



ENERGY MANAGEMENT TOOL KIT

THE GUIDEBOOK



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THE ΔWΔKENED STATE
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YOUR PERSONAL ENERGY MANAGEMENT TOOLKIT



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INTRODUCTION

Welcome to your Energy management Toolkit!

This toolkit will help you combat resistance and start elevating your vibrations to live a higher vibe life.

This is a guidebook that combines various tools, exercises and fun techniques to get your energy aligned.

These are some solid energy management tools to help your energy begin to thrive and rethink how you approach your energy body. This kit is meant to help you reconnect to the universe and get your energy back into alignment.

Energy Work is powerful when we're willing to believe and acknowledge our subconscious is most powerful through our visioning process.

Energy Work can be made through various ways of learning about our conscious awareness. We live in more than a physical world, our energy reality is just as important. When we combine the physical and the ethereal together, we can truly learn to master our reality.

When we desire change, we often only focus on the physical changes forgetting that we live naturally in a spiritual world of infinite energy.

Energy work helps us acknowledge that we live in both worlds simultaneously and we can always tap in for personal guidance, clarity and transformation.

it's time for you to start opening up your energy.

I created this kit because I know what it's like to understand you are an energy being but you somehow forget the memo on how to Manage your Energy.

There wasn't really a guidebook on what to do after you begin opening up to your sensitivity and sudden your energy feels completely out of whack with where you desire to be in life.

In fact, your energy may feel like a loose cannon where you battle resistance daily. You frequently feel stressed out or overwhelmed. You desire change but you don't know how to get there. In reality we battle resistance due to losing our focus on our present reality. Our divine connection to the spirit world.

That's why I'm here today to help you establish your own toolkit towards helping you live a more balanced, aligned and soulful life.

As a sensitive to energy, you may at some point asked yourself - what do I do when I feel like i'm a bottle rocket of emotion?

It's very common on the path of spirituality, that I've come across many individuals who feel out of control of their energy body. They either suffer from over-active empathy, awakening symptoms rule their life, they let fear run the show or they feel entirely out of control of their emotions.

This is all because of one thing:

Energy Management

It's this really neat tool that I discovered after having experienced all of the above through my own spiritual awakening several years ago.

Energy management is the missing ingredient that so many of us are searching for because it allows us to create breathing space in our energy field.

By breathing space I mean it allows us to live life easier, breathe easy literally and most of all have more higher vibrations enter into our life.

Through my own search I began to wonder what does "Raise Your vibrations" really mean? It's often a catch phrase you hear a lot in spiritual communities but I began to wonder what does it truly mean to raise your vibrations and if we can raise our vibrations...

How do we learn to control our energy body?

Is that even possible?

The answer is yes! It's absolutely possible.

However what it really comes back to is learning to manage your vibrations and the energy you are **holding** daily.

This is the real secret here once you learn to start managing your energy body - a whole new world opens up that you didn't even know existed.

In many ways it sounds like a pipe dream or a fluffy reality however it's not, the understanding of vibrations and how they are creating your world is the real key towards understanding how to manage your energy successfully.

Energy Work is the point of true creation. However we often miss it because it's a very subtle system, it's the system of our consciousness. I'm going to teach you how to create your own Energy management System. This is great process towards changing not only how you see reality but most of all how you see yourself.

Hold on to this moment - this is where everything begins to change.

I welcome you and honor you that you heard the call,

I hope this new journey into energy serves you greatly.

Love and Blessings,



Ashley

YOUR ENERGY - REENERGIZES IN YOUR LIFE

Before we get into the tools, I thought we'd do a basic primer on how your energy is really ruling your life from the inside out. Literally.

The easiest way to understand this is imagine your energy as a container or a bucket.

Everything you put into your energy bucket via your thoughts, feelings or habitual behaviors, you basically re-energize and reflect back into your reality.

So our mind works a bit like a radio you have:

A transmitter(your thoughts)
and
A receiver of information(your reality).

Our mind and reality are always having these mirrored conversations with each other that we're co-creating through the universe.

Our mind and reality are creating a mirrored vibrational response.

The way our mind works

Mindset = Reality
Input output

Therefore when you are feeling resistance through negative emotions, your receiver reflects back those vibrations into your reality.

This is usually when we feel our reality is very chaotic, disconnected and we generally feel lost without direction. This is because our vibrations are out of alignment with our natural well-being.

When we're in a state of resisting the Flow we generally feel:

Conflict
Stuck
Unmotivated
Tired
Restless
Angry

In general what we feel the most is cognitive dissonance. It is this dissonance that keeps us stuck from achieving our desires or moving forward with our lives.

Therefore when you're in a higher vibrational state, your energy becomes aligned with source energy. The term 'getting back into flow' or 'reconnecting to spirit'

You stay present, peaceful and usually we're in a calm tranquil state of mind.

Therefore I began to wonder, what was happening to keep pushing us into this state of resistance on repeat -

Why do we keep reacting and recycling the resistance?

THE BALANCE OF POLARITY

A big part of this was going back to energy basics. The beautiful focus of polarity and how polarity is actually a unity in disguise because nothing is truly separate from us. We are one with divine creation.

Positive Charge and negative charge is held together through source energy.
What many call oneness.

Source energy holds it all together through **oneness**

HIGHER VIBRATIONS VS LOWER VIBRATIONS

CREATING VS DESTROYING

PROTONS VS. ELECTRONS/ NEUTRONS

COMPLETE VS INCOMPLETE

EXPANSION VS CONTRACTION

ALLOWING VS RESISTING CHANGE

FOCUS VS LACK OF FOCUS

DEFINITE DECISION VS INDECISION

CERTAINTY VS UNCERTAINTY

LOVE VS FEAR

NOW VS PAST ID

CREATING VS PROJECTING

MASTER VS SUBMISSION

ACTIVE VS PASSIVE

ONENESS-UNITY VS SEPARATION

TRUTH VS LIES

LIMITATIONS VS ALL POSSIBILITIES

SURRENDER VS CONTROL

ACCEPT VS RESISTING TRUTH

LIGHT VS HEAVY

JOY VS PAIN

EFFORTLESS PLAY VS HARDWORK

PULL VS PUSH

RESONANCE VS DISSONANCE

SUBCONSCIOUS VS UNCONSCIOUS

POSITIVE VS NEGATIVE

FLOW VS HUSTLE

TIMELESS VS PSYCHOLOGICAL TIME

SOLUTION VS PROBLEM

FREE VS BLOCKED

CLEAR VS. MIXED SIGNALS TO THE UNIVERSE

This concept of polarity is key to understanding how our energy is functioning. We're always expanding and contracting our energy.

However many of us are stuck in a state of contracting - we're letting the resistance rule our lives.

Instead we need to start seeing that we are BOTH sides of the coin. We are both the higher vibrations and the lower vibrations.

It all comes back to our Perceptual Choice for how we choose to create in our reality, right now. Today.

We can either be free or blocked, we can feel positive or negative, light or dark, we may feel joy or we may feel pain.

However everything we are feeling is due to the vibrational response we are creating in our reality.

Begin to ask yourself - What do I choose to create today?

WHERE YOU ANCHOR YOUR ENERGY - IT RELEASES IN YOUR LIFE

What I came to understand is that the term *"we need to get energy"* is false.

Our bodies don't "get" energy, we release energy.

The universe is working THROUGH us not TO us.

We release the vibrations that we've been holding in our container and project those into our experiences on an unconscious autopilot. This is usually when you see people reacting left and right, piling up excuses after excuses or even self-attack towards themselves.

This is all due to the body trying to release the energy it is holding internally.

The funny thing is we buy into this concept of giving and receiving which is really about embracing the letting go process. It's an act of personal surrender through releasing our energy and clearing it.

Therefore what happens is the people who are feeling this resistance through anger, over-active empathy, depression, you name it are all harboring and anchoring these feelings into their body and not letting go of them.

They're holding onto them for dear life.

It's kinda like the person who is holding onto a grudge for years. They cannot forgive, forget or let go so what do they do? They harbor that energy to the point where it makes them have a lot of unconscious resentment or anger.

ENERGY MANAGEMENT LESSON:

When we don't choose to let go of what we're energetically holding onto, we choose to anchor it within our energy body.

This is actually what causes illness, weight gain or even disease in some cases. It's due to the person anchoring these emotions inside their body and not letting them go over a long period of time.

This is what truly **creates chaos** within our lives.

It's due to how we are choosing to manage our energy and how we are releasing energy in our life.

Naturally the body must release energy.

Therefore if you're harboring a bunch of these feelings of jealousy, resentment or anger, your reality will start mirroring those interactions through your relationships, career and every area of your life.

The reason is actually quite simple.

It is the energy you are holding in your mind. We tend to get power or even an addictive habit from the rush of releasing this emotion, even if it's negative. This is due to the energy working on releasing itself.

