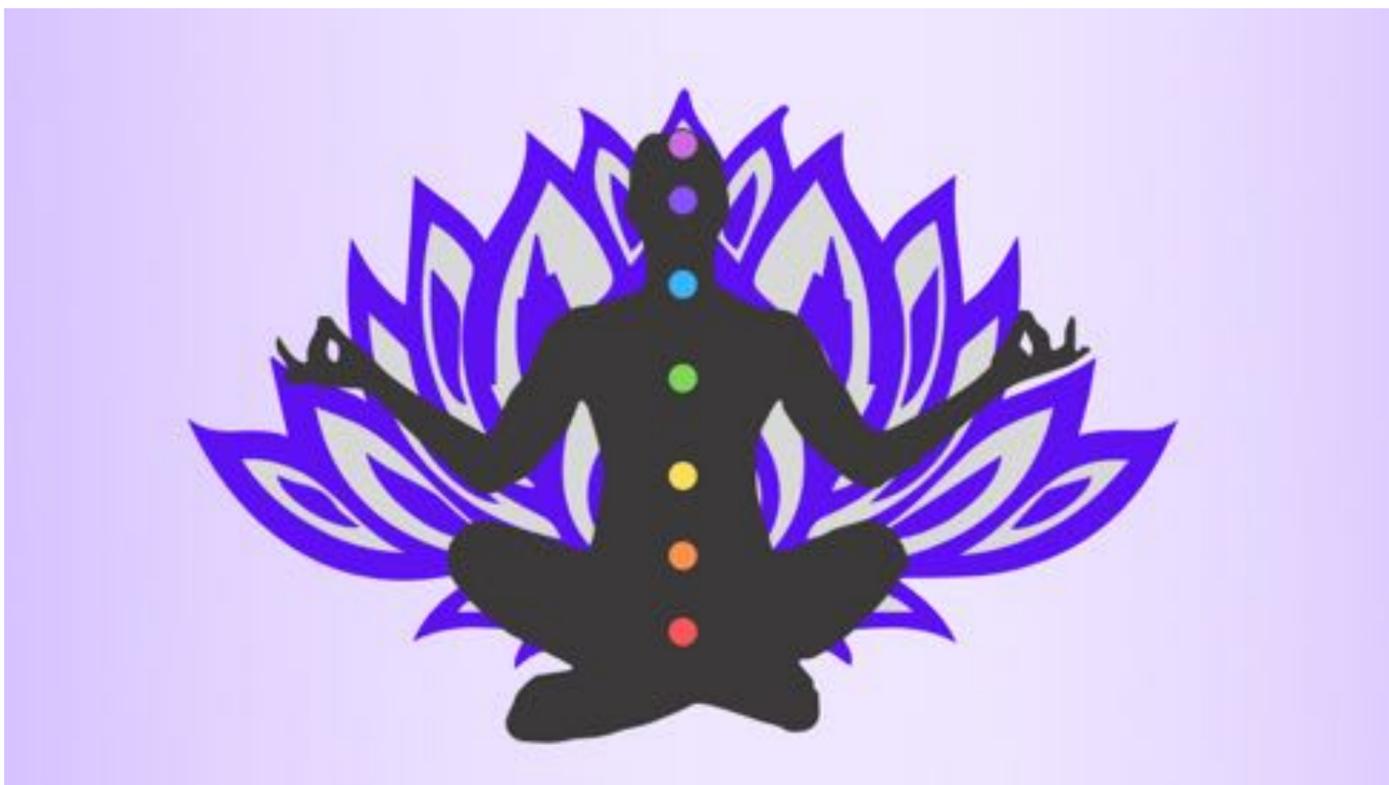


A F F E C T I V E A L I G N M E N T

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 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
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P U R E P O W E R

lessons

07

W O N D R O U S
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08

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

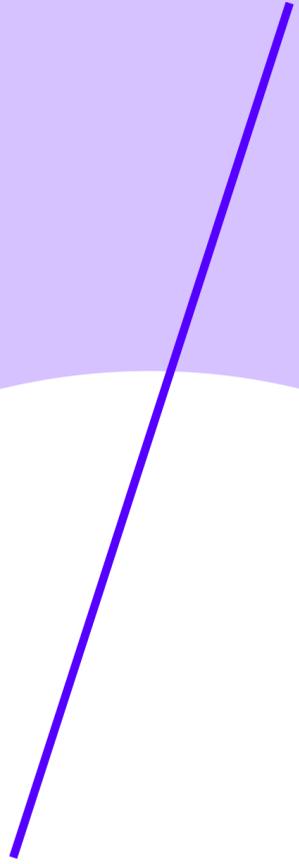
B O N U S

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 !

06



LESSON

06

Pure Power

A guide to healing your Solar Plexus Chakra



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

Your Solar Plexus Chakra is located at the level of your naval and as is represented in the image above, the colour for this Chakra is yellow.

This is our power centre. Events in our past that have caused us to feel powerless or like we have no control, leaves blockages here. These blockages can stem from a traumatic event that left you feeling violated or wronged in some way. It can also be from emotional or physical abuse. Any time we walk around and feel like

Pure Power

A guide to healing your Solar Plexus Chakra



we are victims of circumstance and can't change our lives or our future, this is a blockage in our Solar Plexus Chakra.

When our Solar Plexus Chakra is blocked, control becomes very important to us, and sometimes, this need for control can lead to destructive habits. When our Solar Plexus Chakra is open and free, we feel confident and strong, knowing we have power over our own destiny.

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

Pure Power

A guide to healing your Solar Plexus Chakra



reclaim your power and confidence.

