



Sacred Soul Alignments

These are energies from the Creator of All That Is, sometimes brought thru by Archangels, Masters or beings of 100% pure light. They clear a great number of beliefs (potentially thousands of beliefs per alignment), as well as shock and trauma, trapped emotions, oaths vows and contracts, collapse timelines that are not serving us, balance the systems and cells of the body and delete negative genetic programming. They activate dormant gifts and abilities, as well as bring in new ones, activate parts of the DNA and crystalline cells in our bodies, activate sacred geometry, increase psychic abilities and intuition, and more. These alignments work across all lifetimes, timelines, dimensions and realities, across all time and all directions of time. They clear/align in the DNA-including your family 7 generations forward and backward in time, and in and for the Collective.

This is the current, full list of all Sacred Soul ALignments that can be given by Elysia Hartzell or any certified Sacred Soul Alignment practitioner.

HEALERS

Releasing Healers Oaths, Vows, Contracts and Obligations

This alignment releases all Oaths, Vows, Contracts or Obligations that are blocking our full abilities as healers. These can be Oaths, Vows, Contracts or Obligations we took in previous lifetimes or timelines, that we inherited in our DNA or that we took in this lifetime

Activating the Ability to Heal Self and Others

This alignment clears the beliefs about not being able to be healed or to heal. So many healers remain sick themselves even while being able to heal others, Many of us have beliefs that sickness, pain, suffering and struggle serves us or brings us closer to God. This alignment clears these beliefs and oaths and vows, in addition to activating our cells and DNA with the ability to be physically, emotionally and spiritually healed and to heal others.

Religious Oppression

This alignment clears out the shock and trauma from religious oppression around the world, through all lifetimes, timeline and the DNA and from the collective, including shock and trauma being held in the cells and cellular memory, and including oaths, vow, contracts and agreements made with religious groups and organizations.

White Seamless Suit

A “White Seamless Suit” will give you the ultimate protection from any negative energy. This alignment will place a white seamless suit around you, and if you need several layers of this suit (in the case of being around or working with many people) you will receive as many layers as are needed. For healers or empaths, recommended to run this alignment daily.

DNA Awakening

Between 60,000- 20,000 BCE, Atlantean experiments were done to inoculate and completely shut off the DNA of Lemurians. The following 3 Alignments begin to awaken these strands of DNA and heal the trauma from having them shut off and other trauma being held in the DNA from these times. Because these alignments are so powerful, **Creator has told me they must be done at least 2 weeks or more apart between the first and second alignments, and 6 weeks or more apart between the second and third alignments (exception if someone has already had 12 or 24 strands activated, parts 1 & 2 can be done together). It may take weeks or months to integrate fully, and it is possible that when fully integrated, many more than 84 strands may be awakened.** During the time in between, I recommend listening to the recording or receiving the alignment at least once per week. With the third alignment,

listen at least once per week for 14 weeks.

DNA Activation is waking up our DNA to our highest potential. The DNA Activation allows us to survive the environmental poisons created by humans, as well as accelerates our psychic senses. As a species we are now evolving and are waking up dormant parts of our spiritual DNA.

DNA is the '*blueprint of life*' and is located in every cell of our bodies. In addition to each chromosome's 2 strand double helix of DNA, there are additional etheric strands of "junk DNA" available to each human, which have been dormant (not really junk, of course, but scientists have labeled them that because they have not been available for use before DNA Activation).

During DNA Activation portions of the "junk DNA" are being stimulated, re-ordered and re-activated.

Each additional strand possesses attributes that permit the individual to reach greater and greater potential. Scientists acknowledge that we currently only use 3% of our current 2 strand DNA.

Benefits of DNA Activation

- Words and thoughts become MUCH more powerful, making it easier to create what we desire
- Become in alignment with your life's purpose
- Gain energy, clarity and focus
- Strengthen your immune system – scientists say that after 24 strand activation, your body will be 3000 times more resistant to disease!
- The ability to use more of your brain
- Evolve spiritually
- Release unconscious beliefs and negative patterns
- Look and feel younger (skin smoothes, grey hair can return to normal pigment, etc.
- Increased intuition and psychic abilities
- Shift out of fear and doubt
- Come into alignment with your life purpose
- Gain energy, clarity and focus
- Expand ability to receive unconditional love
- Detoxify at physical, spiritual and emotional levels
- Improve communication with Creator/God, spirit guides and your higher self

DNA Awakening 1

Activating 12 Strands of Spiritual DNA

This alignment activates our youth and vitality chromosome and 12 strands of our spiritual DNA, making our thoughts and words more powerful, enhancing our intuition and psychic abilities and strengthens our immune system.

DNA Awakening 2

Activating 36 Strands of Spiritual DNA

This Alignment awakens up to 36 strands of spiritual DNA.

DNA Awakening 3

Activating 84+ Strands of Spiritual DNA

This Alignment wakes 84+ strands and beyond of spiritual DNA.

SPIRITUAL AND PERSONAL GROWTH

Spark of God Alignment

This alignment reminds of of who we actually are- Sparks of God! This will bring in the knowledge of our true self at this level

Activate Your Magnetism

This will activate and increase your inner confidence, your unique magnetism *and* your pheromones, your body's own individual signal that will draw people to you- not only romantic interest but friends and clients as well.

