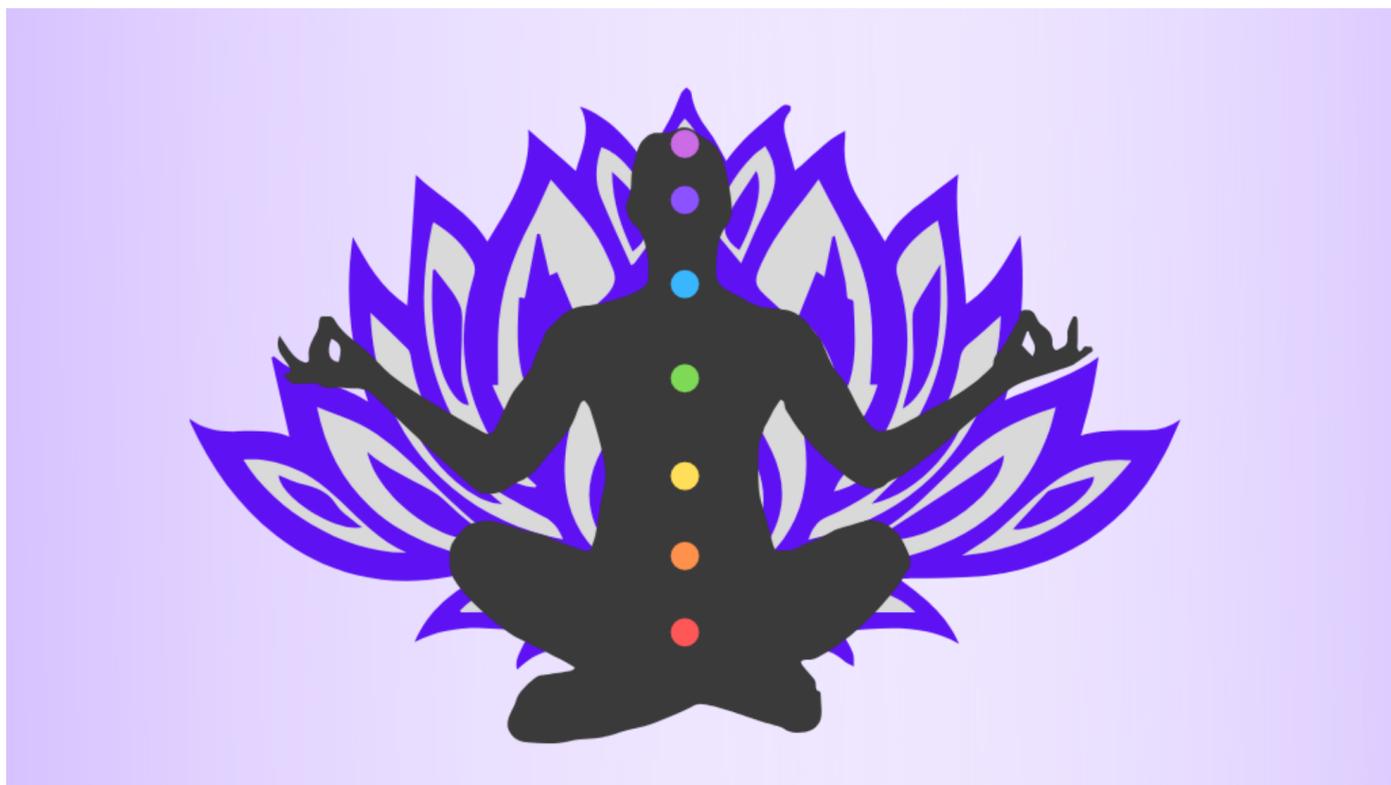


# AFFECTIVE ALIGNMENT

A step by step guide to getting Well from  
Within - body, mind and soul!



