



# ENERGY MANAGEMENT TOOL KIT

THE PLAYBOOK

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THE ΔWAKENED STATE  
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## BEGINNING THE PLAYBOOK



The playbook is designed as a workbook to compliment the toolkit. I dislike the word 'workbook' because this book is all about play. The universe is playful afterall. This playbook contains written prompts, exercises and rituals to help you implement each section of the energy management toolkit.

Energy Work is best served through our experiences with it. Begin to watch how your experiences with energy start to change your reality through the use of each tool influencing your life.

This toolkit is designed to touch on each area that influences our energy levels and how to start awakening our expansive universe.

Continue to use these tools whenever you need them in your life. As you start to open up your energy world, you will begin to see how much energy is ruling our life.

Let these tools compliment your experiences, if you're experiencing resistance or need help with manifesting, turn to these tools to help you through it. If you're merely having a bad day and needing some clarity, complete the power questions to find clarity. Whether you're focusing on clarity, relief or deep transformation, this toolkit will help you manifest empowerment back into your life.

In short, go back to these tools whenever you need a dose of energy management.

Let this Spiritual Toolkit serve you and honor you as you awaken to change.

### HOW TO PLAY:

- Print Out This Playbook to compliment your guidebook
- As you read the Guidebook, stop during each section that says: ***"It's time to take aligned action"*** and go to the playbook.
- Complete each section as you go through the toolkit.
- Keep your playbook together in a folder or binder.
- Get a comfy pen you love
- Take your time with each tool to help you integrate the experience.
- Have fun with your toolkit!

## ENERGY MANAGEMENT TOOLKIT

### POWER QUESTIONS

*The power questions can be used as a quick fix way to get your energy moving again. They help us get very clear on what is working and what isn't working currently in our reality. I recommend using these questions anytime you're feeling stuck or battling resistance. The questions serve as a tool to dig deeper into each energy area that may be causing you to feel blocked. Let yourself honestly answer by letting go and letting the words flow. Surrender and Release*

### SWITCH YOUR FOCUS

#### **1. Where is my focus right now?**

*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. Your focus is your internal compass. Where is yours at?*

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#### **2. Am I choosing to Spend my Energy Wisely?**

*Write down how are you feeling surrounding your current energy, how is it making you feel? Is your vibrationally state in a place of support or disconnection?*

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#### **3. What am I energetically holding onto that I need to release?**

*Where we anchor energy it releases into our life. The energy you hold - reenergizes. What are you energetically holding onto that you truly need to let go?*

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**4. What causes me the most exhaustion & makes me feel drained in my life?**

*The energy that is making us feel drained, conflicted or stressed is a sign of disconnection. Pinpointing where we are stuck - helps us create conscious decision to change.*

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

*Where we are holding unconscious fear is where our uncertainty is keeping us in lower vibrational place of fear or victim consciousness. What is causing you uncertainty?*

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

*A lot of resistance is created from our past storylines, where are you getting caught in a cycle of resistance. Did something happen in your past that created this feeling to occur?*

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**FIND YOUR MIND DISCIPLINE**

**1. Can I change my attitude or perception about this?**

*Find your mind discipline. Is there a way to start shifting your perception about it.*

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**2. How can I see the lesson from the universe in this assignment?**

*Where is the blessing in this situation? What is the universe trying to show you?*

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**3. Is there a way I can start shifting my focus or changing my situation?**

*We always have the choice to change. Where do you need to personally shift?*

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**4. What is the feeling space I am creating with my vibrations daily?**

*Evaluate the feeling space, what are your vibes telling you daily?*

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**5. What different vibrational response can I begin choosing instead?**

*When we start shifting our perception towards what we desire - everything vibrationally begins to change.*

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**6. How do I truly desire to feel?**

*We're not chasing goals, we're chasing feelings. Begin to ask yourself:  
In this moment, How do I choose to experience?*

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**7. Can I choose a different perspective to help me witness this from a more loving, fun or joyful place especially in the future?**

*Brainstorm some new ways you can start to see your obstacles as opportunities to shift and change your perception. Get aligned with the higher vibrations.*

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**8. Start Changing Your Conversation With Reality**

*Fill in the form and say this intention out loud to help you choose your vibration again. Repeat this simple conversation starter anytime you need it!*

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*

**YOUR SPIRITUAL POWER IS CREATED WHEN  
YOU DECIDE TO CHOOSE A HIGHER VIBRATIONAL RESPONSE**

6. When we change the energy direction, our energy begins to thrive with positive focus. Repeat this mantra whenever you need a boost of Energy Redirection:

MANTRA:

**MY POSITIVE FOCUS CREATES POSITIVE RESULTS**

## HOW TO TUNE YOUR OWN FREQUENCY WITH MIND DISCIPLINE

Let's go back to the radio analogy, if our energy is always communicating mixed signals to the universe - what is going on? Well it's the same thing that happens to a radio. What happens when you get the static channel?

