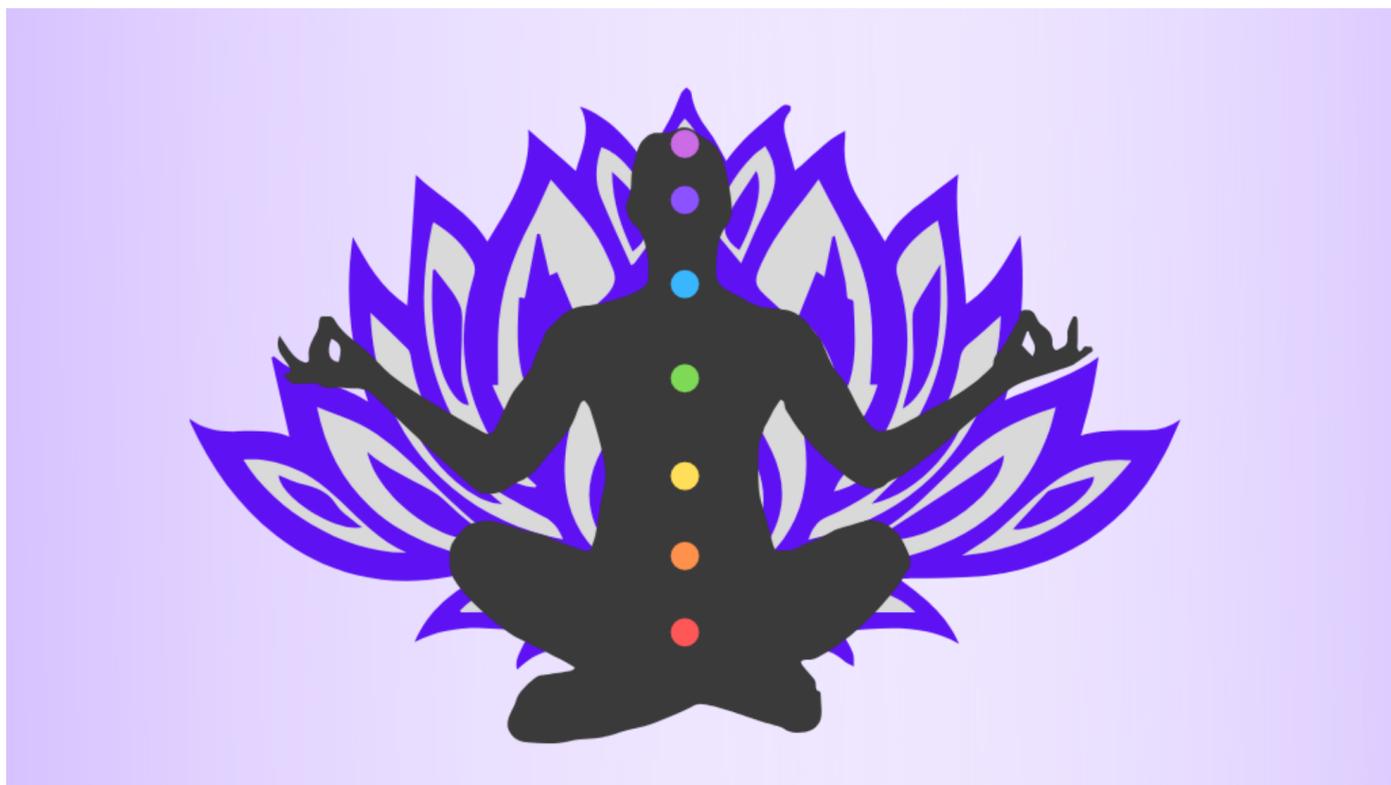


# A F F E C T I V E   A L I G N M E N T

*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

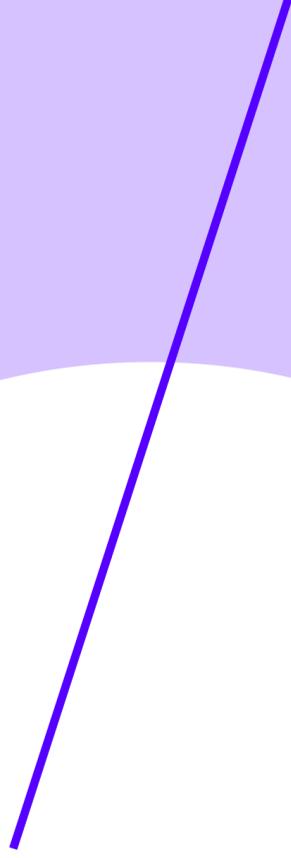
B O N U S

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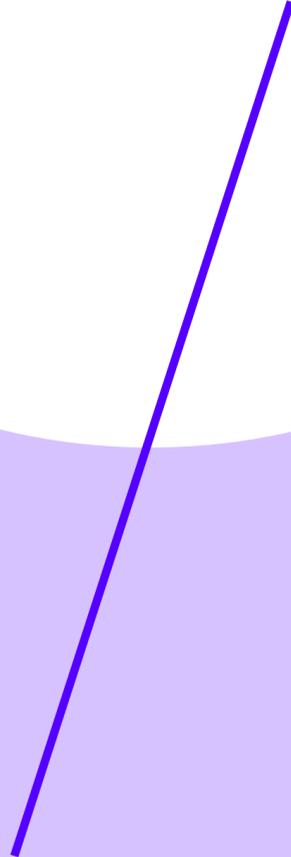
&

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

03



LESSON



03

# Infinitely Intuitive

## A guide to healing your Third Eye Chakra



In this lesson, we will be clearing wounds that have left blockages in your Third Eye Chakra.

Your Third Eye Chakra is located between your two eyes, and as is represented in the image above, the colour for this Chakra is purple.