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

Pure Power

A guide to healing your Solar Plexus 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*

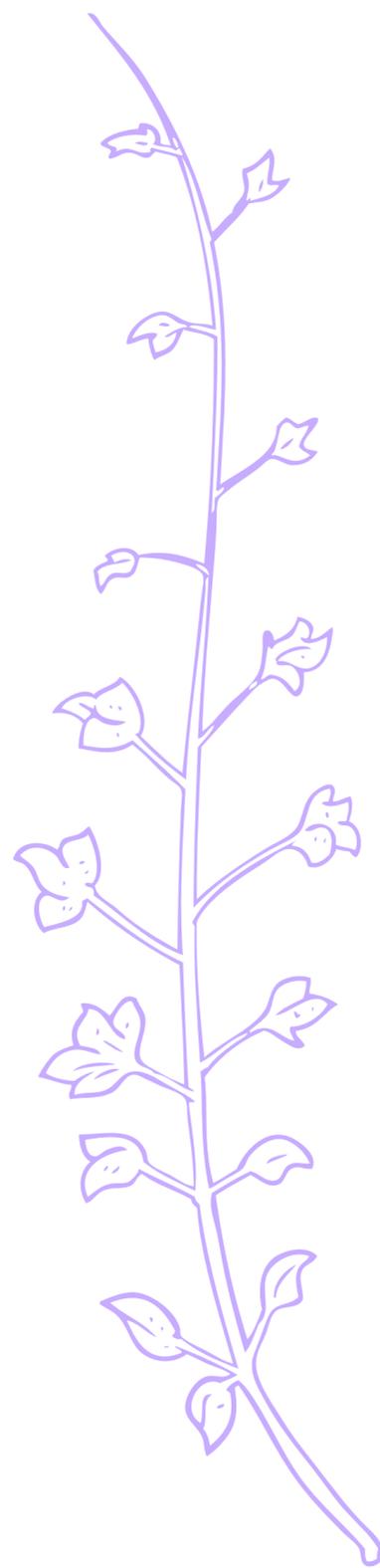
Mindful Meditation

Do the Empower Yourself
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

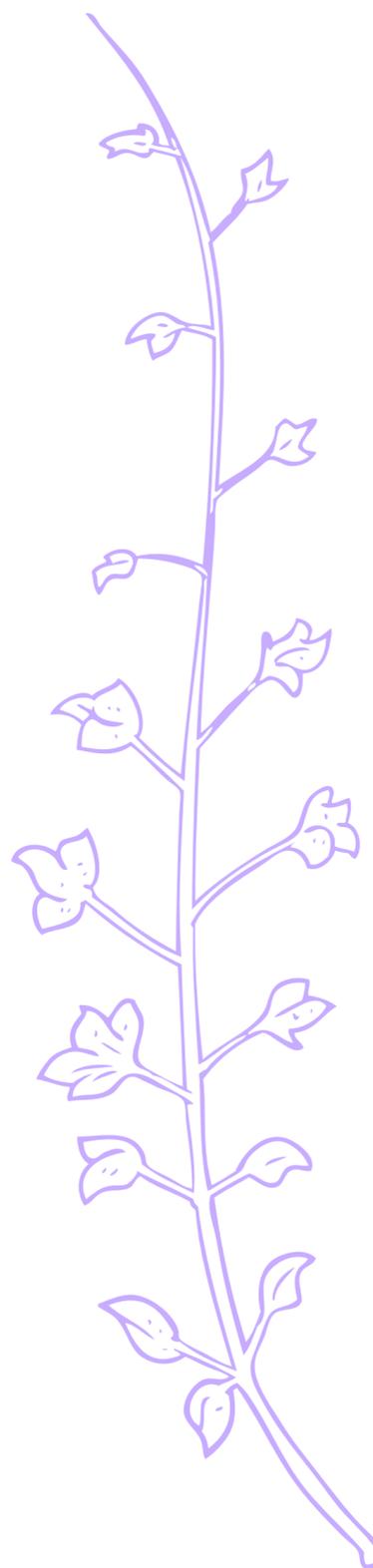


This is a fantastic way to feel the emotions correlated with the original event being brought up, allowing your body to fully process and let go of the stuck energy that has left these active stress responses. Follow through with the remainder of the exercises in this program and focus on your end goal.

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

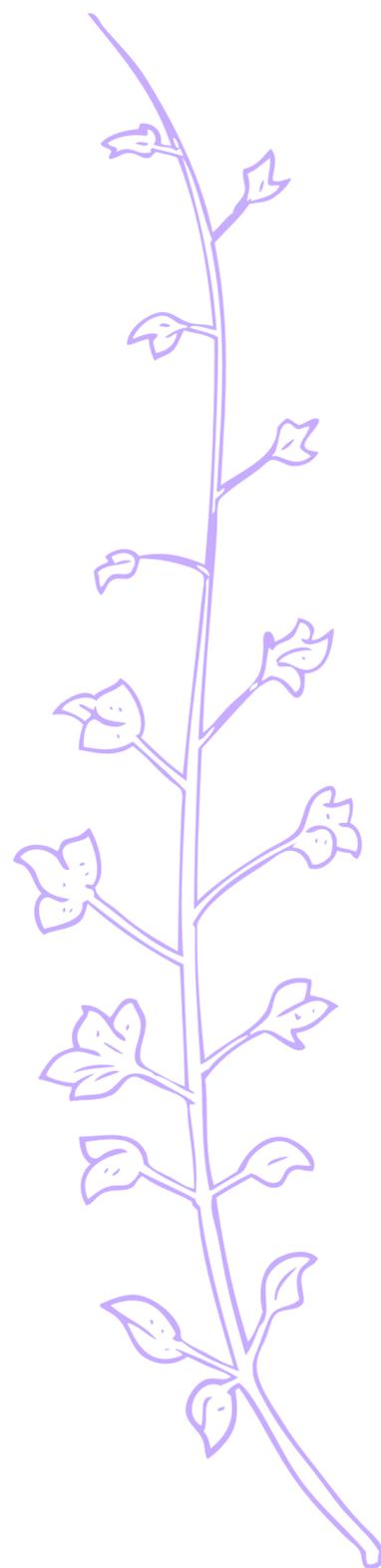
·Have a bath with Himalayan Bath salts and healing crystals surrounding you. If you have any yellow ones - **yellow citrine, amber, tiger's eye** etc - use those. If not, grab whatever crystals you feel drawn to at the time.

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 - **bergamot, lemon and vetiver** are best for replenishing the solar plexus chakra.

As you have your bath, listen to **empowering music that gives a sense of freedom and relief** - 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.

