EXPAND YOUR LOVE

JUNE 2020

ENERGY
ALIGNMENT
METHOD

5 STEPS OF EAM | THE GUIDE

Here is a simple guide on a page (well 3) to transform your energy with EAM. Print this out to help you.

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. You will need to ask a question that will give you a yes or no response.

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.
If you sway forward this is usually a YES response and if you sway backward, this is usually a NO response. 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? | Close your eyes and notice how you are feeling, is there a tightness, a heaviness, or is there a grey heavy blob somewhere in your energy – the answers will come intuitively so trust what answers you get:
    - What colour is it?
    - What size is it?
    - What shape is it? It could be a blob
    - Where is it located?
    - Is it inside or outside of your physical body?
    - Does it feel like another object?
    - Is it hard or soft / still or moving / fast or slow?
    - If it is moving, how does it move?

- HOW MANY OF THEM?
  You can use the numbers by asking your sway to give you a clear YES or NO:

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"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. For example, more than 50,000 (YES), more than 55,000 (NO) less than 54,000 (NO), so between 54,000 and 55,000.

- HOW DOES IT LOOK IN YOUR MIND?
  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.

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 by saying these words:

"I am ready to release (whatever the subject, refer to the example release statements below) 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 your sway again and ask "Have I released all this resistance about ___?". If not, repeat Step 4 again.

EXAMPLE RELEASE STATEMENTS

FEELING
"I am ready to release this 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."

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

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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 Step 5.

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.

Close your eyes, imagine a funnel of light coming through your body up from the ground to your head and down through your body into your feet. Consciously open your chakras – base, sacral, solar plexus, heart, throat, brow and crown. Lastly set the intention that your aura layers are open and expanded.

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."

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

EXAMPLE STEP 5 STATEMENTS

FEELING
"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
"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."

IMAGES
"I am ready to allow this new pathway to take me forward. I allow this into my energy in all forms on all levels at all points in time."

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WORKSHEET | 3 POWER PLAYS

You can use the 5 Steps of EAM to release this archetypal role you play and align to being in your POWER. Using your sway, I want you to explore which of the three energy archetypes you predominantly are. Although it is common to be all three, you will have a tendency to be one of them more than the others. You can also ask your sway which of these you are in relation to key people in your life.

You can do this exercise three times, one for each of the archetypal roles ie. Pusher, Puller and Protector. Start by asking your sway which of these 3 you need to work on first.

STEP 1 | YOU ASK

"Do I have a pattern of playing the Pusher / Puller / Protector ?" Use the tables below to explore the different archetypes.

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked. If YES go to Step 3, if NO and you feel in flow with it, go to Step 5.

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. Choose which one works best for you.

ENERGY

Where do you feel this archetype in your energy (if anywhere)?

What does it feel like? Colour/shape/texture etc? It could be a sensation when you know you're in that role. Or you notice where the energy is coming from or how it is represented in a particular way for you.

NUMBERS

- How many times have you repeated this pattern of being in that role?
- Or How many repetitions of this are held in your energy field?

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- Or How many energy reversals do you have which are keeping you in that pattern?
  Use your sway to determine your 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 RELEASE

Here are some example release statements for this step:

"I am ready to release this _____ (eg. dark grey heavy circle in my chest which is connected to being a PUSHER). I release it from my energy in all forms, on all levels and at all points in time."

"I am ready to release these 10,000 repetitions of being a PULLER. 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.

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 TRANSFORM

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 emotion, 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. This is an example step 5 statement for each one.

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Close your eyes, imagine a funnel of light coming through your body up from the ground to your head and down through your body into your feet. Consciously open your chakras – base, sacral, solar plexus, heart, throat, brow and crown. Lastly set the intention that your aura layers are open and expanded.

EXAMPLE STEP 5's

"I am ready to allow myself to be fully in my power in all my communications, to be fully responsible for myself and allow others to be for them. I own my words, thoughts, emotions and actions. I only respond from a place of love. I allow this into my energy in all forms, on all levels and at all points in time."

Now if you need to, repeat the exercise for the next archetype.

HOW THESE PATTERNS SHOW UP

We're about to look and explore the patterns which relate to those 3 archetype roles and remove them from your energy field. So that they no longer influence your life.
On the next few pages, there are three tables of typical Puller, Pusher and Protector patterns for you to work through. You can simply ask your sway which of these statements are true for you (first column). Say the statement out loud. For example, "I have a pattern of putting others first". If YES then ask your sway HOW many times you repeated it, ie. how many times have you recorded that pattern in your energy. Work through them using the 5 Steps.

