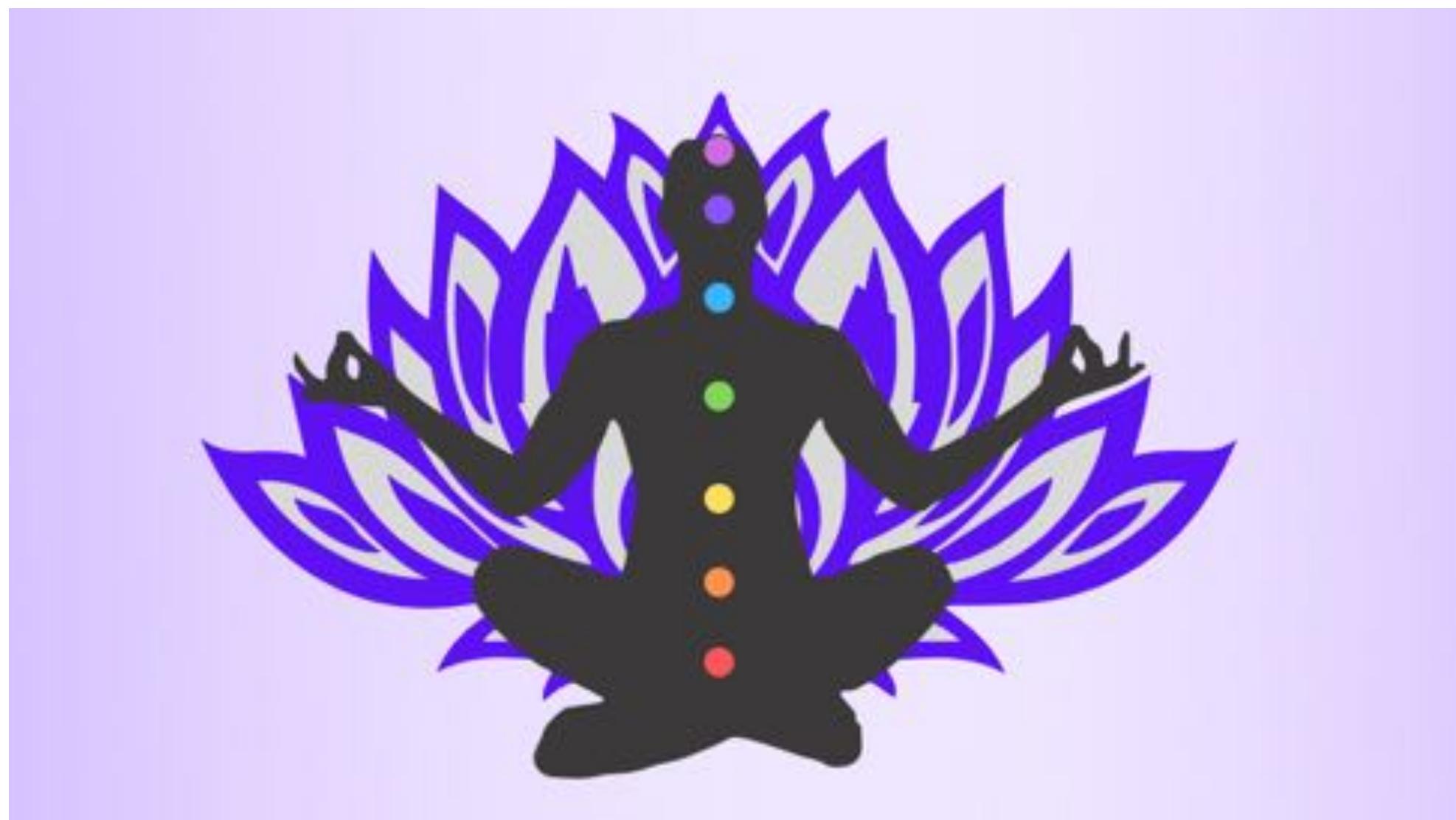


A F F E C T I V E A L I G N M E N T

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
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

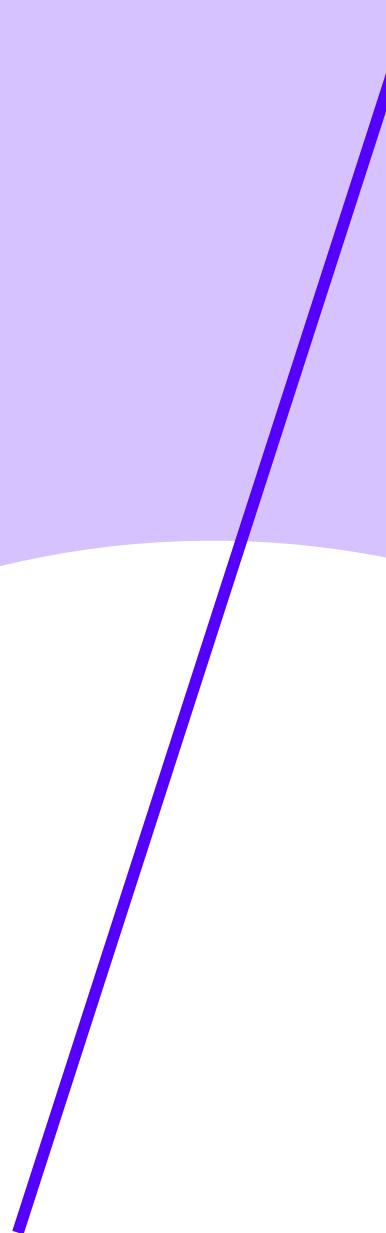
08

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

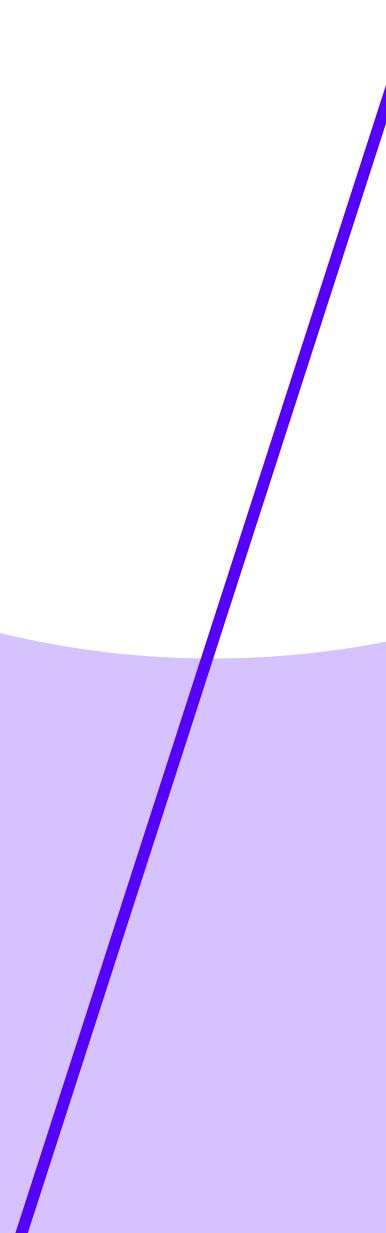
BONUS

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 !

08



L E S S O N



08

Safe Stability

A guide to healing your Root Chakra



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

Your Root Chakra is located at the base of your spine and as is represented in the image above, the colour for this Chakra is red.

