

# EMBARK ON A JOURNEY

REWIRE YOUR BRAIN

BUILD NEW HABITS

CREATE A NEW IDENTITY

*100FOLD is about a group of people that are on a Journey to find their True Identity and life purpose.*

*Our Mission is to provide Support, Encouragement & Resources to help those on their Journey!!*

YOU HAVE THE POWER TO CHOOSE

# THE 100FOLD JOURNEY





**WE  
HAVE  
THE  
MIND  
OF  
CHRIST**

I Corinthians 2:16



# The 10 Truths

**TODAY, RIGHT NOW, IS THE BEST MOMENT OF  
MY LIFE**

**ALL MY NEEDS ARE CONSTANTLY MET**

**I AM ALWAYS IN THE RIGHT PLACE, AT THE  
RIGHT TIME**

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF  
THOSE AROUND ME**

**EVERYTHING MY HAND TOUCHES, PROSPERS**

**I HAVE AN ATTITUDE OF GRATITUDE**

**CIRCUMSTANCES DON'T MATTER, ONLY STATE  
OF BEING MATTERS**

**I HAVE UNLIMITED POSSIBILITIES & RESOURCES**

**I WILL BE GOD TO SOMEONE, TODAY**

**LIFE IS A MIRROR, WHICH REFLECTS BACK,  
WHAT I TRULY BELIEVE AND THINK**

Memorization

Application

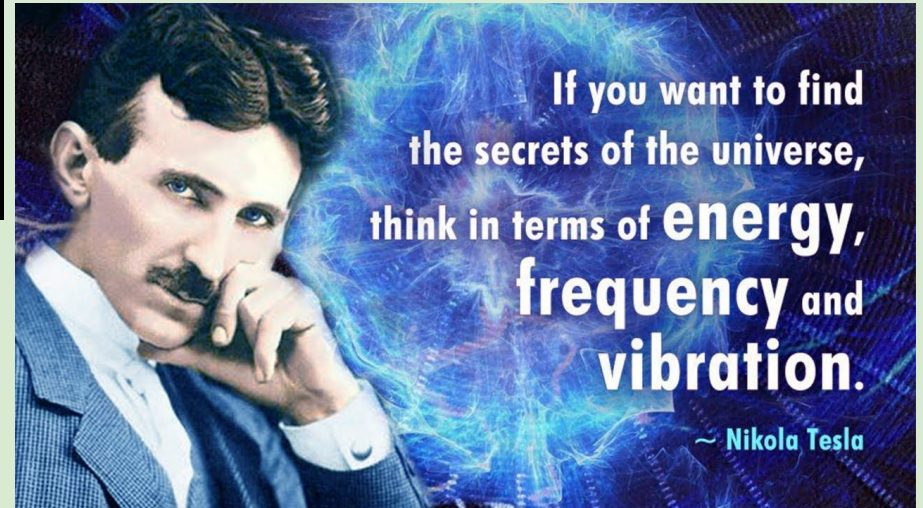
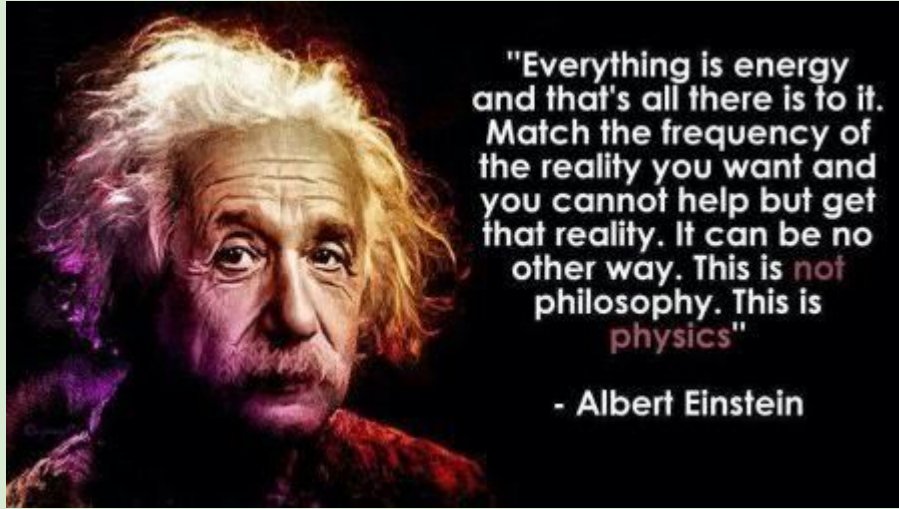
Meditation

Share from  
last week

Receiver

Transmitter

# Everything is Energy - Frequency & Vibration





What frequency (Physically)  
are we designed to be on?

