

A PERSON WHO OVER
WITH THEIR,

COMES OBSTACLES
MIND, BODY AND SOUL.



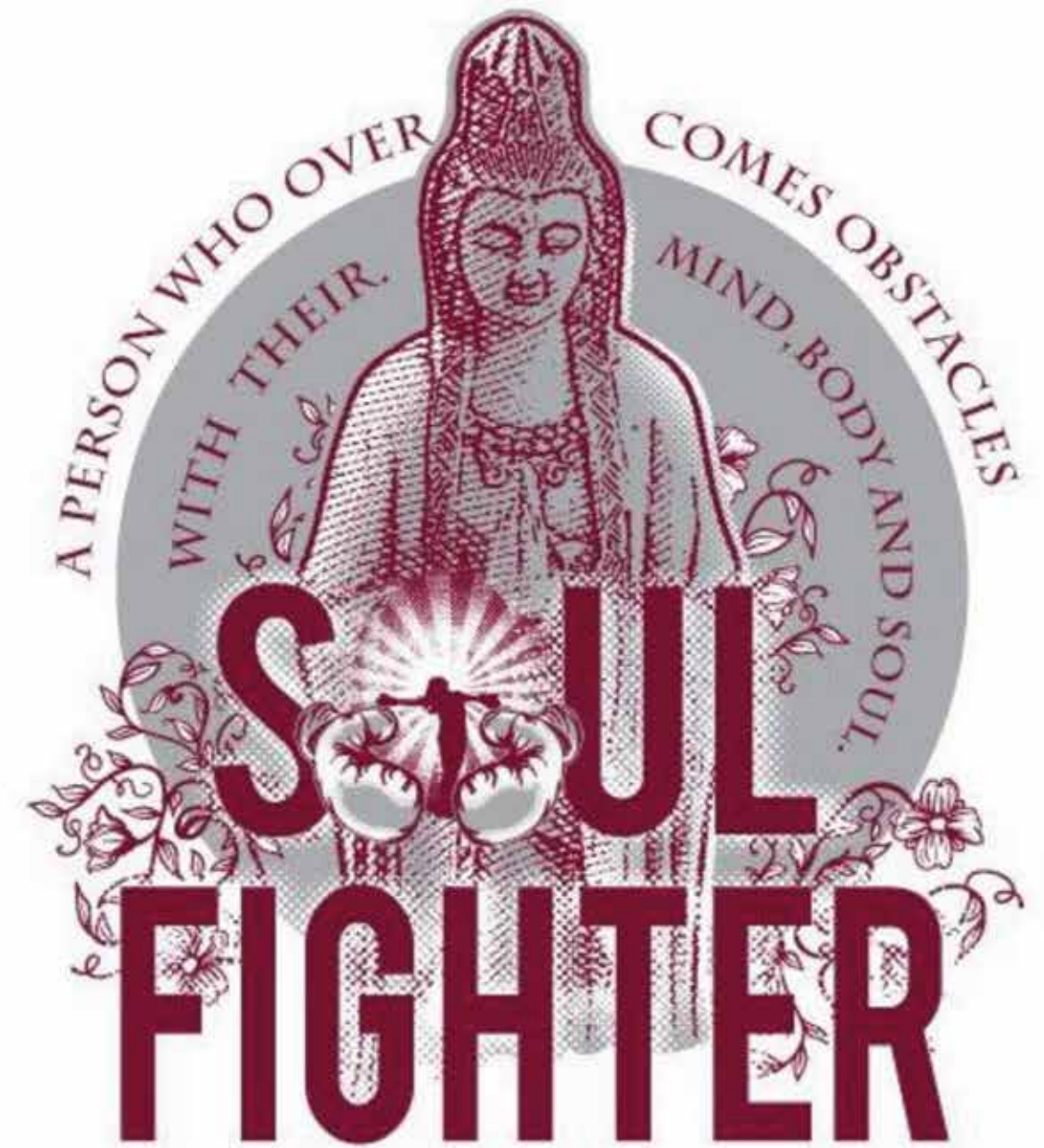
SOUL FIGHTER

Positive Power ParTea

Spread Positivity & Inspire Others

by Christina Rondeau & Deborah Lewis

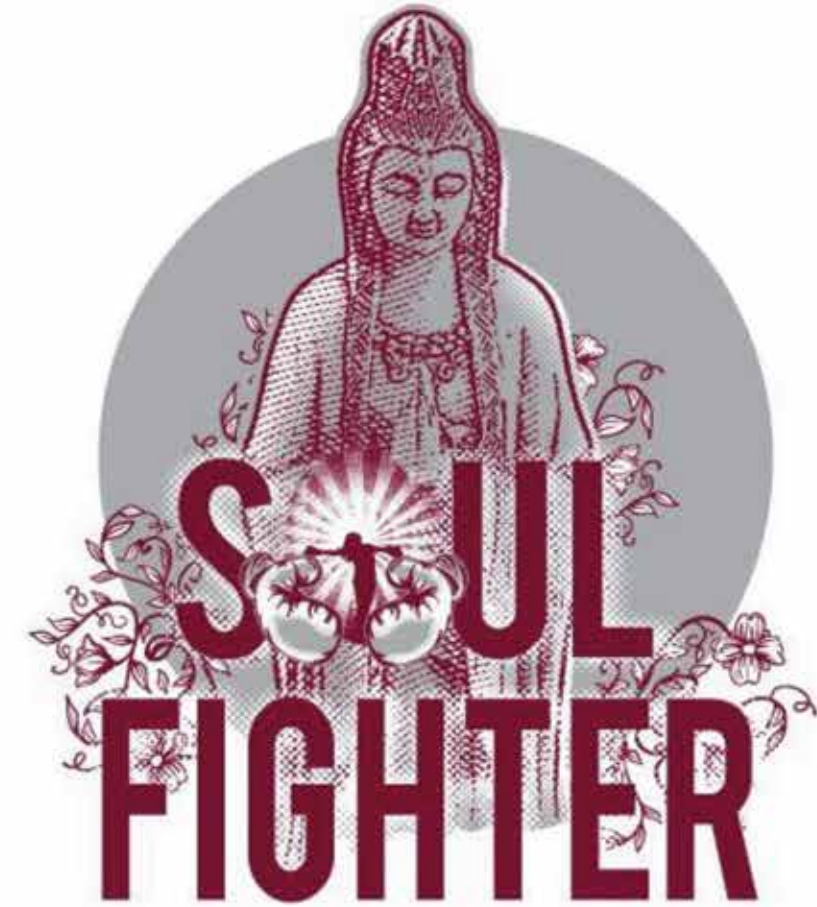
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What is a Soul Fighter?

**It is a person who overcomes obstacles
using their mind, body and soul**

It's one of those old age sayings when a parent tells you to listen to their advice because they know from experience. I can finally understand that, and I do mean it when I say it to others as well. With all my knowledge and experience and my own ups and downs I have learned how to be a Soul Fighter. I am still learning and becoming a better person each day with each lesson and so many times I am tested to be a "Soul Fighter." Just like you will be with the challenges that life throws at you. If you can at least be mindful of your actions, reactions and how you manage yourself (not others) then you are on the right path. I have over 30 years of experience and have learned so much and hope you can take away at least one thing from all this to help you on your journey! – Christina Rondeau

REIKIFIED

by Deborah Lewis

When discussing your body's external needs Reiki is my personal favorite. I began my journey as a certified Reiki Practitioner in 2016, getting my Masters in 2018.