DR JULIANNE DONATO

NET CertifiChiropractor  
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

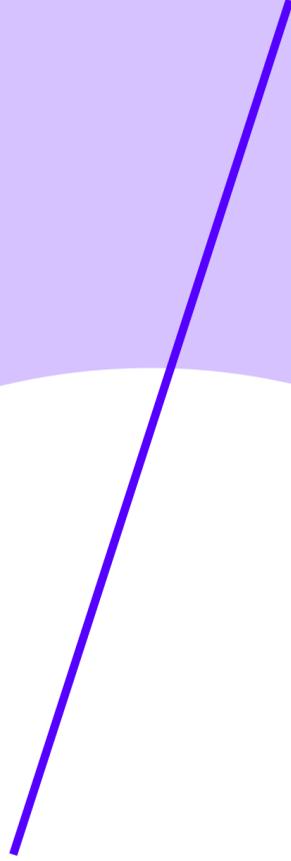
B O N U S

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

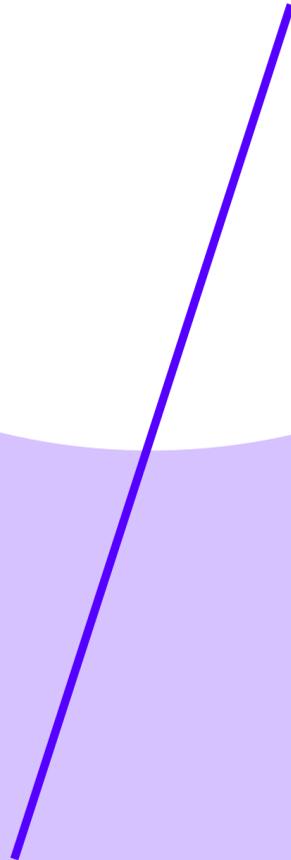
&

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

02



B O N U S



02

# Bye Bye Bad Beliefs

## A guide to clearing your Limiting Beliefs



This part of the *Affective Alignment* program will be devoted to your mindset.

I will be picking out the portions of the other lessons that are belief clearing exercises, in addition to adding a few extra tools and techniques that you can use to clear your mindset of limiting beliefs.

Some of these exercises will be journal entries you can do. Some will be me redirecting you to other sources to help you along your journey. Some will be more in depth explanations of the exercises throughout the individual Chakra

# Bye Bye Bad Beliefs

## A guide to clearing your Limiting Beliefs



lessons.

Do these exercises at your own pace, and any  
time you feel called to do so.

# Healing Music



o The first thing I want to talk about is healing music

o If you noticed, in each individual



lesson, I recommend bath time with certain music to be accompanied in order to clear each Chakra. This is a HUGE belief clearing technique.

- Music works at the subconscious level.
  - o The lyrics, the music and melody of the instruments all activate certain brainwaves and thought patterns.
  - o They evoke emotions and often times even play on pre existing beliefs.
  - o Music can be empowering or disempowering.
  - o Music can make you happy or sad, calm or angry.

# Healing Music



- This is why finding the right music is SO important.



- When you are working on self enlightenment and working through these belief clearing exercises, it is so very important to only listen to music that is happy and upbeat. Music that is motivational and inspirational.
  - Try to avoid listening to sad songs or angry songs. These are lower vibration and can actually cause more harm than good.
- I always like to talk about Dr. Masaru Emoto's work when I talk about this.
  - His water crystallization experiment actually

# Healing Music



shows the effects  
different music  
has on water.

- Given our body  
is 80% water,  
this applies to



our internal physiology.

- *I'd urge everyone reading this to do some research on this experiment.*
- In short, the study showed negative words and music create chaotic patterns, and positive words and music create beautiful crystals and patterns that are appealing to the eye.
  - This is why awareness is so important. Many people are unaware of what music does subconsciously.
  - If you are anything like me, you likely

# Healing Music



have  
music you  
like to  
listen to  
depending  
on your  
mood.



- Have you ever stopped to ask yourself why this is? The answer is simple. The music mimics the frequency your energy is vibrating at.
- If you want to vibrate higher in the realm of full spiritual enlightenment / alignment, make a conscious aware decision to listen to the right kind of music - empowering songs that make you believe you can take on the world.
- Make your own affirmation audios from the affirmations given in your lessons. I'd also

# Healing Music



suggest  
looking into  
Dr. Joe  
Vitale's audio  
CDs, or even  
looking for  
subliminal affirmation audios.



- I myself have done all 3 techniques, and all are quite powerful!
- Anything that you feel resonates with you will be a big step forward!

# Ho'oponopono



o The next thing I want to discuss in more depth is an exercise that was given in the Loving Light Lesson for clearing your Heart Chakra.



- Now, you might be thinking to yourself - how is this a belief clearing method? The answer is the same for the music. This is working at the subconscious level.
  - o Most of our beliefs are born after certain experiences. When it comes to our limiting beliefs, these are born out of negative hurtful experiences.
    - For example, think back to your first love. You probably walked into that situation believing this love would be your forever love - and if you are one of

# Ho'oponopono



the few people that this is the case for, this example will be lost on you.

