

ENERGY ALIGNMENT

— T E C H N I Q U E —



PART 2: EMOTIONAL



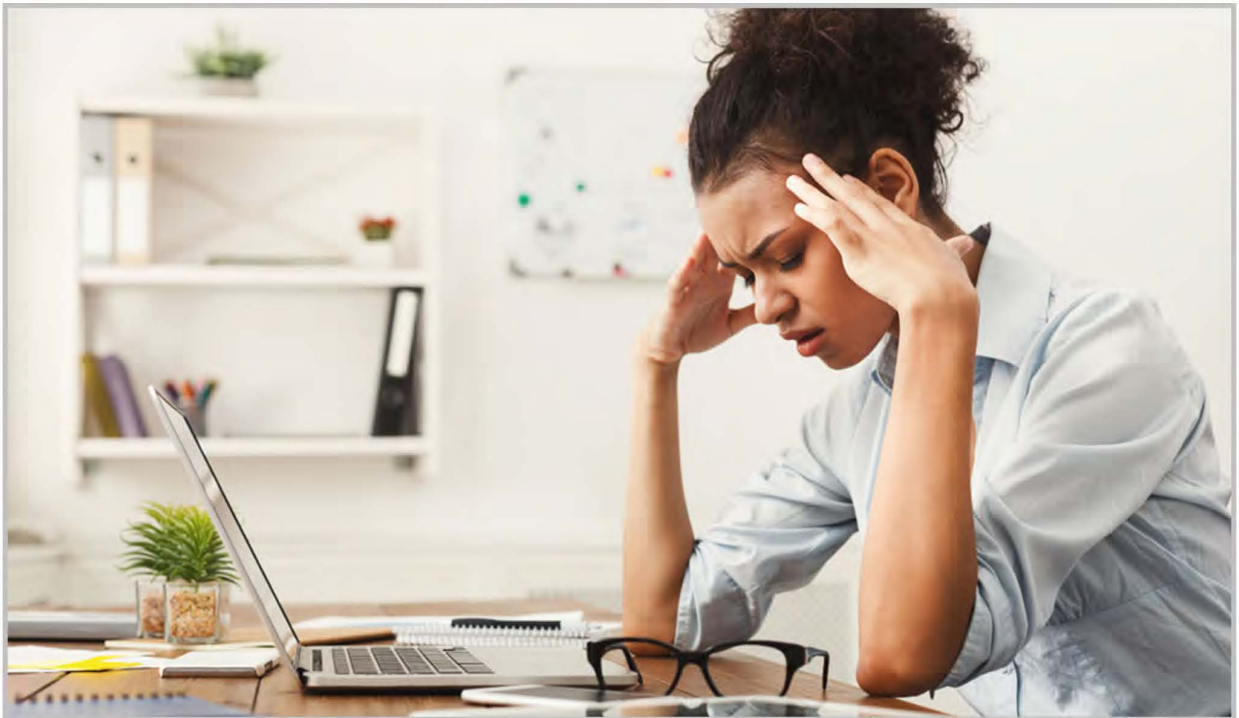
DISCLAIMER

The information provided in this program is not intended to be a substitute for professional medical advice, diagnosis, or treatment. We recommend consulting with your healthcare practitioner before beginning the protocol to ensure it is a good fit and safe for you.

Welcome to Pillar #2, and your EMOTIONAL Alignment PDF.

I cannot wait for you to start this one! Out of all of them, this is the one that's most overlooked. Once you grasp the concepts in this guide it will be a serious game-changer for your life.

Who knew that 8:20 am is the MOST stressful time of the day? It's a scientifically proven fact. It's because we've started down that road from the moment we opened our eyes. That stress highway paved with cortisol and adrenaline.



Here's a lineup of proven steps to set your day up for increased focus, clarity and energy to get you the life you deserve.

Don't stress. It's not important that you do ALL of these steps each day. I suggest trying them all out to figure out which ones resonate with you.

Often the actions that are the most difficult for us (the ones we resist) are the exact actions that are of greatest importance!

We're starting with our morning routine because it can be the most powerful thing we do for ourselves all day. Think of this morning routine like trying out new foods. You never know until you try and try again what you will acquire a taste for. It might take multiple times of each action for a week, or even up to 3 weeks...just 21 days... of repetition before you're grooved in and loving the new rhythm of your routine.

1. START WITH EVENING PREP

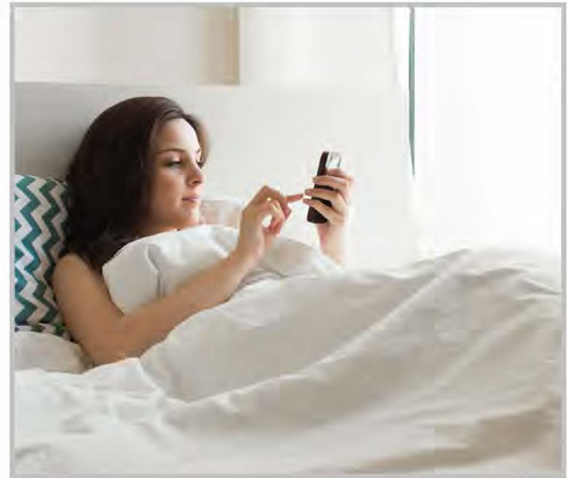
Prep yourself the evening before by setting your alarm 30 min earlier than you typically would for the next morning. If 30 min is out of reach, then set yourself up for what is accessible to you. Have your journal set out somewhere in easy reach, so no need to use precious early morning time looking for this.

