GETTING IN ALIGNMENT WORKSHOP

ENERGY EVOLUTION

YOUR AHAHA MOMENTS HERE

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5 STEPS OF EAM | THE GUIDE

This is a brief overview of the 5 STEPS of EAM, we'll be applying this system in different ways over the weekend, for simple guidance here is how you can do it. If you want to really understand the 5 Steps in depth there is more detail inside The Energy Experience Training site.

STEP 1 | YOU ASK

This step is to give you clarity on what you need to shift. Ask your energy a simple question about the subject to see if it is something you need to work on. Example: "Am I holding any resistance or worry when I think about making more money?"

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked.
Forward is usually YES and backward is usually NO. If anything else check for energy reversal. If YES go to STEP 3, if NO and you feel in flow with it, go to STEP 5.

STEP 3 | YOU EXPERIENCE

This step is all about assessing what is happening in your energy when you think about that subject. For now, let's look at 3 ways for you to do this step. Choose which is appropriate for you.

- HOW DO YOU FEEL ?
  What colour is it? What size is it ? What shape is it? Where is it in location? Does it feel like another object ? Is it hard or soft / still or moving / fast or slow? How does it move? Is it inside or outside of your physical body?
- HOW MANY OF THEM?
  You can use the numbers by asking the sway to give you a clear YES or NO:

  "Do I have more than 100 beliefs that (Insert the belief, thought or pattern)?" More than 1000 (YES) More than 10,000 (YES) More than 100,000 (NO) etc. Then as soon as you get NO, drop back to more than half the last number and keep working in this way until you get a rough idea of the number, not specific.
- HOW DOES IT LOOK
  Some people may be visual. So when you close your eyes and think about your resistance or challenge do you see a picture? Describe what is happening in the picture.

Now take the information you found here to release it with STEP 4 and align to something new with STEP 5.

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STEP 4 | YOU TRANSFORM

Now you're clear what it feels like in your body, how many there are or what the picture looks like you can now do the release statement. You can say these words:

- "I am ready to release (whatever the subject) I release it from my energy in all forms, on all levels and at all points in time."

- Repeat this statement at least three times or until you can no longer feel it. You may have to do this another two or three times. Check in with the sway again and ask "Have I released all this resistance about ___?". If not, repeat STEP 4 again.

EXAMPLE RELEASE STATEMENTS

ENERGY

- "I am ready to release a hard red circle in my stomach when I think about work. I release it from my energy in all forms, on all levels at all points in time."

NUMBERS

- "I am ready to release these 543 thoughts or beliefs about my work. I release it from my energy in all forms, on all levels at all points in time."

STEP 5 | YOU MANIFEST

This time you get to choose what you experience . This is where you manifest your new future. Now you're ready to allow a new belief, thought or pattern. Choose a positive affirmative statement:

"I am ready to receive / create / feel / manifest / experience " (whatever the subject). I allow this into my energy, in all forms, on all levels and at all points in time."

You should repeat this statement at least three times or until your body responds with a positive sway forwards (YES) when you are affirming. Keep repeating this statement until you feel it in your energy.

FEELING

- eg. "I am ready to allow this big yellow circle of calm and confidence in my body when I think about work. I allow this into my energy in all forms on all levels at all points in time."

NUMBERS

- eg. "I am ready to allow myself to have 100,000 new beliefs. I am good enough. I allow this into my energy in all forms on all levels at all points in time."

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LIVING YOUR MOST EPIC LIFE

BIGGEST THING IN THE WAY OF CHANGING YOUR LIFE MOST EPIC LIFE RIGHT NOW ?

Write WHAT it is that is affecting your life right now

WHY IS IT LIKE THIS FOR YOU ?

In your opinion WHY is this like that

HOW IS IT AFFECTING YOU NOW?

Describe how this is affecting your life right now, in these areas

- Energetically
- Mentally
- Emotionally
- Practically

WHAT IF IT WAS DIFFERENT ?

If you could wave a magic wand over your life, what would be different about this subject in these areas

- Energetically
- Mentally
- Emotionally
- Practically

WHAT WOULD YOU LOVE TO DO NEXT?