- But, for most of us, our first love is not the love we end up with.
- What happened to you after you experienced your first heartbreak?
  - Did you still view love the same?
  - Did you believe the next love would be the one?
  - Or, were you more cautious?
  - Did you have a slightly harder time trusting?
  - Is it possible you might have even started to think it would end in

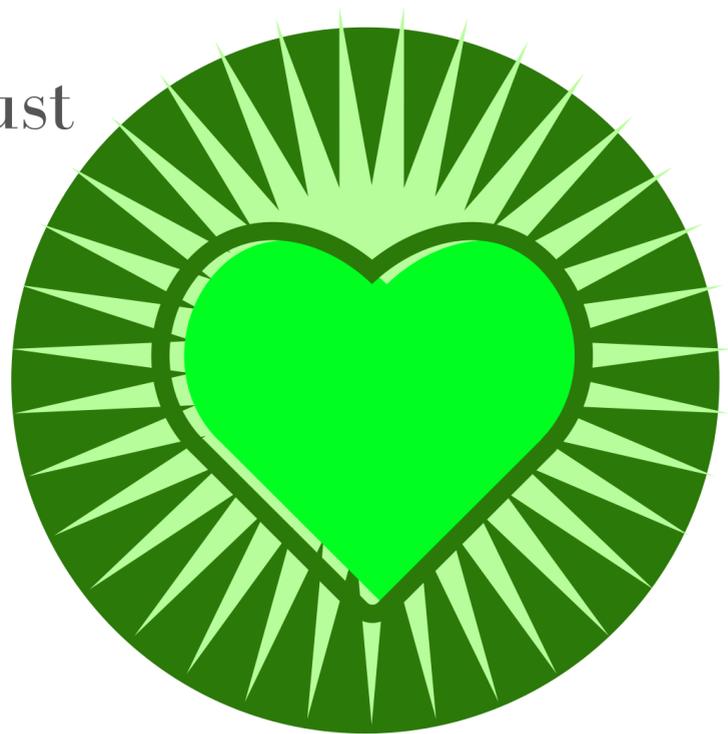


# Ho'oponopono



heartbreak just  
as your first  
lovedid?

- Maybe you even built up walls that prevented you from letting someone else in.
- These are HUGE examples of limiting beliefs.
- The belief that since your first love ended, other loves will too.
- The belief that other romantic interests are not safe, or not to be trusted.
- This can also become a belief like I am unloveable or I'm not good

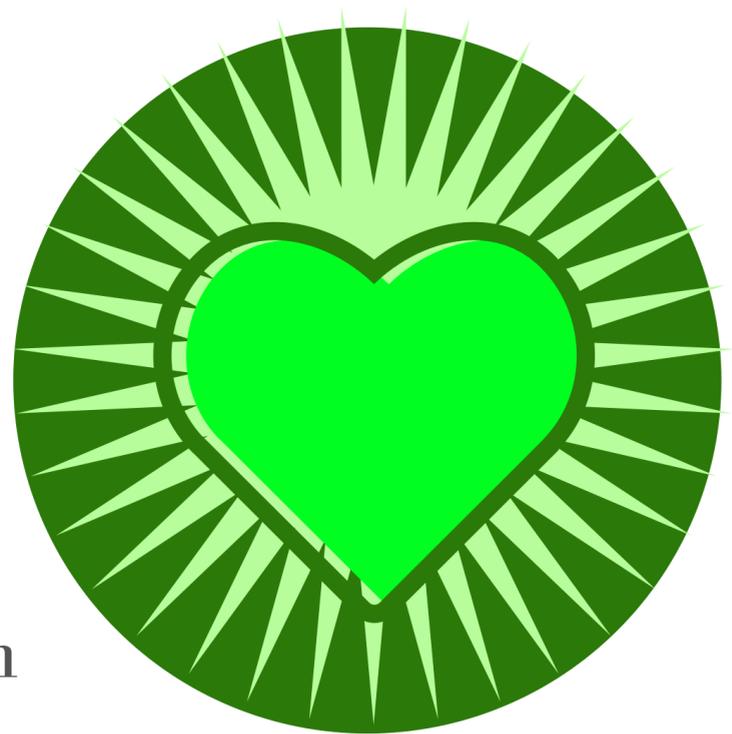


# Ho'oponopono



enough to be loved.

- Whatever the belief, this stems from a broken heart.



- o Whatever your limiting belief, and however you developed it, using the Ho'oponopono technique can begin to clear these beliefs by clearing your heart and soul of these negative experiences - as long as you do so with intention.
- Doing this exercise is affecting your mind, body and soul and re-wiring your subconscious mind into a state of self love, self acceptance, self forgiveness and self gratitude.

# Ho'oponopono



- All of these statements are so powerful for flipping the script - the internal dialogue and subconscious self limiting beliefs - into positive, welcoming and empowering energetic frequencies.
- Here, you are replacing a subconscious self limiting belief, with a subconscious empowering belief.



# Jolly Journal



o Journalling is another fantastic way to clear limiting beliefs - when done right and with intention.

o Journalling is a fantastic form of meditation, and it is a wonderful means of self discovery and reflection.



o The following Journal Entries are specifically for belief clearing:

1. The world of WHY
2. Living Life out Loud
3. Getting to Know Yourself

o Each Journal Entry will be broken down into it's separate exercise.

