



The Return:
A self Facilitation Journey with
Divine Guidance Energy Alignment™

Welcome to the Divine Guidance Energy Alignment™ Self Facilitation Course

Welcome, beautiful soul! ✨

I'm so thrilled you're here and ready to step into the powerful, transformative journey of Divine Guidance Energy Alignment™.

This workbook is for **personal use only**.

If you feel called to facilitate this work for others in the future, you'll be able to upgrade to the full **Facilitator Training Course** - a deeper dive into guiding others through this sacred work. For now, this is about you - your growth, your reconnection, your expansion.

Divine Guidance Energy Alignment isn't just a modality - it's a **way of being**. It's a journey home to yourself. Everything within this course has been **channelled through to me by my guides**: lessons, techniques, and higher perspectives that I have personally lived, tested, and experienced. I am my own case study. What I now share with you, I have walked through myself.

You'll remember who you truly are.

You'll reconnect to your innate spiritual wisdom, because spiritual connection isn't reserved for the "gifted" or "chosen." It's your natural birthright.

As you move through this journey, you'll begin to trust your inner guidance more deeply, awaken your inner power, and navigate life's challenges and lessons with **greater grace, ease, and clarity**. You'll learn about the contracts and agreements your soul made before coming to Earth, and how to work in harmony with your **body, mind, and spiritual energy**.

You'll fear less, face more, and continue to **rise, realign, and expand**.

This is about recognising your divine connection, learning how to access it, and allowing that connection to lead the way.

You'll be supported every step of the way with tools, techniques, and powerful perspectives that can shift everything.

Let's begin this journey together - with trust, intention, and an open heart.

You're exactly where you need to be.

**With love,
Dawn Stacey Wedge xxx**

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- You take full responsibility for your use of the practices and teachings and agree to proceed at your own discretion.

This work is a result of lived experience, divine guidance, and channelled wisdom, and is offered with deep intention and integrity. It is designed to support your personal transformation and reconnection to your own divine guidance and inner power.

Thank you for honouring the energy, wisdom, and boundaries of this sacred work.

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How to Use This Workbook

Welcome to your *Divine Guidance Energy Alignment™*
Self-Facilitation Workbook.

Your sacred companion as you journey through the course.

This workbook is designed to guide you through each video module in the
exact order they appear on the training platform,
helping you integrate the teachings at a deeper, & embodied level.

Here's what you'll find inside:

✨ **Step-by-step guidance** through the full self-facilitation process
Each stage of the Divine Guidance Energy Alignment™ journey is broken down clearly,
so you can follow along with ease and confidence.

✨ **Audio / Video Recordings**

You'll find beautifully channelled video meditations available on the platform. These are
to be used throughout your self-facilitation journey to support connection, alignment,
and embodiment.

✨ **Checklists**

To help you stay on track and keep things simple, you'll find checklists throughout the
workbook to keep your energy clear, your practice grounded, and your progress flowing.

✨ **Technique breakdowns**

You'll be introduced to powerful tools and techniques that you can use when guided.
Clear explanations and real-life examples are included so you can recognise when and
how to use them in your daily life.

✨ **Activities to embody key lessons**

You'll find gentle but powerful embodiment activities throughout to help you integrate
the lessons, not just understand them. This is about transformation - not information.

✨ **Journal prompts**

At the back of the workbook, you'll find a selection of reflection prompts to deepen
your awareness and support your integration as you go.

✨ **Powerful conscious commands**

Also included is a collection of categorised conscious commands - spoken intentions
you can use to activate quantum alignment and co-create with the Universe.

✨ **Space for your insights**

Each module includes space for notes, reflections, and insights. There's also extra space
at the back of the workbook for any downloads, ideas or guidance that may come
through.

This is your sacred space.

Use it intuitively, and let it evolve with you.

The more you give to this journey, the more it will give back.

Let it be simple.

Let it be powerful.

You are guided every step of the way. ✨

Your Mission & Purpose:

The Ultimate Divine Plan

Before your soul chose to incarnate here on Earth, it made sacred agreements, contracts guided by Source, with the highest intention for your evolution. Your path, your lessons, your experiences were chosen to help you grow, ascend, and remember the light of who you truly are.

Your original frequency upon arrival?

Joy. Abundance. Ease.

This is your natural state.

This is your divine birthright.

But as we journey through life, conditioning and programming begin to cloud that inner truth. We're told stories, we witness pain, we absorb fear, regret, and doubt - dense energies that begin to obscure our original light. **But here's the truth:**

You did not come here to suffer. You are not being punished.

Your mission is simply this:

✨ **Remember who you are and become who you are meant to be.** ✨

**A divinely guided, deeply connected, powerful being of light -
always supported, always loved.**

The Source-led Ultimate Divine Plan doesn't simply "happen." It requires alignment. To embody your highest path, you must first embrace the journey - the lessons, the discomfort, the growth. Nothing is happening to you; everything is happening for you.

Through this process, you awaken your free will, your sacred power to choose again, to shift timelines, to change your reality. Yes, change can feel uncomfortable. But on the other side of that discomfort lies the magic.

Divine Guidance Energy Alignment™ is your tool, your compass, your invitation to rise.

It supports you in embodying a higher state of being, one of trust, surrender, clarity, and courage. It helps you become honest with yourself, make aligned decisions with certainty, and move through life with grace and speed.

You'll learn to see the Universe as a mirror, reflecting your inner state back to you. When you choose you, the Universe chooses you too.

There's no right or wrong - only experience, expansion, and evolution.

Let go of what no longer serves.

Reclaim your joy.

Speak your truth with intention.

As Florence Scovel Shinn taught: the power of the spoken word creates worlds. Through conscious commands, you begin to co-create with the Universe, activating a quantum response that aligns with your highest timeline.

You become the energetic match for your desires.

You shift.

You elevate.

You remember.

And in doing so, you ripple that energy outward -
positively impacting the world around you.

Welcome to the Divine Plan.

It begins with you. 🌟

Divine Guidance Energy Alignment™ - Overview

Introduction to the Process:

This section gives you a complete overview of the **Divine Guidance Energy Alignment™ process** - what it is, how it works, and why it's so powerful. You'll begin to understand the deeper mechanics of how we connect to divine guidance, realign our energy, and access our highest timelines.

As you move through this journey, remember **you are not just learning a modality, you are becoming the embodiment of it**. You are awakening your inner wisdom, reclaiming your personal power, and remembering who you truly are.

Important Note:

In the upcoming section titled **“How to Self-Facilitate,”** you will find a clear, step-by-step guide to creating and navigating your own full self-facilitation sessions.

This includes:

- **A complete breakdown** of each step in the process
- A list of the **tools, techniques, and scripts** you'll be guided to use
- Practical guidance as I walk you through your own first self-facilitation
- Integration of the **6 Pillars of Divine Guidance Energy Alignment** and how to use them as your **intention or desired outcome**

You'll be able to follow along with the recordings and use the checklists and journaling prompts to deepen your experience.

This section is your foundation - the detailed steps will follow soon.

For now, take your time to absorb the bigger picture, trust the process, and remember that your higher self already knows the way.

Welcome to the heart of this powerful modality.

Through this journey, you'll learn how to self-facilitate **Divine Guidance Energy Alignment™** and begin working in partnership with your higher self, your guides, and the quantum field - to embody your truth, shift your energy, and align with the life you came here to live.

So, what is this work?

Divine Guidance Energy Alignment™ is not just a modality - it's a way of being. It blends **spiritual law, energetic mastery, and intuitive connection** to guide you into deep alignment with your soul's desires and highest timeline.

Let's begin with the **Law of Attraction**.

Yes, it's real.

But “ask, believe, receive” is only part of the picture.

To manifest your desires, you must also take **inspired action** - with trust and certainty. Through this work, you'll learn how to receive that inspiration from your **higher self** and **divine team** - and most importantly, how to recognise it and act on it, even when it doesn't make logical sense. Because *nothing changes if you don't choose differently*.

A vital part of this process is the Law of Vibration.

We blend Law Of Attraction (LOA) with Law of Vibration (LOV) to raise your frequency and bring your energy into resonance with your **highest timeline**. When your vibration matches your desires, manifestation becomes inevitable.

This modality guides you to:

- **Set clear intentions** (not “wants”- which come from lack, but empowered declarations of what you are ready to receive)
- Create **conscious commands**—words spoken with certainty and alignment to activate quantum change
- **Embody** the new frequency daily through movement, music, and intention
- Reprogram your **subconscious, body, and energy field**

Then, we address your lower self -

The subconscious, inner child, fear-based aspects that resist change. Even if your current reality is painful, your lower self may cling to it because it feels familiar, and familiarity = safety.

Using a **channelled script**, you'll lovingly bring your lower self to safety. Not by forcing change, but by **reuniting it with your higher self** - a meeting halfway between where you are now and where you're meant to be.

🎧 **You can even record this process in your own voice** 🎧
to deepen the integration.

Next, we **open the heart**. This channelled technique connects you to the seat of your spiritual guidance.

Your **heart** is the gateway - home to your higher self, inner wisdom, and the divine.

When your heart is open, your **energy becomes magnetic**, radiating outwards and inviting your desires inward.

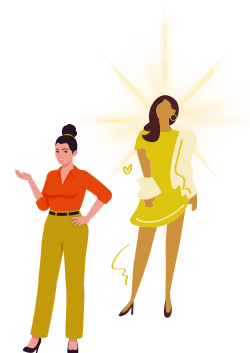
Then we anchor in **joy** - a frequency aligned with love and the higher self. You'll be guided to visit a moment of joy and fully embody it, raising your vibration and anchoring yourself into the frequency of receiving.

You'll learn to connect with your **higher self** not for proof or validation, but for presence. If you don't see, hear, or feel anything at first, that's okay.

Trust that your higher self is always with you.

Always has been.

Always will be.



We then move into awareness:

- What's blocking your desired outcome?
- What intrusive thoughts are at play?

We don't suppress - we bring awareness, because knowing ourselves allows us to choose again.

You'll work with a powerful script to acknowledge emotional energy with gratitude and choose to release it.