Reiki discovered in the early 1920s is an old Japanese form of alternative medicine called energy healing. Reiki practitioners use a technique called palm healing or hands on healing through which a "universal energy" is transferred through the palms of the practitioner to the patient in order to encourage emotional and physical healing. Through this service every patient has a different experience every time depending on the practitioner they are having their session with. In my experience I have had visions, saw colors, felt peoples pain and the release of pain.

While working on a patient I feel their ailment, whether it be dizziness, aches and pains etc. I feel where I need to move the energy within their body to relieve their pain. Everything in our universe is made of energy. People, Things, Plants, and Stones are made up of energy. While doing a Reiki session I use stones on the body for each chakra. Chakras refer to the individuals circular spinning wheels of energy located throughout the body. The Chakra System is a complex network of energy channels connecting these wheels and is mapped throughout the entire body, much like a spiritual nervous system. There are seven main chakras including:

Crown Chakra: Located at the top of the head. Its function is understanding. Its color is Violet and stone is Crystal Quartz.

Third Eye Chakra: Located in the center of the forehead just above the eyebrows. Its function is seeing, opens intuitive senses. Its color is Indigo, and stone is Amethyst.

Throat Chakra: Located in the throat. Its function is communication, creativity. Its color is blue and stone is Blue Lapis.

Heart Chakra: Located in the center of the chest. Its function is love, and compassion either for self or others. Its color is Green and the stones used or either Green Aventurine or Rose Quartz.