This is our centre for safety and stability. Events in our past that have threatened this safety, leaves a blockage. These blockages can stem from any form of abuse - be it physical, sexual or emotional. It can be living with money worries, or not having food to eat or a roof over your head. Any time we walk around and feel scared

Safe Stability

A guide to healing your Root Chakra



or anxious that we won't have enough to survive, this is a blockage to our Root Chakra.

When our Root Chakra is blocked, we may find it difficult to ground ourselves and find our sense of balance. We may feel anxious and scared and unsupported by the universe, family, friends, lovers, and ourselves. This may be accompanied by lower back pain and discomfort as well.

When our Root Chakra is open and free, we feel safe and stable. We know that we are protected by divine energies and we are able to manifest all of our desires.

Safe Stability

A guide to healing your Root Chakra



In this portion of the program, you will find spiritual exercises and practices that will help open and free your Root, helping you feel secure, stable and safe again.

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

Safe Stability

A guide to healing your Root Chakra



opened that Chakra, move on to the next one.

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

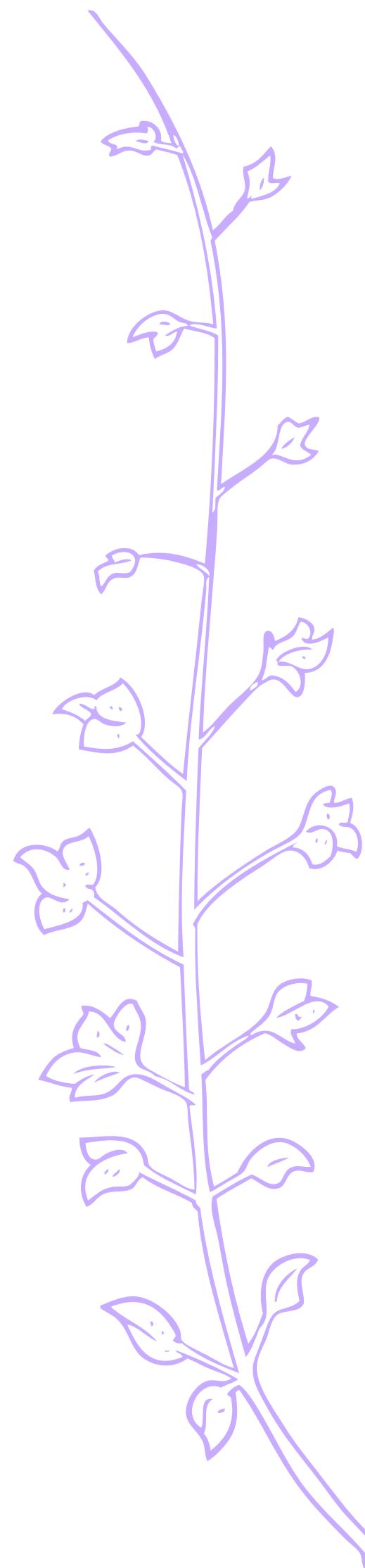
Mindful Meditation

Do the Ground 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

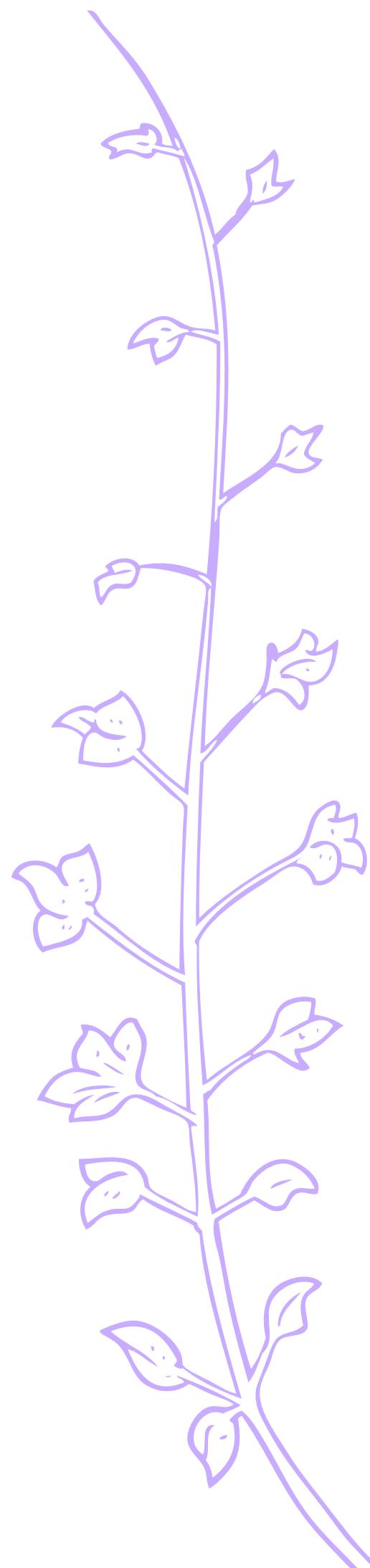


This is a fantastic way to feel the emotions correlated with the original event being brought up, allowing your body to fully process and let go of the stuck energy that has left these active stress responses. Follow through with the remainder of the exercises in this program and focus on your end goal.

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

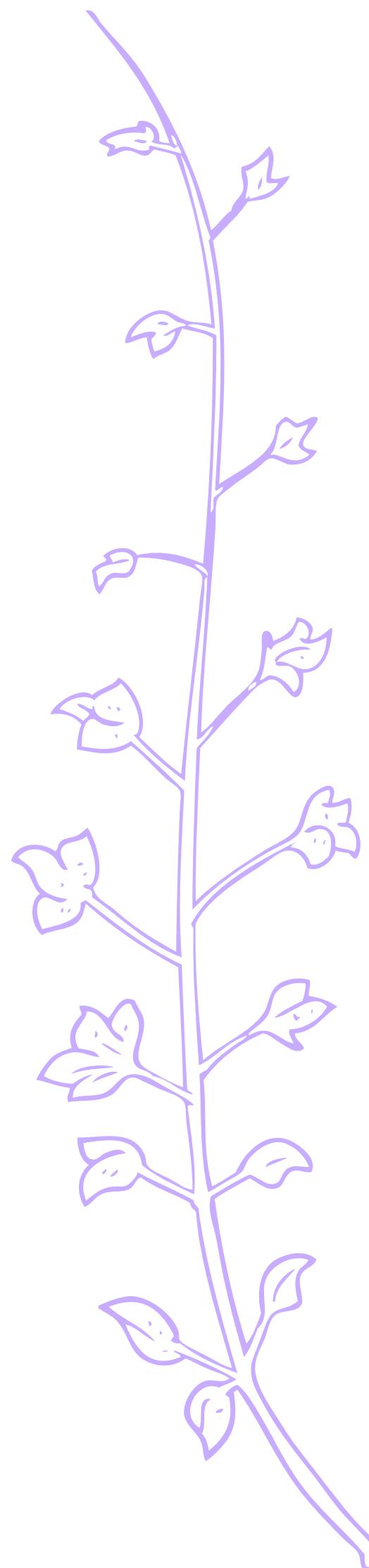
Have a bath with Himalayan Bath salts and healing crystals surrounding you. If you have any yellow ones - **ruby, garnet, red tiger's eye** etc - use those. If not, grab whatever crystals you feel drawn to at the time.

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 - **arborvitae, cinnamon, ginger** are best for replenishing the root chakra.

