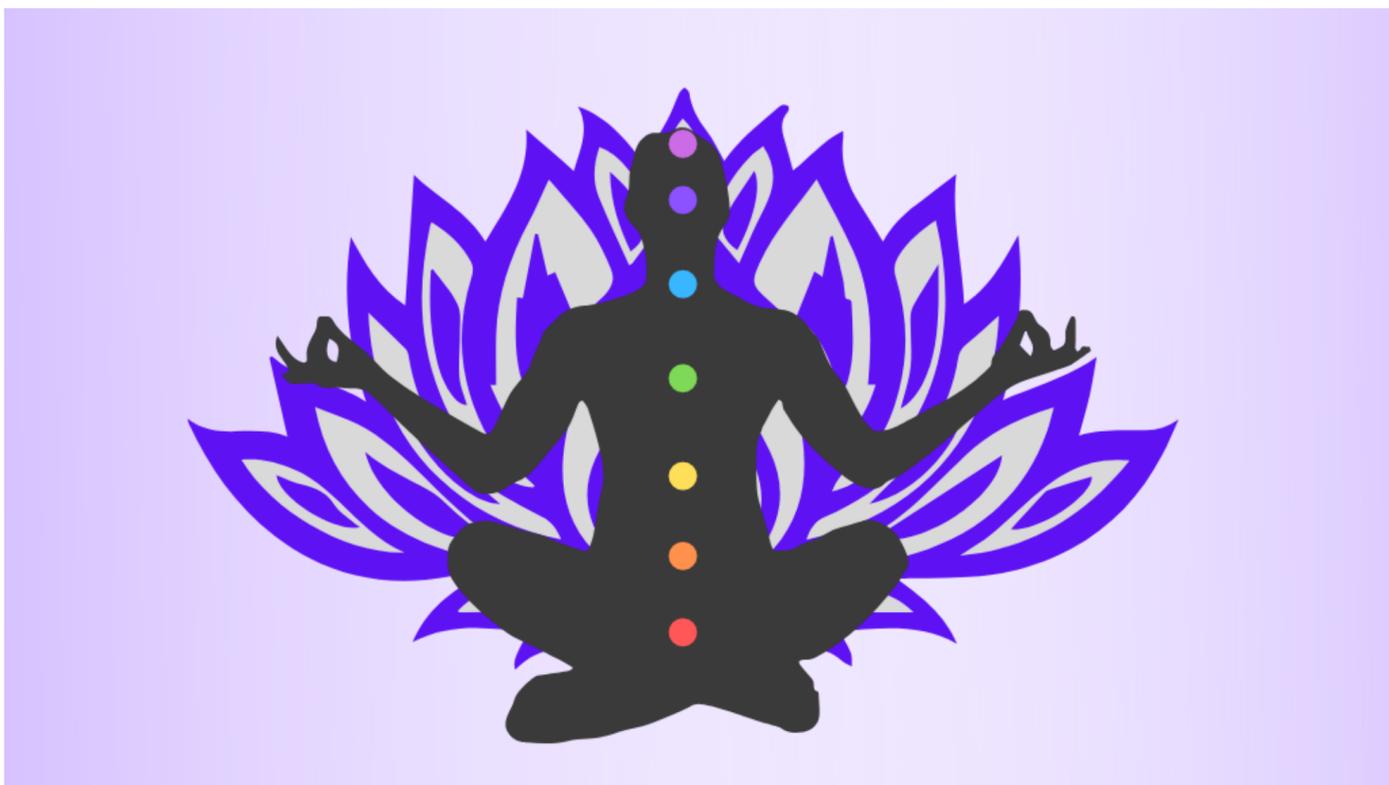


A F F E C T I V E A L I G N M E N T

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

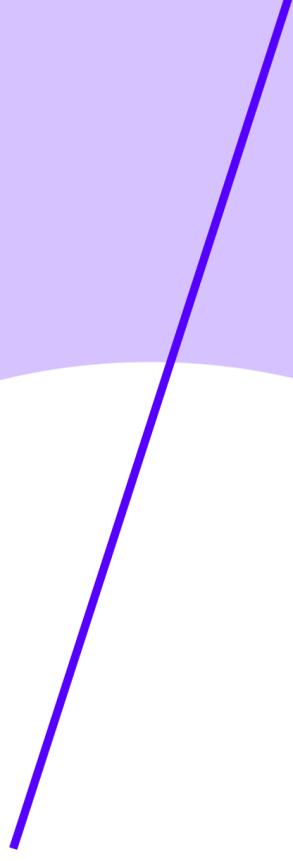
B O N U S

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

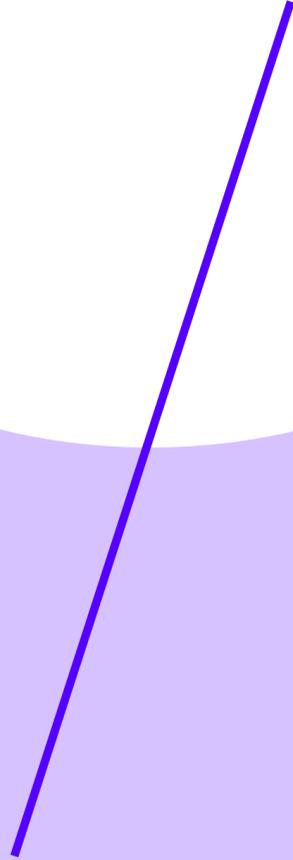
&

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

07



L E S S O N



07

Wondrous Womb

A guide to healing your Sacral Chakra



but ideas as well. Events in our past that have caused us to feel we are not intelligent and don't have good ideas and aren't creative, leave blockages here. Events that have left us feeling we can't trust members of the opposite sex also leave blockages here. These blockages can stem from a sexual trauma. It can be cruel words said to us that have over time, caused us to not believe in our intelligence and capabilities.