We give **power** to where we put our energetic attention. It's where we are energetically holding onto that we need to personally let go and clear the path.

However here's the skinny, it doesn't have to be this way.

You don't have to live your life constantly on an unconscious autopilot, you always have the choice and ability to change your perception.

It's time to grab the wheel back in your life and start co-creating with the universe. Are you ready?

HOW TO START LEARNING ENERGY MANAGEMENT

Energy management took me awhile to learn but it's actually not that hard. It's mainly about learning to become the witness and start developing a conscious awareness of how you are influencing your energy. This will make all the difference in your world.

The best thing to do is learn to train your brain to embody an energy management system.

Energy Management is a method to start changing your thought patterns and vibrations you are emitting daily.

Most of us are merely floating through life unaware of this intense impact we are creating with our vibrations but what if you could learn to start changing, influencing and maneuvering this energy system to your personal advantage?

This starts with becoming the observer of the vibrations that are influencing our reality.

ENERGY MANAGEMENT LESSON:

The real key behind energy management is about becoming the observer of your thoughts, energy and the frequency you emit.

Here are some questions to ask yourself to get yourself started:

What causes me the most exhaustion and makes me feel drained in my life?

Is there a way to change my attitude or focus on changing my situation?

What always causes me to feel the most upset and uncertain?

Did anything happen in my past, that helped cause this feeling to occur?



TOOL 1. SWITCH THE FOCUS

*"Where Attention goes Energy flows; Where **Intention** goes Energy flows!"*
JAMES REDFIELD

WHERE IS MY FOCUS RIGHT NOW?

Do you know why meditation is a beautiful form of stress relief and tension?

It allows you to focus on the present moment.

Your Focus is where your vibrations are hindering or empowering you.

Your Focus creates an energetic momentum that starts illustrating and creating your reality.

Focused – thought = PRESENT AWARENESS

Momentum starts creating a ripple = Into your future experiences.

Focus + Momentum = Vibrational Results

As we learned above your energetic holdings are where your mind is **releasing** energy.

If your energetic holdings are in a place of resistance. Your mind will only create more resistance. This is basic nature.

Problem focus = more problems

Solution focus = More solutions

Our focus is creating our reality

Where you are naturally putting your focus on is where the energy is molding and forming into your life. If you're always focusing on the things you hate, you're going to naturally be drawn to those things.

If you're complaining or obsessing about something, you're still going to be drawn back to that. What is annoying you is going to keep showing up until you begin to let it go.

SWITCH THE FOCUS, SWITCH THE VIBRATIONAL STATE.

Put simply where we put our focus is where we gravitate our energy.

This is imperative towards managing your energy body.

ENERGY MANAGEMENT LESSON: The Energy you hold - creates your future.

What is showing up for you in your life is due to what vibrations, thoughts, feelings, and habitual behaviors you are feeding into your reality.

Where you are personally holding your energy is what you are feeding into your experiences. Your focus is your internal compass.
That's why Tool #1 is to Learn to Focus your energy wisely.

Your focused feelings and perceptual thoughts are energetically creating a ripple - a wave like the ocean out into reality. You start creating a momentum of new positive focused ripples, your energetic field is going to start changing. Regardless.

TAKE ALIGNED ACTION EXERCISE

THE ENERGY YOU HOLD - CREATES YOUR FUTURE



- Print out the Playbook.
- Complete the Power Questions on Focus. P. 3

Let's evaluate where your vibrational focus is influencing your life
& how to start changing it.



TOOL 2. FIND YOUR MIND DISCIPLINE

"I am not what happened to me, I am what I choose to become"
CARL JUNG

THE ILLUSION OF CONTROL

The biggest ego trip of them all is the illusion of control.

We hold up expectations in our relationships.

We try to control the outcome or the 'hows' in our life by obsessing about the future.

We unconsciously manipulate without realizing it

Or we have deep regret and depression for our past.

By focusing on what we "Think we need" vs what is for the best good for all.

We forget to focus on what actually matters. **Our Mind.**

Instead we focus on trying to control everything outside of ourselves - this is what makes the worst resistance because it goes against our free will.

When we try to focus on controlling everything outside of ourselves - such as our lover, our children, or even the world, all we do is keep hitting a wall.

When we feel out of control of our life, we let life rule us. When all we need to do is start becoming more mindful and present of our reality.

A lot of people find discomfort with this word, “discipline” which means it may take some time to understand that when we’re in autopilot mode, we’re creating reactive behavior by resisting change.

Therefore when we take the time to develop mind discipline, we’re starting to manage what thoughts we’re fueling into our reality and especially what we’re making true as fact.

In other words, what we are believing as fact.

There is an ancient quote that I found from a yogi in the Book of Yoga,

“You cannot control the mind, until you control the senses”.

Establishing our Mind Discipline is more than saying no, it’s about learning to shift your perception that is keeping you stuck in the illusion of control.

This starts with realizing we must let go of what we cannot control and instead begin focusing on what we can control.

**Our Perception.
Our Feelings.
Our Thoughts.
Our Behaviors.**

ENERGY MANAGEMENT LESSON:

We cannot control what is outside the mind - however we can focus on guiding our perception, feelings, thoughts and behaviors to a higher vibrational response.

Our Perception is built around three factors:

1. The Vibrational Response
2. The Feeling Space
3. How we Choose to Experience

THE VIBRATIONAL RESPONSE

When we feel the illusion of Control - we fight to control what is outside of our reality - people, places, situations, outcomes, instead what we need to focus on is guiding our internal mind. The more we focus on internal Change, our reality will begin following suite.

It is all choice and best of all our perception can be changed.

What if we changed how we respond by switching the vibrational response?

This is what the feeling space is all about - when we start focusing on how it feels we begin generating a different response automatically.

This means our feeling space is creating a vibrational imprint on our reality.

You focus on how you wish to feel - you can choose again.

You can choose a different vibrational response by changing how you are feeling in any given moment.

The problem that most people create is they are focusing on everything they don't want in their reality.

For instance a big part of mental discipline is watching your language patterns. If you're constantly complaining, feeling annoyed, anxious or even pissed off venting your circumstances on social media - you are giving power into the vibration that you don't even technically want.

We're always asking for things unconsciously whether we desire it or not, this is because of how we are vibrationally responding to them.

ENERGY MANAGEMENT LESSON:

**Start responding to your reality by feeling how you wish to feel.
Then begin choosing a different vibrational response.**

Everytime we waste our energy by procrastinating, avoiding, denying or feeling any resistance we're basically not focusing on how we truly desire to feel.

We always have a choice of how we're responding to the conversations of our reality.

An elevated response will ALWAYS generate a different result because you're staying connected to source energy. Source Energy is Oneness.

If we think about it everything is energy, this means everything we truly desire is based on a vibrational response.

If you begin to mentally discipline yourself to start focusing on what you do desire by feeling it already happening. Your energy will start generating that momentum automatically because we're responding to the feeling space.

ENERGY MANAGEMENT LESSON:

You are not chasing a goal - you are chasing a feeling. Align with how you wish to feel and the manifestation begins through the momentum of action.

The truth behind mind discipline is we are feeling-based bodies. Your actions and habitual behaviors are the result of your vibrational response.

Your vibrations = Your feelings.

Therefore when we desire a different outcome, we must let go of what is outside of us and instead focus on shifting our emotions.

Our perception is like a staircase. You can be at the bottom where the ego is saying: "I am right, you are wrong, It's your fault, not mine!" or we can go up the stairs and start choosing a different response that is higher vibrational.

The trick isn't in avoiding, denying or feeding on our pain energy, it's from seeing the situation from all angles of the staircase.

That's really it - removing the separation of anything means putting yourself on a higher vibrational step of the staircase.

MIND DISCIPLINES MAIN QUESTIONS:

- Is there a way I can change my attitude or perception around this?
- How can I choose to see this from an elevated state of mind?
- How can I see the lesson from the universe in this assignment?
- Can I choose a different perspective to help me witness this from a more loving, fun or joyful place?

When we start shifting our perception towards what we desire - anything we're doing whether it's work, house chores, a family gathering or anything that we don't normally like - **vibrationally begins to change**.

This is because we're teaching our mind to align with a higher vibrational response.

Instead of worrying, stress, anxiety or resisting the flow - we begin to settle into the now moment and choose a different response.

The real beauty behind mind discipline is that the Universe is playful.

The universe desires for you to be happy, because you are already free.

Take this quote from Abraham:

*"You're so free you can choose bondage but put your emphasis on joy and **the expansion will take care of itself**. There is great love for you here."*

Start changing the conversations you are creating with your reality .

Today I feel _____.

Today I choose to be _____.

Today I align with my present awareness
and feel supported by the universe.

