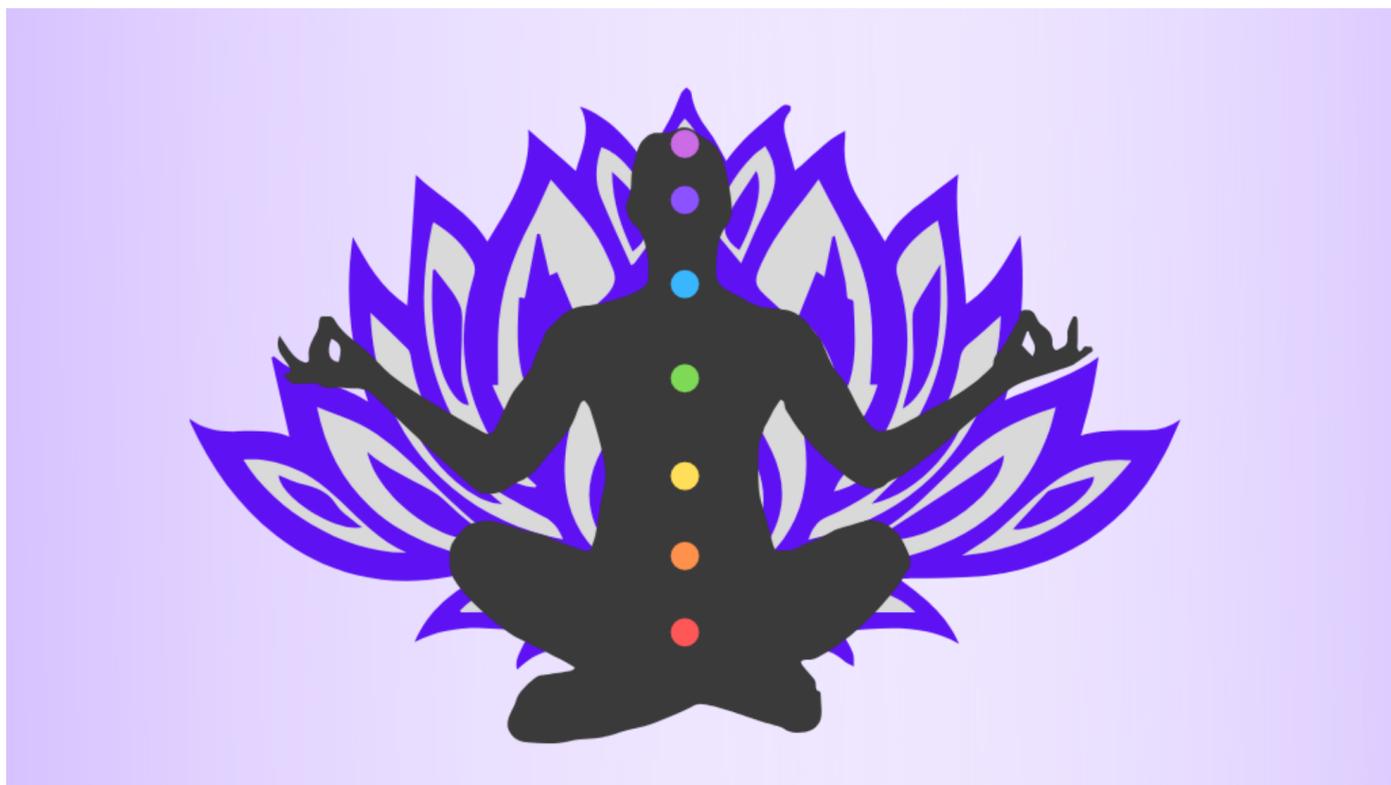


# A F F E C T I V E   A L I G N M E N T

A step by step guide to getting Well from  
Within - body, mind and soul!



D R   J U L I A N N E   D O N A T O

NET Certified Chiropractor  
Certified Belief Clearing Practitioner  
Affective Alignment Advisor

# *lessons*

01

F U N K I E  
F R E E B I E

02

S I M P L Y  
S P I R I T U A L

03

I N F I N I T E L Y  
I N T U I T I V E

# *lessons*

04

T A L K   Y O U R  
T R U T H

05

L O V I N G  
L I G H T

06

P U R E   P O W E R

# *lessons*

07

W O N D R O U S  
W O M B

08

S A F E  
S T A B I L I T Y

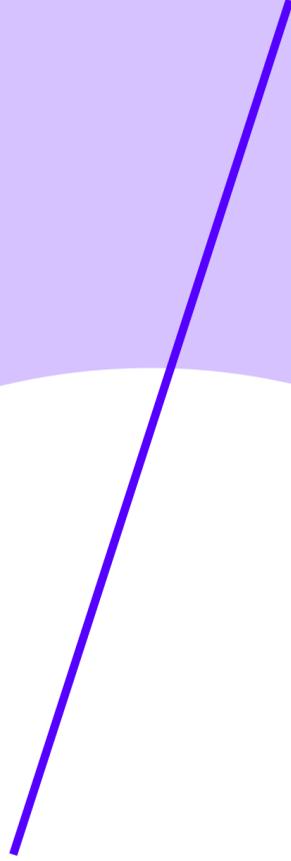
B O N U S

I N N E R  
I N F A N C Y

&

B Y E B Y E B A D  
B E L I E F S !

01



LESSON

01

# Funkie Freebie

## A free introduction to Affective Alignment!



Welcome to this introduction for the *Affective Alignment Program!*

I have always had a special interest in our subconscious mind's beliefs and thoughts and how this type of mind body stress manifests.

It has come to my attention, that our thoughts and beliefs can significantly impact our lives and bodies - both positively or negatively - inspiring the development of this program.

My mission is to help you reconnect your mind, body and soul so you can truly be well from within.

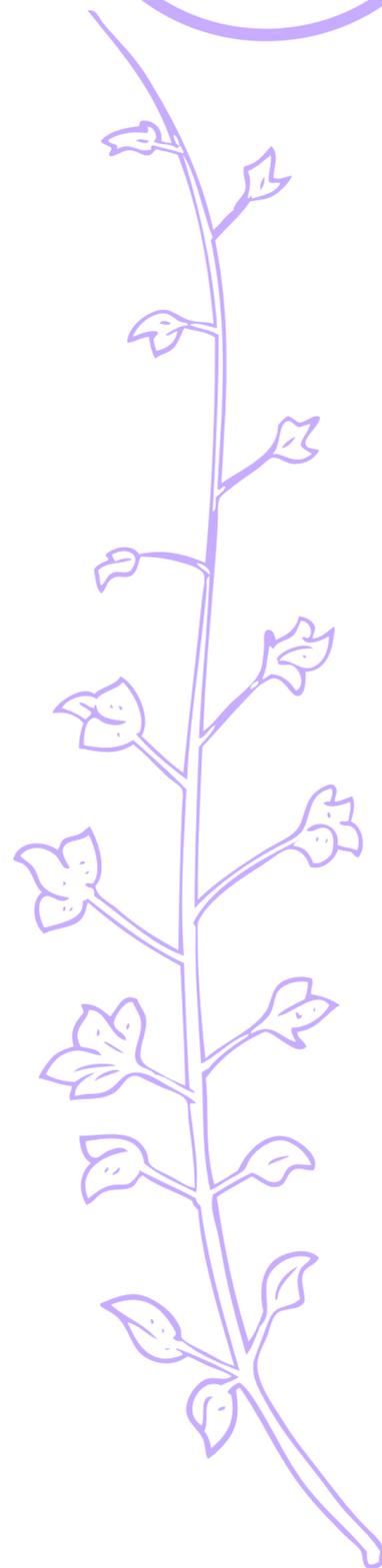
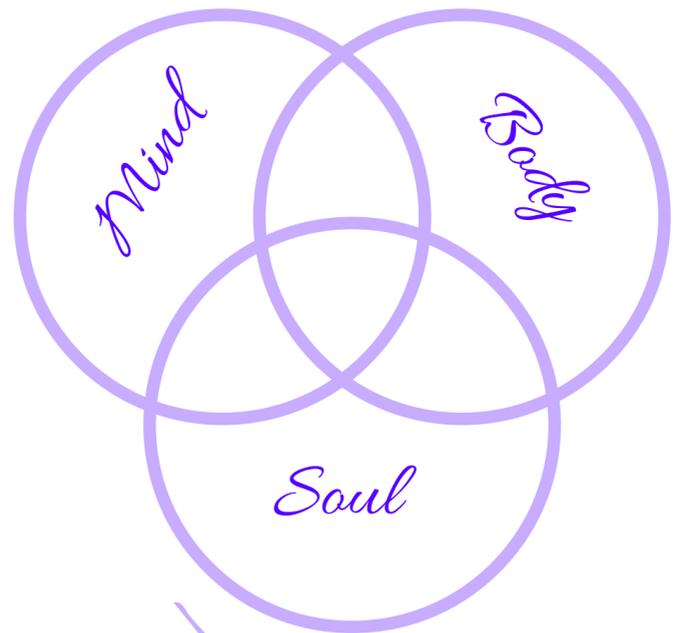
# What is "mind body stress"?