There is interference. When you get interference, what happens? You can't hear properly.

So in order to tune the dials correctly you need to concentrate by surrendering to the present moment. This is how we get back to basecamp. Our Home Frequency. This is why meditation is so therapeutic and healing you are essentially tuning in to your personal frequency.

Do you feel how tense you are? Do you really step back and feel it from within? This is more than just meditation this is about FOCUS and focusing from the heart center.

The heart is the strongest frequency resonance in your entire body. So if we start focusing from the heart center through connection of others we begin to stop the wheels from spinning in circles....still lost?

Imagine yourself as a radio now in order to listen to the desired station you need to be in tune with the channel otherwise you get **static interference**.

Our bodies work the same way.

If we are always looking or feeling this resistance of cognitive dissonance aka interference we are not tuned into the right channel. There are many forms of interference: cell phones, computers, tablets, TVs, or even just not actively listening these are all distractive barriers - screens from properly tuning to individual frequencies.

If our vibrations are not connected to a clear channel through receptive listening all we are hearing is interference. In many ways aren't we always more upset from a text or social media, then talking to someone in person?  
It's the resistance we fight to let go of from within such as fear, anxiety, depression, envy, jealousy, anger, etc.

You are essentially a loose cannon!

A broken elevator going up and down repeatedly but you can't decide what floor to get off

Basically a lot of that interference is vibrational clutter that we unconsciously cling onto - mostly from our past. This is why mind discipline is essential to learning how to understand your frequency and where you are tuning in.

It's a really simple process, once you get the hang of it,  
you can start to do this just about anywhere.

## **HOW TO TUNE IN TO BASECAMP**

**Step 1.** Close your eyes, and take a few minutes to merely feel your energy body. What is coming through in this moment? What feelings are coming up? Do you feel any mental clutter coming to surface?

**Step 2.** Begin to focus on your heart center and feel it expanding with light. Now Imagine your heart center is like a energy radio. Let's make a conscious decision to shift our energy frequency. You can keep tuning the knobs until you get to a channel you enjoy. Let's set an intention to empower our day. We'll pick happiness for this exercise. Use the conversation starter if it helps!

**Today I choose to be Happiness.**

**Step 3.** Keep shifting your focus, until you bring your energy to choose happiness within this moment. If you can't reach for happiness, try contentment or peace of mind.

**Step 4.** Now put your hands together into the position of prayer.  
Feeling the vibrations of happiness.  
Then say again.

**Today I choose to be Happiness.**

**Step 5.** Take a few deep breaths. Interlace your fingers and push that energy out by moving your arms out in front of you. It will literally feel like you're pushing the energy from your palms out into your reality. Repeat if needed.

**Step 6.** Enjoy this moment, Shake your hands if necessary and Release.

*When we make the conscious decision to start turning our frequency channels,  
we begin shifting our vibration while shortly after our reality begins  
following suite. Tune your Energy Radio Anytime.*

## MY ENERGY ENVIRONMENTS

### 1. What are my energy environments currently telling me?

*What does your soul hang out. Create a list of where your energy gravitates in your daily life, what is happening in these environments from a symbolic level.*

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### 2. What environments are personally empowering me vs. draining me?

*We always have the choice to change. Where do you need to personally shift?*

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### 3. What are some basic steps I can start taking to practice more Discernment in all areas of my life?

*Being Open-minded & moldable allows us to stay in beginner's mind - Open to guidance.*

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### 4. 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?*

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**5. What can I start letting go of that I'm not responsible for?**

*What can I let of that isn't mine. Think about all the ways we attach ourselves to others problems, when it's an illusion of control.*

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**6. What can I start taking responsibility for?**

*Remember we can only control what is internal. Our thoughts, perceptions, actions, feelings. Where do you need to start taking responsibility for your personal well-being & happiness.*

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**7. Do I create healthy emotional boundaries or am I always saying "Yes" to people even if I don't want to?**

*Sometimes it's really powerful to say no for once and let go of unhealthy obligations. Evaluate where you are creating unhealthy boundaries and where you are being a people pleaser. Say Yes to yourself first!*

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**8. Who am I energetically holding onto that I need to Release?**

*The big question, Ask yourself - Who am I not Releasing?*

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**MANTRA:**  
**"I RELEASE YOU, I RELEASE YOU, I RELEASE YOU"**

## IT'S TIME TO GET SUPER CLEAR

### **1. What Do I need to declutter from my life mentally?**

*Where is your mental energy suffering right now, what must go?*

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### **2. What Do I need to declutter from my life physically?**

*Our home is an inner guide map of our mind, What do you need to physically declutter. To go further Check out: Letting Go to Supercharge Your Life with Intent Exercise.*

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### **3. Where am I personally feeling stuck or unmotivated towards change?**

*Let's get clear on where we are getting stuck. What mentally and physically must change for your personal well-being and happiness? Free-write here. Don't edit. Get honest.*

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## THE MENTAL CLEANSER

### DETOX THE MIND TO RELEASE THE CLUTTER

When we're feeling overwhelmed, stressed, anxious or uncertain, the best thing we can do is create a mental purge. A cleansing so that we get unload all the vibrational clutter that is clogging space in our mind. This helps us vent, release illusions and most of all get super clear on what's important and what is plain b.s. clutter.