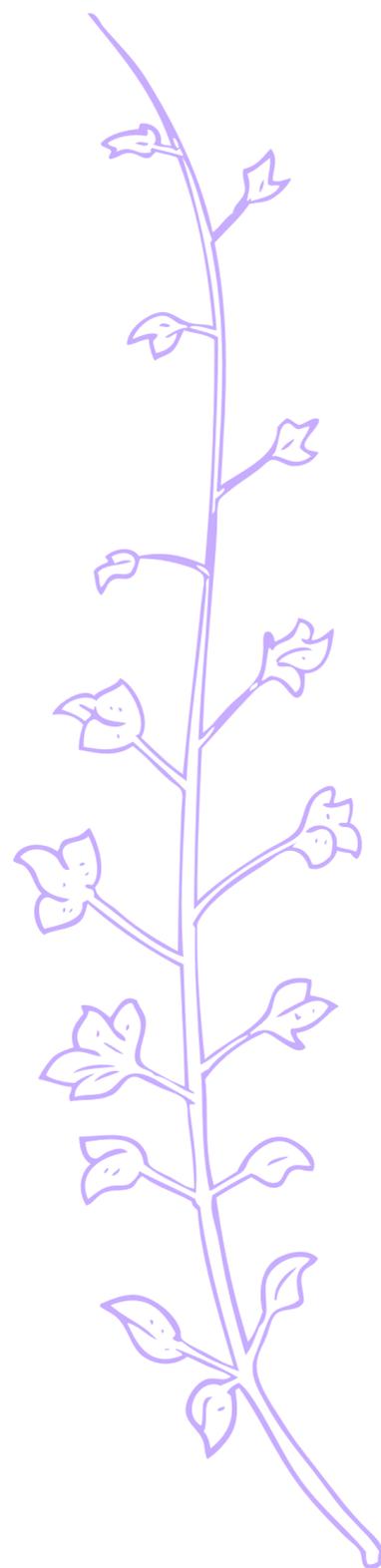
This is an extremely calming exercise and is a wonderful way to connect mind, body and soul as it



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!

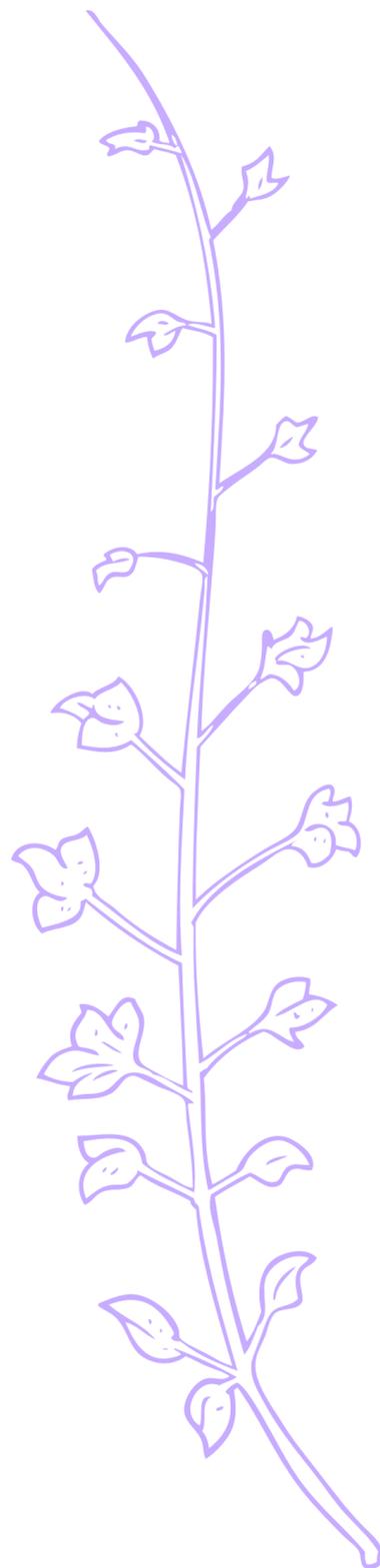
**Note: If you do not have the oils, please check the link to my*



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

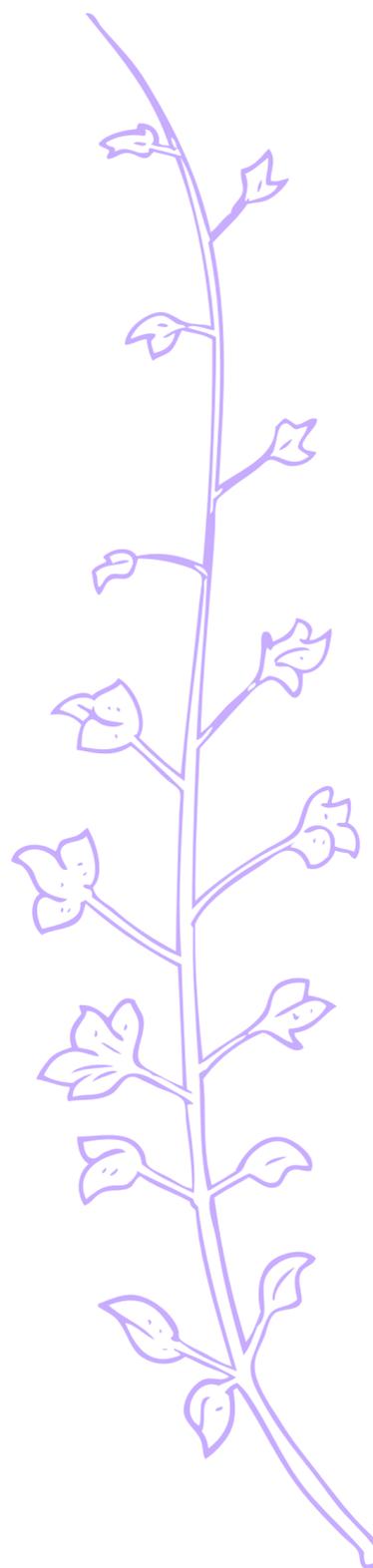
Diffuse the mentioned oils throughout your house to help support your Solar Plexus Chakra.