# The World of WHY



- o This exercise is a simple yet complex exercise.
- o To do this exercise, you must have a situation in mind.
  - Often times, this is a good exercise to pair with a meditation, or an event that was brought up during NET.
- o Whenever you have a situation in mind, journal all of your thoughts and emotions that come up for you around this situation.
- o Ask yourself WHY you feel the way you feel in this situation.
  - WHY do you feel stuck?
  - WHY do you feel the situation hasn't changed?

WHY

# The World of WHY



- WHY do you feel the situation might not change?
  - o Once you have answered all of these WHY's, read these answers to yourself.
- Do any of them sound like a belief?
  - o For example, do you feel stuck because you are powerless and have no control over the situation?
  - o Do you feel the situation hasn't changed because you are scared you will be punished for taking action?
  - o Do you feel the situation may never change because you aren't good enough to change it?

WHY

# The World of WHY



- All of the above are examples of self limiting beliefs. And guess what? They CAN be changed!

WHY

- o Once you have identified these self limiting beliefs, ask yourself WHY you believe that.
- o Often times, this will stem back to a situation in our past that planted that seed.
  - Maybe as a child you tried to tell your mom/dad, teacher, grandparent etc a better way of doing something. But, because they were the authority, you didn't have the power to change anything.

# The World of WHY



- Maybe you were reprimanded for acting out as a child when you wanted something done your way. Maybe, you were even told you're a bad boy/girl and were sent to your room for the rest of the night.
- Maybe somebody told you your drawing or painting or colouring wasn't very good.
- Maybe you didn't make it onto a sports team.
  - All of our past experiences shape our personalities and plant seeds of limiting beliefs.
  - AWARENESS is crucial for clearing these limiting beliefs.

WHY

# The World of WHY



o Once you have identified your why behind this limiting belief, it is time to change this belief.

WHY

o Remind yourself that your past is not your present reality, nor is it your future reality. This is where you should bring out an inner child exercise and have a conversation with your inner child self.

- Tell him or her it is okay to let go of this belief.
- Tell your inner child the exact opposite statement to this limiting belief. Recite this opposite, empowering belief statement with your inner child 3 times.

# The World of WHY



- This opposite belief statement should be your new positive affirmation statement that you recite to yourself daily.
  - If you want add extra clearing potential, turn these affirmations into an audio tape so you can listen to yourself say these positive empowering beliefs to yourself over and over.
  - Play these on repeat. While you drive, when you sleep, when you are lounging around at home.
  - Play this audio tape to yourself to seed this new empowering belief in your mind.

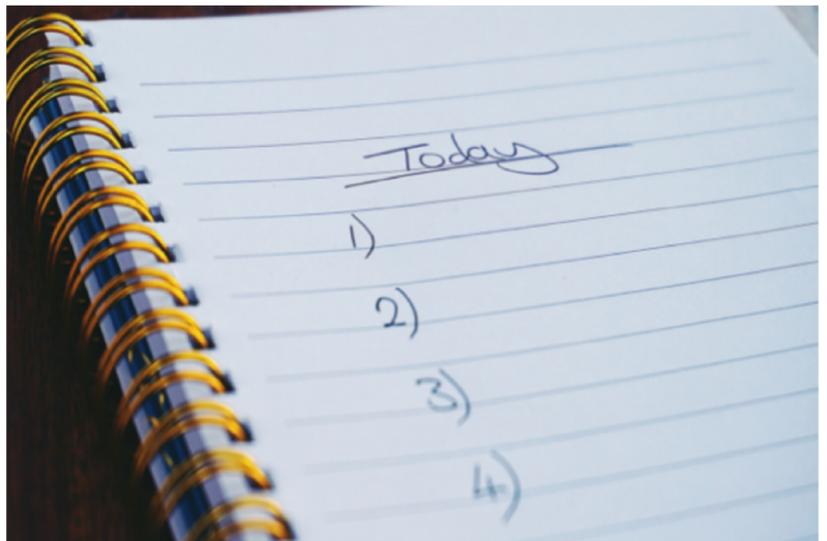
WHY

# Living Life out Loud



o This is another simple yet complex exercise.

o This is my twist on an exercise included in the Belief Clearing Certification.



- o It begins by asking yourself a simple question:
- What goals have you been working on for the last few years that you have yet to accomplish?
- o Once you have written out this list, ask yourself why you believe you have not been able to accomplish these goals. What has been standing in your way?