What one action would you LOVE to take to change it next

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HEAD, HEART & HARA

In our own energy bodies we have two strong electromagnetic communicators, which are always sending and receiving electrical signals. These are our HEART and our HEAD. We also know the power of our HARA.

We know they are fundamental to us, we say things like "I'm stuck in my head" or "I follow my heart" but we don't really understand the functions they have in our lives. We don't say "I'm in my HARA!"

We flit between these energies so much of the time. The POWER of alignment comes from having these two things in balance. We need the planning, decision making, action taking energy of the head but only when it is connected and guided by the soulful, peaceful, calm still guidance of the all knowing heart in order to take you in the right direction.

With this exercise we want to get you in the habit of having your head, heart & hara in flow.

Think of 3 challenges which have been bothering you. Using the questions below, check in with each one, pay attention to your energy and realign yourself. Do this whenever you feel out of alignment.

Check in with the sway to see which apply

Complete the 5 EAM Steps where needed

STEP 1 | YOU ASK

You can ask the sway questions like these examples

- "Am I too stuck in my HEAD / HEART / HARA ? (If yes, what percentage is there)
- "Am I holding resistance in my HEAD / HEART / HARA ? (If so how many / use numbers)
- "Am I connected with my HEAD / HEART / HARA ?
- "Are my HEAD / HEART / HARA in alignment? " (If yes STEP 5, if no STEP 4, then align)
- "Are my HEAD / HEART / HARA 100% in flow?"

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked.

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STEP 3 | YOU EXPERIENCE

There are several different ways to apply STEP 3 and explore how these may be affecting you now. These are examples only.

MAKE IT AN OBJECT

- Where is it in your energy? (Eg head/throat/outside you etc)
- What size is it? (Eg. Coin, Golf Ball, Football Ball)
- What colour is it? (If you can see one in your mind eye)
- What shape is it, does it have a texture? (Eg. A square, circle)

OR QUANTIFY IT

- How many feelings of <<insert>> to your head / heart / hara do you have?
- Use the sway to find your number
- More than 10/100/1000/10,000/100,000/1M etc)
- Keep going up until you get a number.

Now take the information you found here to release it with STEP 4 and align to something new with STEP 5.

STEP 4 | YOU TRANSFORM

Here are some example release statements for this Step.

"I'm ready to release this resistance which is a red hard round tennis ball inside my tummy to my head, heart and hara being in flow. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release these 1,050 feelings of being stuck in my head. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release any resistance to my head, heart and hara being in alignment and in flow. I release this from my energy in all forms, on all levels at all points in time"

Repeat this statement at least three times or until you can no longer feel it. You may have to do this another two or three times. Check in with the sway again and ask "Have I released all this resistance about ___?". If not, repeat STEP 4 again until you have released the resistance around it. If YES then you can move to the next question or go back STEP 5.

STEP 5 | YOU MANIFEST

This time you get to choose what you experience. This is where you manifest your new future or what you would like to create. Now you're ready to align your head, heart and hara to get it in flow or any manifestation.

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Choose a positive affirmative statement and get creative with your own. Remember to really embody the feeling of it into your system. This is not just about saying the words, it is your frequency which is responded to. So fully feel and embody this STEP 5 as you do it.

Here are some examples

“I am ready to allow my head / heart / hara to be 100% open and ready to recieve. I allow this into my energy in all forms, on all levels and at all points in time.”

”I am ready to allow my head, heart and hara to be 100% in flow and filled with positive energy. I allow this into my energy in all forms, on all levels and at all points in time.”

“I am ready to allow myself to fully trust and connect with my energy. I allow this into my energy in all forms, on all levels and at all points in time.”

“I am ready to allow my head, heart and hara to be energetically ALIGNED to allow my day to flow with ease I allow this into my energy in all forms, on all levels and at all points in time.”

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ENERGY STRUCTURES | FUNNELS & CENTRES

For this exercise you can look at different ways of opening your energy. We will guide you through each 1 at a time on the training.