When our Sacral Chakra is blocked, we may find it difficult to birth ideas or connect with ourselves and others sexually. When our Sacral Chakra is open and free, our creativity flourishes and our ideas are numerous. We are also

Wondrous Womb

A guide to healing your Sacral Chakra



empowered sexually and want to connect with others in this regard.

In this portion of the program, you will find spiritual exercises and practices that will help open and free your Sacral Chakra, so you can connect with your creative side and your own sexuality 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.

Wondrous Womb

A guide to healing your Sacral Chakra



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 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

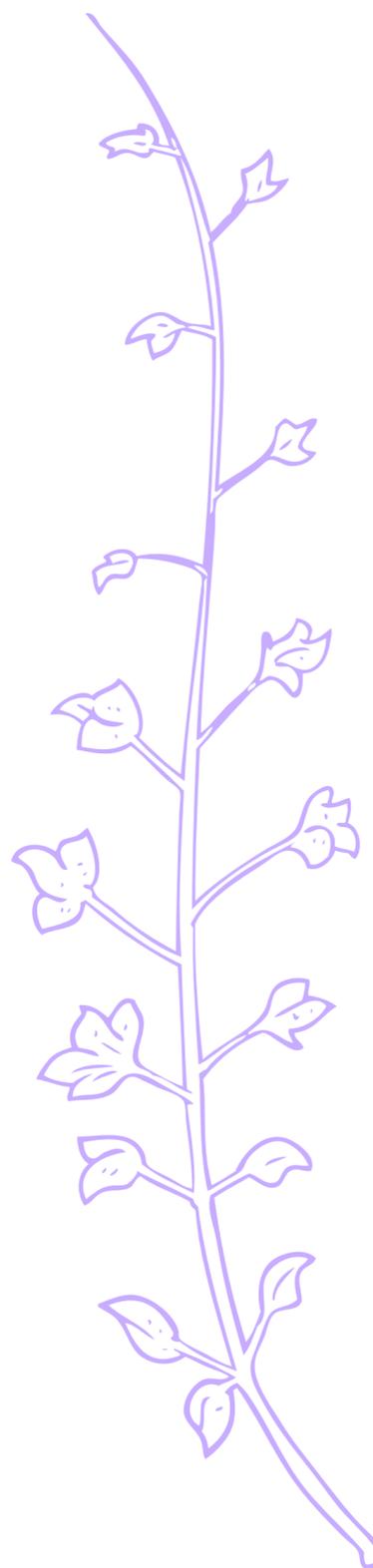
Mindful Meditation

Do the Heal Your Womb
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

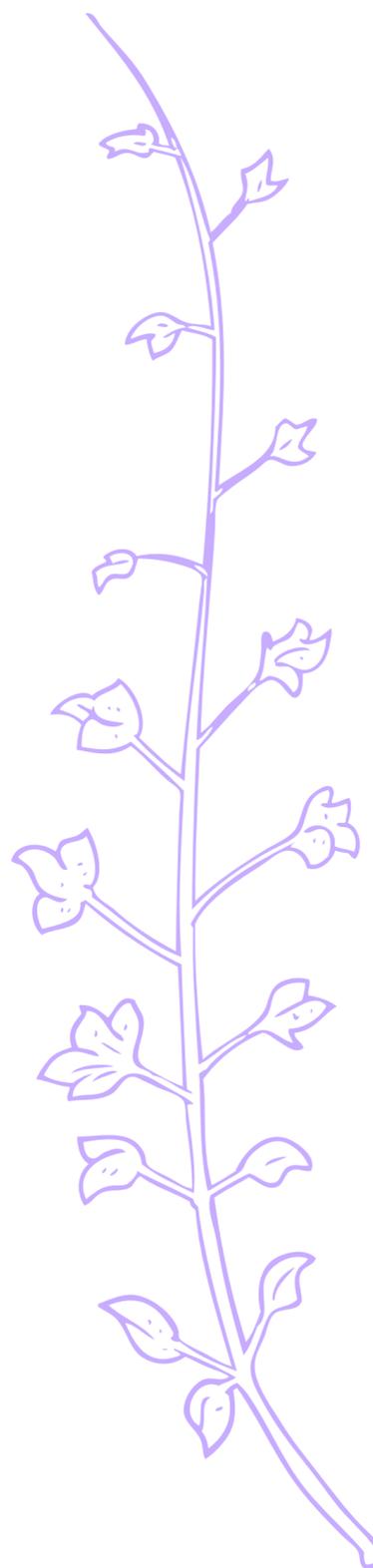


This is a fantastic way to feel the emotions correlated with the original event being brought up, allowing your body to fully process and let go of the stuck energy that has left these active stress responses. Follow through with the remainder of the exercises in this program and focus on your end goal.