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

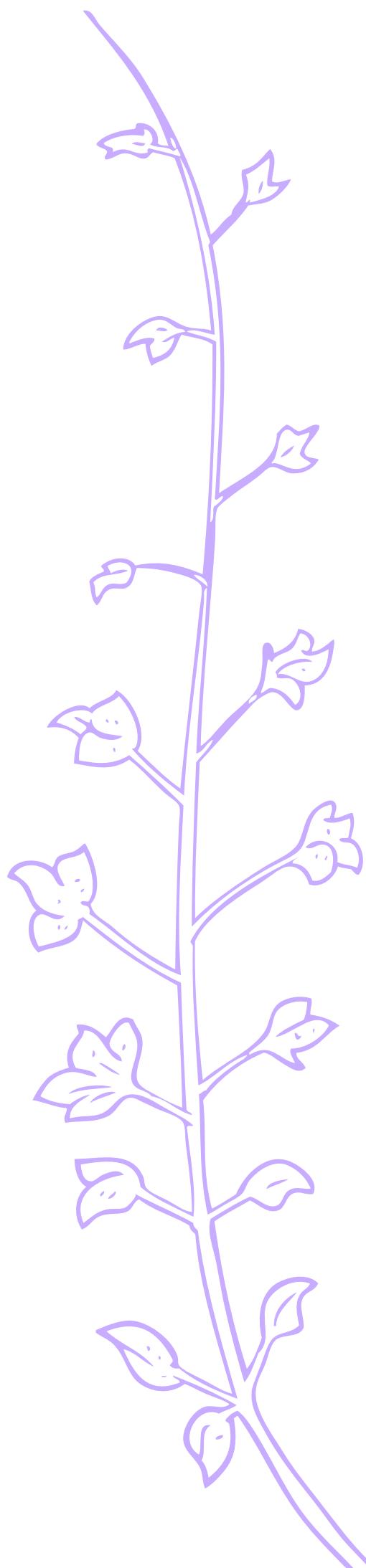
This is an extremely calming exercise and is a wonderful way to connect mind, body and soul as it



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.



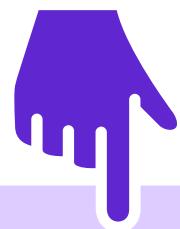
Bath Bliss

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!***

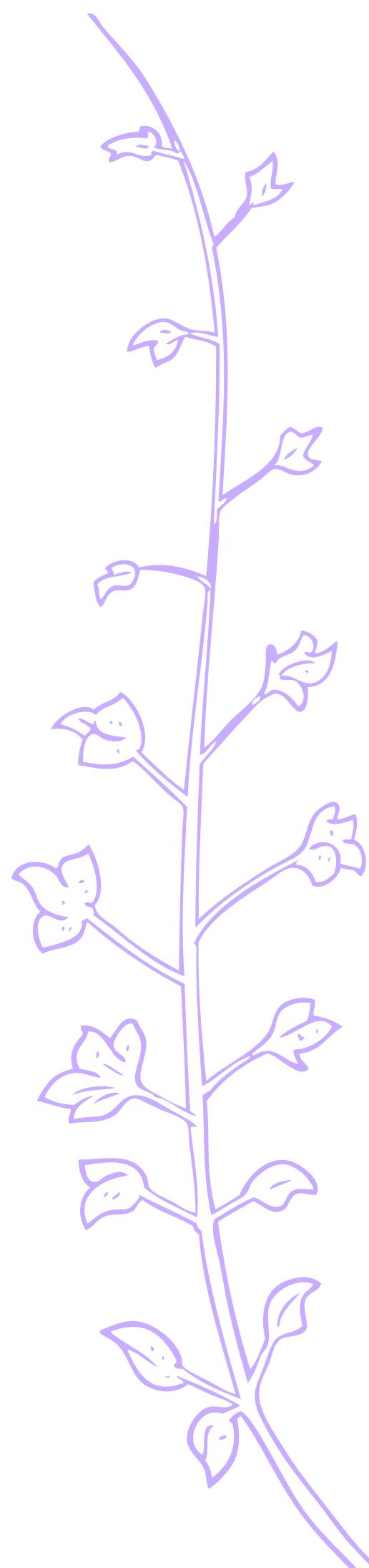
*Note: If you do not have the oils, please check the link to my



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

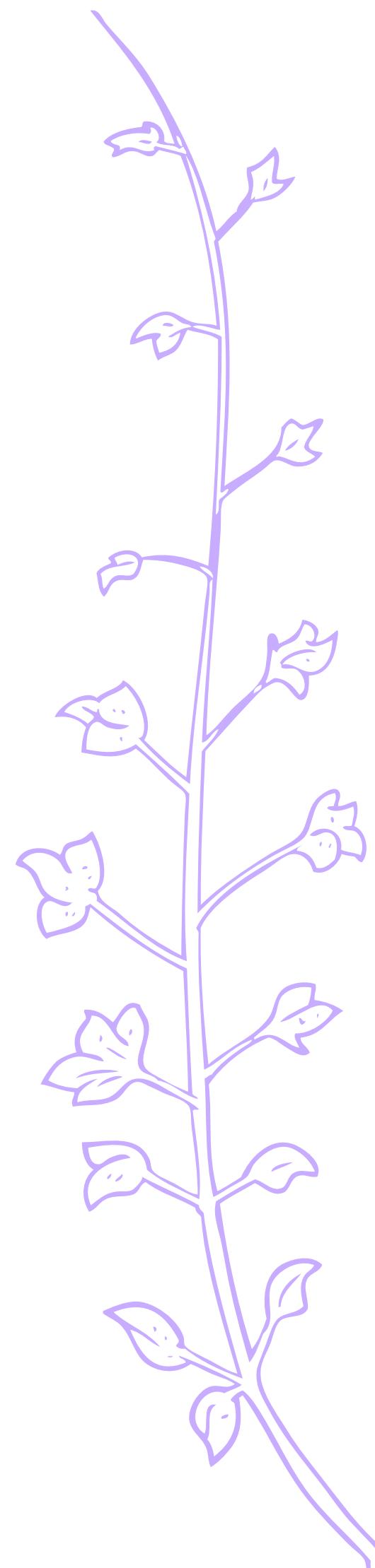
Diffuse the mentioned oils throughout your house to help support your Root Chakra.