If you want to know, look at the  
life of Jesus.

He was the “reset” button to  
reveal who you are and who  
God is.

You are.....  
100% God  
100% Man

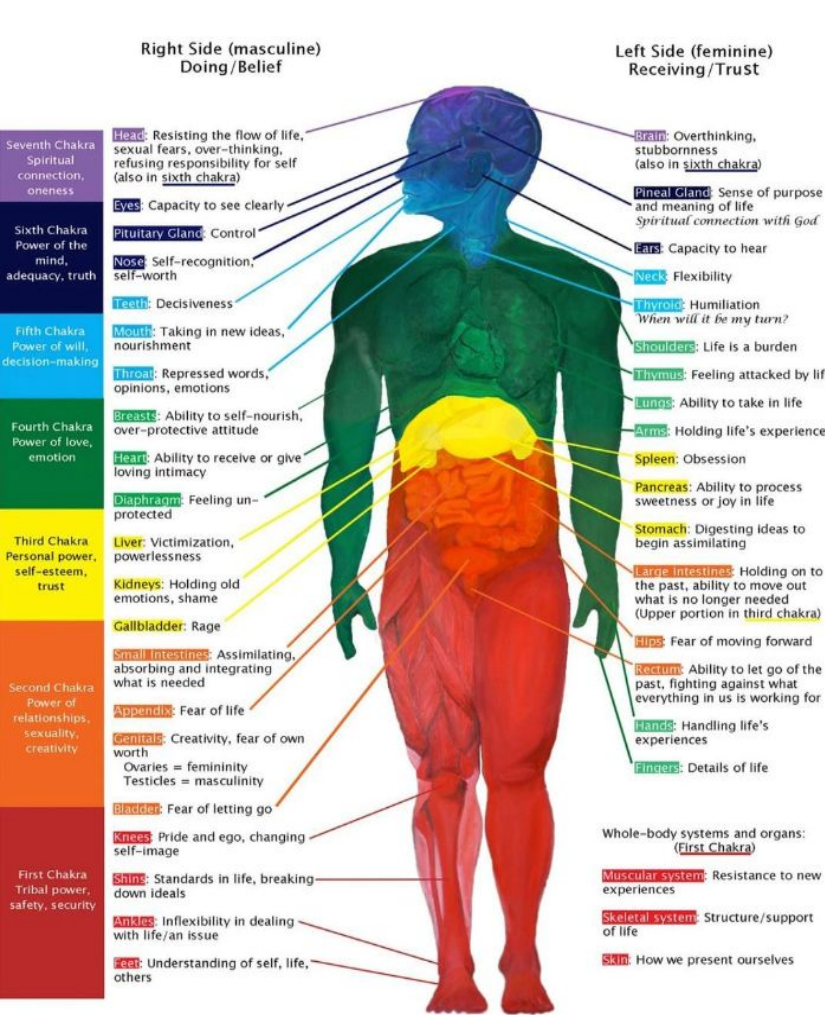
Jesus in Christ is the tuning  
fork of the universe.

Love - Joy - Abundance - Rest  
- Healthy - Peace

This is the Experience



THE 100FOLD JOURNEY



Right Side (masculine)  
Doing/Belief

Left Side (feminine)  
Receiving/Trust

- Seventh Chakra  
Spiritual connection, oneness
- Sixth Chakra  
Power of the mind, adequacy, truth
- Fifth Chakra  
Power of will, decision-making
- Fourth Chakra  
Power of love, emotion

**Head:** Resisting the flow of life, sexual fears, over-thinking, refusing responsibility for self (also in sixth chakra)