This is our sense of foresight and inner knowing. The Third Eye Chakra is what allows us to connect deeply with ourselves, and our intuition. If you have ever had a gut feeling, this is your Third Eye Chakra at work. Events in our past that have caused us to ignore that gut feeling leaves a blockage here. These blockages can stem

# Infinitely Intuitive

## A guide to healing your Third Eye Chakra



from listening to someone else when they tell us to do or not to do something, even when we knew different in our soul.

When our Third Eye Chakra is blocked, when we don't trust our own intuition - we lose trust in ourselves. This often times leads to other Chakras being blocked as well.

When our Third Eye Chakra is open and free, we are one with our inner knowing. We trust in ourselves fully and completely. We never allow our decisions or actions to be influenced by anything or anybody else.

# Infinitely Intuitive

## A guide to healing your Third Eye Chakra



In this portion, you will find spiritual exercises and practices that will help open and free your Third Eye Chakra, so you can connect with your intuition and your own self at a deeper level.

Each Chakra needs similar things to begin their opening. If this is not the first portion you started with, you will notice a similarity between the first few exercises. These are exercises that should be done regularly.

I recommend you do each one for each Chakra, BUT start with the Chakra you feel is most blocked and most needs your attention. Once you feel you have successfully

# Infinitely Intuitive

## A guide to healing your Third Eye Chakra



opened that Chakra, move on to the next one.

The beauty of this program, is this is yours to have and work through for the rest of your life. So proceed at your own pace. The more in depth you go with each of these exercises, the more free and clear you will feel, and the closer you will be to your own *Affective Alignment*



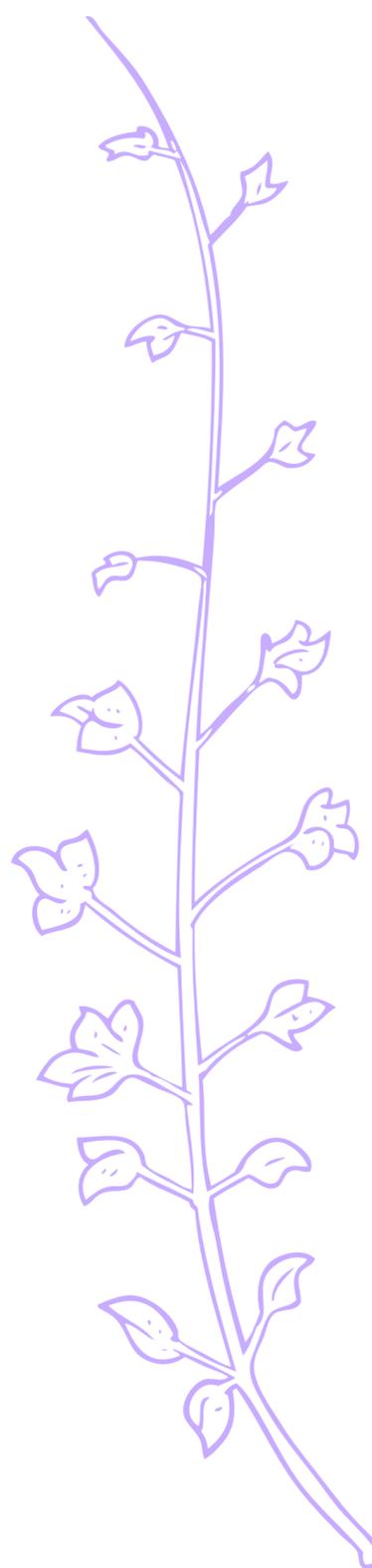
# Mindful Meditation

Do the Believe Your Intuition Meditation in your program.

After the meditation session is over, journal what came up for you. Focus on any changes you notice in your spirit. If you feel any lighter, note that. If you don't feel any different yet, note that as well. Deep healing takes time, and likely will not happen all at once, so give yourself as much time as you need.

For best results, try to do this meditation once per week.

This step is critical for raising awareness of what needs to change. Meditation is the best way to deeply connect with your soul and truly get to know and understand yourself. Once you become aware of the changes that need to take place, please do not forget to authorize your soul to let go of these situations that are keeping you stuck, so you can begin to alleviate the mind body stressors that are holding you back in your ascension journey.



# Mindful Meditation

Click to combine this meditation with

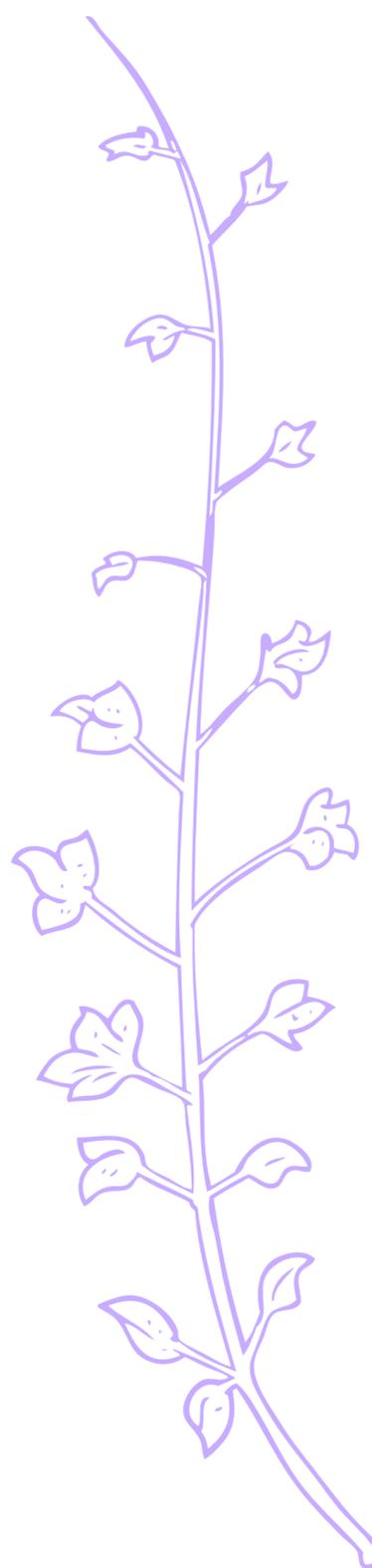


This is a fantastic way to feel the emotions correlated with the original event being brought up, allowing your body to fully process and let go of the stuck energy that has left these active stress responses. Follow through with the remainder of the exercises in this program and focus on your end goal.