This isn't about bypassing; it's about being willing to **feel, process, heal, and let go** - all with the intention of reclaiming your power.

And once you've moved through the 'Safe to Feel' process...

✨ **You're ready to visit your highest timeline.**



You've cleared the path.

You've aligned the energy.

You've called yourself home.

Let the magic unfold.

Visiting Your Highest Timeline

Now that you've cleared resistance, connected with your higher self, and opened your heart...

You're ready to **visit your highest timeline** - the dimension where your desired outcome already exists.

✧ **What is a Timeline?**

Time is not linear.

All versions of you - past, present, and future - exist **simultaneously**, across different dimensions of reality.

Your **highest timeline** is the version of your life where everything is aligned with your soul's truest desires and purpose.

You're not "imagining" this.

You're accessing a reality that already exists in the quantum field.

In this part of the process, you'll be guided to experience the energy of your highest future timeline.

This can happen in many different ways:

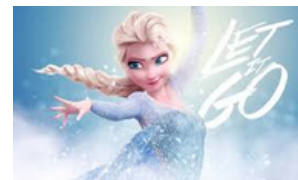
- You might see yourself or your future self
- You may simply become your future self
- You might feel how it feels to have your desires fulfilled
- You may just know or sense what has shifted

There is no right or wrong way to experience this.

Let go of expectations.

Allow it to unfold.

Be curious. Be present. Be open.



If you can see, explore in detail:

- Where are you?
- What are you doing?
- Who are you with?
- What are you wearing?
- How are others responding to you?

Let your senses guide you. Let your body respond. Your **higher self and guides often speak through symbols, metaphors, and feelings**, so tune in with gentle awareness. You don't need to overanalyse. You just need to be open.

“What you think is “guesswork” is often divine guidance without pressure.”

According to the Original Thought Theory, we don't create thoughts from nothing - they're drawn from collective consciousness and programming.

So that “guess”? It may be the most honest piece of guidance you receive.

Let it land. Let it be real.

Now, scan your body, mind, and energy.

Do you feel any resistance?

Resistance is not wrong, it's just information.

Ask your higher self to help you release it, or show you what you need to know or learn first.



**When there is no resistance, you are fully aligned.
This is the moment to claim your timeline.**

Breathe in the energy, the frequency of it now.



✦ Embody it.

✦ Anchor it.

✦ Choose it.

You're not waiting for your future to arrive -

You are becoming it now.

✧ **The Golden Pillar of Light – Ki'Antayo** ✧
A Divine Transmission from Source

The **Golden Pillar of Light - Ki'Antayo** is a sacred, high-frequency energy gifted to me directly from Source and the highest realms of divine consciousness.

This is my signature frequency, a radiant transmission that not only anchors me in divine alignment but also serves as a bridge for others to access their own unique divine frequency.

This energy is both activating and deeply supportive. It clears, cleanses, and brings in everything required to align with your highest timeline, here and now.

Included in this section is:

- A channelled meditation script.
- A recorded audio transmission.
- Guidance for recording the script in your own voice, amplifying your personal resonance and connection to the practice.

This frequency facilitates:

- Deep energetic clearing across all timelines and dimensions
- Quantum-level activations, upgrades, and integration
- Dissolving of resistance, limitations, and energetic blocks
- Calming of the mind to allow for surrender and trust
- Alignment with your highest timeline in the fastest, most graceful way.

The **Golden Pillar of Light** grounds you in this present moment while energetically pulling your highest potential timeline into your now reality.

It is deeply **healing, empowering, and anchoring.**

✧ This sacred energy was divinely entrusted to me. It cannot be stolen, replicated, or misused. Its full potency can only be accessed through aligned, divinely guided sharing. ✧

This energy is offered here for personal use only.

It is not to be copied, distributed, or taught without written consent. The frequency will not activate with the same power if taken without permission - it is **spirit-protected and guided by divine law.**

Allow yourself to receive it fully.

Feel it.

Trust it.

Let it become a part of you.

You are safe. You are ready.

You are held in light.

✧ Timeline Clearing & Higher Self Revelation ✧

Releasing Hidden Limitations Across Time

At this point in your self-facilitation process, you are deeply aligned with your **Higher Self** and fully anchored in your heart. You've connected to your **desired outcome** and the **frequency of your highest timeline**.

Now, we invite your Higher Self to reveal any **dominant timelines** - past, past life, or future - that may still be holding **resistance, limitation, fear, or imbalance**. These may be subtle or significant, but each one carries a message for your growth, awareness, and liberation.

Ask your Higher Self:

“Are there any timelines that hold further limitations I need to be aware of now, so that I may witness, heal, and release them for my highest good?”

When you ask, one of three things will typically unfold:

1. You remain where you are - feeling completely aligned and free of resistance. There is nothing more to clear at this time.
2. You are taken to a higher dimensional space or healing realm - where your Higher Self and Divine Team will perform energetic healing, activations, or integrations. Allow it. Trust the process.
3. You are guided to a memory - from this life, a past life, or even a future timeline - that holds an imprint of limitation, fear, or emotional weight. This is a sacred opportunity to witness it without judgment, gain a higher perspective, and release what no longer serves.

Whatever arises, **allow it to unfold naturally**. Trust that you are safe, supported, and being shown only what is ready to be healed. You are not alone - **I will guide you through the next steps as we go deeper into the self-facilitation process**.

Everything shown to you is for your empowerment and freedom.

You are not being tested - you are being transformed. ✨



✧ Conscious Quantum Commands ✧

Direct Co-Creation with the Quantum Field

Conscious Commands, also known as **Quantum Commands**, are **clear, direct instructions to the quantum field**, spoken from a place of deep **alignment, conviction, and certainty**. These are not simple affirmations or surface-level desires - **they are energetic declarations, grounded in trust and embodied truth**.

When spoken with alignment, these commands become powerful activators, sending a ripple through the quantum field that begins **orchestrating the people, pathways, opportunities, and energy** needed to bring your desired reality into form.

These commands are:

- **Co-creative invitations** to the universe, giving permission for your highest outcomes to manifest
- **Spoken beliefs** - consciously chosen, energetically matched, and rooted in the present moment
- **Statements** that align you with the frequency of your highest timeline, forming your new natural state of being

When Do We Use Them?

- **At the beginning** of each self-facilitation session, you will set your intention and create your personal conscious commands.
- **You may also receive** additional commands from your higher self or lower self during the process - trust what comes through.
- **There is no limit.** Use as many or as few as you feel guided to - each command is a gift.

After receiving the Golden Pillar of Light (Ki'Antayo) and completing the timeline/alignment work, you'll call forward:

- Your Higher Self
- Your Lower Self
- All that is (the divine field)



Then, with presence and power, **you speak your commands aloud - just once.** There is no need for repetition. The Higher Self immediately seals them into your field, anchoring them into your being and activating their frequency in your now reality.

They are now you.

You are now them.

After the Session: Embodiment & Integration

The work continues **after the session.** To **integrate and embody** your new state:

- Use **music and movement** to lock in the frequency. This energises your body and field to fully align with the new commands.
- Make **conscious choices** and take aligned actions that reflect your new reality - **become it now.**

These commands are your soul's declarations. When spoken with truth and trust, the universe moves.

You are no longer just asking - you are becoming.

✨ Note:

For inspiration and support in crafting your **Conscious Commands**, you'll find a powerful list of **examples** at the **back of this workbook**, organised into different **energetic categories** - such as self-worth, abundance, health, purpose, relationships, alignment, and more.

These are not to be copied blindly, but used as a **starting point** to ignite your own clarity and connection. The most powerful commands come from within - when you speak them, speak with **certainty, trust, and alignment.**

You'll know what's true for you.

Your words are spells. Choose them with love. ✨

✧ Soul Contracts & Timeline Collapse ✧

When Frequencies Shift, Contracts Conclude

As we journey deeper into alignment, it's important to understand the energetic nature of **soul contracts** - agreements made at the soul level before incarnating.

These contracts are designed to support your growth, expansion, and remembrance of who you truly are.

But here's the divine truth you've been guided to remember:

When the frequency from which a soul contract was created no longer exists in your field - the contract collapses

This means:

- When you shift out of old vibrations like fear, guilt, shame, unworthiness, or abandonment...
- When you reclaim your sovereignty and embody a higher state of being...
- When you fully integrate the lesson or the purpose behind the contract...

✧ **The contract becomes complete.**

✧ **Timelines connected to it dissolve.**

✧ **What once felt binding or cyclical - ends.**

These contracts were never meant to be lifelong burdens. They were doorways to deeper remembering.

So if you feel something “clearing” without needing to rehash the pain... if a connection or pattern feels like it simply fades or releases...

trust it.

You're not bypassing - you're **transcending**.

What's no longer energetically aligned cannot hold you

This is the quantum power of Divine Guidance Energy Alignment:

You shift your frequency, and **everything that no longer matches falls away** - effortlessly.

This is why we don't always need to visit a dominant timeline. We don't need to 'know' everything, or re-hash pain and trauma.

If the emotional charge or energetic weight of a timeline has been cleared, integrated, or collapsed through prior healing, inner shifts, or perspective upgrades, there's simply nothing left to witness. Your soul has already integrated the lesson, so there's no need to descend into it again just to 'check.'

My guides:

“You don't need to know everything!” – a sacred reminder that knowing isn't always healing – and not knowing doesn't mean you're blocked!

If no dominant timeline arises, it's not wrong. It's often a pure energy shift without a narrative attached.

This work is sacred, not because it's intense, but because it's intelligent.



The Ascension Circle Analogy

This is how my guides shared the truth about our human experience. They showed me an infinite stack of glowing circles, each one layered above the other - stretching higher and higher without end. These circles represent levels of awareness, consciousness, and self-realisation.

Although my guides showed this as a circle, I know it is truly a spiral- an ever-expanding journey upward. I call it the Ascension Circle because it reflects how each phase feels complete, yet leads into the next.

At any point, we can choose to "level up" and embark on a journey of remembering, rediscovery, and self-actualisation. Every circle is a phase in our soul's evolution.

