



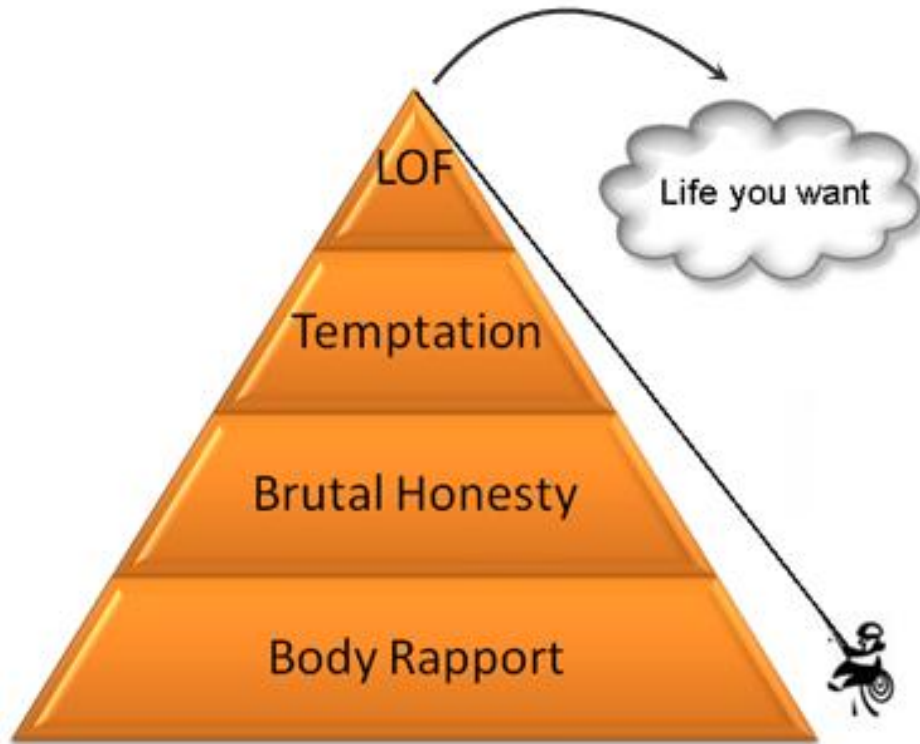


• The LEAP Formula: **BR – BH – TEMP – LOF = LYW**

B \_\_\_\_\_ R \_\_\_\_\_ - B \_\_\_\_\_ H \_\_\_\_\_ -

Temp \_\_\_\_\_ - L \_\_\_\_\_ O \_\_\_\_\_ F \_\_\_\_\_ =

L \_\_\_\_\_ Y \_\_\_\_\_ W \_\_\_\_\_



# Experience THE LEAP

1. What is **BR** and why is it a critical factor in the LEAP of Faith?

**Rapport:** *“A relationship especially one of mutual trust and emotional affinity”*  
~American Heritage Dictionary

K\_\_\_\_\_ L\_\_\_\_\_ & T\_\_\_\_\_

---

---

---

---

---

---

---

---

---

---

**Body:** *“The entire material or physical structure of an organism”* ~American Heritage Dictionary

How would you define your body?

---

---

---

---

---

---

---

---

---

---



*“... Your body is your unconscious mind”* ~ Candace Pert PH.D



# Experience THE LEAP

2. How we lost Rapport with our bodies:

---

---

---

---

---

---

---

Getting it back: **R - T - IAP**

**R** \_\_\_\_\_ - **T** \_\_\_\_\_ -

**I** \_\_\_\_\_ **A** \_\_\_\_\_ **P** \_\_\_\_\_

## Part 1. Recognize:

1. Your body is \_\_\_\_\_ to you
2. Your Body does not \_\_\_\_\_ to you, it has a N \_\_\_\_\_
3. Recognize how you have filled that N \_\_\_\_\_
4. I \_\_\_\_\_ the pattern
5. -
6. -
7. -
8. -
9. Setting the A \_\_\_\_\_

What is it saying to you - Word or Phrase?

---



---



---



# Experience THE LEAP

## Part 2 - Translate:

1. No one speaks the exact same L\_\_\_\_\_ as you.
2. W\_\_\_\_\_ S\_\_\_\_\_ Slap in the face
3. -
4. -
5. -
6. -
7. -
8. -
9. -

---

---

---

---

---

---

---

---

---

---

What is one major issue you are having with your body right now?

-

---

---

---



**Part 3 - Intuitive ACTION Plan:**

1. What is needed (what is the whisper, shout, or slap in the face telling you?)
2. Creating your Action plan (using the \_\_\_\_\_% rule)
3. -
4. -
5. -
6. -
7. -
8. -
9. -

NOT COPY

Define Your Need.

---



---



---

Your \_\_\_\_\_% Action

---



---



---

# Experience THE LEAP

T & A Tips - for re-developing rapport with your body

---

---

---

---

## Synopsis

It is important to recognize and understand the importance of **Body Rapport** in the creation of the **Life You Want** and in taking a giant LEAP of Faith towards achieving that life.

**Rapport:** Know, Like, and Trust

Understanding the connection between your body and your unconscious mind is the key changing old disempowering patterns.

**Body:** “... *Your body is your unconscious mind*” ~ Candace Pert PH.D

**Creating Body Rapport: R - T – IAP**

**Recognizing** when you body is speaking to you and the language it is using is critical in the LEAP process.

**Translating** that Language into a recognizable message to take action will be part of your new conditioning process.

Your **Intuitive Action Plan** is based on what you already know in your heart and every cell of your (unconscious) body needs to be done. When you take intuitive action you begin to re-build the trust and rapport between you conscious and unconscious mind/body.

Honoring your physiology through regular exercise, body work, proper nutrition, and meditation will further build the trust and rapport needed for your body to lead you through that giant LEAP of faith that will change your life forever.