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

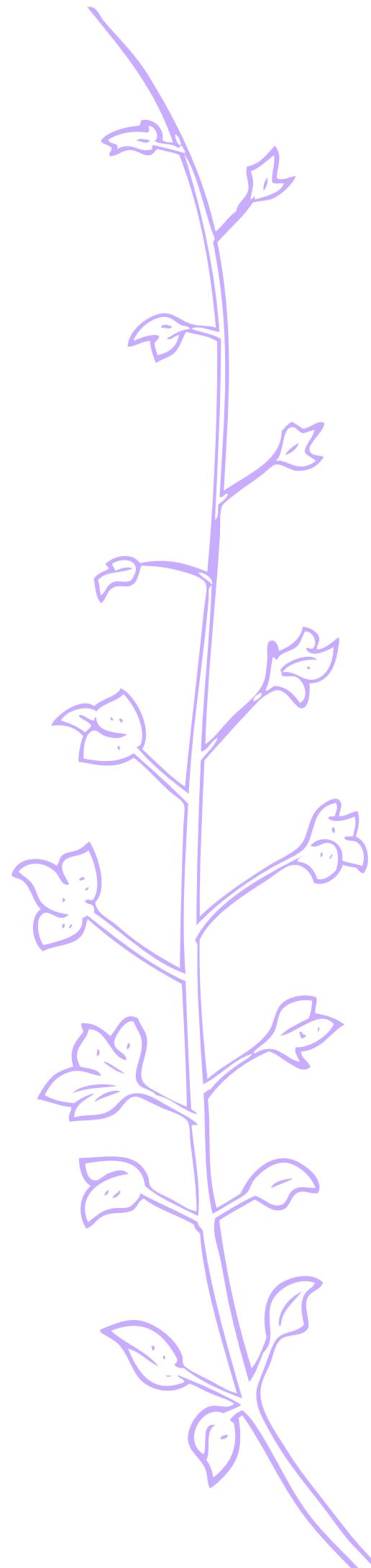
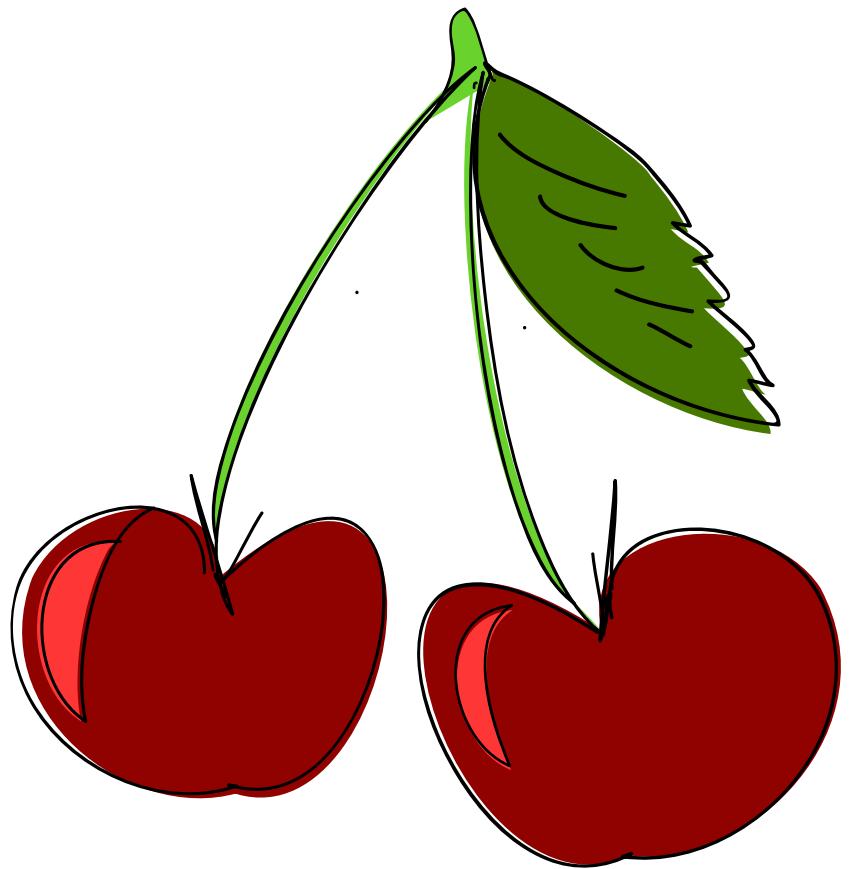


Organic Options

Eat lots of red foods and foods with deep roots into the ground - tomato, beets, red potatoes, parsnips, turnip, strawberries, cherries, apples, raspberries etc. Many of these items can be added together to make a morning smoothie. Try juicing beets and apples and mix it with strawberries, raspberries 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!



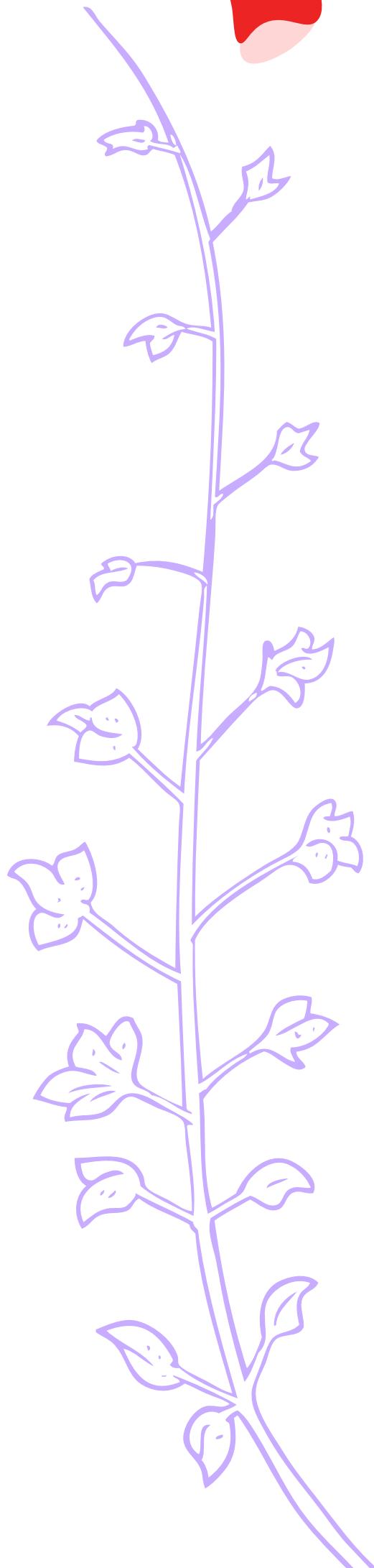
What to Wear

Wearing certain colours can actually help strengthen our Chakras.

The Root Chakra is at the base of the spine and the colour that represents it is red. So, any form of red that can touch this area is helpful and helps replenish and strengthen a blocked Chakra.

Wear red pants, skirts / dresses or undergarments.

