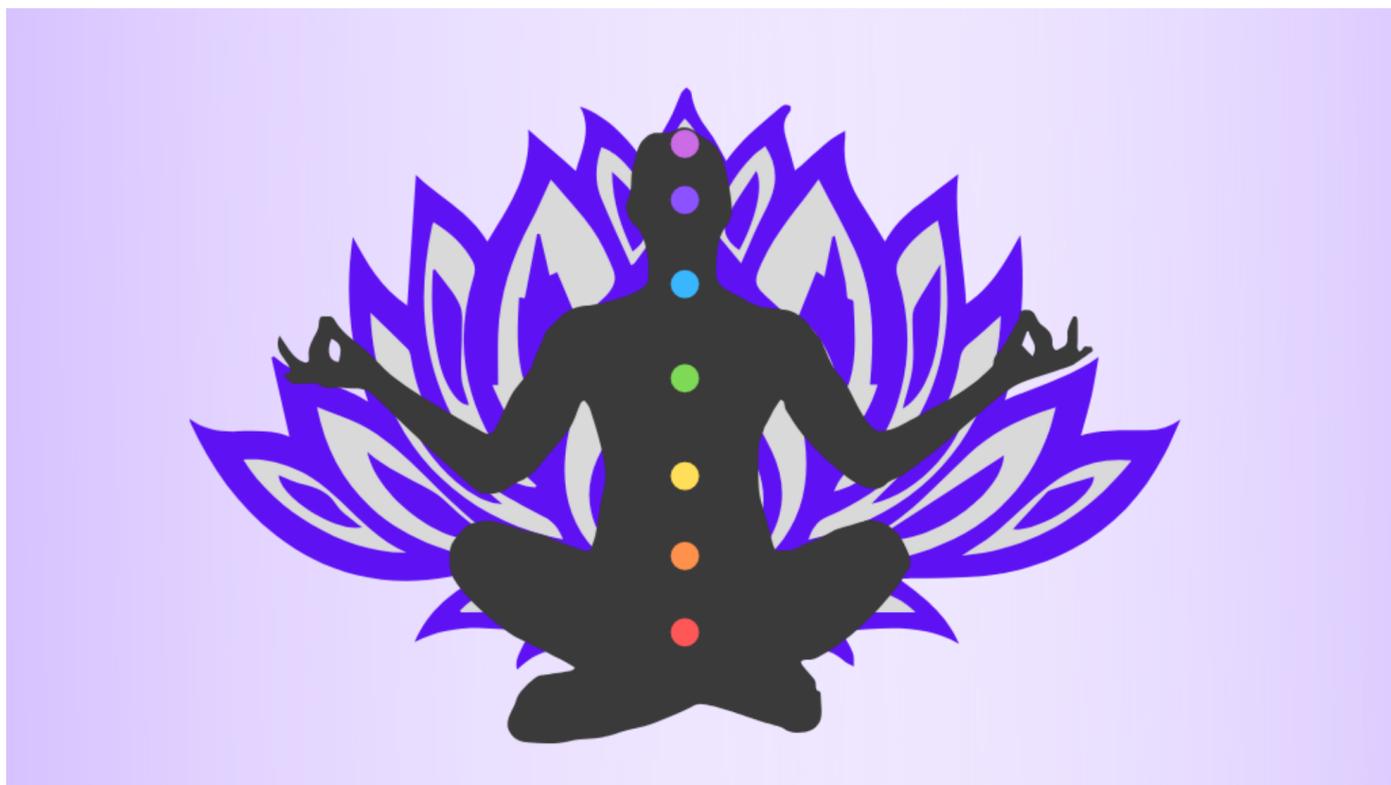


A F F E C T I V E A L I G N M E N T

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 !

05



LESSON

05

Loving Light

A guide to healing your Heart Chakra



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

Your Heart Chakra is located in the centre of your chest, and as is represented in the image above, the colour for this Chakra is green.

This is our centre for love - which not only includes family, friends and romantic partners, but also, self love. Events in our past that have caused us deep hurt, leave blockages here. These blockages can stem from a romantic partner or a friend leaving us, being abandoned by a parent or sibling. It can be cruel words said to us that have

Loving Light

A guide to healing your Heart Chakra



over time, caused us to not like ourselves. Any time we walk around and want to be someone else or have someone else's life, this is a blockage in our Heart Chakra.

When our Heart Chakra is blocked, we may find it difficult to connect with ourselves and with others. When our Heart Chakra is open and free, we love unconditionally and are able to find connection and compassion with and for ourselves and others.

In this portion of the program, you will find spiritual exercises and practices that will help open and free your Heart, so you can connect

Loving Light

A guide to healing your Heart Chakra



with yourself and others 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 opened that Chakra, move on to the next one.