Love Yourself Fully

This alignment clears hundreds of unworthiness beliefs and feelings, also clearing out the guilt, fear and shame that can be in the way of fully loving and accepting yourself, replacing this with unconditional love from Creator.

Own Your Sparkle

This aligns you with your own inner sparkle – the unique and special gifts that you alone can offer the world! This also activates the fruit of life in your sacred geometry.

Advance with Ease and Joy

This clears the beliefs that change is hard, that growth is painful, that you have to struggle or sacrifice to advance spiritually or in life. and speeds up the process in a way that is aligned with your highest and best good, and that will be full of ease and joy

Spiritual detox

This clears your energy field, chakras and space from negative spiritual debris...the emotions, energy and beliefs that are sometimes left over in a healing or from being around crowds or certain people. This is also a great alignment to run after doing any type of entity work.

Lemurian Wisdom

This alignment brings in the wisdom and help from Lemurians. After this alignment, you may experience being or feeling in touch with Lemurians, or even see them around you, and this will also bring in gifts and abilities you may have had in Lemurian lifetimes.

Pleiadian Wisdom

This alignment brings in the wisdom and help from Pleiadians. After this alignment, you may experience being or feeling in touch with Pleiadians., or even see them around you and this will also bring in gifts and abilities you may have had in Pleiadian lifetimes.

Cleanse and Protect

This alignment is THE most powerful way to clear anyone's energy. It clears entities and attachments, negative energies, hooks and cords. It moves portals that may be open in a person's home, land, or energy. It resolves oaths, vows and contracts to allow these energies, and beliefs and emotions associated with negative energy. This alignment also places a shield around each individual who is receiving it and their home (going a mile deep underground), the members of their household including pets, their workplaces and vehicles, with an energetic vacuum at the top to send anything negative that comes close to God's light.

Soul's Blueprint

This alignment downloads your highest blueprint from your Oversoul (or higher self) It will align you with your highest and best path in this lifetime. You may experience a lot of energy during this process. It will help all of the right people, experiences and knowledge to come into your awareness. After receiving this alignment, pay special attention the the dreams and messages and opportunities you receive.

Clarity

This alignment brings in clarity about any situation. Focus on the situation you are desiring clarify on while receiving this alignment.

Giving away your power - activate your power

We give away our power for many different reasons. This alignment resolves oaths, vows and contracts we have made to give away our power for any reason, unworthiness beliefs that are causing us to give our power away, and guilt and resentment related to this. It also brings in and activates our true power and the ability to be safe in our power, to stay in our power, and to use it in the highest and best way.

Seeing with Your Third Eye

This alignment activates your pineal gland and pituitary gland, allowing you to be able to see more clearly with your third eye. It resolves oaths vows and contracts to limit your psychic sight and clears trauma around having been punished or killed for using your sight, or trauma from witnessing disturbing things with your psychic eyes - from this lifetime and all other lifetimes and timelines.

Crystalline Energy

This alignment upgrades your cells and DNA to the new crystalline form. Each time you listen to or receive this alignment it activates more of your cells and crystalline DNA.

Multidimensional Self

This alignment brings in parts of you that are in other dimensions that are in your highest and best good to bring in at this time. Listening or receiving multiple times will bring in more pieces.

Collapsing Timelines

This alignment collapses timelines that are not serving your highest and best good, bringing in the lessons and gifts from those timelines, washing clean in Gods light. This alignment will assist in aligning you with your highest and best possible timeline.

The Worst Vice is Advice

Some people have difficulty making decisions without getting everyone else's advice or opinion. This alignment resolves the need to listen to everyone else besides yourself and brings in trust and the ability to listen to your higher self, God and your guides and angels.

Claiming Your Voice

This alignment works in the throat chakra, clearing the traumas, emotions and beliefs that have accumulated, causing us to lose our voice in any area, clearing, opening and activating the throat chakra.

Heart/Brain

The heart contains a little brain in its own that contains. 40,000 neurons that can sense, feel, learn and remember. This alignment Activates the 40,000 neurons in the heart so that we can more easily BE in our heart when interacting with others, making choices and decisions that are in alignment with our hearts.

Oneness

This alignment helps I realize and see that we are all one. We are never alone, we are never separate, we are always only ever fully connected to the Divine, because we ARE the Divine.

NATURE/MAGIC

Wisdom of the Trees

I received this in the Grove of the Patriarchs in Rainier Natl Forest. This alignment brings us the ancient knowledge and wisdom from trees that have been on this earth for hundreds of years.

Miracles

This brings in the energy of miracles, and allows us to see the miracles that surround us, as well as the belief and ability to create miracles daily.

Rose Alignment

Roses are extremely high vibration. Rose essential oil vibrates at 320Hz which is the highest energy vibration of all known oils. This alignment brings in this energy and helps relieve depression, anger, grief, fear, nervous tension and stress.

Magic

This alignment clears negative beliefs about "black magic" as well as trauma associated with all forms of "black magic" from all lifetimes and timelines, bringing in the energy of good magic, and any magical abilities and knowledge that lie dormant or forgotten. Giving you the ability to create magic.

Luna

Connecting us to the energy and power of the Moon, so we can more easily use this energy for releasing and creating. For women, this will also help regulate their body's natural cycle with the lunar cycle.

Diamond Light

This alignment brings in the energy vibration of the pure diamond, including the knowledge that YOU are precious and deserve the best in everything life has to offer. This also activates your cells and DNA with Diamond Light vibration.