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



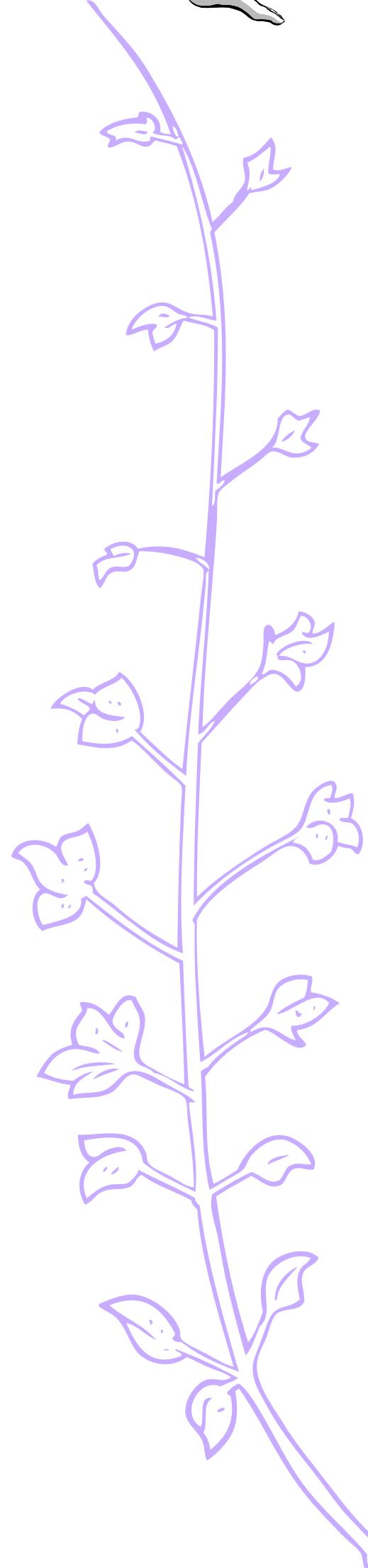
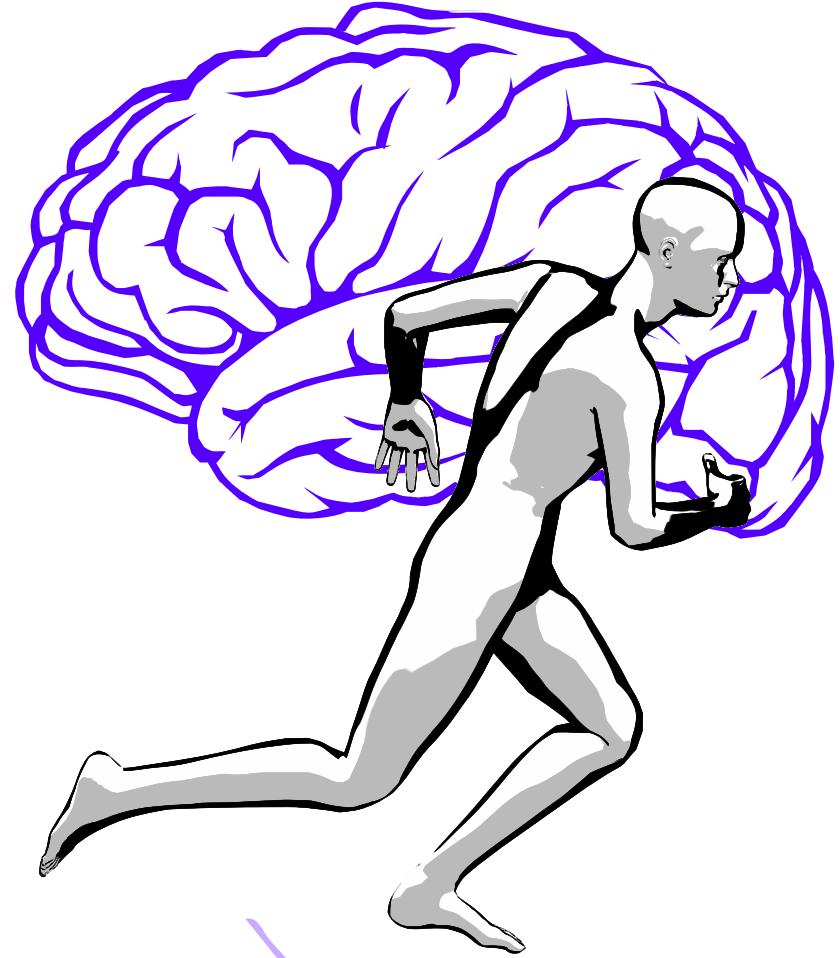
Better Mind and Body

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 **Root Chakra** is associated with tension in the low back, which has an emotional connection to fear, worry and lack of support. This is highly correlated with the Root Chakra. 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:

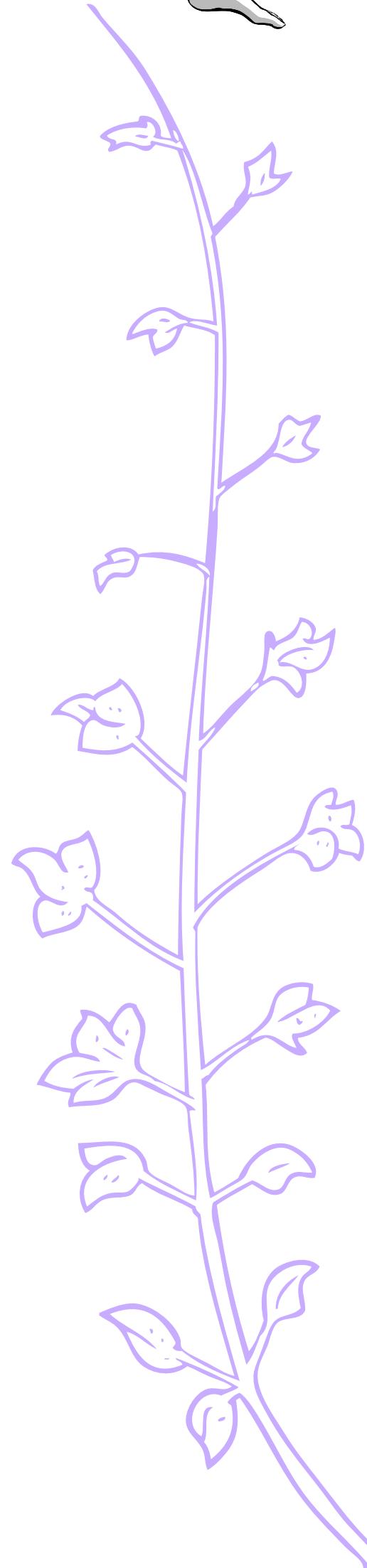
- Reiki Practitioners
- Reflexologists
- BIE Practitioners

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.