Each circle is divided by a horizontal line:

- **The lower half is Growth.**
- **The upper half is Power.**

The Growth Phase:

In the lower half of the circle, we enter growth. This is where we feel the heavy emotions, experience challenges, and face the aspects of ourselves we may have suppressed. Here we:

- **Acknowledge** uncomfortable emotions.
- **Overcome** challenges.
- **Face** fears.
- **Release** blocks and limitations.

It can feel uncomfortable, or like things are falling apart. But it's necessary. This is where our deepest transformation begins. Growth is not punishment - it's preparation.

The Power Phase:

When we move through growth, we rise into the upper half of the circle - Power.

This is the space of alignment, expansion, and rapid manifestation. Here, you have:

- **Faced** your fears.
- **Learned** your lessons.
- **Gained** higher perspectives.
- **Released** dense, stagnant emotions.

You feel clearer, lighter, and more in tune with your divine guidance. In this space:

- You begin to live your highest timeline.
- Manifestation accelerates.
- You become magnetic.
- Your offers, gifts, and presence have impact and ease.
- You feel powerful, certain, and unstoppable.

This is the journey of **self-actualisation** - to truly know *thyself*. To vibrate at the frequency of your desires. To trust, believe, and align with your truth.

And then... the next level begins.

Once you stabilise in Power, you're called up to a new circle. And guess what? You're back in Growth again—but at a higher level. It can feel like:

- "This isn't working!"
- "Everything's falling apart again!"

But this is the ascension spiral.

Not a setback, but an upgrade.

Everything is happening for you.

Every loop, every challenge, every rising is an invitation:

To choose differently. To align more deeply. To trust more fully.

This is the human experience.

And this is how we ascend- one circle at a time.

And this is why Divine Guidance Energy Alignment™ (DGEA) exists.

It provides the tools, techniques, and guidance to realign with your highest self and keep moving forward - no matter what phase you're in. Whether you're navigating deep growth or stepping into your power, DGEA helps you clear the fog, remember your truth, and rise again and again.

Inner State of Being -

The Key to Energetic Transformation

Core Teaching:

Your outer world is a direct reflection of your inner state. When you upgrade your inner world, your external reality shifts to match - often in ways that are quicker, more graceful, and more magical than you expect.

The Six Pillars Framework: Fertile Soil for Manifestation

Before we focus on manifesting specific outcomes, it's vital to prepare the energetic ground. Just like seeds need nutrient-rich soil to grow, your desires need a high-vibrational inner state to take root and flourish. This is where the Six Pillars come in.

These six inner states support emotional healing, self-trust, and vibrational alignment. Each pillar is more than a concept — it's a **lived frequency** that brings surprising and aligned results the moment you commit to working with it.

The Six Pillars

Session 1:

- **Trust** – "I am safe to surrender. I trust the unseen is unfolding for me now."
- **Acceptance** – "I accept myself and my path fully. Nothing is wrong. Everything belongs."

Session 2:

- **Love** – "I radiate unconditional love and compassion from within. I am held, loved, and whole."
- **Belonging** – "I belong here. I am wanted, needed, and supported in all that I do."

Session 3:

- **Patience** – "I trust the timing. I am at peace with where I am and all that is becoming."
- **Gratitude** – "I see the beauty in all things. I overflow with gratitude for what is and what's to come."

These pillars are not steps to tick off. They are frequencies to **embody**, align with, and return to again and again.

☀️ Lived Example: From Pillars to Reality ☀️

I had been working deeply with the **Love and Belonging pillars** - opening to support, softening around self-worth, and releasing the belief that I had to carry everything alone.

When I went to pick George up from school, the word 'bittersweet' popped into my head, and a knowing feeling that George's teacher wanted to talk to me.

Sure enough, his teacher approached me and said, *"I have something to tell you."*

I softly replied, *"You're leaving?"* and she nodded.

Though I felt a pang of sadness, the word bittersweet returned - this time with a knowing it was all divinely guided.

She shared that it was a promotion: more money, closer to home, fewer hours. I congratulated her, asked with genuine interest, and then - completely unexpectedly - she offered to look after George in the holidays **for free**, just out of love.

I accepted her offer, but only with fair energetic exchange - and now she supports us both. George is happy, she's fulfilled, and we've become dear friends.

I never specifically asked for this - but I had asked for loving, stable support for George in a way that aligned with our highest good.

This is the power of upgrading your inner state - your outer world naturally rises to meet it.

Remember:

Reality has no choice but to reflect the frequency you embody.
The shift within you creates the shift around you.

When you tend to your **inner garden** through the Six Pillars, your outer world will bloom -with less effort, more grace, and in greater alignment than anything you could have planned.

Embodiment Practice: Desired Outcome Prompts

Use these prompts to activate your own inner alignment. Write or speak them aloud, then tune into your visual and sensory field. What images arise? What does it feel like in your body?

- I am peaceful and trust the unseen is unfolding for me now.
- I attract aligned clients with ease and overflow with value.
- I feel safe, loved, and supported in all I do.
- My work is known, respected, and growing steadily.
- I am honoured to witness transformation in others.
- I feel free, empowered, and deeply connected to my purpose.
- I manifest with grace - more than enough, always.
- I follow divine timing and trust what's coming is greater than I imagined.

Encourage your body to feel it.

Let the vision grow.

Add visual and sensory details:

“I see myself smiling as the email pings in - another new client.

I feel calm, empowered.

The room is light and airy.

I light a candle and begin the session, knowing I am making a difference.”

Let your inner world lead. When your energy holds the frequency, your reality aligns with it - like a tuning fork calling everything into resonance.

Journal Reflection Spread

Integrate & Embody the Six Pillars

Part 1: Grounding into the Pillars

1. Which of the Six Pillars am I most called to embody right now? Why?
2. **What** recent situation tested this pillar? How did I respond?
3. How can I align more fully with this inner frequency today?

Part 2: Create the Vision

1. What is my current desired outcome or soul-guided intention?
2. What inner state would naturally support this outcome?
3. Write your outcome as though it is already true. Use visual, emotional, and sensory details to bring it to life.

Example: *“I walk through the doors of my dream retreat space, sunlight streaming in. My heart is full. I feel safe, powerful, supported. My clients are arriving — excited, open, ready. I know I’m meant to be here.”*

Part 3: Integration

1. What signs, synchronicities, or messages have I received as confirmation?
2. How will I commit to embodying this inner state today?
3. What does 'fertile soil' look and feel like in my life right now?

Use this space regularly. Return to it when things feel stuck, unclear, or ready to bloom.

This is your sacred soil - tend to it with presence, and let life meet you in miraculous ways.

Journaling Space

Journaling Space

Journaling Space

The Power of Three:

Aligning Your Whole Self

To truly shift your reality, you must bring your whole self on the journey - not just your conscious desires or spiritual aspirations, but also the tender, fearful parts of you that long for safety and belonging.

This is the Power of Three:

Bringing your Lower Self, Present Self, and Higher Self into union.

Lower Self

This part of you holds the fears, doubts, trauma, and emotional imprints of your past. It includes the inner child, the protective patterns, and the subconscious beliefs that were formed to keep you safe. The Lower Self is not 'less than' - it is loyal, devoted, and doing its very best to protect you from perceived danger.

It resists change not because it's wrong, but because it associates the unknown with threat.

Even if your current life feels limiting or painful, your Lower Self may cling to it because it's familiar. This is why transformation can feel like death to this part of you - it senses identity loss and will hold on tightly to what it knows.

Your job is to **build trust** with your Lower Self.

Let it be seen, felt, validated - not shamed or bypassed.

It needs your love, your presence, your consistency.

Your Lower Self is not the problem - it is part of the path.

Present Self

This is the version of you who is aware, awakening, and taking conscious steps forward. You're exploring new choices, cultivating awareness, and learning to respond rather than react.

The Present Self is the **bridge between** the fear of the Lower Self and the vision of the Higher Self. Learning to lead with love - while still holding the hand of the frightened inner child.

Higher Self

Your Higher Self is the most expanded, wise, and loving version of you - eternally connected to Source, your guides, the divine plan, and the highest good of all. It sees the whole map, not just the next step.

It speaks through inner knowing's, inspiration, intuition, synchronicities, and resonance. Her messages often feel calm, clear, and affirming - and they are always rooted in **love, trust, and possibility**.

Though it is beyond the veil, your connection to her lives in the heart space — the gateway between human and soul, body and spirit.

Why This Union Matters

When these three aspects of you are moving in different directions, transformation becomes harder.

- Your Higher Self might be showing you the vision,
- Your Present Self might be taking the steps,
- But if your Lower Self is scared and resisting, you'll feel pulled back into old patterns.

You might doubt, procrastinate, or self-sabotage - not because you're broken, but because a part of you feels unsafe.

That's why we bring all three into union.

Energetic Alignment: The Power of Unity

I call this union the **Holy Trinity** or **Power of Three**. It is one of the most powerful energetic alignments available - because when all parts of you are moving in the same direction, there is less resistance... sometimes **no resistance at all**.

This is when life flows.

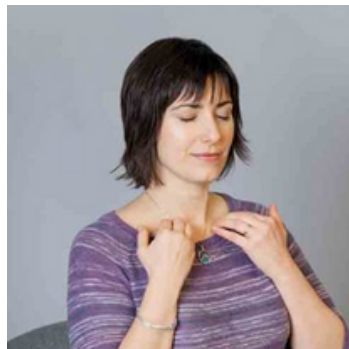
This is when miracles come.

This is when manifestation speeds up.

Energetic Alignment: The Power of Unity continued

How to Use This

The technique I teach begins with bringing the Lower Self to safety. One simple but profound tool is the collarbone tapping point - a direct energetic line to send compassion to the heart space where the Lower Self resides.

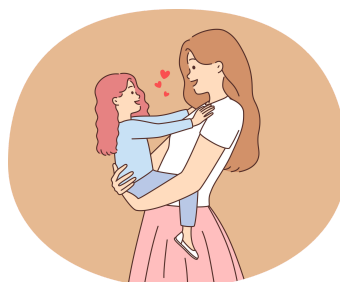


As you tap gently on this point, speak to it with love. Let it know it is safe, supported, and not alone. Invite it to trust the Present Self and Higher Self as you move forward together.

