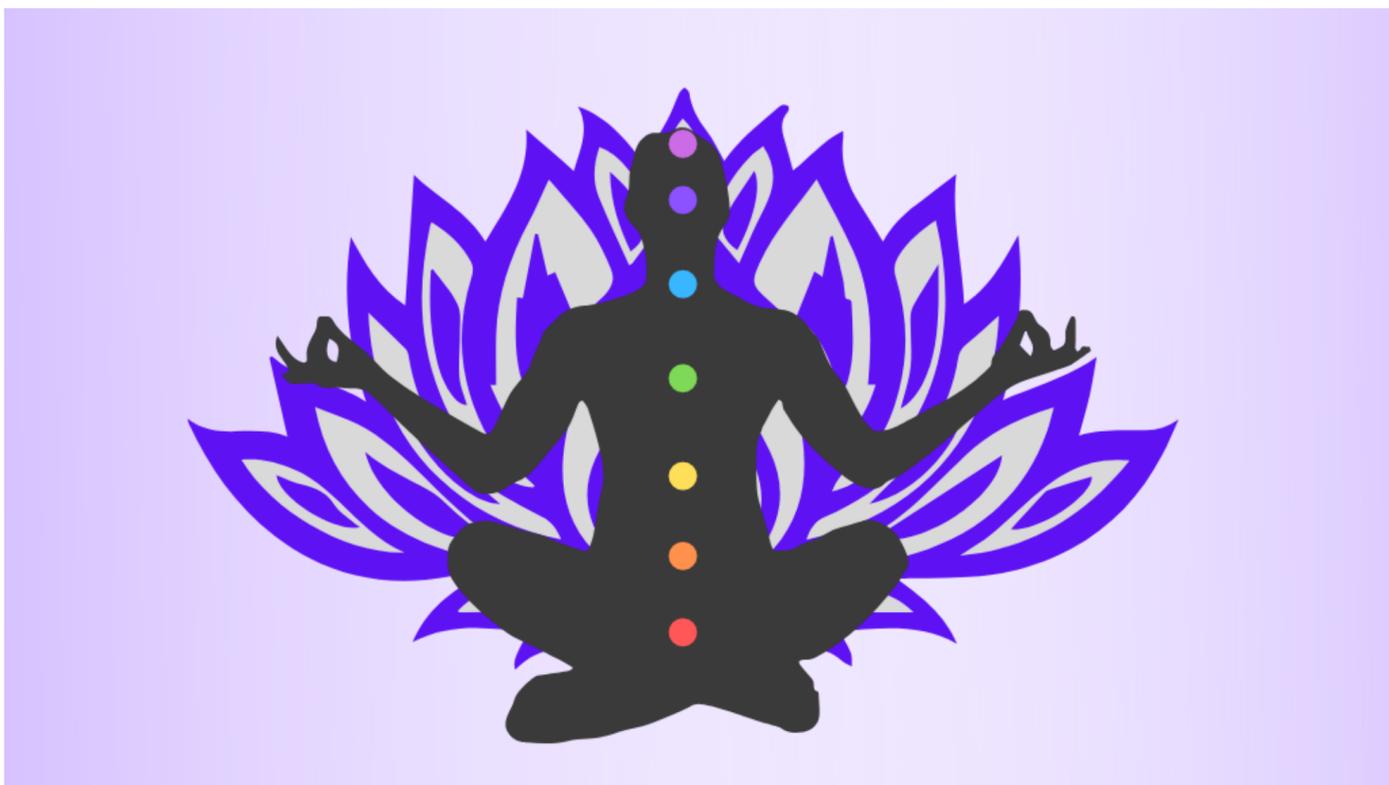


A F F E C T I V E A L I G N M E N T

*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

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P U R E P O W E R

lessons

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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 !

04



LESSON

04

Talk your Truth

A guide to healing your Throat Chakra



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

Your Throat Chakra is located in the centre of your throat, and as is represented in the image above, the colour for this Chakra is blue.

This Chakra represents our voice. Events in our past that have caused us to feel like we can't stand up for ourselves or speak our truth, leaves blockages here. These blockages can stem from constant put downs or being bullied for speaking our mind. It can also be from emotional or physical abuse as a consequence of standing up

Talk your Truth

A guide to healing your Throat Chakra



for ourselves. Any time we walk around and are afraid to say what we think and feel, this is a blockage in our Throat Chakra.

When our Throat Chakra is blocked, it can lead to a lot of anxiety and hopelessness because we don't feel like we have a voice or a say in anything. When our Throat Chakra is open and free, we feel liberated and happily express ourselves. We know we have the right to be heard, and will make sure we are.

In this portion of the program, you will find spiritual exercises and practices that will help open and free your Throat, allowing you to

Talk your Truth

A guide to healing your Throat Chakra



confidently stand up for yourself.

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 opened that Chakra, move on to the next one.

The beauty of this program, is this is yours to

Talk your Truth

A guide to healing your Throat Chakra



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*

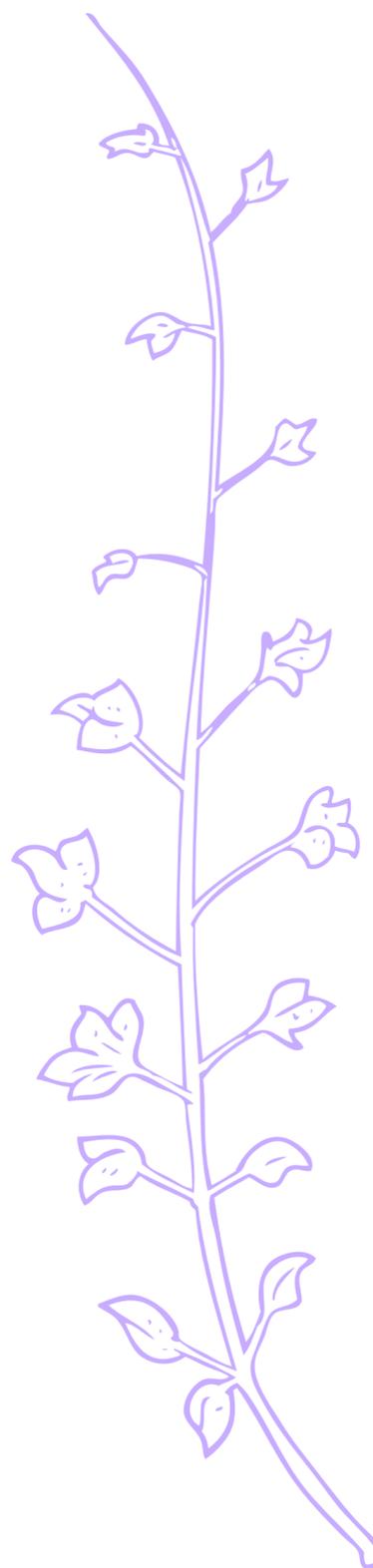
Mindful Meditation

Do the Sing Your Message 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

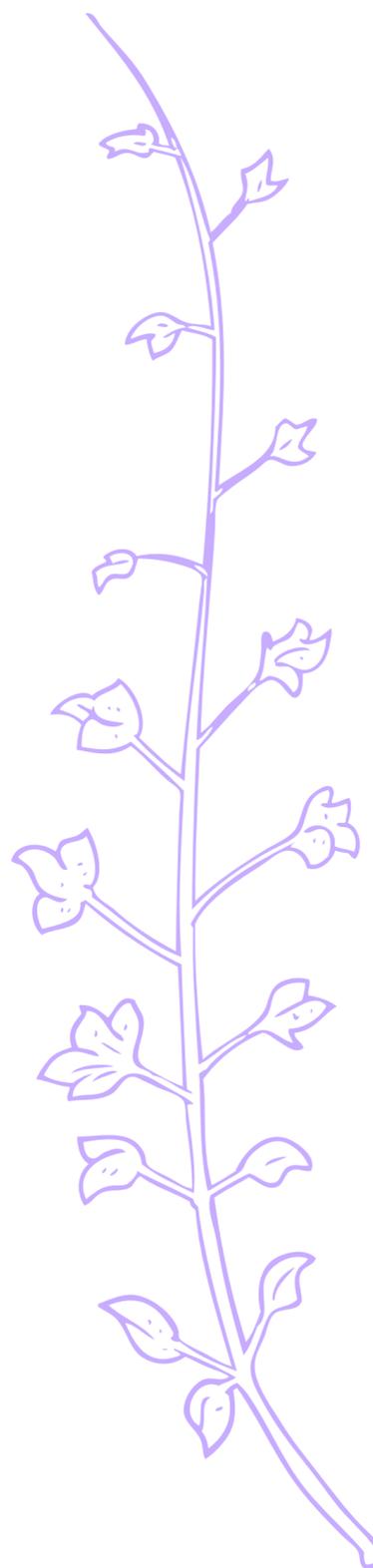


This is a fantastic way to feel the emotions correlated with the original event being brought up, allowing your body to fully process and let go of the stuck energy that has left these active stress responses. Follow through with the remainder of the exercises in this program and focus on your end goal.