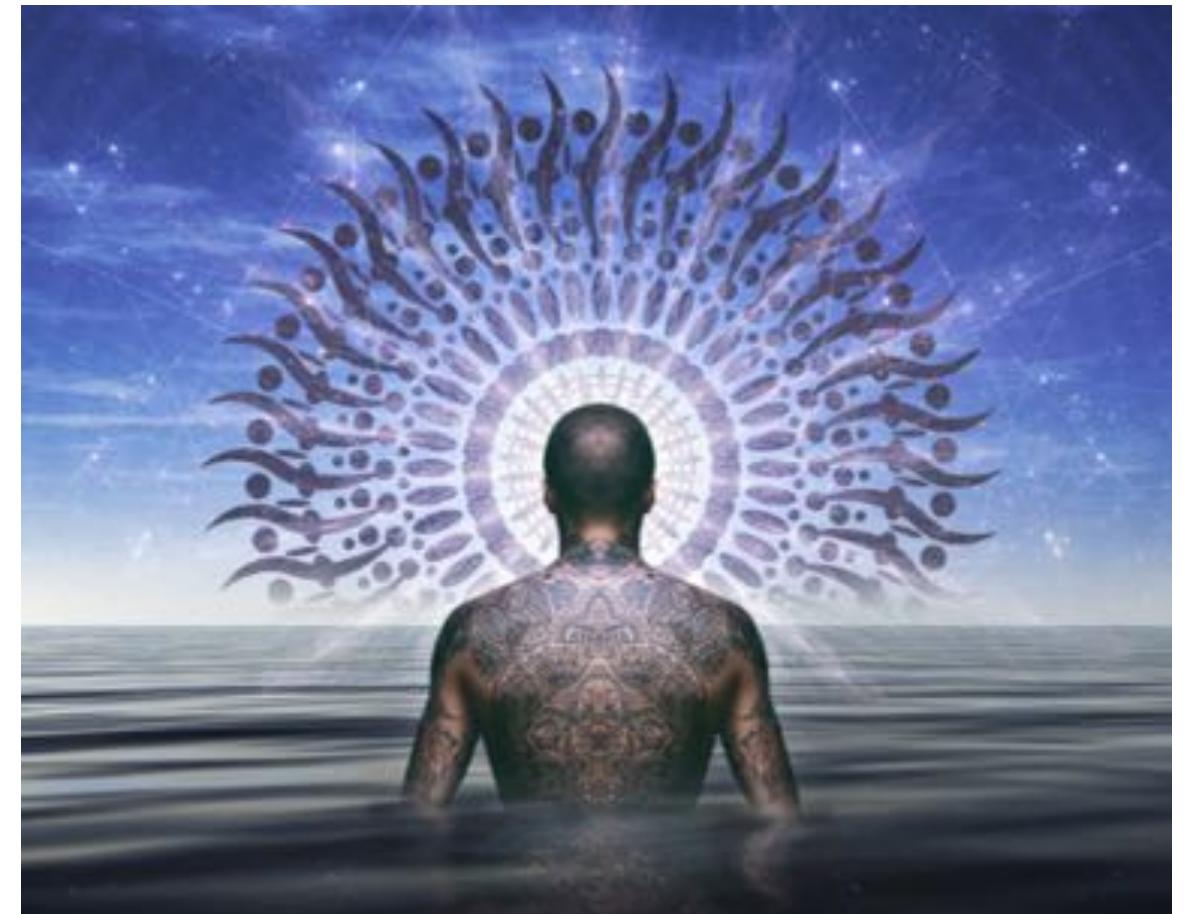


Meditation with a Twist

**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.

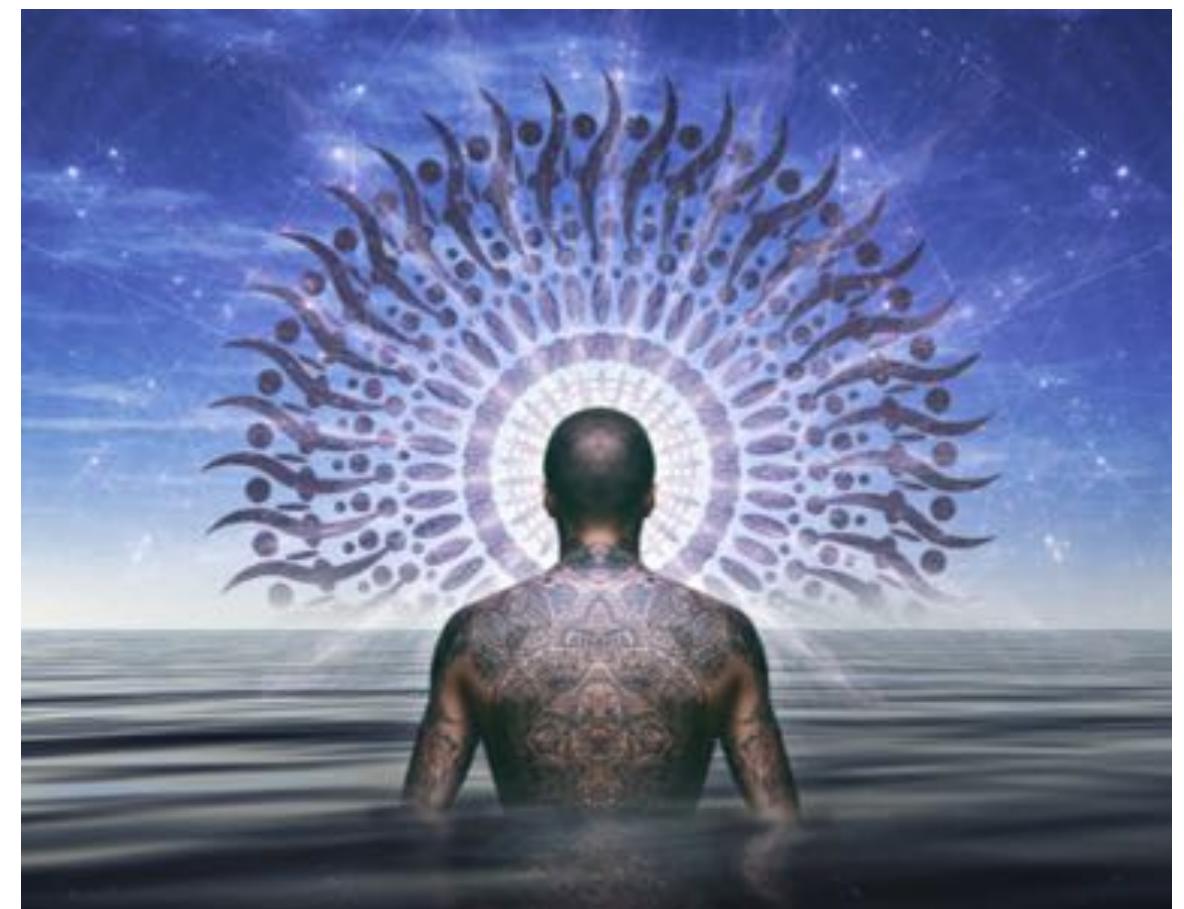
- o After you have written down your journal entry, re read it to yourself. Then sink into your past self and have a conversation with your past self. Tell your past self that everything is okay. You are no longer in danger. You survived that situation and have come out stronger for having experienced it. Give yourself permission to forgive yourself and/or the individuals

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*



involved. Tell your past self that you are safe and secure. Give yourself a big hug as you embrace and comfort your past self.



- 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

Nothing but Nature



- o Connect with nature. Take a walk through the woods, or buy an indoor plant/tree that you can be around. Our root chakra is what connects us to the earth and makes us feel grounded.
 - If you have a garden (be it veggie or flower), do some gardening (weather permitting).
 - Walk in the dirt barefoot. Touch the dirt with your bare hands. Anything that physically connects you with the earth, is very important.
 - Feel the earth's vibration flow through your feet or hands and intend that all your anxiety, stress, worries, fears leave your body through this connection and return to the center of the earth.
 - Feel the peace and calm take over as you do this. This is another favourite exercise of mine. For



Nothing but Nature



me, I always feel my body buzz with calm, peaceful serenity after I do this exercise.

- o Another one of my preferred exercises for strengthening my root chakra is to physically hug a tree.
 - This is much easier to do when the weather is nice, and in the spring and summer time.
 - I also do this barefoot for extra connection with nature.
 - A very powerful exercise is to let go of your fears of how others perceive you, and go to a park or forest and hug a tree.
 - This allows the tree's energy to flow into you and is quite a healing exercise. If you are not



Nothing but Nature



comfortable doing this in public, and have a tree in your backyard, this can easily be done in your backyard as well.

- When I do this, I silently talk to the tree.
- I ask the tree to heal me and fill me with safety and stability.
- Sometimes I will even call upon fairies.
 - These are the angel equivalent of nature.
 - They love being in forests and trees and they are what help you increase your abundance and safety - both of which are affected with a blocked root chakra.
 - Take this time to talk to the fairies.
- If you don't feel comfortable with any of



Nothing but Nature



these options, continue to do this in your meditation.

- This meditation offers a wonderful creative visualization technique to ground yourself and connect with nature.
- To add extra grounding sensations in when doing this meditation, rub a grounding essential oil on the bottoms of your feet.
 - I like to use Arborvitae for this.