Remember to use your sway to see which are relevant to you and not just what you think you know in your head. Work through all three archetypes even if you think you only play one of them, you might be surprised.

Here are a few to get you started. Feel free to add your own or work on anything you know gets in your way. You may find it quicker to go down the list and tick which ones you get a YES to, when you say them out loud. If you get a NO, then there is no need for you to do the work on that one. I know it seems like a long list you won't have them all ! (At least I hope not!) In the left hand side we have given you the pattern, on the right we've given suggested step 5 statements.

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RELEASE THE PULLER

Let's take a look at the PULLER role. Using your sway ask your energy if you have any of the following … If you do, ask how many and then use the 5 STEPS to transform them.

PULLER PATTERNS	SUGGESTED STEP 5 ALIGNED PATTERN
Allow others to make decisions/choices for me	I am always able to make my own choices, what is right for me
Feel powerless/oppressed/helpless/hopeless	I feel powerful, free, hopeful, proud of myself and who I am
Seek attention from others who aren't good for me	I am my own source of approval and love myself regardless of what other people think, say or do
Look for someone ELSE to validate my feelings	I know my feelings are my own. I take full responsibility for my feelings and actions knowing what is right for me
Use conflict situations to be a victim	I engage in healthy discussions and communicate my needs with love
Try to instigate conflict issues so they can get sympathy	I know the universe is supporting me always, I am my own strength and support
NOT doing something because of an outside force	I take full power and responsibility for my life, I am always able to do what is right for me
Blame others for my situation and feel sorry for myself	I can achieve anything and everything I choose to. I own my power, everything is in my control
Tell stories about why I am unable to do something	I find and connect to my own source of energy. I can do anything I want to
Allow others to control me or take away my power	I am my own source of control and power in my life. I allow flow to lead the direction
Take energy from others	I align to being my own powerhouse as I am always connected to the flow of energy.

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RELEASE THE PUSHER

You know you're in PUSHER mode because it is when the pointy finger of BLAME comes out! Meaning when you project your SH** onto others and what you believe and pass judgments about what they are doing! We have all done it at some time. Our role is to remember this OUR perspective of a situation and of course theirs will be different.

PUSHER PATTERNS	SUGGESTED STEP 5 ALIGNED PATTERN
Do you react with far greater emotion in situations than you need to	I get aligned with positive emotions before I communicate with love
When in conflict your emotions remind you of things in the past	I own my feelings and stay in the present moment
In conflict, you focus on what other people are saying or doing	I only pay attention to my alignment and keep communicating clearly from love
I see the negative qualities in lots of other people	I only see the good in others, I trust what I see is a reflection of myself
I have a hard time accepting that it might be in me who is in the wrong	I accept myself for who I am, I understand other people's perspective
I see the positive qualities in others but not in myself	I only see positive things about myself
I have trouble being in the wrong	I am open to accepting when I am wrong
If someone points out something I did I bring up something THEY did too	I apologise if I did something wrong and accept responsibility for what I have done
When I know someone doesn't like me I avoid them	I am confident and authentic with everyone, I love to connect with people
I find myself making moral judgements about people I don't know	I am kind and loving, I appreciate everyone and the different aspects of their lives
Using shame to make others do something	I allow others to choose their actions, I only share my thoughts from love
Exploding with rage	I always come from a place of love and communicate

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	clearly
Pulling rank on someone	I see everyone in their power – everyone is equal
Labelling someone or calling them names	I am open to everyone's differences
Using sex or money to control someone	I love the feeling of empowerment in every situation

RELEASE THE PROTECTOR

We need to release the need to protect or rescue others – for two reasons, one, it is disempowering you, secondly, it is disempowering them. Following the same methods above.

