



Sacred Soul ALIGNMENT™

Abundance of the Ocean

Universal energy is available to every one of us at all times and because abundance – like all things – is a form of energy, we can connect into abundance as deep and as vast as the ocean, anytime we want.

This Alignment Will...

Allow you to tap into abundance that is as vast and as deep as the ocean channel it into your life. Alignment brings in the knowledge and energy you need to bring abundance and will connect you into the unlimited abundance of the planet.

Activating the Ability to Heal Self and Others

We are ALL healers. But, many of us carry an unconscious (or sometimes even conscious) embedded belief that we simply cannot heal or be healed by others. We believe that sickness, pain and struggle will bring us closer to God or serve to help us expand and reach our highest potential as healers. This belief often manifests as persistent illness, causes healers to remain sick in their own bodies even as they heal others. Carrying these beliefs can create blocks to your own natural healing abilities.

This Alignment Will...

Clear your beliefs, oaths and vows that you must suffer in some way, experience illness or feel any kind of emotional or spiritual pain to live and work as a gifted healer. This alignment also unlocks your own healing abilities from your cells and DNA with the natural ability to be physically, emotionally and spiritually healed and to heal others.

Advance with Ease and Joy

Advancement, positive growth, and expansion is the natural evolution of all beings. It is possible for these changes to happen without any stress on the body, emotions, mind and soul, but this is not the case for most of us. Many people experience physical, spiritual and mental distress and emotional upheaval when they are moving forward spiritual and in other aspects of life, causing them to shut down or hold back on their own evolution.

This Alignment Will...

Clear conscious and unconscious beliefs that change is hard, growth is deeply uncomfortable, and

there is no other way but to endure pain, struggle or sacrifice to advance spiritually or in life. This Alignment also speeds up the growth and advancement process in a way that is supportive of your Highest Good and the Highest Good of All. With this Alignment, you will start to experience advancement in all areas with ease and joy

Anger and Resentment Release

When we believe we have been purposefully wronged or hurt, when we believe we have been taken advantage of or treated unfairly, it is only natural to feel angry, resentful or both. However, these emotions can create major blocks in our energy that can further hold us back from co-creating our desired future.

This Alignment Will...

Release the anger and resentment that you may be consciously or unconsciously holding within your energy system. Sometimes, these feelings may not even be your own but emotions that you may have unknowingly picked up from people around you. This Alignment will free up an enormous amount of energy so you can effortlessly start to co-create your desires.

Brain Balancing for Brain Chemistry

Brain chemistry is essentially the communication that happens in brain cells and neurotransmitters such as dopamine and serotonin. Clear communications allow our brain to work normally and to direct physical functions such as talking, walking, listening and thinking

This Alignment Will...

This alignment balances your brain chemistry including neurotransmitters such as dopamine, oxytocin, serotonin, and endorphins. Special Note: Listening to this alignment daily can help alleviate depression, anxiety and anger issues.

Cleanse and Protect

Healing involves working with liminal energetic boundaries such as timelines and dimensions. This sometimes creates unwanted connections with entities and attachments, negative energies, and hooks and cords. While healing yourself and others is undoubtedly beautiful and important work, healers and those who seek healing must take conscious, intentional steps to create a safe space and protect their energy to avoid needless challenges and struggles

This Alignment Will...

Completely and effectively clear your own and anyone else's energy. It is the most powerful way to clear entities and attachments, negative energies, and hooks and cords from the energy body. This Alignment also moves interdimensional portals away from an individual's home, land, or personal energetic space while resolving oaths, vows and contracts that allow negative energies, beliefs and emotions to flow through. This Alignment automatically places a shield around each individual who receives it, their home (going a mile deep underground), members of their household including pets, their workplaces and vehicles. This shield includes an energetic vacuum at the top so any negative energies that come close can be sent into God's Light.

Confusion and Overwhelm

In a world where we are endlessly bombarded with noise and activities that compete for our attention, it can feel like all of our senses are being assaulted or attacked. Confusion and overwhelm become a state of being that leads to stress, fear, worry, anxiety and emotional and physical pain.

This Alignment Will...

Lift, clear, and delete energetic noise that has attached to you, clearing the confusion and overwhelm you are feeling at the root. It aligns you to the vibrations of stillness, quiet, peace, confidence and clarity so you can feel centered no matter what else is going on around you.

Expanding Self-Love and Self-Worth

We often deplete our energy by setting our needs, wants and desires aside to serve others. But we cannot give that which we do not have. Before we love and value another being, we must love and value ourselves. Self-love and self-worth are the foundational energies from which we build and grow our existence on every level – spiritual, emotional, mental and physical.