Mind body stress is the connection between mind and body and how events in the mind can manifest physically. Our mind and body are intimately connected. What goes on in our mind affects our body, and reversely, what happens with our body affects our mind too!

Unfortunately, too often there are unhealthy thoughts, beliefs and programs inside our own mind. When these mental programs are not addressed, symptoms may begin to appear.

Mental / emotional tensions and stressors affect more than just our mood. They affect our whole body at a physiological level. This is why each one of us manifests these symptoms differently.

For some, they may show up as physical pain based symptoms. For others, they may be emotional in nature. For others still, they may present more visceral in nature.



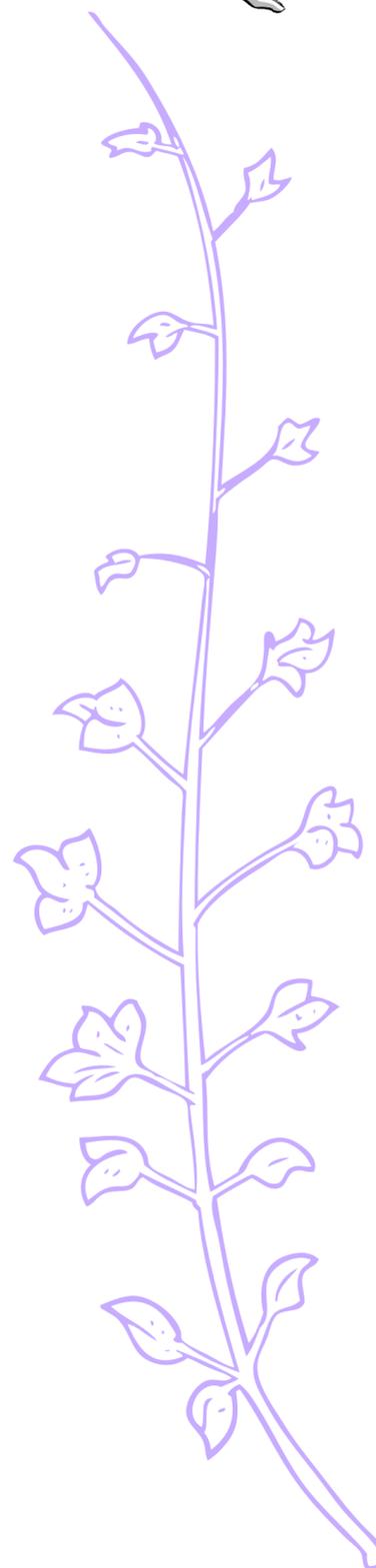
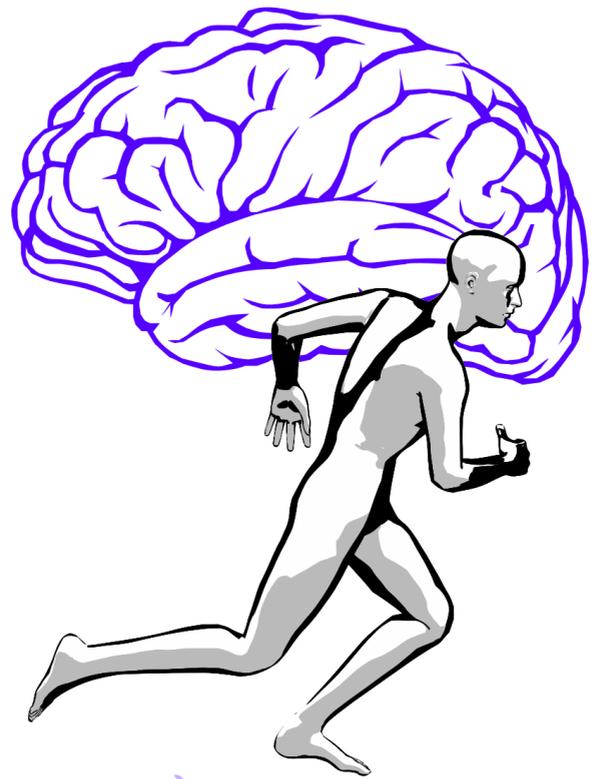
Our mind and body can experience stress in many forms and from many different sources.

We have a combination of physical, chemical and emotional stressors - each addressed and discussed in greater detail in the lessons in the full program.

For now, the important thing to understand is that any time we experience stress (physical, chemical or emotional), we have a hormonal stress response that occurs in the brain. If our body doesn't process these stress responses appropriately, the stress responses that we experience can negatively affect us long after the original stressful event has occurred.

What this means, is that we can still be stressed (or have stressed physiology) without consciously feeling stressed. This is because our body has physiological reflexes to these stressful events, and often times, when we experience similar situations later in life, old response patterns can kick in.

From an emotional stress

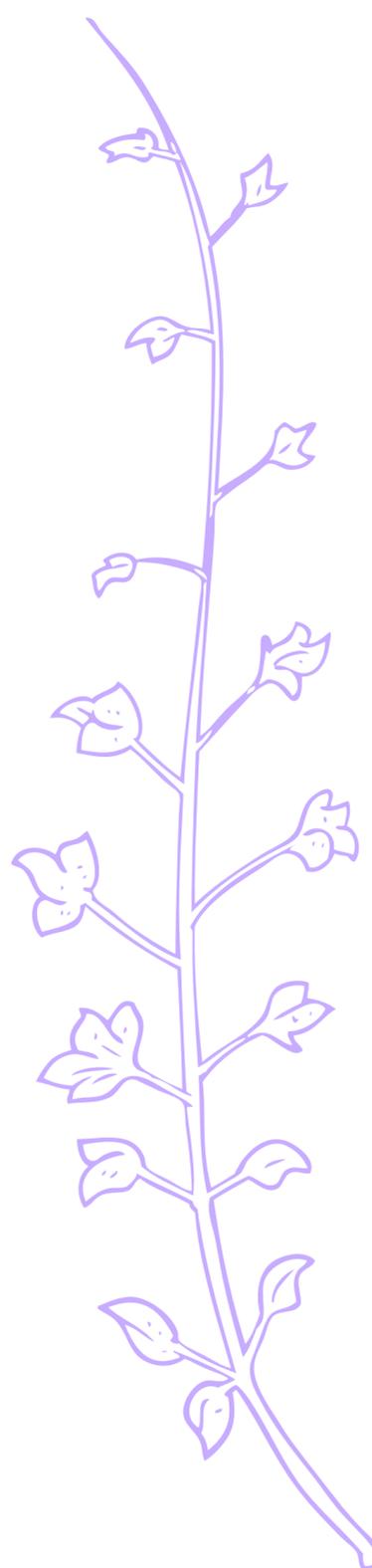


perspective, one thing people may not realize, is that our emotions in and of themselves are physiologically based.

Through my Neuro Emotional Technique (NET) certification, I learned that when we experience an emotion, our brain reacts by releasing substances called Information Substances (such as hormones, neuropeptides and neurotransmitters).

Once these information substances get released, they travel in our body and bind to a receptor site. When our body fails to physiologically "let go" of these bound stress responses, we can find ourselves left with unexplained chronic physical problems - pain based or otherwise.