Solar Plexus Chakra: Located in the area above the navel. Its function is Will power, laughter, joy, anger, connection, manifests abundance. Its color is Yellow and the stone is Golden Quartz.

Sacral Chakra: Located in the lower abdomen, genitals, womb. Its function is desire, sexuality, pleasure, procreation, helps find courage. Its color is Orange and stone is Carnelian.

Root Chakra: Located in the base of the spine. Its function is stability, survival, protection, grounding. Its color is Red and Stone is Red Jasper.

When each chakra is cleansed and balanced it gives you a sense of completion, a sense of wholeness and relief you probably didn't realize you needed.

Reiki is an amazing alternative medicine and is extremely safe if you are working with a certified practitioner with your well-being in mind. If you are suffering from anything physical or emotional Reiki can truly help.



1

CHAPTER

Taking care of Your Body through physical exercise.

- Modifications
- No excuses even if a doctor says that you can't, then find another doctor
- All fitness levels
- Weight training is important
- Cardio comes in a lot of different ways ... pick something and make it happen!

When it comes to fitness YOU have to want to do it. I don't care if you go to class with a friend or not. You must be into it, you have to enjoy it. It is that simple. Find something you enjoy, go out and try a ton of activities and then at least you can find something you really want to do. Sometimes it's the group at a place, the instructor or the general environment. Whatever it is go find it!

I hate excuses... I would rather have someone say I just don't want to work out then make up all nonsense excuses. Go watch these people that end up paralyzed still work out or people that have lost limbs find a way to modify and be strong athletes then come back to me and look me in the eye with your broken toe excuse. So yeah, don't make an excuse up, be honest with yourself and your coach.

You can MODIFY anything... and yes, if a doctor says your 35 or 55 and you can't ever work out again then you NEED to find another doctor.

There are plenty of group classes out there that accommodate all fitness levels so again find a place that you are comfortable going to. Don't give up if you visit one or two places and don't feel right, keep looking. Not everyone is made to click with each other, go find your comfort zone and a trainer that will work with all fitness levels. There are plenty out there. When people would come to me and tell me, 'they had to get in shape to come to me' I would cringe. No, no... that is what I do! I get you in SHAPE! You don't prepare to come to me. You come to me a total newbie and I will get you in shape.

So, don't have that attitude when you go somewhere, let the place help get you in shape.

Be a Soul Fighter, find something you like and stay in shape. Take care of your body and treat it well.

Taking care of Your body's external needs.

- Facials
- Massage
- Reflexology
- Reiki
- Stretching
- Vitamin d
- Hydration lotions (organic ... skin absorbs 80%)
- Cleansing – GO poop
- Body cleansing toxins – Gut Sludge
- Detoxes ... mental and physical

When we talk about taking care of your Body it is not just physical, we must remember to take care of your body's external needs as well. This is the relaxing, pampering, skin care, internal detoxes and mental detoxes that we all need.

I hope that you explore some different options and stay open minded to some treatments that you learn about when searching. Some spas have all sorts of really fun treatments with fun lotions, aromatherapy and more you can choose from when booking. Try a bunch of different places and have fun with taking care of yourself. You must take care of YOU first! When you put yourself first it makes you a better person to all those in your life. You will feel great about yourself and it will show in all areas.

Do you take vitamins? Do you ever detox? Protein shakes? These are all things for you to look into. Do a ton of research and again find things that work for what you like and believe. I love finding experts on subjects and watching their videos to learn more and then make a decision about trying their product. I personally like Dr. Gundry, Renew Life and Ritual Vitamins (I have a link for these vitamins on my website www.christinarondeau.com) As for protein shakes or other things I always try different brands and try to stick to vegan, vegetarian and organic products. I have never "pushed" products on my clients. If I truly believe in one that I use and like, I suggest it, but I was never a fan of having one set product to sell just to make money from it.

Mental detox, ahhhhh. We all need time to just be. Shut the tv, phone and lay down and rest. It is great to nap and rest when your body needs it, so listen to your body. Try to really make it a point to put the phone away though, it is doing a job on everyone these days. So, take time for you and mentally detox. Travel, take a weekend getaway or go on a vacation. Go see the beauty out in nature or in the national parks. This is all part of nourishing your soul and detoxing from the day in and outs of life.



2

CHAPTER



3 CHAPTER

How to take care of Your Mind.