Regardless of if you combine this with NET or not, allow this guided meditation to reveal what is keeping you stuck and preventing you from truly aligning into who you are meant to be. When your Third Eye Chakra is blocked, you are blocked from yourself.

This is a VERY big blockage to aligning with who you truly are, so you can get to where you want to be. Use this meditation to help you through the remaining exercises in this program.

***Do not miss this step!!***



# Bath Bliss

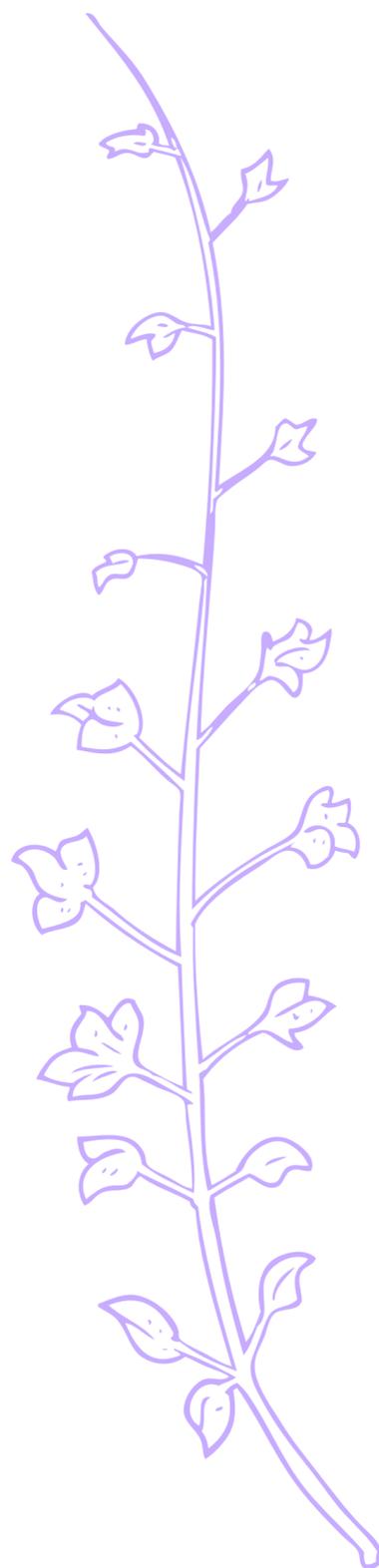
Have a bath with Himalayan Bath salts and healing crystals surrounding you. If you have any purple ones - **amethyst, charoite** etc - use those. If not, grab whatever crystals you feel drawn to at the time.

Put the crystals around the bath, and, if you have a purple one, or a favourite one, place this inside the bath with you, along with essential oils - **lavender, serenity or console** are best for replenishing the third eye chakra.

As you have your bath, listen to music that makes you **feel connected to your inner knowing** - whatever that may be for you.

Close your eyes and breathe in and out and let your mind empty of any thoughts. Focus on the music and the relaxation you feel as you bathe.

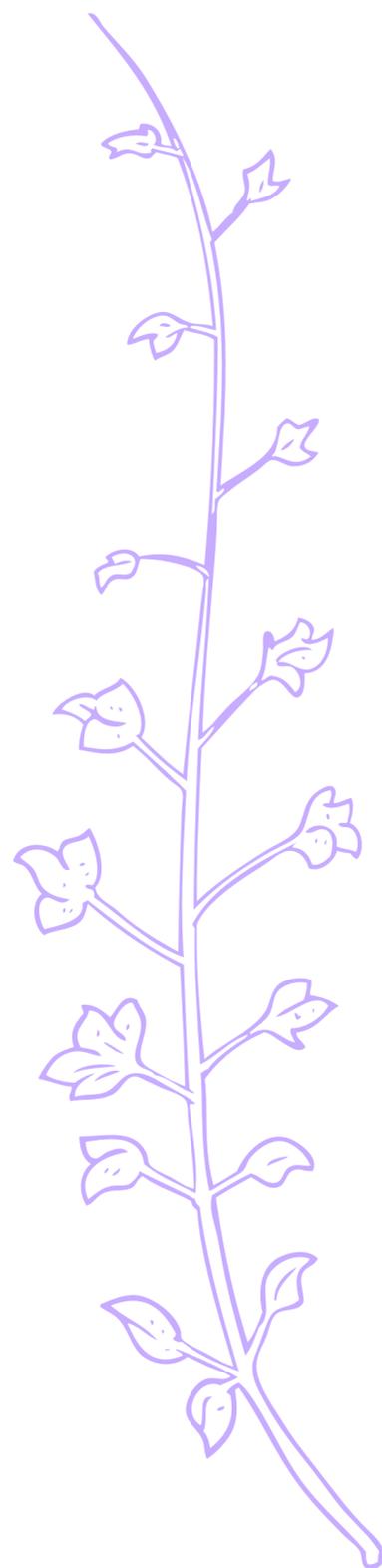
This is an extremely calming exercise and is a wonderful way to connect mind, body and soul as it



# Bath Bliss

addresses all 3 forms of stress to our body - physical, chemical and emotional:

1. The Himalayan bath salts are phenomenal for drawing out toxins from the body and promoting muscle relaxation. This reduces physical stress to the body, in addition to detoxifying the body.
2. Using pure, all natural Essential Oils (such as doTERRA), ensures no chemical products are being added to your system. Our body is our temple and our skin is the largest organ we have, making it very susceptible to chemical products. Essential Oils are all natural and chemical free. doTERRA are among the best oils to use as this company has ample testing to ensure they are of the highest quality and purity, so do make sure to be picky with the essential oils you use as many of the ones you can purchase in stores are not as pure.