Dolphin Alignment

This aligns our vibration to the Dolphin Energy, energy of play, of psychic communication, community and high vibration.

Stardust

"The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself." — Carl Sagan

This alignment brings in the connection to All That Is, and calls back to you all of the parts of

you- the star dust- that has been scattered through time and space.

Gaia

This alignment connects and grounds you into Mother Earth, bringing in her unconditional love and support, and taps you into the infinite wisdom, wealth, knowledge and abundance held in the Earth.

Aina

Aina is the Hawaiian word for "Land" ...the land is sacred here. This alignment connects you to the sacred lands of the Earth, and resolves oaths, vows, contracts and curses attached to specific places, also clearing trauma associated with specific places, from all lifetimes, from the collective and inherited in the DNA.

Blessings of the Rain

I received this alignment in the center of the island of Kauai in Hawaii, during a rain. This alignment brings in the vibration of the rain coming after a drought, the feast after a famine. You can also use this alignment to send the energy of rain to anywhere that needs it on this planet.

HEALTH/WELLBEING

Sleep Soundly

This clears out worry and anxiety around sleep- and not getting enough sleep. It resolves the oaths and vows to have to battle evil in the night, It also balances your melatonin and cortisol.

Brain Balancing for Brain Chemistry

This alignment balances all brain chemistry: Dopamine, Oxytocin, Serotonin, and Endorphins. Listening to this alignment daily can alleviate depression, anxiety and anger issues.

Endocrine System Balance

This alignment restores balance and optimal function to the glands of the endocrine system Hypothalamus, Pineal Gland, Pituitary Gland, Thyroid, Parathyroid, Thymus, Adrenal, Pancreas and balances the hormone associated with these glands.

Hormone Balance

Restores optimal balance with ease to all hormones including: Oxytocin, Prolactin (PRL), Human Growth Hormone (HGH), Thyroid Stimulating Hormone (TSH), Adrenocorticotrophic Hormone (ACTH), Luteinizing Hormone (LH), Gonadotropins, Interstitial Cell Stimulating Hormone (ICSH), Intermedin, Melatonin, Thyroxine, Calcitonin, Parathormone, Thymosin, T-Lymphocytes, Insulin, Glucagon, Adrenalin, Noradrenalin, Corticosteroids, Oestrogen,

Progesterone, Testosterone, Estrogen (there are 50 hormones in the human body, this balances all).

Genetic Mutations for Cancer Disconnect

This alignment removes genetic mutations inherited in the DNA that make your cells more likely to mutate into cancer. It also clears all shock and trauma from experiencing cancer or watching loved ones suffer and/or die from cancer in any lifetime or timeline, any inherited in the DNA or taken on from the collective, and the worldwide collective fear of cancer.

Genetic Mutations for Disease Disconnect

This Alignment removes genetic mutations inherited in the DNA that make you more likely to develop serious health conditions and diseases. It also clears all shock and trauma from experiencing diseases or watching loved ones suffer and/or die from diseases in any lifetime or timeline, any inherited diseases in the DNA or taken on from the Collective, and the global collective fear of diseases.

Addiction Release

This alignment releases the need and desire to use any substitute for love, acceptance, and nurturing. We can have many forms of addiction: alcohol, drugs, sex, food, shopping, tv, even exercise or spiritual routine can become addictive. This also releases the genetic predisposition to become addicted as a form of replacing love or not facing reality.

Serotonin Balance

This alignment is specifically for balancing serotonin, which an imbalance can cause depression and anger. Studies have shown that most violent criminals have very low serotonin. If you suffer from or struggle with depression and/or anger, listening to this alignment often can make a dramatic shift

Releasing toxins stored in organs, rejuvenating organs

This alignment releases toxins we are storing in our organs, including toxic beliefs and emotions, and revives, revitalizes and heals all our organs

Adrenal Fatigue/ Failure

This alignment release the chronic or acute stress and/or trauma that caused our adrenals to begin to shut down. This also balances your adrenal glands, adrenaline, cortisol, gonadotropins and gonadal steroid hormones, vasopressin, norepinephrine, serotonin and acetylcholine. This will help reduce the effects of stress and trauma, including exhaustion.

Tension

This alignments clears anywhere tension is being held in the body, including the beliefs, emotions, trauma and experiences that are behind the tension. It brings in the ability to relax, and the energy of true peace.

Bacteria Alignment

Balancing the good and harmful bacteria, balancing the acid and alkaline in body, balancing emotions, anger, fear (causing the immune system to work harder) ...remove guilt, teach how to live without guilt, dissolving anywhere we are holding on to guilt, guilty for being ourselves, bring in clarity on decision making, ability to make decisions

Fungus Alignment

Fungus is one of the leading causes of infections in hospitals, can affect our organs, skin, hair, nails. Clearing procrastination, resentment. Changing fungus in the body into a harmless form, in the highest and best way with ease. *(Supplement with calcium)

Stepping Out Alignment

This alignment is for Feet Issues including Plantar Fasciitis -Teaching your body how to live in balance with all tendons, bones, nerves, muscles, tissue, cartilage in feet, healing those body parts. Resolving anywhere there are feelings of being held back, resentments for being held back, slowed down, stopped or blocked from moving forward, from creating the life you desire. Resolving Oaths, Vow, Contracts, Curses to stay behind, be held back, that moving forward is painful, that you have to sacrifice to achieve your goals, that you cannot or are not allowed to stand on your own two feet.