PROTECTOR PATTERNS	SUGGESTED STEP 5 ALIGNED PATTERNS
Do things for others even when you don't want to	I only do things for others when I choose to it feels right for me and comes from love
Try and sort problems for people without them even asking	I only support people if they ask or accept my offer first
Constantly try and do more of your fair share of work	I allow others to do their share of work. I only do what is right for me to do.
Feel uncomfortable about receiving	I allow myself to receive everything into my life
Find yourself in relationships where you only give	I have healthy two-way relationships where we both give and receive
Try to fix other people's feelings or talk them out of it	I allow others the opportunity to find their alignment, and experience flow. I demonstrate through the power of my example.
Speak for others instead of letting them speak for themselves	I allow other people to speak for themselves and I listen with love
Not asking for what you want & attending to others needs	I put myself and my alignment first and ask for what I want
Feel rejected when your help is refused	I love knowing people have their own capacity and are empowered to do it
Trying to help others with an implicit contract (e.g. you will do something back for me!)	I only support others because I choose to, with no expectation of anything in return.

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WORKSHEET | ENERGETIC TRAUMA

As we've shared with these issues of narcissism and codependency there are many ways that it can impact your energy field. The good news is there are many ways you can use EAM to help you work on them too. Such as releasing the patterns of narcissism or codependency from yourself and for other people. You can change the 'energy balls or waves' sent out from your thoughts, words or emotions that are in the biofield to shift the energy in the relationship between you both. You can work on releasing the energy reversals created by traumatic situations and reclaim that 'part of you' which had split off and prevent it from reactivating again. You can release the energy trauma from your aura and energy field so it can heal. This is what we will focus on today.

STEP 1 | YOU ASK

NARCISSISM

- Do I have any energetic trauma, scars, cuts or breaks from abusive interactions with (NAME OF PERSON)?

Or maybe you have been that person

- Have I created any energetic trauma, scars, cuts or breaks from abusive interactions with (NAME OF PERSON)?

CODEPENDENCY

- Do I have any codependent energy cords, connections or attachments to (NAME OF PERSON)?

Or maybe they have been attached to you

- Do I have any codependent energy cords, connections or attachments which have come from (NAME OF PERSON)?

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

ENERGY
What happens to your energy when you think about that person? Size shape colour etc.

NARCISM WORKING ON YOURSELF

If yes in STEP 1 ask your sway which layer of your aura are they in?
For example, 'Are they in the _____ layer of my aura?' (Physical, Etheric, Emotional, Mental, Astral, Celestial, Divine)
How many do you have in total ? (Use the numbers method to check)

NARCISM WORKING YOUR IMPACT ON OTHERS
If yes in STEP 1 to your affect on others – ask how it has affected them? ask your sway which layer of their aura it affected?
For example, 'Is it in the _____ layer of their aura?'(Physical, Etheric, Emotional, Mental, Astral, Celestial, Divine)
How many energy impacts did you create in total? (Use the numbers method to check)
Can you release them from their energy now?

CODEPENDENCY
If yes in STEP 1 – How many cords, connections or attachments do you have to them or do they have to you? (Use numbers method) Where do you feel this archetype is your energy (if anywhere)?
What does it feel like? Colour/shape/texture etc? It could be a sensation when you know you're in that role. Or you notice the energy coming from or represented in a particular way for you.

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 RELEASE

Here are some example release statements for this step:

"I am ready to release (NAME OF PERSON) from the Mental layer of my aura? *I release them from my energy in all forms, on all levels and at all points in time."*

"I am ready to release any energetic trauma, scars, cuts or breaks from abusive interactions with (NAME OF PERSON)? *I release it from my energy in all forms, on all levels and at all points in time."*

"I am ready to release these 1,000 cords, connections or attachments that I have to (NAME OF PERSON) which is this grey blob of heaviness in my heart. 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 your sway again and ask "Have I released all cords, connections or attachments that I have with (NAME OF PERSON)?". If not, repeat Step 4 again.

STEP 5 | YOU TRANSFORM

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

Close your eyes, imagine a funnel of light coming through your body up from the ground to your head and down through your body into your feet. Consciously open your chakras – base, sacral, solar plexus, heart, throat, brow and crown. Lastly set the intention that your aura layers are open and expanded.

Here are some example Step 5 statements for each one:

EXAMPLE STEP 5's

"I am ready to reclaim all parts of me, to be fully in my energy, grounded and connected with myself and source. I am ready to allow myself to heal and grow.. I allow this into my energy in all forms, on all levels and at all points in time."

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"I am ready to allow myself to stand in my power, to be empowered. I am strong and connected to love, my energy field is whole, perfect and complete. I allow this into my energy in all forms, on all levels and at all points in time."

"I am ready to be my own guiding light, I am enough. I have the strength and power to create my own reality. I allow this into my energy in all forms, on all levels and at all points in time."