The beauty of this program, is this is yours to

Loving Light

A guide to healing your Heart 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*

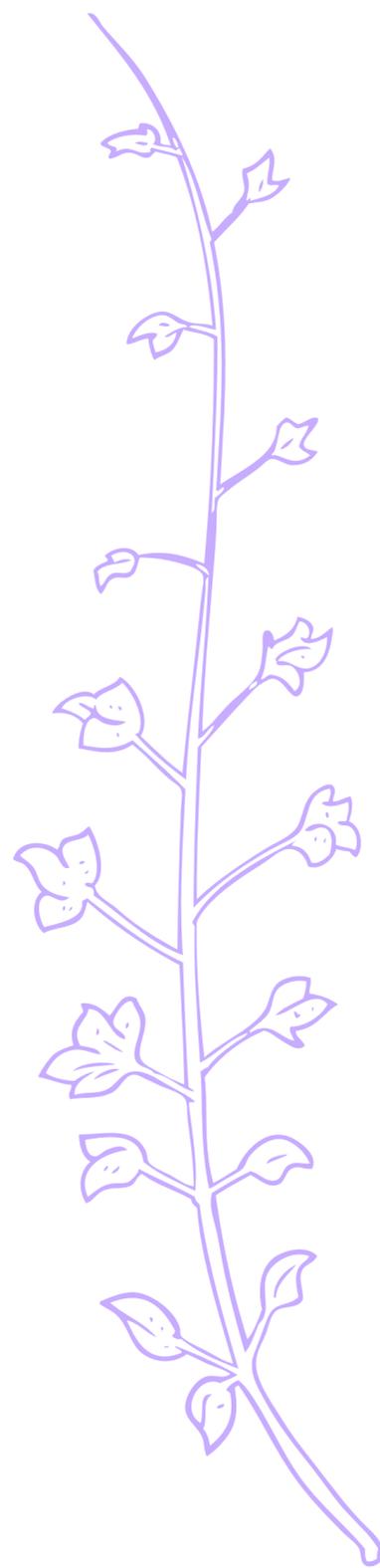
Mindful Meditation

Do the Unlock Your Heart 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

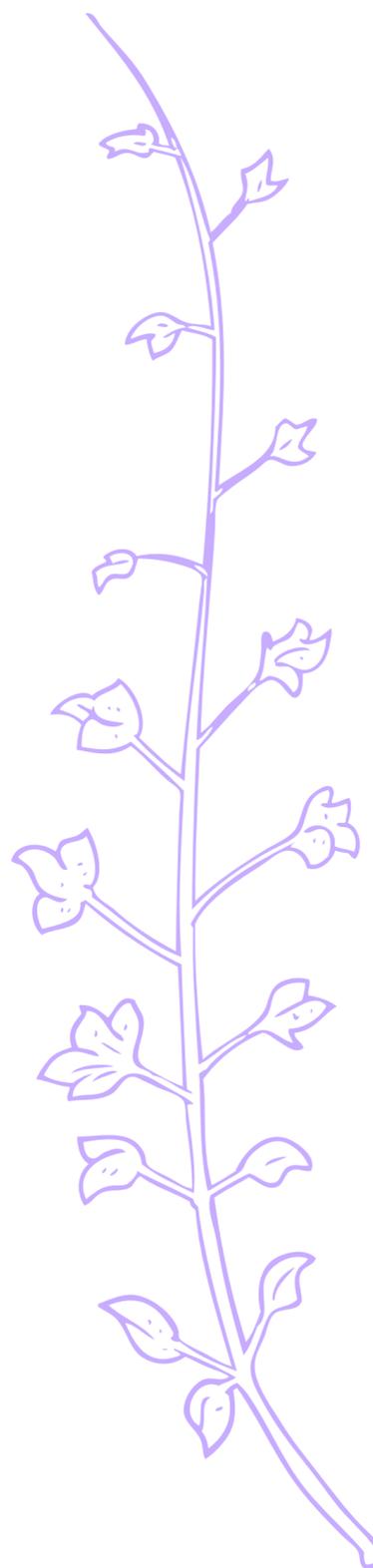


This is a fantastic way to feel the emotions correlated with the original event being brought up, allowing your body to fully process and let go of the stuck energy that has left these active stress responses. Follow through with the remainder of the exercises in this program and focus on your end goal.