STEP 1 | YOU ASK

Here are a few suggestions to get you started, you can use this same flow of questions for chakras & funnels

- "Is my chakra / funnel at its maximum width?"
  If yes – move to STEP 5
  If no – move to STEP 4 – release resistance to it being maximum width & come back

- "Can I increase the capacity of my chakra / funnel?"
  If yes – move to STEP 3 – Ask what the current measurement of it is (eg 10cm) – Then STEP 4
  If no – move to STEP 4 – release resistance to increasing it and come back

- "Is my base chakra open and spinning in the right direction?"
  If yes – ask the next question
  If no – move to STEP 4 – release resistance to being open and spinning in the right direction, then come back

- "Is my funnel / chakra flowing at 100% capacity?"
  If yes – move to STEP 5
  If no – move to STEP 3 – ask what percentage of flow you are currently at then align to 100%

Check this process for each chakra

- Base Chakra
- Sacral Chakra
- Solar Plexus
- Heart Chakra
- Throat Chakra
- Brow Chakra
- Crown Chakra

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STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked.

STEP 3 | YOU EXPERIENCE

There are several different ways to apply STEP 3 and explore how these may be affecting you now. These are examples only.

MAKE IT AN OBJECT

- Where is the resistance in your energy? (Eg Outside you/Below/Inside etc)
- What size is it? (Eg. Coin, Golf Ball, Football)
- What colour is it? (If you can see one in your mind eye)
- What shape is it, does it have a texture? (Eg. A blob, circle)

OR QUANTIFY IT

- How many resistances do you have to your chakra being open and spinning in the right direction / funnel being open and expansive? eg More than 10/100/1000/10,000/100,000/1M etc)
- Or What diameter is it currently ? eg 10cm /1m/ 10m / 10km
- Use the sway to find your number
- Keep going up until you get a number.

Now take the information you found here to release it with STEP 4 and align to something new with STEP 5.

STEP 4 | YOU TRANSFORM

Here are some example release statements for this Step

"I'm ready to release this resistance which is preventing my funnel / chakra from being open and 100% in flow. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release any resistance to my funnel/chakra being at 100% capacity or maximum width. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release these [number of] resistance to my funnel being more than [1,000 meters] wide. I release this from my energy in all forms, on all levels at all points in time"

Repeat this statement at least three times or until you can no longer feel it. You may have to do this another two or three times. Check in with the sway again and ask "Have I released all this resistance about ___?". If not, repeat STEP 4 again until you have released the resistance around it. If YES then you can move to the next question or go back STEP 5.

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STEP 5 | YOU MANIFEST

This time you get to choose what you experience. This is where you manifest your new future or what you would like to create. Now you're ready to allow a new belief, thought or pattern or any manifestation.

Choose a positive affirmative statement and get creative with your own. Remember to really embody the feeling of it into your system. This is not just about saying the words, it is your frequency which is responded to. So fully feel and embody this STEP 5 as you do it.

Here are some examples

"I'm ready to allow my funnel to be expanded to its fullest capacity and 100% in flow. I am ready to receive everything that is coming to me with ease and simplicity. I allow this into my energy in all forms, on all levels and at all points in time"

"I'm ready to align with my funnel being 100 metres wide. I allow this into my energy in all forms, on all levels and at all points in time"

"I'm ready to allow my brow chakra to be open, spinning in the right direction and expanded to its fullest capacity. I allow this into my energy in all forms, on all levels at all points in time"

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CLEARING YOUR AURA

With this exercise we are doing a spring clean to make sure our aura layers are open and expanded. Check in with the sway and see which apply. If yes, do lots of STEP 5. If No, complete the 5 EAM Steps.