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WORKSHEET | HIDDEN AGREEMENTS

Time to release the unwritten rules, which are shaping the dynamics of your relationships. It is time to rewrite the unspoken or hidden agreements with those you love. So you are able to expand and live the NEW version of you.

EXERCISE

Look at who you have made 'hidden' agreements with. Think of family members, parents, brothers or sisters. Your current partnerships or relationships? Maybe it was old relationships and a broken agreement was what caused the breakdown. Maybe people at work or your friends. It could be agreements you have broken with them or perhaps agreements you still have in place or they have broken with you.

Do those agreements serve you? Do they serve them? What contracts / agreements do you need to change? Ask your sway, are they soul contracts? What new agreements do we need to make?

Follow the 5 Steps of EAM set out below – release resistance you have around having broken the agreement. Even if you are unclear what it was. Maybe it is an agreement that you feel someone has broken with you.

BROKEN OR HIDDEN AGREEMENT

What agreement do you think, believe or feel may have been broken? Even if it is an unspoken one. It could be one that you have broken or one they have? Use the table below to list your findings.

UNDELIVERED COMMUNICATION

What is it you want to say to them if only they would hear you? Remember this needs to come from a place of love, no finger pointing, placing blame. Start with I feel, or I thought. Not you did ...

NEW AGREEMENT

What is the new promise, agreement or commitment you would like to keep?

NAME & DATE

Name of the person and the date by which you will communicate this undelivered communication and agreement to them.

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BROKEN OR HIDDEN AGREEMENT	UNDELIVERED COMMUNICATION	YOUR NEW AGREEMENT	NAME & DATE
Promised to always be there as a sister.	I felt hurt when she said (XYZ) about me and it made me step away. I feel it was uncalled for.	I want to be there for you, and we need to find a way to communicate with love and spend more time together. To rebuild trust.	Sis | June 2020

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STEP 1 | YOU ASK

- PATTERN | Do I have a pattern of breaking agreements? (Yes / No)
- PEOPLE | Have I broken an agreement with (NAME)? or 'Has (NAME) broken an agreement with me?
- UNSPOKEN TRUTHS | Am I holding any lies or unspoken truths in my energy?

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked. If YES go to Step 3, if NO and you feel in flow with it, go to Step 5.

STEP 3 | YOU EXPERIENCE

PATTERN | Is it a pattern?
If yes, how many agreements have you broken?
With how many people?
Can you release all of the energy drains and attachments connected to those?

PEOPLE | Is there someone that you have broken an agreement with or they have broken with you?
How many people are there?
What happens to your energy?
Can you ask any clarifying questions around who it was?
How does it make you feel?

UNSPOKEN TRUTHS or LIES | Are you holding any in your energy? Check in with both.
If so how many? Use the numbers method.

Do you need to release them from your energy field?

You can get clear on how many patterns, agreements or people etc by using the numbers method.

STEP 4 | YOU RELEASE

"I am ready to release these 10 agreements that I have broken with (NAME OF PERSON), I release all energy drains and attachments to those agreements. I release them from my energy in all forms, on all levels and at all points in time".

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"I am ready to release these 10,000 unspoken truths that I am holding in my energy, I release them from my energy in all forms, on all levels at all points in time".

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

STEP 5 | YOU TRANSFORM

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. Say this statement at least 3 times.

Close your eyes, imagine a funnel of light coming through your body up from the ground to your head and down through your body into your feet. Consciously open your chakras – base, sacral, solar plexus, heart, throat, brow and crown. Lastly set the intention that your aura layers are open and expanded.

Examples of a Step 5 statement

"*I am ready to allow myself to be my own source of validation. I speak my truth, stand fully in my power and make my new agreement that "___(Whatever you want your new agreement to be _____" with (Their name) I allow this into my energy in all forms on all levels at all points in time."*

"*I am ready to expand my energy. I am in alignment with the (new) agreements that support me. I allow this into my energy in all forms on all levels at all points in time."*

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WORKSHEET | POSITIVE PARENTING

Learn how to consciously use kinetic parenting and energetic communication, to positively impact and influence your children. So you can create a happy, harmonious family life and bring up empowered, emotionally stable children who know they are loved.

EXERCISE | Are you aligned to parenting? What are you really thinking and believing about parenting, your children and your relationship with them?

STEP 1 | YOU ASK

Explore the following questions to see if you have any beliefs, thoughts, or feelings connected with them.