Low Vibes = Lower vibrational Stories

High Vibes = Higher Vibrational Stories

**ENERGY MANAGEMENT LESSON:
YOUR SPIRITUAL POWER IS CREATED WHEN
YOU DECIDE TO CHOOSE A HIGHER VIBRATIONAL RESPONSE**

HOW WE BRING IN MIND DISCIPLINE

Whenever we're feeling resistance - we're really reliving a past story that we created through our past ego identity

In short - our resistance is a story we already lived. It's over.

All is neutral energy in the eyes of the divine.

If we have a negative experience, the best thing we can personally do is question the resistance and ask ourselves why it is coming up. Then forgive the thought and move forward.

If we cannot let go of the resistance all we continue to do is focus on more pain. Instead of releasing our energetic holdings, we harbor them and choose to anchor them into our bodies.

Thus creating a **victim mentality** where we cannot let go of our past storylines.

If we choose to anchor these stories into our bodies, we continue to hold onto them and project our pain continuously on the people around us through our situations, experiences, and relationships. In the same regard - when you're ready to truly heal, you can **release the anchor** you created and begin to detach from that past story. The past is over.

The more we harbor it, the stronger we keep creating it. The more you forgive and release it, the easier it becomes to let go of the resistance that keeps it alive.

In this way, suppressing isn't the issue, it's when we choose to unconsciously keep feeding on the same pain repeatedly that recreates the same emotional response.

The secret is in letting go through absolute surrender.

Therefore when we're starting to feel resistant, we need to bring in our tool of mind discipline.

We must learn to consciously start redirecting our energy to it's dynamic opposite.

At first this process may bring even more resistance because it's telling the ego who's boss. It may feel like it's going against everything you know but that's really just the ego trying to hold on for dear life.

The energy redirecting is about making a conscious decision in your present reality to choose joy, fun, peace, contentment, or even bliss.

As we start learning to raise our vibrations through conscious decision, the more light we can bring to the world.

Your positive focus can generate even more positive results in all areas of your life because your frequency is mirroring your reality.

AFFIRM TO YOURSELF RIGHT NOW:

MY POSITIVE FOCUS CREATES POSITIVE RESULTS

IT'S TIME TO TAKE ALIGNED ACTION



FIND YOUR MIND DISCIPLINE

- Complete the Section on Mind Discipline P. 7
- Take action by doing the Soul Exercise.

SOUL EXERCISE:

How To Tune your Frequency through Mind Discipline



TOOL 3. YOUR PSYCHIC CIRCLE

"If you are holding on to something negative, there is no room for the positive to come into your life...What are you still holding on to that you need to release?"
RANDY GAGE

Where does your soul like to hang out - where do you gravitate towards?

I like to call our psychic circle the **energy environments** we like to hang around, perhaps you may have a toxic relationship with someone, yet you still cling onto them because you feel it's an obligation.

Perhaps you spend a lot of your time on social media, even though it secretly drains your energy and makes you feel unproductive or unhappy.

Perhaps you're clinging onto a job you hate, yet you can easily start applying for a new one.

A lot of this comes back to energy management and the energy baggage we're still holding onto through our environments.

EVALUATE:

**What environments are personally
empowering me vs. draining me?**

Our energy environments can really tell us a lot about how our internal world is behaving. For instance, maybe you always seem to attract the same type of people in relationships or maybe your job environment is similar to how your parents struggled with money as they raised you growing up.

This is very common to experience because we're not choosing to let go of the energetic environments that are keeping us stuck.

This means you either deal with the mind discipline of this environment or you learn to release it to attract a more soulful match that vibrations how you wish to feel.

We tend to autopilot because we don't believe there is another way, playing excuses or letting self-doubt keep us from moving forward.

It is only when we consciously shift our focus on changing or limiting your time around these environments so you can live a happier more positive lifestyle.

It's always choice. You'd be amazed a lot of the time we create so many excuses as to why we have to be stuck, when in reality we're the one getting in our own way.

HOW WE GET IN OUR OWN WAY

We get in our own way by keeping ourselves stuck in a limited perception by trying to control the outcome instead of leaning on the universe for help.

Our energy environments can tell us a lot about how we are behaving and what our mind is doing behind the scenes. For instance, if you have children or even your spouse is acting a certain way towards you. It may be because of the way you are projecting the vibration in your energy environment.

A lot of the time we create these psychic circles and forget to see the mirror right in front of us. The people we surround ourselves with and every area of our lives is illustrating how we are choosing to experience each moment.

If we're constantly stuck in a rut in a relationship or with a family member, it may be because of how we're associating our vibrations in that environment.

It's important to remember our vibes are often much louder than our words.

This leads us into our next talk on how to start ditching over-active empathy and the illusion of control within our relationships.

DITCHING OVER-ACTIVE EMPATHY

When we're experiencing over-active empathy what we're really experiencing is an **IMBALANCED MIND-HEART CONNECTION**:

THE SYMPTOMS OF AN IMBALANCED MIND-HEART CONNECTION:

- Over-active empathy
- You tend to be a people pleaser
- We put our heart on our sleeves
- substitute our happiness with others happiness
- feel powerless or Victim { Prisoner of reality syndrome}
- Trying to control others or manipulate them
- Unconscious Anger
- Afraid, ignoring, denying the ego identity
- Not Taking accountability aka playing the pity card
- Placing blame on why we're in situations
- Always giving, never receiving{ no balance between give & receive}
- selfless to the point of burnout
- Afraid of letting go & moving forward

I like to think of it like this, your solar plexus(mind) is building the foundation of the will into your given experiences. If you don't have a strong foundation, your bridge is going to collapse. The heart is the bridge between the lower and upper chakras. The real bridge is your Emotions.

Now if we connect chakras to states of consciousness, if you don't have a firm lower foundation, you're not going to be able to pass the bridge into the higher chakras. There will be blocks, road construction and inevitably detours because the ego has to fully mature to be transcended.

Otherwise the bridge will collapse!

Let's be frank its not about getting rid of the ego – it's about learning the ego is a teacher and catalyst towards our spiritual expansion.

The ego is NOT the problem, it's how we are **viewing** the negative emotions.

Therefore the three concepts we need to heal the Mind-Heart Connection are:

- 1. Discernment**
- 2. Emotional Attachment**
- 3. Emotional Boundaries**

DISCERNMENT

How we judge others influences our attitude and actions in reality. Everything comes down to our perception of it because our truth is ambiguous to the subjective experience. What you view as truth and what I view as truth may be highly different realities. That's okay because that is your truth.

However when we're able to be open through **discernment** we begin to see it isn't about being right or wrong. This is because perception can only be witnessed from their personal level of experience. You can literally start relaxing once you understand discernment.

"I stopped explaining myself when I realized other people only understand from their level of perception."

We can cultivate ideas, theories and read countless articles but the number one objective we need to see is **everything is a perception**. Dogma is an illusion.

We're just experiencing different angles & steps on the same staircase.

Vishen Lakhiani in Code of the Extraordinary Mind mentions:

*"We also have models of reality embedded deep within that we're mostly unaware of. What you know you believe is **much smaller** than what you don't know you believe."*

What you know you believe as fact is extremely small compared to the infinite sea of what you don't know you believe.

This is why using discernment towards how we view reality is very healing and therapeutic because it teaches us to let go of the illusion we create on ourselves.

We must be clear and open-minded towards all perceptions of reality. You are one creating your truths, therefore you are only as limited as you choose to believe.

HOW TO START CULTIVATING DISCERNMENT

The first lesson always have an open mind by learning to stay in the beginners mind. Its more moldable towards possibility and soul expansion.

Stop wasting your precious energy on explaining things to people that don't remotely care or resonate. This is you basically talking to a wall.

It is our expectations on trying to fix or rescue people that create misguided judgment.

You can guide others and help them but wasting our energy on unconsciously manipulating others or forcing ideas on them is futile. They can only understand from their level of experience.

Instead choose compassion over anger, understanding over hate and see them from your shoes. We all have a story to tell.

When we allow our mind to stay open, receptive and willing to change, we begin to create tremendous growth.

Discernment can truthfully create an opening for how we are seeing ourselves because when we are open, our energy naturally expands.

EMOTIONAL ATTACHMENT

Emotional attachment and boundaries piggyback off each other but the fact comes down to if your heart is overly open, it may be emotionally attached to everyone's baggage. This is where over-active empathy becomes a living nightmare.

Our frequencies are attached to everyone's baggage so you cannot discern between fact vs. fiction when it comes to what you are emotionally clinging to.

The reason for this is **emotional attachment**.

We over-give ourselves to others, we never say "no" and we put our heart sooo out there we forget to nurture ourselves. Since we give our heart out so much, we also begin to feel powerless because there is no energetic receiving. We give, give,, and give trying to please everyone that we lose our identity within other people.

When we are ALWAYS giving to others we create emotional attachments that can hinder ourselves, If we're not also giving back to ourselves.

Over-active empathy is caused from emotional attachment to **overcompensate our energy** onto others.

