

# Upgrade Your Life in 100 Days

Introductory workshop with Robert Jokel



Date: Sunday, October 27, 2024; 1 PM to 4:30 PM

Where: Little Silver, NJ (Get exact location when you register.)

Investment in your new life: \$155.00

A 100-day experiment/adventure where we manifest the life we want to live for greater health, vitality and fulfillment.

In this highly experiential workshop, we will focus on creating our vision for our compelling future and the concrete steps needed to begin this new exciting adventure to upgrading our lives! We will explore the lives we might want and might love more, which will bring us greater fulfillment while being in alignment more with our true nature. One of the things that makes this workshop unique is that we will explore this, explore our compelling future, from 3D (our mind), 4D (our heart), 5D (our core), 6D (our soul/our calling(s)), and 7D (our source within).

**"Management is efficiency in climbing the ladder of success; leadership determines whether the ladder is leaning against the right wall"**

Stephen Covey

In my experience, when we discover our "RESONANT COHERENCY" of the Dimensions that make up who we are, we have a Much Much Much greater chance of true fulfillment and wholeness. What this means simply is that when we find the common thread for what we want and love - that Vibrates in All of Our Inner Dimensions - we will have our LADDER leaning against the right wall!

Have you ever made a goal and achieved it and been left with an empty feeling? Feeling unfulfilled in some way? Left wanting more out of life?

When I was in my early 30s I had very clear goals for:

- my career as a manual physical therapist
- my relationships
- my finances

I achieved all of my goals and it was great! It was great from the perspective of my mind (3D) and it fulfilled my heart somewhat (4D), but the deeper dimensions within me seemed to wake up and were in pain.

I felt a profound sense of emptiness within my core (5D), soul (6D), and my source energy within my being (7D). It was in essence a spiritual crisis and I discovered I wanted more from myself and from life. My inner emptiness and pain motivated me to do the work to upgrade my life and to create much deeper relationships with myself, with god/universe, and with others.

My professional work also grew as I went from being an excellent manual therapist - fixing people's joint biomechanics and helping their craniosacral system to function better - to working with subtle energies - helping people to become more whole, more uniquely themselves, and helping them to upgrade their lives.

In my work LFIT (Lifeforce Immunotherapy) usually people come to me for help to heal from challenging physical conditions. They work with me to upgrade their lives as a way to maximize the strength of their self-healing mechanisms. Often this way of working makes a profound positive difference in a person's health.

What actually will we do at this workshop to begin our journey?

I will give an interactive talk on:

- Anatomy of our Energy Systems and its Dimensions.
- Respecting Our Unique Nature
- Resonant Coherency of our Inner Dimensions
- Anchoring with Concrete Action
- Balancing and Increasing the Flexibility of our Autonomic Immune System

Then we will use movement, sound and meditation to bring us into a greater sense of energetic coherency/wholeness and flow; as well as shifting our brain waves from Beta to Alpha and beyond.

From this place we will put ink to paper and do specific writing exercises to help us express what we might want and love from the different dimensions and the concrete steps to begin this journey.

We will repeat this cycle of movement, sound, meditation, and specific writing exercises and with each cycle is the opportunity to dive deeper within. This method of exploring ourselves tends to give us a profound sense of well being!

**“Most of us are pretty good at keeping promises to others and pretty bad at keeping promises to ourselves.”**

Larry LeShan

Although this workshop is complete in itself, we will also discuss my full Upgrade Your Life in 100 Days program and what it entails. How deciding and committing to immersing ourselves in this program can help us Upgrade the Coherency of our Energetic Systems, Upgrade the Brightness and Coherency of our Light, and thus Upgrade our Integrity with ourselves in regards to how we live our lives. In other words we become better at keeping our promises to ourselves and live more of the life we were born and built to live! We also become more of a living example and an inspiration and naturally give back to others.

Whether you want more money; or you want deeper and more whole relationships with yourself, others, and God/Universe/Nature; or you want more fun, beauty, creativity, etc in your life ... I invite you to share in this exciting new ADVENTURE!

Yes it can be scary and challenging to actually decide to upgrade your life, commit to it, and take the ongoing consistent action needed to immerse yourself in it. And as you will find out, this process can also be full of wonderful surprises and fun and celebrations!

And you will find that you have more of everything to give to others, including being an inspiration to others to change their lives.

There was one more thing? Yes ... it brings back more of our faith and confidence to manifest the life we love more! The faith and confidence to be able to change our situation and make it better!

Ok, now I am excited!

See you in class!

Warmly,

Robert Jokel

To register, Email: [info@cobayoga.com](mailto:info@cobayoga.com)

Robert Jokel is the director and producer of the self-help documentary film, Immune to Cancer: Bring the full strength of your immune system to the aid of your medical program, which will be released soon. He is the developer of LifeForce Immunotherapy (LFIT) and has been helping individuals to overcome a variety of "incurable" illnesses for over 40 years. With his ability to perceive subtle energies, he has developed unique healing methods that facilitate the integration, alignment and coherency of the human energy field. Robert is passionate about helping people to live more fulfilled lives from the depths of their soul and it has been his consistent experience that this is his most powerful "tool" in helping people to heal themselves physically.

For more information on LFIT and additional workshops: visit  
[www.immunetocancer.com](http://www.immunetocancer.com)

Check out my Linktree: [linktr.ee/robertjokel](https://linktr.ee/robertjokel)