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



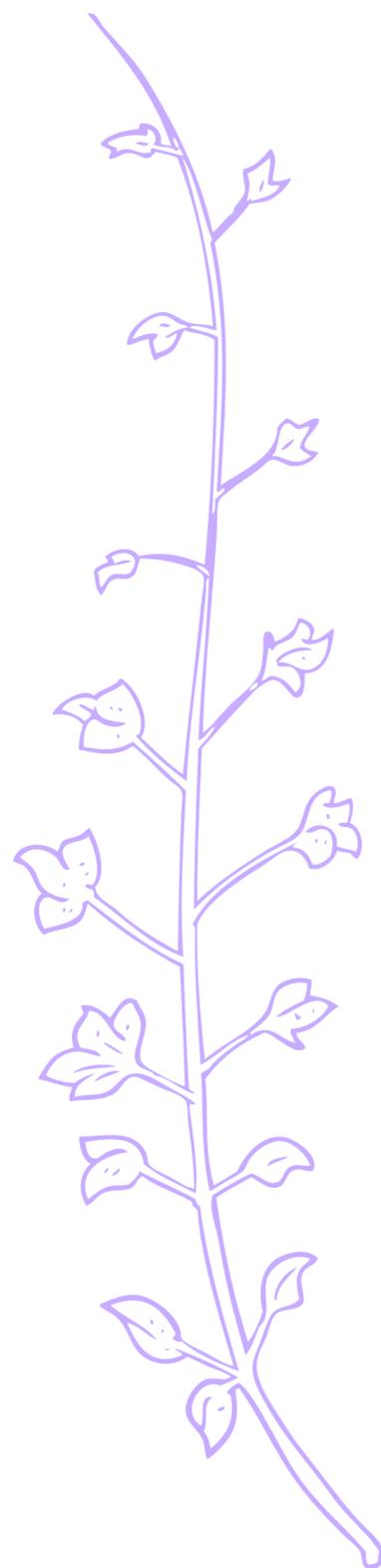
Organic Options

Eat lots of clean, organic yellow foods - corn, yellow carrots, bananas, pineapple, lemon, turmeric, ginger, etc.

Turning this into a morning breakfast is always a fan favourite. Try juicing yellow carrots and ginger blend it with fresh bananas, pineapple, turmeric 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!



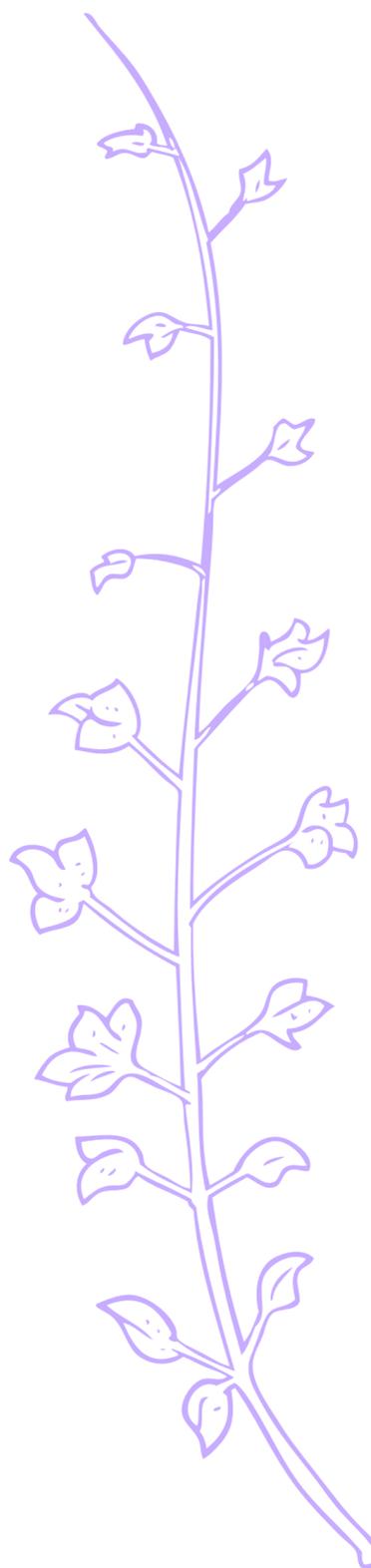
What to Wear

Wearing certain colours can actually help strengthen our Chakras.

The Solar Plexus Chakra is at the level of the navel and the colour that represents it is yellow. So, any form of yellow that can touch this area is helpful and helps replenish and strengthen a blocked Chakra.

Wear yellow shirts, tank tops or undershirts.

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



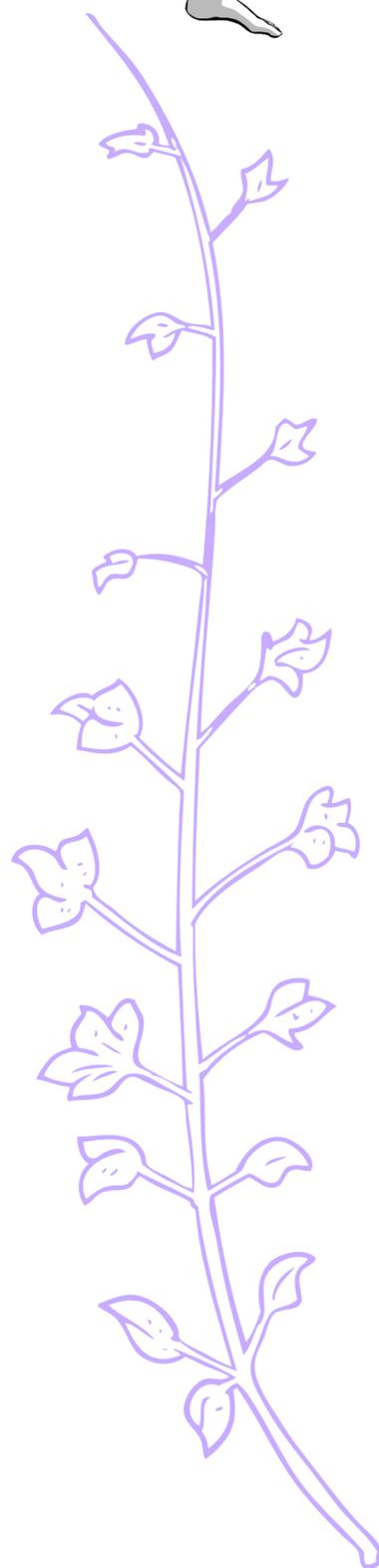
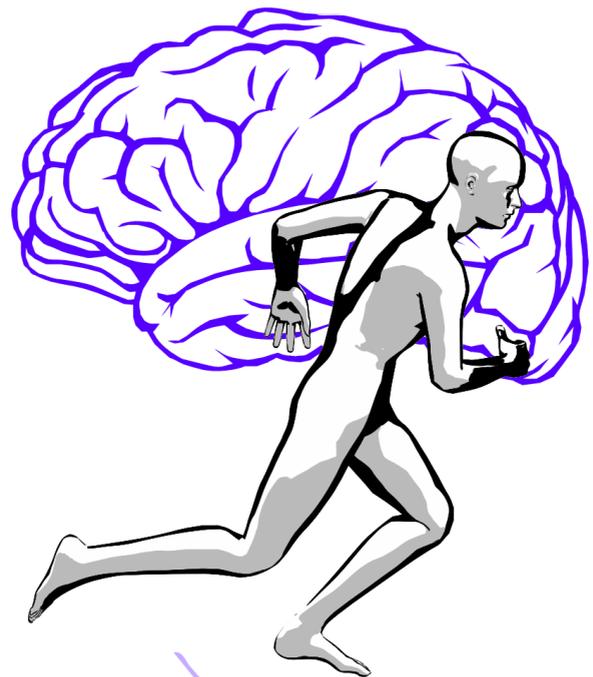
Better Mind and Body