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 Throat 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

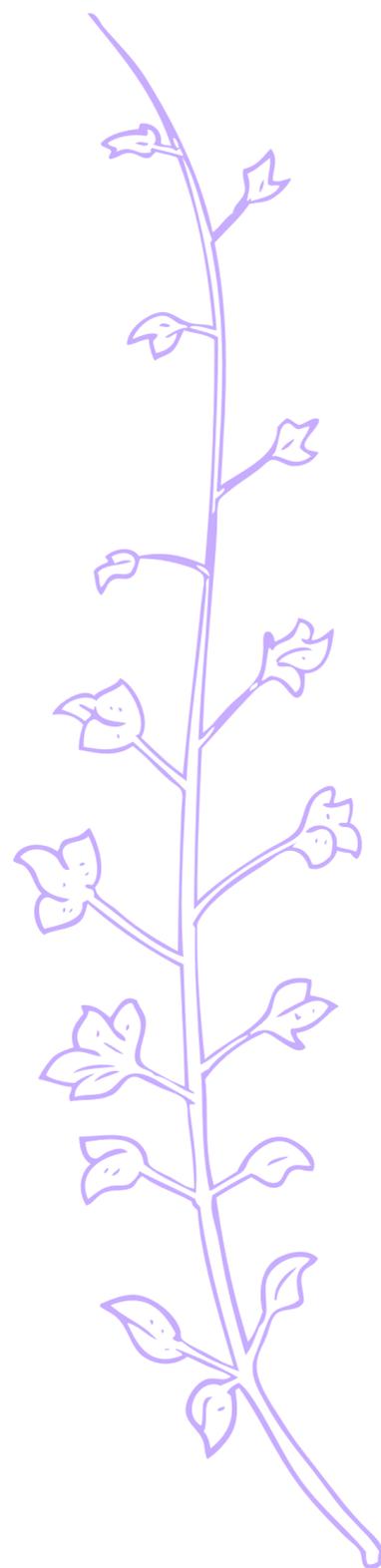
Have a bath with Himalayan Bath salts and healing crystals surrounding you. If you have any blue ones - **turquoise, lapis lazuli, aquamarine** etc - use those. If not, grab whatever crystals you feel drawn to at the time.

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 - **cypress, peppermint or spearmint** are best for replenishing the throat chakra.

As you have your bath, listen to music that **gives a sense of self assuredness and confidence** - 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.

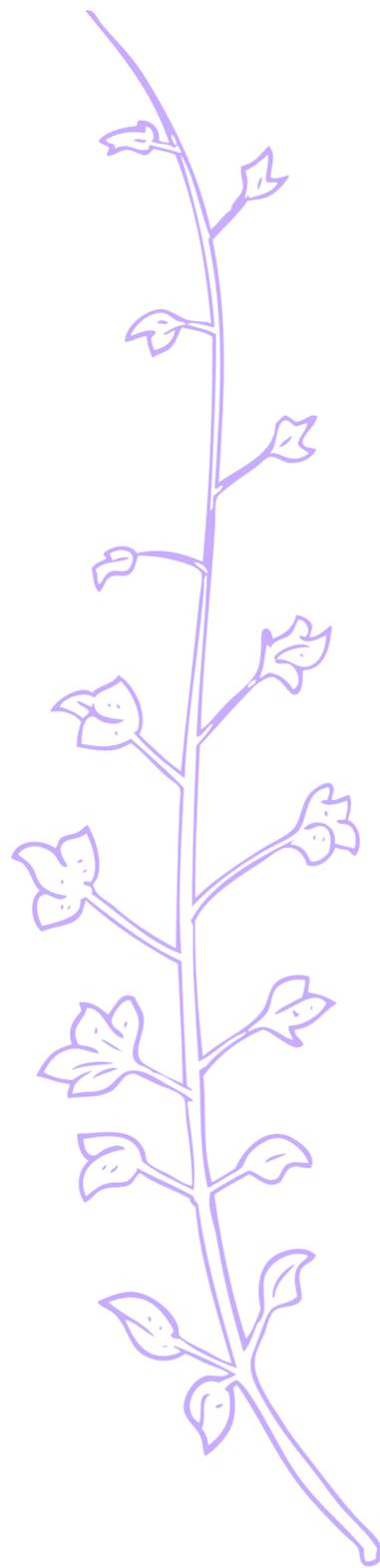
This is an extremely calming exercise and is a wonderful way to connect mind, body and soul as it



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!

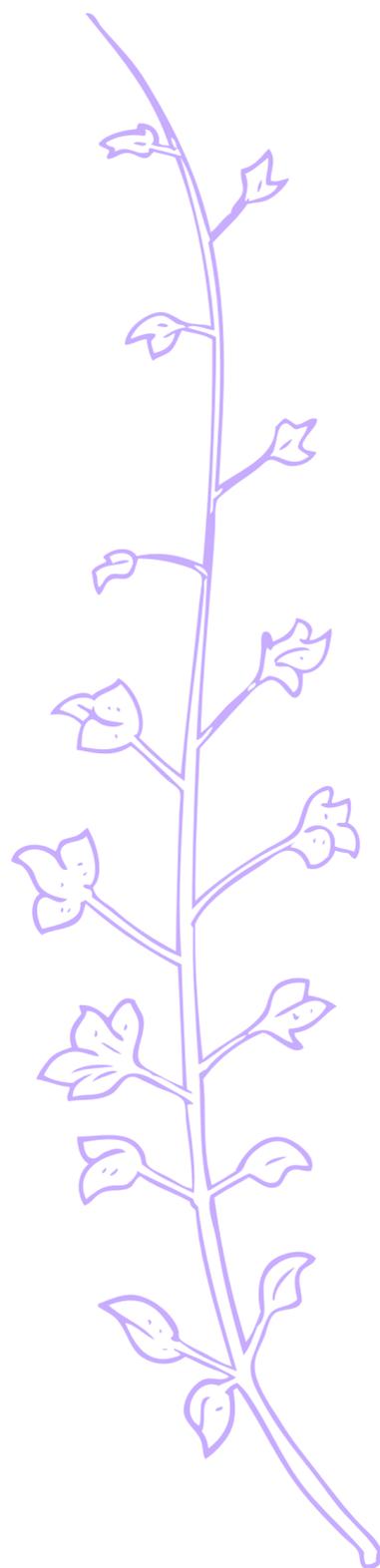
**Note: If you do not have the oils, please check the link to my*



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

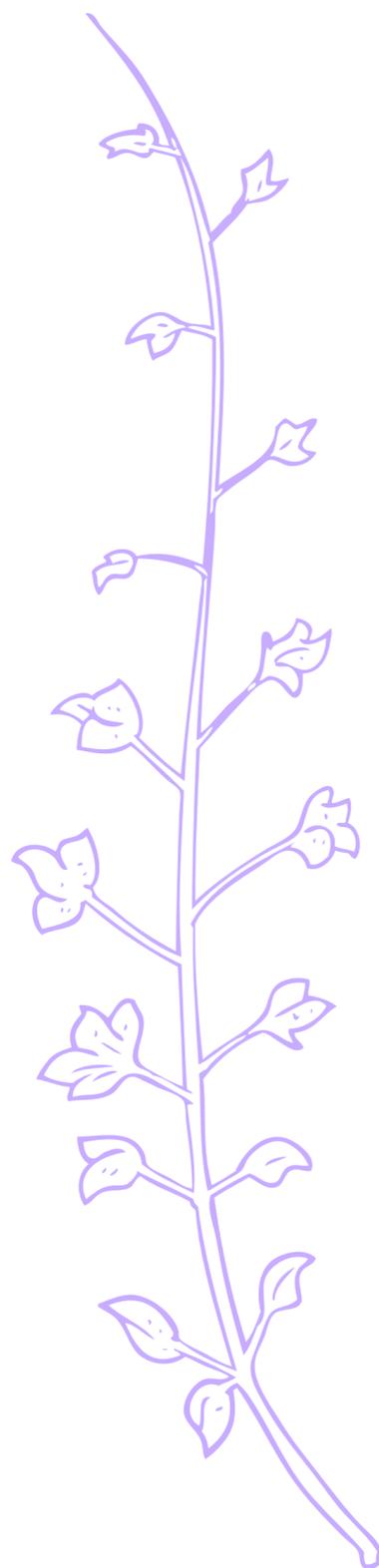
Diffuse the mentioned oils throughout your house to help support your Throat Chakra.

As you do so, hold onto the aforementioned crystals in your hands or lay on your back with the crystal in the centre of your throat as you take deep breaths in and out and connect with yourself.

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.