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 Sacral 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

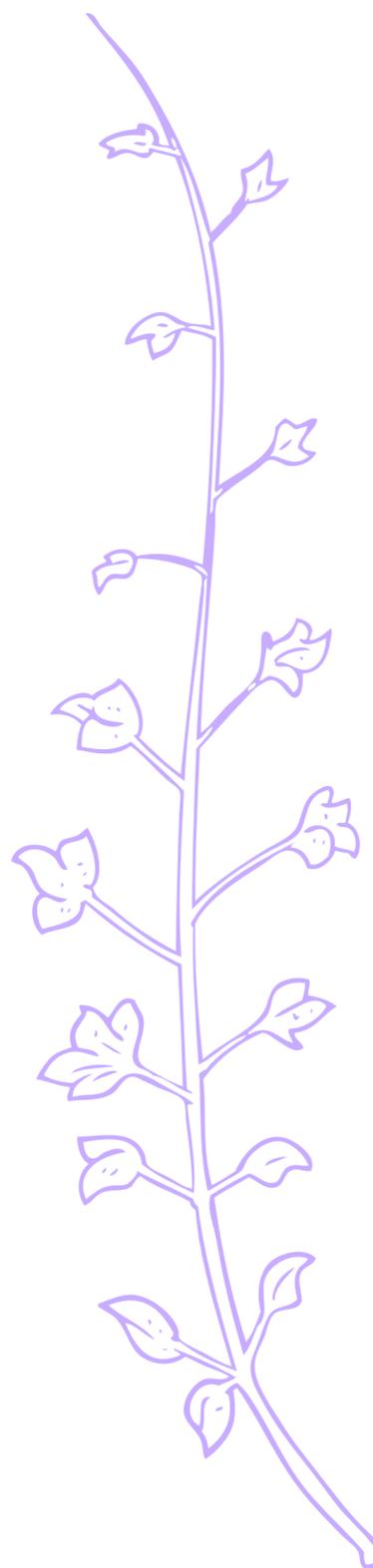
Have a bath with Himalayan Bath salts and healing crystals surrounding you. If you have any yellow ones - **orange carnelian**, **spessartine garnet** etc - use those. If not, grab whatever crystals you feel drawn to at the time.

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 - **wild orange**, **citrus bliss** or **tangerine** are best for replenishing the sacral chakra.

As you have your bath, listen to **music that makes you feel sexy and smart** - 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.

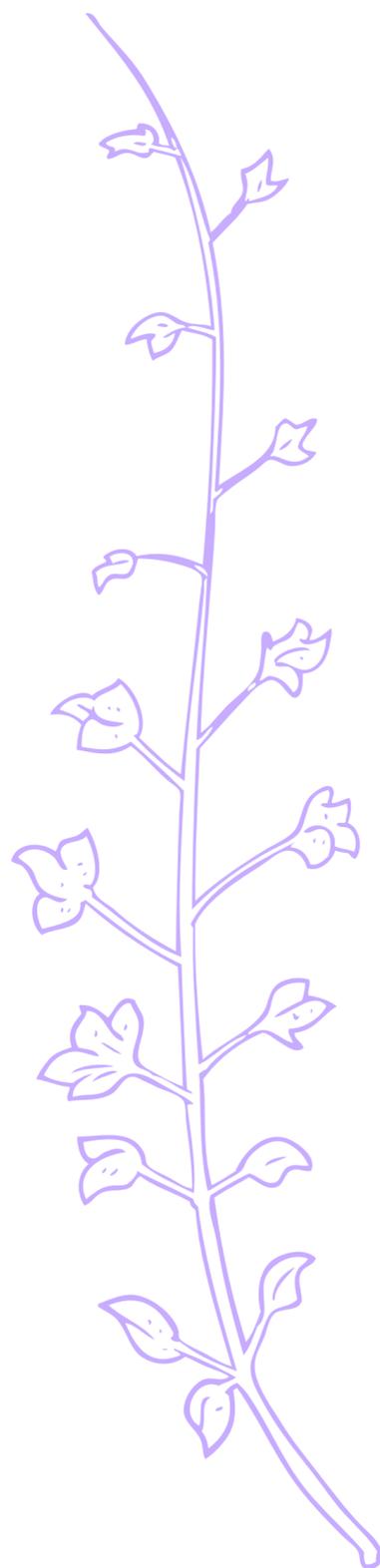
This is an extremely calming exercise and is a wonderful way to connect mind, body and soul as it



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!