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 **Solar Plexus Chakra** is associated with tension in the mid back 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:

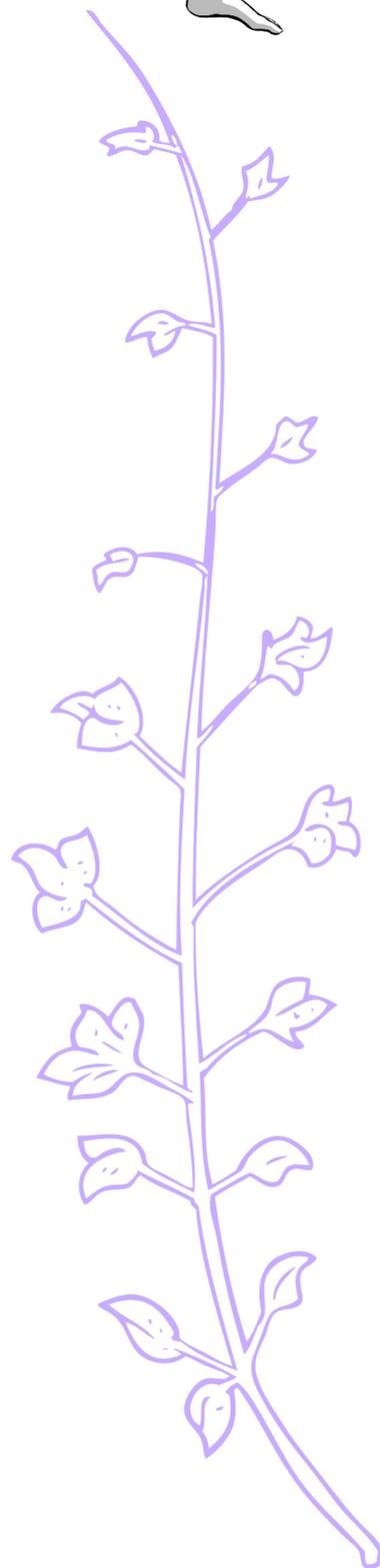
- Reiki Practitioners
- Reflexologists
- BIE Practitioners

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.

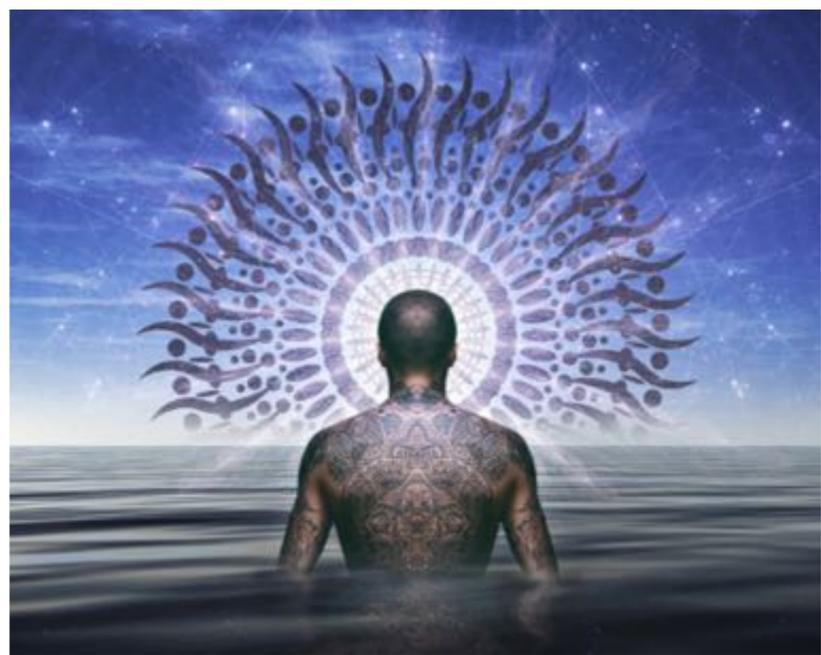


Meditation with a Twist

**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.

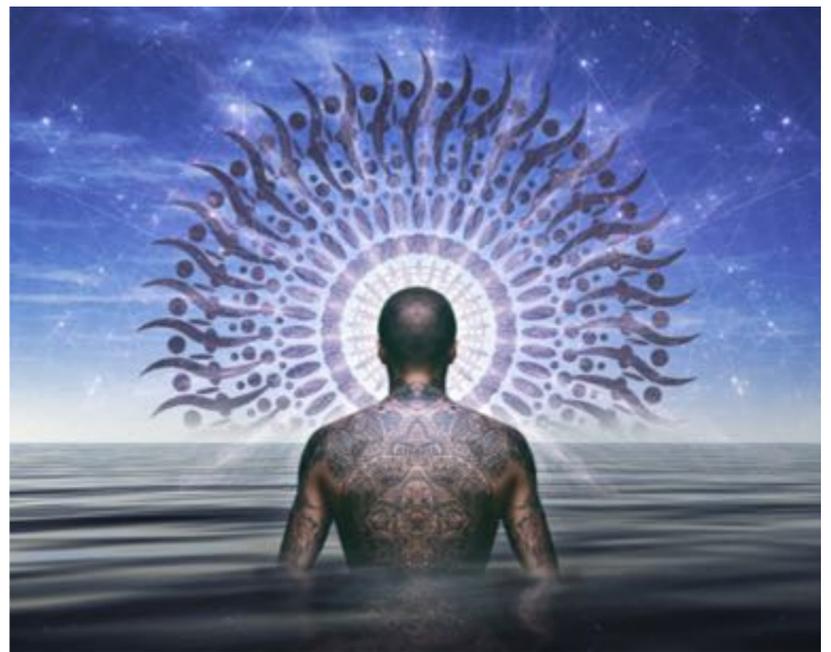
o After you have written down your journal entry, re read it to yourself. Then sink into your past self and have a conversation with your past self. Tell your past self that it's okay. Give yourself permission to forgive yourself and/or the individuals involved. Find your own inner strength in knowing this event was in the past. It

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*



is no longer your present, therefore, it no longer controls you. It's time to take your power back!