- Are you aligned to parenting?
- Do you believe it's a struggle, hard work?
- Do you believe you're 100% responsible for your children?
- Do you think that you know best?
- How do you actually feel towards each child? (Use the emotional scale below)

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked. If YES go to Step 3, if NO and you feel in flow with it, go to Step 5.

STEP 3 | YOU EXPERIENCE

ENERGY

What happens to your energy when you think about that being a parent? Size shape colour etc.

NUMBERS

- How many beliefs do you have?
- Or How many repetitions of this are held in your energy field?
- Or How many energy reversals do you have which are keeping you in that pattern?

  Use your sway to determine your number.

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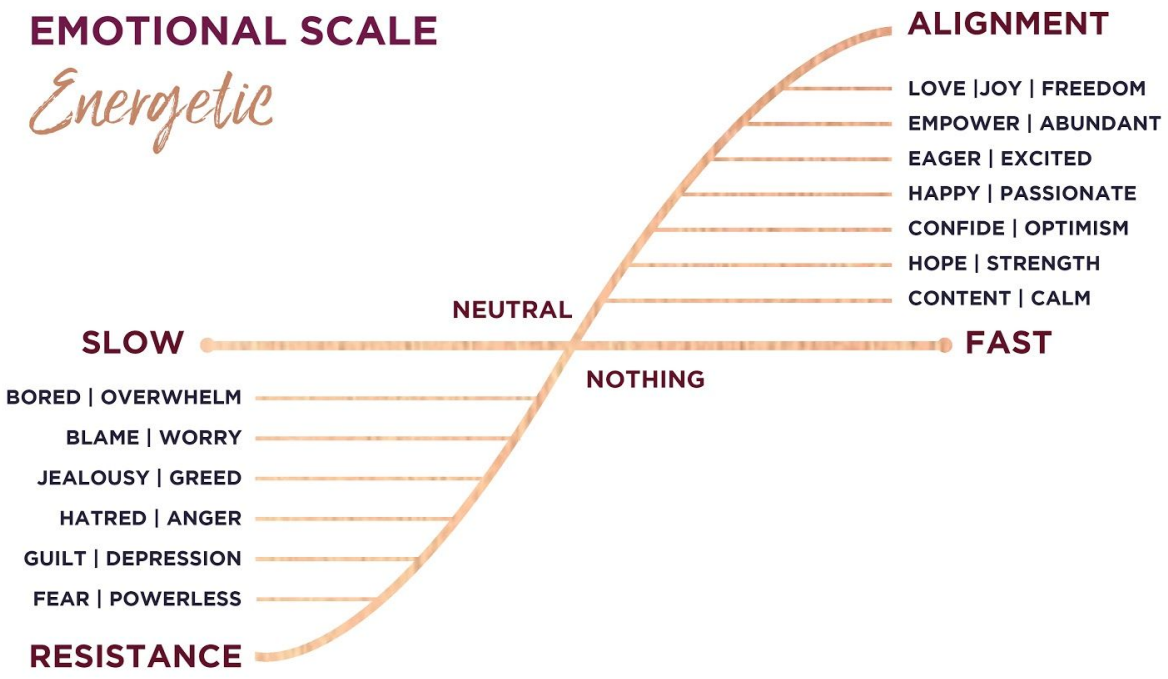
EMOTIONAL SCALE

Using your sway, ask which emotions you actually feel towards or about each of your children, work your way up the scale for every emotion. Follow the steps to release any resistance about them.

For example am I holding any fear in my energy when I think about (NAME OF CHILD)? YES – release it using step 4, NO go to the next emotion on the scale



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

STEP 4 | YOU RELEASE

Here are some sample Step 4 statements. Say this statement at least 3 times.

"I am ready to release these 270 beliefs that parenting is a struggle. I release them from my energy in all forms, on all levels and at all points in time".

"I am ready to release these beliefs that I know best. I release this belief from my energy in all forms, on all levels and at all points in time".

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"I am ready to release this fear I feel when I think of (NAME OF CHILD). I release this from my energy in all forms, on all levels and at all points in time".

"I am ready to release this resistance to feeling calm when I think of (NAME OF CHILD). I release this from my energy in all forms, on all levels and at all points in time".