- Meditation
- Podcasts
- Goal setting
- Finding passion
- Reading
- Becoming emotionally intelligent
- Soul searching
- Gong baths
- Reiki
- Different spiritual classes
- Having a purpose
- Taking care of you, you become a better you to everyone
- Positive attitude
- Paying it forward
- Affirmations

The mind is a beautiful thing and we really need to take care of it too. We waste so much time scrolling through social media and feeding it with nonsense. Make it a point to feed your mind with information.

Listen to podcasts (I have some great podcasts on my website www.christinarondeau.com there are so many to listen to or TED talks or Abraham Hicks on how to manifest. I bought the subscription to YOU TUBE to get rid of all the ads and it's the best investment I ever made. I listen to tons of amazing motivators, coaches, fitness experts and more. When I drive, I make it a point to listen to positive lessons. Abraham Hicks was my favorite and when you feed your mind that positivity over and over and over you get it. It clicks and you finally find yourself not feeding into any negative. It takes practice like everything does in life. So, start practicing now!

Do you know what affirmations are? They are "I am" statements that you say to yourself. You can write them down on sticky notes or set them as alarms on your phone to say but start saying them!

I am strong, I am amazing, I am beautiful, I am a great mom, I am a great person, I am pretty, I am a goal crusher, I am healthy, I am a good friend, I am powerful ... I am ... then add something positive!!!

FEED YOUR MIND POSITIVE AFFIRMATIONS DAILY!

I feed them to my members, and I have seen some people truly transform once they start believing in themselves and start becoming positive. I decided one day to get red bracelets to hand out at my gym they said in small print on them, "I am beautiful, I am amazing, I am powerful" I wanted my members to know I believe in them and I wanted them to remind themselves every single day to say those 3 things to themselves. It's the little things that can make a big Impact and if I helped one person with that bracelet then my job was done.

Another part of all this is reiki and chakras and having an open mind to aligning them. It is all energy based and it certainly doesn't hurt you to give it a try. Go have a reiki session or a chakra alignment. You be the judge and see how you feel after. Be positive, be open minded and again try different people that offer these services. Allow yourself different experiences.

How about Goal Setting? Taking care of your mind is also setting goals. It could be a tiny goal to clean a junk draw. Make it happen. Take baby steps to get to your goals but set them. Make them real and put them on paper and hold yourself accountable for them. You will feel amazing once you do that. I have a podcast that helps guide you on how to take those steps. Check it out. It is all about having a purpose. A purpose for YOU that you want to make you feel good. Most people get stuck in the role of care take for others and they forget about themselves. You need to be a Soul Fighter and take care of Yourself first. I can't repeat that enough to you so I will say it again. **TAKE CARE OF YOURSELF FIRST!**

Take care of Your Soul.

- Nature
- Coping skills
- Art
- Hobbies

When Our soul needs a lot of nourishing and the best way to nourish it is with some peaceful hobbies.

Being out in Nature, writing, hiking, walking, photography, drawing... those are peaceful ways to nourish your soul. Planting your bare feet in some soft sand on a beach or standing on some soft grass. Feel the earth .. even if it is dirt or snow. Ground yourself into the earth and just take some deep breathes and really ground yourself. Make a list for yourself of some peaceful, nourishing activities that you would enjoy and then make yourself some time to go do them.

TAKE CARE OF YOURSELF FIRST! Yes, I said it again because it took me a long time to learn that too.

I mention emotional intelligence in one of the bullet points and I truly believe it takes people a long time to really be emotionally intelligent. My way of describing that is someone who is on the path to being a soul fighter... really understands what I am saying in all the above and is taking action on it. But also, a person who is not reactive and starts to think before they act or react to situations and here is the big piece.... A person who can pre-THINK and really see what would happen if they reacted the way the initially want to. Do you understand that?

Here is an example: You know if you tell your mom her husband is a loser again it will only hurt her. It won't change anything she won't leave him. So why say something negative. Even though it may want to come flying out of your mouth, you have emotional intelligence and you just don't say it.

It even works while driving, you can't be a soul fighter all day then have mad road rage. You need to pre think, maybe that person cut me off rushing to the daycare late to pick up kids or maybe if I slow down and let this person go we won't have to have a battle of who gets in front of who. The way we react to every situation matters. Pre thinking and changing our reactions to better choices is emotional intelligence.

Clearly some simple examples but I hope you understand the point.



4 CHAPTER



5 CHAPTER

How to ... steps to become a soul fighter.

I have set some easy steps for you below to help you on your way to become a soul fighter.

1. What type of activities will you try to do to take care of your physical body?

List 3 activities that interest you or list what you already do.