Our energy is a container and what happens is we tend to overfill it with a bunch of vibrational clutter that we really don't need.

The more we feel overwhelmed, stressed out or anxious, the more our vibration continues to feel low the best thing we can honestly do is release everything we're holding onto and then look at it.

This exercise is great for anyone who suffers from anxiety, stress, overwhelm, exhaustion or just needs a clear head. I recommend using this exercise whenever you feel extremely cloudy or uncertain about your life direction.

When we detox the mind our energy can breathe again. We create space for clarity and evaluating what is going on in our head.  
Alright so heres what we're going to do:

### 5 STEP MENTAL CLEANSE

**Step 1.** On the next sheet of paper - Write down everything that is in your head right now, doesn't matter if it's a to-do list, or just random thoughts you keep thinking. Let everything out in a glorious brain dump. Just get it all out there.

**Step 2.** Look at it and see what's really going on. How much are you holding onto that you don't need? Get a different color pen & see how many statements are "How"s of future fear you have. With another color, see how many are feeling based influencers.

**Step 3.** Now Evaluate with a highlighter - 3-5 important items. Aim for 3 if you can.

**Step 4.** Ask yourself: How much of this is vibrational clutter? How much is pure fear? What Do I really need to release and let go of the most?

**Step 5.** Focus on those items you highlighted. Let everything else go and release it to the universe. Surrender it all to the universe. It's okay, we'll take care of it later. You can even throw away the paper if you like. Feel the relief and weight lift!

## THE MENTAL CLEANSER

## RECONNECTING TO OUR EXPANSIVE UNIVERSE

### **1. Do I feel my energy is in a place of contraction or expansion - How is this influencing my life currently?**

*What can I let of that isn't mine. Think about all the ways we attach ourselves to others problems, when it's an illusion of control.*

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### **2. Am I getting in my own way or am I asking for help?**

*Are you constantly trying to control the situation or are you asking for divine support? Evaluate where you are getting in the way.*

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### **3. Do I personally feel connected or disconnected from my expansive universe?**

*Evaluate in your life if you've been feeling disconnected from your true self or you've been expanding with your truth. Reconnecting ourselves is the first step towards clarity.*

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THE RECONNECT EXPERIENCE  
ASKING EMPOWERING QUESTIONS FOR LIFE CHANGE

**Higher Self, Guide me to be the witness of my fears, What resistance is holding me back that I need to let go of to move forward?**

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**What limited beliefs am I holding that are creating resistance in my life?**

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**How Can I align with the momentum I need to succeed?**

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**What can I personally do from where I am standing today, To get me to where I need to be?**

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**What Vision Do I have to Bring to the World?**

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**What do I desire to create in my life?**

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**How do I become more aware and focused on my intentions?**

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**What aligned actions can I start taking to become focused on my intentions?**

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**Who must I become to start embodying my empowered vision and manifest it into my life?**

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**What gifts and spiritual skills do I have to bring to the world?**

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**What must change within my life to start aligning with my true self?**

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**What does my life look like when I'm spiritually fulfilled and always supported?**

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**AFFIRM IT TO THE UNIVERSE:**

*Higher Self, Thank you for showing me how to align with the right resources, teachers and tools to help my vision become my life.*

*I surrender my need to control. I allow the universe to lead me towards my spiritual fulfillment and align me with my joy.*

## EXTRA INTUITIVE QUESTIONS:

Let this space be for extra questions you may feel called to ask your higher self. These questions may be personal ones, we didn't cover or more direct questions you wish to find clarity on.

*Higher Self, Guide me to see....*

## CREATING NEW EXPERIENCES:

### What new experiences can I start creating?

*What is something fun and new I can start creating? Create a list of New Energy Experiences you can start adding to your life for more fun and daily joy.*

*Here's Some Examples to Shake it up:*

- △ 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.