# Living Life out Loud



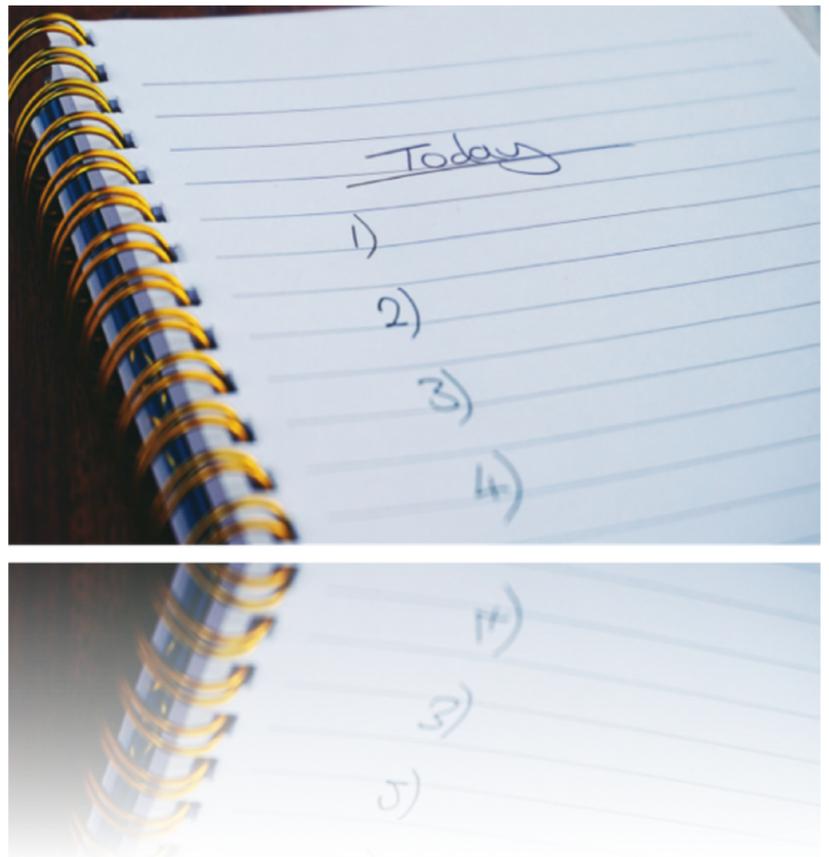
o Then, you are going to examine your reasons.

o Do any of these reasons sound like excuses?

- I don't have the time
- I don't know how
- I'm afraid to try
- I'm afraid I won't succeed

o If you find yourself answering this question with statements like this, these are all examples of **A LIMITING BELIEF!**

- Once again, awareness of these limiting beliefs is a crucial step in changing these beliefs.
- Once you have identified the limiting belief,

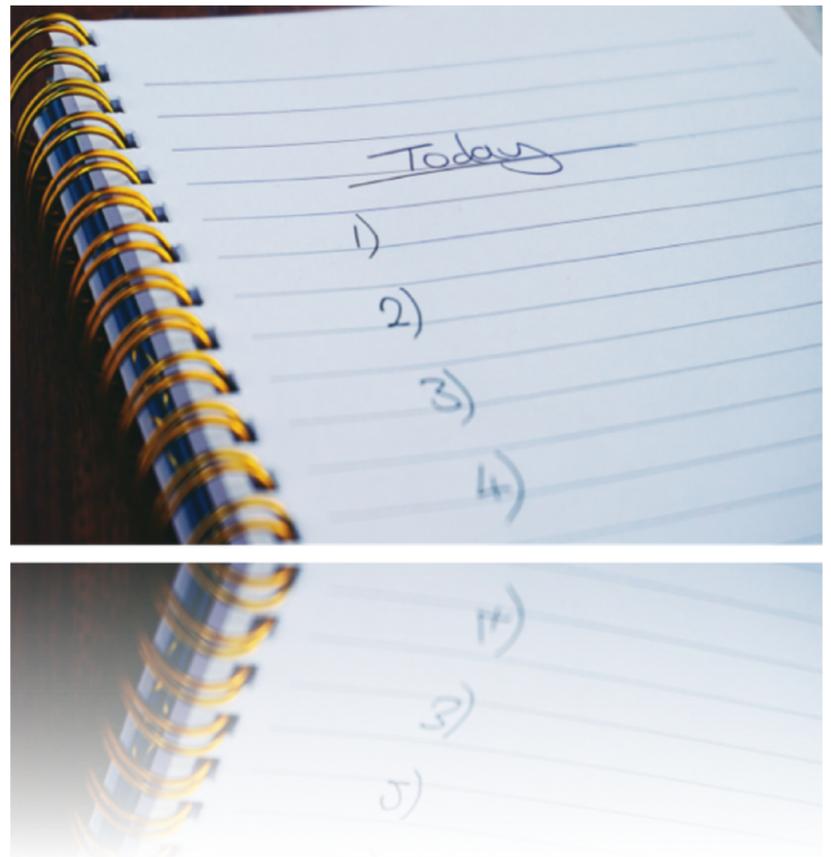


# Living Life out Loud



put that belief aside for a moment.

o Next, write about how your life would change if you did not have these limiting beliefs stopping you from achieving these goals.