**Eyes:** Capacity to see clearly

**Pituitary Gland:** Control

**Nose:** Self-recognition, self-worth

**Teeth:** Decisiveness

**Mouth:** Taking in new ideas, nourishment

**Throat:** Repressed words, opinions, emotions

**Breasts:** Ability to self-nourish, over-protective attitude

**Heart:** Ability to receive or give loving intimacy

**Diaphragm:** Feeling unprotected



**Brain:** Overthinking, stubbornness (also in sixth chakra)

**Pineal Gland:** Sense of purpose and meaning of life  
*Spiritual connection with God*

**Ears:** Capacity to hear

**Neck:** Flexibility

**Thyroid:** Humiliation  
*When will it be my turn?*

**Shoulders:** Life is a burden

**Thymus:** Feeling attacked by life

**Lungs:** Ability to take in life

**Arms:** Holding life's experience

**Spleen:** Obsession

**Pancreas:** Ability to process sweetness or joy in life

**Stomach:** Digesting ideas to

Power of love,  
emotion

**Heart:** Ability to receive or give loving intimacy

**Diaphragm:** Feeling unprotected

**Liver:** Victimization, powerlessness

**Kidneys:** Holding old emotions, shame

**Gallbladder:** Rage

**Small Intestines:** Assimilating, absorbing and integrating what is needed

**Appendix:** Fear of life

**Genitals:** Creativity, fear of own worth

Ovaries = femininity

Testicles = masculinity

**Bladder:** Fear of letting go

**Knees:** Pride and ego, changing self-image

**Shins:** Standards in life, breaking down ideals

**Ankles:** Inflexibility in dealing with life/an issue

**Feet:** Understanding of self, life, others

**Spleen:** Obsession

**Pancreas:** Ability to process sweetness or joy in life

**Stomach:** Digesting ideas to begin assimilating

**Large Intestines:** Holding on to the past, ability to move out what is no longer needed (Upper portion in third chakra)

**Hips:** Fear of moving forward

**Rectum:** Ability to let go of the past, fighting against what everything in us is working for

**Hands:** Handling life's experiences

**Fingers:** Details of life

Third Chakra  
Personal power,  
self-esteem,  
trust

Second Chakra  
Power of relationships,  
sexuality,  
creativity

First Chakra  
Tribal power,  
safety, security

Whole-body systems and organs:  
(First Chakra)

**Muscular system:** Resistance to new experiences

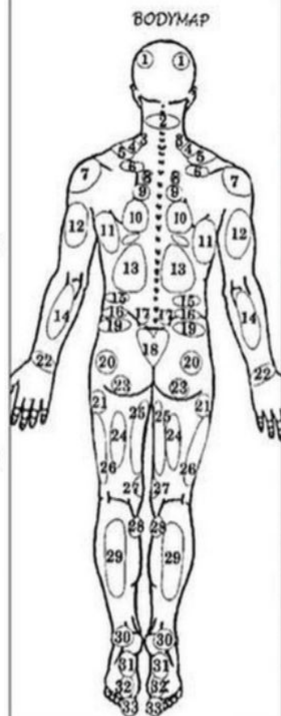
**Skeletal system:** Structure/support of life

**Skin:** How we present ourselves



**LEFT SIDE**

1. Negative thoughts about self
2. Separation from higher self.
- 3-5. Blame self, blamed by others, blaming others
6. Responding to blame
7. Controlled by others / pleasing others
8. Passive aggressive / judgemental towards self
9. Heart break
10. Everyone's a victim
11. Shame
12. Defenceless, helpless, fear of receiving
13. Want to be someone else
14. Overextending to prove good enough
15. Self-sabotage
16. Pissed off at self
17. I don't deserve to be happy
18. I'm not worthy of connecting to my Higher Self
19. Jealousy & envy
20. Anger at women, mother
21. Sadness & disappointment
22. Childhood trauma with women
23. Deep seated inner rage
24. Taking life too seriously
25. Vulnerability
26. Frustration
27. Fear of being persecuted for being who you are
28. Not liked by females
29. Women don't support you
30. Rigid
31. Think power is from controlling
32. Heart closed to love
33. Bitterness

**BACK OF BODY****RIGHT SIDE**

1. Negative thoughts about others
2. Separation from higher self.
- 3-5. Self guilt, made to feel guilty, see others as guilty
6. Responsible for everything that happens
7. Controlling others and self
8. Passive aggressive/ judgemental towards others
9. Fear the abuse of love
10. Fear of doing
11. Not good enough
12. Life is a struggle
13. Worry about everything
14. Overextending to prove you're good enough
15. Not enough abundance
16. Pissed off at Life
17. Can't be myself, must please others
18. I'm not worthy of connecting to my Higher Self
19. Resentment and vengeance
20. Anger at men
21. Compulsions and co-dependency
22. Childhood trauma with father
23. Deep seated outward rage
24. Powerless
25. Fear of intimacy
26. Impatience, not enough time to do it all
27. Fear of being persecuted by others
28. Not liked by men
29. Men don't support you
30. Rigidly holding on to old ideas
31. Think power comes from controlling things
32. Lost sweetness and joy of life
33. Bitterness

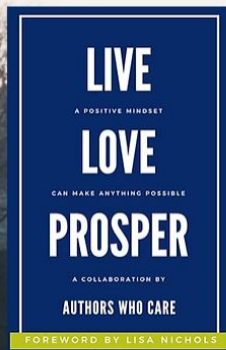


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Join Us Live

**zoom**

Every Monday  
6:30-8:00pm Pacific

 [Let's Chat!](#)