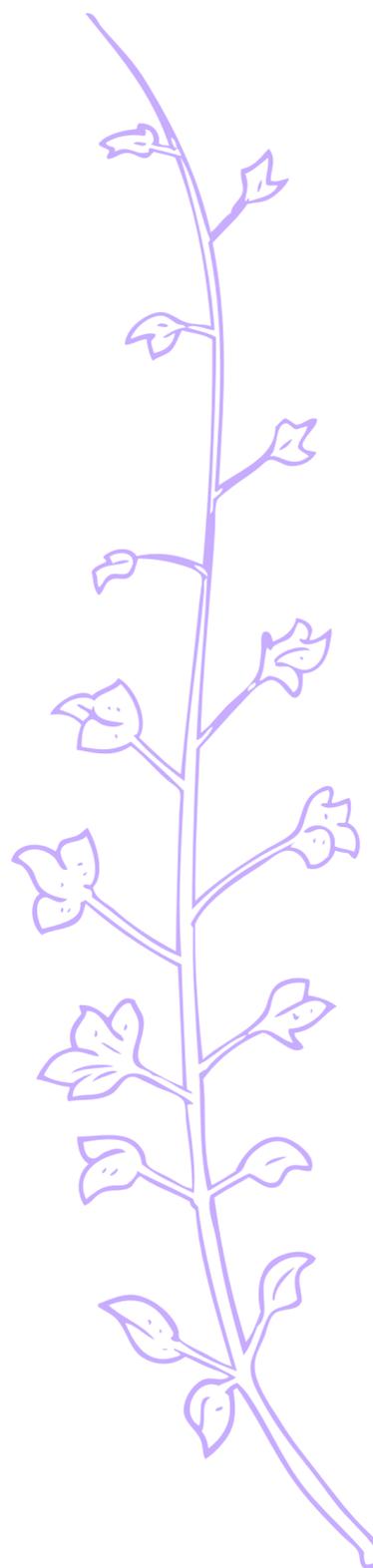
**Note: If you do not have the oils, please check the link to my*



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

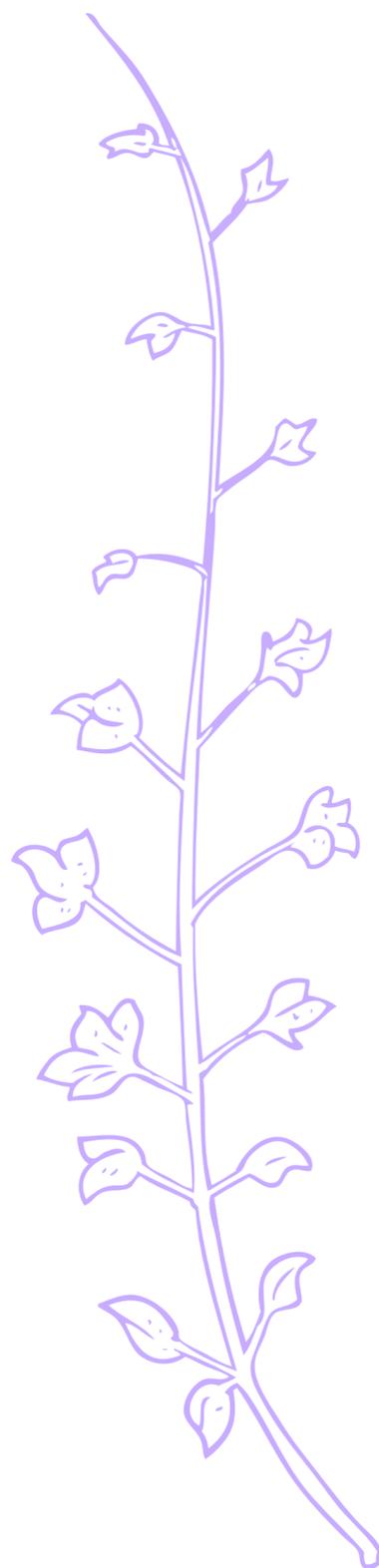
Diffuse the mentioned oils throughout your house to help support your Sacral Chakra.

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



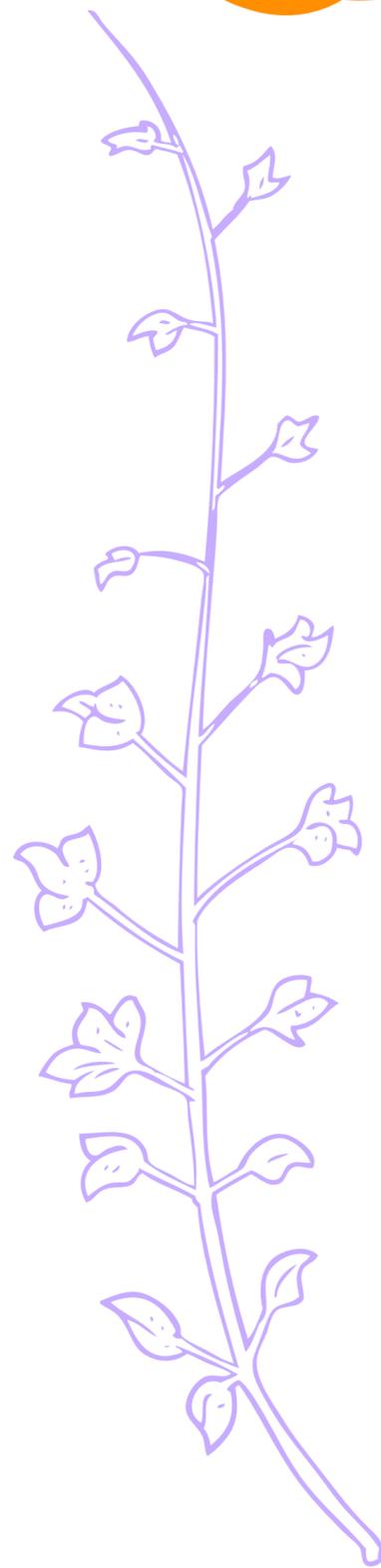
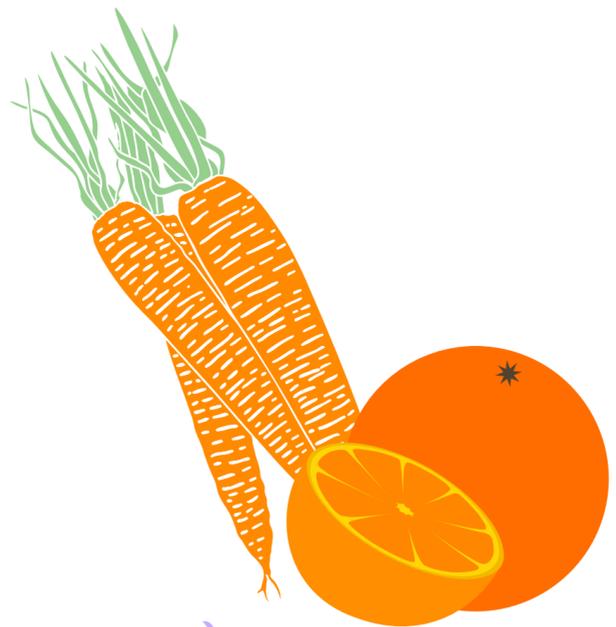
Organic Options