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 Heart 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

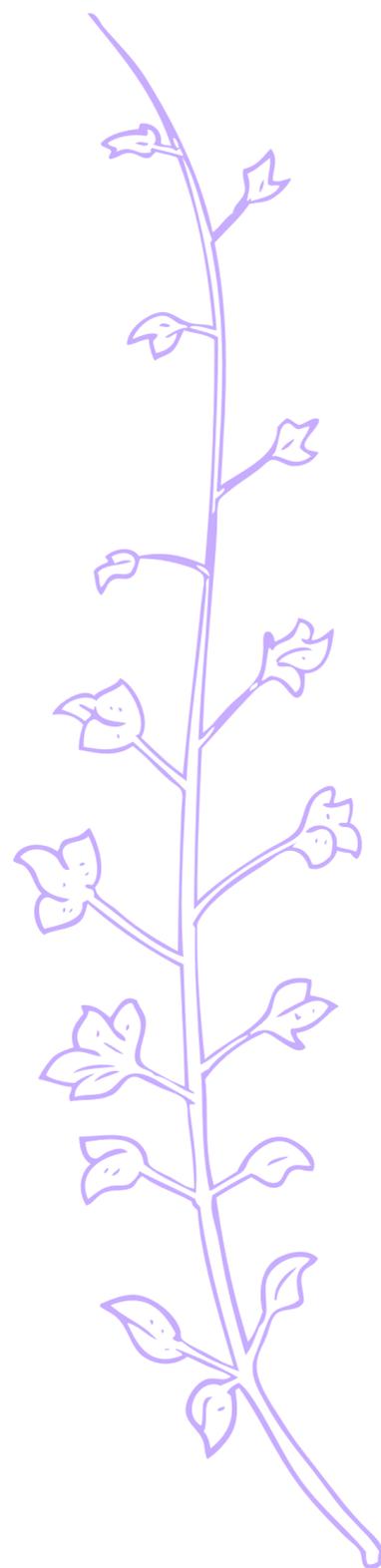
Have a bath with Himalayan Bath salts and healing crystals surrounding you. If you have any green ones - **malachite emerald, peridot** etc - use those. If not, grab whatever crystals you feel drawn to at the time.

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 - **eucalyptus, forgive or tea tree** are best for replenishing the heart chakra.

As you have your bath, listen to music that **gives a sense of love and happiness** - 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.

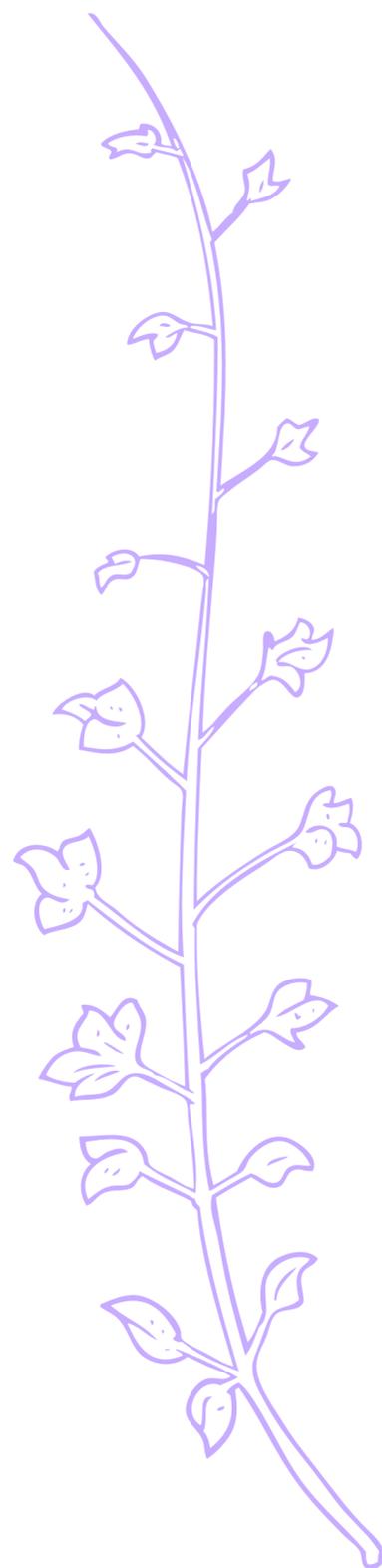
This is an extremely calming exercise and is a wonderful way to connect mind, body and soul as it



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!

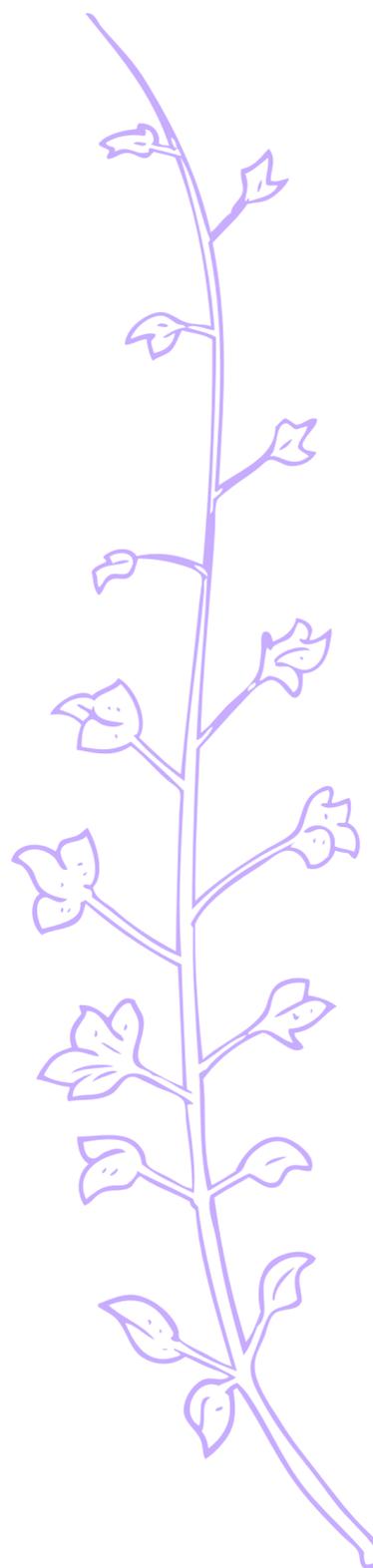
**Note: If you do not have the oils, please check the link to my*