STEP 1 | YOU ASK

Here are a few suggestions to get you started, you can use this same flow of questions for chakras & funnels

- "Do I have any resistance in the Physical layer of my aura?"
  If yes – move to STEP 3 – Use ENERGY or NUMBERS process – Then STEP 4 & release resistance
  If no – move to STEP 5

- "Is the Physical layer of my aura expanded, whole and complete ?"
  If yes – ask the next question
  If no – move to STEP 4 – release resistance to being fully expanded, whole and complete then come back

- "Is the Physical layer of my aura flowing at 100% capacity?"
  If yes – great – do a STEP 5
  If no – move to STEP 3 – ask what percentage of flow you are currently at – Then STEP 4 release

Check this process for each layer of the Aura

- Physical
- Etheric
- Emotional
- Mental
- Astral
- Celestial
- Divine

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked.

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STEP 3 | YOU EXPERIENCE

MAKE IT AN OBJECT

- Where is it in your energy? (Eg Above/Below/Inside etc)
- What size is it? (Eg. Coin, Golf Ball, Tennis Ball)
- What colour is it? (If you can see one in your mind eye)
- What shape is it, does it have a texture? (Eg. A blob, circle)

OR QUANTIFY IT

- How many resistances <<insert number>> do you have to your aura being open and expansive?
- Use the sway to find your number
- More than 10/100/1000/10,000/100,000/1M etc)
- Keep going up until you get a number.

Now take the information you found here to release it with STEP 4 and align to something new with STEP 5.

STEP 4 | YOU TRANSFORM

Here are some example release statements for this Step

"I'm ready to release this resistance which is preventing my aura from being expanded and 100% in flow. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release any resistance in the Physical layer of my aura. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release this blob of black jelly from my stomach which is stopping the physical layer of my aura being 100% in flow. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release all 56 resistances I have to expand my aura to its maximum width. I release this from my energy in all forms, on all levels at all points in time"

"I am ready to release this image of a black barrel in front of me. I release it from my energy in all forms, on all levels at all points in time."

"I'm ready to release this energy reversal in the Physical/Etheric/Emotional/Mental/Astral/Celestial/Divine layer of my Aura . I release it in all forms, on all levels and at all points in time."

Repeat this statement at least three times or until you can no longer feel it. You may have to do this another two or three times. Check in with the sway again and ask "Have I released all this resistance about ___?". If not, repeat STEP 4 again.

Repeat STEP 4 until you have released the resistance around it. You can ask the sway "Have I released this resistance about _____?" If YES then you can move to the next question or go back STEP 5.

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STEP 5 | YOU MANIFEST

This time you get to choose what you experience. This is where you manifest your new future or what you would like to create. Now you're ready to allow a new belief, thought or pattern or any manifestation.

Choose a positive affirmative statement and get creative with your own. Remember to really embody the feeling of it into your system. This is not just about saying the words, it is your frequency which is responded to. So fully feel and embody this STEP 5 as you do it.

Here are some examples

"I'm ready to allow my Physical/Etheric/Emotional/Mental/Astral/Celestial/Divine layer of my Aura to be fully expanded to its fullest capacity and 100% in flow. I am ready to receive everything that is coming to me with ease and simplicity. I allow this into my energy in all forms, on all levels and at all points in time"

"I'm ready to allow all the layers of my aura to be expanded to optimum width, to be complete and whole, to be resilient and filled with love and light. I allow this into my energy in all forms, on all levels and at all points in time"

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YOUR TIME IN THE WOMB

Your work here is to transform energy imprinted in the womb which does not serve you so that you can be freed from those energies. You need to work on each of the 10 months of pregnancy. So repeat this exercise for months 1 –10. Ask these questions of the sway and work your way through. See the following page for the table to print to fill this in.

STEP 1 | YOU ASK

- "Do I have any energy reversals from Month __ of my mum being pregnant with me?"
  If yes – move to STEP 3 – quantify it and release them and come back
  If no – move to STEP 5
- "Do I have any energetic patterns, which I need to remove, been imprinted from Month __ of my mum being pregnant with me?"
  If yes – move to STEP 3 – quantify them and release the energetic patterns and come back
  If no – move to STEP 5
- "Do I hold any limiting or negative beliefs which I need to release from Month __?"
  If yes – move to STEP 3 – quantify and release the limiting or negative beliefs and come back
  If no – move to STEP 5
- "Do I hold any emotional patterns which I need to release from Month __?"
  If yes – move to STEP 3 – quantify them and release the emotional patterns and come back
  If no – move to STEP 5

See if you can release all at once.