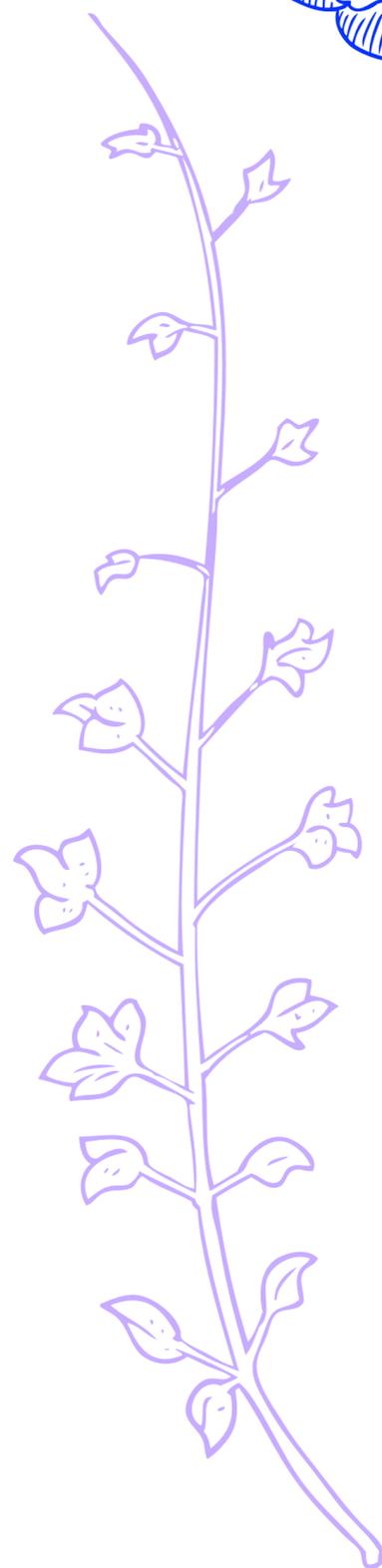
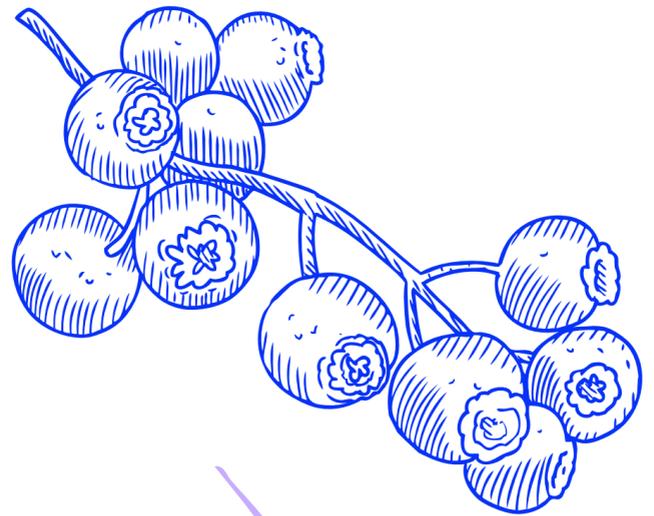
Organic Options

Blue foods are not easy to come by naturally, but they are still good to eat to open your throat chakra - blueberries, blackberries and plums are your best bet.

Coconut water, honey, lemons (or doTERRA's lemon essential oil) and herbal teas are other food items that also help clear your throat chakra.

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!



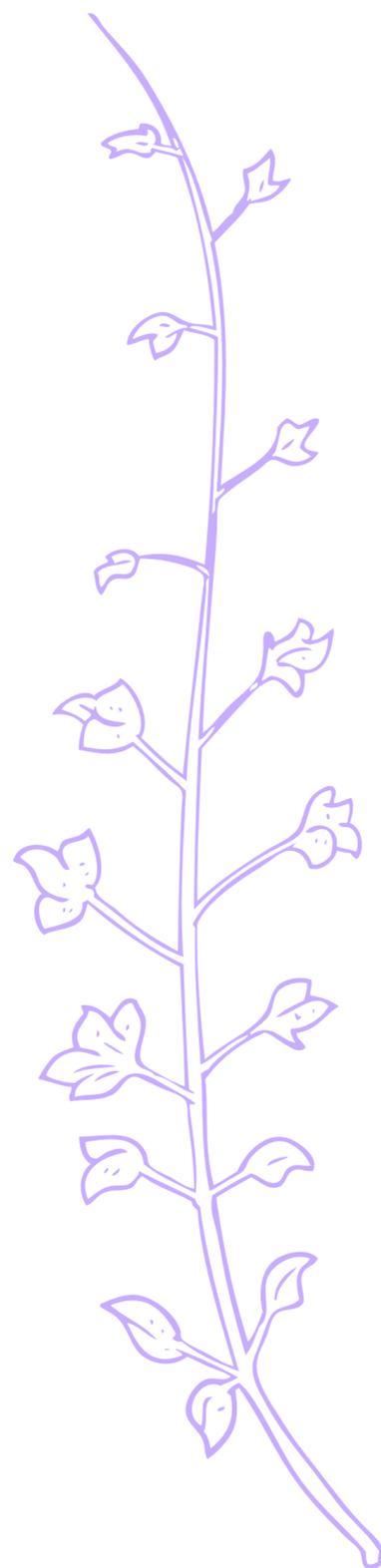
What to Wear

Wearing certain colours can actually help strengthen our Chakras.

The Throat Chakra is in the centre of the throat and the colour that represents it is blue. So, any form of blue that can touch this area is helpful and helps replenish and strengthen a blocked Chakra.

Consider wearing blue scarves, turtle necks or necklaces.

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



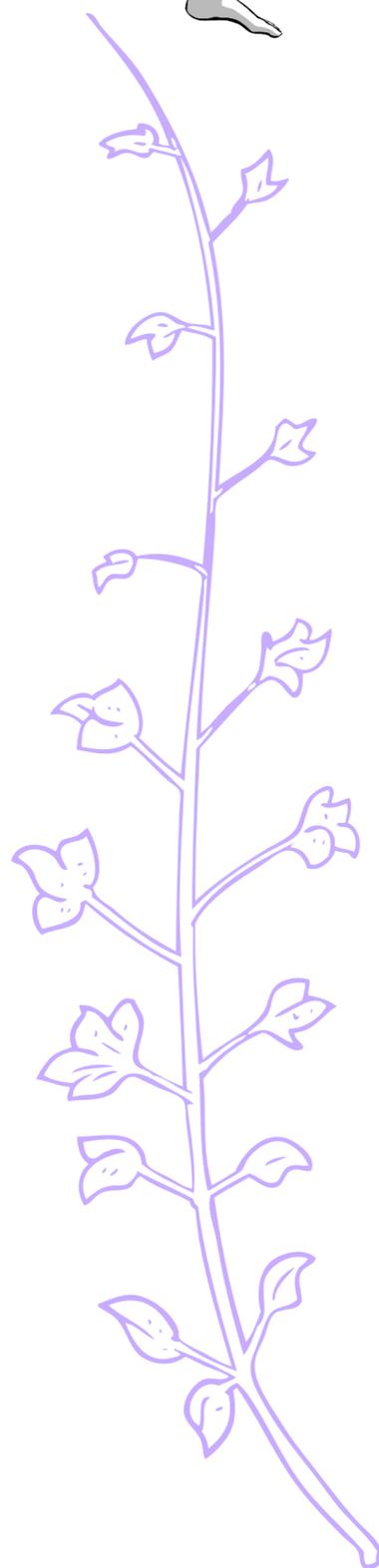
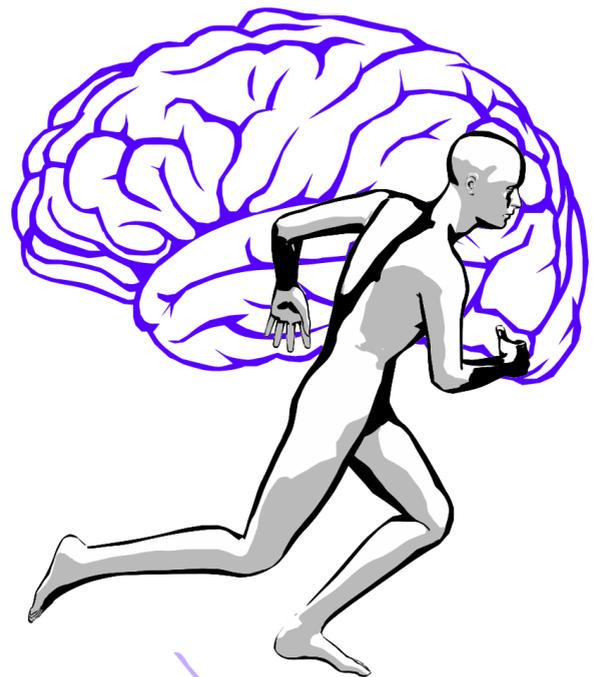
Better Mind and Body

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 **Throat Chakra** is associated with tension in the neck and shoulders. 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:

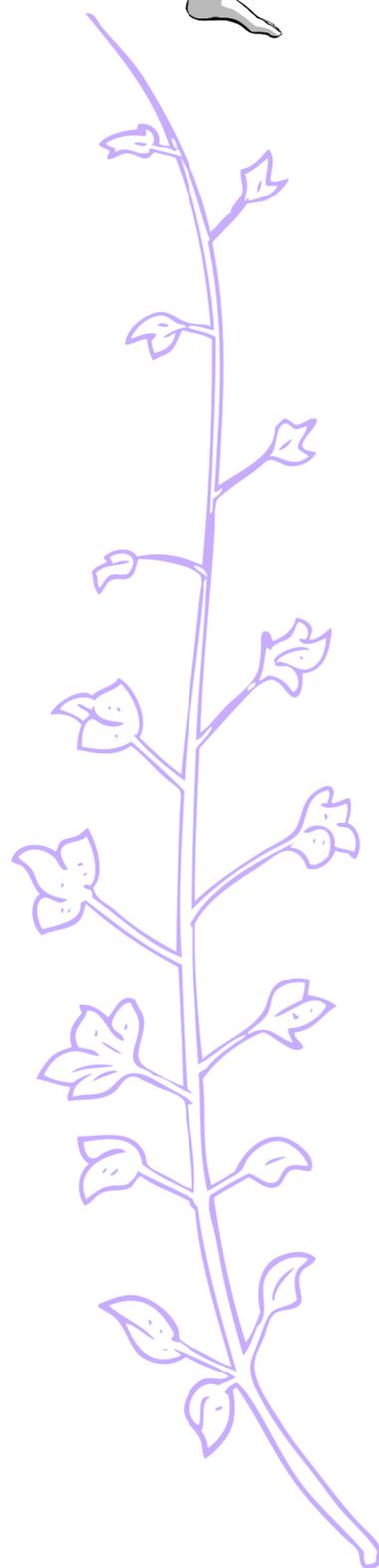
- Reiki Practitioners
- Reflexologists
- BIE Practitioners

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, in addition to everything you wished you had said to stand up for yourself. Write down the event that was shown to you, along with your thoughts and emotions as you experienced them. If you want to scream and the individual(s) involved, write that all down.

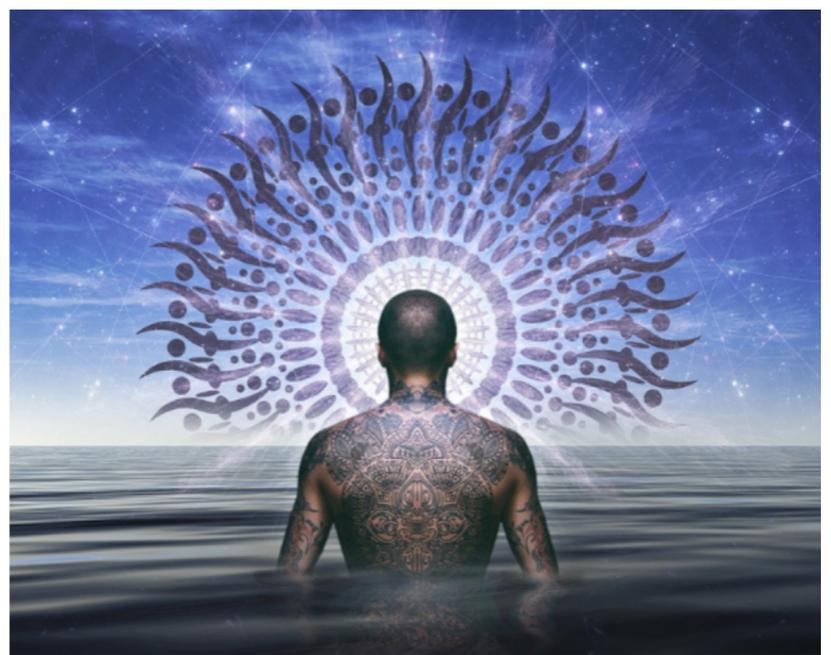
o After you have written down your journal entry, re read it to yourself - OUT LOUD. Then sink into your past self and have a conversation with your past self, and give them permission to speak their truth to you now. It is safe to do so

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*



with you. Allow yourself to unburden your soul. Give yourself permission to forgive yourself and/or the individuals at fault in this situation. Tell your past self how loved they are in spite of it all and give them permission to start speaking your truth from here on out. Embrace yourself, sending love and inner strength.



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

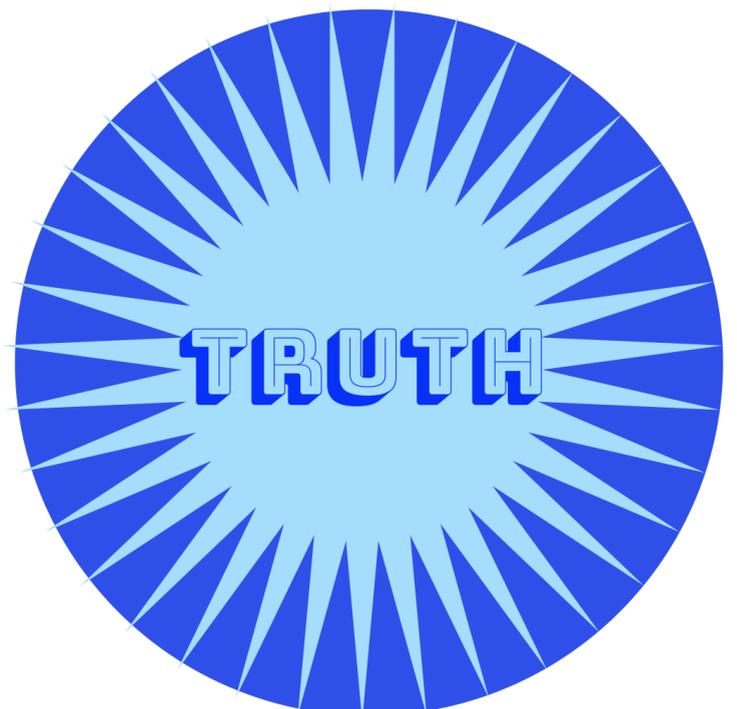
Truth Time



o This is a very important step! Give yourself permission to ask for what you want. Or tell others how their actions are affecting you. Know that you are deserving of being heard.

o By not speaking your truth, you are allowing your needs to be less important than others, and this is not the case. We are all created equal. We are all deserving of the same things, including you. Give yourself permission to be deserving. This may take some time, and for that, I give you some throat clearing / visualization exercises.

- o Throat Clearing:
 - For this, you want to do some literal throat clearing. This can be whatever resonates with

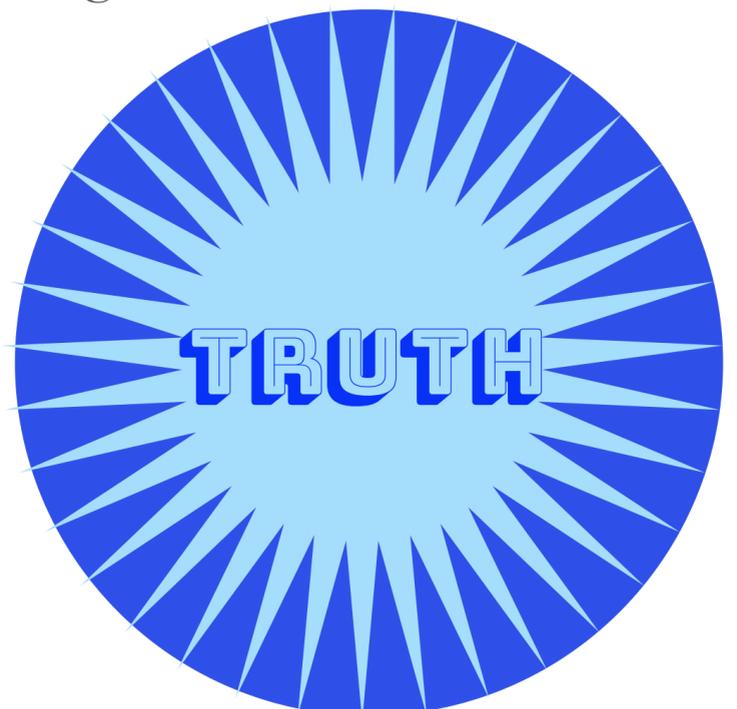


Truth Time



you most.