Digestive Disorders Alignment

Healing your body's reaction to foods and environmental toxins, bacterias and viruses that are in the digestive system

- Sexual abuse- have them put hand over lower right side
- Shame- solar plexus
- Emotional abuse- lower left
- Fear and Guilt- Spleen- under the ribcage and above the stomach in the left upper abdomen
- Anger- liver- upper right portion of your abdomen
- Command trauma to leave the body in highest and best way

Breath of Air Alignment

This Alignment Clears the need to be dominating or manipulate people or situations, anger and irritation at those around you, particularly those closest to you. Resolves feeling of “crying on the inside”, grief, patterns and feelings of being a victim. Balancing the body's ability to digest dairy. Balances histamines in the body. Eliminates excess acetaldehyde (*note- acetaldehyde occurs naturally in coffee, bread, and even fruit. Drinking, smoking, breathing polluted air, and eating sugars can lead to high levels of acetaldehyde in the body)

Diabetes Alignment

This Alignment regulates insulin, blood sugar, teaching your body how to react to and process sugar, insulin, carbohydrates in your own pancreas. It's also clearing the emotions, the trapped emotions of apathy, irritability, despair, low self-esteem, and any thought forms of suicide that

may be your own or others, and the inability to experience joy. It also brings in what joy feels like.

Blood Pressure Regulation

This Alignment Regulates blood pressure which helps control sleep apnea as well Balance sodium, enzymes, electrolytes, salts and lipids. Clearing patterns and beliefs of: “No matter what I do it’s not enough”, “I must always do more”, “There is no time for rest”

Blood disorders, Anemia

This Alignment Balances blood components, minerals, iron, basophils, eosinophils, lymphocytes, monocytes, neutrophils. Balancing communication skills, bringing in the feeling of being nurtured, cared for, loved, accepted, able and worthy of receiving love

Release Radiation from the Body

This Alignment clears any and all radiation that is holding in cells, cellular memory, DNA, nervous system, or any organs, holding in the fat cells or any other part of the body, to easily, gently, and safely send all of this to God's light now.

Heavy Metal Detox

This Alignment clears any and all heavy metals that are holding in cells, cellular memory, DNA, nervous system, or any organs, holding in the fat cells or any other part of the body, to easily, gently, and safely send all of this to God's light now.

Clear Vision

The eyes are the window to the soul, and we actually carry the energy of our eyes throughout all of our lifetimes (although they may be a different color in different lifetimes)

We carry many belief systems in our eyes, so this alignment will be releasing a lot! Clears the trauma of seeing things we didn’t want to see (with physical and spiritual eyes) Resolving patterns of allowing others to treat you inadequately, feelings of inadequacy, and unable to accomplish goals and dreams. Bringing in the feeling and ability to look into the future unafraid, with hope

WEIGHT:

Weight as Shield

This alignment releases the experiences, trauma and beliefs that are causing us to hold weight as a shield, including anything we have taken on from others. It replaces this shield of weight with a shield of Divine Light.

Regulating metabolism

This alignment releases the beliefs, emotions and imbalances in our body that causes our metabolism to slow down

Love Your Body Now

This alignment clears out the judgement, resentment and even hatred and disgust we can be holding for our bodies, releasing it from our subconscious as well as our cells, cellular memory and DNA. It aligns our vibration to unconditional love and gratitude for our bodies, these amazing earthly vessels who are the containers for our souls

WEALTH/ABUNDANCE

Abundance of the Ocean

We can tap into abundance that is as vast as the ocean. This brings in that knowledge and energy, as well as tapping us into the unlimited abundance on the planet

Poverty, struggle and suffering disconnect

This alignment clears oaths ows contracts obligations and agreements of poverty, debt, suffering, struggle, sickness, etc. It brings in the knowledge and understanding of learning and growing, and being close to God without needing to have or recreate these experiences

Success without Sacrifice

This alignment eliminates the beliefs, oaths and vows that we need to sacrifice in order to succeed. It also gives us the true knowledge and understanding of success, what it feels like, and that we are worthy of it.

True Abundance

This alignment ALIGNS you with the energy of true abundance, brings in the awareness that there are many forms of abundance, and gives you the knowledge and understanding that abundance is truly your birthright, as it is everyone's.

Bending time

This alignment brings in true understanding of time and the knowledge and ability to Bend time in the highest and best way. It also clears fears about time, running out of time, not having enough time.

Getting off the Karmic Wheel

This Alignment allows you, thru pure intention to get off the karmic wheel of debt, suffering and struggle. We no longer need to carry the traumas, oaths, vows, agreements and contracts of the past. This alignment will release you from these karmic patterns.

Slavery Detachment

This Alignment clears the shock and trauma from lifetimes or timelines of slavery- slavery in any form, including experiences as a slave or as a "slave master" - clearing oaths, vows and contracts of any form of slavery, including slavery to money, to any group, organization, religion or individual. Clearing also any energy imprints or patterns of slavery taken on from the collective or in the DNA.

Unplug from Lack

This Alignment unhooks and unplugs you from the energies of lack, unworthiness, and struggle. It resolves hooks, cords, attachments, and curses you have to this energy. It resolves all oaths, vows, contracts, and agreements taken in any lifetime or timeline to experience lack, poverty, struggle, suffering, and curses to experience lack, poverty, struggle, suffering including genetic curses.

