

care for you and wants your ultimate happiness.

know that, no matter how difficult the circumstances is, there is a source that is more powerful than any human power. If you trust that source, it will give you the courage and strength you need to keep going in the moment, one second at a time, until a solution or answer becomes clear.

If you use some of these ideas you might not get what you want at first, but you can develop a strategy that will help you free your mind to take a different course of action that over time will produce a different outcome and result than you had before.



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use them to reinforce the new positive message you want to say to yourself every time you feel overwhelmed or discouraged. Look down at the bracelet as a visual cue to remind you of your new thought and feeling.

“I know I was not born a slave.”

“Even though this situation appears hopeless, I know with G-d’s help I can find a way out.”

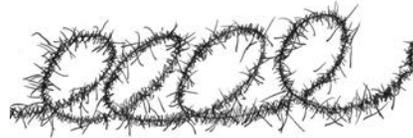
“I know G-d has something better for me.”

“I am not alone.”

“There is an answer.”

Work on believing that there is one true source that is watching over you that

The Gateway to Freedom Kit®



This is a spiritual, inclusive kit. If you don’t believe in G-d, adapt these tools to your own personal belief system and your own way of finding inner strength.

Think thoughtfully and earnestly about the words “thank you G-d for not making me a slave” at a deep psychological level every time you need some hope, courage, or empowerment to deal with a particular situation in your life that is making you feel overwhelmed or anxious.

Notice the emotions that come up for you while you are repeating the message of the Hebrew text. Frame your feelings in a few positive words that make you feel strong, hopeful, and confident.

An example would be, “I am a child of G-d and I was born to be free. I deserve to be happy, respected, and at peace.”

Pick one or two of these feelings and

The wisdom that is engraved on your bracelet is taken from a Hebrew text. The literal translation of the text is

THANK YOU G-D FOR NOT MAKING ME A SLAVE.

The message is very simple. We were born to be free. If you find yourself in distress in a particular area of your life you should not despair. Take courage and know that all freedom comes from knowing that there is only one true source.

Giving away your power to any other source besides this one true source will keep you in bondage in all areas of your life. The bracelet’s message is humble yet powerful. Once you can understand this principle with all your heart,

Take a few seconds to pause and look down at the Hebrew text that is engraved on the bracelet. Meditate on the words and its message to gain strength from the message.

If you don’t read Hebrew, write down the English translation on a piece of paper and do your best to memorize the meaning so you will know what the Hebrew means when you look at the bracelet.

THANK YOU G-D FOR NOT MAKING ME A SLAVE

Meditate on the meaning of the words and become aware of how those words makes you feel. (resilient, powerful, worthy, deserving etc.)

mind, and soul you will be set free.

Here are several ideas to use to make the most out of The Gateway to Freedom Kit. Feel free to use any of these suggestions or choose a method of your own that will bring you the most meaning from the product.

Wear this bracelet at all times as a reminder of who you are and that you were born to be free.

Use the bracelet as an anchor to calm yourself down when you find yourself feeling overwhelmed or anxious about a situation in your life. Do your best to really believe you were born powerful enough to overcome the challenges in your life.