### MY NEW ENERGY EXPERIENCES - *I am so grateful and Happy to....*

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|-----------|-----------|
| 1. _____  | 13. _____ |
| 2. _____  | 14. _____ |
| 3. _____  | 15. _____ |
| 4. _____  | 16. _____ |
| 5. _____  | 17. _____ |
| 6. _____  | 18. _____ |
| 7. _____  | 19. _____ |
| 8. _____  | 20. _____ |
| 9. _____  | 21. _____ |
| 10. _____ | 22. _____ |
| 11. _____ | 23. _____ |
| 12. _____ | 24. _____ |

## CREATE A DAILY COMMITTED SPIRITUAL PRACTICE

True connection comes when we cultivate and expand our practice into our daily life. When we choose to create a daily committed spiritual practice we're saying YES to our connection with the universe.

Creating a daily spiritual practice doesn't have to be complicated or feel like a chore, it should be a fun time for you to reconnect, recharge and reflect. I personally feel creating the space to nurture my spiritual side has honestly helped me dig deeper into my issues, strengths and being able to get more present within my body.

We often let time turn us into a victim and this can turn into a stressball of anxiety. When we allow our energy to be present and nurture ourselves within a practice we can recalibrate our energy body.

A spiritual practice is for our soul. It's so we can unite the mind body connection into the frequency of spirit. When we honor this connection, we are truthfully learning to honor ourselves. In this practice, we learn to manage our energy body and focus on what truly matters, our inner spirit. Opening ourselves to this connection, really can bring forward inspiring ideas, personal growth and amazing transformation.

When we choose to get reconnected to our spiritual essence, we're reclaiming our spiritual power and aligning with our present reality.

A practice is a daily committed choice to show up for yourself and create a space to honor your soul as a sacred place.

It reminds us that love is what we truly are and this love we can always tap into by honoring our true essence of spirit.

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.

As you create your own practice, begin to think about what you truly honor about yourself and ask yourself why it's important to be committed to your practice.

## TIPS FOR YOUR PRACTICE

### SHOW UP

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.

### BE PATIENT & GENTLE TO YOURSELF

I ask you to be patient, kind and gentle to yourself in the process of establishing your practice - and in daily life. When we choose to be patient and gentle to ourselves, we're less likely to beat ourselves up about things. We tend to be hardest on ourselves so learning to be patient, gentle and kind to ourselves is the greatest gift we can give to our practice.

### SPIRITUALITY MOVES THROUGH YOU

Spirit isn't outside of us, it's **within** us. Realize that your commitment to your practice is more about honoring your divinity within you than anything else. Spirituality is a natural, sacred part of you. Your Spiritual Practice is honoring the sacred space within you that serves as your temple to the soul.

### MAKE IT A ROUTINE HABIT

If you start making it into a habit like brushing your teeth, you will get excited and willing to show up for your practice. The power lives in the repetition and consistency to show up each day even if it's **10-15 minutes** of your day. Be willing and consistent to make it a part of your daily routine. If this is hard, schedule it into your phone as a daily alarm reminder or into your planner.

### TAKE TIME TO HONOR YOU

All spiritual practices are different, don't think you're doing it the wrong way. Don't get overwhelmed by trying everything at once. Go at your own pace. Let each day serve you by taking the time to unplug, tune in and reconnect to yourself. It's truthfully about getting back in touch with yourself and dedicating some "me time" to reawaken you. Ultimately it's about reflection and finding what feels good.

***Let your practice give to you what you need to give to yourself.***

## MY PERSONAL COMMITTED PRACTICE

1. What Time will you start your spiritual practice each day?
  
2. Will it be at different times of the day or broken up into two parts of your day? Morning, Afternoon, Evening, bedtime?
  
3. How much committed time will you give yourself?
  
4. What type of practice would you like to do? (Examples on Next Page)
  
5. What core feelings would you like to experience during your practice? What will these activities bring into your being?
  
6. CREATE YOUR PRACTICE POWER STATEMENT:  
Why is getting committed to a spiritual practice important to me?

## LIST OF EXAMPLES TO START YOUR PRACTICE

- Creating Mantras/ Affirmations
- Setting Intentions or Daily Spiritual Prayer
- Walking in Nature/ Walking Meditation
- Writing To Higher Self Questions
- Journaling Reflection
- Yoga or Physical Practice
- Doing things you absolutely Enjoy
- Meditation/Guided Meditations
- Mindfulness
- Getting Unplugged
- Creative Visualization
- Chanting with Music or Mantras
- Creating Crystal Grids with Intention
- Tarot Or Oracle Cards
- Gratitude Practice - What are you grateful for?
- Creativity
- Dedicated “me-time”
- Read from an Inspiring Book
- Stop, pause & breathe
- Create an hour of Fun/Play
- Create a Zen Den or Sacred Corner Space you can go to each day
- Create a Sacred Altar, incorporate the elements

## SUGGESTIONS FOR AN AMAZING PRACTICE

- Create a Morning Ritual/ Evening Ritual
- Commit to give yourself 30 minutes to an hour for best results.
- If busy - schedule a **phone reminder** or put in your google calendar.
- If time is an issue - schedule a short session for **10-15 minutes** of meditation or journaling. Showing up is the key even if it's only 10 minutes.
- Mix them up with the goal always being: Take the time to honor yourself
- Create an unplugging detox - turn off tv, computer, phone, notifications, etc. for the time during your practice
- Consider it like a date with yourself - It's good to show up on time, be present and be willing to listen.
- A spiritual practice is a feel good ritual, let this be a fun part of your day to nurture you
- Taking the time to **Reflect**, **Recharge**, and **Reconnect** creates an opening space for new insights, personal growth and inspiration to come through.