This is the key to controlling over-active empathy.

Letting go of over-attaching our energies onto others.

HOW TO START LEARNING DETACHMENT

If you are a people pleaser chances are you are constantly trying to make everyone happy, but if you're not making yourself happy in the process?

Your energy is going to crash and burn.

The healing comes when we're able to "detach" ourselves from pleasing everyone and their brother. There needs to be a balance of give and receive, instead of attaching ourselves to everyone's wounds.

When we energetically hold on tight to our relationships - we unconsciously cling onto their baggage within our own energy body. We must remember the power of vibration and how vibration is ruling our life.

What we feel negatively from other people is because we're creating unnecessary, unconscious expectations onto them.

ENERGY MANAGEMENT LESSON:

if your energetically holding onto someone through expecting a certain outcome from them - you're not seeing them in their true spiritual light.

I especially think this concept is powerful for romantic relationships such as twin flames, friendships and our relationships with our family.

This will automatically bring more peace into all your relationships because you're letting go of their will and your unconscious desire to control them in any form.

Therefore we need to release our energetic holdings on them, this doesn't mean they disappear but rather they show up as they are.

- We release our expectations of how they should act or behave
- We release controlling how your relationship is created and instead surrender to what it IS - Love
- We release the need to change a person rather than accept what they are in the moment.
- We release them to allow them to be themselves and play the part in your life that you need rather than what you *think* you need
- We're also releasing our "special" relationship of them - so we can personally find happiness within ourselves

We begin to detach when we feel the conscious need to back off and let go of what isn't serving our highest good.

Begin to ask yourself:

Is this even my responsibility or someone else's?

In my life how am I emotionally attaching myself to others?

Do I always worry about someone else?

Who's approval am I trying to find?

A lot of the time what we feel may not even be our energy we're clinging onto, it's an expectation or obligation we created onto someone else through the illusion of control.

Think about the need of approval from someone, the expectations we create or even the desire to help someone be happy, all of that is attaching to the energetic holdings of someone.

That need of controlling the outcome from outside of us is what creates a lot of unhappiness within many people's lives because they're trying to control something that is firmly outside of their reach. It is an illusion of separation.

When we learn to stop pleasing everyone by backing off, we also let go of unnecessary attachments that may be coming from our past wounds.

This concept is crucial to releasing our baggage and learning to heal.

If you're having trouble with this concept, the next time you sense you are trying to control someone or control the outcome. Repeat this mantra to help you fully let go.

MANTRA:

"I RELEASE YOU, I RELEASE YOU, I RELEASE YOU"

Warning: This mantra may create more positive, uplifting and happier days ahead.

ESTABLISHING EMOTIONAL BOUNDARIES

When our psyche is able to create emotional boundaries from letting go, we can then become solid and centered within our energy body. Our emotional boundaries are about learning to let go of what isn't serving us.

For instance maybe you keep certain gifts you don't like just to please someone or maybe you do certain behaviors just to make someone else happy otherwise they will make you feel guilty. This could also result from people manipulating you or energy vampires where they're trying to guilt trip, shame or ridicule you into this box.

When you have those boundaries up, you can be unfuckwithable.

This is because you are firmly grounded in your energy and even if the wind blows – it doesn't matter because their stuff is their stuff and your stuff is your stuff. When we learn to find our emotional boundary, it allows the mind to let go of their emotional hooks on you. Basically if someone else is making you feel guilty & awful – it's their stuff they're projecting onto you.

ENERGY MANAGEMENT LESSON:

**Their stuff is their stuff and your stuff is your stuff.
When we create a emotional boundary line, we detach and
become unfuckwithable.**

Therefore when you place that emotional boundary up, it will not effect you because there is no reason to attach to it anymore. We detach from their emotional baggage and create the boundary to rise above the damaging vibrations into a place of pure healing.

Now in this concept, it doesn't mean ignoring them, pushing them out of our lives or denying their existence which is what most people suggest for over-active empathy.

It means we're able to alleviate our perspective, take the high road and listen with receptive discernment towards understanding them. It's much easier to see that the reason they're projecting onto you is due to what they're feeling inside.

We're able to help and guide them by changing the vibration we're releasing back onto them.

THIS MEANS IT'S OKAY TO SAY NO AND MEAN IT.

If this means saying no to someone and instead choosing to do what makes you

happy, then so be it. When we don't have boundaries up, we can energetically feel pushed to say yes to everyone and in return our energy suffers. I used to have this problem and my friend once told me personally:

"This is because you are living inside of these people, you are neglecting your own center".

Let that sink in really deep, **You are neglecting your own center.**

Find your way back to your own energy.

Create a Daily- Check In: **Is this my energy or someone else's?**

If you can't figure that out, begin to think about something only you would know. This helps shift the focus back to your home frequency.

In short feeding the emotional baggage is like building a fire, if you continue feeding through attachment, the fire is going to grow out of control thus creating explosive over-active empathy.

This is because you can't tame a fire with more fire, you have to transmute the vibrational output with water – our emotions.

OUR ENERGETIC HOLDINGS

When we begin to shift our energy we start to notice how our relationships around us begin to change too.

As we start to establish these new emotional boundaries, we begin to release our energetic holdings on all our relationships and energy environments.

Our Vibrations Align with more flow, peace and spiritual relationships when we decide to release our energetic holdings on them.

This means removing our expectations, our obligations, our specialness, and even our desire to "fix" them.

When we create this idea that we need to heal someone else, we naturally are helping heal each other.

This means we don't need to worry about our partner, children or even our friends. Let go of this unconscious desire to hold onto something you cannot control.

YOUR RIPPLE CREATES LIGHT

If you start to raise your personal vibration, they too will start catching on as your ripple of energy begins changing around them.

As infinite beings, there is nothing we desire more than to feel-good, therefore if our energy is vibrating high - we're naturally going to lift others up along with us.

This is basic physics. Your vibration will automatically create mirrors of higher vibrations within your relationships and all situations around you.

We bring light healing energy to everyone that we share our higher vibrations with, this is the impact our vibrational message can have on the world. When your energy is vibing high you're bringing that light energy into the people all around you.

The best thing you can personally do for others around you is literally be the change you wish to see by raising your vibrational light for others.

If you're worried about your child, your spouse, your family or even the world, the best thing you can do personally is be the ripple the world needs.

In many ways we must surrender our desire to save the world and instead focus on rebuilding a new one. This starts with igniting your soul fire and embracing your spiritual power as a co-creator of reality.

Your ripple of light is needed and your energy is ready to rise high for others to catch on.

IT'S TIME TO TAKE ALIGNED ACTION



WHO AM I ENERGETICALLY HOLDING ONTO?

- In the Playbook Complete the Energy Environment Section P. 9
- Begin to Evaluate your Energy Environments.

MANTRA: "I Release you, I Release you, I Release You"



TOOL 4. GET SUPER CLEAR

"Clutter is nothing more than postponed decisions."
BARBARA HEMPHILL

As we are establishing our energy from the inside out, we also need to take a real look at our physical surroundings. For example, take a moment and look around you.

Your home is basically a guide map towards how you are representing your energy body. The parts of your home represent different areas of your psyche and each area is really showing you how you are handling your energy.

One of the biggest reasons we feel stuck, unmotivated, overwhelmed or stressed is because we're living in a cluttered environment.

In a clutter environment = We're living in a cluttered & stagnant energy.

It's not so much the cleaning aspect as it's the act behind the it.

You're telling your mind:

I'm ready to get clear, shake up stagnant energy and establish clarity.

DECLUTTER YOUR LIFE ONE DAY AT A TIME

Are you surrounded by a bunch of clutter, a messy closet, or tons of old things that you don't even use?

The simple power of decluttering our home and our car really can shake up all that old energy and release it. Many of us when we're feeling clouded, uncertain, fearful or stuck - we need to get up and declutter our environment.

This will naturally start getting your mind clear and open to new opportunities.

What happens is basically a vibrational response, you're creating a vacuum.

In short, You're opening up space by clearing your environment. When we create a vacuum, naturally our mind begins to flood with clarity because you honestly just made space for it.

What I love about getting clear is say if you have writer's block or you just feel uncertain about making a decision. Getting clear will bring new insight, knowledge bombs or divine inspiration instantly. It's so powerful.

It's time to get super clear.

*"Get rid of clutter and you may just find that it was blocking
the door you've been looking for"
- Katrina Maye*

SHAKING UP YOUR REALITY BY REMOVING STAGNANT ENERGY

Take a moment and look around you, your home is your energetic field.

This is your mind. Your Internal guide map manifested all around you.

Everything is connected through energy, this means the energy that you are inputting from your mind is generating and producing your external reality.

Nothing is separate from you. Your internal and external reality are linked as one mechanism because everything is a symbolic reflection of your mind.