Never Enough

This Alignment clears the beliefs around being "not enough"...not smart enough, pretty enough, educated enough, wealthy enough, not lovable enough...fill in the blank for what not enough means for you. It also clears the shock and trauma from living this way, from all lifetimes, timelines and from the genetic and collective.

Not For Me

This Alignment clears the beliefs that good things are for everyone else, not for me. Love is not for me, money is not for me, health is not for me...that everyone else can be happy, but not you. Also clears beliefs around "this works for everyone but me" and all shock and trauma from the experiences and patterns that have proven these beliefs to you, across all time, in the DNA and collective.

Money

This Alignment brings you Creator's perspective on Money, and connects you to the purest energy of money. It also clears negative beliefs around money, the energy of money, old stories about money, genetic and collective views on money and all shock and trauma around the energy of money the misuse of money, trauma around not having enough money, money being used as a form of power, control or manipulation. When I was receiving this alignment I kept getting an image of Jesus overturning the moneychangers tables, so this is also clearing religious beliefs about money including the belief that money is the "source of all evil".

You Can Have It All

This Alignment brings in the knowledge, understanding and perspective that YOU CAN have it all!! Clearing any fears about having to choose, about losing one thing if you have another (losing love if you become wealthy, etc) Brings in what it feels like to have it all,

that you are worthy and safe to have it all! Clears the judgement, punishment, jealousy around having it all.

Manifesting Abundance

This alignment clears hundreds of beliefs that are blocking the full manifestation of abundance in all areas of life.

Raise Your Money Ceiling

This alignment will raise your money ceiling, your abundance meter. Each time you run this alignment it will raise your money ceiling incrementally. When receiving this alignment, it can be helpful to imagine a dial and turning this dial up, or a ceiling raising, or thermostat raising.

Highest Intentions

This Alignment is to be used to infuse an object, picture, etc with the energy of your intentions. Example: you can "charge" a crystal, candle, picture or any other object with this alignment to hold your intentions and send them out into the universe in the highest and best way, clearing all blocks and resistance to having/doing/being and stepping into this intention.

LOVE/RELATIONSHIPS

Divine Life Partner

This brings in the understanding of what a Divine Life Partners is, from Creator's perspective, and clears the beliefs, oaths, vows and contracts you have with or about your Divine Life Partner, that may be delaying them coming into your life, lining you up to be with your DLP if you have one in this lifetime. This will also resolve issues that may be making your relationship difficult (such as past life trauma, oaths vows and contracts, or beliefs) if you are already with or have already met your DLP.

Note: *A Divine Life Partner is different from a soulmate, they are a partner that you have agreed to come together with to accomplish something big together with in this lifetime, and are one of the few things that is actually destined (Like our Divine Purpose) This means, we are going to come together with them no matter what, but most of the time we have to work through issues before we can come together or stay together.. A soulmate will support you in your work, but a DLP will be actually doing your work together. Not everyone has a DLP but if you have a desire for this, it is likely you do. Many healers have DLPs*

Most compatible soulmate

This clears past life trauma with soulmates and beliefs that were taken on from that trauma. It resolves outdated oaths, vow and contracts with soulmates, marking lessons completed. Clears beliefs about soulmate love, including that it doesn't exist or you can't have it. This also sends out a beacon to your MOST compatible soulmate in this lifetime

Romantic oaths vows contracts agreements and obligations complete

We take on and hold SO many oaths vows contracts and obligations with our partners, and many times if we don't release them, we will still be holding to them even lifetimes later. This releases those oaths, vows, contracts and obligations that are outdated or no longer serving us and marks the lessons we needed downloaded and complete, freeing us from those once and for all! This includes vow of marriage from past marriages where were are still energetically married, from all lifetimes and timelines

Complete disconnect and untethering

This is to be used only for people, places and situations one wants to permanently disconnect from. A person you no longer want any contact from, a job you want to leave, a place you want to move away from, etc.

Sexual trauma and abuse release

This alignment clears the shock and trauma from all forms of sexual abuse, and the associated beliefs taken on. It also clears the trapped emotions taken on such as shame, worthlessness, guilt, hatred and anger, etc. This alignment really works deeply on the sacral chakra, so you may feel a lot of energy moving there. As with all alignments, this is working on all levels- current lifetime, past life, all timelines and dimensions, DNA and ancestry and collective.

Inner child merging

We all have an inner child that is looking for what we did not receive, whether that is nurturing, attention, love, encouragement, healthy boundaries...whatever that is for you, this alignment will go back to that time and give you what you needed, allowing this part of you to feel safe to come back into who you are now, allowing your inner child to merge with your adult self safely and easily, with joy.

Soul family connection

This alignment will connect you energetically to your soul family, those beings who you travel thru lifetime after lifetime with. After this alignment you may have people in your soul family show up, or realizations of those in your life who are your soul family.

Ties that bind

This alignment dissolves outdated, unnecessary and harmful ties to people, places, religions, governments, groups, beings, etc..

Forgiveness

This alignment clears the anger, resentment, regret, guilt and shame that may be blocking forgiveness for yourself or others. This will allow you to truly forgive and be forgiven.