MY SPIRITUAL PRACTICE  
SIGNATURE OF COMMITMENT

MY TIME OF PRACTICE: \_\_\_\_\_.

MY SECOND TIME OF PRACTICE IF I DESIRE \_\_\_\_\_.

IT WILL BE IN THE:

MORNING

AFTERNOON

EVENING

BEDTIME

I will give myself \_\_\_\_\_ (amount of time) to honor myself.

My Spiritual Practice will consist of \_\_\_\_\_

\_\_\_\_\_.

MY PRACTICE POWER STATEMENT TO HELP ME STAY COMMITTED:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

***Now Schedule your Practice into your Daily Routine for a month or up to 40 days of committed practice. Watch how your energy shifts in the process. If you enjoy this practice, keep doing it daily to nourish your soul.***

**Remember:  
Show up.  
Reflect.  
Recharge.  
Reconnect.**

## DIVINE INVOCATION TO THE UNIVERSE

Often when we're stuck we're forgetting one important detail, **we need to get out of our own way** and embrace the easy way. The easy way is to get out of the way, let go and let God, universe, spirit, higher self, the force enter in and support us.

This teaches us to Let Go and release our energetic holdings on the issue. When we do this honestly, the flood gates can start to open because we **fully let go**.

It's often difficult because we make it that way and refuse to ask for help on the issues we're facing. When we are caught in a cycle of resisting change or we're simply having a bad day, we can always tune in and ask for help.

As our ego tends to run our ship, we often feel we have to continuously struggle, or let hardship be our constant reality. When we're forgetting we have the power to let it be easy as a **co-creator of the universe**. We work together through our expansive spiritual power that connects to the universe within us.

That means we always have a beautiful supportive network we can tap into at will, phone home and ask for direct assist.

This is GOLD for many reasons, the first being you gotta get the hell out of the way and surrender it all to the Universe.

When you're ready to truly let go, you will know the precise words, the correct invocation and the intuitive flow of writing or speech to carry you.

It's a beautiful moment when you surrender control and let the universe carry you.

Often we get in our own way by trying to control the outcome, controlling people or trying too hard to do it ourselves.

It's time to realize you are divinely supported in each new moment and that support is always available to you. **All you have to do is ask.**

When you're ready to give it up and embrace absolute surrender you can truly let go of the resistance, doubt, lack, and fear you may be holding onto within yourself.

**LET'S DO THIS.**

There's three steps to an invocation or prayer to the universe. It's important to see it's a co-creating process with the universe. Our job is to Ask, then the universe gives us guidance for our expansion and finally we need to be open to allow ourselves to receive. We do this through letting go of resistance and opening up to infinite possibilities through the power of Belief.

**Step 1.** Embrace the Power of Asking

**Step 2.** Listen for Guidance

**Step 3.** Allow Yourself To Receive

## STEP 1. EMBRACE THE POWER OF ASKING

Surrender your plan, Align with the Divine Plan. We ask through spiritual prayer or divine invocation, where we give up our plan and surrender to the divine plan the universe is gifting to us. We get out of the way by surrendering and asking for help. **This allows us to find clarity, insight and new direction.**

## STEP 2. LISTEN FOR GUIDANCE

The subtle shift occurs when we slow down to listen to the guidance that comes through. **This can easily be achieved by slowing down, being more present or through your spiritual practice.** It may also come through in the form of a symbol, conversation, person or even a physical situation.

The objective is if you ask, you will automatically create an opening for an answer to come through. The Universe is always listening, are you?

## STEP 3. ALLOW YOURSELF TO RECEIVE

Create the opening to allow yourself to receive by observing and seeing how supported you are by the universe. When we open up this connection, we start to see how the universe has been guiding us this entire time.

As we create an opening with our energy it becomes easier to enter the receiving mode. This can come through in aligned actions or merely a subtle mental shift from inspiration. Our conversation with the universe becomes more apparent as we allow ourselves to receive divine support. **The Power of Allowing is our Belief that it's already happening successfully.**

## CREATE YOUR DIVINE INVOCATION

Let's start creating your own Divine Invocation to the Universe! I will give you a good one to start and then you can create your own intuitive one to make it your own. I feel adding love and gratitude into our positive invocation helps us give a clear message to expand our awareness towards the divine supply.