An easy, non threatening example of this is feeling butterflies in the pit of your stomach. The information substances associated with the emotion "nervous" in this example travel to your stomach to give you that fluttery feeling we all know as butterflies. Now, under normal circumstances, when the event that is making us feel nervous goes



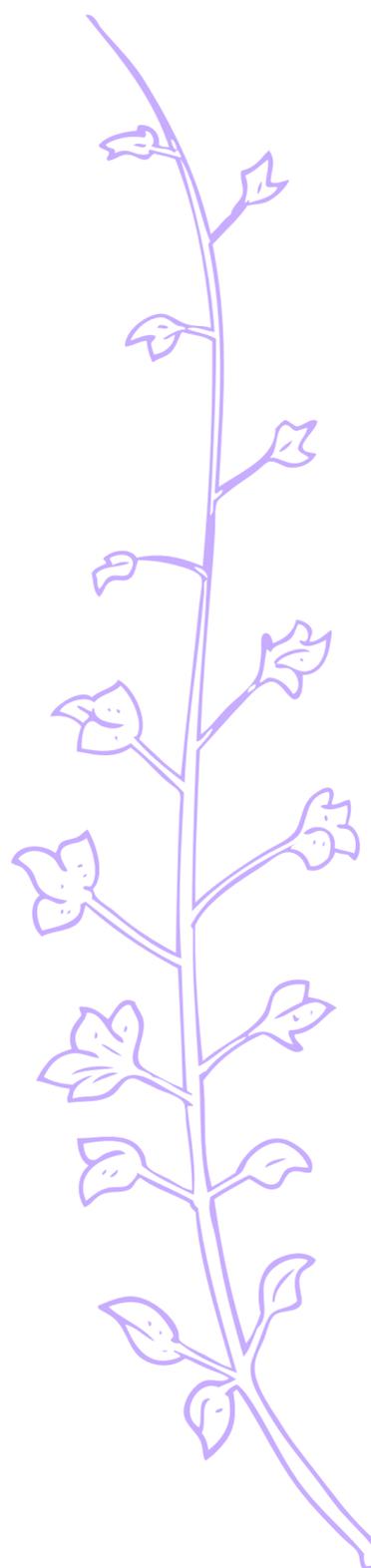
away, so do the butterflies.

However, sometimes the physical symptoms don't disappear that readily. Sometimes, these information substances can result in symptoms such as headaches, neck or back pain, anxiety, depression, digestive dysfunction, fatigue, decreased libido, changes in menstruation, frequent illness - to name a few - and these presentations can be much more resistant to release, especially when our present day body is bombarded with other forms of stress (physical, chemical or emotional).

The best way to minimize the effects of these trapped information substances is to address all forms of stress to the body, which is exactly what this program teaches you to do.

Venturing one step deeper, let's consider our thoughts and beliefs.

When you have a thought or a belief, would you agree that they are both associated with emotions? Positive thoughts / beliefs are associated with positive emotions and negative thoughts / beliefs are associated with negative emotions.



Therefore, how we think and what we believe can (and does) affect us physically through these same information substances mentioned above. So, our thoughts and beliefs do in fact matter. They matter very much. Read that again.

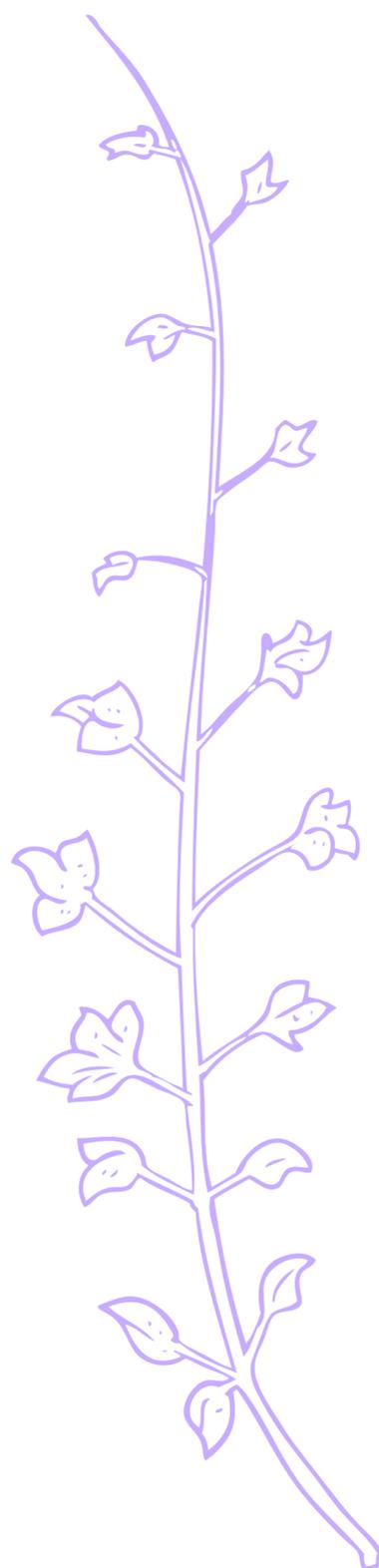
## *OUR THOUGHTS AND BELIEFS MATTER!*

This is why belief clearing is extremely important. If you want to truly bring about change in your life, it must first begin with your mindset.

This is the first step of mind body healing.

Belief clearing may also be paired in office with Neuro Emotional Technique (NET).

Together, these therapies can bring about some very powerful changes in one's mind, body and soul!



# What is "Neuro Emotional Technique"?



Neuro Emotional Technique (NET) is a technique Chiropractors use to help identify and let go of "stuck" mind body stress patterns.

Finding these stuck stress patterns is done with a manual muscle test. If the test is positive, this indicates your current symptoms are related to an active mind body stress response and a physical correction will be made to the affected spinal segments and acupuncture meridians.

This helps to neurologically release the stuck information substances through the positive effects made on the nervous and meridian systems. fMRI studies have shown this technique makes direct changes in the brain, and the results can be quite profound!

# What is "Belief Clearing"?



Belief clearing begins with your mindset. The purpose is to delve deep within your subconscious mind to uncover your self limiting beliefs. More often than not, it is our own thoughts and beliefs that hold us back in life.

Once you have become aware of these limiting beliefs, we can begin to clear them - or change them - using the techniques in this program. This will allow you to start attracting and living the life you want without these subconscious beliefs holding you back,

Belief clearing can also be paired in office with NET, or simply done with the exercises in the full program.

\*Please note: Belief clearing and NET are not intended to replace therapy. Rather, they are intended to be used in conjunction with therapy (if and when it is needed)

# The "Mind, Body, Soul" Connection



Venturing into a more spiritual realm, mind body stress also affects us at the soul level.

Most active mind body stress responses arise from a past traumatic event. Since our energy fields and Chakras run throughout our entire body, these past traumatic events leave an energetic imprint here, Each Chakra relates to different sensations, and blocked Chakras can manifest physically or be felt emotionally, as is taught more in depth in the full program.

Furthermore, once you have an active mind body stress response resulting in symptoms (awful anxiety or horrendous headaches for example), this likely affects your ability to go out and do the things you love - and more often than not, the things you once loved become less enjoyable.

# The "Mind, Body, Soul" Connection



This likely leaves you feeling depleted and yearning for something more. You might even start believing you are powerless over your current situation - leading to a blocked solar plexus chakra, and ultimately, keeping you disconnected from your soul's true nature. This is just one of the many possibilities showing the connection between mind, body and soul.

Hopefully at this point we can all see just how important the brain's response to past events actually is. Everything that manifests is a result of reactions of hormonal secretions in the brain.

If you can change the way the brain is reacting to these past events, you can change the physical manifestations and that is where the meditations and exercises in this program become a crucial part for your healing.

# Why Meditation?



Meditation has been shown in research to directly affect the brain in a multitude of ways - all very positively.

The biggest and most exciting study finding relates to meditations ability to make neuroplastic changes directly in the brain.

The areas of the brain that are affected through these neuroplastic changes are the areas that relate to your feelings of connectedness, self empowerment, happiness, calmness - just to name a few.

If we can tailor a meditation to the events in the past that have left an active mind body stress response, think about the possibilities for your healing potential!