Clearing ancestral karma, oaths vows contracts

This alignment resolves the oaths, vows, contracts and agreements we are holding for our ancestors that are no longer serving us, marking these lessons downloaded, finished and complete.

Releasing attachment to others emotions and expectations

This alignment will bring in the understanding of healing being between Creator and each individual, and the understanding that each person has their own path in which they have their own unique lessons. This will also disconnect and dissolve the hooks and cords you have to holding the responsibility for other's feelings, emotions and outcomes.

Divine feminine

This Alignment brings in all the energies of Divine Feminine- Universal Motherhood, Holy Mother, Mother Earth and the Divine Self within, The qualities of unconditional love, compassion, wisdom, beauty, gentleness, patience, accepting, forgiving, nurturing, welcoming, accessible, kind, intuitive, healing, tenderness, wisdom, flexibility and fertility.

Divine Masculine

This alignment brings in the energy of the Divine Masculine- His gentle strength brings harmony and peace to where there was conflict and separation. The Divine Masculine is not afraid of the unknown. He is adventurous and loves exploration, he brings strength, protection, confidence. He believes in himself and knows he will succeed if his intentions are clear and actions aligned.

Feminine and Masculine Balance

We all have masculine and feminine energies within us. This alignment balances your Divine masculine and feminine, merging these energies into the optimal combination for you individually- amplifying or decreasing each energy, emotion or quality as needed.

HEALING EMOTIONS

Anger and resentment release

This alignment releases the anger and resentment you are holding, much of which may not even be your own, freeing up an enormous amount of energetic space to call in what you desire

Guilt and Shame release

Guilt and shame are the lowest vibrating emotions. This alignment releases the guilt and shame you are holding, including that you inherited in your DNA and have taken on from the collective.

Grief and sorrow release

We carry so much grief and sorrow, not only from our own experiences in this lifetime, but from previous lifetimes, inherited in our DNA and taken on from the collective. During this alignment, allow the grief and sorrow to come up to be released. If you have breathing or lung issues, this alignment is very beneficial also.

Hopeless release

When we feel hopeless, or are carrying the energy of hopelessness, it can be really difficult to accomplish anything. The alignment releases that, and brings in the feeling of hope, renewal, and joy

Soul fragment retrieval

When we experience trauma, often we will leave a piece of ourselves behind in order to protect ourselves. This alignment will call back your soul fragments, washed clean in God's light, and also clearing the trauma that caused you to separate. It also gives you the knowledge that you are safe to be in your body and stay in your body.

Broken soul healing

This alignment literally heals your broken soul. During this alignment, you may see your soul as a sphere of light with shadows and cracks, you may see parts of your soul being healed.

Broken Release

This alignment releases the beliefs that we are broken that there is something wrong with us, that we need to be fixed, and it brings in the knowledge that we are whole, perfect, untarnished

Free at last

We can be held prisoner by many things- the past, our own beliefs and emotions, such as anger, guilt and shame, outdated oaths, vows and contracts and hooks and cords to people or places that are not serving us. This alignment frees you from what is holding you prisoner, and gives you Creator's understanding of true freedom.

Procrastination

Why do we procrastinate? Usually it is from fear or unworthiness. This alignment clears out the beliefs, emotions and oaths, vows and contracts that are at the root of procrastination and brings in motivation and inspiration.

Sabotage

This alignment clears the patterns of sabotage and the reasons behind why you are sabotaging your relationships, success, abundance, health. Activating your ability to receive and create

without sabotage

Truth and Trust

This brings the ability to discern truth, including our OWN truth, and to know who to trust, how to trust and most importantly how to trust ourselves. This alignment also clears out beliefs, emotions and experiences that caused us to turn away from hearing and understanding truth, and trusting our abilities.

Fear

This alignment releases fear being held in the body, from emotions, beliefs, traumas, including those from other lifetimes or timelines. This alignment also brings Creator's perspective on "fight or flight" response.

Freedom

What does freedom mean to you? What situation, person or circumstance do you feel is blocking your true freedom? This will clear and resolve beliefs and blocks around this, and bring in the energy of true freedom, that you are worthy, safe and allowed to experience true freedom in all areas of your life.

Pain Body

Eckhart Tolle says the pain-body is the accumulation of old emotional pain that almost all people carry in their energy field., a semi-autonomous psychic entity. It consists of negative emotions that were not faced, accepted, and then let go in the moment they arose. This alignment releases the pain body, sometimes in layers. The larger the pain body, the most this alignment should be run or listened to.

Trauma Disconnect

This alignment clears trauma being held in the cells, the cellular memory, chakras, DNA, nervous system, energy body, emotional body, physical body and on a soul level, replacing with Creator's unconditional love.

Awakening the Heart

This Alignment clears the places where we have locked and guarded your hearts, giving us the feelings and the beliefs that it is safe to awaken your heart, that we know who to waken and open your heart to.

Sacrifice

This Alignment clears the belief you may holding that I have to be a sacrifice for any reason. All oaths, vows, agreements, and contracts and curses to live this way, feel this way, or believe this way will be send to god's light.

Confusion and Overwhelm

Living in a world where we are bombarded with constant noise it can feel like all of our senses are being assaulted. This alignment lifts, clears, deletes that energetic noise that has attached to us, clearing the confusion and overwhelm we are feeling. It aligns us to the vibrations of stillness, quiet, peace, confidence and clarity.