2. Taking care of your body's external needs:

Using the list in the bullet points from Chapter 2 list 3 new activities you will explore to take care of your body's external needs.

3. Taking care of Your Mind

Say these 3 affirmations and then write your own 3 affirmations below:

I am amazing, I am beautiful, I am powerful

List your 3: Say them over and over to yourself –

List 1 podcast you would like to explore -

List 1 book you would like to read –

List 1 other activity to take care of your mind that you would like to do –

Good job! These are Goals you just set so now take baby steps to make them happen. Start with saying the affirmations and then play a podcast while you drive in the car.

4. Taking care of your Soul

I just want you to write down what you enjoy for peaceful, soul nourishing activities.

Write yourself a love note below to your soul promising to nourish it and take some time to yourself to do some enjoyable, peaceful activity. Be kind to yourself and take care of yourself first.

Congratulations!

You are on the path to becoming a Soul Fighter!

The best teachers make the best students and we are always on the path to learning and growing, I hope you all enjoy the journey, live life and be the best person you can be to yourself and others.



The Creative Process to manifest what you want is conceptually a simple one. **It consists of just three steps:**

- Step 1 (your work): You ask.
- Step 2 (not your work): The answer is given.
- Step 3 (your work): The answer, which has been given, must be received or allowed (you have to let it in).

Step 1: You Ask

Because of the wonderful and diverse environment in which you are focused, Step 1 comes easily and automatically, for this is how your natural preferences are born. Everything—from your subtle or even unconscious desires to clear, precise, vivid ones— results from the contrasting experiences of your day-to-day life. Desires (or asking) are the natural by-product of your exposure to this environment of fantastic variety and contrast. And so, Step 1 comes naturally.

Step 2: The Universe Answers

Step 2 is a simple step for you, for it is not your work at all. Step 2 is the work of the Non-Physical, the work of the GOD Force. All things that you ask for, large and small, are immediately understood and fully offered, without exception. Every point of Consciousness has the right and the ability to ask, and all points of Consciousness are honored and responded to immediately. **When you ask, it is given.** Every time. Your "asking" is sometimes spoken with your words, but more often it emanates from you vibrationally as a constant stream of personally honed preferences, each building on the next, and each one respected and answered. Every question is answered. Every desire is given. Every prayer is answered. Every wish is granted. But the reason that many would argue with that truth, holding up examples of unfulfilled desires from their own life experiences, is because they have not yet understood and completed the very important Step 3—for without the completion of this step, the existence of Steps 1 and 2 could go unnoticed.

Step 3: You Allow It In

Step 3 is the application of the Art of Allowing. It is really the reason your guidance system exists. It is the step whereby you tune the vibrational frequency of your Being to match the vibrational frequency of your desire. In the same way that your radio tuner must be set to match the frequency of the broadcasting station you desire to hear, the vibrational frequency of your Being must match the frequency of your desire. And we call that the Art of Allowing—that is, allowing what you are asking for. **Release all Resistance!**

Unless you are in the receiving mode, your questions, even though they have been answered, will seem unanswered to you; your prayers will not seem to be answered, and your desires will not be fulfilled— not because your wishes have not been heard, but because your vibrations are not a match, so you are not letting them in. ***** This article written by Esther (Abraham)-Hicks! Soul Fighter Highly recommends you subscribe to her YOUTUBE Channel.**

I am Statements & Positive Affirmations

Embrace the Power of Positive Thinking

Affirmations are very powerful. Your subconscious mind does not think in terms of past, present or future. If you affirm that you "want" something, then you get "the wanting" but you don't really get the thing that you are wanting.

To get what you want, affirmations must be at **present tense!**

When you say **I AM HAPPINESS**, then life will provide you the means to have happiness. Replace **I WANT** affirmations with **I AM** affirmations. Inspire yourself from the below wonderful list of I AM affirmations and start to embody the power of I AM.