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

STEP 5 | YOU TRANSFORM

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. Say this statement at least 3 times

Close your eyes, imagine a funnel of light coming through your body up from the ground to your head and down through your body into your feet. Consciously open your chakras – base, sacral, solar plexus, heart, throat, brow and crown. Lastly set the intention that your aura layers are open and expanded.

Here are a couple of examples of a Step 5 statement

"I am ready to be aligned to parenting, I love and enjoy being a parent. Parenting comes easy to me. 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 be present and have unconditional love for my child(ren). I learn and grow as a parent. I allow this into my energy in all forms, on all levels and at all points in time.".

READY TO FIND OUT MORE

If you've loved your session with Karen and you'd love to explore more about how to positively parent and show your children the way to BE in life, by BEING it yourself .. Take her up on her super kind offer to chat with you for free for 15 minutes about your specific challenges or areas you'd love to seek advice and guidance on to be able to put EAM into action in your parenting life.

All you need to do is CLICK HERE TO BOOK A CALL WITH KAREN SHAW

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WORKSHEET | SEX & INTIMACY

How to unleash your Sexual Energy to create more connection and intimacy in your life. Transform issues around sex, shame, intimacy and trust in relationships. Discover your true self and reconnect with your true creative source of power.

EXERCISE ONE | CONSCIOUS RELATING

STEP 1 | YOU ASK

Explore the following questions with your sway. Close your eyes and see how these questions feel in your energy.

- How is your relationship? How does it feel to you?
- Is this feeling familiar? Is it a pattern?
- What are my intentions for my relationship?
- Do I believe this is possible? Do I hold resistance here?
- Am I being 100% honest in my relationship?
- Am I being me?

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked. If YES go to Step 3, if NO and you feel in flow with it, go to Step 5.

STEP 4 | YOU EXPERIENCE

"I am ready to release this dark swirling heaviness in my heart when I think about my relationship. I release it from my energy in all forms, on all levels and at all points in time."

"I am ready to release this pattern of not being 100% honest in my relationship, of not being me. I release it from my energy in all forms, on all levels and at all points in time."

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

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STEP 5 | YOU MANIFEST

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. Say this statement at least 3 times

Close your eyes, imagine a funnel of light coming through your body up from the ground to your head and down through your body into your feet. Consciously open your chakras – base, sacral, solar plexus, heart, throat, brow and crown. Lastly set the intention that your aura layers are open and expanded.

"I am ready to allow more love, more connection and more intimacy into my relationship. I allow this into my energy in all forms, on all levels and at all points in time."

"I am ready to connect on a deeper, soulful level with my partner, my intentions for this relationship are honest and pure. I allow this into my energy in all forms, on all levels and at all points in time."

EXERCISE TWO | DEEPENING THE CONNECTION TO YOU

Connecting and activating the sexual energy within you. Kerry will be guiding you through this exercise.

- Did you receive a message during the practice?
- Any thoughts and reflection

Use this space to reflect on your experience.

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READY TO FIND OUT MORE

If you've loved your session with Kerry and you'd love to get more connected, work on your intimacy and sexual connection. Whether you're in a relationship or not you can take this work to the next level .. Take her up on her super kind offer to chat with you for free for 15 minutes. You'll be able to share your specific challenges, seek advice and guidance on how to use EAM in your sex life!

All you need to do is CLICK HERE TO BOOK A CALL WITH KERRY O'SULLIVAN

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WORKSHEET | LOVING YOU FIRST

LOVING YOU FIRST

Find and connect to your own source of love. Feel complete and whole no matter what is happening in your life. Allow all parts of yourself to integrate and BE the source of love and take that to all of your relationships.

These are some of the ways that you may have done this.

- Where someone has told you that you were not good enough.
- Where you have a habit/pattern of putting yourself down or degrading yourself?
- When you have shamed or not accepted parts of yourself?
- Where something has happened to you and you made a choice or decision about you

EXERCISE | Using your sway find the ages along your timeline where you have left parts of you unloved.
You may also know which parts of yourself you do not love or have left, lost or abandoned. Make a list of those.

Use this template, or draw your own, to explore your energy.

Ages

0 5 10 15 20 25 30 35 40 45 50 55 60 65 70

|------|------|-----|------|-----|------|------|-----|------|-----|------|-----|------|----|

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STEP 1 | YOU ASK

- How many parts of myself did I leave or not love between the age of 0–5 / 5–10 etc

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked. If YES go to Step 3, if NO and you feel in flow with it, go to Step 5.