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

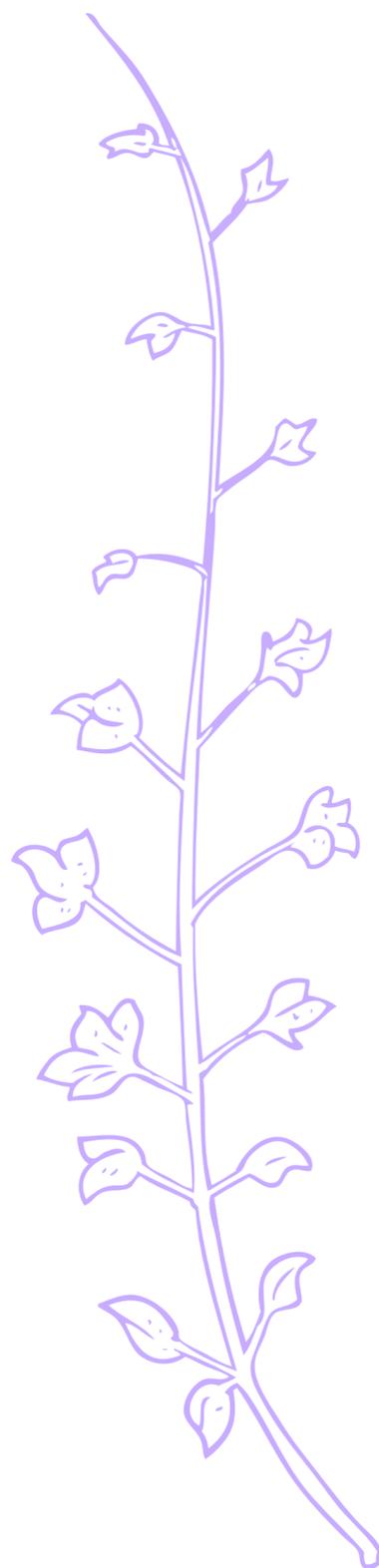
Diffuse the mentioned oils throughout your house to help support your Heart Chakra.

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 chest 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.



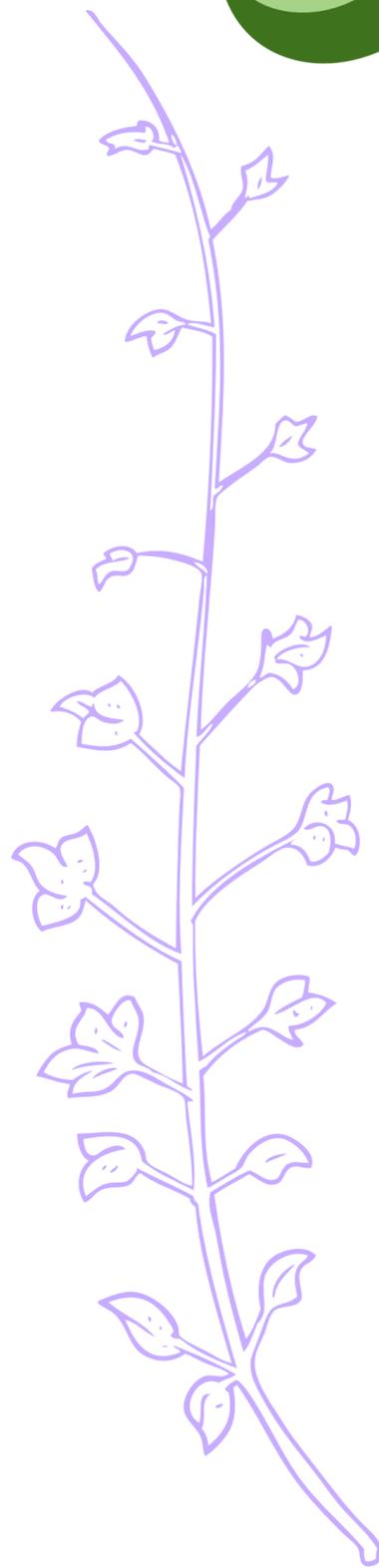
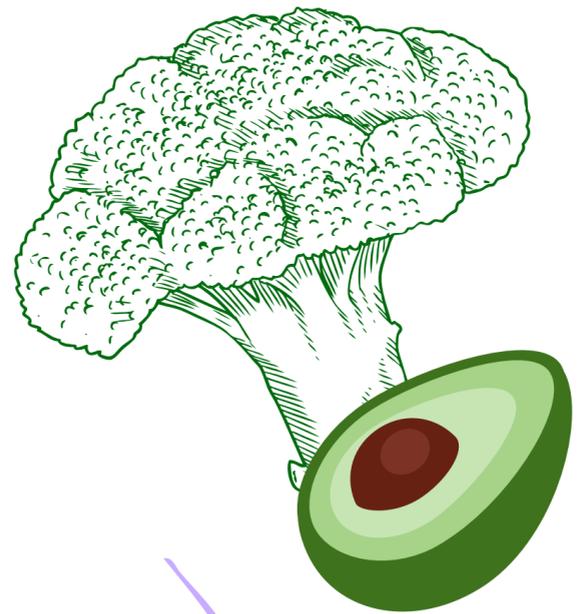
Organic Options