- You can sing, scream, talk about your thoughts and feelings to a close loved one etc.
- All of these open your throat chakra, so do whatever resonates with you most. Do this minimum once per week.
- Throat Chakra Visualization:
 - Visualize a swirling blue light inside and around your throat.
 - As you see this swirling light energy, envision it disintegrating any blockages that are in the way.
 - As you see these blockages melt away, envision your throat chakra shining bright and watch the blue light

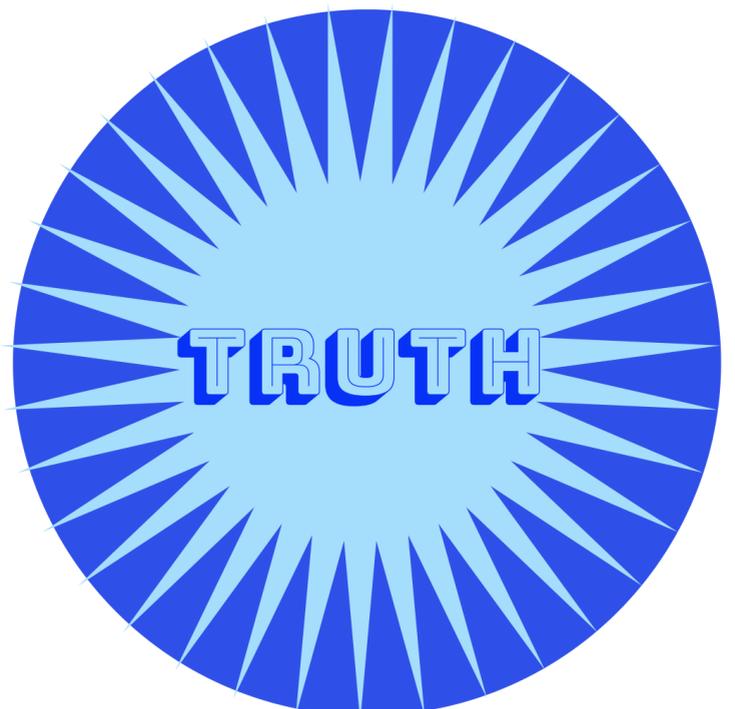


Truth Time



energy travel from inside your throat all the way out into the universe.

- See this clear, bright, brilliant blue energy flowing from inside of you and set the intention that this blue light become a clear highway for you to express your thoughts, feelings, wants and emotions to anyone, without shame or embarrassment.
- Do this any time you feel called to do so. It can be quite a profoundly healing experience.
- o Combine these two exercises for extra benefit!
 - I like to do the literal throat clearing exercises first, and then do the visualization.
 - Often times I call on my spirit guides to help me as I am visualizing.

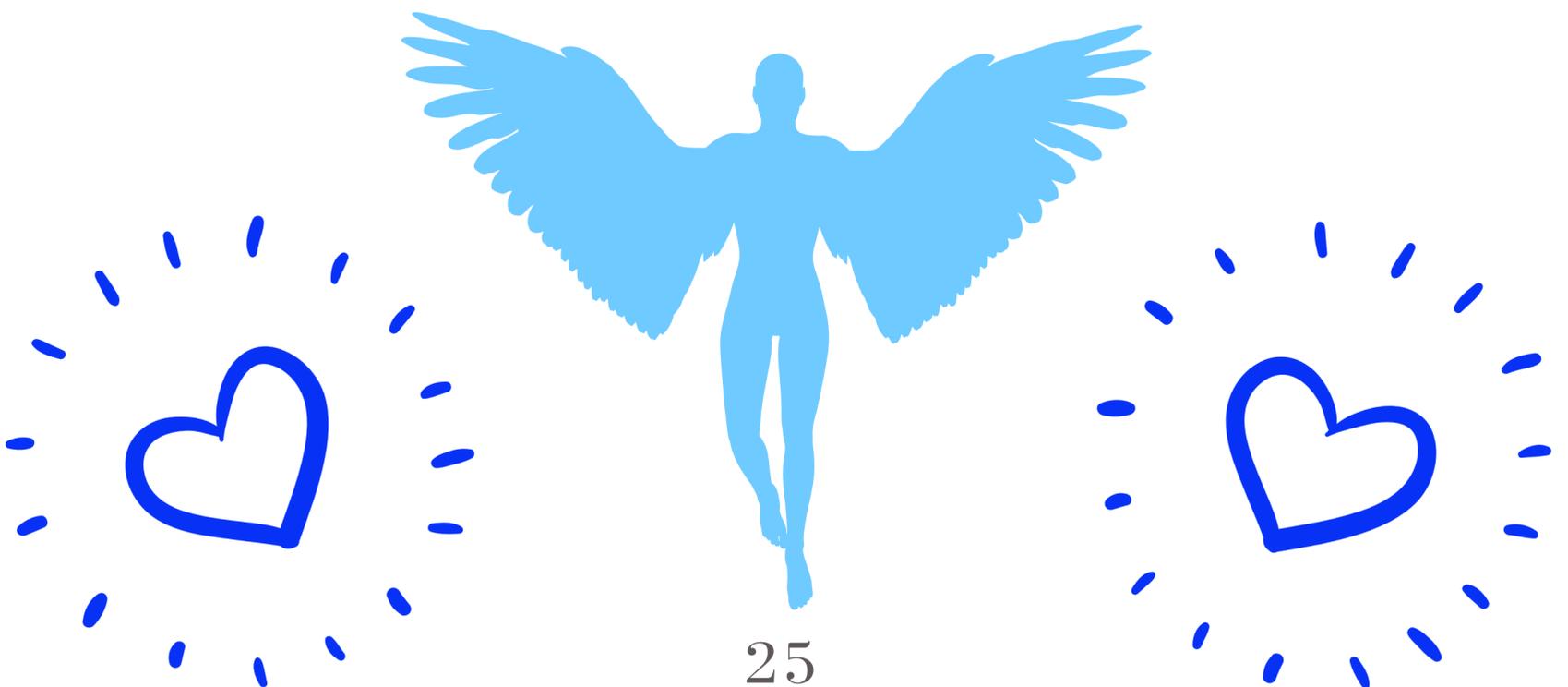


Calling for Help



o If you are aligned in this direction, Archangel Michael is a powerful angel of healing, and his light is blue. Call on him and ask him to fill your energetic being and your throat chakra with his blue healing light energy each night before you fall asleep. You can also call upon him any time you are feeling a “frog in your throat” so to speak, and he will answer

o If you are not aligned to this, you may also call on your spirit guides, guardian angels, souls of



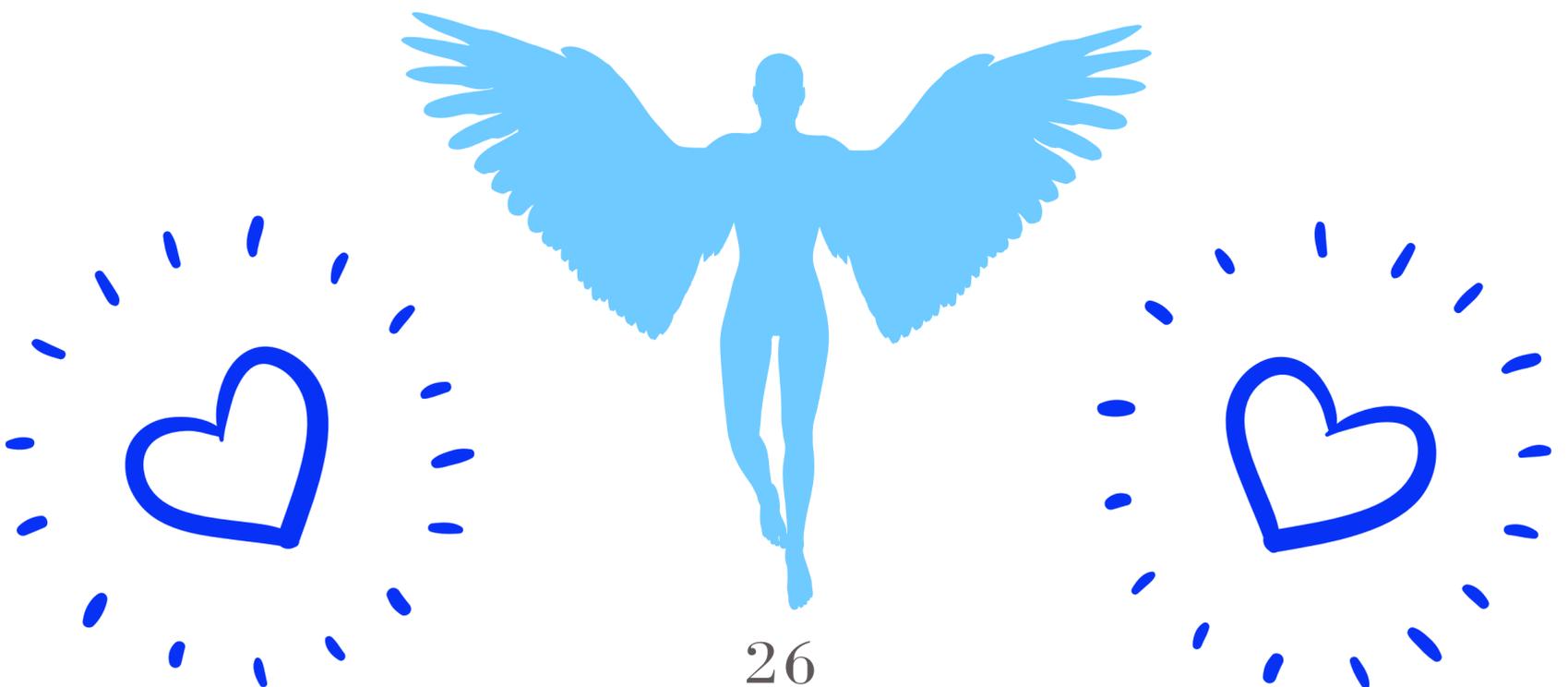
Calling for Help



departed loved ones, your twin flame, gaia, the universe, God, or any other divinity you believe in. When you call upon any of these divinities for help, they answer.

o The more aligned you are in your mind, body and soul, the more receptive you are to understanding their messages.