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

Posture and Power Poses



o One of the things I assess for all the time as a Chiropractor is posture. But, has anybody ever told you why posture is so important?

o Posture tells us a number of different things. The biggest one, is how much stress you are under! Our body's natural defense state, is a forward hunched over posture. This indicates your body is under stress - be it physical, chemical or emotional.

o Our posture is actually directly tied in with our mood, as well as other's perception of our mood.

- A hunched posture may make you appear to be sad, scared, or antisocial. This negative perception



Posture and Power Poses



may in turn affect your mood in a negative way.

- o A TED talk was done by Amy Cuddy called “Your Body Language May Shape Who You Are”.
 - In this TED talk, she discusses certain poses that she refers to as “Power Poses”.
 - Certain poses are associated with feeling more powerful and confident—which are of course more upright and open postures.
 - The postures that are associated with decreased self esteem and self confidence are the hunched forward and slumped postures.
 - In her talk, she discusses how this affects others’ perception of us. And as I mentioned above, this



Posture and Power Poses



actually negatively affects how other people see us, which naturally becomes a vicious cycle.

- o For this healing exercise, I want you to watch the aforementioned TED talk by Amy Cuddy - Your Body Language May Shape Who You Are
 - o Write about or talk to someone about your thoughts and opinions on the information presented and how you think this might affect your life.
 - Be brutally honest. How can you use this knowledge to help you feel more empowered?
 - o Do the power poses in the TED talk every day for 2 minutes.
 - o While you are doing



Posture and Power Poses



these, silently say to yourself “I am powerful”.

- To add extra healing, do this exercise while looking at yourself in front of the mirror.
 - This not only changes the thought patterns in your brain, it also adds an extra connection from your visual cortex, as well as motor centres of the brain that are being activated as you hold this posture.
 - This is such a huge step towards your ascension!

○ In Chiropractic, there is a saying “neurons that fire together, wire together”.

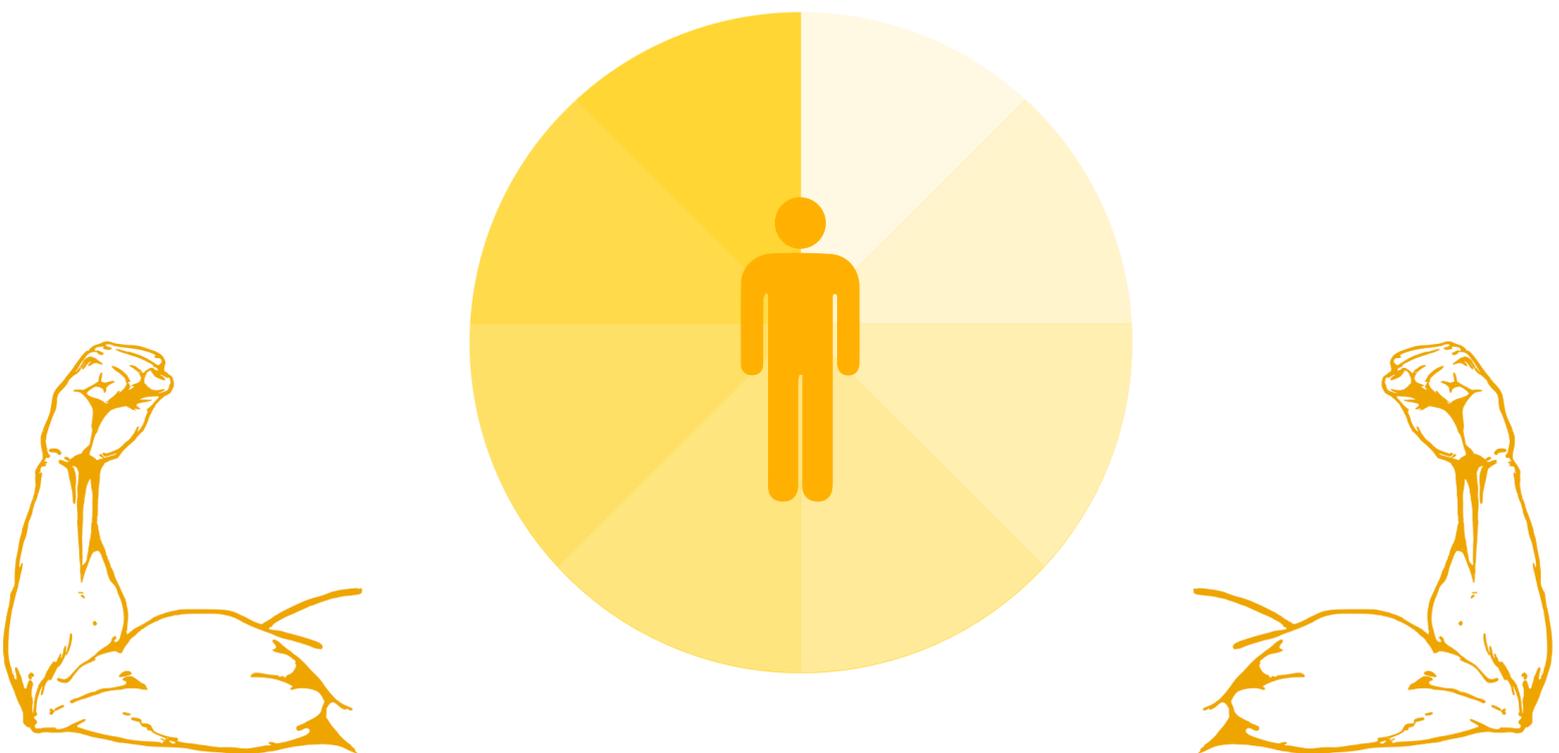
- This exercise re-wires the neurons in your being in so many different ways - mind, body and soul.