## Bath Bliss

3. The music, oils and the overall relaxation addresses the emotional component.

When we are feeling confident and relaxed, the stress response associated with the emotions is diminished.

*Do this bath exercise monthly!*

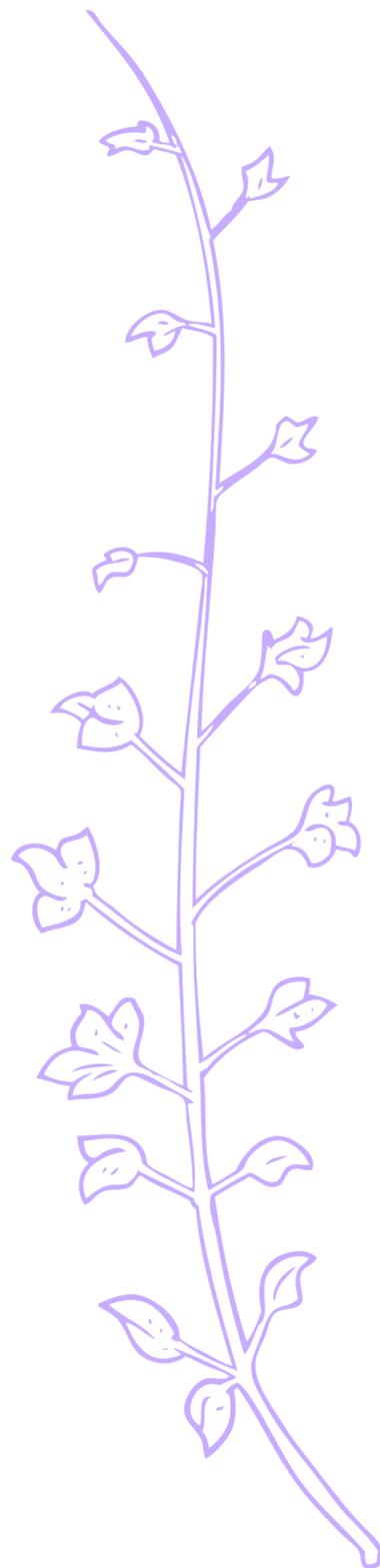
*\*Note: If you do not have the oils, please check the link to my*



**doTERRA back office**

*You can order retail, or take advantage of wholesale prices by creating your own account.*

*To do so, simply click the top right hand corner of the menu bar and hit "Join and Save". Follow the instructions from there, and you will be all set for wholesale prices!*



# Only Oils

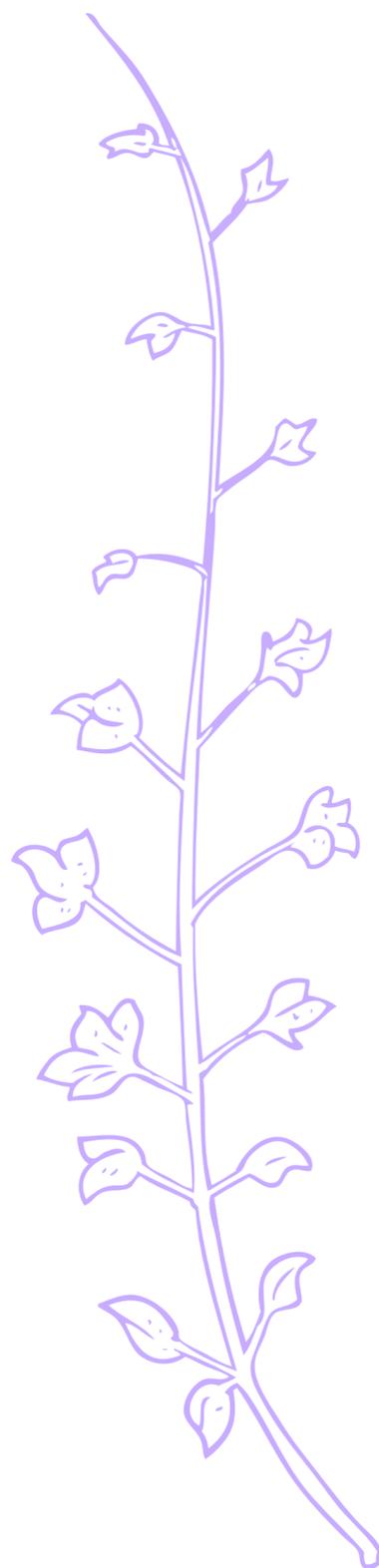
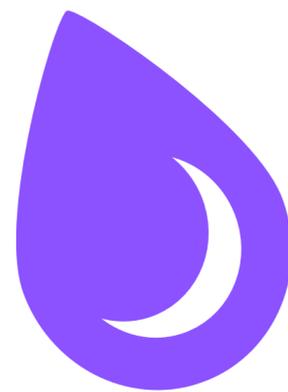
Diffuse the mentioned oils throughout your house to help support your Third Eye Chakra.

As you do so, hold onto the aforementioned crystals in your hands or lay on your back with the crystal in between your eyes.

As mentioned above, the oils help address both chemical and emotional stress.

Diffusing pure, clean scents instead of toxic fragrances helps to purify your energetic being, and promotes an overall calming sensation, providing positive effects on your nervous system. This helps connect you to your soul much more readily.

The crystals are wonderful ways to purify your energetic being. Be sure to set the intention that the crystals draw out the negative, stuck energy from your body and are transmuted or replaced with pure, clean energy.