# The Affective Alignment Journey



In this program, you will find lessons combined with meditations.

These meditations have been designed to walk you through events in your past that have left you with an energetic blockage and an active mind body stress response.

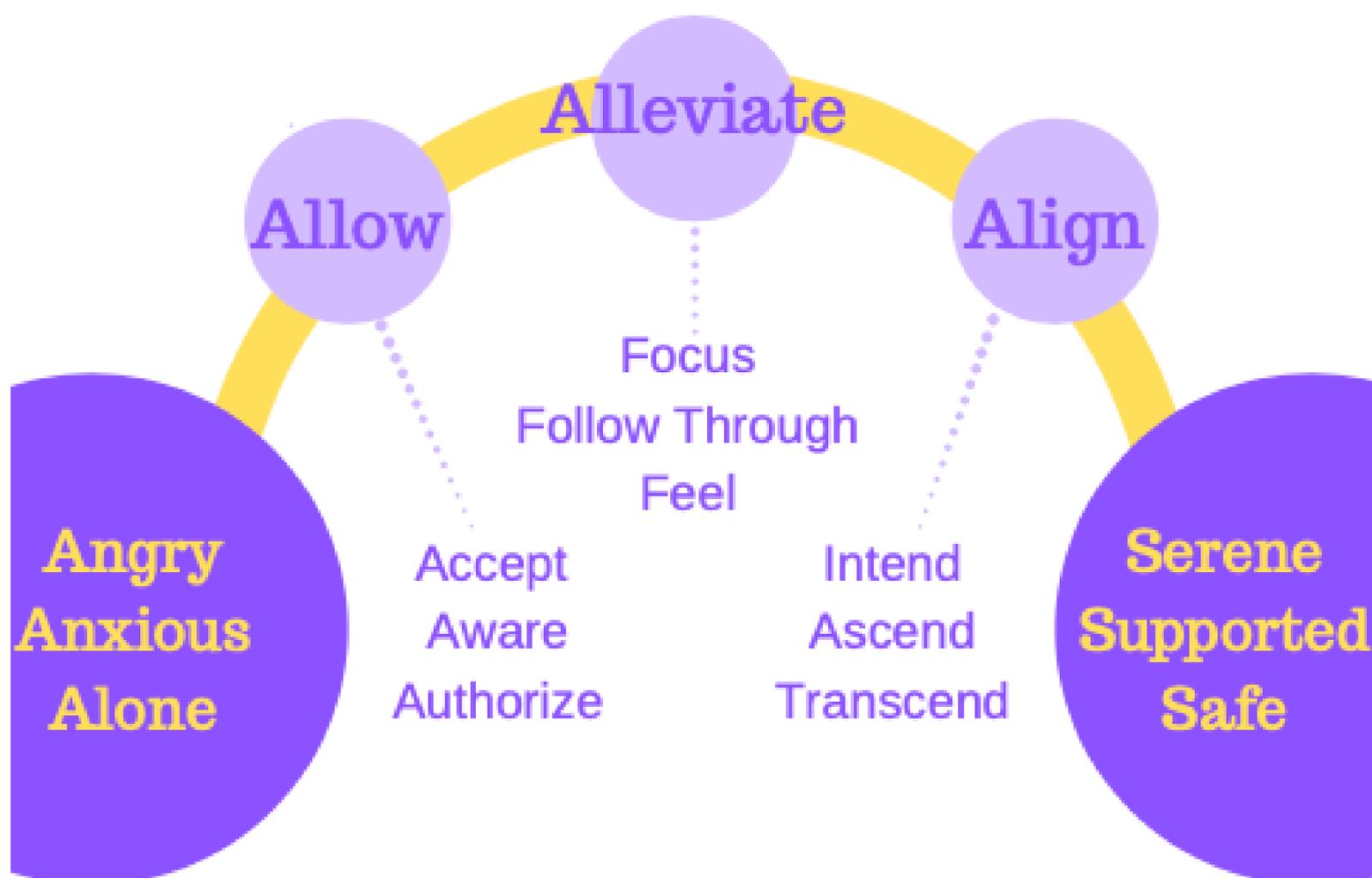
Once you have identified and relived these events, the meditation will show you how to energetically and spiritually let go of these hurts and burdens.

Once you have done this, the lessons include various exercises you can do to further unburden yourself of these negative experiences, so your mind, body and soul can let go and heal from these active mind body stress responses.

# The Affective Alignment Journey



This journey is based on the model shown below:



If you are currently feeling angry at yourself and / or the world around you, anxious about every little thing, and feeling alone and isolated like you can't connect with yourself or others - this program is for you!

# The Affective Alignment Journey



The step by step guide in the full program will provide the tools and exercises you need to finally feel serene, supported and safe - within yourself and the world around you.

The 3 words at the top of the model represent the 3 different phases you will need to achieve along the journey.

In order to go from where you are, to where you want to be, you have to first allow yourself to make this transition, alleviate the mind body stressors that are keeping you stuck, and align with who you truly are.

Within each phase are 3 further steps you must accomplish in order to align body, mind and soul.

# The Affective Alignment Journey

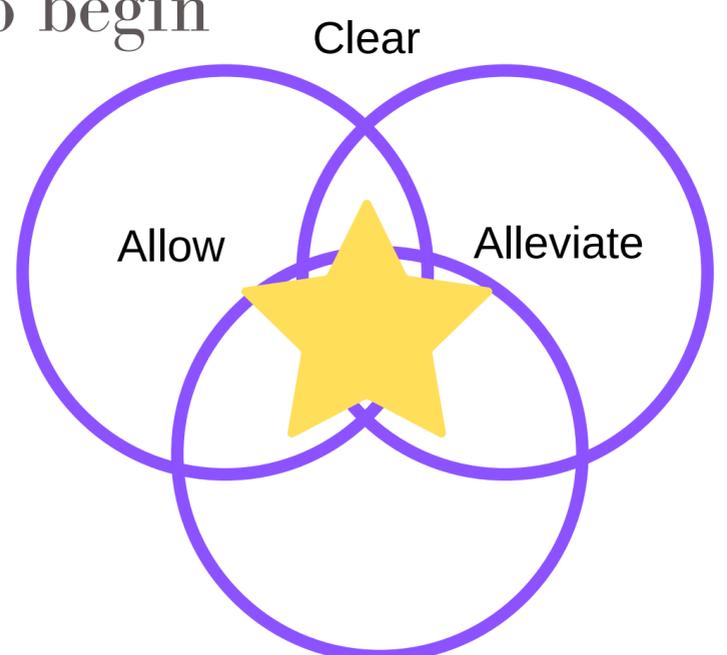


## *Allow*

I'm sure this step sounds funny. But often times, it is our own subconscious mind that keeps us stuck. So, you must first allow yourself to transition.

The first step you must make in allowing yourself to transition is acceptance. You must first *accept* that a change needs to be made. Only once you accept this change, can you become *aware* of what thoughts, beliefs and emotions are being held in your body. Awareness is critical! Once you become aware of what is weighing you down, you can *authorize* your soul to begin your transformation journey.

Here, you are clearing the path towards alleviation.



# The Affective Alignment Journey

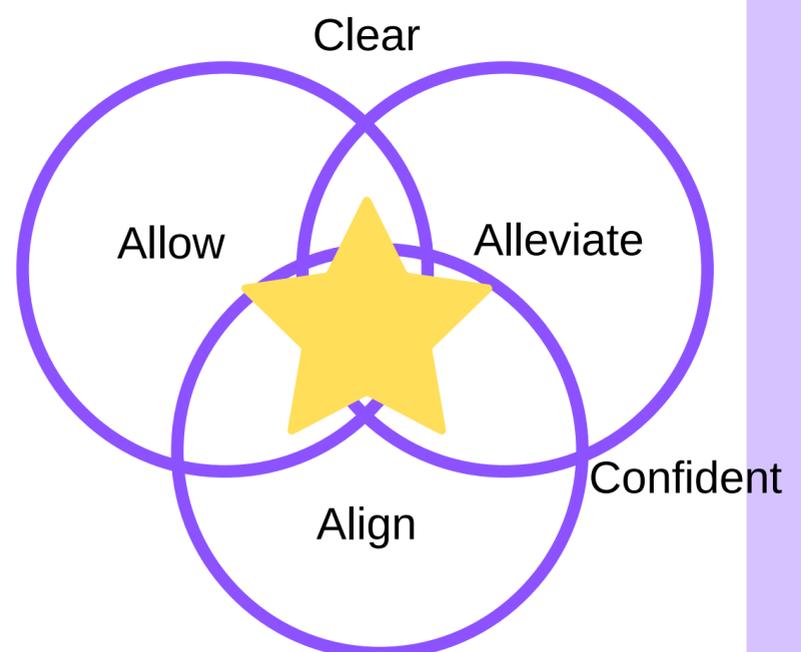


## *Alleviate*

Once you have begun your journey, you can start to alleviate the symptoms.