- Envision yourself actually following through on these goals.
- What are the steps you would take?
- What support or resources would you need to make it happen?
- What would your life look like after you successfully achieved your goal?
- How would your life be better?

# Living Life out Loud

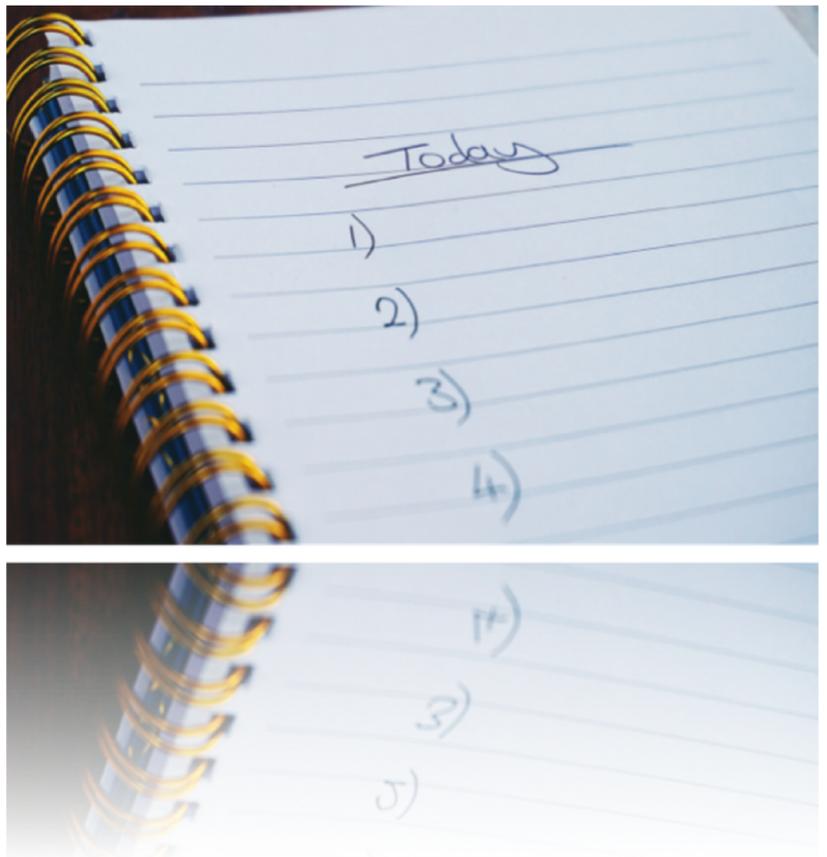


o Once you have asked yourself these questions and envisioned what life could be like, ask yourself one very important question.

- Is the limiting belief you hold **REALLY** worth preventing you from achieving these goals?
- Is it worth holding you back from your new life?

o If the answer is no, it's time to make a change and let go of this limiting belief.

- When I get to this stage of this exercise, I like to pair this one with the world of why exercise.
- Make a new statement that is opposite



# Living Life out Loud



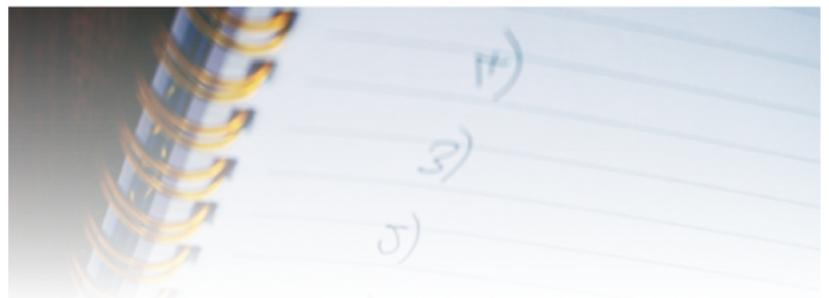
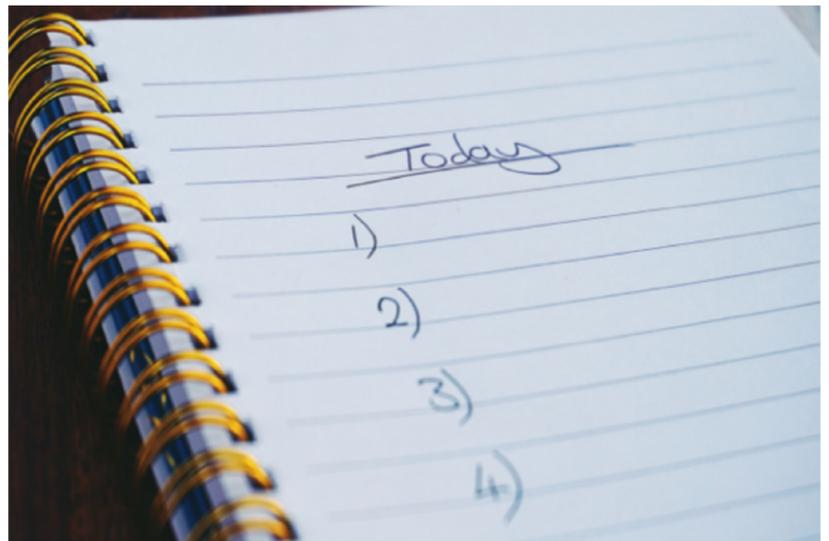
of this belief.