Eat lots of clean, organic green foods - spinach, kale, broccoli, avocado, lime, cucumber, kiwi, etc.

Turning this into a morning breakfast is always a fan favourite. Try juicing carrots and cucumbers and blend it with fresh kale, spinach, avocado, kiwi 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

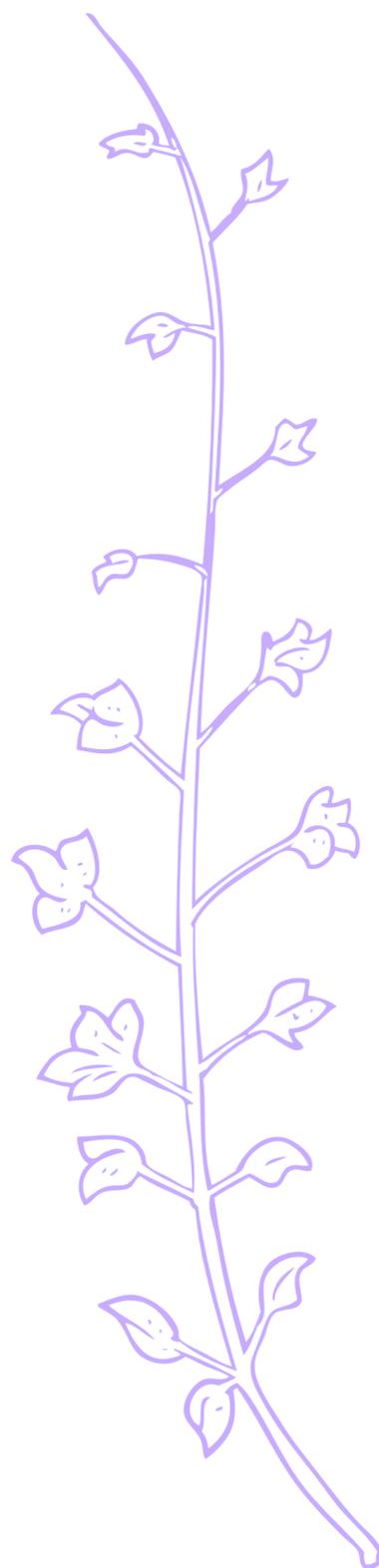
Wearing certain colours can actually help strengthen our Chakras.

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

Wear green shirts, (or bras for the beautiful women reading this). If you have a nipple ring, green would be a good choice.

If you have a necklace long enough for the pendant to reach between the breasts, this is another great option - if the pendant is a green stone.