“I know this is unfamiliar. I know you’re scared. But I promise I won’t leave you behind. You are safe. I love you. We’re doing this together.”

There is a ‘Lower Self to Safety’ script that I recommend you use during self-facilitation. Above is a short example of how you can speak to your lower self ‘in the moment.’

When the Lower Self feels held, it relaxes. And when it relaxes, it lets go - allowing transformation to unfold.



Spiritual Hygiene

Staying a Clear and Sovereign Channel of Light

When we open our channel to connect with **Spirit Guides**, our **Higher Self**, and benevolent **light beings**, we are expanding our energy field into all-that-is. This is beautiful and sacred - yet it's important to remember:

Not everything that exists in the unseen is of the light.

This is not something to fear. Polarity - the coexistence of light and dark - is simply part of the universal design. Every frequency has its opposite. Knowing this allows you to be **discerning**, **sovereign**, and **clear** in your energetic work.

Why Spiritual Hygiene Matters

Think of yourself as a **filter**. If you don't clean the filter, it becomes clogged, and your energy field can get muddled or distorted.

When your field is clear, you are a bright, open, and stable channel for light.

When it's cluttered, you may experience interference, false light, attachments, or energetic drain.

Spiritual hygiene is how we:

- **Maintain** energetic clarity
- **Strengthen** discernment
- **Stay** sovereign - free from unwanted influence or interference
- **Remain** connected to our highest guidance without distortion

Declaration of Sovereignty

One of the most important tools in spiritual hygiene is claiming your sovereignty. This is an energetic statement of who you are, what you align with, and what you do not consent to.

Your sovereignty is your divine right.

“I am the light. I connect only with the light.

I do not consent to any dark energy, entity, or attachment.

My field is clear.

I am a divine channel of light.”

When declared with full intention, this is like closing every open back door to your energy field.

Understanding Non-Light Energies

Dark or non-light energies are often **source-less** - not connected to the infinite creative source of love. They often feed on heavy, dense emotional energy such as fear, anger, or despair.

They may show up as:

- **Lost souls** attracted to your light
- **Thought-forms** from the collective consciousness (what we think becomes form in the quantum field)
- **Energetic projections** from others (jealousy, resentment, ill will)

If you encounter these energies:

- **Stand in** your power
- **Send** them love and light
- **Remember:** the light **always** shines brighter
- **Know** there is nothing to fear - they hold no power over a sovereign being

The Empath's Challenge



As empaths and sensitives, we feel what others feel.

This is a gift - but without awareness and boundaries, it can be draining.

We can unconsciously take on:

- The emotions of others in 3D (family, colleagues, strangers)
- Residual energy from public spaces
- Collective emotional fields of fear, anger, or scarcity

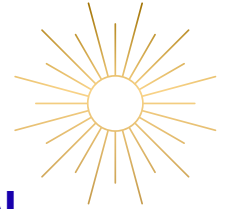
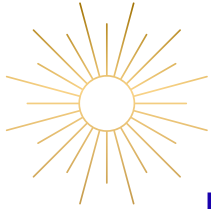
When this happens, you may feel low, irritable, or anxious - without realising it's not yours.

Protection is Not Separation - It's Sovereignty

Energetic protection is not about hiding from the world or shutting down your light. It's about:

- **Choosing** what you allow into your field
- **Becoming** aware of what's not yours
- **Returning** to balance quickly when you are affected

Protection means the impact of heavy or discordant energies becomes minimal or non-existent.



Morning Ritual

Becoming a Clear and Open Channel

First thing in the morning, take a few minutes to align your field:

- **Ground** — Feel your feet on the earth, breathe deeply, and connect to your body.
- **Open Your Heart** - Place your hand on your chest, feel the warmth, and visualise your heart as a radiant sun.
- **Set Your Intention** -
“I do not consent to any dark energy, entity, or attachment. My field is clear. I am the light. I declare my sovereignty now. I am a divine channel of light.”
- **Visualise a Bubble of Light** - See it emanating from your heart or breath, surrounding you in protection and love.
- **Step Into Your Safe Space** - In your mind’s eye, go to a place where you feel safe, strong, and supported.

Throughout the Day — Discernment Questions

When you feel heavy or “off”:

Is this mine?

Is this someone else’s?

Is this the collective?

If it’s not yours - release it.

With intention say **“I acknowledge this is not mine to carry, and I send it to the light to be transmuted back into light, always with love.”**



Evening Ritual

Call Back Your Power



**As you prepare for sleep, place your hand on your heart,
and breathe slowly.**



Say:

**“I give back what is not mine to carry, to be transmuted back into
light.”**

Call your energy back:

**“I call back my power from every timeline, dimension, and corner of the
universe. I am sovereign.”**

Ask for protection and healing while you sleep.

Remember:

Grounding creates safety, steadiness, and calm in both body and mind.
A chaotic mind equals chaotic energy - grounding restores order.

Bringing your Lower Self to safety is one of the most effective ways to
dissolve fear and stabilise your vibration.

Awareness is your greatest power.

Protection keeps your field clear.

Sovereignty keeps your channel pure.

Your Connection

**We are all connected to All That Is -
Source, the Divine, infinite love and wisdom.**

It's easy to compare ourselves to others and think:
"I can't do what they do... I'm not as connected... I'm not as gifted."

**The truth is: we are all connected.
Each of us is simply standing at different points along our ascension journey.**

Ascension Levels - Infinite Pathways of Light

- Ascension is not a race or a hierarchy.
- No level is "better" than another - each contains its own lessons, gifts, and perspectives.
- As we grow, we hold more light, embody more love, and activate more of our gifts.

What matters most is: trust, commitment, and consistency in building your connection.

The Heart: The True Centre of Connection

Many people focus on the **crown** and **third eye** chakras for vision and knowing, but your greatest spiritual connection lies within your **heart**.

The heart is the home of your soul. Everything you need is already within you.

- The heart is more powerful than the brain.
- It sends signals and instructions to the brain, not the other way around.
- It stores memories and radiates a measurable electromagnetic field - a biofield that expands for miles around you.
- When your heart is open, you are magnetic. You attract what aligns with your highest good.

**I call this Manifestation Resonance - when the heart is open, your gifts activate
and life begins to meet you in miraculous ways.**

The Wall of Protection

Our **lower self** wants to keep us safe at all costs. Often, it builds a wall of emotions around the heart to protect our most delicate, vulnerable centre.

But this wall can also block connection. To deepen your connection, you must allow yourself to:

- Acknowledge what you feel.
- Process, heal, and release.

But this wall can also block connection. To deepen your connection, you must allow yourself to:

- Acknowledge what you feel.
- Process, heal, and release.
- Open your heart again and again.

**This is how you remember who you are -
and become who you were always meant to be.**

Your Unique Ways of Receiving - The Clairs

We all receive guidance differently:

- **Clairvoyance** – clear seeing
- **Clairaudience** - clear hearing
- **Clairsentience** - clear feeling
- **Claircognisance** - clear knowing

There is no ‘one right way.’

Your connection may come through sensations, thoughts, signs, synchronicities, or inner nudges.

Be open. Be aware. Trust what comes.

Signs and Synchronicities

Guidance often arrives through what seems random - but is not:

- A song lyric at the perfect moment.
- An animal crossing your path.
- Repeating numbers or symbols.
- A stranger's words, or a chance encounter.



These are the language of your divine team - your higher self, guides, angels, galactics, and light beings who walk with you always.

Daily Connection Practices

Your connection strengthens when you give it daily attention.

These simple but powerful practices create consistency and deepen trust:

- Open Heart Technique - breathe into the heart, soften, and expand.
- Morning Intention - invite guidance:
“Higher Self, take me where I need to go today - to heal, learn, receive, discover, and witness all for my highest good.” Hands on heart, deep breaths, meditative state.
- Freestyle Meditation - let your heart lead, instead of rigid structures.
- Journaling - record insights, dreams, and synchronicities.
- Nature & Grounding - regulate your nervous system and anchor your light.
- Lower Self to Safety - calm fear and chaos by reassuring your protective self.
- Night-time Ritual - hand on heart: **“I release what isn’t mine to carry. I call back my power across all timelines and dimensions. I am sovereign.”**

Remember:

Connection is not about *becoming* something outside yourself.

It is about *remembering* who you are - and choosing, daily, to live as the divine channel you already are.

Recognising Inspired Ideas

Inspired ideas are one of the most beautiful ways your Higher Self and Divine Team communicate with you.

They arrive like a flash - a thought, an idea, a nudge, a sudden knowing. They carry with them an unmistakable feeling: light, exciting, and alive.

This is your intuition speaking.

The Whispers of Inspiration vs. The Voice of the Lower Self

- **Inspiration** comes in a flash — a quiet whisper that lights you up from the inside. It feels exciting, expansive, and certain, even if it doesn't make logical sense.
- **Lower Self resistance** follows quickly after, often with a flood of fears, doubts, and intrusive thoughts: *"You can't do that... Who do you think you are? What if it goes wrong?"*

The lower self shouts in order to protect you.

Intuition whispers and asks you to listen.

The Feelings of Inspiration

You will know an inspired idea because:

- It comes suddenly, like a spark.
- It carries a sense of excitement or lightness in your body.
- Even if it feels big or scary, something within you feels "right."
- It doesn't come from overthinking or analysing - it just *arrives*.

By contrast, ego-driven or purely human decisions often feel heavy, uncertain, or draining. They lack the joy or resonance of intuition.

Inspired Warnings

Not all inspired flashes are about moving forward. Sometimes, your Higher Self will guide you to stop, pause, or change direction.

- A sudden knowing: *“Don’t go that way.”*
- A physical flip or tug in your stomach - fear, but with clarity.
- A feeling of urgency that arrives instantly, not from worry or overthinking.

This too is intuition - guiding and protecting you.

The Key Distinction

- Lower Self worry = ongoing loops of fear, overthinking, and “what ifs.”
- Higher Self inspiration = a flash of guidance, always arriving in the moment you need it most.