NOW Check in with each of these

- "Do I have any positive energy imprints from month __?"
  If yes – move to STEP 5
  If no – move to STEP 4 – release any resistance or energy reversals to having positive energy imprints and come back
- "Do I have any positive beliefs from month __?"
  If yes – move to STEP 5
  If no – move to STEP 4 – release any resistance or energy reversals to having positive beliefs and come back
- "Do I have any positive emotional patterns from month __?"
  If yes – move to STEP 5
  If no – move to STEP 4 – release any resistance or energy reversals to having positive emotional patterns and come back

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You can ask how many of each you have and perhaps ask the sway to give you some clarity on what they might be.

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked.

STEP 3 | YOU EXPERIENCE

There are several different ways to apply STEP 3 and explore how these may be affecting you now. These are examples only.

MAKE IT AN OBJECT

- If you feel something, where is it in your energy? (Eg Throat/Stomach/Outside etc)
- What size is it? (Eg. Coin, Golf Ball, Tennis Ball)
- What colour is it? (If you can see one in your mind eye)
- What shape is it, does it have a texture? (Eg. A blob, cube)

OR QUANTIFY IT

- How many reversals do you have in your ENERGY | THOUGHTS | EMOTIONS?
- Use the sway to find your number
- More than 10/100/1000/10,000/100,000/1M etc)
- Keep going up until you get a number.

Now take the information you found here to release it with STEP 4 and align to something new with STEP 5.

STEP 4 | YOU TRANSFORM

Here are some example release statements for this Step

"I'm ready to release these [insert number] reversals from month [month number] in the womb. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release these [insert number] patterns from month [month number] in the womb. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release these [insert number] beliefs from month [month number] in the womb. I release this from my energy in all forms, on all levels at all points in time.'

"I'm ready to release all emotions I experienced from month [month number] I release this from my energy in all forms, on all levels at all points in time"

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"I am ready to release any resistance to having positive energy implants / positive beliefs / positive emotional patterns. I release it from my energy in all forms, on all levels at all points in time."

"I am ready to release any energy reversals to having positive energy implants / positive beliefs / positive emotional patterns. I release it from my energy in all forms, on all levels at all points in time."

Repeat this statement at least three times or until you can no longer feel it. You may have to do this another two or three times. Check in with the sway again and ask "Have I released all this resistance about ____?". If not, repeat STEP 4 again.

Repeat STEP 4 until you have released the resistance around it. You can ask the sway "Have I released this resistance about _____?" If YES then you can move to the next question or go back STEP 5.

STEP 5 | YOU MANIFEST

This time you get to choose what you experience. This is where you manifest your new future or what you would like to create. Now you're ready to allow a new belief, thought or pattern or any manifestation.

Choose a positive affirmative statement and get creative with your own. Remember to really embody the feeling of it into your system. This is not just about saying the words, it is your frequency which is responded to. So fully feel and embody this STEP 5 as you do it.

Here are some examples

"I'm ready to receive an abundance of positive energy into my time in the womb. I am happy, free and content. I feel loved, supported and safe. I allow this into my energy in all forms, on all levels and at all points in time"

"I am ready to allow myself to create my own energetic patterns that serve me and help me create a life I love. I allow this into my energy in all forms, on all levels and at all points in time"

"I'm ready to allow positive beliefs into my whole experience of my time in the womb. I believe I am supported and wanted. I am enveloped in love. I allow this into my energy in all forms, on all levels and at all points in time"

"I'm ready to receive positive emotions into month [insert month] of my time in the womb. I am safe, secure. I know I am loved. I allow this into my energy in all forms, on all levels and at all points in time"

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YOUR TIME IN THE WOMB

	1	2	3	4	5	6	7	8	9	10
Reversal										
Patterns										
Beliefs										
Emotion										
Positive Energy										
Positive Beliefs										
Positive Emotion										

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PHYSICAL HEALTH

In Chinese philosophy one of the main principles is the 5 key energy FLOWS which are Wood, Fire, Earth, Metal and Water. In the same way that we work or live between YIN and YANG, we also FLOW between these five energies. Everything in life travels through these five phases. This understanding represents our entire life experience.