Pain as Sacred Healing Attunement

This attunement brings in the energy of purifying our pain and integrating it into ourselves as healing, releasing the pain and negative emotions that do not belong to us, giving us discernment to be able to decipher the difference between pain as sacred healing, pain that does not belong to us, and pain as an echo of the past.

Chakra Alignments

Root Chakra Alignment

Clearing trauma held in the root chakra from womb to age 5, and ancestral trauma inherited into the root chakra. Clearing FEAR. Bringing in the knowledge and understanding of safety, Bringing in the energy of being grounded, nourished, health, home, prosperity, family and trust.

Sacral Chakra Alignment

Clearing out traumas of abuse held in the sacral chakra- emotional, physical, mental and sexual abuse and any emotions or trauma inherited in sacral chakra. Clearing GUILT. Bringing in the energy of being safe to experience change, energy of movement, flow, pleasure, safety to feel and experience emotions, desires and pleasure. Bringing in the energy of creation.

Solar Plexus Chakra Alignment

Clearing the traumas of being shamed, being given too much or age-inappropriate responsibilities, physical abuse, being dominated, and any emotions or trauma inherited in solar plexus chakra. Clearing SHAME. Bringing in the energies of standing in one's power, autonomy, being free and safe to be an individual, self- worth, self- love, self-esteem. Bringing in responsibility, balance, confidence, self-discipline.

Heart Chakra Alignment

Clearing the trauma held in the heart chakra of GRIEF (including parents grief) , rejection, abandonment, shaming, criticism, abuses to lower chakras, trauma from death, divorce, loss, cold environment, conditional love, sexual or physical abuse betrayal. Bringing in the energy of LOVE and balance, self-love, devotion, acceptance of self and others, what it feels like to be loved unconditionally and love others and self unconditionally.

Throat Chakra Alignment

Clearing the trauma held in the throat chakra of LIES, mixed messages, verbal abuse,

excessive criticism, secrets, having to hold secrets, messages to “not talk, not trust, not feel”, fear of speaking, fear of truth, difficulty or inability to express feelings, inability to listen. Bringing in ability to easily communicate, creativity, ability to listen, resonance, finding your voice, speaking your truth.

Third Eye Chakra Alignment

Clearing the trauma of ILLUSION, of when what you are told does not match what you see or experience, invalidation of intuition or spiritual gifts or being told they are wrong or evil, delusions, obsessions, poor memory.

Bringing in the energy of imagination, intuition, insight, personal identity, clarity, being open to wisdom, and manifesting your dreams.

Crown Chakra

Clearing the traumas of UNHEALTHY ATTACHMENT, withheld information, forced religious beliefs, misinformation, lies, spiritual abuse, spiritual addiction, bringing in the energy of transcendence, belief in something beyond you, union, vision, knowledge, awareness, meaning, intelligence, openness to new ideas, being guided by inner wisdom and a higher power.

Business Alignments

Visibility

This alignment brings in the truth of you from a soul level, so you can show up and be visible as your true authentic self, free from fear, guilt, shame, judgement, and unworthiness.

Launch Trio:

Launch Fear Alignment

This Alignment clears and resolves fear around launching a program or offer-fear of rejection, fear of being a “sell out”, fear of judgement, fear of failure, fear of success, fear of being visible, etc..

Launch Blocks Alignment

This Alignment clears the blocks and beliefs that launching is hard, painful, takes all your time and energy, the beliefs that have been taken on from watching other people launch and not succeed or from times this has been your experience, beliefs that success is impossible or unattainable, comparison to seeing others launch with what looks like (or is) enormous success, beliefs you aren't ready or that no one will sign up.

Launch Magic Alignment

This Alignment attunes your vibration to a magical launch, people signing up with ease, fun and joy, calling in your ideal soulmate clients. Giving you the knowledge that your launch is magical!

GODDESS ALIGNMENT SERIES

Goddess Sophia Alignment

Sophia is supreme Wisdom. She is the Mother of all Creation and she is the feminine aspect of the Divine. Your spiritual connection with the energy of Sophia will guide you to access your own deep truth, and ever-present inner wisdom. Sophia will also connect you to the unparalleled power, beauty and healing energies of Mother Earth or Gaia.

Goddess Isis Alignment

Isis is magic, and she is love. Your authentic spirit will be revitalized as you reconnect with your innate magical gifts. You will experience a bountiful harvest of all that you desire and the incredible strength that comes from having clarity, precise perspective and the capacity to design your destiny. Isis also carries the immensely powerful healing energy of mothering that will mend all emotional and spiritual wounds and dissolve the distresses and pain of your inner child.

Goddess Minerva Alignment

Minerva is the beautiful, pure, cleansing energy you need to release beliefs that do not support you and your dreams. You will be inspired to examine your deepest beliefs and gently release any that do not align with your true self. You will embrace your truth, and nurture your wholeness. As you move forward, you will naturally start to choose beliefs that serve your highest and best good.

Goddess Eostre Alignment

Eostre is rebirth, renewal, fertility and fruitfulness. The evolution of your soul will begin to accelerate as you experience this marvelous restorative energy that motivates personal growth, change and refreshing new beginnings. Eostre will help you “birth” your dreams and create an amazing, new reality.

Goddess Kali Alignment

Kali is the Hindu Triple Goddess of Creation. She will remind you that all that is good can come from that which is broken and seemingly hopeless. If your hopes and dreams have been crushed, the energy of Kali will breathe life back into them, revive them and call them back from nothingness. You will discover courage that you never knew you as you face your fears and tap into your limitless potential and power.