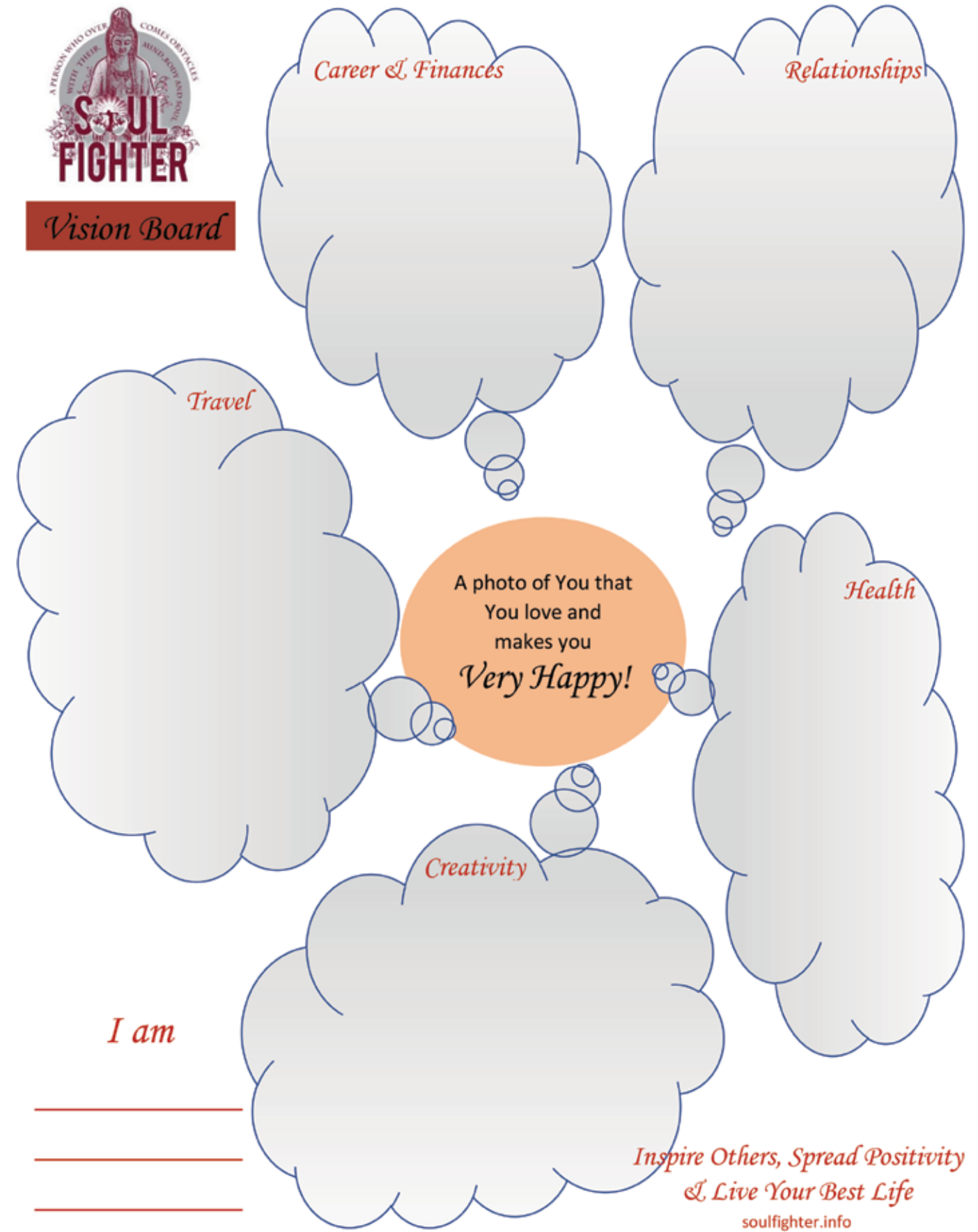
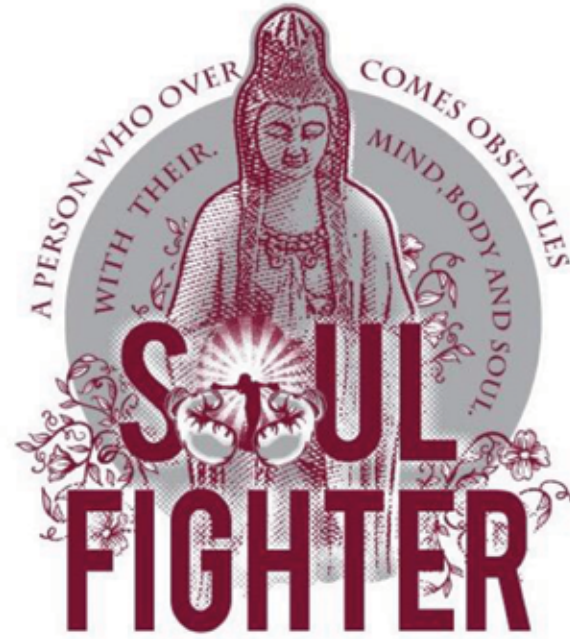
To have positive events in your life you need to think positively. Thinking positively is done with positive words. Read the below affirmations and feel them. Memorize the affirmations created with I AM and positive words. Repeat in your mind the affirmation that you need when you need it. Feel your affirmation by adding positive emotion to it. Example: "**I AM BLISS**": add positive emotions to this affirmation by lightening up and radiating blissful happiness using the muscles of your face, basically make the muscles of your face become a big and large smile.