Element	Yin	Yang	Emotion	Condition
Wood (Green)	Liver	Gallbladder	Anger, Rage, Wrath	Stress Compromised Immune
Fire (Red)	Heart Pericardium	Small Intestine San Jiao	Love, Joy, Hate	Poor circulation / high blood pressure
Earth (Yellow)	Spleen	Stomach	Sympathy Empathy	Digestive health
Metal (White)	Lung	Colon	Guilt, Grief, Regret	Respiratory / Immune
Water (Blue)	Kidney	Bladder	Fear, Anxiety	Dehydration Phobias

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ENERGETIC BODY SCAN

So now we know that these physical conditions may have been caused by energy reversals or conflict shocks, let's take a look at what is happening to our physical bodies energetically.

Close your eyes and take a few deep breaths – Working down the list below working from the top of your head down your body, do a body scan and check every area asking the questions below. You can repeat the same with the body systems too. You can do this standing up and use the sway – just ask quick YES / NO answer questions.

If you have a "known' physical condition in that area, just look at it energetically as an object, sense the size, colour, shape, and release that energetically.

STEP 1 | YOU ASK

- "Do I have any resistance, reversals or stuck energy in my (Name body part or system)"
  If yes – move to STEP 3
  If no – move to STEP 5

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked.

STEP 3 | YOU EXPERIENCE

There are several different ways to apply STEP 3 and explore how these may be affecting you now. These are examples only. If you can sense, feel or see it use the object option.

MAKE IT AN OBJECT

- Where is it in your energy? (Eg Above/Below/Inside stomach , throat etc)
- What size is it? (Eg. ping pong ball, tennis ball, football)
- What colour is it? (If you can see one in your mind eye)
- What shape is it, does it have a texture? (Eg. hard, soft, rubbery, egg shaped, brick etc)

OR QUANTIFY IT

- When did it begin? (Use the sway to find your age eg 5 years old)
- How many resistances / reversals <<insert>> connected to your body part do you have?
- Use the sway to find your number
- More than 10/100/1000/10,000/100,000/1M etc)
- Keep going up until you get a number.

Now take the information you found here to release it with STEP 4 and align to something new with STEP 5.

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STEP 4 | YOU TRANSFORM

Here are some example release statements for this Step

"I'm ready to release the 10,000 resistances I have which are preventing my circulatory system from being in flow. I release this from my energy in all forms, on all levels at all points in time"

"I'm ready to release this yellow, ball and shooting pain in my head / shoulders / neck etc. I release this from my energy in all forms, on all levels at all points in time"

"I am ready to release this resistance which is like a hard red spiky tennis ball in my stomach when I think about my heart . I release it from my energy in all forms, on all levels at all points in time."

"I am ready to release any resistance from all parts of my body that are preventing me from being in flow, I release them all from my energy in all forms on all levels and at all points in time.

Repeat this statement at least three times or until you can no longer feel it. You may have to do this another two or three times. Check in with the sway again and ask "Have I released all this resistance about ___?". If not, repeat STEP 4 again. If YES then you can move to the next question or go back STEP 5.

STEP 5 | YOU MANIFEST

This time you get to choose what you experience. This is where you manifest your new future or what you would like to create. Now you're ready to allow a new belief, thought or pattern or any manifestation.

Choose a positive affirmative statement and get creative with your own. Remember to really embody the feeling of it into your system. This is not just about saying the words, it is your frequency which is responded to. So fully feel and embody this STEP 5 as you do it.

Here are some examples

"I am ready to allow my (name body part) to be 100% in flow. Every single cell in my body is happy. I am in perfect health, I nourish my body and my mind. I allow this into my energy in all forms, on all levels and at all points in time"

"I am ready to allow every single cell in my body to vibrate with health and vitality, to be happy and well, I am filled with love and light. I allow this into my energy in all forms, on all levels and at all points in time"

"I allow myself to move with ease and grace, all is well. My body is fluid and flexible, allowing the full flow of energy through me and into my life. I allow this into my energy in all forms on all levels and at all points in time"

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“I now choose to experience..... Health/ clarity (whatever words you want to use) and imagine that you’re filling your body with healing white light.