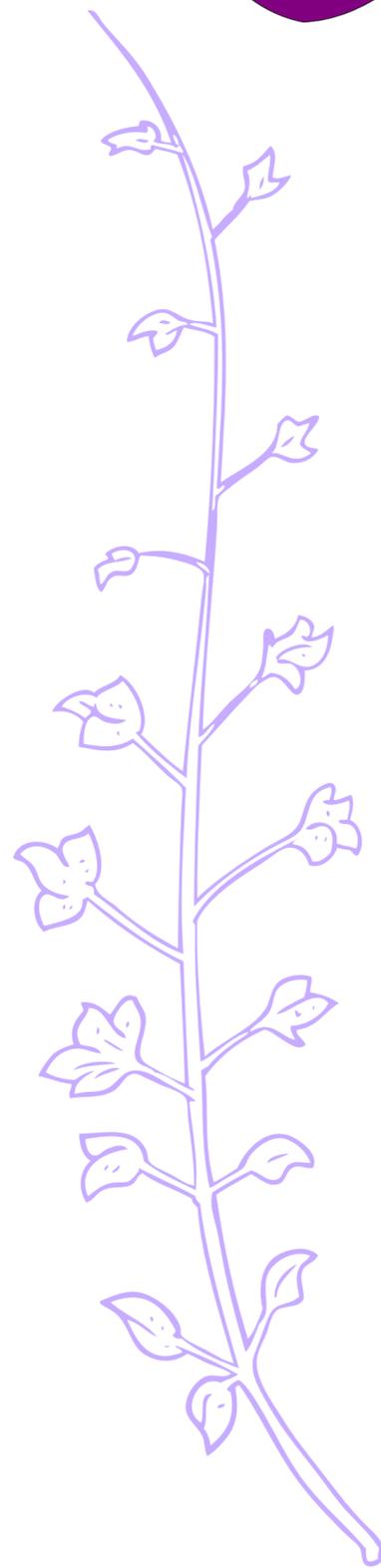
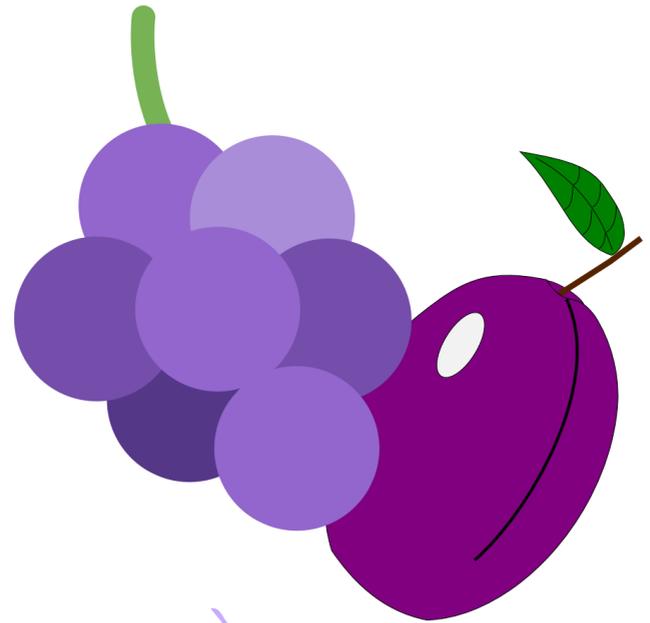
# Organic Options

Eat lots of clean, organic purple foods - purple grapes, plums, purple cabbage, eggplants, beets, blackberries etc.

Turning this into a morning breakfast is always a fan favourite. Try juicing beets and blend it with fresh grapes, plums, blackberries and organic vegan protein powder. It is quite delicious and makes for a great breakfast!

The food that we eat is part of the chemical stressors we can encounter. Our body is our temple. What we put into it matters. Be sure to put clean, organic sustenance into your body on a daily basis. As mentioned above, this too will help purify your energetic body.

Eating foods that are sprayed with chemicals inflames the body. Short term, this might not sound like such a bad thing. But, when combined with other stressors and inflammatory substances, over the long term, this can catch up to you!



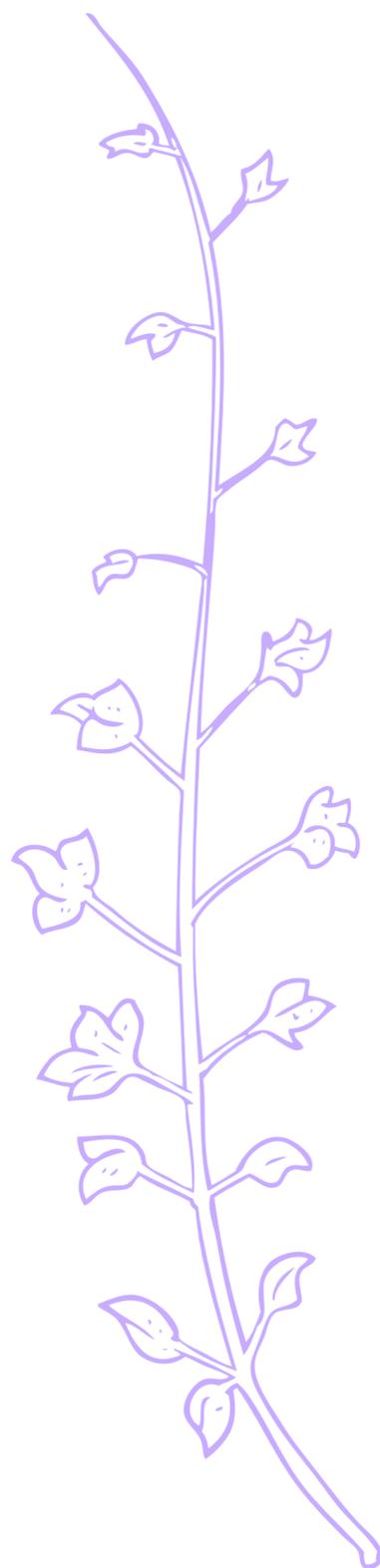
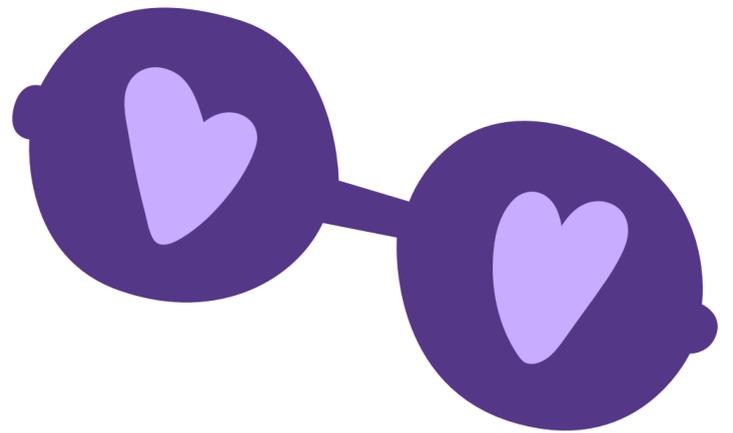
# What to Wear