STEP 3 | YOU EXPERIENCE

ENERGY

What happens to your energy when you think about the part that you don't love or when you think about feeling incomplete? Is there a colour, shape, intensity? Where is it located, inside of you, outside, what location? Does it stay still, move?

NUMBERS

Example questions you can explore

- How many times have you felt incomplete or unloved?
- How old were you when this first started?

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

STEP 4 | YOU RELEASE

Here are some examples of this step:

"I am ready to release these 248 times someone has told me I was not good enough. I release it from my energy in all forms, on all levels and at all points in time."

"I am ready to release these 88 habits/patterns of putting myself down or degrading myself, I release this 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. Check in with your sway "Have I released all this resistance, this ___?". If not, repeat Step 4 again.

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STEP 5 | YOU MANIFEST

Close your eyes, imagine a funnel of light coming through your body up from the ground to your head and down through your body into your feet. Consciously open your chakras – base, sacral, solar plexus, heart, throat, brow and crown. Lastly set the intention that your aura layers are open and expanded.

Choose a positive affirmative statement:
"I am ready to call all parts of myself in, with an abundance of love and acceptance. I allow this into my energy, in all forms, on all levels and at all points in time."

"I am ready to embrace and love all of me unconditionally. I love every single thing about me. I allow this into my energy, in all forms, on all levels and at all points in time."

Repeat this statement at least three times or until your body responds with a positive sway forward

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WORKSHEET | MANIFEST 'NEW' INTO YOUR RELATIONSHIP

Manifest the 'new' into a relationship, whether it is your friends, family or a partner. Reignite an existing connection or manifesting the love of your life. Using EAM you'll get SUPER clear exactly what you want in the relationship and how to manifest it into reality. Sooner than you might imagine.

Here is a suggested list and you can come up with your own as well. Notice any resistant thoughts or beliefs which pop up into your mind as you are writing the answers to this list. Write them down on a seperate piece of paper, these will give you big clues as to why you may not have experienced this before.

SUGGESTIONS FOR YOUR LIST	MY NEW RELATIONSHIP
How do they look ? How tall are they ?	
How do they dress?	
What type of build are they, eye colour, hair colour etc?	
What do they smell like?	
What is their personality like? Are they easy going, driven, fun, calm etc.	
How do they treat you/make you feel? How do you treat them / make them feel?	
What is your emotional connection like?	
How do you feel in their company? How do they feel with you?	

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How do you communicate love? Which of love languages is your primary form of communication? – Words of Affirmation – Acts of Service – Gifts (Give/Receive) – Quality Time – Physical touch	
How do you communicate disagreements or arguments?	
How do they make you feel in your weakest or down moments?	
How do you celebrate wins with you?	
How do you feel when they touch you lovingly?	
How do they take care of themselves energetically, mentally, emotionally and physically?	
What core values do you have that match?	
Are they open to doing personal development work or EAM on themselves ?	
Do you have similar interests ? If so, what things do you love to do together?	
How do you bring out the best in each other?	
What time of work do they do? How do they feel about their work?	

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What is their financial status? eg financially free or on the journey to creating a financially free life?	
Do they feel like your best friend? Is there mutual trust?	
What sort of conversations do you have? How do the conversations go? Eg. both heard, deep and spiritual? Talk about anything without taking it personally?	
Are you connected on a soul level?	
How do they support you to be in your feminine/ masculine energy?	
How do they show up in their feminine/ masculine energy?	
How do they challenge you to grow and think big?	
How do they surprise you ?	
What type of dates / events / trips do you have?	
Where do you love to travel, where will you explore?	
What do they do that excites you or is risky?	
How do you have fun together ?	
If it is a sexual relationship? How is the sex life? mind blowing connection, love, affection and	

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tactile, mind blowing, leg shaking soul and heart opening sex.	

STEP 1 | YOU ASK

Check if you have any resistance to any of the above statements. Are you in alignment with them?

- Close your eyes, imagine yourself in the most beautiful place spending your perfect day with them
- Where are you? Write it down
- How does it make you feel thinking of them, notice emotions or anything in your energy that is not in flow or doesn't feel good.
- What resistant thoughts and beliefs came up for you when writing the list?

STEP 2 | YOU MOVE

Your energy body will respond and give you the YES or NO answer to the question you asked. If YES go to Step 3, if NO and you feel in flow with it, go to Step 5.