Don't take your words for granted, your words are one of the most powerful symbols we use to create our reality.

Let your words serve you and honor this space for your invocation.

### PREPARATION:

Take some time to get into a quiet, sacred space where you can relax and Let yourself get comfortable. Add some candles or ambience if you like. Your invocation can be written a few different ways, I advise you to do what most resonates with you and makes you feel lit up. If you prefer saying Spirit, God, Goddess, Higher Self, let that be your guidance. There are a few different ways you can write yours:

You can write a Dear Universe letter, you can call on your guides or you can write your invocation similar to the example. Also feel free to recite this invocation out loud and keep it in a special place. Let this invocation be intuitively inspired and channeled pure from your spirit.

**Let Go, Surrender and Write.**

# DIVINE INVOCATION



***Thank you Universe,***

*for showing me what I need to do to start believing in myself, I allow you to guide me to help my energy prosper, live in the higher vibrations of truth and manifest all my desires. I surrender to change, I welcome miracles of awakening and know that I am ready to align with my soul purpose.*

*In divine celebration I commit to my spiritual mastery, I know I will remove struggle as I am now supported by awakening my expansive universe. Today I choose joy, Today I choose freedom and awaken my self-mastery.*

*I surrender to serve the world through my natural gifts. I let go of my limitations and I call on the energy of natural abundance to support my journey. I choose to be led from my heart and align with my desires. I now know I am committed to success by leaning on the Universe's support. Today I commit to work for the universe and awaken my miracle mindset of joy.*

*Thank you Universe, I love you,*

With deepest gratitude and love,

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Signature

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Date

# MY DIVINE INVOCATION TO THE UNIVERSE



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Signature

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Date

## RELEASING THE RESISTANCE RITUAL

By now in this toolkit we have evaluated our focus, energy environment and most of all got clear on what isn't working anymore. Now we're going to bring everything together into some Soul Rituals to align our focus into a new direction entirely.

The two Rituals: The Releasing ritual and the Empowered Mantra process should be completed in sequence for best results. They are a powerhouse ritual when combined together. I recommend waiting for a beautiful time to do this ritual in full as it's very powerful for the mind to witness.

In the first half of the ritual we'll be going over the Three Step Process of Releasing.

### THE THREE STEP PROCESS OF RELEASING

#### STEP 1. IDENTIFY YOUR RESISTANCE

In the first step we will go over where we're getting stuck. Where is your energy lacking? Where are you personally getting stuck? Let's begin to 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

**In the next step we'll be going over how to start purging our excuses.**

This is where we're going to Let go & release your emotions 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

Finally to complete part 1 of this ritual, we're going to rip up the illusions we created for ourselves. This is where we create a banishing and cleansing to take place. Watch what comes up after this moment, this is where the energy can drastically shift.

Ready?

## **STEP 1 IDENTIFY THE RESISTANCE**

**What is something that you cannot seem to let go of that you're ready to release?**

**Okay Now let's identify why this is coming up, Is there a past storyline that connects with this?**

**What old habits, beliefs and behaviors are causing this result to manifest?**

## STEP 2 GET CLEAR WITH YOUR EXCUSES

Now we're going to take everything that is stopping this from manifesting and clear the path by purging our excuses. 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.

Start your sentence with this:

**I can't manifest \_\_\_\_\_ because....**

[illegible]

[illegible]

**IMPORTANT: RIP UP THE ILLUSIONS YOU CREATED FOR YOURSELF  
RIP, THROW AWAY OR BURN THESE PAPERS**

## THE EMPOWERED MANTRA PROCESS

There is deep power in a mantra especially when we learn that we can create our own empowered mantras merely by honing our focus towards gratitude. I believe this process is meant to transform and awaken you. Allow yourself to Dream Big and awaken your personal desires.

It was Napoleon Hill that once said,

“Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which **transcends everything.**”

It is the start of our passionate desires that fuels the fire into being. This is what births the momentum for our focus to grow and transform into our reality. If you have a desire, it is your responsibility to honor that desire to grow, mold and shape your reality by empowering your focus.

It is so important to realize this, when you truly desire something bad enough all your focus naturally changes to make it literally start happening automatically. The moral of the story?

The focus you feel on something you desire with absolute passion and faith will start to become truth because **you believed in it to happen.** If you passionately desire something and put your honed focus on making it happen through aligned baby step actions through reconnecting to the Universe. Your focus will start reorganizing and changing automatically.

This is how the mind works.

The idea is to spark the momentum to life from where you are currently standing, not focusing on where you are going. This triggers the vibration into being by jump-starting the momentum like a car, we give ourselves permission to GO.