You wouldn't exist if it weren't for manifesting the world or simulation outside of your mind. We exist through our thoughts, our thoughts create our experiences and they influence our reality all the time.

Your mind is the navigating compass creating and maneuvering your external world.

So when we stop a moment and really look from the inside out, you can see what your mind is really doing. Take a moment and really observe your home, your rooms, what are they saying to you?

What do your surroundings appear to say? How do they make you feel? Are they filled with messy stacks of papers, magazines, books and trash on the floor. Disorganization is your middle name, Scattered messes compete throughout the house?

Are they a comfortable medium of mess and order but you also seem to generate too much stuff at the same time, resulting in hoarding tendencies?

Or are they clean spaces, organized, peaceful and everything seems to be in an easy organized flow for ease and accessibility?

ENERGY MANAGEMENT LESSON:

Your Home is the biggest symbol of who you are as a soul but we tend to miss this because we are constantly living in the eye of chaos and disconnection.

The chaotic field of mess, disorganization, weeks old left-overs and absolutely no direction.

No shame here, I have kids I know how houses can get messy but it's more so about the Act of Decluttering rather than constantly turning into a cleaning nazi.

Think about it:

When was the last time you really decluttered your energy?

When was the last time you fully decluttered your home?

I mean like really decluttered it from all the old baggage you just let sit in a corner somewhere.

Is your home covered with messes, clutter, unclean dishes from five days ago and those items you may keep for "someday"?

Often times we keep these items for "someday" where you're one day use them in the future or we keep them because we feel obligated to make our parents, friends or aunt Gertrude happy because they gave it to us as a gift.

Think of those ugly dusty knickknacks or the old sweater that has holes in it but we keep it "just in case"

Or maybe you even feel guilty about getting rid of it because it's an antique that sits in a dusty corner of your house. Or what about those old socks... You get me?

Well all of these items are holding you back. They are the manifested symbol of your mental clutter.

This all comes back to one thing. **Stagnant energy.**

These items are stagnant energy and if they are no longer serving you, they are clinging to you as weeks old leftovers, past guilty items, dusty furniture, clothes in your closet you never use and useless knick knacks that no longer mean anything to us.

This tool will more than likely bring up the most resistance because the majority of us dislike cleaning. Take it as your own pace but don't stop, make sure this is the ritual you don't forget to do.

However the act of decluttering is going to shake up your reality so fast that you will automatically start seeing energy beginning to move again.

Watch that energy move!

IT'S TIME TO TAKE ALIGNED ACTION



DECLUTTER TO GET CLEAR ORDER

- Complete the Playbook Section It's Time to Get Super Clear P. 11
- To Go Further Check out The Soul Ritual in the Toolkit Folder.

SOUL RITUAL:

Letting Go to Supercharge your Life with Intent

LETTING GO OF OUR MENTAL CLUTTER

Before we close out this tool, we cannot forget one of the most important parts of decluttering our life. Getting your mind crystal clear so you can reestablish your focus!

How many of you feel ridiculously stressed, anxious, uncertain, living life in the fast lane or maybe you just plain feel overwhelmed?

This is the exercise for you.

To evaluate our mental clutter, we need to first see how much clutter is clogging up your mind. The majority of us are probably thinking about all the things we have to do today, we have to get the kids from school, we need to finish paying that bill, etc.

Our minds often feel like they're going a million miles a minute. This is because our mind is trying to focus on too many things at a single time. This is absolute insanity. Multi-taskers i'm talking to you...

Do you know what the brain likes to focus on?

ONE THING AT A TIME.

Because our mind can only process one thing at a time with it's full capacity. if we're trying to do two-three things at a time, our brain is stretching it's potential into trying to process three times as much at the same time. Thus it cannot focus on one task completely.

In short, everything is half-baked, half-done and usually it never gets fully done correctly because your brain wasn't fully in the present to accomplish it.

When we tell our mind to get crystal clear - we're letting go of all the b.s. that we unconscious cling onto. This will make you feel so good and relieved.

IT'S TIME TO TAKE ALIGNED ACTION



CLEAR THE MIND OF VIBRATIONAL CLUTTER

- In the playbook do the Mental Cleanser P. 12

SOUL EXERCISE:
The Mental Cleanser



TOOL 5. RECONNECT TO YOUR EXPANSIVE UNIVERSE

"The key to serenity is trusting that the universe has your back."
GABRIELLE BERNSTEIN

HOW TO START RECONNECTING

Everything is energy and what so many of us long for is that feeling of connection and support. Well i'm here to tell you, you can always tap into your divine support system.

When we feel resistance, what we're really feeling is our energy contracting.

Our resistance keeps us stuck because we are making our energy limited by choosing to stay small. We remain unmotivated, lost, and resist change.

However by the law of polarity, we live in an ever-expanding infinite, abundant, universe.

If you were to imagine for a moment your body filling with light expanding outward covering your room, now it's encompassing your home, then your neighborhood, now your entire state, expanding over your country. Now this light is expanding out over the world. Now it's expanding out past jupiter...

Your energy is that expansive.

There is no edge or end to your beautiful energy, we live in an expansive universe that we can always tap into for guidance, clarity, universal support and inspiration.

When we're not managing our energy, we contract our energy and make ourselves into an illusion of small. The problem is we keep ourselves small and contracted which stagnates growth.

Therefore the two easiest ways to start embodying more expansion is to start creating an openness with our energy. We need to create an open door.

The real trick is to start opening up your energy to a receptive channel. The more we open ourselves up, we let go of that feeling of contraction and allow our energy to naturally start expanding.

Two of the most powerful ways to open yourself up:

Asking Empowering Questions & Creating New Experiences

When many people come to me for guidance, they're almost always asking a similar question: How do I get reconnected because I feel lost?

The second thing they ask is,
How do I even get started talking with my guides or higher self?

The real key behind both of these questions is to start digging deeper by Asking Questions. Questions are really interesting for many reasons, one of them is they create an opening for guidance.

ENERGY MANAGEMENT LESSON:
**When in doubt, ask for help. The more we open ourselves up,
we release our limitations and begin to expand through growth.**

WE MUST CREATE A RECEPTIVE CHANNEL

Our brain works a bit like a calculator - you type in - "what do I need to see right now?" Your Subconscious Mind will automatically start filling in the response from source. The more you dig the deeper the guidance gets.

This is really the basics of channeling but I find when we directly ask for help through questions or intention settings we're getting clear with reconnecting to our expansive universe.

When you open up your energetic focus - a whole flood of information can start to come out of you.

What happens is when we make ourselves small and contracted, we're cutting ourselves off from our internal guidance system.

In many ways, we're only as limited as we choose to believe. Therefore, when we make our energy contracted, we're cutting off our connection to source energy.

Source energy is like the encyclopedia of spiritual knowledge - our job is to tap in and get deeper. This is really the fun part because once you know you can lean on spirit - everything. I mean everything will start becoming easier.

The best part is you already have the key within you.

When we open up our energy to guidance, signs, messages, random synchronicities, people, courses, tools, books, you name it will start appearing in your reality.

That's the absolute beauty of working with spirit. The guidance will come automatically because you opened up to ask for it.

The problem is we make things overly hard!

Often we make things overly complicated because we're not relying on our natural intuitive senses the part of us that can always tap in to receive support and guidance. When in doubt - trust and lean on spirit.

it's more simple than you can imagine,
the "not feeling in control" is honestly the hardest part. Mainly due to how we feel we are separate from spirit, therefore we feel powerless over our circumstances.

However the first step when it comes to answering questions is to realize you are built with an internal support system that you can always tap into all the time.

**ENERGY MANAGEMENT LESSON:
WE ALL HAVE AN INTERNAL SUPPORT SYSTEM
WE CAN TAP INTO AT WILL**

Life IS spiritual.

In many ways we can create these illusions of separation by forgetting everything around us is a spiritual experience. Whether you are tripping over a lover calling you back, you're playing with your kids or you are at a party with some friends. **All of that is spiritual.**

Every encounter we have is deep down a spiritual experience composed of symbolic lessons and universal reminders of what we need to heal to move forward.

Honestly what I've come to discover is your Higher Self loves you so much - he/she will guide you towards everything you personally need to see so you can show up for the assignment and learn from it so you can break the pattern.

This is the beauty of it - the universe works through people and most of all:

The universe works **THROUGH** you.

Therefore it will bring to you relationships, teachers, symbols, messages, repeated signs and situations so you can learn to progress on your journey ahead.

IT'S TIME TO TAKE ALIGNED ACTION

THE UNIVERSE WORKS THROUGH YOU



- In the Playbook Complete The Questions on Expansion P. 14
- Complete the Exercise: The Reconnect Experience

SOUL EXERCISE:
The Reconnect Experience

CREATING NEW EXPERIENCES

Oh this is such a fun spiritual hack that makes me happy that I get to share this special tool with you.

There is literally no easier way to dismantle resistance than to get your energy movin and groovin by a new experience.