This Alignment Will...

Expand your capacity to feel and create more self-love and self-worth as it clears the limited and negative belief systems that hold us back from loving ourselves and protecting ourselves with healthy emotional boundaries. This alignment brings in the true definition of emotional boundaries from the Creator's perspective. It energetically strengthens your personal boundaries and brings in the energy of permission to put yourself and your own needs first.

Fear

Fear is a basic human emotion. In ancient times, fear served to preserve humankind. Fear allowed our ancestors to protect themselves from life-threatening situations. However, fear that does not serve to protect us can be extremely harmful to our emotional, mental and physical well-being. The energy of fear from other lifetimes and timelines can also enter our current lifetime and create energy blocks that hold us back from living fully and joyously.

This Alignment Will...

Release fear being held in the body, arising emotions, beliefs, and traumas, including those from other lifetimes or timelines. This Alignment also brings Creator's perspective on the "fight or flight" response so we are able to discern between real and imagined threats and choose an aligned, appropriate response.

Forgiveness

There are many who believe that forgiveness is something we do for another. They believe forgiveness is about letting someone "get away" with painful or harmful actions and behaviors. Nothing could be further from the truth. Forgiveness is a divine gift we give to ourselves. It sets us free from destructive experiences and people who may have hurt us either knowingly or unknowingly.

This Alignment Will...

Clear the anger, resentment, regret, guilt and shame that may be blocking us from the freeing, divine energy of forgiveness. This Alignment will allow you to truly forgive and to be forgiven on a deeply spiritual level.

Gaia

The Earth is our only home and as beings of this planet we are intricately connected to and influenced by her energy. The energy of Gaia or Mother Earth is the energy of infinite wisdom and abundance. She is strength, love, gentle power, stability and strength.

This Alignment Will...

Connect and ground you into the divinely comforting, immutable energy of Mother Earth, bringing in her unconditional love and support. This Alignment also connects you into the infinite wisdom, and abundance held in the Earth.

Giving Away Your Power and Activating Your Power

We give away our power for many different reasons, often without conscious awareness. This creates all sorts of complications and blocks in our energy system which then manifest as issues such as resentment toward others, guilt about owning our worth or claiming our desires, and feelings of resistance and deep discomfort around power itself. We start to feel power is bad and wrong which then causes us to continue giving away the true power that is our birthright.

This Alignment Will...

Resolve oaths, vows and contracts we have made to give away our power for any reason, unworthiness beliefs that are causing us to give our power away, and guilt and resentment related to all of this. It also brings in and activates our true power and the ability to be safe in our power, to own our power, and to use it in the highest and best way.

Grief and Sorrow Release

We carry so much grief and sorrow, not only from our own experiences in this lifetime, but from previous lifetimes, inherited in our DNA and taken on from The Collective. While it is important to acknowledge grief and sorrow, holding on to them consciously or unconsciously will create all sorts of energy blocks that become unfulfilled dreams and desires. On the physical level, grief and sorrow can show up as breathing or lung issues.

This Alignment Will...

Allow your grief and sorrow to come up to the surface to be recognized and released. If you have breathing or lung issues, this Alignment will bring through deep healing that may result in a complete resolution of the condition.

Guilt and Shame Release

Guilt and shame are among the lowest vibrating emotions that can create major blocks in our journey to spiritual expansion, freedom, abundance, love and happiness but we are not born with the knowledge or understanding of these emotions. Guilt and shame were inflicted upon us – often unknowingly - by those who were around us when we were growing up. This means we are unconsciously “taught” to feel guilt and shame for who we are or what we do.

This Alignment Will...

Release the guilt and shame you may be holding on to. This includes guilt and shame that you may have inherited via your DNA, taken on from your parents or other people or received from The Collective.

Heart/Brain

The heart contains a little “brain” of its own that is extremely powerful. This heart/brain contains over 40,000 neurons that can sense, feel, remember and even learn. This is one of the biggest reasons why our hearts play a critical role in decision making and relationships with others. We can “think” and feel with our hearts in ways that our brain and our rational mind simply cannot. This heart/brain allows us to reach and access information and consciousness that we cannot begin to imagine, which gives us a tremendous advantage in our work as healers.

This Alignment Will...

Activate and amplify the 40,000 neurons in the heart so we are deeply connected to and can easily tap into the heart/brain power that is available to us at any time. This Alignment helps us to easily BE in our heart, live from the heart, and connect with the heart when interacting with others, helping us make choices and decisions that are in alignment with our Soul Purpose and Soul Path.