The first step in this phase is to truly *feel* all of the emotions and stuck energy keeping you where you are. Then, you must *follow through* with the belief clearing / spiritual healing exercises in this program. They are designed to help you release these experiences from your energy field, so you can more fully connect with your true self. Once you have followed through and released this stuck energy, you must *focus* on where you want to be.

This helps you get confident in who you are meant to be without this stuck energy weighing you down.



# The Affective Alignment Journey

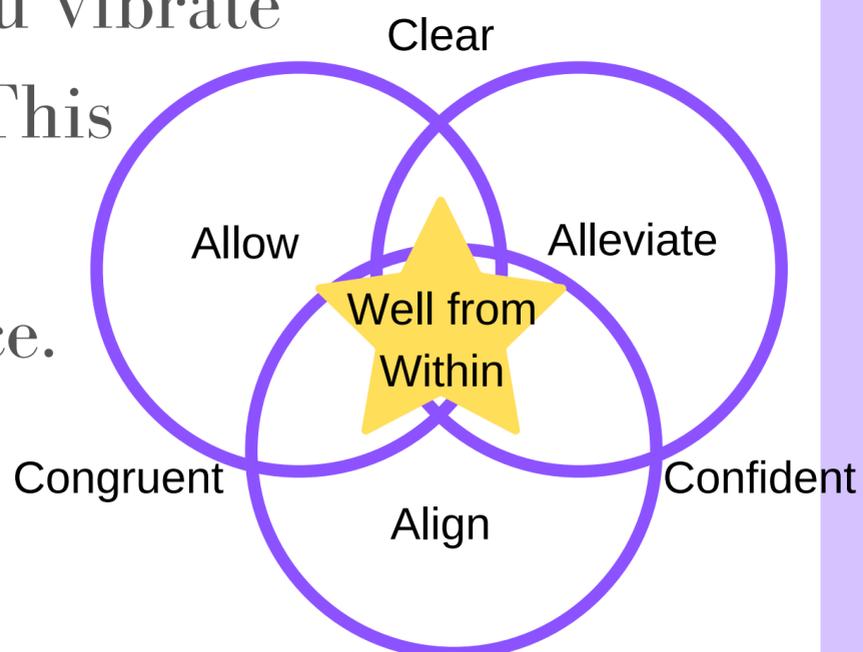


## *Align*

This step is what allows you to align your being to fully express yourself as you were truly meant to.

You must first *intend* that your higher being allows you to *ascend* into a higher spiritual state of being. Only once you have ascended, can you truly and fully *transcend* above the negative energies to reach the other side - full mind, body and soul connection.

This is where you are your most authentic and pure self. This is where you vibrate at your highest potential. This is where you are congruent with your soul's true essence. This is truly being well from within.



# The Affective Alignment Journey



Purchase the full program today and you will have life time access to:

- 7 Meditations created specifically to:
  - Bring awareness of past events that are burdening your soul
  - Release these burdens from your being
- 7 Lessons complete with exercises created to:
  - Free your energetic body from past hurts
- Belief clearing techniques to:
  - Remove subconscious limiting beliefs

## **BONUS**

- Inner Child Healing
  - Lesson and Meditation
- Past Life Meditation to:
  - Heal past life wounds still affecting you

**BUY  
NOW!**

*Note: If you are in the Burlington ON area, you may also choose to pair this program with in office NET / belief clearing sessions for extra healing by*

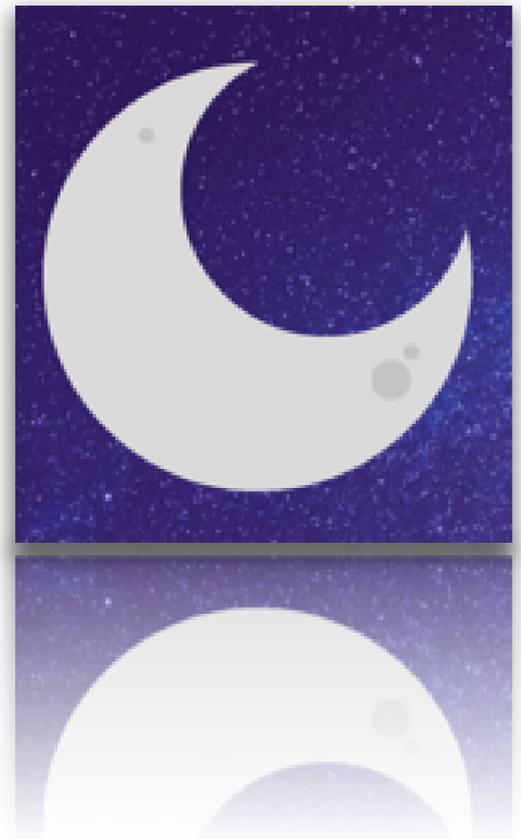
**Clicking Here!**

# Moon Rituals



One spiritual healing exercise I would like to include in the freebie, are moon rituals!

Every month we have both a full moon and a new moon. These are both very powerful nights for healing!



The new moon is a night that is very good for setting intentions of what you would like to bring into your life for the upcoming month. The full moon is a night that can be used for releasing that which no longer serves you.

For my own healing journey, I do both full moon and new moon rituals every month. These can be done in general / generic terms, or they can be

# Moon Rituals

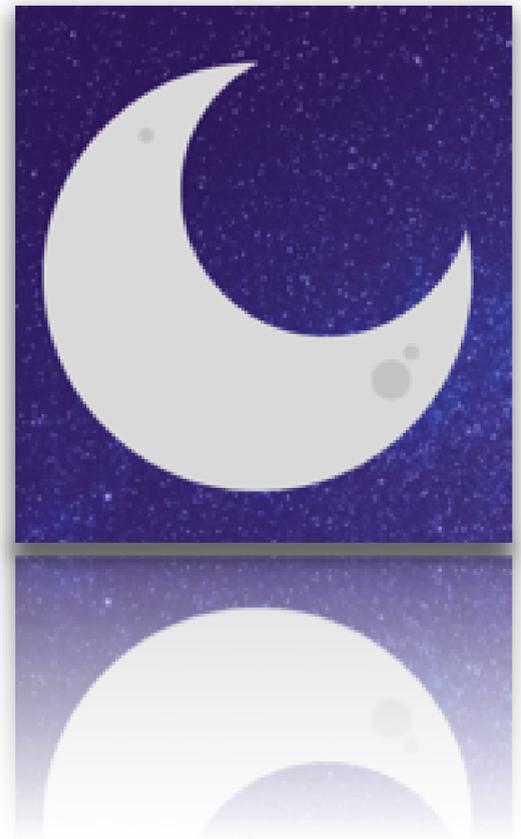


used specifically for a particular chakra, event and emotion / belief.

For example, if you are working on clearing your solar plexus chakra for one month, you may want to use the new moon to

bring in a sense of serenity in knowing you do have power / control over your own destiny, and the full moon to release and let go of the events that left you feeling anxious and angry at the world and believing you are powerless in your life. These full moon ceremonies are paired nicely with a particular event in mind or the events that are brought up during meditations / NET.