Practice

Start noticing how ideas feel in your body.

Ask yourself:

- Does this idea make me feel expanded or contracted?
- Does it feel exciting (even if scary) or draining and heavy?
- Did it arrive in a sudden spark, or from hours of overthinking?

The more you listen, the more you strengthen your trust.

✨ **Remember:** *Your Higher Self doesn’t shout. It doesn’t force. It whispers through inspiration, intuition, and knowing - and the more you honour it, the stronger it becomes.*

I Argued With My Intuition.

An example:

When my car needed a service. I was in the bathroom, and I decided I would book it in today! As soon as I made the decision to book it in, my higher self came through with –

“Get a new car!”

I felt excited, I smiled – yes! Get a new car!’

Quickly followed by –

“You can’t get a new car! You have years of finance left! You can’t afford a new car!’

I went from excitement to doubt - in a second!

The lower self was loud and intrusive!

The higher self continued to whisper –
“Get a new car!”

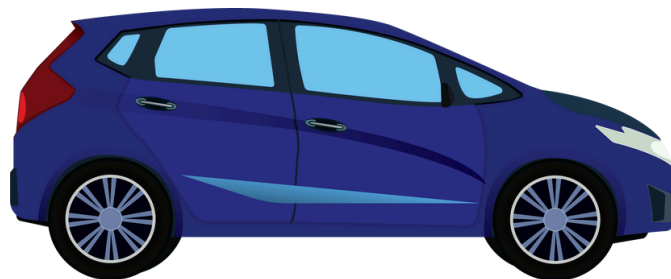
I called the garage; the service was a lot more £££ than I expected!

“Get a new car!”

Finally, I listened. I called the sales department and asked if this was possible.

Of course It was!

I got a new car, no deposit required, exactly what I wanted, and saved £500 -
the cost of the service!



Safe to Feel

Many people fear allowing themselves to sit with and feel heavy, low-frequency emotions.

There's a common misconception that feeling these emotions will manifest worst fears or lowest timelines.

This is not true.

We cannot be “high vibe” all of the time - we came here to experience everything. There is no “good” or “bad,” only our perception.

There are light energies and dark energies. The higher frequencies feel light, expansive, joyful. The heavier feelings often bring lessons, growth, and the fulfilment or closing of soul contracts.

Your emotions are **guidance**. They show you what is blocking your desired outcome. Safe to Feel gives you permission to feel it all. When you allow, acknowledge, and become aware, you remember that you hold the power to feel these emotions and choose to replace them with higher-frequency states.

 **Choice is your power.**

You always have the choice.

When we suppress feelings or try to bypass them by “thinking positive,” we ignore the very guidance of our **Lower Self**.

This feels like not being heard, which breaks trust with yourself and creates resistance. That resistance keeps you looping in the same patterns, unable to resolve or move forward.

Safe to Feel helps you locate where in your body this energy is stored. Remember - the body holds the score. The discomfort often carries reasons or deeper guidance about what's happening for you.



The Safe to Feel Technique

1. Locate the energy

- Notice where in your body you feel the heaviness, tension, or discomfort.

2. Breathe with intention

- Breathe into the discomfort, acknowledging it with love and gratitude.

3. Declare your truth

- Silently or aloud affirm:
- “I am not my thoughts or feelings. I am the light.”

4. Release through breath

- As you breathe in, imagine shrinking the dense energy.
- As you exhale, release it.
- Continue until the intensity lessens. (You may wish to rate the intensity at the start and throughout.)

5. Call on your Higher Self

- Invite support: “Bring me balance, harmony, and healing. Release this, and replace it with love/light/peace (the opposite of what I was feeling).”

6. Claim your new state

- Breathe in the new frequency you desire.
- Anchor it by declaring: “It is done.”

✨ The Deeper Truth

- **Awareness is power.** Once you see the pattern, you can choose differently.
- **Polarity exists for growth.** Without sadness, you wouldn't truly know joy. Without fear, courage would have no meaning. Without contrast, life would feel numb.
- **Everything happens for you.** Even difficult emotions and experiences are invitations to realign with your desires.
- You don't always need to know why or where a feeling came from - awareness is often enough to shift your inner state.

⚡ Remember

If you choose to stay with the intrusive thoughts and heavy feelings - remaining in “poor me” or victim mode - you anchor yourself to lower timelines.

But you also hold the power to change your inner state. And your inner state must match the frequency of your desires.

Safe to Feel is your doorway back into alignment.

This technique is used in the full **DGEA process**. Please see ‘**Essentials**’ section for guidance on how to use this and other techniques, stand-alone, in the moment.

Quantum Observation -

The Science of Awareness and Choice

The foundation of Divine Guidance Energy Alignment is rooted in both spiritual truth and quantum science.

In the **double slit experiment**, scientists discovered that particles of light (photons) behave differently depending on whether or not they are being observed.

- **Unobserved:** photons behaved like **waves** — limitless, chaotic, with infinite potential outcomes.
- **Observed:** photons collapsed into **particles** — moving in an ordered way, measured, taking form.

This shows us something profound:

☞ **Conscious observation changes reality.**

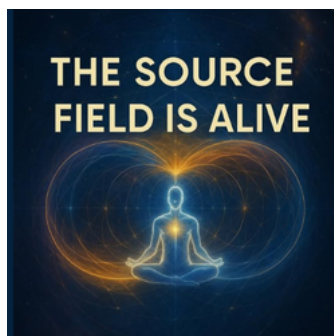
When you bring awareness to your emotional state, your thoughts, and your energy, you are collapsing infinite potential into a chosen path.

You are the observer. Your conscious attention, aligned with emotion and certainty, **shapes the quantum field into form.**

How This Relates to Divine Guidance Energy Alignment (DGEA)

- **Awareness is power.** When you observe and acknowledge your feelings, you collapse the wave of chaos into clarity.
- **You don't need the whole story.** Often it isn't necessary to revisit the memory or narrative behind discomfort - unless a lesson, higher perspective, or soul contract needs to be integrated.
- **Witness, don't relive.** The work is not to retraumatise, but to witness the lower self, offer compassion, and invite higher self guidance.

- **Feeling is alignment.** You are choosing to embody the aligned feeling state that your desired outcome would bring.
- **The quantum responds.** The field organises around your chosen inner state, orchestrating people, opportunities, and synchronicities.



The Highest Timeline Already Exists

Every possibility already exists in the quantum field. You are not “creating from nothing” - you are aligning with the version of reality where your desire is already true.

Belief, emotion, trust, and embodied energy are the alignment keys. This is how you collapse potential into form.

The Role of Trust and Surrender

The quantum field holds infinite pathways. When you attach tightly to only one outcome or one “*how*”, you restrict possibility.

When you surrender and trust, you open to outcomes that are often even greater than what you first imagined.

✨ Key Teaching:

Observation + Awareness + Aligned Feeling = Collapsing the quantum field into your desired outcome.

This is why presence, emotional alignment, and trust are the scientific - energetic foundation of DGEA.

✨ Trust and Surrender

When you plant a seed, you don't dig it up every day to check if it's growing. You water it, nurture it, give it sunlight, and **trust** that it is unfolding in perfect timing.

It's the same with your desires and intentions. Once you have aligned your inner state and set a clear intention, your role is to **hold the frequency, take inspired action, and surrender the “how” and “when” to the greater intelligence of life.**

- **Trust is the anchor.** It says: *I know I am supported. Even if I cannot see the whole picture, I believe that all is working out for my highest good.*
- **Surrender is the release.** It says: *I don't need to control or force this. I allow the quantum field, my Higher Self, and the Divine to orchestrate the outcome in ways even better than I can imagine.*

When we cling to a specific timeline, person, or method, we block other (often greater) possibilities. Trust and surrender create **space for miracles.**

💡 **Remember: Control is rooted in fear. Surrender is rooted in love.**

🌱 Growing into the Habit of Surrender

At first, surrender may feel unnatural - especially if you're used to figuring things out on your own. But with practice, it becomes second nature. As your trust deepens, surrender feels lighter, easier, and even exciting.

When you set a desired outcome, the mind often jumps in with questions like:

- *How will this happen?*
- *When will this happen?*
- *What if it doesn't happen?*

This is the lower self seeking safety in control. But the truth is, there is **always more than one way** your desire can come into form. The “how” is not your job - that belongs to your Higher Self, Divine guidance, and the quantum field.

☀️ A Lived Example: My Holiday Balance ☀️

Not long ago, I had a holiday balance due within 24 hours. I didn't have enough money because I'd treated myself to a spa break.

My human mind said: *“I could pay on my credit card, but I'd prefer not to.”*

I did a DGEA session (Self Facilitation), and my desired outcome was:

- *Financial freedom in the school holidays.*
- *Family fun.*
- *Holiday balance paid with ease, in money instead of credit.*

During my session, my highest timeline showed me sitting at my laptop, drinking bubbly, feeling abundant, joyful, free, and grateful. It felt amazing!

I noticed my mind kept drifting back to credit cards and payments, so during the **Golden Pillar / Quantum Healing**, I asked my Higher Self to keep my mind clear - to help me surrender the “how.”

After the session, I didn't think of it again. Later that day, I felt inspired to check my bank account - and there it was. An unexpected payment waiting to go in the next day, **exactly when the holiday balance was due.**

The payment was from a complaint over a year earlier that I had completely forgotten about - and it was three times the amount I needed. More than enough for the balance, plus freedom and fun for the holidays.

This was ‘divine provision’ in action.

No coincidence - just alignment.

I had moved out of my own way and into the field of receptive allowance.



🌟 The Truth About Trust

When we try to control the how, when, and what, we block infinite possibility. My guides once called me out on this:

“What’s the point in asking for our help, we say yes, then you go and try to figure it all out yourself? You are blocking your desires. You are blocking infinite possibility! Let it go, with trust and certainty.”

Your trust and certainty will strengthen as you expand and level up through your ascension journey:

- More awareness.
- Holding more light.
- Receiving more guidance and clarity.

With each level, trust grows deeper. You learn to recognise inspired action (the excitement, the whisper, the synchronicity) and follow it.