Body Work



- o As previously mentioned, I suggest getting your body cared for by a Chiropractor who will help correct your posture on a physical level.
 - This neurologically helps re-wire your brain and body to a more relaxed and peaceful state.
- o Also, make sure to consciously work on your posture. Make an effort to stand upright.
 - The more you train your muscles to hold you up, the more the neurons in your brain fire to



Body Work

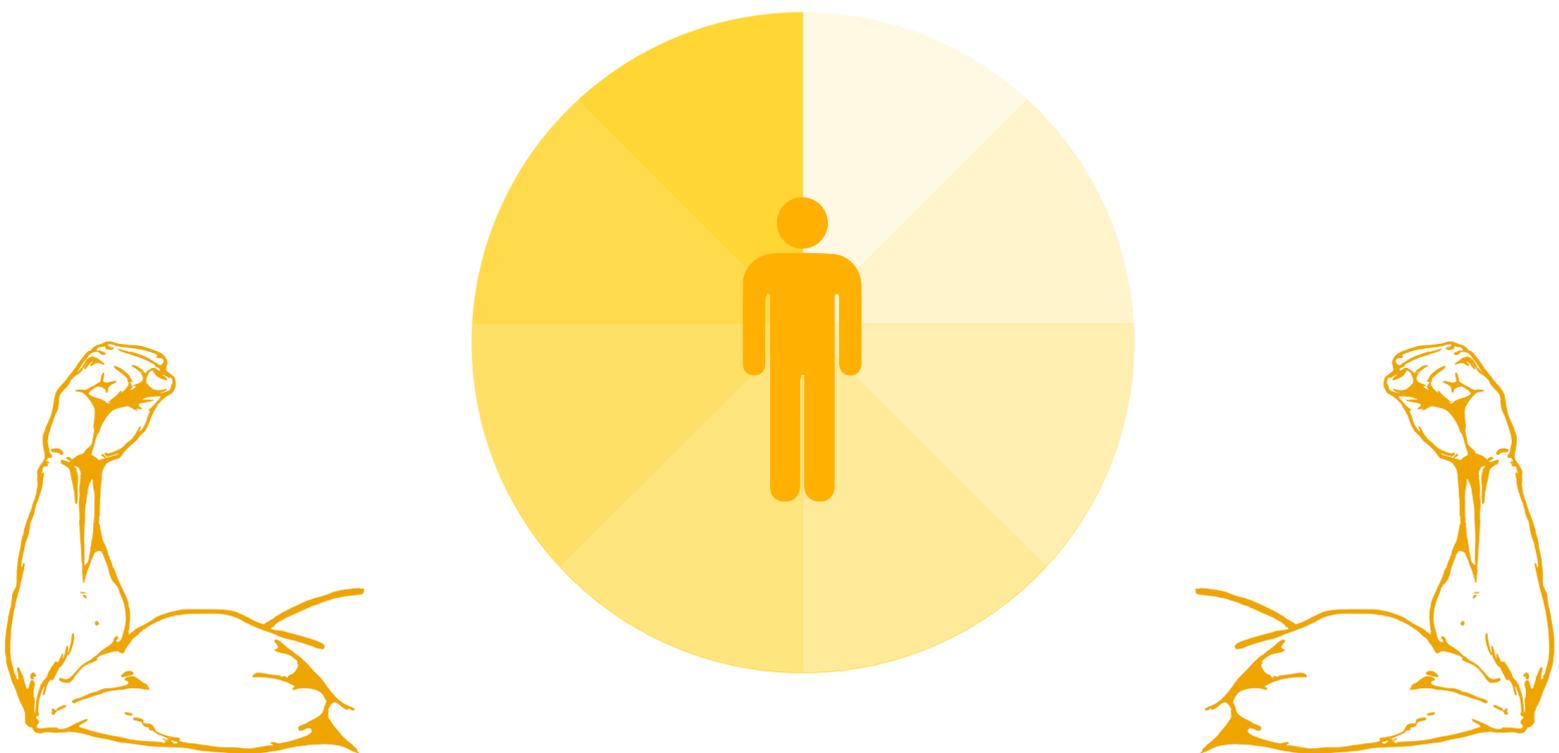


enforce this pattern.

- The more this happens, the more your brain physically changes.

o The combination of Chiropractic adjustments and postural training can have a huge impact on your feelings of self confidence and self empowerment.

o For this portion of the program, make sure to consciously work on doing exercises that open