Human beings have two main powers on Earth: **Awareness** and **Choice**. Become **aware** of **who you actually are** so that you can make a good **choice**. You are a blessing. You are unique. You are a gift to the entire world. Learn positive words so that you can become **aware** of **who you actually are**. You are magnificent. You are Love. You are Pure Love and Light. Affirm it!

The power of the I AM affirmations can be better understood from this anonymous quote:

"I AM are two of the most powerful words, for what you put after them shapes your reality."

Adored	Dynamic	Graceful	Noble	Spectacular
Alive	Eager	Gracious	Open	Strong
Amazing	Easy	Grateful	Optimistic	Tender
Appreciated	Empowered	Happy	Opulent	Terrific
Appreciative	Energized	Harmonious	Passionate	Thrilled
Awesome	Enlightened	Hopeful	Peaceful	Tranquil
Blissful	Enthusiastic	Inspired	Playful	Trusting
Bold	Excited	Invigorated	Positive	Unlimited
Brig	Exhilarated	Irresistible	Powerful	Uplifted
Brilliant	Expanded	Jazzed	Precious	Valuable
Calm	Exquisite	Joyful	Proud	Vibrant
Cheerful	Extraordinary	Joyous	Quiet	Vivacious
Cherished	Exuberant	Jubilant	Radiant	Warm
Clear	Fabulous	Juicy	Ready	Welcomed
Comfortable	Flowing	Kind	Receptive	Whole
Confident	Focused	Light	Refreshed	Wise
Content	Free	Lovable	Relaxed	Wonderful
Courageous	Focused	Loving	Relieved	Worthy
Creative	Free	Luxurious	Renewed	Yummy
Decisive	Frisky	Magical	Resilient	Zestful
Delicious	Fun	Magnificent	Satisfied	
Delightful	Glorious	Marvelous	Sensational	
Divine	Glowing	Miraculous	Serene	



Inspiring You to Move Forward in All areas of Your Life

This is a super-simple exercise. Any time you're stuck, just ask the 5 easy questions below to brainstorm and come up with lots of new ideas - and then choose 3 actions to move you forwards.

Firstly, what is your goal - how would you like things to be different?

.....
.....

Now answer the 5 easy questions below:

- Identify AT LEAST 3 answers for each question to move you closer to your goal above
- Don't THINK, just read the question, stick pen to paper and WRITE!

1. What could you **STOP doing?**

.....

2. What could you **do LESS of?**

.....

3. What could you **do MORE of?**

.....

4. What could you **CONTINUE doing?**

.....

5. What could you **START doing?**

.....

So, what actions will you take now to empower yourself, get unstuck and get moving? Choose actions that are **easily do-able** and write them in the space below!

1st Action - something you can do **Now!** (right away or by the end of today) _____

2nd Action _____ By when _____ (this week)

3rd Action _____ By when _____ (this month)

Now copy these out onto post-it notes and stick them in your car, wallet, locker, fridge door, desk drawer or any place where you will see them often.

"When you're stuck in a spiral, to change all aspects of the spin you only need to change one thing."



What is Setting Your Intention?

"Setting your Intention is all about activating receptivity and giving yourself direction on how you want your day to go."

Put your hand on your heart, take a deep breath, check in with yourself for a minute and set your intention.

From a new pair of shoes to a new car, a great meeting with a boss, relationships, travel or just to have a good day.

Example: "I am about to have an amazing day and teach a powerful kickboxing class and give everyone a great experience today."

"I will be patient and not react and listen to all in my path but also protect myself from any negativity."

INTENTION HAS THE POWER TO CHANGE YOUR LIFE

An Intention is so Powerful because it shows people how powerful they are!

Have gratitude don't just want things and release all resistance and negative thoughts.

Picture yourself paddling up stream, you are still flowing down the river but paddling against the currents. Release the paddles and just let the river take you.

This is a good example of releasing resistance.



Join the Soul Fighter Movement!

Become a Soul Fighter Certified Coach

*Inspire Others – Spread Positivity
and help others Live their Best Life*

How would you like to make some extra money from home while inspiring others to live their best life?

We will train you to inspire others with a "Positive Power Hour ParTea" and certify you as a Soul Fighter Coach.