You act, release control, and say with confidence:

“This or something greater. I trust in your beautiful surprises.

Trust & Surrender Reflection Tool



Take a few quiet minutes to journal after setting a desired outcome, or whenever you notice yourself slipping into worry or control.

Part 1: Awareness – ‘Catching’ Control

- Where am I still trying to figure out the “how” or “when”?
- What fears or doubts is my lower self bringing up?
- How do these fears show up in my body (tight chest, busy mind, restless energy, etc.)?
- If I fully trusted my Higher Self and the Divine, what would I let go of right now?

Part 2: Celebration - Recognising Surrender

- Where did I recently trust and let go?
- What evidence or synchronicities have shown me that surrender works?
- How did it feel in my body to release control?
- What am I most grateful for today that I didn’t “make” happen, but was provided for me?

Part 3: Recommitment - Returning to Trust

- What’s one inspired action I can take now (the next step, not the whole plan)?
- What affirmation supports me most right now?

Examples:

“I trust in your beautiful surprises.”

“This or something greater.”


“It is safe to let go.”

Trust & Surrender Self-Check

Use this quick checklist whenever you set a new desired outcome.

Am I in control or in trust?

- ☐ I've clearly set my desired outcome and inner state.
- ☐ I'm holding the feeling - not forcing the "how" or "when."
- ☐ I notice when my mind drifts into control, and I bring it back with love.
- ☐ I've handed it over to my Higher Self and divine team.
- ☐ I'm open to "this or something greater."
- ☐ I take inspired action when I feel excitement, lightness, or synchronicity.
- ☐ I celebrate evidence, however small, of divine provision.
- ☐ I give myself compassion when I wobble - surrender is a practice.

 **Tip:** If you find yourself still clinging to the 'how,' pause, place a hand on your heart, breathe deeply, and say:

"I release all control."

I trust.

I surrender.

I am open to miracles."

Self-Facilitation Process:

Divine Guidance Energy Alignment Checklist

01. Create desired outcome
02. Create Conscious commands
03. Lower self to safety script / recording
04. Open Heart Connection Technique script / recording
05. Connect to joy
06. Call in your Higher Self
07. Ask Higher Self: What is blocking my desired outcome?
What are the most dominant Intrusive thoughts?
08. Read the blocks and intrusive thoughts as a statement of fact.
Feel the energy of your words.
09. Safe to Feel script / recording
10. Invite Higher Self to take you to your highest available timeline.
11. Immerse yourself, breath in the energy and explore.
12. Scan for resistance. Ask Higher Self to release and align.
13. Golden Pillar of Light script / recording.
14. Any other timelines to visit that hold further limitations?
15. Go where you need to go.
16. State your conscious commands with lower and higher self.
17. Reclamation and close

Self-Facilitation Process:

Desired Outcomes - The Feelings-First Approach

When we think about what we desire, it's easy to focus on things - the house, the partner, the money, the career. But underneath every desire is the **feeling** we long for.

- ✦ A new home brings safety, space, and peace.
- ✦ A loving partner brings connection, joy, and belonging.
- ✦ Abundance brings freedom, expansion, and security.
- ✦ Aligned clients bring fulfilment, confidence, and purpose.

This is why we always start with the **feeling first**. The *thing* is not the goal - the *state of being is*. When you anchor into the vibration of how you want to feel, life reorganises itself to reflect that resonance back to you.

Desired Outcomes vs. Future Timelines

It helps to understand the difference:

- **Desired Outcome Creation** → This is where your conscious mind and your heart work together. The mind sets the intention, the heart generates the resonance. You imagine what it could look like, write it as though it's already true, and connect to how it feels. You are planting the seed.

Future Timeline Journeys → When you connect with your Higher Self, you may be shown a vision of what's possible.

These are not predictions.

They are possibilities designed to amplify your desired feelings.

Your Higher Self highlights what aligns with your soul, often in ways beyond what you could plan with your human mind.

✨ **Both are about feelings first. The imagery is there to support you - not as the end goal, but as a mirror to help you embody the vibration.**

How to Create a Desired Outcome

1. **Begin with the feeling.** Ask:

- How do I want to feel in this area of my life?
- Where in my body can I sense that state already?

2. **Let imagery arise.** The mind may show you a scene, a detail, or a possibility.

Let this be fluid - imagery is a support, not a prediction.

3. **Anchor it in words.** Write or speak it as though it is here now: "I am, I feel, I experience."

4. **Include sensory details.** What do you see, hear, feel, taste, or smell in this version of reality?

Prompts for Desired Outcomes

Use these categories and feelings as prompts. Begin with the emotion you most desire and allow imagery to form.

- **Love & Romance** → I feel cherished, adored, connected, playful.
- **Deeper Connection (self, others, spirit)** → I feel seen, understood, guided, at one with Source
- **Career & Success** → I feel purposeful, confident, impactful, fulfilled.
- **Wealth & Abundance** → I feel free, expansive, secure, generous.
- **Health & Wellbeing** → I feel vibrant, energised, light, pain-free.
- **Overcoming Addiction / Reclaiming Power** → I feel sovereign, liberated, in control, at peace.
- **Family & Relationships** → I feel supported, safe, joyful, surrounded by harmony.
- **Peace & Calm** → I feel grounded, centred, unshakeable, serene.
- **Rising Above Challenges** → I feel resilient, empowered, courageous and brave.
- **Holidays & Travel** → I feel adventurous, relaxed, free, abundant in experiences.
- **New Home** → I feel safe, rooted, spacious, inspired by beauty.
- **Aligned Clients & Business Growth** → I feel valued, impactful, abundant, deeply aligned.

✨ Key Reminder:

Desired outcomes are not about chasing what you don't yet have. They are about embodying the state now. The mind sets the direction. The heart radiates the resonance. The Higher Self magnifies it by showing you glimpses of what's possible.

When you live in the vibration of your desired outcome, you become a magnet for it - not through effort, but through resonance.

Self – Facilitation Process

Conscious Commands

Create your Conscious Commands. Present tense statements that resonate with your intentions. Commands that become your new natural state of being and propel you forward on your intended path.

Write them down and say them out loud. Feel the energy of your words.

Use the 'Conscious Commands Bank' for inspiration:

Love & Relationships

- I am deeply loved, cherished, and valued for exactly who I am.
- I radiate unconditional love, and it returns to me multiplied.
- My relationships are balanced, supportive, and nourishing for my soul.
- I am a magnet for kind, loving, and loyal connections.
- Love flows through every interaction I have, effortlessly and naturally.

Deeper Connection (Self, Higher Self, Source, Others)

- I am in constant, loving communion with my Higher Self.
- My intuition is clear, accurate, and always guides me to my highest good.
- I feel an unshakable connection to Source, anchored in love and truth.
- Every conversation and meeting deepens my understanding and connection.
- I am fully seen, heard, and understood by those who matter to me.

Wealth & Abundance

- Abundance flows to me in unexpected and joyful ways every day.
- I am worthy of infinite wealth, and I receive it with ease.
- Money comes to me from multiple sources, both expected and unexpected.
- I live in overflow – there is always more than enough for me and others.
- My financial reality reflects my inner abundance and freedom.

Self – Facilitation Process

Conscious Commands

Manifestation & Creation

- My desires take form quickly and beautifully in perfect timing.
- I am a powerful creator, and my reality matches my intentions.
- The Universe rearranges itself daily to meet my needs and desires.
- I attract opportunities and miracles that exceed my expectations.
- I live in alignment with my highest timeline, and all unfolds with ease.

Family & Home

- My home is filled with peace, love, and joyful connection.
- Every member of my family feels loved, supported, and valued.
- Harmony flows easily in my home, creating a safe and happy space.
- I feel deeply supported in parenting and family life.
- Our relationships grow stronger, more loving, and more connected every day

Peace & Calm

- I am grounded, centred, and calm in all situations.
- My mind is clear, my heart is open, and my soul is at peace.
- I trust the unseen to unfold perfectly for my highest good.
- I move through life with ease, grace, and serenity.
- My inner calm radiates outward, creating harmony wherever I go.

Rising Above Challenges

- I am bigger than any challenge and rise with ease and strength.
- Every obstacle is an opportunity for my growth and expansion.
- I remain calm, clear, and guided no matter what unfolds.
- I trust that everything is working out in my favour, even when unseen.
- I rise stronger, wiser, and more aligned from every experience.

Self – Facilitation Process

Conscious Commands

Self-Worth & Empowerment

- I know my worth, and I honour it in every choice I make.
- I am confident, magnetic, and unshakably aligned with my truth.
- I speak my truth with love, clarity, and ease.
- I attract respect and appreciation in all areas of my life.
- I am the author of my life, and I write a story that inspires me.

Health & Wellbeing

- I am radiantly healthy, energised, and strong in body, mind, and spirit.
- Every cell in my body vibrates with vitality and light.
- I nourish myself with choices that uplift, balance, and restore me.
- My body is a sacred vessel, aligned with divine harmony.
- I awaken each day feeling refreshed, renewed, and alive.

Pain-Free Living

- My body feels light, free, and at ease in every movement.
- Comfort and peace flow through me - I am free of pain.
- My nervous system is calm, my muscles relaxed, my breath easy.
- Every part of me releases tension and embraces gentle flow.
- I move with grace and joy, liberated from all discomfort.

Overcoming Addiction & Restoring Wholeness

- I am free from all cravings, my soul chooses love over limitation.
- I embody strength, clarity, and freedom in every choice I make.
- My mind, body, and spirit are in balance and aligned with wholeness.
- I am deeply supported as I live in freedom, presence, and peace.
- Joy, vitality, and divine connection now fill the space once held by addiction.

You will now enter the theta state / meditative state using the guided scripts or recordings.

Eyes closed, relaxed state.

You may open your eyes and make notes at any point.

To return to Theta:



Place your hands on your heart and take a deep breath into your heart, with the intention of returning to the theta state for a deeper connection.

Take as many deep breaths as you need for your physical body and your mind to relax.

Lower Self to Safety

Bringing all aspects of self together.

Collar bone tap, touch, rub - direct connection to the Lower Self. Sending love and compassion and creating a feeling of safety.