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



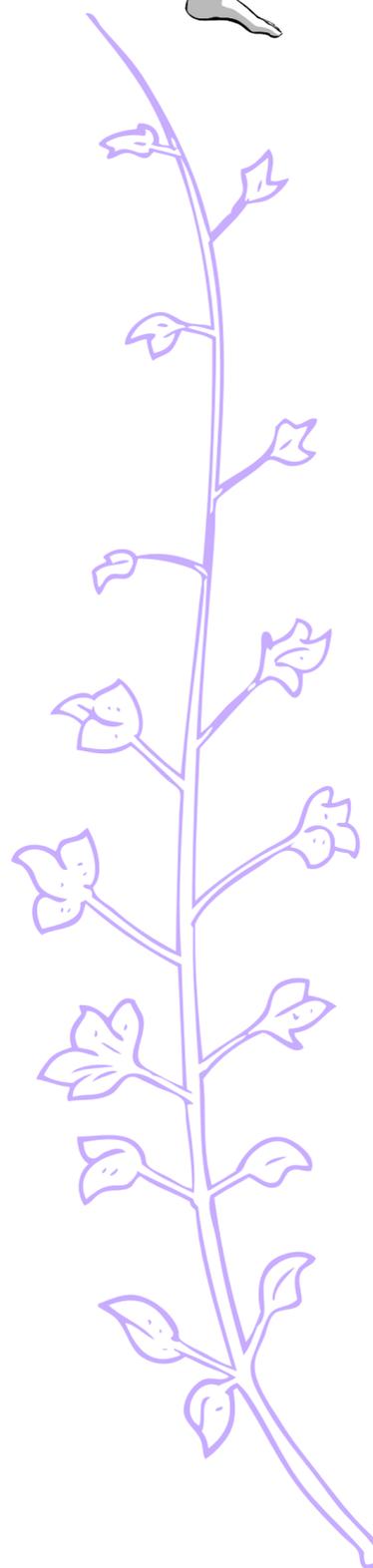
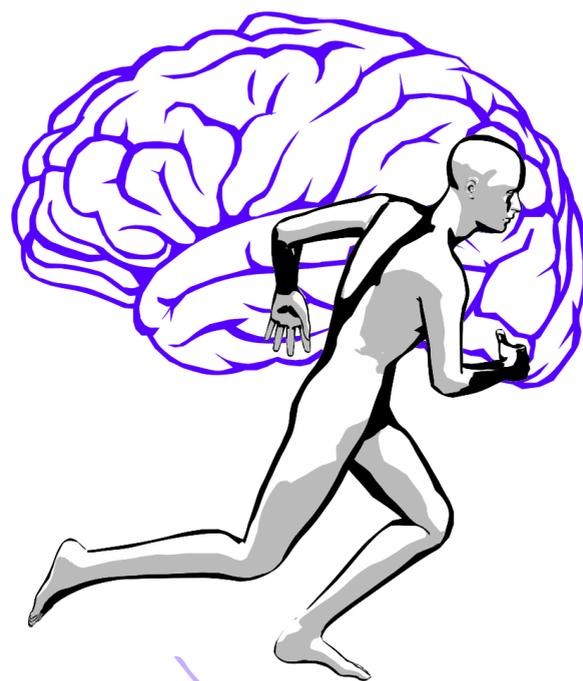
Better Mind and Body

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 **Heart Chakra** is associated with tension in the upper back and chest region. 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:

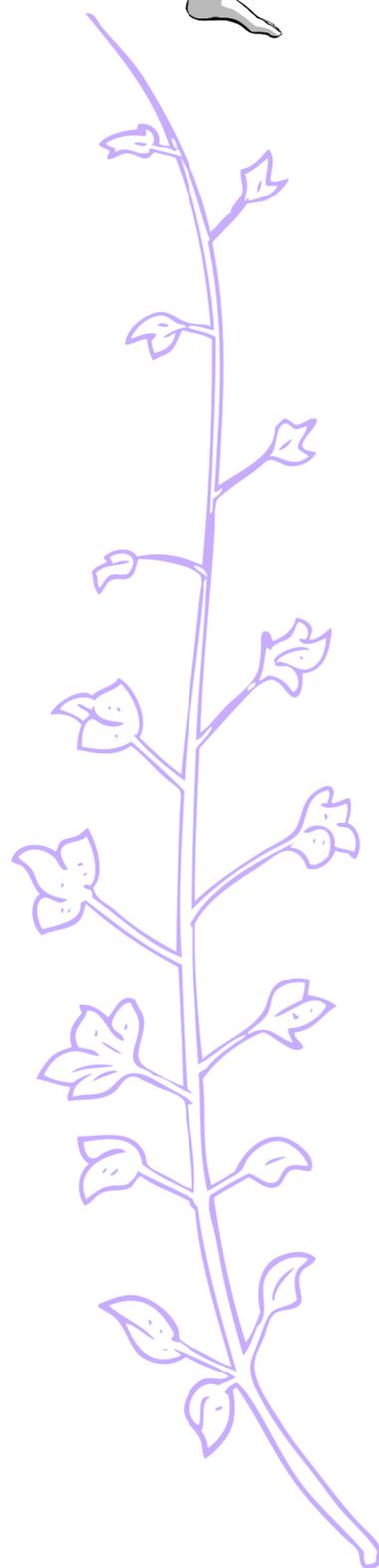
- Reiki Practitioners
- Reflexologists
- BIE Practitioners

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. 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. Then sink into your past self and have a conversation with your past self. Tell your past self that it's okay. Give yourself permission to forgive yourself and/or the individuals involved. Tell your past self how

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*



loved they are in spite of it all. Embrace yourself, sending love and a sense of belonging.



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

Ho'oponopono Healing



- o This is my version of / addition to an already amazing healing exercise.
- o Every night before you go to bed, fall asleep with both hands on your heart. Envision healing energy from your hands to your heart. You can envision this light to be whatever colour you wish - though green is always a powerful colour when it comes to the heart chakra, but other colours will work just as well with the right intention.
- o As you do this, silently say to yourself “I love you, I’m sorry, please forgive me, thank you”.
 - This is a powerful affirmation sentence to instill deep heart healing.