Eat lots of clean, organic orange foods - carrots, oranges, sweet potato, pumpkin, cantaloupe, apricots, etc.

Turning this into a morning breakfast is always a fan favourite. Try juicing carrots and blend it with fresh orange, cantaloupe, apricots 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!



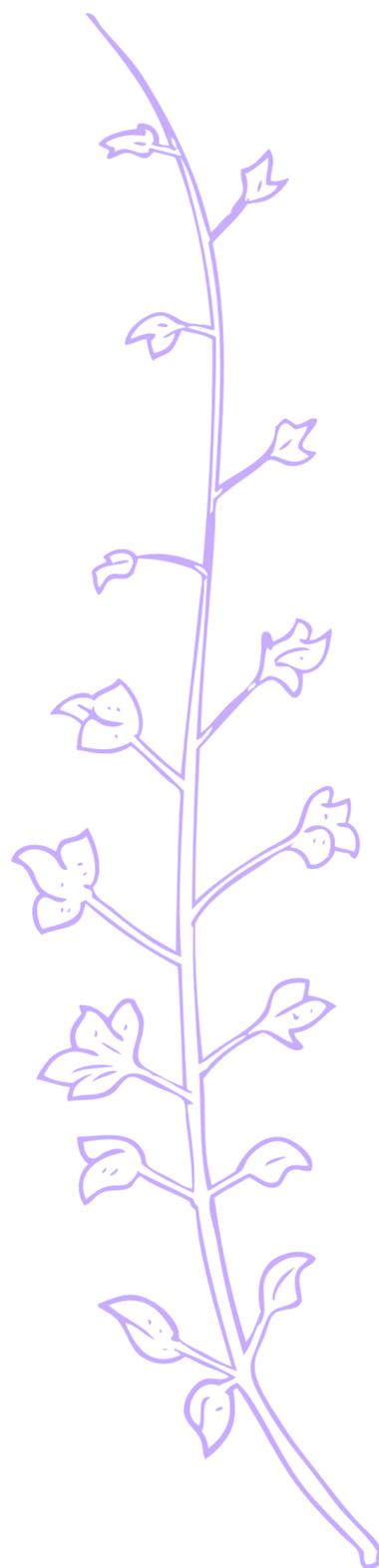
What to Wear

Wearing certain colours can actually help strengthen our Chakras.

The Sacral Chakra is located in the lower abdomen and the colour that represents it is orange. So, any form of orange that can touch this area is helpful and helps replenish and strengthen a blocked Chakra.