Use the 'Safe to Feel' script or recording.

🎧 You may choose to record the script in your own voice. 🎧

Open Heart Technique

Open your channel; invite Higher Self, guides and love.

Use the script or recording. You may choose to record in your own voice.

This includes a declaration of sovereignty.

Your heart is the home of your spiritual connection.

Connect to your joy

Allow yourself to go to a moment, a memory or and experience that makes you feel joyful. Immerse yourself in the feeling of joy. If you are a visual person, explore in sensory detail.

Choose joy as your natural state of being, and breath in the energy of this moment / memory / experience. Claim your joy.

When we vibrate at the frequency of joy, our frequency aligns with our Higher Self and Spirit Guides, enabling a deeper connection.

Call in your Higher Self

Call upon your higher self from a place of trust and surrender. You are not seeking validation. You are allowing love, guidance and support to flow freely.

Ask for a thought, feeling or sensation in your mind, body or energy field, and no matter how subtle this may be, give thanks and permission for your Higher self to guide you for your greatest good.

Your Higher Self is always with you – always has been, always will be. As you practice the open heart technique and ask for guidance as part of your daily routine, your connection deepens, strengthens and becomes spontaneous.

Commitment and consistency is key.

Identify Blocks and Intrusive Thoughts

Ask your Higher Self what is blocking your desired outcome. Don't 'think' – allow the answers to flow through you. Don't question, or doubt – write down what comes through, even if it doesn't sound or feel relevant.

Ask your Higher Self what the most dominant intrusive thoughts are that you need to be aware of. Write them down.

Read aloud the blocks and intrusive thoughts as if they are true / a statement of fact.

Breathe in the energy of your words. Locate where in your body this energy resides. It will show up as a discomfort, heaviness in your physical body.

Safe to Feel

Return to the Theta state – eyes closed, hand on heart, deep breaths, intending relaxed state and deeper connection.

Use the Safe to Feel script or recording – this is so that you are aware and acknowledging your feelings.

This technique is essentially ‘Quantum Observation.’ Becoming aware, knowing that you are safe, and choosing differently.

The universe is now responding to your intentions, choice, and frequency.

Take your time. Rate your discomfort – 10 being the most intense. The aim is to reduce this discomfort and rate it 2 or less. The most important thing is that you feel ‘comfortable’ to continue your session.

Your higher self will help bring you back into balance and harmony. Breathe, shrink the energy, release. Replace with the opposite frequency - higher vibrations that matches your desired outcome.

Highest Available Timeline

With body softened and open, invite HS to show your highest available timeline for this desire.

It already exists!

This is not a prediction, so do not attach to 'it must be this way!' It is a taste, an experience of what it feels like to already have your desires.

Visualise or sense the scene in detail. Breathe in the feeling of that reality until it saturates your nervous system.

You may see yourself as your future self. Or you may see your future self. If so - step into them: hold hands, eye gaze, receive their guidance, then step forward into that identity.

Anchor: state present-tense embodiment statements (e.g. "I am abundant, I am free, I am supported.")

If you don't visualise, focus on the feeling. Focus on thoughts that pop into your mind. Feeling is the most important step to embodiment.

Scan for Resistance

Check the body and mind: any tightness, doubt, or thought that remains?

Ask HS to heal any remaining resistance now that you're aware.

Your intention is to acknowledge, heal and release. To re-align to your highest available timeline.

(If a dominant timeline with further limitations appears, allow yourself to go there now).

Golden Pillar of Light

Seal new alignment, amplify light, and integrate the new state.

This gives your HS and Divine team permission to act on your commands, healing across time, upgrading and activating dormant DNA.

Use this script to guide you.

Further Limitations

Clear deeply held patterns, soul contracts or timeline loops that block full embodiment.

With Higher Self (HS) permission, allow yourself to go to the timeline that holds the limiting pattern or lesson.

Witness without judgement, receive higher perspective, and invite release.

Allow Lower Self to speak, be heard, then call HS to bring lesson, closure or contract fulfilment.

Stay until integration feels complete. Do not re-traumatise - always work with compassion and HS support.

If there aren't any dominant timelines for you to visit, that's ok! Often, the lesson has been learned and we already hold a higher perspective, and so there is no reason to re-visit.

During the Golden Pillar of Light activation, your Higher Self has permission to heal across time. You will only need to visit a dominant timeline if there is a lesson or higher perspective available for you.

One of three things will happen:

1. You will go to a dominant timeline.
2. You will stay in your highest available timeline.
3. You will be taken for healing.

State Your Conscious Commands

Whether you are in your highest available timeline, healing space or you have healed a dominant timeline with your lower and higher self, you now state your Conscious Commands with certainty and conviction!

With your lower self, in the presence of your higher self, state them aloud.

Say them once.

Allow your Higher Self to seal them in as your new state of being.

Reclamation - Invite Your Lower Self Home

Turn to Lower Self; lovingly invite her back into your heart:

“Come home. You are seen, safe and welcomed.”

Visualise Higher Self wrapping you both in a loving seal and protective bubble; feel unity (one energy).

Hand on heart: feel the new resonance embodied in the physical body.

Remain here for a few moments.

Acknowledge the unconditional love within and all around you.

Be open to any guidance, next steps, words of wisdom.

Show gratitude and invite your Higher Self to gently love, guide and support you for the greatest good of all.

After Your Session

Use the DGEA Essentials toolkit to re-align and keep moving forward.

Rest and drink water



Visit your highest available timeline through intention and meditation.
Recommended daily.



State your conscious commands out loud, with music and movement.
Recommended daily for 3 weeks.

Take inspired action: Follow the guidance, feelings, knowings, synchronicities.

Journal:

Your thoughts and feelings. Note signs and synchronicities. Write down small next steps and actions.

Be present.

Aware of how you are feeling, and how you choose to feel.

Be aware that emotions may still process and release, and you may 'act out' for 3 – 7 days after your session. This is safe, healthy, and healing. Do not suppress – let it all move through you. Show gratitude for your emotional guidance, and remember it is happening *for you!*

It takes 3 weeks / 21 days for new neural pathways to take form. This is why Conscious Commands are repeated for 3 weeks.

Week three, you are embodying your new identity – your future self. The lower self sometimes has a 'wobble' and you may feel 'resistance.' Its 'fear' - and now that you are aware – yes that's right – you can choose differently!

Again, this is normal, and DGEA Essentials toolkit will help you back to safety and re-alignment.

'Be IT Now!' –

Always see through the lens of your future self, and act as they would – now! What choice would they make? What would they do?

Go deeper – what do they look like? How do they dress? What do they eat? Where do they go? Have fun with this and step into this version of you – now!

It is recommended but not mandatory to leave 3 days between each new DGEA session. Giving time and space for full energetic integration.

Divine Guidance Energy Alignment Essentials

In-the-Moment Toolkit

When you are living your daily life, challenges, emotions, or inspirations can arise suddenly.

This section gives you the **core techniques** simplified - how to use them, when to use them, and why they work. Think of this as your “first aid kit” for energy alignment, supporting you to stay open, grounded, and connected.

Instead of waiting to do a full DGEA session – tap into the techniques as and when you need them, to re-align in real time.

Step 1: Spiritual Hygiene

Begin each day by becoming a **clear and sovereign channel of light**.

- **Grounding** – Imagine roots from your feet anchoring into the earth. Feel your body calm and safe.
- **Protection Bubble** – Visualise a white or golden light bubble around you.
- **Affirm:** “Only love and positive energy may enter my field.”
- **Sovereignty Declaration** – Place hand on heart and state: “I am sovereign. I do not consent to dark energy, entities, or attachments. I am a divine channel of light.”

This creates clarity, protection, and sovereignty.

Step 2: Open Heart Technique

When: Every morning, or any time you need to reconnect to love, guidance, or support.

- **Place hand on heart**, breathe deeply and slowly.
- **Imagine breathing in** unconditional love that always surrounds you.
- **Affirm: “I am open to love, guidance, and support. Thank you, thank you, thank you. It is done.”**
- **Optional:** listen to the guided recording for a deeper journey.

Step 3: Lower Self to Safety (Collarbone Tap)

When: Feeling low frequency emotions – (scared, doubtful, angry, anxious....)

- Gently tap your collarbone while imagining you are speaking directly to your Lower Self.
- Use a nurturing tone: **“You are safe. I love you. I am here with you.”**
- Visualise your Lower Self (inner child) moving into a safe, loving space.
- Stay with it until you feel calmer and more centred.

Step 4: Safe to Feel

When: Heavy emotions, intrusive thoughts, or low vibrations arise.

- Pause and acknowledge: **“I am not my thoughts or feelings. This is guidance and I am grateful.”**
- Breathe in the opposite frequency of what you feel (love instead of fear, peace instead of chaos).
- Exhale the heaviness, releasing it into the light.
- Call on your Higher Self to help restore balance and harmony.

Step 5: Amplify the Good

When: You're feeling amazing, joyful, inspired.

- Pause to anchor it in: **"Thank you, I am grateful for this feeling."**
- Visualise golden light filling your field and sealing in the vibration.
- Smile, breathe, and let it expand. This magnetises more of the same.

Step 6: Conscious Commands

When: You need certainty, empowerment, or a reset of energy.

Add movement (stand tall, walk, dance) and music if available.

Speak or think with absolute certainty and trust:

- **"I am the light!"**
- **"I am successful!"**
- **"I am divinely protected!"**
- **"I rise above all fear — I am sovereign!"**

Feel the truth of it vibrate through your body. (The above are examples, you will have created your own).

✨ **Remember:** You don't need to do it all perfectly. These tools are here to support you in real life, in real time. Use what feels right in the moment, keep it simple, and trust that even the smallest shift makes a difference.

DGEA Essentials

Quick Reference Guide

Your in-the-moment toolkit for alignment, clarity, and connection.

Spiritual Hygiene (Daily)

- When: First thing in the morning, before opening your channel.
- How: Ground → Protect → Declare Sovereignty.
- Key Intention: “Only love and positive energy may enter my field. I am sovereign. I am a divine channel of light.”