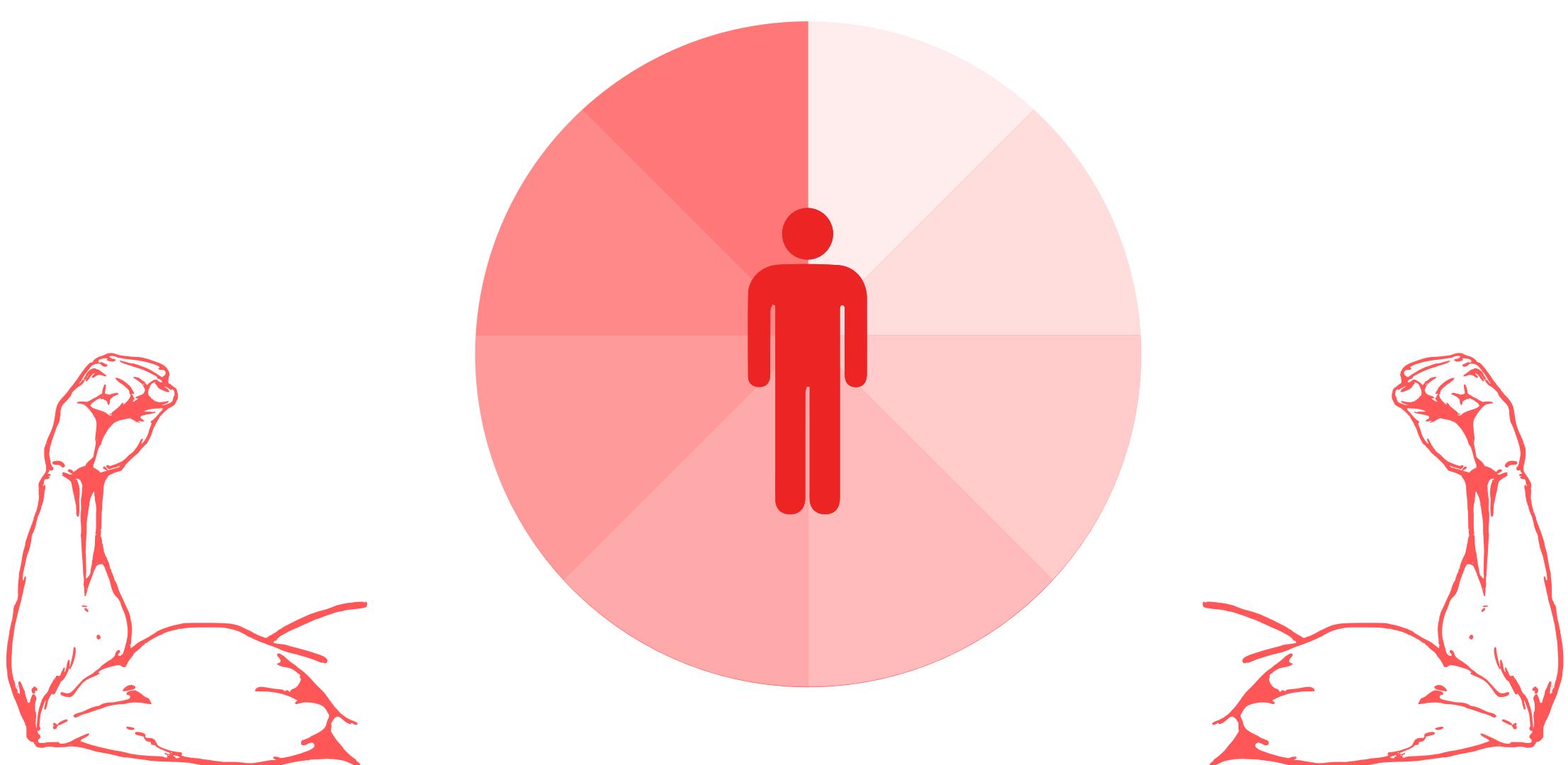


Body Work



- 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.

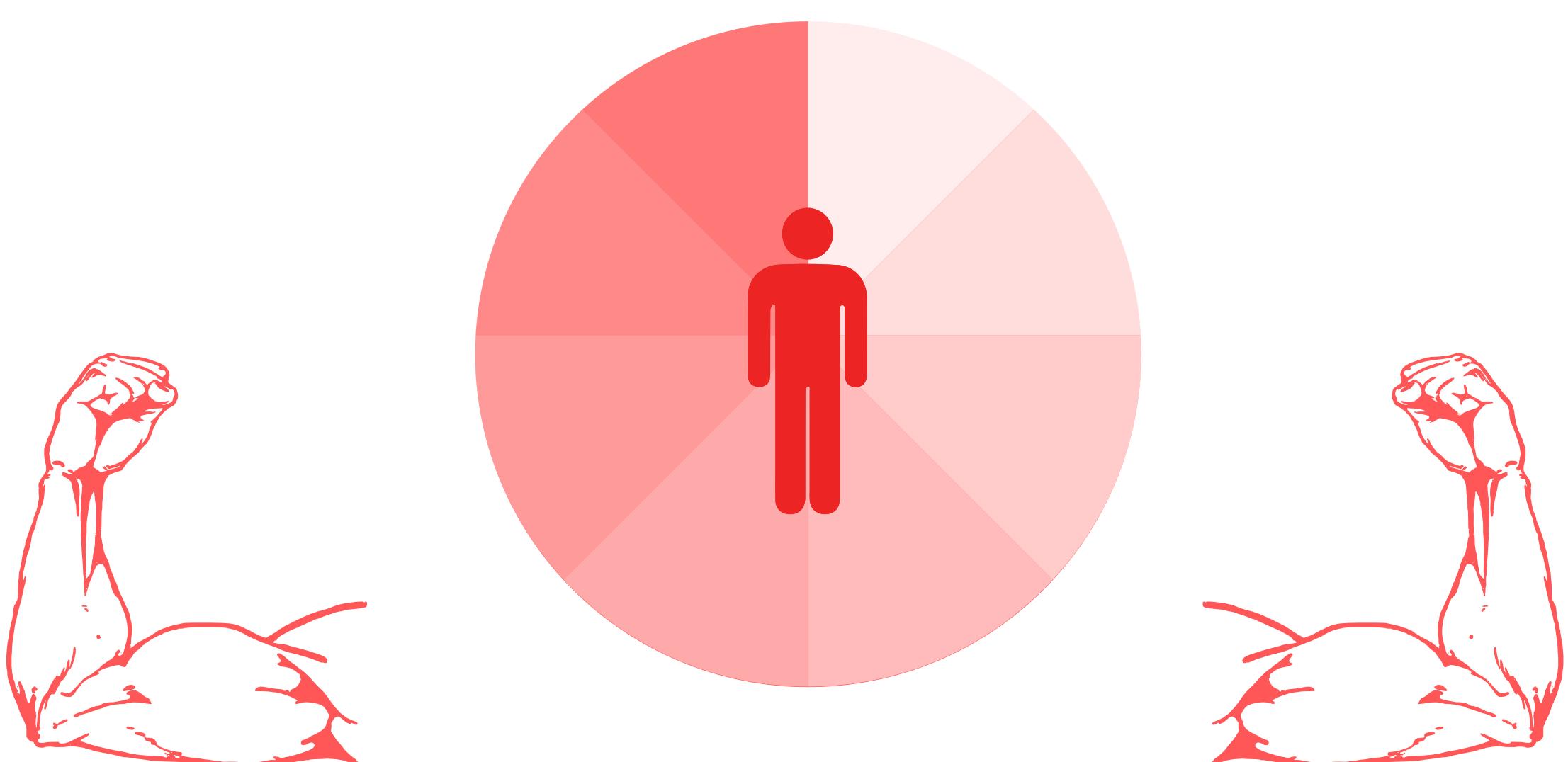
- o Also, our Root Chakra is very closely connected with Low Back Pain and dysfunction.
 - Given the location, this shouldn't be a hard connection to understand.