Higher Self

Our connection to our Higher Self, our Divine/God Self, our Creator Self, is the most important connection we have, but many people feel challenges or blocked in feeling this connection. This can be because of religious programming, outdated oaths and vows, unworthiness beliefs, or guilt and shame.

This alignment will....

Clear these blocks (sometimes in layers, so listening multiple times and practice connecting to your Higher Self consistently may be beneficial) and strengthens your connection to your Higher Self and the embodiment of your own Divinity.

Inner Child Merging

We all have an Inner Child who is looking for that, which we did not receive as children. This could be nurturing, attention, unconditional love, encouragement, healthy boundaries and so on. We will never be able to truly enjoy and celebrate our life and accept who we are on a deeper level, when we do not acknowledge the needs of our Inner Child and give her the love and healing he or she desires and deserves.

This Alignment Will...

Go back to the time in your childhood when you did not receive the love, care, attention and nurturing that you needed and it will give you this and more. This Alignment will allow your Inner Child to finally feel safe to come back into who you are now, creating a beautiful merging with your adult self that leads to wholeness, inner strength, joy, self-love and empowerment.

Love Your Body Now

Almost every one of us has a complex relationship with our body – the amazing earthly vessels that are the containers for our souls. Sadly, many people never learn to love and treasure these

vessels because cultural or societal messages push forth an impossible ideal that causes hatred and disgust for the body they are born with.

This Alignment Will...

Clear out judgement, resentment, hatred and disgust you are holding for your body, releasing it from your subconscious as well as your cells, cellular memory and DNA. Will also align your vibration to unconditional love and gratitude for your amazing body.

Love Yourself Fully

We are born loving ourselves, but often do not stay in this state of blissful self-love. The world and our experiences in it create circumstances that cause us to question our worth. We end up judging and criticizing ourselves, holding ourselves up to impossible standards, and rejecting who we are. At the extreme end of this scale, we feel disdain and contempt for ourselves and do not recognize or give credit for any of our accomplishments.

This Alignment Will...

Clear hundreds of beliefs and feelings around unworthiness and self-rejection replacing this with unconditional love from Creator. It also releases embedded fears, guilt, and shame that block you from fully understanding and accepting that you are a being worthy of unconditional love from yourself and others.

Manifesting Abundance

So many of us who believe in the magic and miracle of manifesting our desires are held back by opposing beliefs hidden within our unconscious. Manifesting abundance becomes easy and fun when you release beliefs that block you from bringing your desires to life.

This Alignment Will...

Release, heal and clear hundreds of beliefs that are blocking the full manifestation of abundance in your life. It also aligns and embodies supportive, powerful new beliefs that will assist you to become a successful manifestor and co-creator of your life. You will find yourself open and able to receive and bring through your desires – including your biggest dreams.

Never Enough

Do you feel whole, complete and like you are enough, right here and right now? Most of us will answer this question with a resounding 'no.' We exist because we are divine perfection. We arise from the ultimate wisdom of the Creator of All That Is and being, feeling and living in the energy of "enough" is our birthright.

This Alignment Will...

Clear the beliefs around being "not enough" including not being smart enough, pretty enough, educated enough, wealthy enough, lovable enough – whatever "never enough" means to you. This Alignment also clears the shock and trauma from living in the energy of "never enough" throughout lifetimes and timelines as well as beliefs and trauma taken on from your Genetic heritage and The Collective.

Own Your Sparkle

You carry within you a distinct Inner Sparkle that you may not be conscious of at this time and that belongs only to you. This is the Inner Sparkle that encompasses the special gifts, skills, and talents that only you possess. Your Inner Sparkle is closely related to your purpose in life. Letting your Inner Sparkle shine and sharing it with the world will help you connect with your Soul Purpose and Path to bring through peace and satisfaction on a soul level.

This Alignment Will...

Align you with your Inner Sparkle. You will start to become increasingly aware of your unique gifts, skills, and talents, and feel deep appreciation for them as you find ways to joyfully share them with the world. This Alignment also illuminates the sacred symbol of the Fruit of Life in your Sacred Geometry which is essentially the sacred patterns that can also be found in All Things since the dawn of Creation.

Releasing Attachment to Others' Emotions and Expectations

We are constantly and consistently influenced, inspired, persuaded and motivated by other people's feelings, wants, desires and needs, whether we want to be or not. This can create a great deal of pain and struggle as we try to meet or exceed other people's expectations but seemingly "fall short." Empaths, healers and spirituals are especially susceptible as they often feel personally responsible for other people's happiness and outcomes.