- But, even if you do not understand, they are always there to help you and carry you through.



Calling for Help



- o When I do this, I do it in the form of something that is called a God Box.
- This is simply a box that you feel drawn to.
 - o For me, it is a silver jewellery box that has clear, sparkly crystals on top of it.
 - o For you, it can be something similar, or something completely different.
 - o Whatever your heart feels drawn to will work.
- I then take out a piece of paper and write. I always start this with who I am calling upon,

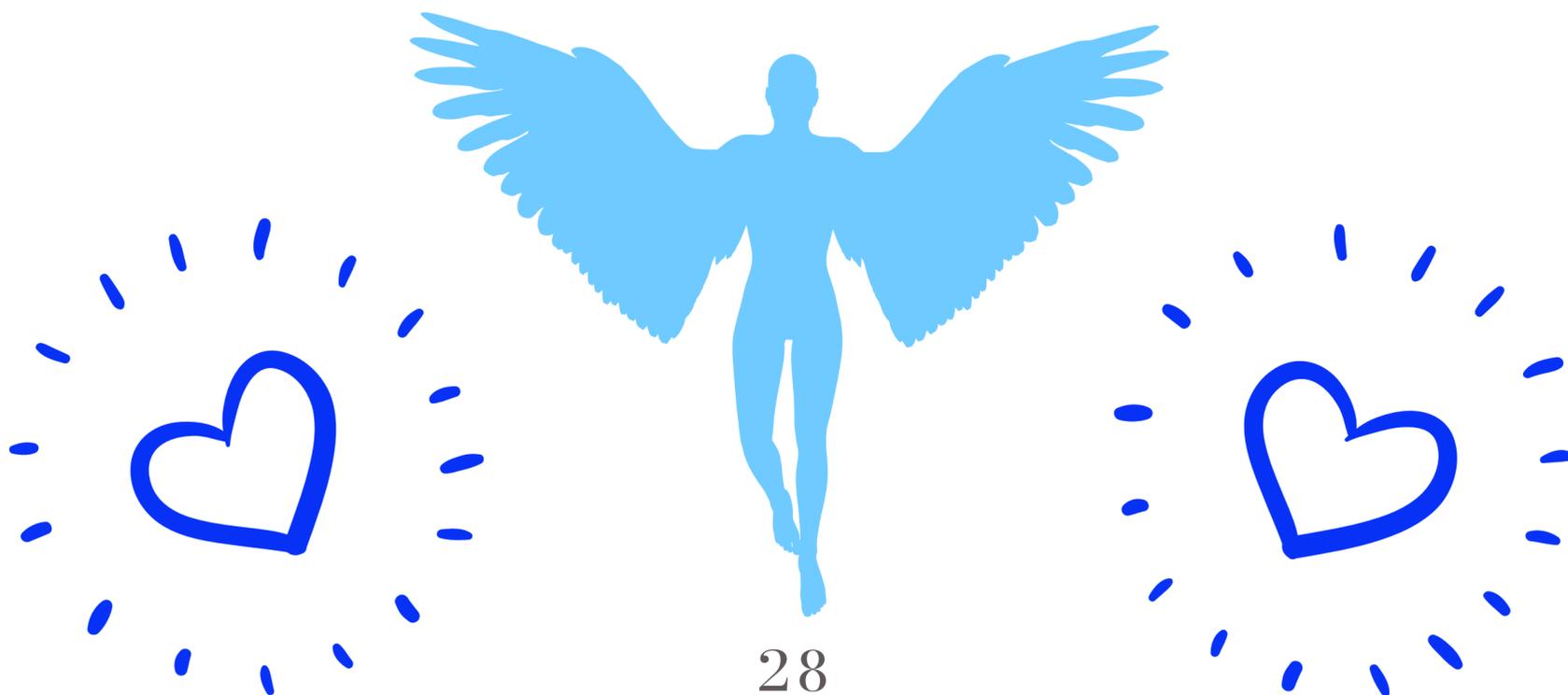


Calling for Help



and then I make intention known. A sample God Box entry might look something like this:

I call upon the power of the universe, Archangel Michael, my spirit guides and all other divinities who are watching over to help me now. I set the intention that you enter my being and clear my throat of this burden I am holding onto and instead, replace it with a voice that is strong and true. Please give me a sign you are with me and help me know everything is going to be okay.

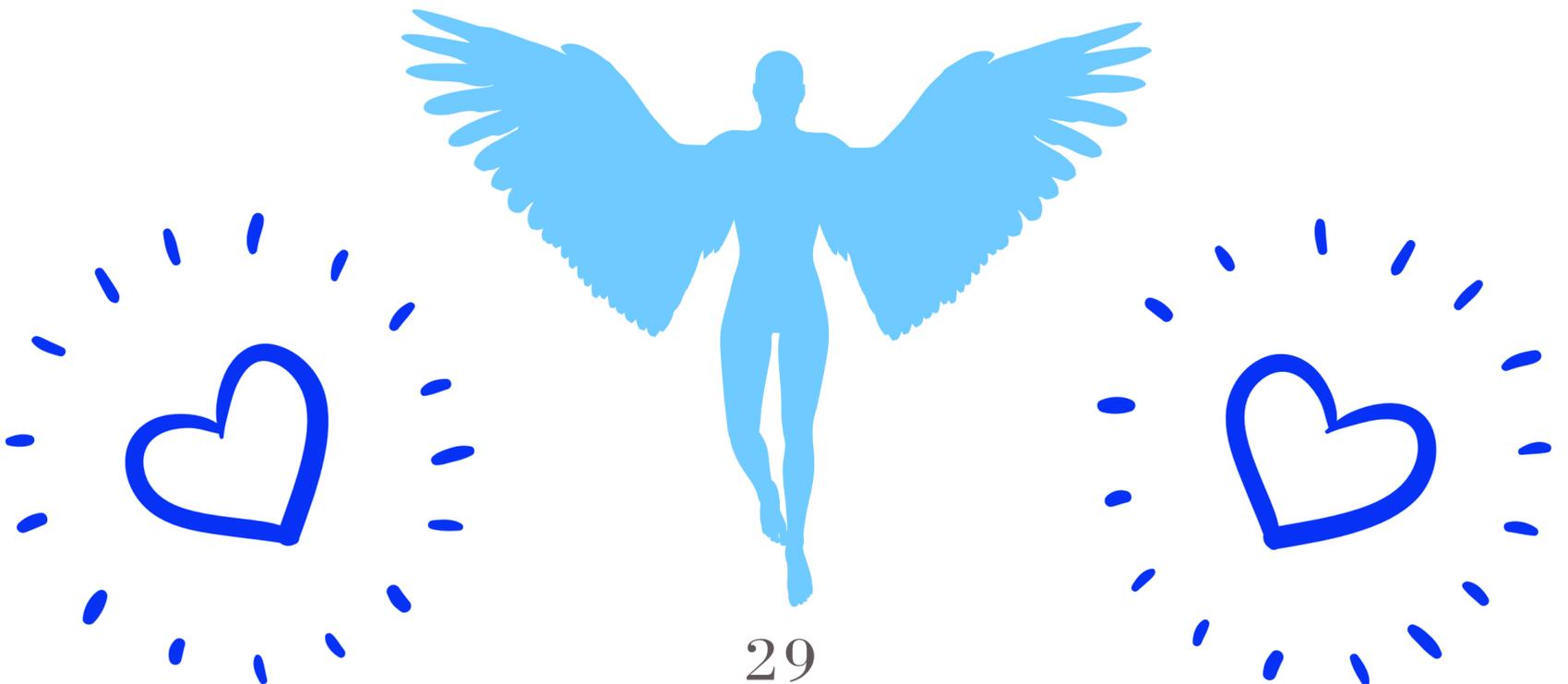


Calling for Help



o Once you are finished writing down each of your intentions and desires, place it inside your God Box.