Wearing certain colours can actually help strengthen our Chakras.

The Third Eye Chakra is in between our eyes and the colour that represents it is purple. So, any form of purple that can touch this area is helpful and helps replenish and strengthen a blocked Chakra.

Consider wearing purple glasses or sunglasses

The important thing with this step is your intention. Wear this purple with the intention that whatever item you chose to touch your Third Eye Chakra is filling your Chakra with healthy, pure energy.



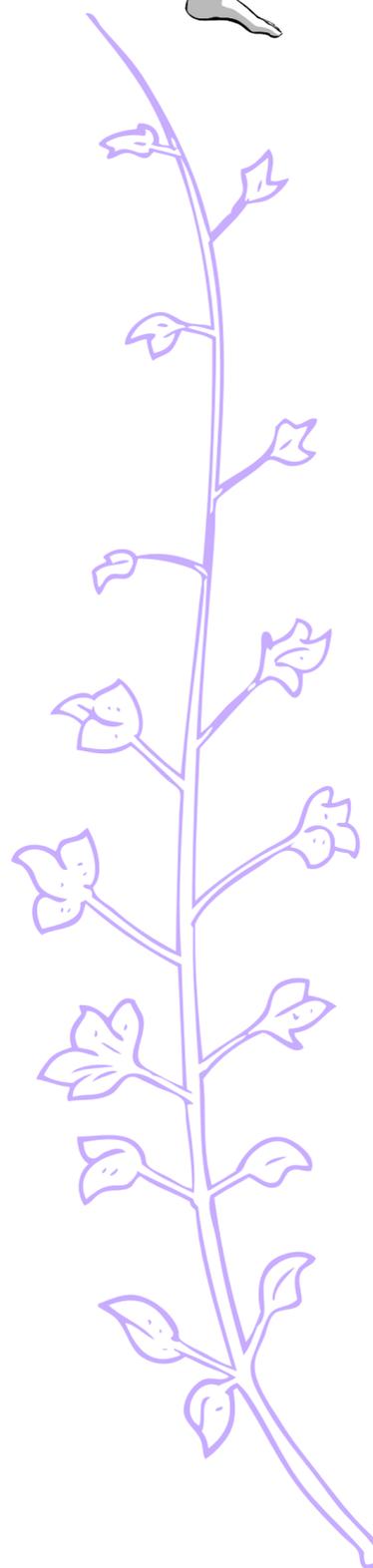
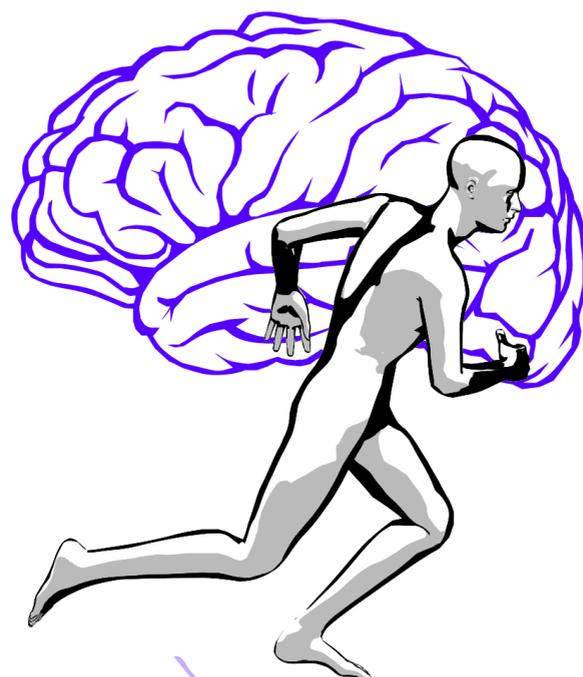
# Better Mind and Body

Get checked and adjusted by your Chiropractor.

Each Chakra is associated with different spinal segments, different meridians and different organs / glands. Blocked Chakras are often paired with body aches and pains. Getting regular full spine Chiropractic adjustments addresses the physical stressors we encounter on a daily basis.

Our **Third Eye Chakra** is associated with **sinus headaches, eye pain and fatigue / tired eyes**. Clearing your physical body of any blockages will also clear your energetic body of blockages.

As an added bonus, Chiropractic Adjustments are shown in research to stimulate the nervous system, and decrease stress hormones, adding to overall calm and relaxation. In this hectic life, I think it's safe to say, we all need a little more of that!



# Better Mind and Body

Also, find a good energy worker who will physically clear your energetic being. Physical touch clears the body of so much. Every practitioner is gifted in their own way, so be sure to find the right fit for you.