- What new statement would help you to accomplish your goals?

Then, turn this into your new

affirmation statement and seed the new empowering belief, while you replace the old limiting belief.

- Once you make the decision to change this belief, follow through with your action steps to achieve your goal.
  - Find the support you need.
  - Hold onto the life you envisioned and believe it can be yours.



# Getting to Know Yourself



o This exercise can be a fun one to do, but it can also be challenging.

- You will be asking yourself a series of questions to get to know yourself on a deeper level.



o Below are examples of questions you need to answer about yourself:

- What do you do on a typical day?
- What are your most frequent thoughts during the day?
  - Are they positive? Or are they negative?
  - Are they dwelling on the past?
  - Are they worrying about the future?
  - Are they stressing about present day

# Getting to Know Yourself



- situations?
- Are they full of gratitude and love?
  - What are you thinking when you are socializing with other people?
    - Are you worried about what they are thinking about you?
    - Are you able to fully connect with the people you are socializing with, or are your thoughts distracted by other things?
  - How do you spend your free time?
    - More importantly, if you didn't have work and responsibilities, how would you **WANT** to be spending your time?
  - What are your biggest stressors?
    - What are your coping mechanisms for



# Getting to Know Yourself



managing these stressors?

- Are they healthy coping mechanisms?
- Are you aware of your support network?
  - Who makes you feel cared for, loved and wanted?
  - Do you allow yourself to reach out to these individuals when you need help?
- Who are the people in your life that drag you down and make you feel like you can't accomplish your goals?
  - How do you respond to these individuals?
    - Do you let their beliefs become your own?
    - Do you let their negativity affect your



# Getting to Know Yourself



belief in yourself?

o Once you have answered these questions, delve a bit deeper into some of these to see what you can do to change these patterns:



- How can you make your day more productive / satisfying?
  - o Try to re-write your daily routines for this one.
  - o Ask yourself what you can or can't do without.
  - o Could you add in extra time for self care?
  - o What does that even look like for you?
  - o Could you spend more time with family?
  - o Would relocating so you have a shorter

# Getting to Know Yourself



work commute add  
extra happiness and  
take stress off?

- Anything that comes to mind in this one, write it down and analyze the practicalities of it later



- If these answers seem impossible, ask yourself why they seem impossible.
  - Is this a limiting belief telling you it isn't possible? Or is this based in reality?
- Which thoughts throughout the day are positive and empowering? What thoughts are harmful?
  - The thoughts that are harmful are ones to

# Getting to Know Yourself



delve deeper into.

- Train your brain to flip the script when you are thinking these negative thoughts.
- Do the "Relax, Release, Reassess"



exercise in the Simply Spiritual portion of the program to change these negative thoughts into positive ones.

- How much socializing do you do in a day, week or month?
  - What do you need to change in your life to enhance this answer for yourself?
  - Would you ideally want to be socializing more or less?
  - Are you happy with your current social

# Getting to Know Yourself



network?

- Is there anything you feel is holding you back from changing this aspect of your life?
- How could you prevent the people who are dragging you down from changing your internal beliefs?
  - Can you identify which beliefs are not yours?
  - Can you identify how their negativity impacts you?
  - A great strategy for protecting your energy from being affected by other's energy is bubbling.
    - For this exercise, envision a bubble of



# Getting to Know Yourself



light energy  
surrounding you.  
It can be any  
colour you wish.

- As you feel yourself in this bubble of light, set the intention that this light is a protective shield preventing any negativity from penetrating it.
- Set the intention that only love and light can cross the bubble barrier.
- If you find yourself feeling heavy after an interaction with one of these negative individuals in your life, smudge yourself to clear the energy and journal positive intentions and beliefs you hold within



# Getting to Know Yourself



yourself.

- This is how you flip the script from negative to positive.
- Focus on the positive in order to re-wire the brain to think positive thoughts.