- If you are like me, you will keep it there until the next Full Moon and as part of your Full Moon releasing ritual, you will read this out loud and then burn the pieces of paper that are in your God Box, setting the intention that you release these negatives from your being and return them to the universe and welcome in the positive into your life.
- This can be a profoundly healing and cleansing

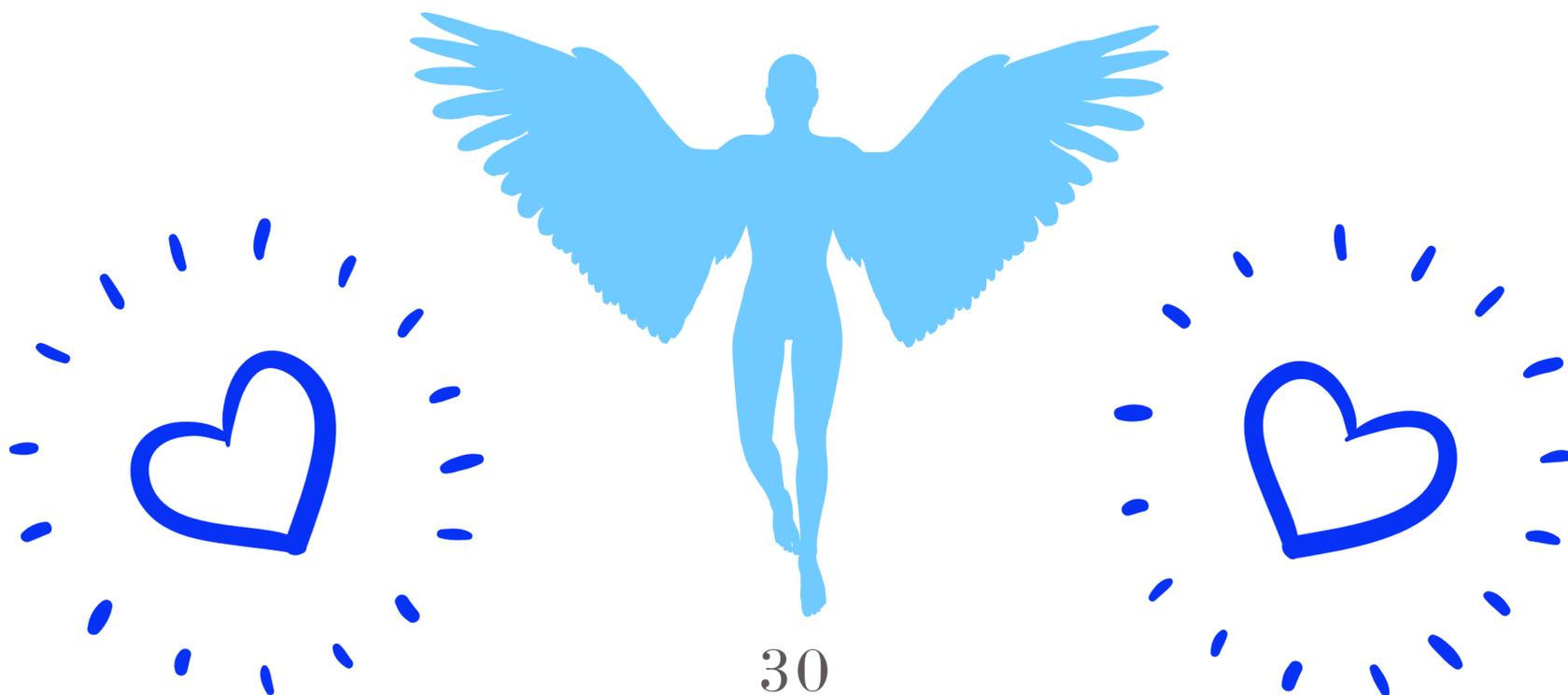


Calling for Help



experience and is one of my favourite things to do. I do this every Full Moon.

- o When you are asking for a sign, make that intention clear as well.
 - For example, you might say something like “please show me a butterfly within the next 48 hours” or “please show me a very clear and specific sign that I will understand”.
 - If you make your intentions clear, your guides will know how to best serve you. Any time I



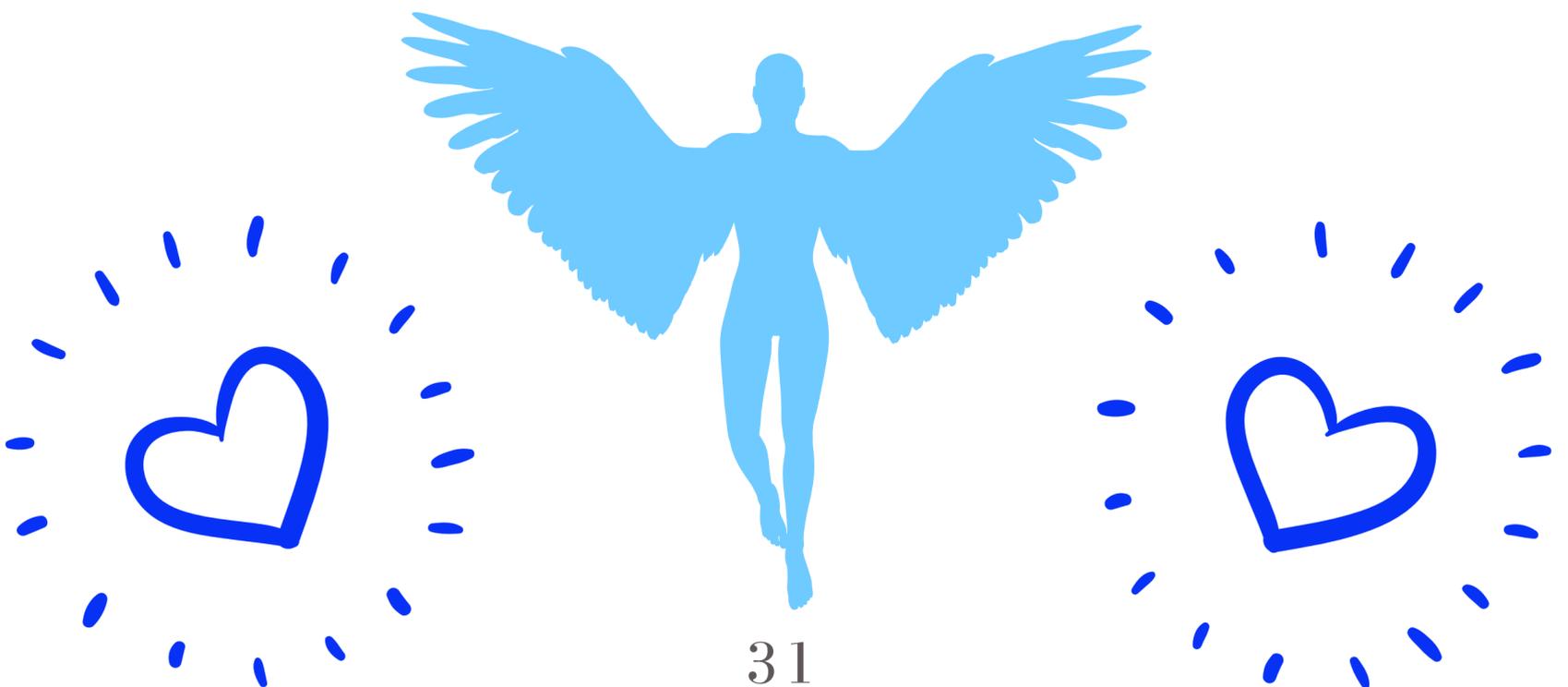
Calling for Help



feel like I am lacking direction, I do this exercise. You can ask for yes or no questions, or something generic like the example given above.

- Whatever you do, do so with intention and belief that your requests will be heard and responded to.

Note: This exercise can be done with all of the Chakras, but replaced with different intentions. Archangel Raphael is the Archangel of healing, and his light is green. He is another wonderful diety to call on.