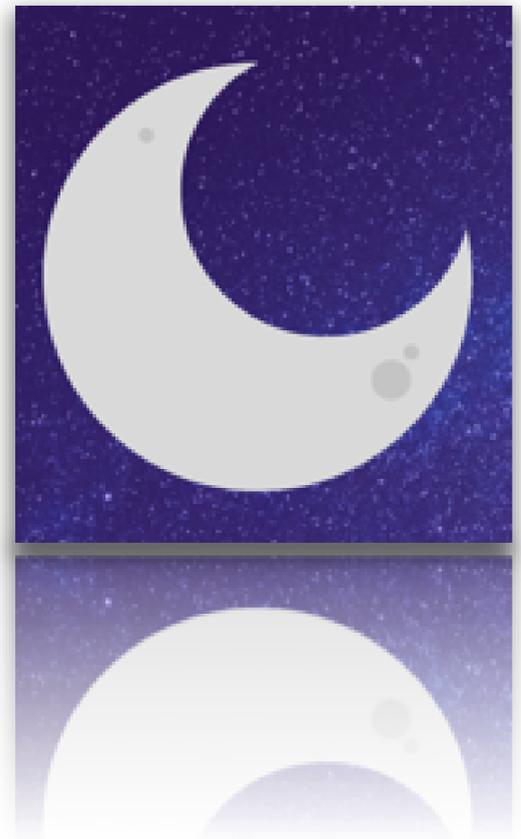
You can conduct a moon ritual in any way you would like. If you would like to do a generic moon



# Moon Rituals



ritual, you can google these pretty easily. Each new moon and full moon are associated with a general theme for that month depending on the astrological alignment at that time.



If, however, you would like to do them for Chakras, events and emotions / beliefs, I am including my general recipe on the following pages.

**Note:** the full program will include oils, crystals and music to be paired with each Chakra.



# New Moon Ritual



o Begin by diffusing essential oils and playing music related to the Chakra that is affected, and saging yourself and the room you are in.



o Make sure to have a piece of paper and pen ready for journaling, in addition to your Chakra healing crystals or any others that you feel drawn to at this time.

o Begin by spending a few minutes in quiet, reflective meditation. Inhale and exhale deeply as you ask yourself what you most want to welcome into your life at this time, specific to the chakra you are working with.

o When you feel you have sufficiently answered this question, open your eyes and begin to write

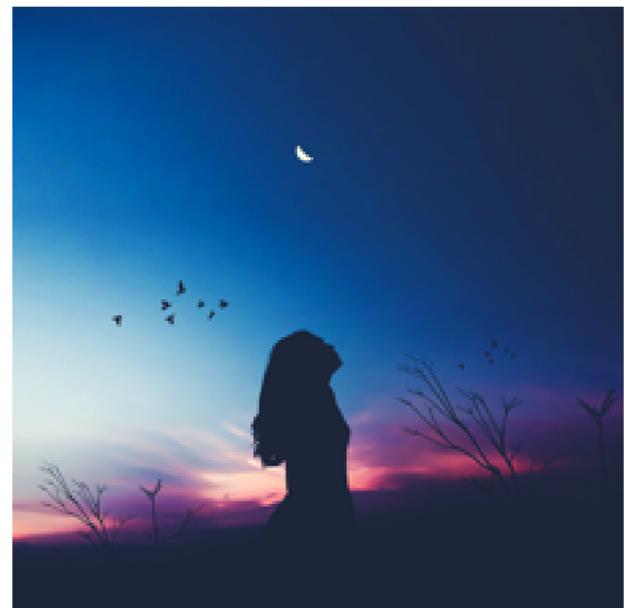
# New Moon Ritual



your intentions down.

o Begin the journal entry with the following statement :

- Dear universe (or whatever other deity you want to speak to), I use the energy of this new moon to welcome the following into my life this upcoming month...



o Now, you let the words flow from your pen and onto the page.

o Be sure to have your healing crystals out and visible as you write. Set the following intentions:

- Dear Universe, I set the intention that these healing crystals trap any negativity.
- I intend these crystals keep the negative from interfering with my ability to manifest these

# New Moon Ritual



positive changes into my life.

- I intend that the positives manifest today.



o Once you have finished writing your list, thank the universe for hearing your intentions and set this piece of paper aside, or if you have one, in your god box overnight.

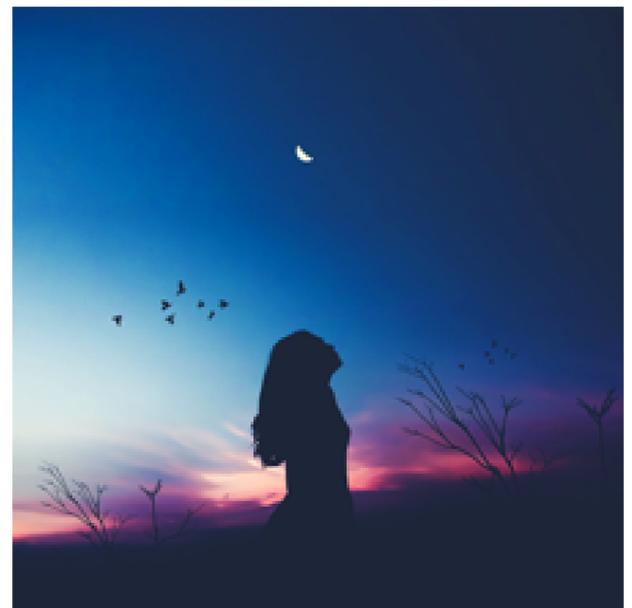
o Then, do some form of self care for the remainder of the night.

- Be it a relaxing bath, playing with your child or pet, watching a movie with a glass of wine, spending time with your partner, drawing, painting, writing poetry - whatever it is your heart is desiring in that moment, spend the remainder of the night doing it.

# New Moon Ritual



o The following night (24 hours later), take this list either from your god box or wherever you set it aside, and burn it with the same healing crystals you had the night before surrounding the container you are burning the journal entry in.



- If you are unsure what you could use to burn this in, my suggestion would be to do what I have done.
  - o Go to the dollar store and purchase a candle in a glass jar (similar to the ones you would see at Bath and Body Works).
  - o Remove the wax from the jar and use the jar as your burning jar. It works quite nicely!

# New Moon Ritual

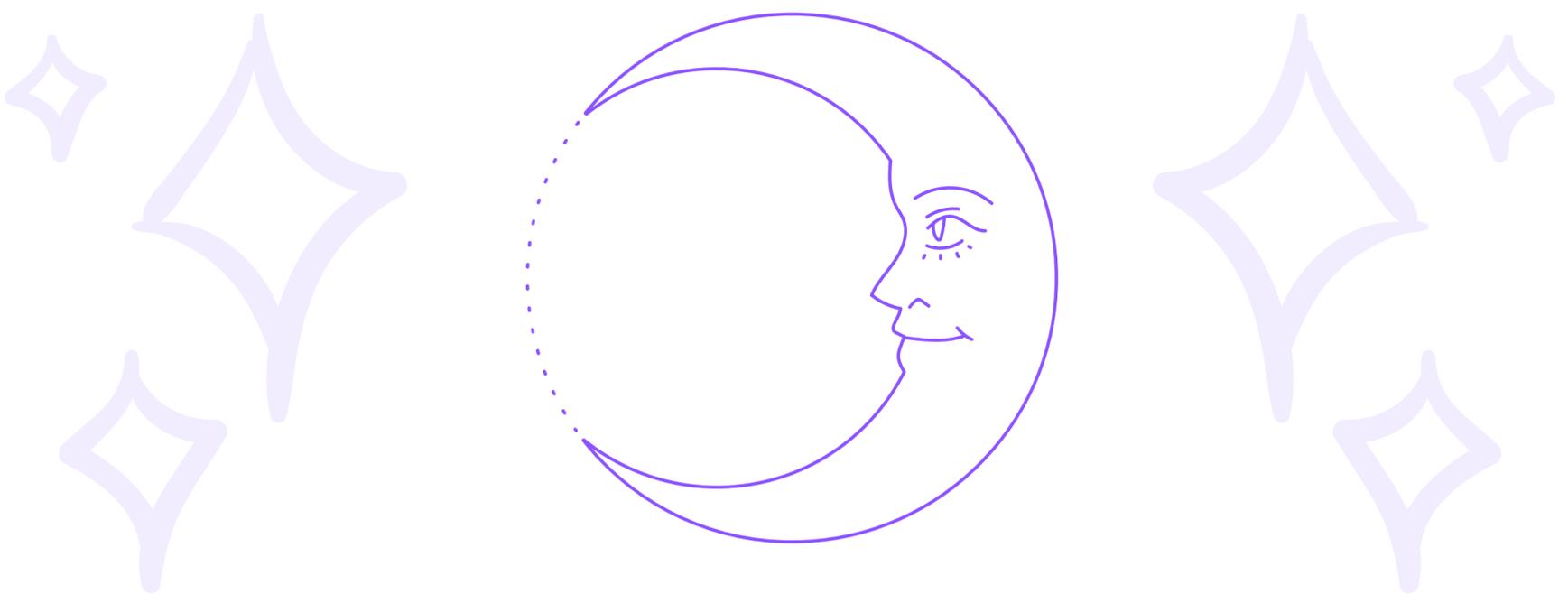


- When you burn the entry, make the following intention:

- Dear universe, I am releasing these desires back to you and am ready, willing, and able to have them manifest into my reality today. Thank you.



