

Virus 2020 Journey Schedule

Name:

Date:

Date	1 st Journey	2 nd Journey
Week 1		
	General Detox > Step 22/Emotions	
	Immune Boost	
	Cleanse 1 > A-Z Library > check Virus 2020 box > tap 17 minutes circle > tap OK > tap Cleanse Album > tap Primer > scroll to bottom and tap arrow to start (all of screen should be highlighted in blue except for the boosts) 34:36 min.	
	Repeat above Cleanse 1	
	Hormone Harmony (1,2,3)	
Week 2		
	Positivity	
	Repeat above Cleanse 1	
	Repeat above Cleanse 1	
	Immune Boost	
	Hormone Harmony (1,2,3)	
Week 3		
	General Detox > Step 23/Emotions	
	Cleanse 2 > A-Z Library > check SARS, Superbugs & Virus 1 boxes > tap OK > tap Cleanse Album > tap Primer > scroll down, tap arrow to start 38:36 min.	
	Repeat above Cleanse 2	
	Repeat above Cleanse 2	
	Hormone Harmony (1,2,3)	
Week 4		
	Positivity	
	Repeat above Cleanse 2	
	Repeat above Cleanse 2	
	Repeat above Cleanse 2	
	Immune Boost	Hormone Harmony (1,2,3)
Week 5		
	General Detox > 22/Emotions	
	Cleanse 3 > A-Z Library > check Cell Wall Deficient, Virus 2 & Virus 2020 boxes > tap OK > tap Cleanse Album > tap Primer > scroll to bottom and tap arrow to start 38:36 minutes	
	Repeat Cleanse 3	
	Repeat Cleanse 3	
	Hormone Harmony (1,2,3)	

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Week 6		
	Positivity	
	Repeat Cleanse 3	
	Repeat Cleanse 3	
	Repeat Cleanse 3	
	Hormone Harmony (1,2,3)	

For those with a medical diagnosis

Date	1 st Journey	2nd Journey:
Day 1	Organs > Organ Album > Primer > tap Begin Journey	Cleanse > A-Z Library > check Virus 2020 and SARS boxes > tap 17 minutes > tap OK > tap Cleanse Album > tap Primer > scroll down and tap arrow to begin journey (only Virus 2020, SARS and Closing will be highlighted in blue) 39:33 min.
Day 2	Organs > Organ Album > Primer > tap Begin Journey	Repeat Cleanse above
Day 3	Organs > Organ Album > Primer > tap Begin Journey	Repeat Cleanse above
Day 4	Organs > Organ Album > Primer > tap Begin Journey	Repeat Cleanse above

Edited 4/2/20