In this way we reclaim our spiritual power and learn to create a new belief in the process.

I hope you're excited! This is beautiful moment for you to embrace.

Let's start creating a new belief for you.

## STEP 1: IDENTIFY YOUR DESIRES

Let's get clear on where we are heading by focusing on 5 desires you wish to bring deeply into your reality. I recommend not doing one because we want to lessen our grip on the outcome. This really helps us magnetize our energy because we're not energetically holding on as tightly.

### **1. How do you Desire to Feel?**

*Remember we're chasing a feeling, not a goal. This is a huge part of momentum.*

### **2. What are you ready to Create in your life?**

### **3. What Five Desires Do you wish to focus on?**

1.

2.

3.

4.

5.

## STEP 2 AWAKEN THE MANTRA

Now Take those Five Desires and create a powerful present statement that is feeling based for each one. It's good to also get specific on how you wish to feel and what you would like to create. Positive Specificity is key to success

For example I really desired to join Spirit Junkie Masterclass so I wrote:

- *I am so grateful and happy that I get to willingly and joyfully take spirit junkie master-class digital, I align with the money I desire to take the class with ease and joy.*
- *I am so grateful and happy for getting married to the love of my life.*
- *I am so grateful and happy that I manifested a beautiful house, It feels amazing to align with my desires and feel supported by the universe.*

Let each statement be empowered with gratitude, happiness, and your present feelings of excitement for the desire. As feeling-based bodies, this is crucial to expansion. It's time to get clear and align with our desires.

### EMPOWERED GRATITUDE STATEMENTS:

1.

2.

3.

4.

5.

## EMPOWER THE GRATITUDE

Now we're going to create the momentum for empowering our focus. This is really simple. We're going to take all those gratitude statements and rewrite them in repetition to hone our vibrational focus. **Write each gratitude statement 20 times, then release.**

### PREPARATION:

- Get a comfortable Pen You Enjoy - colorful ones are best
- Create a Sacred Space. Let it be a quiet time where you can focus on the ritual in peace. This could also be a part of your spiritual practice.
- Meditate and Relax before hand. Do a few long deep breaths through the nose.
- Allow yourself to Fully Let go & Be open to limitless possibilities!
- HAVE FUN WITH CREATING A NEW BELIEF - Celebrate you

The empowerment of this ritual is about surrender and learning to let go of our desires. The writing will feel like a lot but it's because you're purging the resistance and learning to cross the threshold into a new belief.

Each repeated Statement is honing the momentum to building a new reality for yourself. Let this process feel exciting. Observe what resistance comes up during the ritual and most of all surrender to the trance-like state it can bring you as you fully let go.

When we RELEASE, we're taking the wheel off of our desires and into the fully surrendered state of **allowing**. When we enter the state of allowing, the universe will be showing us gifts, messages and signs of direct alignment fully supporting our empowered mantra process.

**When we release, we fully let go** and back off of our resistance patterns. You now have the beautiful tools to do this process in sequence with full power!

Honor this ritual as a sacred tool to turn to when you're ready for transformation, change and most of all to honor yourself as a divine co-creator of the universe.

**It's Time to Begin Again.**

## DESIRE 1:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_

17. \_\_\_\_\_

18. \_\_\_\_\_

19. \_\_\_\_\_

20. \_\_\_\_\_

**DESIRE 2:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

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14. \_\_\_\_\_
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16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

**DESIRE 3:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
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20. \_\_\_\_\_

**DESIRE 4:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

6. \_\_\_\_\_
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20. \_\_\_\_\_

**DESIRE 5:**

1. \_\_\_\_\_
2. \_\_\_\_\_

3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
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20. \_\_\_\_\_

## **CONGRATULATIONS!!!**

**You just created some EMPOWERED BELIEFS.**

Now we must **Surrender and Release them**. If we don't let them go, we are energetically holding onto the lack of them showing up.

Celebrate today on your amazing progress, You deserve it!

Put them in a special space and start

Co-creating with the Universe by allowing to receive

**REMEMBER:**

**IT ALREADY HAPPENED SUCCESSFULLY**

**OUR BELIEFS EMPOWER OUR REALITY  
BELIEVE IN YOU, BELIEVE IN YOUR UNIVERSE**



## THE MIRACLE OF BLESSING ENERGY

At the end of this toolkit, our lessons would not be complete without reclaiming your spiritual light. This is the true miracle of blessing energy. Our light brings awareness towards how we are influencing our energy all the time, whether we realize it or not.

As we desire to expand our light, our vibrations can begin influencing and shifting our reality like magic. If you think about it, our imagination is often frowned upon but it's one of the easiest ways to jumpstart the subconscious.

Why is that?

We are essentially afraid of the unknown, we are terrified of going beyond the logic barrier

Basically this technique teaches us about how we are more than physical beings, our energy is a huge part of our conscious awareness even if we don't physically feel it.