Examples of energy workers are:

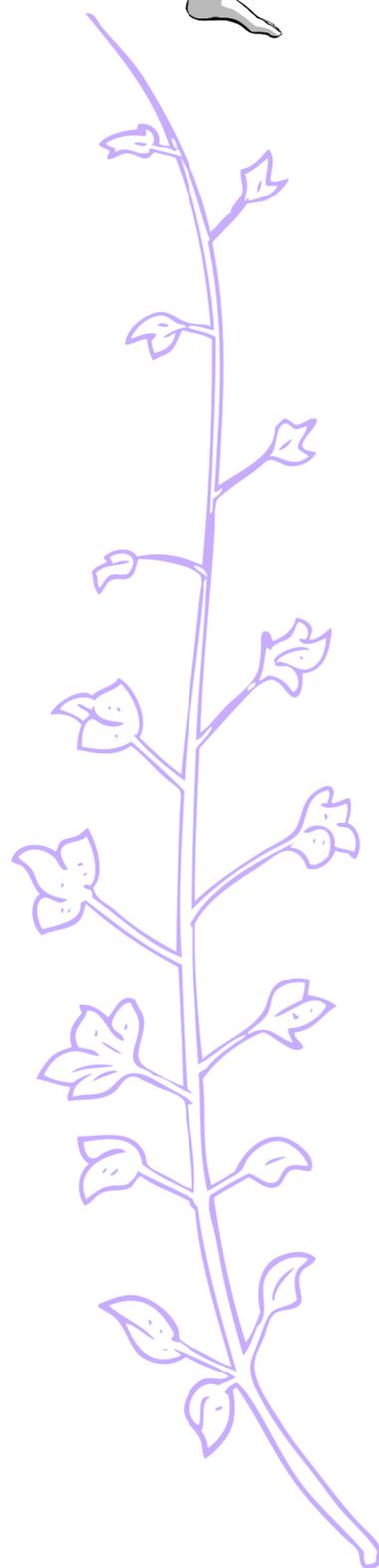
- Reiki Practitioners
- Reflexologists
- BIE Practitioners

Be sure to address your mind by seeking professional therapy (if and when needed). This program does not replace talk therapy.

Examples of mind practitioners are:

- Psychologists
- Psychotherapists
- Psychiatrists

In order to connect mind, body and soul, one must address all three areas. This program touches on all 3, but does not replace the practitioners.



# Meditation with a Twist

*\*Note: This exercise is the same for all Chakras, just with different intentions. Please read fully to see the desired intention for each*



o When you feel called to add an extra level to your healing, do the meditation given in your package. After the meditation session is



over, journal what came up for you. Write down the event that was shown to you, along with your thoughts and emotions as you experienced them. This time, add on to this exercise.

o After you have written down your journal entry, re read it to yourself. Then sink into your past self and have a conversation. Tell your past self that it's okay. Give yourself permission to let go of this hurt and anger that you feel with the higher power. Forgive yourself for whatever it is you did that caused you to close yourself off from

# Meditation with a Twist

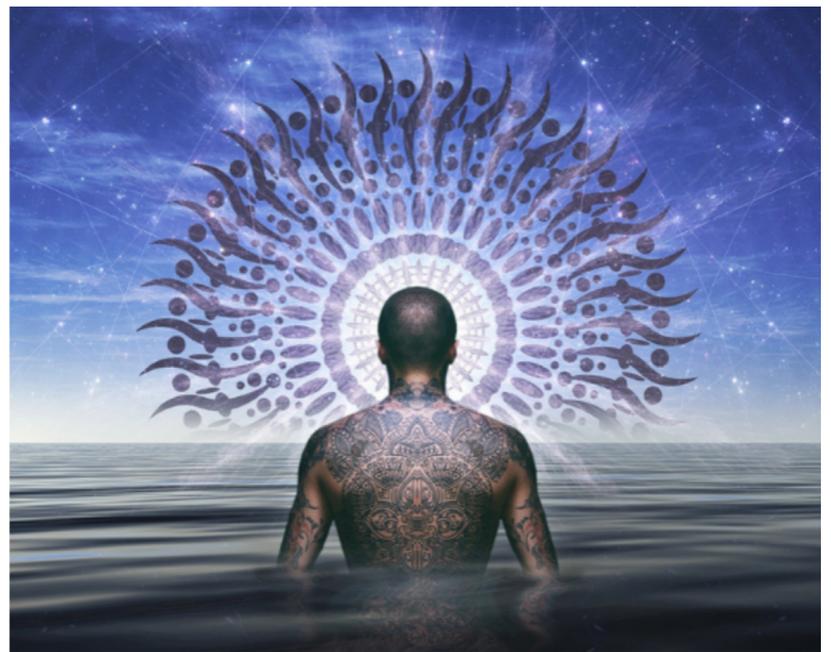
*\*Note: This exercise is the same for all Chakras, just with different intentions. Please read fully to see the desired intention for each*



your inner spirit / inner knowing. Tell your past self how loved you are and remind yourself that you are never alone.

Embrace yourself as a

spiritual being and thank the universe for guiding you in your healing journey.



o Do this exercise as many times as you feel called to do so. After each time, have that same conversation as described above with yourself to help you heal from the past.

o Again, best results will be found with doing this exercise once weekly if you can

# Future Self



- o For this exercise, you are going to work on calling on your future self for help.
- o It is important to mention, our Third Eye Chakra is about strengthening out intuition, but also about out psychic abilities. What is intuition? It is a gut feeling we have that tells us information that impacts and affects our future.
- o In order to strengthen our Third Eye Chakra, we must get practice speaking to our higher self, or in this case, our future self.
- o This is a creative visualization technique we are going to work on. You can choose to do this however you wish. It can



# Future Self



be done as a free style meditation, written down or even done in drawing form. Whatever resonates with you, listen to your gut feeling!

o What you want to do is quiet your mind with some deep breathing and calm, healing music. When you feel yourself nice and calm call upon your future self to bring you a message you most need to know in this moment to manifest your desired future.

- You may hear, see or sense this message.
- You might feel called to write what comes to you.
- You may be called to draw it.
- You may be called to simply sit in silence and think about and feel this message.



# Future Self



- o Whatever resonates with you, allow it to be so.
- o When your future self has successfully given you your message, thank your future self for turning up and helping you in this mission today.
- o Ask your future self for a sign any time you are needing a message.
  - This might be a feeling you will get, or an animal you will see.
  - Whatever it is for you, make sure you and your future self have an agreement that any time you get this sign, you will do this exercise once again.