Wear orange shirts, pants or undergarments

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



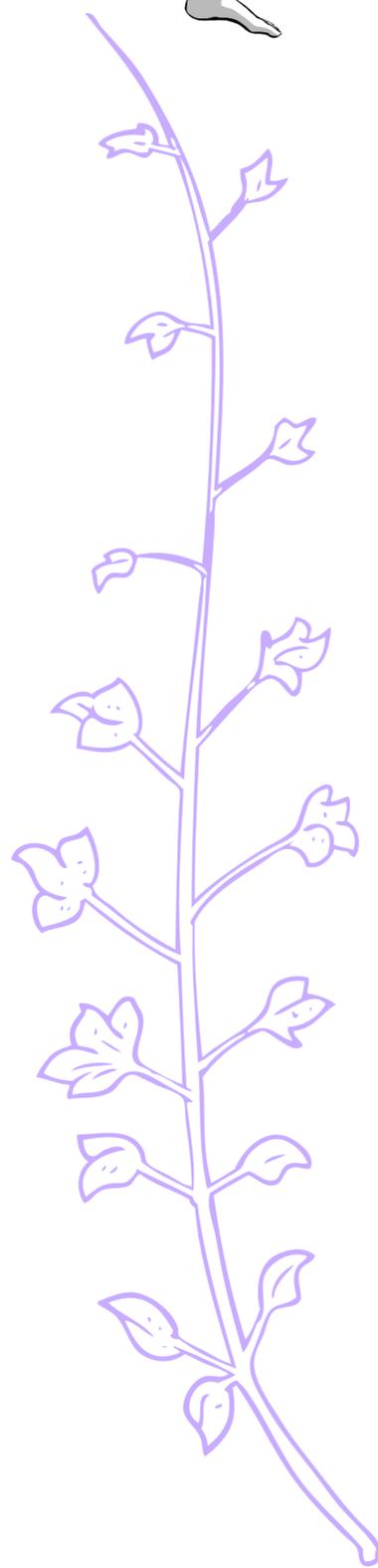
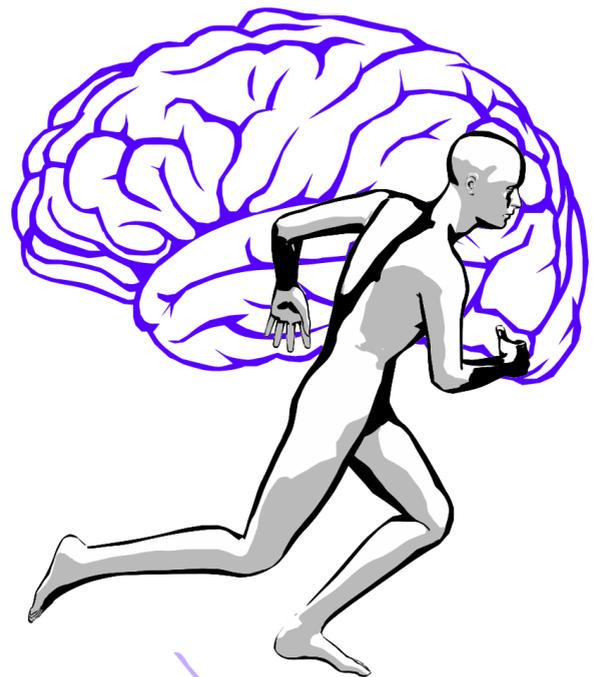
Better Mind and Body

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 **Sacral Chakra** is associated with tension in the lower back and abdomen. This may lead to digestive distress or painful cramping in the abdominal 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:

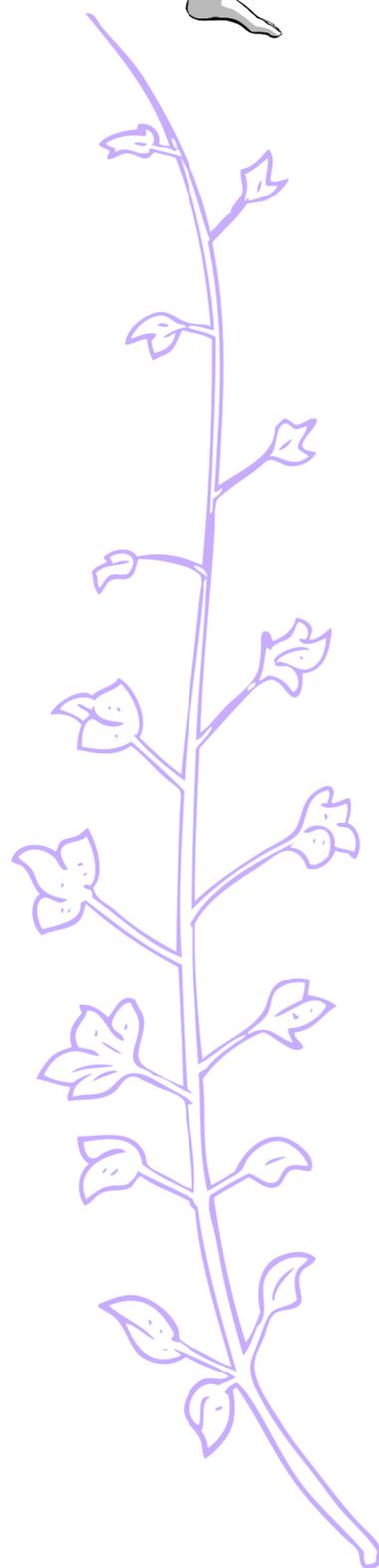
- Reiki Practitioners
- Reflexologists
- BIE Practitioners

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. Tell your past self how smart and creative you are in spite of it all. Embrace yourself as a sexual being and send

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 womb love and healing.

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.

