

Playbook Freedom Masterclass

Danielle Christina



Free copy

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Mariposas Rojas
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Introduction

Welcome to the Freedom Masterclass. Obviously you have some kind of urge to feel free and live a carefree life. The reason I created this masterclass is because along the way I discovered that being free (with purpose) is my ultimate goal in this life. This masterclass will assist you on your journey to freedom and being carefree. It contains a proven methodology and numerous exercises and concepts. The different concepts should provide you with insights and stimulate new ways of thinking. You can use them to experiment and enrich them with your own points of view or experiences. Bear in mind that this masterclass is meant to create a carefree life. To live such a life you probably will find that you need to analyse and re-evaluate all kinds of man-made programs, belief systems and thoughts. This often is a time-consuming complex process. Be patient with yourself and take all the time you need.

Introduction

Feeling free will take effort because eventually some old patterns need to be erupted and it often means saying goodbye to some friendships and relations. Of course this is not mandatory but it just happens. Once you change, your social environment changes.

Furthermore, the process to freedom isn't solely about fun. Especially when you're 'doing the work' can be hard. Getting to know yourself and your inner wishes can be lonely, painful and confronting. It is important to be completely honest with yourself and probably you will be surprised what you find. Be kind to yourself during the entire process since there probably will be a lot of going back and forth.

Introduction

For most people the path to freedom follows the same pattern as the Hero's journey, explained by Joseph Campbell. I enclosed this theory to support you during your journey. For instance, in times when you want to give up, ask yourself why you are doing this or when you consider yourself as being crazy since people in your environment just keep doing what they always did.

I wish you very insightful journey and when you feel lost or sad, remember it's for the greater cause, your sustainable happiness. Consider this booklet as your playbook. There is enough space to make notes and do the exercises.

Free yourself step by step and live a carefree life: Find your unique blueprint

Love, Daniëlle Christina

What is for you, will find you!





My notes and thoughts

What is freedom?

The definition of freedom (Oxford):

‘The power or right to act, speak or think as one wants’

‘The state of not being imprisoned or enslaved’

Take a moment to consider what freedom means to you. What is your definition of freedom? What does a carefree life look like? Be as specifically as you can be. On the next page you will find space to write down your findings.

My notes and thoughts



What are your patterns?

Our life exists of patterns. Patterns that you follow on a day-to-day basis. What is the structure of your common week?

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday





What are your patterns?

How do you spend your holidays?



What programs can you distinguish?

The life of humans on earth follows patterns. These patterns form programs. Programs can also be considered as the way humans need to live their life. The sum of these programs is also known as the matrix. A 3D game humans participate in as a result of cultural, educational, behavioural laws and (unwritten) rules. Basically programs are a set of actions and behaviour based on beliefs, mostly from a 'right' or 'wrong' perspective. In other words, what is considered to be appropriate to do?



What programs can you distinguish?

What programs can you distinguish in your own life? Regarding:

Way of living

Work



What programs can you distinguish?

Fear programs

Personal Values



Thoughts and notes



Thoughts and notes





What are your stories?

We are our stories. We are the sum of stories. Stories we believe about ourselves that define us. This part of the masterclass is meant to understand our own stories and what defines us. Through analysing 7 topics in life, you are able to take stock regarding your current satisfaction of life. This is important as a starting point to accomplish your freedom. Be as broad and specific as you can be in your description.

House/Location





Family



Friends

Work



Relationship



Health



Finances



302.58	348.64
(-13.76)	(+15.22)
608.39	735.38
	(+20.87)
564.30	
(-7.11)	

Take stock

In order to understand your current balance of your life, mark your current situation regarding the 7 topics in your life.