Often in our lives, we do the same things, eat the same meals, experience the same things, listen to the same tunes, go to the same grocery store....and it's entirely boring...

You may feel jaded, life is going nowhere, stressed out

Your energy is caught in a feedback loop - a cycle of repetition.

The easiest way to break free from resistance is to literally shake up your reality by creating new energetic experiences.

I'm telling you not only does this work but it will make your soul very happy.

The reason why?

It's pushing you present

You're creating a new cycle.

You're letting go of resistance and pushing through it.

You're telling the ego who's boss

You are pushing yourself out of your comfort zone and into the imagination of the unknown.

In short our mind is terrified of the unknown, our ego shrinks at the sign of pulling ourselves into a new experience. This is because our mind conforms to safety and likes to wrap itself in an illusion of a comfy controlled security blanket.

Therefore to rise your wings, you must let go of comfort and
into the
NEW ENERGY

GET OUT OF MONTONY - SHAKE IT UP

My favorite way to get the energy moving! Another way to instantly shift your perspective to gain new insight is literally start shaking up your reality. This is actually fun.

Do you sometimes get tired of the same thing, eating the same foods, wearing the same clothes, going to the same shops, same family vacations, and every single day it's the same damn thing?

SHAKE IT UP.

This is such a simple task but it is surprisingly one of the most powerful because you are letting "new" everything into your life.

Get yourself out of that comfort zone! Push yourself into New territory by doing new things, setting new challenges and opening yourself to developing new skills.

For instance, do you have a favorite spot? Like this is the spot you always go to for comfort, tv, computer or reading time. We all have one. You know your personal equivalent to "Dad's favorite chair"? Remove it.

Example: I always sit on the couch with my laptop, but then I got sick of that spot. So instead I decided to sit on the floor, in the kitchen, outside or by the window. You're giving yourself a NEW perspective, a new view of reality.

This is really fun because say you're in a stuck vibration, the easiest way to move is to change your comfy spot. If you need a new perspective, go look at the room from a literal different angle.

Crazy, right?

This is great for manifesting because it tells The Universe you are ready for new everything in your life.

This doesn't have to be drastic. I'm not saying sign up for sky diving...simply change up your daily routine and start some subtle changes.

Here's some ideas to get you going on shaking up your world:

- △ Move your furniture
- △ Change your Daily work route, try a different road home.
- △ Skip TV or the news for a few days, Try a book for new insight
- △ Try sitting in silence for an hour
- △ Try a new sex move!
- △ Unplug during meals, dates or conversation.
- △ Cancel plans, order in, relax and nurture you!
- △ Google a few exotic recipes to try
- △ Spent some time in nature or go for a walk
- △ Find a new hobby or play a game with some friends!
- △ Learn something new. Pick up a new study, try an ecourse, take a new class, study a language.

You get the point, the theme here is "new" and the list is endless. You don't grow when you're stuck in a box. Think outside the Tesseract.

IT'S TIME TO TAKE ALIGNED ACTION

SHAKE IT UP BABY - CHANGE YOUR DAILY ROUTINE



- Brainstorm Your New Experiences P. 19

Our lives are often so busy that we unconscious turn the remote to autopilot. When we break up our daily routines physically, we shake up all that old stagnant energy in our lives. **Find something to shake up!**



TOOL 6. BE MORE PRESENT WITH A PRACTICE

"The source of your mind is love and whatever you do to go to that source, is spiritual practice."

SRI SRI RAVI SHANKAR

ESTABLISHING A PRACTICE OF CONNECTION

The Golden Rule to embrace: Always Be Connected.

A lot of people in the spiritual community I see try hard to rid themselves of ego instead of learning to change their perception of how they're viewing the ego.

Our resistance is basically created from fighting to let go of **what merely IS**.

Did you know overwhelm is really about resisting what IS. Same with stress, exhaustion, anger, you name it.

All of Resistance is basically about resisting the Present moment. Therefore we lose ourselves within the past and future time gap.

I find when we're really resistant - we're basically denying ourselves of our present moment. We're so caught in the hamster wheel that we're neglecting our own presence. **The power lives in the NOW moment.**

The more we get detached from the Power of Now - the stronger the resistance usually is.

Eckhart Tolle mentions,

“The intensity & force of the pain depends on how strong the degree of resistance is to the present moment”

And this is the golden nugget right here.

When we're able to identify how far out of touch we are from our present - we can start learning to snap ourselves back like a rubber band back into our Now.

The real truth is once we start identifying our resistance patterns we can start learning to dismantle them and see they are merely an illusion we created by giving pain a purpose from our past identity.

GET RECONNECTED BY GETTING PRESENT WITH YOURSELF

In the Present moment we unlock our resistance and feel the higher vibrations. It allows us to empty our container and choose a higher vibrational new energy.

This new energy is showing us the divine support and guidance that is often lost when we find ourselves facing a ton of resistance.

A big part of being present is learning to ignite your spiritual power. When we open up towards our spiritual power, we also need to remember to nurture that connection for it to grow.

We must learn to continue to nurture and cultivate that connection into our daily experiences. If we continue to nurture the connection the stronger it can grow within our daily awareness.

For this reason, I believe having a daily spiritual practice is essential for your personal well-being and establishing a firm energy management system.

It's actually amazing how many people don't have a spiritual practice, if you can scroll social media for 10-20 minutes, you can definitely incorporate a spiritual practice into your day.

Our Spiritual Practice brings us back into reconnection with who we truly are, love. It helps us cultivate the energy of connection and we begin to choose love over fear.

The thing is when we feel disconnected or frustrated, we're desperately craving the present moment. So even if it's only 10-15 minutes of your day, that's 15 minutes of present momentum you're creating into your life daily.

This allows our energy to tune back to basecamp - our home frequency **connected** to our expansive universe.

When we reconnect back to our expansive universe - our energy dissolves the the limitations we hold onto and we begin to surrender to a power bigger than what we naturally think we need.

Our energy expands and ignites with our natural spiritual essence.

The funny thing is it's not even that hard to get reconnected, the problem is we don't get committed to staying connected and nurturing our energy.

When we take the time to recalibrate our energy, we show up for ourselves to reclaim our spiritual power and reconnect to our expansive universe.

THIS AWAKENS LIMITLESS CREATIVE POSSIBILITIES & DIVINE SUPPORT

ITS TIME TO CREATE DAILY COMMITMENT

Just like you probably create a ritual to check your social media on your phone, sip your coffee or go to work - It's so empowering to commit to your spiritual practice. I mean really get committed with no excuses.

Once I started making a Spiritual practice an essential part of my day just like brushing my teeth, I really began to open up towards my soul expansion.

A spiritual practice doesn't have to have all the bells and whistles of crystals, fluffy pillows, special music or even candles.

Committing to a practice is about your personal commitment to aligning with your energy, cultivating more positive vibrations and connecting to the flow of the universe within you.

It's your access to **Mindful Awareness** through conscious choice.

The Practice is more about the personal commitment to your soul fire than any of that stuff.

It doesn't even have to be long unless you desire it to be. Your practice can be as simple as 15 minutes of your day or up to 2 hours. I personally keep mine at an hour in the morning and 30 minutes at night. This is what's created the most clarity for me personally. Everyone is different and has different time commitments.

It also doesn't even have to be meditation. Your spiritual practice can be whatever aligns with your personal lifestyle.

A practice can be made of numerous tools. therefore it's really about finding what you are most comfortable with is key.

AWAKENING YOUR SPIRITUAL PRACTICE

There are many forms of spiritual practices:

- **Mantras/ Affirmations**
- **Setting Intentions or Daily Spiritual Prayer**
- **Walking in Nature**
- **Writing To Higher Self**
- **Yoga or Physical Practice**
- **Doing things you absolutely Enjoy**
- **Meditation/ Mindfulness**
- **Creative Visualization**
- **Chanting with Music**
- **Creating Crystal Grids with Intention**
- **Tarot Or Oracle Cards**
- **Gratitude Practice**

The true Commitment is about holding a sacred space to honor yourself and your spiritual power.

CREATING THE SACRED SPACE

When we choose to create a sacred space to reconnect with our spiritual essence, we're truly honoring ourselves. Taking the time to **Reflect**, **Recharge**, and **Reconnect** creates an opening space for new insights, personal growth and inspiration to come through.

A spiritual practice teaches us to show up for ourselves and get present. It allows us to reflect on our daily life and the personal growth we experience in a very conscious manner.

Our practice gives us the ability to recharge and evaluate where our focus is residing in our life.

When we get committed to nurturing our energy, we nurture our relationship with spirit. As we honor this sacred space we choose to reconnect with ourselves. We get present in our body, we become mindful of our experiences and we begin to create a sacred opening of expansion through our willingness to change each moment.