You are always experiencing the influence of energy in your reality.

When we focus on how we desire to feel as we learned in the mind discipline technique, you can begin to see that your energy is like a tuning fork or a radio. This radio is influencing our reality through our beliefs, our actions but most of all our vibrations.

The miracle of blessing energy is learning to cultivate the energy of blessing light into our reality. Blessing energy is the vibration of source and when we fill in the energy with blessings, we're filling up the energy container with source vibrations.

Still lost? It's really about embracing the power of our beliefs surrounding the imagination. Blessing light is giving life to source energy in our daily lives.

When we allow our focus to shift, our vibration naturally starts mirroring that vibration instead. In this way, when we're chasing a goal, we're truthfully chasing a feeling of letting go of the old vibrational response.

When we choose a higher vibrational response instead our entire reality can start shifting into a new awareness. This is why Blessing energy is one of the best ways to expand our light out into our reality. Rather than letting resistance be your reality, you can always tune back in to source with the miracle of blessing energy.

If this is sounding too woo-woo stay with me, the easiest way to understand this is seeing that your feelings are your vibrations. These vibrations are influencing your reality. You focus on the peace channel long enough, your energy will gravitate towards peace. You focus on empowerment or vibrating at a higher vibration. Your energy will naturally shift and then your reality will always follow suite.

This is the miracle. When we allow our feelings to shift naturally, we begin gravitating to a higher vibrational reality automatically. If you ask yourself, how do I choose to experience? You're consciously learning to set new intentions on your vibrational reality and thus you can always choose again.

Let's start reclaiming your spiritual light!

## RECLAIM YOUR SPIRITUAL LIGHT

### STEP 1. I AM EXPANSION

**Affirm to yourself :**

**"I AM EXPANSION, show me what I need to see"**

It's time to get connected to your body. Close your eyes and visualize your energy body filling with a golden light. Allow your energy to expand with a radiating light like a bubble bursting out into the room around you.

Feel your energy expanding and expanding outward surrounding the entire room you're currently in.

Let yourself feel what thoughts are coming to surface during this experience.

## 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.

## STEP 3. CREATE YOUR INTENTION TO SHIFT

We're going to create an intention so that your energy can create an imprint on your energy field. This is a fun technique to try just about anywhere. You can try this while going grocery shopping, dealing with your kids, work, during your school day or wherever you need to show up.

**Pick which energetic imprint you would like to create.**

It's time to get intentional.

For this exercise we're focusing on peace, abundance, prosperity and divine blessings. Can't go wrong with that.

**Set the intention for your energy to shift, affirm your intention outloud:**

***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

Share this blessing light with whoever or whatever needs it most!

**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.

**Feel your energy begin to lift and begin  
to reclaim your spiritual power within you!**

# RECLAIM YOUR SPIRITUAL LIGHT GUIDE

## 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,  
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***"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."***

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

**BELIEVE IN YOU, BELIEVE IN YOUR UNIVERSE.**

## IN CLOSING THIS TOOLKIT

I hope you had fun, you learned a lot and you now have some transformative tools to help you on your journey ahead.

Our resistance is the stepping stone to opportunity. If we can figure out how to clear the path, nothing can truly stand in our way other than ourselves. In short, we're usually the ones holding ourselves back.

You now have a powerful energy management system to help you find clarity, create transformation and allow your energy to manifest your desires. This toolkit was designed to keep you aligned, present and remember your greatness.

We always can transform our life but first we need to let go of the old one.

If we keep holding onto the old focus, our vibration will not change. It's only when we **vibrationally shift our focus**, that our life begins to change. When we create the mental discipline to shift our perception and attitude, we can start to see differently.

As we **evaluate** what energy environments are serving us, we can also see how these environments are influencing our own energy. If we're overwhelmed and uncertain, we just need to get ourselves super clear and **declutter our life**. Decluttering our life is essential to remove the stagnant energy and start creating a vacuum for higher vibrations to enter.

As we open new doors in our life, we reconnect to our expansive universe and **remember our true self**. This creates miraculous change towards how we are approaching the energy world. If we establish a spiritual practice we can start to **reflect, recharge** and **reconnect** to our spiritual truth daily in a committed flow of change. This daily commitment creates an opening space for new insights, personal growth and inspiration to come through.

As we open up our energy, we place a call to the universe to allow for divine support to come into our awareness and help us find tremendous clarity. The **Power of Allowing** merges within us to believe that it's already happening successfully. Finally we create an empowering sequence to clear our path by purging our excuses and awakening mantras to manifest **Divine Blessings** within our life.

**This unifies our understand of energy work. We must reclaim our spiritual light to help radiate our light with the world.**

**YOU ARE BLESSED.**