(Scale from 1 to 10)

Family

Friends

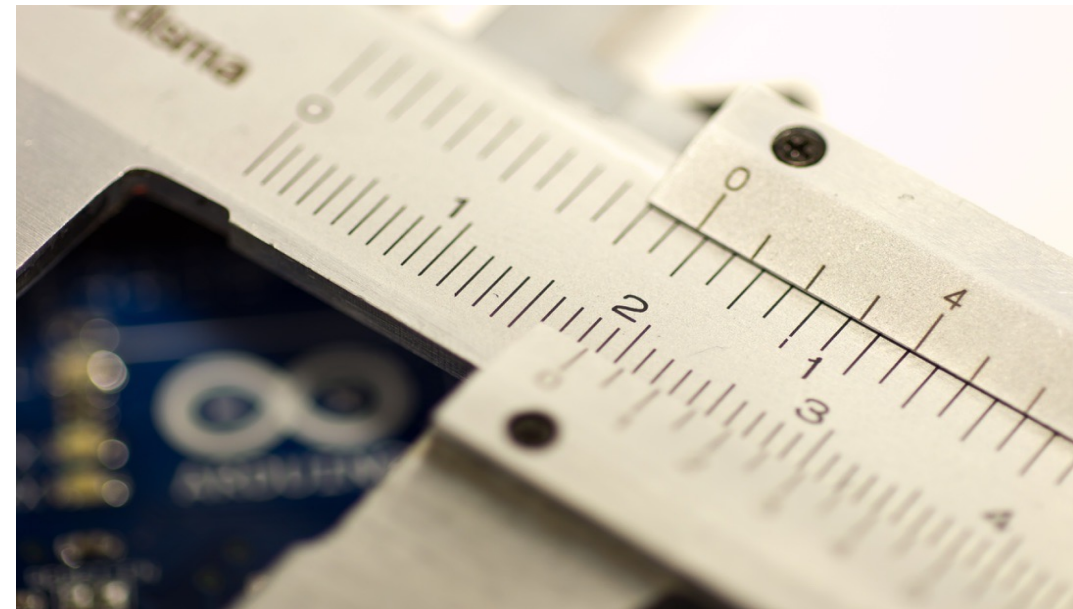
House/ Location

Work

Relationship

Health

Finances



Thoughts/notes

Who did I become? My current story:





What's your purpose?

Your Ikigai

The reason why you get out of your bed every morning

Find your ikigai

An ikigai is related to the value you're contributing to society related to your own purpose. It is not just a passion. Passion is part of your ikigai. In the next pages you will find space to unravel your answers to the individual elements of the ikigai. Maybe all answers are very clear to you. It is also very likely that they aren't. As you continue your journey you will find the answers or might even change the outcomes.



I love.....





My passion.....





I am good at.....



**What is your
profession**

**What does the
world need?**



BIG PEOPLE SET



What is your
vocation?

**What can you be
paid for?**





My Ikigai



IMPOSSIBLE

POSSIBLE

YOU!

Food for thought. Insights
and concepts

Concepts

Freedom comes from the inside. Most of us created conscious or unconscious our own cage. The concepts that are discussed in the next part of this masterclass can be used to understand your own programs and (thought) patterns. They should help you to dive deep into your own behaviour, emotions and thoughts. Only when you are aware of your programs, you can change or adopt them. This is the hardest part on the way to freedom. It takes a lot of analysing, being honest to yourself and looking in your own mirror. Most people quit during this process because it often feels like stepping in a rollercoaster and not knowing where you're headed or when it stops. I can guarantee you that working through and trusting this process is eventually really worth the effort. I must emphasize that these concepts should be considered as food for thought. Do not adopt them without adding your own views and experiences on a specific concept. To create your new vision on the 7 topics in your life you will need these concepts as input.



Interested in the Freedom Masterclass?

I provided you with a part of the workbook, since the rest of the original workbook is always tailor made. The table of contents shows possible subjects of the Freedom Masterclass.

If you're interested in the Freedom Masterclass, as part of finding your original blueprint:

To explore possibilities: Book a personal online meeting (30\$)

Sign up for one of the scheduled classes:

<https://daniellebraamhaar.com/freedom-masterclass/>

Any other questions: Danielle@daniellebraamhaar.com

A silhouette of a person in mid-air, jumping over a gap between two cliff edges. The person's arms are outstretched, and their legs are bent in a jumping motion. The background is a bright blue sky with scattered white clouds and a large, bright sun with a starburst effect on the right side. The overall scene conveys a sense of achievement and overcoming challenges.

Start your personal journey today