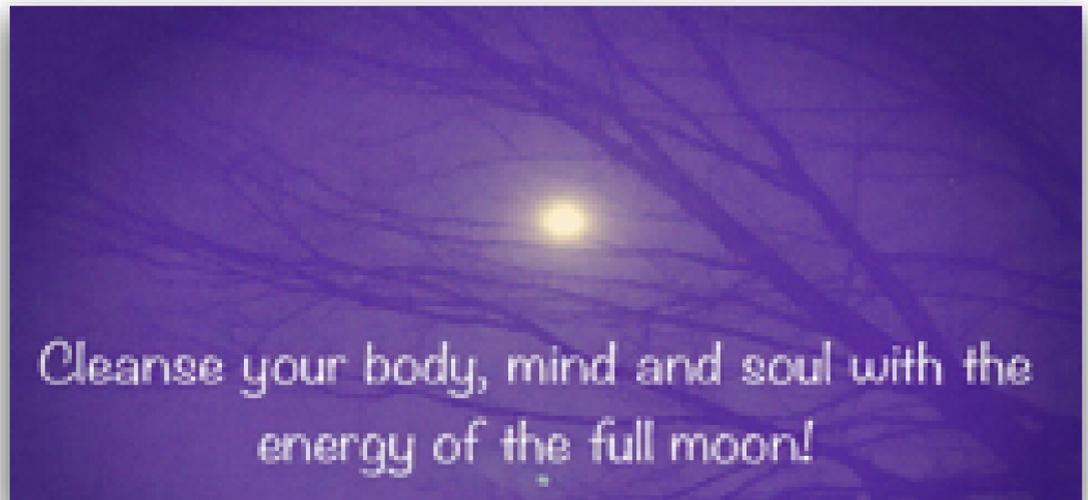
- Once you have thanked the universe, finish this exercise with another saging session to clear you and your space of any remaining negativity.



# Full Moon Ritual



o Begin by diffusing essential oils and playing music related



to the Chakra that is affected, and saging yourself and the room you are in.

o Make sure to have a piece of paper and pen ready for journaling, in addition to your Chakra healing crystals or any others that you feel drawn to at this time.

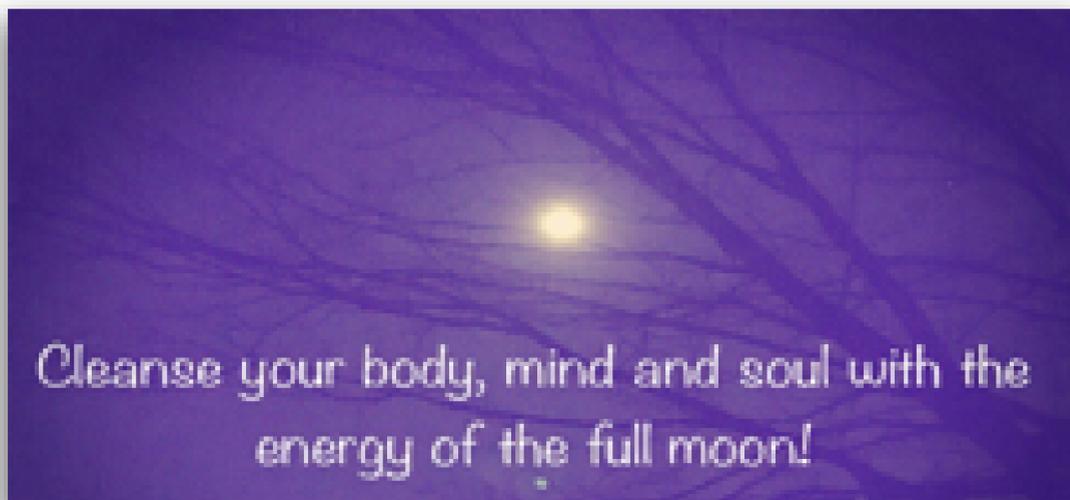
o For this moon ritual, it is best done with an event, feeling or situation in mind that you are wanting to release.

- If you are receiving NET treatments, and something was brought up that you want extra help releasing, focus on that.

# Full Moon Ritual



- If on the other hand, you do not have something in

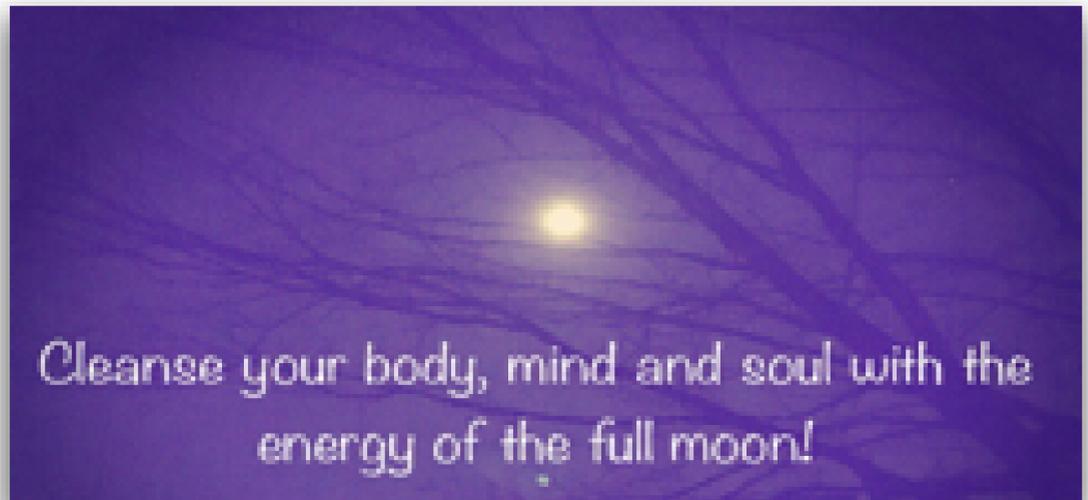


- mind already, this is a good night to do some internal reflection or pair it with a meditation.
- Allow yourself the time it takes to do this reflection / meditation.
- Please note, a general clearing meditation has been included for this purpose.
- o When you know what you are wanting to release, really feel and experience this.
  - Pay attention to the emotions / beliefs it brings up.
  - Pay attention to the way this affects your body - your breathing, your posture, your facial expressions, your physical comfort levels.

# Full Moon Ritual



o Once you have experienced this, it is time to begin your journal entry.



o Once again, be sure to have your crystals visible, setting the intention that they are absorbing negativity from your energetic being.

o As you write your journal entry, begin with this statement

- Dear universe (or whatever other deity you want to speak to), I use the energy of this full moon to release the following negativity from my energetic / spiritual being...

o Now, let the words flow.

# Full Moon Ritual



- You may wish to write about the event / feeling.

Cleanse your body, mind and soul with the energy of the full moon!