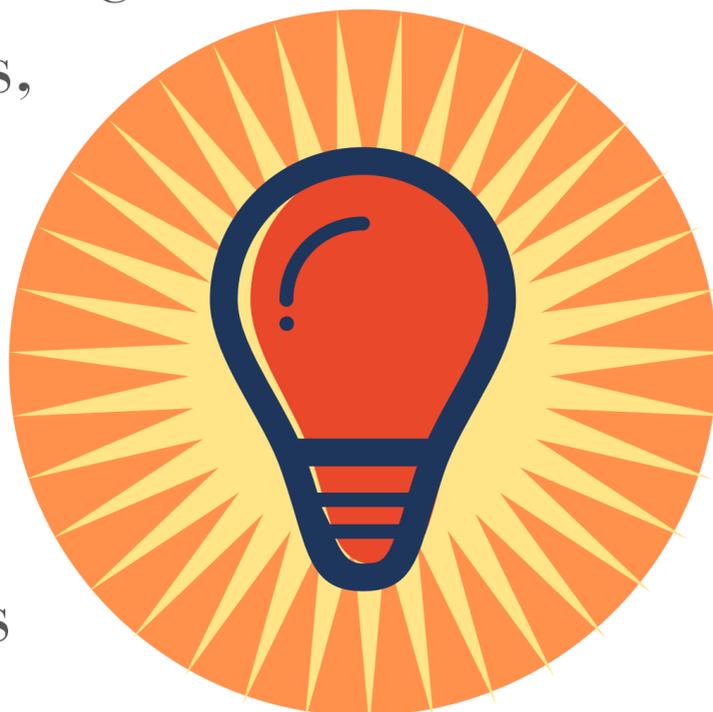
o Again, best results will be found with doing this exercise once weekly if you can



Idea Journal



- o This exercise is fairly simple and self explanatory - you are going to start an idea journal. This is similar to a dream journal or a gratitude journal, only this time, you let your creative side flow.
- o Any time you have an idea - no matter how big or small or how unrealistic it might seem - write this down in your idea journal.
- o It is time to start letting yourself create again. If you have an idea for a project you want to start, or an idea for a date night, or an idea for a work event - whatever it is, allow yourself to express it.
 - Writing your ideas down honours your creative / intellectual side.
 - Remember, your womb is



Idea Journal



where you birth things - ideas included.

- Allowing your womb to flourish means allowing your ideas to come to life.
- o The important thing with the idea journal, is to review these ideas and add to them. Turn them into a reality and honour yourself as you do this!
- If you want to keep your ideas and thoughts organized, so it is easier to review them at a later date, you may even want to create separate idea journals for separate things - i.e. personal life vs work life vs romantic life etc.

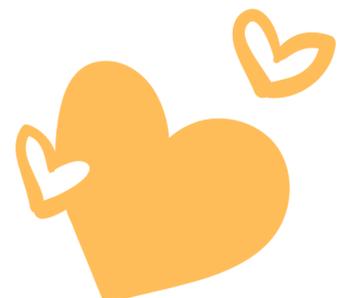


Love Letters



o This is a very therapeutic exercise. Our sacral chakra and womb are both very sensitive. Every sexual partner we have ever been with leaves traces in our physical / energetic body. This exercise is powerfully healing.

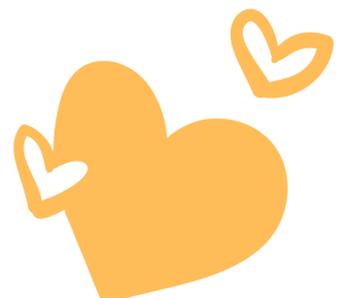
o What you want to do for this exercise, is write a letter to your past lover (s). You may have one or two in particular that are coming to mind as you read this, and that is good.



Love Letters



- o Whoever or whatever comes to mind, write it all down.
 - This exercise is intended to rid yourself of any hurt you may have experienced.
 - It doesn't have to be sexual hurts, but it can be if you have experienced this type of trauma.
- o You may write these letters in any way you feel called to do so.
 - You may wish to write the letters to the individual involved and tell them how you



Love Letters



feel.

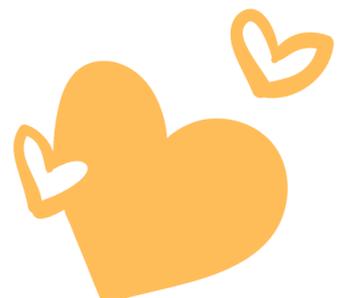
- You may wish these letters to be written to yourself - lessons you learned from your past experiences.
- You may simply want these letters to be to the universe asking for healing from your past lovers.
- Whatever comes to you is the right way to do this exercise. Everybody heals differently so trust your inner guidance to show you what you need.



Love Letters



- o Once you have finished writing your letter (s), place them in your godbox until the next full moon.
 - On the night of the full moon, reread this letter to yourself and then burn it, using the energy of the full moon to fully and deeply cleanse you, your womb and your spirit from this negative energy.
- o Once you have burned the letters, do something I like to call "Sensual Smudging".

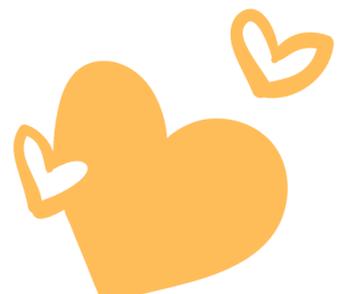


Love Letters



o This exercise may seem strange at first, but it is a fantastic way to sage yourself and deeply heal your sacral chakra!