This Alignment Will...

Bring in the understanding of healing between Creator and each individual, and the understanding that each person has their own path in which they have their own unique lessons to learn. This will also disconnect and dissolve the hooks and cords you have to holding responsibility for anyone else's emotions, expectations and outcomes.

Restore

We fall out of balance with ourselves on the mental, emotional and physical levels, all the time. This creates a deep, internal disconnect that can show up as irritability, mood swings, and feeling "off center." It also causes physical conditions and illnesses.

This Alignment Will...

Restore your body, emotions and mental state so they are fully functioning at the highest and best level. This alignment will bring in the blueprint for your optimal state from your Higher Self.

Rose Alignment

The delicate rose symbolizes beauty and tenderness. It is the flower of love, purity, and sweetness. Roses are extremely high vibrational and rose essential oil vibrates at 320Hz which is the highest energy vibration of all known oils.

This Alignment Will...

Immerse you in the beautiful, high vibrational energies of the rose. This Alignment will gently lift your spirits, bring you comfort and help you relieve depression, anger, grief, fear, nervous tension and stress.

Spiritual Detox

A physical detox releases toxins from the body. A spiritual detox does the same but on an energetic level. The truth is our days are full of experiences and interactions with people that are not in service or support of our highest purpose. These experiences leave behind negative “spiritual debris”. This can even happen during a healing session or experience where some of the trauma or pain that rises up to be cleared remains “stuck” on an energetic level.

This Alignment Will...

Clear and cleanse your Energy Field from negative spiritual debris - the emotions, energies and beliefs that are sometimes left behind after a healing, from being in crowded spaces or connecting with people who do not have our best interests at heart. This Alignment will bring you back to a state of purity and clean, clear energy, which will manifest on an emotional level as feeling calm, connected and centered. Special Note: This is a great Alignment to run after doing any type of entity work

Trauma Disconnect

When we experience or observe a traumatic event, our entire being is immersed in the energy of it. Trauma is a sharp, shocking energy that can penetrate many layers of our being. This is why trauma can remain in our energy even lifetimes after the traumatic incident happened.

This Alignment Will...

Clear trauma being held in the cells, the cellular memory, chakras, DNA, nervous system, energy body, emotional body, physical body and on a soul level. It will replace trauma with Creator’s infinite healing and unconditional love.

Tension

We are often unaware of the harmful tension and tightness we hold in our bodies and so we ignore mild pains or aches until they become far more serious. Tension isn’t always caused by physical stress. It can also arise from emotional pain and trauma.

This Alignment Will...

Clear tension held in your body, including the beliefs, emotions, trauma and experiences that are behind the tension. It brings in the ability to relax, as well as the energy of true peace.

Virus

Viruses are living beings, entities that hold their own beliefs. The velcro that viruses often attach to is unworthiness feelings and beliefs.

This Alignment Will...

Release the viruses your body is holding onto, including the emotions, beliefs and patterns that are acting as the velcro to attract and allow the virus to attach. This will clear from the virus as well as you.

White Seamless Suit

Healers are highly sensitive, and often empathic, souls. They pick up negative energies such as emotional stress, pain, heartache, anger and difficult experiences from others, taking them on as their own. This is energetically draining and can cause fear and resistance to living and

working as a healer. An energetic “White Seamless Suit” provides the ultimate protection from negative energies so we can feel safe, centered and calm at all times.

This Alignment Will...

Generate an energetic White Seamless Suit around your physical, mental, emotional and spiritual bodies. If you are in a location or situation where several layers of this suit are needed (e.g. if you happen to be in a crowd or are working with many deeply traumatized people) you will automatically receive as many layers as you need it when invoking this Alignment. It is recommended that you run this Alignment at least once everyday.

Wisdom of the Trees

Mother Earth expresses her knowledge and ancient wisdom throughout nature. It can be found in every grain of sand and every blade of grass when we know how to listen. The trees all around us are virtually buzzing with this wisdom. I received this Alignment while I was surrounded by the massive, ancient trees in the beautiful Grove of the Patriarchs in Rainier National Forest.

This Alignment Will...

Bring you the ancient knowledge and wisdom from trees that have been living here on earth for thousands and thousands of years. You will easily connect with this ancient wisdom, which will also bring you great clarity and the kind of deep peace that you can find in the quiet stillness of a beautiful forest at dawn.