Healing Affirmations



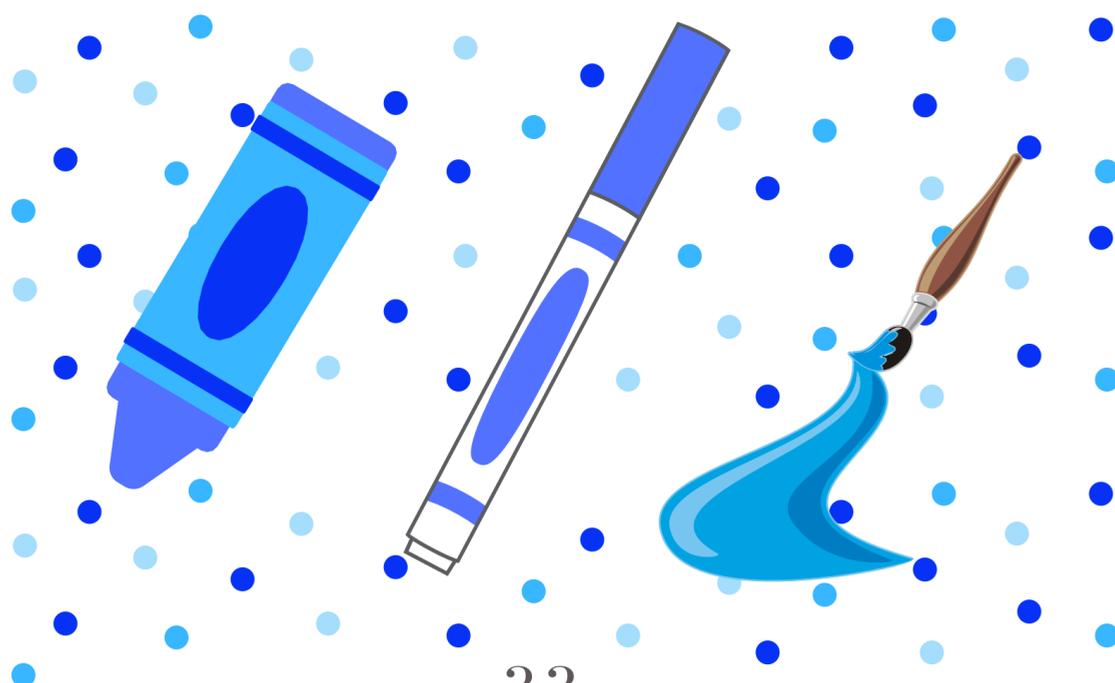
- o Read this list of Throat Chakra Affirmations. Say these twice daily to yourself.
- My truth deserves to be heard
- My needs are as important as everyone else's
- I am easily able to communicate my desires
- I speak my truth and express my needs with ease
- I deserve to speak my truth / express my needs
- I vocalize my feelings and it is safe to do so
- I have an important voice in the world
- My throat chakra is open, clear and brilliantly blue
- I honour my truth by verbalizing it
- My truth is love and light

**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.*

Creative Drawing



- o For this exercise, you are going to have some fun and let your inner child play with some drawing!
- o This exercise is designed to reframe your thoughts and beliefs. Any time you are anxious, or feeling alone and angry with the universe, this is an exercise I want you to do.
- o This exercise is similar to the Creative Visualization exercise in the Pure Power portion of this program. Both can be used for any



Creative Drawing



Chakra, but for simplicity's sake, the explanation will focus on the Throat Chakra for this one.

o What you are going to do, is sit down with a piece of paper and crayons, markers, pencil crayons, paint - whatever form of artistic materials you would like - and you are going to draw!

o You are first going to sink into your feelings and your body and draw what your Throat Chakra currently feels like. This might be a



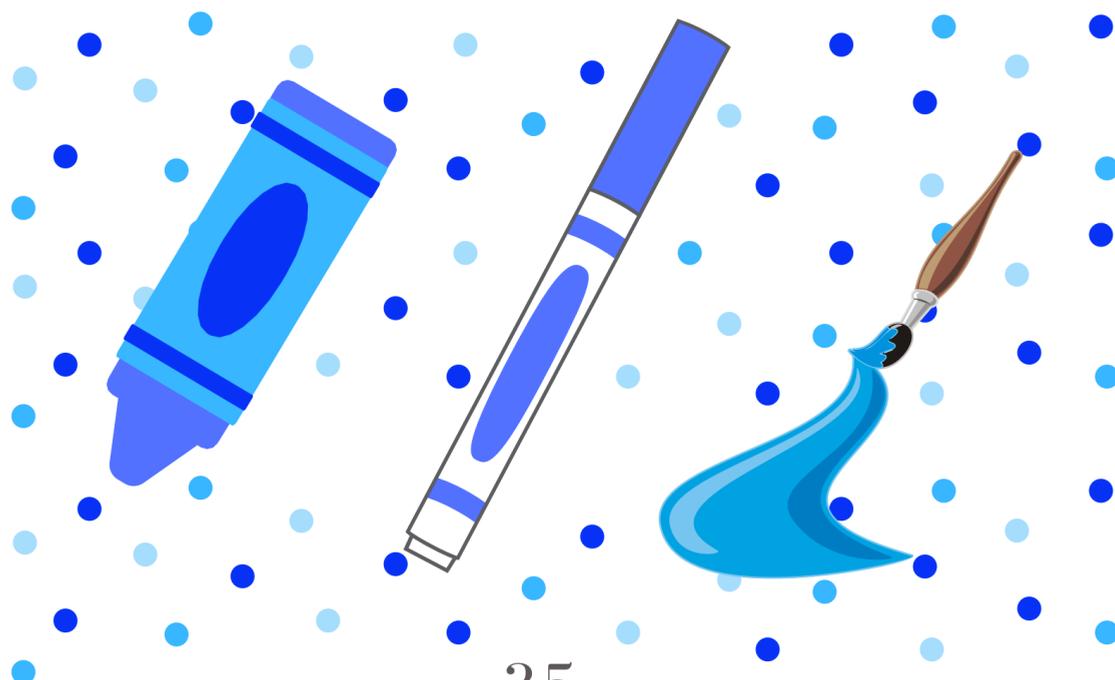
Creative Drawing



black hole, or a noose around your throat, or maybe even a knife cutting you - whatever you see, you draw.

o Next, you are going to draw how you would feel if your Throat Chakra were free / clear. You might draw something that represents happiness, peace, liberation / freedom, power - whatever a free Throat Chakra would feel like to you, draw this representation.

o In next step, you are going to draw what your



Creative Drawing



Throat Chakra now feels like.

- Note if there are any changes in the way your Chakra currently feels.
 - If not, that is okay. Everyone processes the changes differently. Sometimes, you will see an immediate shift! Other times, this exercise takes some time and you may need to do it every day for a week before you feel or see a shift.
- o Finally, journal what you are feeling and thinking. Any thoughts or insights that came to

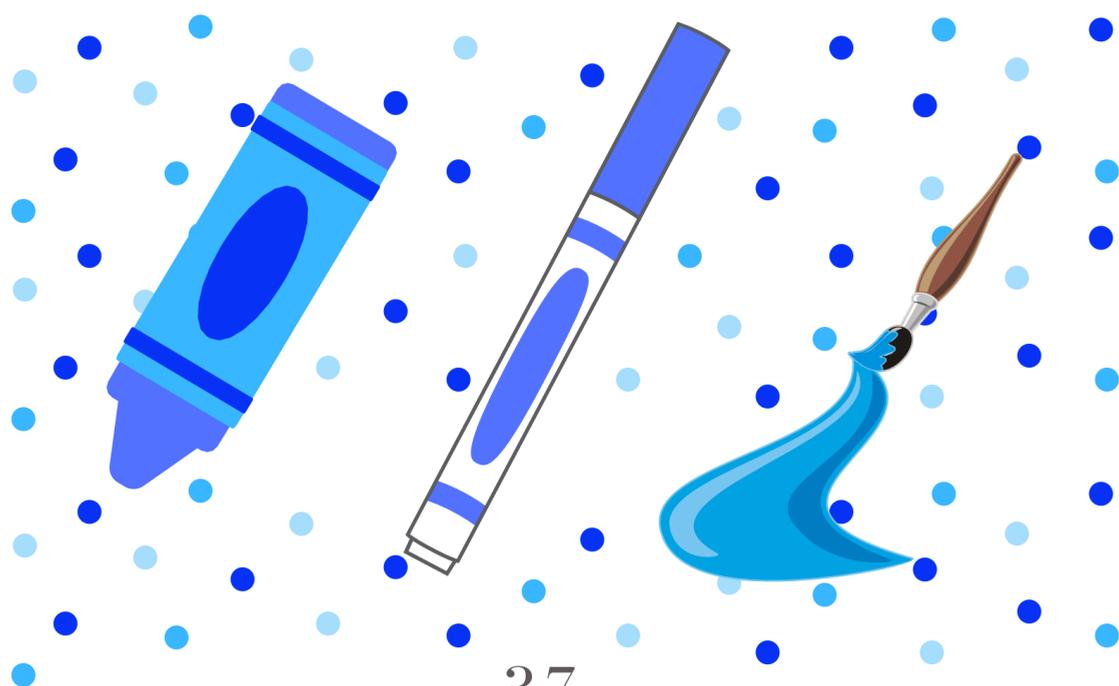


Creative Drawing



you as you were drawing any of these steps - write them all down in a journal entry.

- If you had any “ah-hah” moments, pay special attention to these. Sometimes, words might come to you and you might know exactly what to say or do to fix the situation that left you feeling like you can’t speak your truth.
- You might realize you need to have a conversation with someone
- These are all insights that should not be ignored, so if something like this comes to you, I urge you to take action. You will be glad you did in the long run!



Talk your Truth



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:

Today I say to you
My voice is strong and true
And more and more I find
I need to speak my mind
No longer to repress
My truth I now express!

If these words resonate with you, I leave you one last exercise. Re-write this poem on a spare piece of paper. Leave it somewhere you will see it every day - on your nightstand, on a corkboard, by your mirror - anywhere it will be visible daily. Read this to yourself out loud every day.