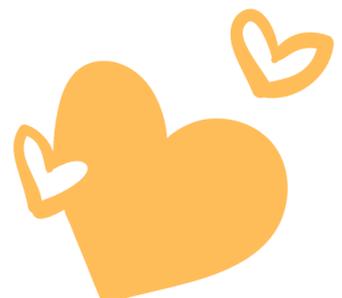
- It is quite simple to do. You light your smudging sage or palo santo in the same way you usually do.
- Only this time, when you sage yourself, you are going to place the smudging tool of choice in between your legs so the smoke rises up into your root and sacral chakras.
- Visualize this smoke cleansing both root and sacral chakra - with more emphasis on sacral.



Love Letters



- Visualize the smoke cleansing your womb and clearing all past sexual partners from your energetic being.
- Intend that all energies from any other being get cleansed away and leave your womb shiny and new.
- Once you feel your womb is adequately cleansed, visualize the smoke from the smudge cleansing away all other chakras as the smoke rises through your entire being.
- Feel your whole spirit and soul be cleansed as you do this exercise.



Healing Affirmations



o Read this list of Sacral Chakra Affirmations.

Say these twice daily to yourself.

- I am birthing new ideas more and more
- My womb is free from all past lovers
- I readily cleanse my womb from negativity
- My sacral chakra is open and free
- I am a sexy, sensual being
- I embrace my sexual nature with confidence
- I easily give birth to new ideas
- I create supportive, loving relationships that are good for me
- I am grateful for my ability to create
- I embrace my creative side with joy and excitement

**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.*

Fetal Rocks



o This is one of my favourite exercises to do. This involves water, so I often like to combine this exercise with my bath time, but it doesn't have to be.

o For this exercise, you are going to try to mimic being in the womb. If you want to combine it with a bath, that is great. If you simply wish to do the exercise as its own entity, that is great as well.

- What you need, is enough water to cover your lower abdomen. Again, I like to do this in the



Fetal Rocks



bath tub combined with essential oils and the bath salts to provide extra cleansing - but you can do it any way you feel called to..

- o For this exercise, once the bath water is filled to the desired height, you are going to assume the fetal position in a way.
 - You are going to do this by laying on your back by bringing your knees to chest.
 - From here, rock from side to side. Do this until you find a comfortable side lying fetal position.



Fetal Rocks



- Once you have found this position, sink into your body.
- Visualize yourself in the womb.
- Visualize your own womb.
 - See it connected to your mother's womb as you were growing and developing.
- Now, imagine the bath water cleansing not only your own womb, but the womb you were grown in.
 - You may feel called to begin rocking again as you do this.
 - Or, you may feel called to stay still

WOMB

Fetal Rocks



- Whatever comes to you, allow your body to obey.
- As you feel both your womb and your mother's womb clearing, send healing light energy to all past and future wombs in your blood line.
 - Often times, wounds carry from one generation to the next and this deep womb healing is so profoundly healing!
- When you feel this shift in energy, you can unravel and open your eyes and continue your bath, or get out of the water knowing deep healing has just taken place



Womb Movement



- o This is a way to physically clear the womb. This involves movement and exercise on your part. It can be done in one of 2 ways.
- o Option 1 - Connect with the earth
 - Go out into your backyard or on a mountain top somewhere and physically be on the dirt for this exercise.
 - o Be barefoot so you can feel the soil under your feet.
 - As you are walking along the dirt, come to a

Womb Movement



stop.

- It is time to get your womb moving and cleared. This is done by doing squats.
 - Each time you squat down, bring your arms down the front of your stomach / abdomen and wipe away all the congestion.
 - Send this negative energy into the dirt where it belongs - physically rid this energy from your being.
- As you do this, visualize a cord from your sacral chakra down into the ground.

Womb Movement



- See all the dirt and debris from past lovers leaving your body and being replaced with a healing bright orange light.
- See and feel this warm energy travel to your womb.

- Option 2 - Shower the negative away
 - For this option, you are going to do the same squatting exercise as stated above - only this time, you are doing it in the shower.
 - This time, you visualize the water cleansing

Womb Movement



away your spirit as you squat and release the negative.

- Visualize the dirt releasing from your body and going down the drain as the water cleans and cleanses your spirit and womb.
 - o After you are done doing these squats and you feel your womb clear, do something that makes you feel sexy!
 - You may want to go get a new haircut, buy a sexy new outfit, get your nails or makeup

Womb Movement



done (for the ladies).

- You may wish to take a sexy picture or find time to pleasure yourself.
- Anything that makes you feel sexy and good about yourself, do it and have fun with it!
 - As you are doing this, set the intention that your sexual confidence builds.
 - Set the intention that any negative experience that caused you to not feel sexy be cleansed away from your womb.
 - You may even wish to combine this with

Womb Movement



sensual smudging for extra womb
clearing

- o Pay attention to how you feel after this exercise is done and be sure to send healing energy to your lower abdomen and womb.

Please note: These womb clearing exercises are very powerful.

For the women reading this, you may notice spotting after doing some of these exercises. Do not be alarmed if this is the case.

These are also wonderful exercises to be paired with the Loving Light program as there is a very big energetic cord connecting our Heart and Sacral Chakras together.

Wondrous Womb



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:

It's time to cleanse away my gloom,
As I heal my wondrous womb.
I send my darkness to the earth,
Restoring my space of life and birth.
Sacred sensual light envelops me,
And finally now, my womb is free!

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.