Open Heart Technique

- When: Daily practice, or anytime you need love, guidance, or support.
- How: Hand on heart, deep breaths, imagine breathing in unconditional love.
- Key Intention: “I am open to love, guidance, and support. Thank you, thank you, thank you. It is done.”

Lower Self to Safety (Collarbone Tap)

- When: Feeling fear, doubt, anger, or anxiety.
- How: Tap collarbone, speak gently to your Lower Self.
- Key Intention: “You are safe. I love you. I am here with you.”

Safe to Feel


- When: Heavy emotions or intrusive thoughts arise.
- How: Acknowledge, breathe in opposite frequency, exhale heaviness.
- Key Intention: “I am not my thoughts or feelings. I choose love/peace/trust instead.”

Amplify the Good

- When: You’re feeling joy, peace, inspiration.
- How: Pause, breathe, visualise golden light filling and sealing your field.
- Key Intention: “Thank you. I anchor this feeling and expand it.”

Conscious Commands

- When: You need certainty, empowerment, or energy shift.
- How: Speak with movement, music if possible.
- Example Commands:
 - **“I am the light.”**
 - **“I am successful.”**
 - **“I am divinely protected.”**
 - **“I rise above all fear.”**

 Tip: You don’t need the full process every time. Trust what feels right, keep it simple, and know - each technique helps to realign your energy in the moment.

✨ Closing Words

You have walked through the sacred process of **Divine Guidance Energy Alignment**, reconnecting with your Higher Self, building trust with your Lower Self, and anchoring the wisdom of your soul.

This is not just a process to use once - it is a way of living. Each time you practise, you strengthen your connection, expand your awareness, and open yourself to more love, trust, and possibility.

Remember:

- You are not broken and you never were.
- You are loved, guided, and supported beyond measure.
- Your desires exist already in the quantum field — you are learning to align with them, embody them, and allow them into form.

Be patient with yourself.

Some days will feel light and expansive; others may bring up resistance.

Both are part of the journey.

Every time you show up, you are declaring:

🌟 **“I choose love. I choose trust. I choose to remember who I am.”**



You are not alone. Your Higher Self, your divine team, and this community are walking with you every step.

🌿 Reflection Prompts

Take some quiet time to reflect. Let your heart answer, not just your mind.

- What has shifted for me since beginning this course / workbook?
- What moments stand out as breakthroughs or turning points?
- How does my body feel when I connect with my Higher Self?
- In what ways do I now notice trust and surrender showing up in my daily life?
- Where do I still catch myself trying to control the “how” - and how can I gently let go?
- How am I choosing to celebrate my growth and honour my courage today

❤️ Final Encouragement

This journey is yours. There is no rush, no race, no “perfect way” - only your way, guided by your soul.

Keep showing up with curiosity, with compassion, and with love.

Keep listening - to your body, to your emotions, to your Higher Self.

Keep trusting - even when you cannot yet see the outcome.

You are the observer, the creator, and the embodiment of divine light in human form. Carry this with you, not as something you do, but as who you are.

✨ **You are aligned.** ✨

✨ **You are free.** ✨

✨ **You are divine.** ✨



Lower Self to Safety Script

Prompt: Place one hand on your heart, the other hand tapping or rubbing along the collar bone. This is a direct line to the lower self, releasing compassion, love and safety.

I call upon my lower self.
Lower self, I love respect and appreciate you.
I will always need you in my life.
You have kept me safe, my whole life.
I am truly grateful.

I accept that we have strong beliefs based on our experiences, however I want you to know that it is safe for us to embrace change for our greatest good, now.

It is safe for us to make new choices, and to let go of what no longer serves us.

I am grateful that our choices served us well in the past.

Now it's time to trust me. To let go of old choices and patterns.

You may add in any negative emotions / thoughts and feelings that you have mentioned during the desired outcome and affirmation process. e.g. 'To let go of the worry, stress, tension, old choices and patterns.'

It is time for us to welcome in.....
Use the desired outcome and affirmations and state 3 things to welcome in.

I will never leave you! You are part of me, and I accept you completely.

I invite you now to come with me, to unite with our Higher Self. Halfway between where we are now, and where we are going.

You are safe, and we are ready!

Say out loud

'I am safe'
'I am accepted'
'I am loved'
'I belong.'

'I am safe'
'I am accepted'
'I am loved'
'I belong.'

'I am safe'
'I am accepted'
'I am loved'
'I belong.'

Prompt: Energetically, in your mind, bring the lower self to embrace the higher self. Setting the intention for the lower self to feel loved, safe, secure, and accepted.

Open Heart Technique

Place both hands on your heart.

Take a deep breath, in through your nose, into your heart, and breath out through your mouth.

Now, imagine breathing in the pure unconditional love that always surrounds you. Big deep breaths, into your beautiful heart. In your mind, give it a colour.

Set the intention, out loud or in your mind:

My heart you are safe, and you are loved.

I love you and I set you free now.

You are safe, and we are ready.

I connect to you my heart, trust me.

Feel your breaths get deeper, your chest expanding, making space for your heart to fully open. Visualise the colour, the pure unconditional love, pouring into your heart now. Feel your heart begin to grow and expand.

You are safe!

You are loved!

I set you free!

Still focusing on your heart being filled with love, growing and expanding:

Breath in, 2,3,4

Hold, 2,3,4

Out, 2,3,4

Hold, 2,3,4

Breath in, 2,3,4

Hold, 2,3,4

Out, 2,3,4

Hold, 2,3,4

Breath in, 2,3,4

Hold, 2,3,4

Out, 2,3,4

Hold, 2,3,4

Breathing slightly deeper than you normally would now.

Affirm 'I am open! I am ready!'

Take the biggest, deepest breath into your heart now. Hold, 1,2, Release. Feel the vast space you have just created in your chest. Take another deep breath in now and follow this breath down into your heart space. See yourself in this space with your heart, building trust and acceptance. See how your heart is happy, free and full of joy.

Affirm: (out loud or in your mind)

I love you.

I am fully open to receive now!

I welcome in my higher self, my lower self and all that is!

All that is available for me, now.

All that is for my highest good, I welcome now!

I am ready! I am safe! I love you.

Protection and Consent:

Taking big deep breaths in now, breath out with the intention of sending pure unconditional love out into the Universe. Each time you breath in, the love is returned tenfold to you.

Notice the colour, the unconditional love, begin to form a bubble all around you now. With every exhale your bubble grows bigger and bigger. You feel safe, you feel loved.

Your bubble is below you, above you, to the left, to the right, in front and behind.

This is your bubble of protection. All negative energy is pulled out of your bubble, your energy field, your physical body, and mind.

Continue to breath in the pure unconditional love, as I make this Declaration:

We consent only to converse with the Divine.

We are of the light, working with and for the light.

We do not consent to any dark energy, entities or attachments. This is forbidden, we do not consent!

This is our declaration of sovereignty.

And so, it is done.

Thank you, thank you, thank you.

Continue to breath in the unconditional love that surrounds you.

Focus on your joy.

Feeling light, free, safe and accepted.

Prompt: Go to a joyful memory. Past, recent, something that makes you feel good. Allow yourself to be guided to a moment of joy.

Safe to Feel Script

Prompt: Place your hand on the part of your body where you feel the most discomfort. Describe the discomfort and the emotions attached to it.

Rate the discomfort, 10 being the worst it could feel.

I acknowledge this discomfort now. I feel where this negative energy is present in my body. I am now aware of what is causing this discomfort.

This doesn't feel good! I don't like this at all! However, I realise it is safe for me to feel this way! This is my emotional guidance system, making me aware of what I need to acknowledge, process, heal and release now.

I am grateful for my emotional guidance.

Today I remembered that I am not my thoughts, and I am not my feelings! I am the light!

I have the power to make new choices and to do things differently. Today I am choosing to release what no longer serves me. I am choosing to process, heal and release now.

I am not my thoughts! I am not my feelings. Today I am choosing differently!

It is safe for me to make new choices.

Prompt: Set the intention to release what no longer serves you. You are aware and making new choices now. Breathe into your discomfort to shrink the energy down, exhale to release it back into the earth to be transmuted back into light.

Ask higher self to bring you back into harmony and balance to continue the session and to heal.

Rate the intensity again, it should be lower than it was before. Ideally no higher than a 2.

Golden Pillar of Light Script

Above your head is a golden pillar of light.

This light is sent from source.

You feel the warmth of this light radiating through your crown.

Within this golden pillar of light tiny golden orbs of light, that look like glitter.

This glitter begins to surround you, and I invite you to breathe them all in.

As you breathe in these golden orbs of light, you feel them working their way down your throat, your neck. Into your chest, and down into your heart.

Keep taking big deep breaths. Feel the palms of your hands grow warmer and your heart begin to beat faster. Sending the orbs through every fibre of your being.

The orbs know where they need to go and what they need to do. They contain everything you need to realise and achieve your desired outcomes.

Allow them to move through your physical body now, giving them permission to go where they need to go.

Notice the golden pillar of light, moving down through your crown, face, neck, shoulders, down your arms and into your hands. Down your centre, legs, and out through the soles of your feet. It feels warm. Powerful. Loving. You are filled with golden light.

The light radiates within, and outside of you. Filling you and the space around you with pure golden light.

Allow the light to pull all low vibrational energy from your physical body now, down to the soles of your feet, and into the ground to be transmuted back into light.

Taking deep breaths as you release any residue of what no longer serves you.

Keep taking those deep breaths now, in, and out.

Now call upon your Higher Self:

This is who I am now.

This is how I feel, this is what I do, this is what I have already achieved. I know I deserve this.

I ask that you seal in this timeline now.

Bring this timeline into my now reality in the fastest most gentle way.

Heal across all timelines, past, present and future.

Rewrite the past from a higher perspective.

Fully align me with this timeline now.

Dissolve all blocks.

Remove all resistance.

Allow activations.

🧬 Upgrade DNA and activate this timeline now. 🧬

Deliver inspired action.

Love, guide and support me.

Quiet my mind and allow me to release control now.

And so, it is done.

Thank you, thank you, thank you.