Our compensation plan is powerful and simple.

Our parties are Inspiring, and we engage and have fun in a powerful positive hour.

When you do work like this you empower yourself and feel good when you help others live their best life. This is the work you are meant to do and this didn't fall into your lap by chance... ***trust the magic of the Universe, be open to receive, and take on this new opportunity.***

We can all have the life we want, and Soul Fighter will help you learn and always motivate you to manifest, release all resistance and stay on track with yourself as you do the same for others. Inspire, Spread Positivity and Live Your Best Life!

Your SOUL will Thank you!

Your Amazing Name: _____

Email: _____

Cell: _____

Name of the Soul Fighter Coach signing you up: _____

Soul Fighter Package chosen: _____



Soul Fighter Coaching Plans

Soul Fighter Pathway – Begin your journey on this affordable Soul Fighter Pathway.

You will be educated on the Soul Fighter Moon Blend Tea and be able to sell the tea at your distributor discount.

You can build a team and will be eligible for bonuses and more exciting discounts as your team grows.

The path will be started for you with your own web page and you will be on your way to spreading positivity and inspiring others.

\$49.95

Soul Fighter Valley - Follow this path to the Blazing Valley as you aim for the summit.

If you are interested in continuing your journey and becoming a Soul Fighter Coach then welcome to the Valley.

Here, you will begin the teachings of becoming a Certified Soul Fighter Coach. The On-line Life Coaching Course will help you to understand how to connect with others in a positive way.

* On-line Life Coaching Class is an additional \$65.00 which is to be paid to the on-line course company. Upon completion of your training you will receive your Soul Fighter Certified Coach Certificate. Contact us today and we will send you the link for the on-line Life Coaching class. contact@soulfighter.info

\$65.00*

*paid to the online coaching class company

Soul Fighter Summit – Soar your way to the summit with this all-inclusive package. Staying on the fast track to the summit will make your business soar. This package includes everything you need to organize your first Power Hour ParTea and become a Certified Soul Fighter Coach.

*Soul Fighter training and educational materials to become a certified Soul Fighter coach

*4 bags of Soul Fighter Moon Blend Tea

*1 - 10 card Affirmation Kit

To be a Certified Soul Fighter Coach you must complete the in person training with us and the on- line life coaching class.

*On-line Life Coaching class is an additional \$65.00 paid online to the course company.

Upon completion of training with us and on-line you will receive your Soul Fighter Coach Certificate.

\$99.95

*Yearly renewal fee of \$49.95 will apply to keep you as an active distributor/coach.

Soul Fighter Distributor and Coaches Incentives

*Become a Soul Fighter distributor/coach and receive 30% commission on selected retail sales with a potential of making 40% plus more bonuses as you build your Soul Fighter community.

* No Inventory requirements for monthly enrollments. Soul Fighter will ship directly to your customers.

* Sign up 4 Soul Fighter Distributors/Coaches in 30 days and receive \$100 bonus, sign up 8 in 30 days and receive \$200 bonus, sign up 12 people in 30 days and receive \$300 bonus!

This incentive resets every 30 days for you to consistently earn.

**Make more money selling Tea by building your team!
Grow your team to 10 members and receive 35% off tea,
build it to 20 receive 40% off TEA!**

*These increased incentives are only for the Tea no other products.

Compensation Plan for Signing up Distributors or Coaches

Percentages range from 10-2%

You make overall percentage of the sales of the distributors/coaches you sign up.
The first person you sign up you will receive 10% of all their website sales.

Projected % Tier (d/c = distributor/coach)

1st d/c – 10%

2nd d/c – 8%

3rd d/c – 6%

4th d/c – 4%

5th- infinity - d/c – 2%

The more sales they make the more \$\$\$\$ You make!

You can see this all in your back office!

You will be growing with us as Soul Fighter grows and be rewarded in more ways than you could ever imagine. Let the Universe guide you with us and be patient and trust the Universe. **Release greed and ego** and **choose the path of least resistance and watch the endless abundance flow** and this is so much more than money. **It's about changing lives, spreading positivity and inspiring others.**

Contact us today at: Contact@soulfighter.info or 401-239-3030
www.soulfightercoach.com

SOUL FIGHTER MOON BLEND TEA Weight Loss & Detox Tea

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- Promotes Loss of Body Fat
- Boosts Metabolism
- Balances Hormones
- Reduces Bloating
- Anti-Inflammatory
- Reduces Stress
- Improves Digestion

**100% Organic
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