Goddess Durga Alignment

Durga is purity, knowledge, truth and self-realization and these high vibrational energies will become a part of you. In ancient Sanskrit, Durga means a fort, or a place that protects the precious life within and so her uplifting, protective, loving energy will help you create healthy boundaries as an act of deep, authentic self-love. You will be able to protect your precious spirit so you can go forth and live your purpose.

Goddess Tara Alignment

“Tara” means star and she is the energy of divine, everlasting wisdom and peace, inner stillness and strength You will center yourself and tune into that still, small voice of wisdom to find your way back to your truth no matter what else is going on in your life. There are 21 magnificent embodiments of Tara. Green Tara and White Tara are the most commonly known. White Tara energy connects you to peace and compassion and Green Tara energy helps you overcome obstacles.

Goddess Maya Alignment

Maya is brilliant and clear truth that lies beyond the veil of existence. She will illuminate illusions in your life so you can embrace that which is genuine and release that which is not. You will be guided to follow the path of your soul purpose with courage and certainty. Maya clears dark clouds of confusion, indecision and doubt so you will always know which way to turn even when you reach difficult crossroads or decisions.

Goddess Yemaya Alignment

Yemaya is the graceful, soothing energy of surrender and trust. She will help you realize that you don't have to do everything yourself. You will find the courage to let go and flow with trust and love. You will be guided to open up to something greater than yourself as you move toward a life that is far more beautiful than even your biggest, boldest dreams. Yemaya is often depicted as a mermaid and you will effortlessly move with ebb and flow of life — much like the ebb and flow of the ocean tides.

Goddess Morgan Le Faye Alignment

Le Fay means “the fairy” and Morgan Le Faye brings with her the effervescent enchantment of the fairy kingdom. This is the energy of magic and of transformation and you will have the power to alter your circumstances as you shape your life into anything you desire. Morgan Le Faye will guide you to remember that you are the creator of your reality.

Goddess Nut Alignment

Nut is the enigmatic Egyptian Goddess of the night sky. She helps you feel at peace as you navigate the great unknown of life itself. You will release the need to control everything, and to know and understand everything before you can feel safe. She will guide you to trust in the mysteries of the unknown and this will open you up to abundance and happiness beyond anything you can possibly imagine right now.

Goddess Ix Chel Alignment

Ix Chel is the energy of creativity. She is the Mayan Goddess of the Moon, Water, Weaving and Childbirth. She will help you discover the kind of deep, soul fulfillment that comes from channeling your unique individuality as she dissolves creative blocks and lets you fearlessly express your inborn creative nature.

Goddess Pele Alignment

Pele embodies the bright, beautiful energy of awakening. You'll experience deep inner awareness and be guided to awaken to your full potential and power. Pele is also a channel for unity, tradition, protection, creativity and change.

Goddess Lakshmi Activation

Lakshmi is the bringer of riches in every sense of the word. This is prosperity beyond your imaginings and Abundance of the Heavens. Nothing is out of reach. You'll experience a richness and expansion in your life that includes a wealth of time, health, love and money.

Goddess Uzume Alignment

Japanese Shaman-Goddess Uzume is the light, inspirational energy of joy and mirth. She will bring laughter and fun into your life while creating relaxed focus and perspective for calm confidence and peace. Uzume invites honor, wisdom, psychic powers, prosperity, protection and kinship.

Goddess Kuan Yin Alignment

Kuan Yin is pure compassion. This gentle, powerful Goddess energy eases suffering and hardship of all kinds and creates a sense of release that is deeply comforting. You'll also begin to let go of blame and anger as you start to achieve true understanding and feel the healing power of compassion for yourself and others.

Goddess Lilith Alignment

Lilith will guide you back to your sovereign power. She brings cleansing energy that dissolves beliefs, limiting oaths, vows and contracts across time, space and lifetimes that have caused you to deny your personal power, or resist your innate feminine power. You'll release the need to protect yourself by dominating, controlling or manipulating others, or allowing yourself to be dominated, manipulated or controlled. Lilith also invites and channels through freedom, courage, playfulness, passion, pleasure and sexuality.

Goddess Aphrodite Alignment

Aphrodite shows you how to be vulnerable yet strong as you open your heart to love by giving divine, unconditional love for yourself. She unites male and female energies to create a perfect balance of harmony and power. Aphrodite is also the embodiment of love, romance, passion, sexuality, fertility, luck, beauty and pleasure. You'll release negative beliefs and patterns that are preventing you from fully loving, honoring and embracing yourself.

Goddess Artemis Alignment

Artemis is a heavenly nurturer and protector. She will connect you to your true self as well as your authentic needs and desires. You'll clear beliefs and past traumas around not being allowed to be independent or feeling like you must depend on others for your success and happiness. You'll begin to nurture, honor and respect yourself without hesitation as you learn to stand in your power, step into full independence and unleash your unique, untamed spirit.

Goddess Eurynome Alignment

Eurymone is unrestrained ecstasy and exuberance and you'll heal the wounded parts of yourself and your spirit to make room for these beautiful, uplifting energies. Eurynome gives you the power to create order from chaos, and you'll be able to transform confusion, turmoil and disarray into structures and systems that create strength and stability.