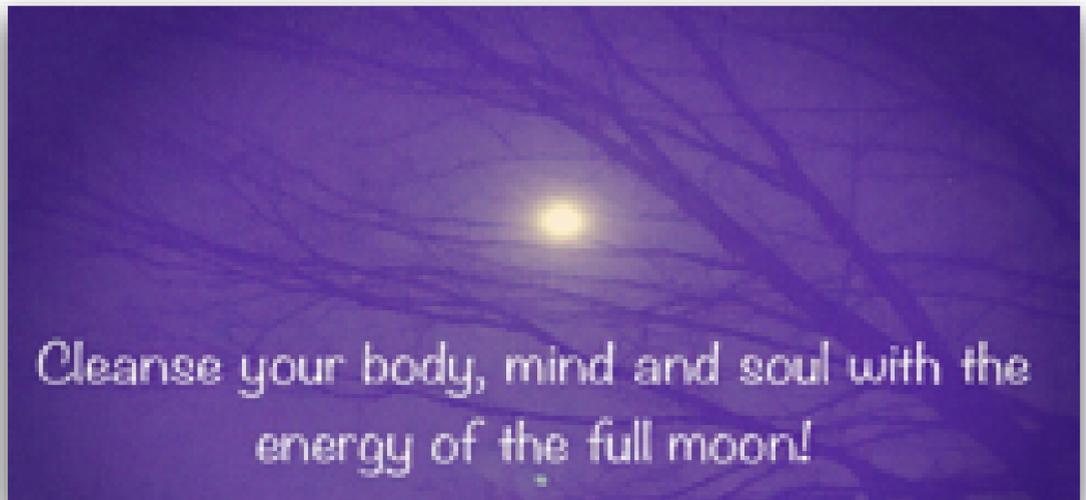
- You may wish to write about the people who were involved in this situation.
  - You may wish to release the limiting belief (s).
  - You may wish to do all three.
- o There is no right or wrong way to do this. Trust your inner guidance and intuition in knowing what will best serve your higher self.
- If tears come as you are writing this journal entry, that is something you should allow your body to experience.
  - Remember, this night is about releasing.
  - Tears are the body's way of releasing hurtful,

# Full Moon Ritual



negative  
energy.

- Do not fight the process this night.



- Allow your body to experience this releasing any way it needs to.

o Once you are finished with your journal entry, burn it immediately setting the intention that you are releasing this burden from your soul.

o Pay attention to how you feel after the papers are burned

- Sometimes you may feel a heaviness lifted, or a deeper sense of calm / happiness
- Sometimes, you don't feel any difference right away and that is okay too.
- Allow your body to release and process this

# Full Moon Ritual



change how  
it needs to.

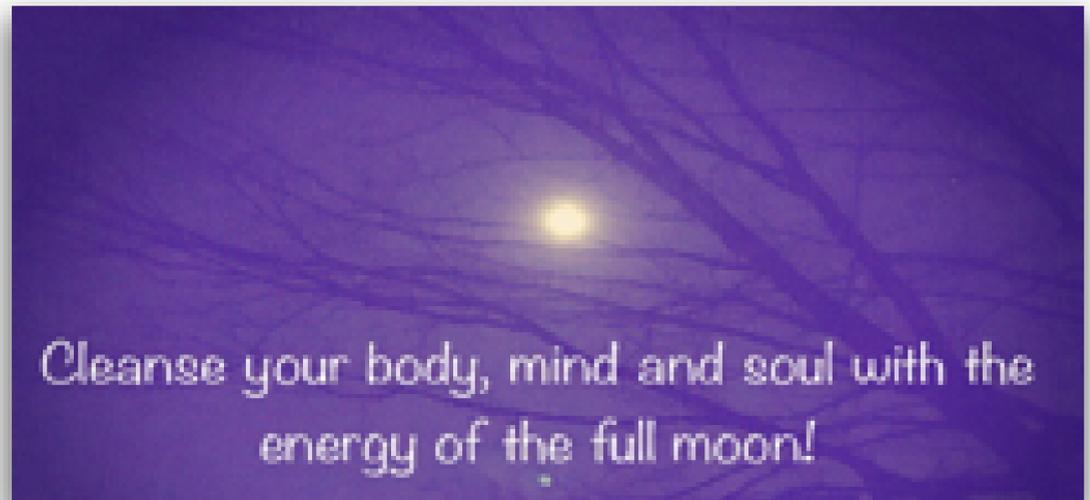
o End the  
ritual with

saging yourself and your space, releasing any  
remaining negativity that is still lingering.

o Spend the rest of the night doing something  
soothing to your soul - whatever that may be for  
you.

- If you wish to make it something happy and  
uplifting, do that.
- If you wish to spend the rest of the night crying  
as your body releases these energies, that is  
okay too.

o However your soul wants to be soothed this  
night, give yourself permission to do that.



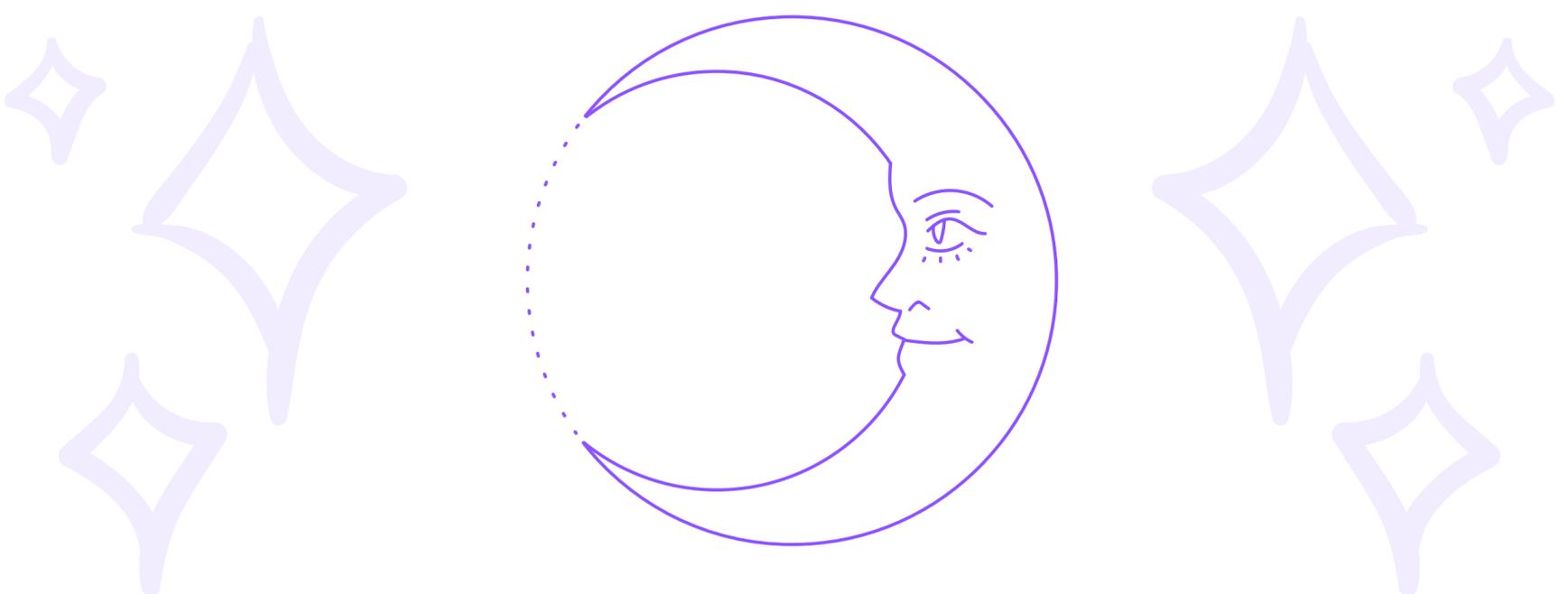
# Full Moon Ritual



*These moon rituals are very powerful, healing experiences.*

*I recommend doing both each month. However, if you are having a month where you feel you would benefit more from one vs the other, you may wish to only do one.*

*Trust your intuition to guide you along your healing journey*





I set the intention for you dear soul, that your higher self gets the full benefits of this program.



I intend that your energetic being heals in a way that benefits your highest good.



I ask my spirit guides and yours to lead your soul in this mission towards transcendence.



--

Yours in health; body, mind and soul.  
Dr. Julianne Donato

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