# Inner Guidance



- o This is a wonderful way to strengthen your intuition and open your Third Eye Chakra.
- o For this exercise, you are going to be diving deep within yourself and asking yourself, at the soul level, for assistance.
- o For this exercise, you need to first find a self muscle test that works for you. There are a number of these that you can do, but you are going to find a way to muscle test yourself to find a **STRONG** or **WEAK** response.



# Inner Guidance



o The two easiest examples of self muscle tests are:

- Interlocked Okay Signs - Interlock your fingers to make two okay signs that are connected. You then pull your fingers apart. **STRONG** is unable to break the Interlocked Okay Signs. **Weak** is a break.
- Finger Pushing - Arrange your hand so that all but the index finger are resting on your chest. With your other hand, push down on your index finger. **STRONG** is not pushing it down, **WEAK** is successfully pushing it down.



# Inner Guidance



- o Please note, there are many other ways to do a self muscle test. These can be googled easily and video demonstrations will appear.
- o You must first set the intention for what **STRONG** and **WEAK** mean to you.
  - For me, **STRONG** means **YES** and **WEAK** means **NO**
  - This can be the same for you, or it can be the opposite.
- o Once you have decided what a **STRONG** and **WEAK** response means, ask yourself a **YES** or **NO**



# Inner Guidance



question

- This can be done to confirm your gut feeling / intuition
- This can be done as a way to activate your intuition.
- This is the beauty of asking yourself and going in through your own body. This is your own inner guidance that will answer the questions for you.
- You can do this with a pendulum as well, but I find I prefer a self muscle test because of the reason above - going in through the body is



# Inner Guidance



activating your internal guidance system, which is what the Third Eye Chakra is all about!

- o I always like to start this with a test question to make sure I know I am muscle testable.
  - Example - I start with asking "Is my name Julianne"
    - o When I get my YES, I do a test for a NO by asking "Is my name Sarah"
- o If your muscle test is opposite of what it should be, drink a glass of water and try again.



# Healing Affirmations



- o Read this list of Third Eye Chakra Affirmations. Say these twice daily to yourself.
  - My Third Eye Chakra is open and clear
  - I am deeply connected with myself and my intuition
  - My psychic abilities are open and strong
  - I am deeply supported by my intuition and trust in myself
  - I easily connect with myself and my intuition
  - I trust my intuition and I am so grateful
  - I am connected to and trust my inner knowing
  - Decisions flow easily to me as my intuition strengthens
  - I am so grateful for my ability to shape my own future

*\*Note: You may find it extremely beneficial to turn these affirmations into a recording for your use. You can play these affirmations in a playlist, put it on repeat, or start and end your day listening to this tape. Doing this is a wonderful way to rewire your brain at the subconscious level.*

# Past Success



- o This exercise is fairly simple and straight forward. We are going to remind the mind / brain of a past success.
- o Often times, we shut down our own intuition because we don't trust that we will have a successful outcome.
- o The first thing you have to do in this exercise is sink back into your life and remember a time when you accomplished a goal and felt really successful and proud of the win you just had.

**SUCCESS**

# Past Success



- o Whatever that past success is for you, really relive this moment and pay attention to the feeling you felt in that moment.
  - If you have any pictures of that event or old journals you wrote about that event, bring those out now too.
  
- o Once you have allowed yourself to relive that success, you are going to write down the feelings you felt and experienced in that successful moment in time. Use this journal entry as a simple way to remind yourself of that success.

**SUCCESS**

# Past Success



- o When you are feeling discouraged, bring out your journal entry to read and sink into that feeling of success.
  - Raise your energetic frequency to one of success by reminding yourself that you have been successful in the past.
  - This means, your spirit and energy knows the frequency of success - which means future success IS possible.
  
- o Sometimes, all it takes is a little reminder of what success feels like

**SUCCESS**

# Dream Diary



DREAM

- o Our dreams are intimately connected to our Third Eye and power of foresight / intuition.
  - Dreams are our subconscious mind's way of trying to tell us something or give a message.
  
- o Have you ever woken from a dream and the dream felt so vivid and real? Have you ever been left feeling uneasy after one of those dreams? Chances are, this was an important message your subconscious mind was trying to give to you.

# Dream Diary



DREAM

- o This exercise is simple. Start a Dream Diary.
  - The next time you wake up remembering a dream vividly, write down that dream in as much detail as you can remember.
  - Write not only what happened in the dream, but also how you feel as you recall that dream. How you felt when you first woke up from the dream. And even how you felt in the dream.
- o If you are receiving NET treatments, please

# Dream Diary



DREAM

bring this dream diary in to your next appointment. There is a dream protocol that has been taught to any certified NET practitioner.

- This can be a very enlightening experience, and often times, the dream is telling you something very different than you'd have assumed.
- o If you are not receiving NET treatments, you can also send these dreams to any practitioner that does dream interpretation. Or, you can do

# Dream Diary



the Inner Guidance exercise to ask yourself yes or no questions to piece together what the dream is trying to tell you.

- Ask yourself if the dream means what you think it means
- If you get a NO, ask yourself if the dream involves a person, place, or event
- Ask if the dream is giving you a message, or a warning etc.
- Keep narrowing this down until you know what the dream is in relation to.

# Infinitely Intuitive



I hope you have enjoyed this portion of the program. Work on these exercises whenever you feel called to do so. I would like to end with some words I wrote:

I call upon my guidance team,  
Help me fulfill my dream.  
Too long I've wandered in the dark,  
Unable to trust my spark.  
But, no longer is that my fate!  
And now I'm feeling great!  
My goal I did achieve,  
My inner knowing I now believe!

If these words resonate with you, re-write this poem on a spare piece of paper. Leave it somewhere you will see it every day. Read this to yourself out loud every day.