Ho'oponopono Healing



o I am going to give the same message to you that I always spread on social media and in every talk I gave as a Chiropractor.

- Our internal dialogue matters.
- The words we say to ourselves matter.
- The thoughts we have about ourselves matter.
- The energy behind everything we think, say and do matters.
- This is why this is such a powerful, healing exercise.
 - o When you say these words, you are re-wiring and re-patterning your own energy.
 - o Say these words with conviction and with intention.
 - o Intend that these words ring through your being and fills



Ho'oponopono Healing



your soul.

- Intend that the light from your hands travels into your heart and heals old wounds.
- Believe in the power of this exercise so you can ascend and transcend to meet yourself at your highest soul level.



Cocoa Ritual



- o Do a cocoa ritual once per month for the duration of the time you are working to clear your Heart Chakra, and even beyond if you wish.
- o This can be done in a variety of ways.
 - The best way would be to make hot chocolate using raw cocoa powder.
 - Simply warm up water or milk of your choosing, add in raw cocoa and honey.
 - Measurements are to your taste.
 - When I do mine, I put 1 tablespoon of cocoa



Cocoa Ritual



with 2 tablespoons of honey and about a cup of canned coconut milk with a dash of water to make it less thick.

- Once you have your hot chocolate, you want to add in a small amount of chili pepper.
- *Remember, your body is your temple. It is very sensitive to what you put in, so try to keep this as clean and natural as you can to ensure the deepest healing possible.*

o This is a very deep heart opening exercise and will help you get in touch with your feelings. The



Cocoa Ritual



most important step in all of this is to make the hot chocolate with intention!!

- As you are placing the ingredients together, ask the universe (or whatever divinity you feel called to) to open your heart with each sip.
- You can even do a mini meditation before you make it, or as you are preparing it.
- Sink deep into your feelings and heart space and ask that your spirit shows you what needs to be healed.
- You may even want to call on your spirit guides to show this to you.



Cocoa Ritual



- o This is an exercise to be paired with a meditation. First intend the physical act of drinking this hot chocolate provides the insights you need, and then fall into a meditative state once your cup is finished.
 - You can do so with the Unlock Your Heart meditation I have provided for you, or you can put on calming music and sink into your feelings and do a free and open meditation and just let the feelings come to you.
 - Whatever you feel more resonates with your heart in the moment is what you should do.



Cocoa Ritual



- o After your meditation has come to an end, journal everything that came up for you.
 - Whatever feelings you are experiencing.
 - Any memories that came to you.
 - Whatever it is, write it all down. This list is only for you to see, so be honest. If any revelations came to you that you can act on to resolve, do so when you are ready to.

- o Once you have finished your journal entry, read it to yourself.
 - Ask yourself if you understand the why



Cocoa Ritual



behind the emotions.

- Ask yourself what the hardest part of that emotion is for you and why the emotion is there.
 - Every emotion and situation gives us a lesson we need to learn or a message we are refusing to hear.
 - You might already get a sense of what this might be for you, but you are resisting accepting it.
 - Remember, acceptance is the first step.



Cocoa Ritual



- You must accept that there is something deeper.
 - You must accept the intuitive messages coming through for you.
 - Once you accept and understand this message, you can take the action steps needed to heal from this situation.
- o Be kind to yourself as you do this process, and always, always, always, do the Ho'oponopono Healing exercise the night of this ritual.



Healing Affirmations



o Read this list of Heart Chakra Affirmations.

Say these twice daily to yourself.

- I choose joy, compassion and love
- I love myself fully and unconditionally
- My heart is free from all past wounds
- I readily forgive myself and others
- I honour my heart's true desires
- I am open to receiving love, and welcome more of it in my world
- I freely give love to others
- I easily connect with myself and others
- I create supportive, loving relationships that are good for me
- My heart chakra is open and free

**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.*

Gratitude is the best Attitude



- o Work on being grateful!
 - It has actually been shown in research that it is entirely possible to re-wire your brain for happiness by simply recalling 3 things you are grateful for every day for 21 days!
 - That's how long it takes to make new connections in the brain.
- o The easiest way to do that is to start a gratitude journal! Gratitude is a wonderful way to get into a space of love and open your Heart Chakra.

GRATITUDE



Gratitude is the best Attitude



o For this exercise, you might want to buy a new journal that has a happy saying on the front, or simply something that gives you a feeling of happiness.

- You can do this in 2 ways - write down 3 things you are grateful for, or, 3 things that happened to you that day that you are grateful for.
- If you are feeling really ambitious, you can do what I did when I first got introduced to gratitude - start every morning writing down 3 things you are grateful for (ex family, friends,

GRATITUDE



Gratitude is the best Attitude



food to eat, water to drink, a roof over your head etc), and end every night writing about 3 things that happened to you that day that make you feel grateful and happy.