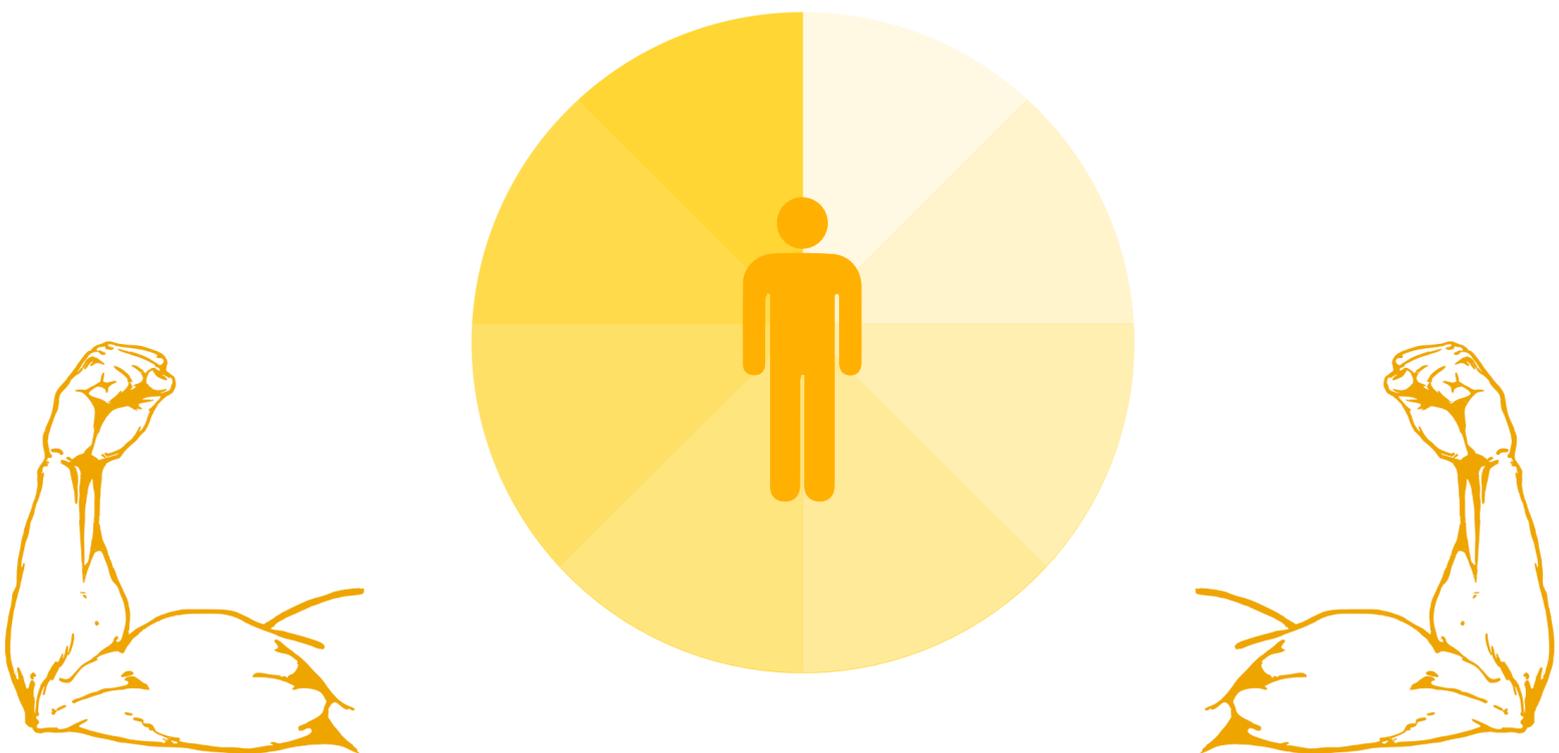


Body Work



your posture / solar plexus chakra.

- Please see the PDF file of Mid Back Exercises I created for my patients.
- These exercises should be done daily (at the very least, weekly) to help with this.



Healing Affirmations



- o Read this list of Solar Plexus Chakra Affirmations. Say these twice daily to yourself.
- I happily embrace my inner strength
- My confidence is soaring high as I take my power back
- My solar plexus is open and free
- I welcome more confidence into my life
- I am taking my power back and it feels so good
- My self esteem is improving day by day
- My inner power is visible in all that I do
- I am connected to the universe with my power
- I am one with my inner strength and power
- I know that I am powerful and it feels so good

**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 re wire your brain at the subconscious level.*

I Am List



- o In this exercise, you are actually going to write two different I am lists.
 - The first list is a list of negative traits.
 - o Write down all of the things about yourself that you don't like.
 - o All of the things about yourself you feel self conscious about.
 - o Anything you feel takes away your inner power.
 - Then, you are going to write an "I am" list that makes you feel empowered.
 - o Examples are: "I am powerful", "I am strong", "I am important"

I AM

I Am List



- o Start with these 3 and add on to it.
 - Make a list of 20 items.
 - Take as long as you need to work on it.
 - Do it bit by bit, or all at once.
 - Whatever comes to you, make sure you do it with intention.
 - Call on the powers of the universe to guide you to the right words for you.

- o Once both lists are written out and complete, burn, rip or bury the negative list and set the intention that these negatives be lifted from your spirit.

I AM

I Am List



- o Next, read your empowering “I am” list to yourself every morning and every night.

- o Believe each one of these “I am” statements.
 - Start reading the list in your head.
 - As time progresses, you should be reading these aloud to yourself.
 - o Again, do so with intention.
 - o Set the intention that each time you read this, you are strengthening your belief in yourself.
 - o Set the intention that these words change your being so you can fully transcend and

I AM

I Am List



be fully congruent with your soul's true purpose.

- o Once you are comfortable reading the list aloud, read your “I am” list in front of a mirror.
 - This will seem strange and silly at first, but you should do this until it feels natural.
- o When it feels natural, continue reading the “I am” list aloud, this time, while doing power poses.
 - Do this every morning and every night until this feels natural

I AM

I Am List



- Take as long as you need to get to this final step.
- This once again is re-patterning your whole being - mind, body and soul.
- It is creating so many new connections within your being that will help you fully ascend and ultimately transcend so you can vibrate at your highest and truest potential.

I AM

Creative Visualization



- o In this exercise, I want you to visualize your Solar Plexus Chakra.

- o Focus on what colour you see, what size it is, what shape it is.
 - Whatever you see when you do this, all you have to do is focus on what is showing up for you.
 - Your chakra does not have to be yellow.
 - It does not have to be a circle.
 - It can be whatever you resonate with.

Creative Visualization



- It can be an object.
 - It can be a person.
 - It can be a shape.
 - Whatever your mind creates, let it be.
- o As you visualize your Chakra, I want you to connect with yourself and feel all of your emotions. Truly experience this exercise.
- What emotions are coming up for you as you look at your Solar Plexus?
 - Are there any specific memories that come to

Creative Visualization



you?

- Focus in on all of this now.
 - What does this look like in your Solar Plexus Chakra?
 - Does this appear as a stain?
 - As a separate object?
 - Or maybe a colour?
 - I want you to see a physical representation of this emotion in your Chakra.
- As you do so, I want you to envision these feelings melting away. See yourself letting

Creative Visualization



these memories fade away from your being.

- Set the intention that your soul resets into this new energetic pattern without this old, stuck energy.
- o Pay attention to how much lighter your being feels.
 - Feel yourself sitting taller with more ease.
 - Feel the confidence build inside of you and as you do so, visually see this change reflected in your Solar Plexus.

Creative Visualization



- Pay attention to how this change is taking place.
 - Do you see your Solar Plexus change in colour? Shape? Size?
 - If the emotion was seen as an object, what happened to the object?
 - If it was a stain, is the stain still there?
 - Allow this change to show up for you as you do this and when you see this change reflected in your mind's eye, I want you to embrace it. Physically bring this new

Creative Visualization



- representation of your Chakra into your body.
- Pay attention to how you feel now.
 - Notice a new sense of empowerment, and certainty in who you are.
 - Feel any remnants of the old you leave your body as your Solar Plexus Chakra vibrates higher.
 - Feel yourself being more clear, confident and congruent with who you truly are.

Creative Visualization



Please note: This exercise is similar to the Creative Drawing exercise in Pure Power.

Both of these exercises are ones that can be applied to any and all of the Chakras. Both are very powerful healing exercises I recommend doing one or both of them regularly - whichever you feel most resonates with you.

Pure Power



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:

You tried to make me small
When I stood nice and tall
Powerless you tried to keep me
But now I hope you see
I've truly found my guides
Unlocking power that resides!

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.