The most important part of the process is about remembering:

SHOW UP FOR YOURSELF

The best thing we can personally do for our spiritual practice is make a choice to show up each day to honor our spirit. What happens is when we make excuses or keep procrastinating, we're creating a disservice for our personal energy body. When we decide to show up for ourselves, we're investing in our spiritual power

REFLECT ON YOUR ENERGY/MIND

Use this time to reflection on your personal growth, how have you grown this week? What are you grateful for? When we reflect on our progress, we can appreciate our strengths and acknowledge the loving vibrations we have. We also can use this space to reflect on the negativity that comes up and what resistance patterns we're experiencing. Reflection is healing.

RECHARGE YOUR ENERGY

Most importantly a spiritual practice can help us recharge our energy and connect back to our home frequency. It can really be a great way to start our day from a more gentle, loving place, than rushing to notifications, emails, and all the noise. It's not only helpful towards our body but it helps us emotionally recharge.

RECONNECT TO YOUR DIVINITY

Finally it helps us Get Connected back to the universe within us. Often times when we're stressed, anxious or uncertain with fear, it's because we feel disconnected from the loving force of the universe. Honoring this sacred space to get reconnected back to our natural spiritual self is empowering because it gets us back into the flow. It aligns our energy with the present and allows us to tap into our source, our connection to divinity.

CREATE YOUR OWN UNIQUE PRACTICE

It's your time to create your own spiritual practice!

Personally I usually do a combination of journaling, Mantras, Intentions, Writing to Higher Self, Meditation and for kicks and giggles I'll sometimes do Visualization before bed.

I personally love doing visualization right before I sleep as the subconscious is extremely amped up at this time for downloading our visions. it's also a great tip if you have trouble sleeping try some visualizing to get away from the mindchatter!

A spiritual practice isn't really meant to be a part of your chore list, it's a time to relax, recharge and have fun.

Let this practice nurture you as you honor yourself.

IT'S TIME TO TAKE ALIGNED ACTION



CREATE A DAILY COMMITTED SPIRITUAL PRACTICE

- In the Playbook, Create Your Own Spiritual Practice P. 20
- Create a Signature of Commitment P. 24
-

SCHEDULE YOUR PRACTICE INTO YOUR DAILY ROUTINE TO MAKE IT AS SIMPLE AS POSSIBLE FOR YOU



TOOL 7. START YOUR CONVERSATION WITH THE UNIVERSE

"I work THROUGH you, not for you"
THE UNIVERSE

I've been learning about the power of invocation for many years. When I was little girl, my grandfather was a pastor so he always taught me to pray when we needed it.

When someone was in the hospital, My mom would always say, "ashley your prayers always work!" A big part of that is I've always believed in the unknown, spirits, angels, since I was a little girl. This was a belief I held onto my entire life.

Little did I realize that the power declaring to the universe, goes far beyond religion.

Its about reclaiming your spiritual power.

I'm not very religious anymore however i've learned that the power of declaration can teach you to get out of your own way.

The tool of invocation is a simple yet empowering tool to embrace because it lets us surrender to our spiritual power.

It ignites our faith in the unknown and we begin to ask for direct guidance to help us move through an issue we're having.

I found as I practiced these committed beautiful letters of invocation, my energy would drastically start shifting.

It was only when I truly let go that my energy created an allowance to fully surrender.

It's when we truly let go and flow - that we open the door to divine guidance. This means when you got problems, we can get answers.

When you need help you don't have to spin in overwhelm.

This is honestly when my life began shifting like crazy a few years ago.

I was feeling a bit jaded, uncertain, like I wasn't really going forward. Then I decided to ask the universe for help - I wrote a dear universe letter that said, Dear Universe please help me figure out how to stop struggling,

I need new direction.

Later I was surfing the web and I stumbled on a spiritual awakening website that triggered me. I was so upset about the information I was seeing that I literally said out loud,

"I bet I could create a website like that and create a site for resource for spiritual people."

Suddenly my mind was put into action, brainstorming how I could create a successful website. The universe began bringing me tools, people and research. My mind suddenly was filled with new information.

It turned out that my love's mom was creating websites for a side business and she basically taught me the ropes. Then I realized I needed a new graphics plan, I suddenly kept attracting all these new bloggers on pinterest.

I began checking out their work and learning a lot from them. Then long story short - My website was born.

All because I got out of my way, I followed the divine breadcrumbs and let go of my comfort zone.

As Mike Dooley once said,

“The secret begin miracles is that the person performing them begins without any knowledge whatsoever of exactly how they will succeed...yet still they begin.”

Doesn't that just make you feel warm and tingly?

That is really it and WOW this is a gamechanger.

But how do we start getting there?

You get your car out of park by creating a invocation and take action. Any aligned action. Watch for the Divine breadcrumbs.

Then the dots will start filling out themselves.

“You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something— your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.”

- Steve Jobs

I love that quote.

Your job isn't the how, where or even the when, it's to get out of your own way and just start going for it.

DIVINE LESSON:

Your mission is to keep stepping into the unknown because that's where your Higher Self is laying out your map

You don't have to have it all figured out, because the universe is going to help connect the dots along the way.

I didn't even know graphic design or wordpress before I started turning my tumblr blog into a website. However the magic still happened because I asked for help. I got out of my own way, and followed the divine breadcrumbs. The tools, the bloggers, the research and even the people just came to me because I made the call.

It's time to make your call with the universe.

Are you Ready?

IT'S TIME TO TAKE ALIGNED ACTION



MAKE YOUR CALL & INBOX THE UNIVERSE

- Complete The Divine Invocation to the Universe P. 25
- Create your Own Divine Invocation using the Soul Ritual Process

SOUL RITUAL:
DIVINE INVOCATIONS TO THE UNIVERSE



TOOL 8. CLEARING THE PATH

"It's not about time, it's about choices. How are you spending your choices?"
BEVERLY ABAMO

Tool 8 & 9 interconnect together.

One of the most important tools of your energy management system is learning intuitive magick through rituals.

A ritual is something you can do repeatedly to spark momentum to life and remove stagnant energy from your energetic field.

I am telling you, intuitive magick really can bust open doors in your life which is why it's probably one of my favorite energy management tools.

Not only does it work, but it usually works pretty fast.

It's a great tool for manifesting too which I know is something that is very popular within our community. It can help you get rid of what you need to see to move forward.

One of the hugest problems by staying on autopilot?

We don't even get started.

We stay in park with our stagnant energy usually spinning our wheels. If you're ready to change your life, you have to spark the momentum to life.

It's actually really simple.

1. Set an empowered intention that allows you to dream big:
What would make your life easier?
2. Get out of park and Take Aligned Action. Any Baby step counts.
3. The Universe will always meet you halfway - Embrace this fact, you are never alone.
4. Start Managing your energy to raise your vibrations

However most of us don't even want to get out of park and go to a different destination.

We would prefer to remain - inert.

When we're inert we basically resist all forms of change on our energy system.

We come up with excuses, we delay the process further, we keep saying 'one day', we stop ourselves through fear that it won't work out, we stress, overwhelm, act on impulse and generally we purely spin our wheels reacting as we go off on autopilot.

When we start the pressure begins to dissipate because you allow your energy to change and transform through each new step - each ripple begins to create a momentum that starts producing ever-lasting change in your reality.

Before you know it you're no longer there anymore but somehow in the middle of enjoying the adventure - you're already here living your dreams. That's really what it is about realizing.

The majority of us are still in park - i'm saying it's time to take the wheel and drive.

SO WHY AREN'T WE DRIVING?

We're delaying the process with our darn excuses which is creating horrible mixed signals to the universe.

It's a bit like a date, if you're giving the universe bad vibes, it's **not** going to bring you what you desire because your energy is saying the exact opposite of what you desire.

As we learned in the first few tools, it's about changing our vibrational response.

Now we're going full circle and bringing all the pieces together by creating a Releasing Ritual.

A Releasing ritual is going to shake up your reality but it's going to start creating a powerful vacuum to sweep up all the bad juju you've been holding onto surrounding that vibration.

This is serious magick that is amazing to witness the shift.

This ritual is technically seven steps but we're breaking it down into two parts to ease the process.

THE THREE STEP PROCESS OF RELEASING

STEP 1. IDENTIFY YOUR RESISTANCE

Think about something you're manifesting that you completely don't want in your life anymore, what is really bugging you that you're ready to let go of for good.

Then ask yourself what old habits and behaviors are causing this result?

STEP 2. GET CLEAR

Let go & release your emotions down surrounding it, what's really pushing your buttons? Get super clear on this. Now Write down all the excuses surrounding why you can't achieve it, get past it or feel unfulfilled or lost.

STEP 3. RELEASE, LET GO & SURRENDER

Now rip up or burn the paper with the bad habits on it.