- o This way, you are starting and ending each day with positive vibes full of gratitude!

GRATITUDE



Letter Writing



- o Write a letter to the individual or individuals involved in your meditation or NET sessions, or someone who you know deeply hurt you.
- o In this letter, write out everything you wish you had said to them. It can be as childish or immature as you need it to be. There is no judgment with any of this.
 - This letter is only for you, so please be honest.
- o As the words come out onto the paper, feel the

Letter Writing



emotions fully. This may be an unpleasant exercise, but it is necessary to fully heal.

o Once the letter is written, leave it be for 3 days. Do your best not to think about it in this time.

- I tend to put these letters in my God Box setting the intention that my soul / spirit be healed of the experience.

o Once the 3 days are up, re read this letter to

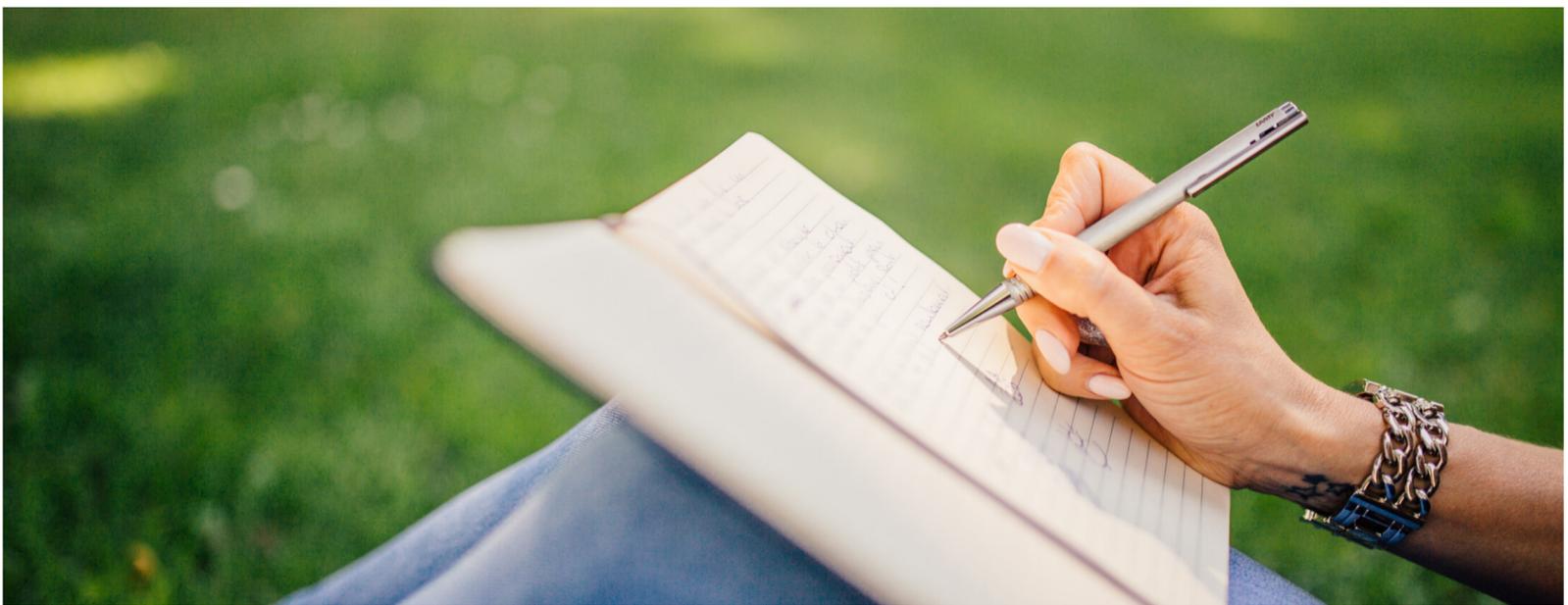
Letter Writing



yourself and then burn it setting the intention that you are letting go of those negative emotions.

- o Give yourself permission to let go of that situation. Let it remain in the past. Thank the universe for giving you the lesson, and move on.
- o The day after you burned the letter, pay attention to how you are feeling.
 - You should feel lighter. If you don't, this means there are more layers to work through,

Letter Writing



which is completely normal.

- You may need to do this exercise a few times to fully release an event, and that is okay.
- Allow yourself the time it takes to do this.
- Do this exercise as many times as you need to.

**Note, this is a wonderful exercise to clear your Throat Chakra as well - with one slight twist.*

Instead of reading this letter to yourself, say it out loud. Or, if possible, to the individual involved.

Loving Light



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:

Demons sing in my head,
Never to be fed.
Angels fill my heart,
And never will we part.
And finally now I see,
Loving light resides in me!

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.