

5 Steps To The Energy Alignment Method

Now you know your YES and your NO – you can ask your body simple yes/ no questions. Think about something which may have been troubling you. Stand with your feet hips width apart, close your eyes and relax your knees.

STEP 1 - *You Ask*

This step is to give you clarity on what you need to shift. Ask your energy a simple question about the subject to see if it is something you need to work on.

Example: ***“Am I holding any resistance or worry when I think about making more money?”***

STEP 2 - *You Move*

Your energy body will respond and give you the **YES** or **NO** answer to the question you asked. Forwards is usually (YES) and Backwards is usually (NO). If anything else check for energy reversal. If YES go to step 3 if NO and you feel in flow with it go to step 5.

STEP 3 - *You Experience*

This step is all about assessing what is happening in your energy when you think about that subject. There are 3 ways for you to do this step – choose which is appropriate for you.

- **HOW DO YOU FEEL?**
Describe what it feels like in your body.
What size colour or shape is it? Where is it? What does it feel like?
- **HOW MANY OF THEM?**
Using the sway find a specific number of those resistances eg.
“Do I have more than 100?” (The sway will say yes or no).
If NO you may ask.
“Do I have more than 50?” (The sway will say yes or no).
If NO you may ask.
“Do I have more than 25?” (The sway will say yes or no).
If YES you may ask.
“Do I have more than 30?” (The sway will say yes or no).
If NO ... find the number. You don't always have to get the specific number but you get the idea.
- **HOW DOES IT LOOK IN YOUR MIND?**
When you close your eyes and think about your resistance or challenge do you see a picture?
Describe what is happening in the picture

STEP 4 - *You Transform*

Now you're clear what it feels like in your body, how many there are or what the picture looks like you can now do the release statement. You can say these words.

“I am ready to release (whatever the subject) I release it from my energy in all forms, on all levels at all points in time”

Repeat this statement at least 3 times or until you can no longer feel it. You may have to do this another 2 or

3 times. Check in with the sway again and ask

EXAMPLE RELEASE STATEMENTS

FEELING -

"I am ready to release hard red circle in my stomach when I think about work i release it from my energy in all forms, on all levels at all points in time"

NUMBERS

"I am ready to release these 543 thoughts or beliefs about my work. I release it from my energy in all forms, on all levels at all points in time"

IMAGES

"I am ready to release this image of a brick wall in front of me. I release it from my energy in all forms, on all levels at all points in time"

Repeat step 4 until you have released the resistance around it.

You can ask the sway ***"Have I released this resistance about _____?"***

If YES then you can move to step 5.

STEP 5 - *You Manifest*

This time you get to choose what you experience . This is where you manifest your new future. Now you're ready to allow a new belief, thought or pattern.

Choose a positive affirmative statement

"I am ready to receive/ create / feel / manifest/ experience " (whatever the subject). I allow this into my energy energy, in all forms, on all levels, at all points in time."

You should repeat this statement at least 3 times or until your body responds with a positive sway forwards (YES) when you are affirming. Keep repeating this statement until you feel it in your energy.

FEELING -

"I am ready to allow this big yellow circle of calm and confidence in my body when I think about work. I allow this into my energy in all forms on all levels at all points in time."

NUMBERS

"I am ready to allow myself to have 100,000 new beliefs I am good enough. I allow this into my energy in all forms on all levels at all points in time."

IMAGES

"I am ready to allow this new pathway to take me forward. I allow this into my energy in all forms on all levels at all points in time."

How To Deal With An Energy Reversal

You know there is an energy reversal to release when one of the following happens

1. BACK TO FRONT SWAY:

You get a backwards sway for something which should be a yes and forwards for a no

2. SIDE TO SIDE:

The side to side sway or round in circles again tells you there is something else going on.

3. STEP 4 NOT SHIFTING:

So with step 4 you've done it a couple of times and it doesn't shift something

4. THE EMOTION IS INTENSE:

You feel the emotions are overwhelming or make you feel stuck or frozen

For now keep it simple, just find out what age you were when you created this energy pattern.

Ask the sway

1. **"How old was I when I created this reversal about _____?"**

Sway up and down until you find the age you were

2. You may choose to ask **"Was this about _____?"**

Eg it may be something you are aware of people or situations that happened at that age

3. **"I am ready to release this energy reversal about _____ from age _____? I release it from my energy in all forms on all levels at all points in time"**

You may need to repeat it 2 or 3 times

4. Ask the sway **"Have I released this energy reversal about _____?"**

5. If you have released it – then move onto step 5

*Have Fun With It and Explore The Possibilities - Energy Is
Limitless And So Are You*