IT'S TIME TO TAKE ALIGNED ACTION



PURGE YOUR EXCUSES - GET READY FOR CHANGE

- Go to the Playbook, Read Releasing Your Resistance P. 30
- Follow the Instructions on completing the Soul Ritual

SOUL RITUAL:
RELEASING YOUR RESISTANCE RITUAL



TOOL 9. EMPOWER YOUR ENERGY

"Just see how powerful a mantra can be. All the stars and the Universe are very powerful, I am not disagreeing with the powers. But, by chanting a mantra, just see how powerful you can be."

YOGI BHAJAN

Connecting into part two, I think it's absolutely essential to fill in the energy with what you desire after following the releasing ritual.

It makes a smoother transition, plus it's more fun this way.

The universe is like a big copy machine, what you put out is what you get in multiple copies.

This starts with changing your beliefs in your current reality.

The best way to do this is through:

- **Gratitude,**
- **Affirmation,**
- **Language patterns**
- **Changing your beliefs.**

THE FOUR COMPONENTS OF EMPOWERMENT

GRATITUDE

Gratitude gives our energy a natural abundance, it is powerful. The more you are grateful for things the more you start attracting what you are then grateful for, this is natural law. I recommend a gratitude practice of about 10-15 affirmations per day surrounding the things you enjoy about your life and the goals of the future you wish to bring into your life.

AFFIRMATION

Affirmation is a statement to the universe that you are putting out there with your energy. Such as "I am poor" "I am abundant" "I am worthless" "I am worthy". Affirmations help empower our reality when used correctly.

What Affirmations are you using right now?

Really think about this. "I hate my job" "I never get the right man" - "I'm always broke" come to mind?

LANGUAGE PATTERNS

Language Patterns are tied into our complaints, how we see the world and most of all how we speak daily. Your word is your wand. Remember that. Universal Patterns such as saying "I NEVER do this..." "I always get..." "How come I'm always last" "Everytime it's always the same..." etc. our language influences the way we create the world around us. Our Language is the most powerful symbol to work with as its the symbol of belief.

CHANGING YOUR BELIEFS

This also starts with evaluating your belief patterns and what limited beliefs you are holding onto that are hindering your reality. Everything is just energy, energy powered by belief. The best way to change your beliefs is by understanding that we can change our beliefs starting today.

LET'S DO THIS

The more you boost the momentum, the stronger the belief grows in your reality. Doing it right before sleep helps imprint on the subconscious even more. Writing a lot seems like a chore but this WORKS and almost always fast.

THE FOUR STEP EMPOWERED MANTRA PROCESS

STEP 4. IDENTIFY WHAT YOU DESIRE.

Create a Desire list with Feeling!

Pick 3 - 5 things to hone your focus like a laser.

I honestly think bringing in a few desires, helps us loosen our grip on what we *need* and instead focuses more on our feelings surrounding the desire.

STEP 5. AWAKEN THE MANTRA

Now Take those Five Desires and write a powerful present statement that is feeling based. This is where we get clear and align with our desires.

STEP 6. EMPOWER THE GRATITUDE RITUAL

Now Print out the empowered mantra process. Write your empowered gratitude statements repeatedly to help plant the seed into your subconscious mind as a new belief in your reality.

STEP 7. SURRENDER TO THE UNIVERSE

Let go and trust that the universe is working the magic already.

IT IS ALREADY HAPPENING SUCCESSFULLY

IT'S TIME TO TAKE ALIGNED ACTION



SURRENDER TO CHANGE

- Read The Empowered Mantra Process P. 34
- Follow the Instructions for the Soul Ritual

SOUL RITUAL: THE EMPOWERED MANTRA PROCESS



TOOL 10. THE MIRACLE OF BLESSING ENERGY

"You have to participate relentlessly in the manifestation of your own blessings."
ELIZABETH GILBERT

The final tool i'm gifting you is the tool of blessing energy. Something in me is thinking of that hilarious part on Christmas Vacation where Uncle Lewis

screetches "Theee blessing"

too much?

haha, Anyway I cannot close out this wonderful system without including one of the most higher vibrational tools out there, Blessing Energy.

it's a bit like if reiki, visualization and healing energy had a baby.

Blessing Energy is A-mazing for your energy body and personal well-being.

This is tool I discovered from Christie Sheldon that i've personally modified to create my own inspired version.

"I bless strangers, mailboxes... you name it, I have probably blessed it." - Christie Marie Sheldon

What is amazing about blessing energy is it's really teaching you to stop emotionally attaching to others and instead ask the universe to fill in the gaps.

Remember how we can be the light that creates the ripple for change to occur?

Well you can also create the ripple directly through an energy of blessing light.

If we live in this beautiful expansive energetic universe, wouldn't it be amazing if we could learn to redirect the energy to source?

This is what Blessing Energy naturally does. It connects us to the Miracle mindset

The Miracle mindset is about shifting our perception from fear to love through oneness. The miracle is created by a shift in perception.

The Miracle of Blessing Energy is where we're detaching from a place of victim or fear consciousness and we're enlisting the help from the universe.

We do this through opening ourselves up to miracles of divine blessing. You are going to realize you are blessed and gifted by the universe.

YOU ARE GIFTED BY THE UNIVERSE

We may not realize this but we are already gifted by the universe, think about a time where everything seemed to line up perfectly for you?

Take a moment and think about all the ways the universe has gifted you and brought you to this moment today.

You are Always Supported. That is the miracle energy of blessing.

We may think this is cheesy to say but we are eternally blessed and gifted by the universal flow of the universe.

It's only when we don't believe that we're blessed, that we hang out in lack, scarcity thinking or constant resistance.

The universe is continuously creating divine support to reveal your path for you as you are a co-creator of the universe.

Your energy is meant to rise up, lift others and shine your message on the world.

You are **always** being supported through your journey. The thing is most of us just don't think we are because we forgot to reclaim our spiritual power.

We forgot to tune in and awaken our personal universe.

ITS TIME TO RECLAIM YOUR SPIRITUAL POWER

The gift of miracles is about aligning our perception with loving energy. Love is naturally what we have always been, we're either resisting love or we're allowing ourselves to be moved by love.

In every moment, there is only love or your resistance to it.

When we create a blessing energy, we're moving our energy through the loving force of the universe.

Energy Work is powerful when we're willing to believe and acknowledge our subconscious is most powerful through our visioning process.

Let's play in our subconscious with some blessing energy.

RECLAIM YOUR SPIRITUAL LIGHT

STEP 1. I AM EXPANSION

Affirm to yourself: "I am expansion, show me what I need to see."

Close your eyes and Fill your body up with light, Let this golden light expand and radiate into your entire room.

STEP 2. RADIATE YOUR LIGHT INTO THE ROOM

Bless your Room with Golden light. Envision the room being washed and filled in with blessing energy.

Fill in the Room with a Blessing Energy. A blessing can be a color, a feeling or even the words: I bless this room.

STEP 3. CREATE YOUR INTENTION TO SHIFT

Create your energetic imprint to shift your vibration. Affirm your intention out loud:

Today I set the intention to have a peaceful day of abundance, prosperity and divine blessings gifted to me.

STEP 4. GET INTO THE FEELING SPACE

Envision for a moment what it feels like to be peaceful, abundant, prosperous, blessed by the universe and supported,
Feel the vibrations of support come over you.

STEP 5 (BONUS). SHARE YOUR BLESSING LIGHT

Envision this Blessing light going into whoever needs it or by stating out loud:

"I bless you with golden source energy, I bless you with divine healing light, "I bless you with clarity and resolution. I bless you with divine support and guidance."

IT'S TIME TO TAKE ALIGNED ACTION

RADIATE YOUR LIGHT



- Complete the Reclaim your Spiritual Light Exercise P. 45

**Feel your energy begin to lift as you
Reclaim your spiritual power within you!**

WELCOME THE MAGIC IN YOUR LIFE

You are supported, you are blessed and you now have the amazing tools to help you manage your energy with grace. Your Light is needed, your purpose is already here, inside of you,

All you need to do is hear the call awakening within you.

It's time to put all your tools to good use!

My hope is for you to come back to these tools whenever you need them. Let them guide you especially if you fall off the bangwagon, let this be your spiritual repair kit when you need an energetic boost.

Use these tools for guidance, strength, clarity, and most of all to reconnect to your expansive universe.

You are made to raise your vibrations, expand your light with the world and rise up to lift up others!

Most of all it's made to be fun. The universe is playful. Our mission is to create spiritual fulfillment towards what brings us joy. The journey inward is neverending and the magic has only begun.

Let these tools empower your connection with the universe and realize you are divinely blessed as a co-creator of your experiences.

Embrace it.

Let's close this chapter with a beautiful Invocation:

*I welcome the magic of divine miracles, I awaken my truth with the world,
I now open doors within my life, I always respond with my heart,*

Thank you Higher self for showing me how to stay present and align with my heart.

*Today I choose Joy
I awaken my inner creator
I shine my light with the world.*

Sat Nam.