STEP 3 | YOU EXPERIENCE

ENERGY

What happens to your energy when you think about them? Is there a colour, shape, intensity? Where is it located, inside of you, outside, what location? Does it stay still, move?

NUMBERS

With any resistance thoughts and beliefs that came up, how many beliefs do you have?

How many times have you repeated that pattern ?

STEP 4 | YOU RELEASE

Here are some examples of this step:

"I am ready to release these 105 beliefs that I don't deserve to receive surprises and gifts of affection, I release it from my energy in all forms, on all levels and at all points in time."

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"I am ready to release all resistance from my energy when I think about having mind blowing sex with someone I love, I release these 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. Check in with your energy again and ask "Have I released all this resistance about ___?". If not, repeat Step 4 again.

STEP 5 | YOU MANIFEST

Close your eyes, imagine a funnel of light coming through your body up from the ground to your head and down through your body into your feet. Consciously open your chakras – base, sacral, solar plexus, heart, throat, brow and crown. Lastly set the intention that your aura layers are open and expanded.

"I am ready to manifest this relationship. I open up my energy to receiving what I want and deserve to have the relationship of my dreams and desires. I allow this into my energy in all forms, on all levels at all points in time."

"I am ready to manifest into the physical (list everything on your list!) I allow all of this into my energy in all forms, on all levels at all points in time."

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TAKE THE NEXT STEP IN YOUR JOURNEY

DISCOVER HOW TO CHANGE YOUR LIFE

If you're new to EAM and you'd love to know how to take the next step in the journey with us. You can join hundreds of like minded people, inside our brand new community who are on the journey to change their life with EAM. Everything in here will be available to you inside our easy to use members area. We'll give you access to the short videos, worksheets and MP3 recordings.

Here's a tiny peek at what we'll be doing together.

WEEK 1 | PREPARING FOR YOUR JOURNEY

We'll look at Biggest Myths that we're told in Personal Development, understand your energy system and how it works with Law Of Attraction, Psychology & Energy Principles Which Govern Your Life

WEEK 2 | WHAT IS IN THE WAY OF YOUR CHANGE

How To Change The Thoughts & Beliefs Keeping You Stuck And Release The Most Common Self Sabotage Patterns & Persistent Emotions Like Stress, Fear, Confusion And Overwhelm Which Hold You Back

WEEK 3 | LET GO OF YOUR PAST

Release Those Past Life Experiences From Your Energy, Without Re-living The Pain And Show You How To Stop Fire Fighting Your Life And Regain Power And Control

WEEK 4 | RELATIONSHIP ENERGY DYNAMICS

How To Let Go Of The Drama And Unhealthy Patterns In Relationships And Be In Your Power. Heal Past Hurt And Create Happy Loving Relationships With Friends & Family

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WEEK 5 | CREATING MONEY, WEALTH & ABUNDANCE

The Biggest Money Sabotage Patterns Which Are In Our Way And How To Work With The Simple Energy Principles Which Draw More Money To Your Life.

WEEK 6 | DESIGNING YOUR FUTURE & MANIFESTING YOUR LIFE

The 5 Key Things You Need To Understand The Art Of Manifesting, How To Place Universal Orders And Take You On A Guided Visualisation Where Step Into The Future You Want To Create, So You Get Clarity On Your Direction, Purpose & Path In Life

WEEK 7 | EVOLVE YOUR ENERGY YOUR LIFE

The Step By Step Order To Change Every Area Your Life, See Why Most People Are Starting In The Wrong Place. Understand Where You Are Now, What You Need To Do To Get To Where You Want To Be

WEEK 8 | LIVING IN THE NEW PARADIGM & HOW TO CHANGE THE WORLD

How To Put This Into Practical Action Every Day And Create New Habits, With These Daily Alignment Practices To Find More Time, And Be Successful On Your Journey

WHAT YOU GET TODAY...

How To Change Your Life - 8 Week Program (Worth £1188)
Your opportunity to change your life in 8 weeks, with EAM mentors on hand to support you.

Discover How To EAM (Worth £398)
Short online training so you understand how to use the 5 steps of EAM.

FREE GIFT | Group Mentor & Live Community Calls (Worth £1200)
8 Weekly Live Q & A Group Calls with a Mentor

FREE GIFT | Community FaceBook Group (Worth £1498)
A live community group where you'll get the opportunity share, ask questions be guided and receive support

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