# Powerfully Intuitive



o This belief clearing method combines exercises that are in the Pure Power and Infinitely Intuitive lessons.



o In order to fully clear a belief, one must first build self confidence.

o There are a number of ways to do this, but my favourite way is by doing the Power Pose / I am progression.

- Once you are at the stage where you are confidently reciting your I AM list out loud in front of the mirror while doing the power poses, you are ready to move on to the next step.

# Powerfully Intuitive



o The next step in this exercise involves a limiting belief you are aware of and would like to work on.



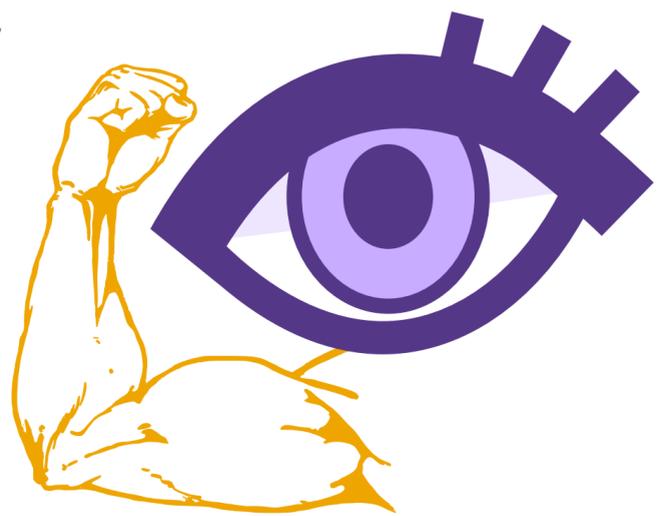
- This can be any of the limiting beliefs discovered during NET, meditation, or any of the exercises in this portion.
- Once you have your limiting belief, zero in on the way this belief makes you feel.
- Feel it in your body or in your Chakras. Feel the emotions.
- Next, do either the Creative Drawing exercise in Talk your Truth, or the Creative Visualization exercise in Pure Power - whichever of these exercises resonates with you most.
- Once you have felt this belief change in your

# Powerfully Intuitive



body and in your spirit, it is now time for focusing on future success.

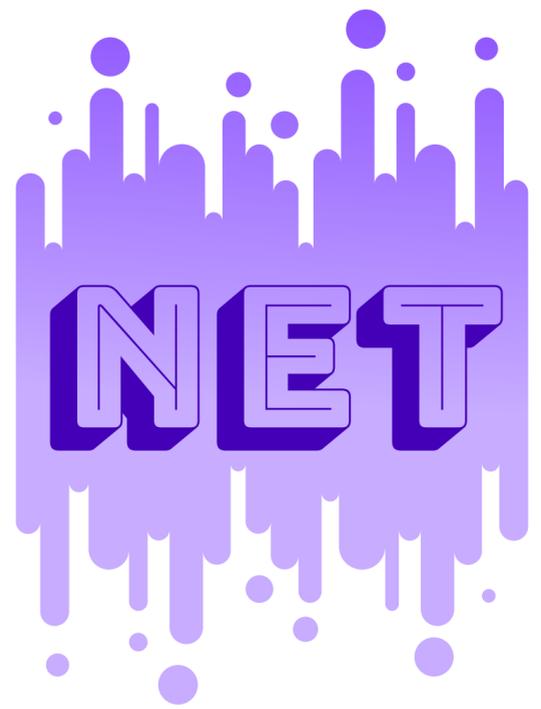
- Do the Past Success exercise that is in your Infinitely Intuitive lesson.
- This is a very powerful belief clearing exercise.
  - Not only are you re-wiring your internal physiology by building self confidence, you are also releasing a belief from your energetic being, and then anchoring in future success.
- This exercise can be done as many times as you feel you need with as many limiting beliefs as you can think of!



# Neuro Emotional Technique



o While Neuro Emotional Technique is not designed to be a belief clearing method, we can use it to address the involved mind body stress responses.



- o NET can be done using statements that aren't true but that you would like to be true.
  - For example, the most commonly used ones are “I’m okay healing”, “I’m okay being well”, “I’m okay being pain free” etc.
  - Once you have identified a limiting belief, together, we can turn these beliefs into an “I’m okay” statement and use the body to identify what is preventing you from releasing this belief, and proceed with the physical correction in the office to release the stuck mind body stressors that are anchoring that belief in your mind and body.

# Bye Bye Bad Beliefs



I hope you have enjoyed these belief clearing exercises.



I set the intention for you dear soul, that these exercises provide powerful, noticeable shifts in your beliefs.



I intend that your energetic being releases these limiting beliefs and replaces them with empowering beliefs.



I set the intention that these exercises help you experience shifts in mind, body and soul as you move towards your own Affective Alignment.



--Yours in health; body, mind and soul.

Dr. Julianne Donato