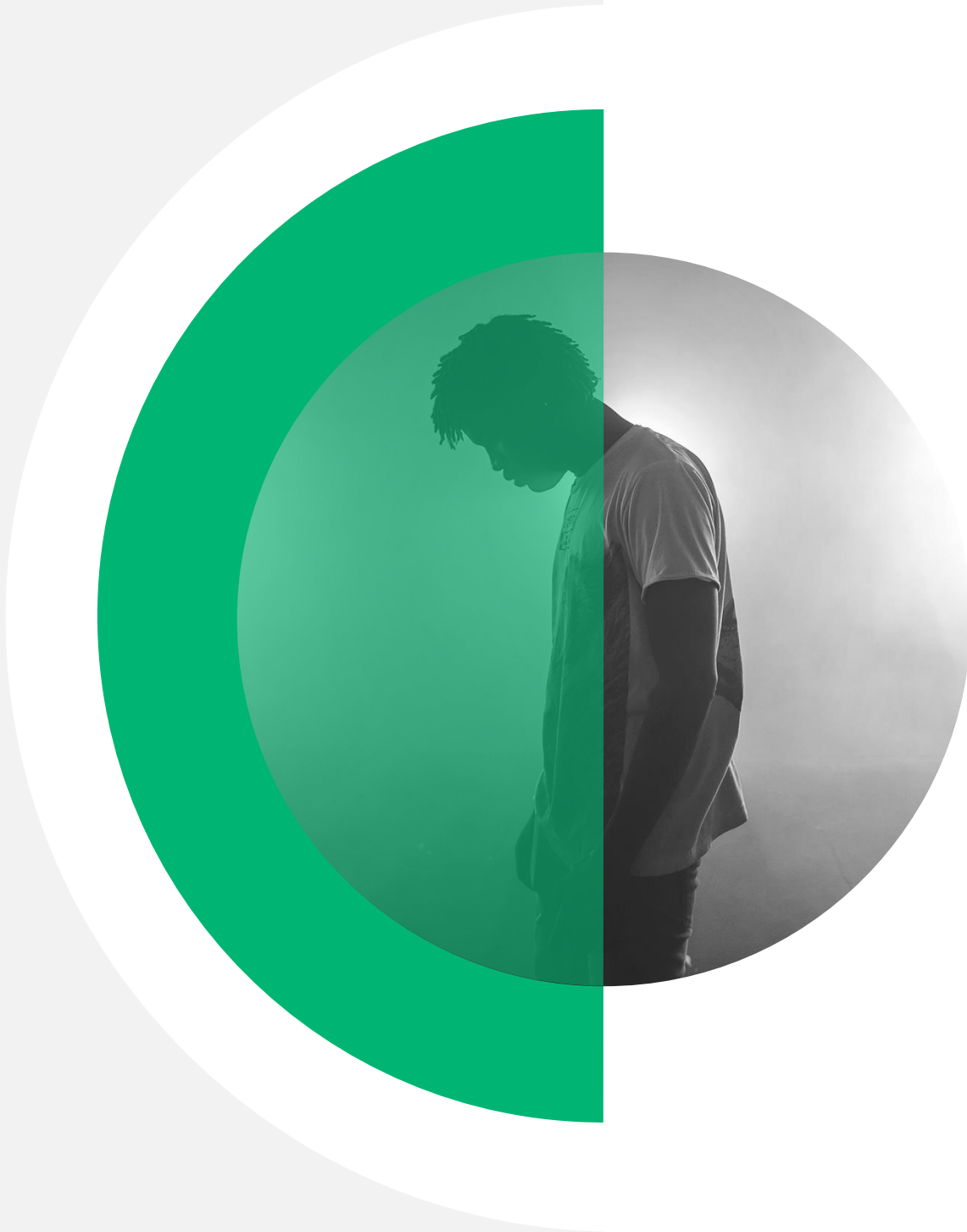




Client Workbook for **Self-Healing Bitterness**

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

Client Workbook for: Self-Healing Bitterness

*By Dr. John Souglides Ph.D. – Specialist and Expert in:
Hypnosis, NLP, Holistic Life Coaching, Transpersonal Counselling, Parapsychology, Life
Transformation and Metaphysics
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Introduction

This workbook is designed to support your deep emotional, spiritual, and energetic healing from bitterness. Following Dr. John Souglides' metaphysical and holistic approach, this structured 8-week protocol guides you through the process of release, transformation, and empowerment.

Phase 1: Awareness & Root Discovery (Week 1–2)

- Daily Self-Reflection Journal:
Prompt: "What am I still holding onto that hurts?"
- Mirror Dialogue:
Practice: Look in the mirror daily and say, "I am ready to heal."
- Transpersonal Inquiry:
Ask: "When did I first feel abandoned or betrayed?"

Phase 2: Identity Detox & Emotional Clearing (Week 3–4)

- Self-Hypnosis:
Affirm: "Bitterness no longer defines me."
- Forgiveness Rituals:
Write unsent letters. Burn them with intention.
- NLP Reframing:
Shift from blame to personal empowerment.
- Breathwork:
Use conscious connected breathing 10–15 min 3–5x/week.

Phase 3: Energy & Soul Healing (Week 5–6)

- Chakra Balancing:
Focus on Heart, Solar Plexus, and Throat chakras.
- Cord-Cutting Visualization:
Cut energetic cords and reclaim your power.

- Ancestral Clearing:
Use guided visualisation or family healing meditation.

Phase 4: Expansion & Embodiment (Week 7-8)

- Values Alignment:
Define your new identity without bitterness.
- Intimacy Rebuilding:
Practice vulnerability and emotional trust.
- Prosperity Activation:
Use daily gratitude journaling.
- Weekly Blessing:
Choose a person or cause to bless intentionally.

Daily Mantra Ritual (7 Minutes)

1. Sit quietly. Breathe deeply.
2. Affirm:
 - "I am the healer of my bloodline."
 - "I choose peace over poison."
 - "Bitterness is not my legacy; love is."
 - "I bless the past and set myself free."
 - "I am light. I am new. I am free."
3. Visualize golden light clearing and uplifting your energy.

Support Tools

- Herbal Aids: Milk thistle, lemon balm, dandelion root
- Essential Oils: Frankincense, Rose, Peppermint
- Crystals: Black tourmaline, Rose quartz, Citrine

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Dr John Souglides, Ph.D.*

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