Repeat this with the areas of your body as in the table below :

	RESISTANT ENERGIES	ALIGNED ENERGIES
EYES		
HEAD		
BRAIN		
EARS		
JAW		
MOUTH		
THROAT		
NECK		
SHOULDERS		
ARMS		
WRISTS		
FINGERS		
HEART		
LUNGS		
CHEST		
RIBS		
ABDOMEN		
SPINE		
BOWELS		
LIVER		

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WOMB		
OVARIES		
HIPS		
THIGHS		
KNEES		
SHINS		
ANKLES		
FEET		
TOES		
CIRCULATORY SYSTEM		
RESPIRATORY SYSTEM		
DIGESTIVE SYSTEM		
EXCRETORY SYSTEM		
NERVOUS SYSTEM		
ENDOCRINE SYSTEM		
IMMUNE SYSTEM		
INTEGUMENTARY (Skin)		
SKELETAL SYSTEM		
MUSCULAR SYSTEM		
REPRODUCTIVE SYSTEM		

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POWER OF WORDS & COMMUNICATION

The power of our words and language is HUGE in the messages we are saying to ourselves, the universe and people around us. Let's see what language you use.

WORDS TO REMOVE – STEP 4	SUGGESTED WORDS TO EMBED – STEP 5
But	And
Don't forget	Remember to
I need to	I choose to / I want to
I'm sorry	Thank you for … (your patience)
I should / must	I could / I wish
I am not	I am
I'm indecisive	I trust myself to make the right decision
I leave everything to the last minute	Have all the time in the world
I can't / I don't	I can / I could
trying / not good enough	I do / I am good enough
I've never got any	I am open to receive
It is not possible	I've got this, I am open to the abundant possibilities
I don't know why?	I understand
I am absolutely exhausted	I have so much energy
I'm afraid	I trust
I'm too busy	Have all the time in the world
I wish I could	I can and I will
It's all my fault	I take responsibility for my own actions
I hate	I always come from a place of love
It's not going to be easy	Everything is easy

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I don't like	I love
It's not fair	I appreciate
I'm sick of that	I am grateful for
I 'm scared	I am safe
I'm alone	I am supported
They won't let me / you	I believe in me / you

STEP 1 | YOU ASK

- "Does this word /statement resonate with me?"
  If yes – move to STEP 3 – Move to next question
  If no – move to STEP 5 – align to the positive then ask the next statement or phrase

- "Do I have a pattern /habit of saying _____ ?"
  If yes – move to STEP 3 – Move to next question below
  If no – move to STEP 5 – align to the positive then ask the next statement or phrase in list

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked.

STEP 3 | YOU EXPERIENCE

There are several different ways to apply STEP 3 and explore how these may be affecting you now. These are examples only.

MAKE IT AN OBJECT

- If you feel it in your energy Where is it in your energy? (Eg Throat/Stomach/Outside etc)
- What size is it? (Eg. Coin, Golf Ball, Tennis Ball)
- What colour is it? (If you can see one in your mind eye)
- What shape is it, does it have a texture? (Eg. A blob, circle)

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OR QUANTIFY IT

- How many times <<insert number>> have you repeated that word or phrase? (RESISTANT)
- Use the sway to find your number
- More than 10/100/1000/10,000/100,000/1M etc)
- Keep going up until you get a number.

Now take the information you found here to release it with STEP 4 and align to something new with STEP 5.

STEP 4 | YOU TRANSFORM

"I'm ready to release _____ (Insert the word or phrase) from my vocabulary, energy and subconscious. I release this from my energy in all forms on all levels and at all points in time."

STEP 5 | YOU MANIFEST

"I replace this with _____(Insert the new word or phrase) into my vocabulary, energy and subconscious. I allow this into my energy in all forms on all levels and at all points in time."

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