Body Work



- But, did you know, in addition to the aforementioned emotional connections to the low back, we also have an emotional connection between safety/security and low back pain?
 - This is another major connection between our root chakra and low back pain.
 - In order to fully address the root chakra - mind, body and soul - we must get the low back moving as a way to help free the stuck energy.
 - For this portion of the program, make sure to

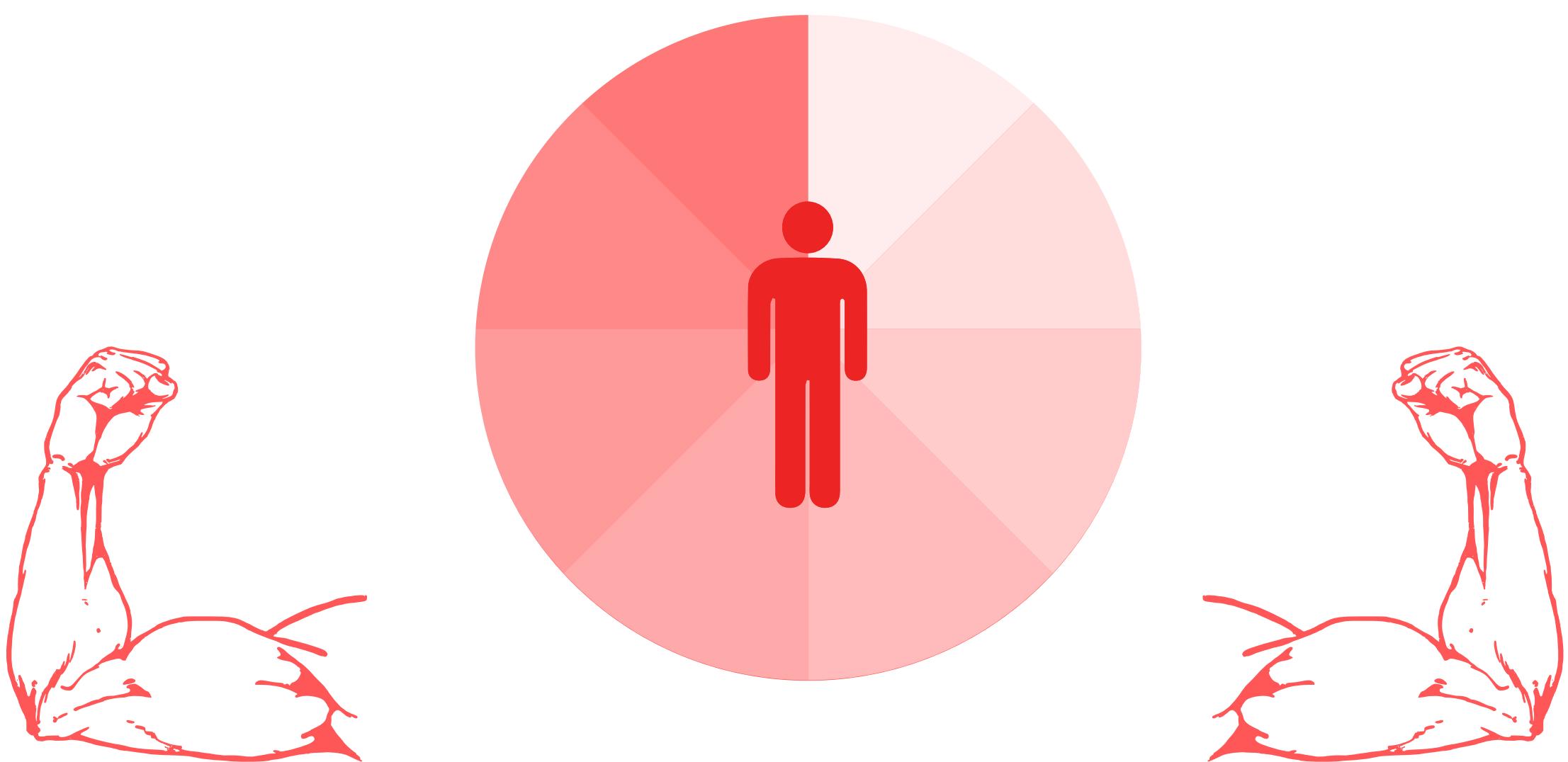


Body Work



consciously work on doing exercises that strengthen your low back and stretches that open your root chakra.

- Please see the PDF file of Low 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 Root Chakra Affirmations. Say these twice daily to yourself.
- I am always safe and secure
 - I am relaxed, calm and stable
 - All of my safety needs will always be met
 - I am one with the universe, connected to the earth and all its wonders
 - I have universal support in all that I do
 - I deserve support and am ready to receive it
 - I am always provided for by the universe
 - My root chakra is open and clear
 - I welcome financial and emotional abundance and stability into my life
 - I am ready and willing to receive safety and security in all avenues of life

**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.*

Vision Board



- o This is an exercise many of you have heard of, and may have even done already, which is fabulous! For those of you who haven't, pay attention to this one.
- o Depending on your preference, you can do this with physical images and a physical board, or create a collage in a word document.
 - Whatever way you do it; you want to gather images of everything you want/need in order to feel safe in life.
 - For example, if you need a loving relationship, put images of happy couples or simply the word love.



Vision Board



- If you need a certain salary, find an image of that number or find images of all the things you could do with that ideal salary.
- You may want to include something with the colour red to signify an open and clear root chakra.
 - o Whatever you do, with each image you find, when you put it together on the board or in the word document, do so with intention.
 - Have a feeling that every image you are gathering is already yours and is your reality.
 - Every time you look at the finished product,



Vision Board



look at it and believe that is your life.

- You may want to say out loud "I welcome this life into my existence". Or "I am ready for this to manifest in my reality".
 - Something that tells the world/universe you are ready and open to accepting those things.
 - As you continue to work through and clear your root Chakra, believing these things can come to pass will be easier.
- If you are feeling very ambitious, you can



Vision Board



even create more than 1 vision board.

- For example, what you need in order to feel safe and secure in your relationships vs what you need to feel safe and secure at work, vs what you need to feel safe and secure as your own individual person.
- Separating them into their individual boards can be very powerful, so this is a step that can be worked on slowly through time.
 - My first vision board was a general board, and I now have multiple separated into categories. This may make it easier for



Vision Board



manifesting one particular area of life.

- For example, if you are feeling secure in your job, but want to focus more on relationships, this is where a separate relationship board comes in handy.



Window Offering



- o This is an exercise that was told to me when I was still in Chiropractic college that I have tailored to clearing your root chakra.
- o In this exercise, you simply write out on a piece of paper what you need to be safe in life and tape it to the window as a sign to the universe that you are ready to receive.
 - As with all of these exercises, you must do so with intent.
 - Intend that you are safe to receive.

Window Offering



- Intend that your root chakra stays open and free so you can manifest more safety and security.
- A good starting point for this exercise would be to write out some of the root chakra affirmations.
- Once you feel more comfortable with doing this exercise, write out some of the things you have put in your vision board.
- Place these in the window with intention that you are welcoming these things into your life.

Window Offering



- Believe they are on their way to you.
- Don't get caught up in how they will manifest. Just have faith and listen to the insights your spirit guides or higher divinity are giving to you.
 - A key step that is often missed in manifesting is action.
 - Ask for help from whatever divinity you believe in as you do this exercise.
 - Intend that your soul is open enough to receive the insights you need in order to

Window Offering



transcend into a life filled with safety.

- o As you continue to work through your root chakra, manifesting safety will come more naturally.

Safe Stability



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:

Danger did befall me
So scared I could not see
The truth behind the storm
But now, I must reform
And see the beauty underneath
My energetic sheath
Finally, I am able
To know I'm strong and stable!

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.