It's super important to start our day with a positive intention instead of our mind heading straight to our to-do list.

My to-do list used to be longer than what I could conceivably accomplish in one day. However, that didn't stop me from reviewing it every morning before I got up from bed. **Don't do this!**



When we wake up in the mornings and check our devices or rehearse our to-do's, our bodies become controlled by the hormones of stress. Waking up and immediately picking up our phones to check our social media, text messages, or emails, puts our body into a reactionary state. Cortisol levels rise and the hormones of stress kick in.



Instead of our mind leading us to our vision of the day, our body takes over. Now our body, and its past habitual actions of dumping the stress hormones into our system, is controlling us instead of our mind controlling our destiny. The hormones of stress have crept in and they instead control the show. It's not pretty.

Have your mind be the boss over your body (and the nasty stress hormones).

Action item: Take a moment now to document what you do each morning that contributes to your STRESS not SUCCESS:

Example: Picking up my phone & checking my social as soon as I wake up

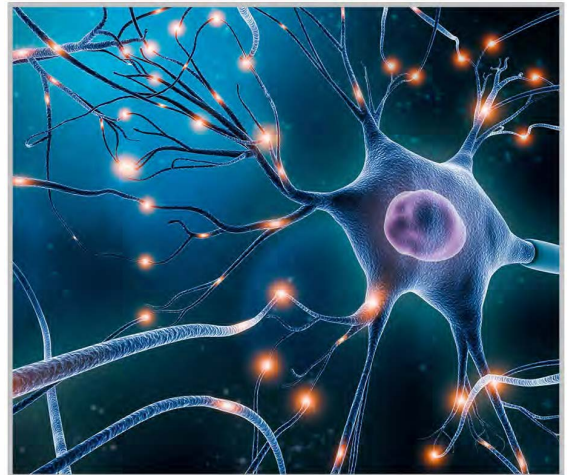
#1 _____

#2 _____

#3 _____

2. I CAN DO THIS! USE VERBAL AND WRITTEN POSITIVE AFFIRMATIONS

By reprogramming your neural network with the daily habit of saying to yourself "I can do this" it lets your body know that your brain is in charge. Neurons that fire together wire together. This is reprogramming and it works! It is your mind over matter, your mind controlling the show, not your body's reaction to a chemical cascade. This is how it needs to be for you to be at your best.



This is about **creating your future** and leaving the unwanted part of you behind.

If you're anything like me (and I bet you are or you wouldn't be reading this) self-improvement and growth, both personally and professionally, are important to you. Our thoughts, habits, and actions create our future so let's get these in alignment with our future selves. Becoming the person we want to be and living the life we want to have. Remember, we've already created the reality of exactly the condition we are in now. Good or bad.

The affirmation "**I CAN DO THIS!**" is to remind us to be defined by our future instead of our past. We can change our brain and body to be defined by our thoughts. So when getting up in the morning you are no longer who you were yesterday. You have the ability to be who you want to be today and in the future.

Be- Do- Have

Mantras are words or sounds that are repeated to help concentration in meditation. It's the vibration and alignment to get you into harmony with the universe. Affirmations are similar. They are positive statements to help reprogram your mind and can be used to set your intention for the day.

Take a moment to write out an intention in your own words for having the courage and the strength to develop a new routine:

Morning Routine Affirmation:

- I am loved.
- I am strong.
- I am courageous.
- I am worthy of abundant energy.

3. APPRECIATION & GRATITUDE FOR 17 SECONDS

When you wake up in the morning the momentum from the night before has subsided. You are new! Instead of waking up and mentally prepping your long list of things that you have to do and stressors that you are reminded of, you have a chance start again. Each morning is a gift and a FRESH START.



Start the 17 second practice by running through (either out loud or in your mind) what you are grateful for. It can be what you're grateful for at this exact present moment or even on a grander scope of the blessings you have in your life. After the first thought move on to the next and then the next until you have 90 seconds or 6 things you have appreciated.

This level of gratitude, even for a minimum of 17 seconds (an Abraham Hicks suggested time frame) changes your mind and your body chemistry to be in a higher vibration. Our bodies vibrate at certain frequencies. The higher the frequency of vibration, the higher our level of health, energy, and happiness.

Energy abundance increases because you'll be replacing and reprogramming any thoughts that aren't beneficial to you with new thoughts to raise your vibration. This practice also brings abundance in other areas too. The more we have the more we can give. It's about abundance of health, relationships, time, freedom, money and whatever else your heart desires.

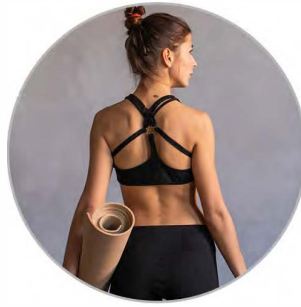


If you can't think of what you are grateful for, start with "I'm so happy and grateful to be alive". Heck you woke up this morning, right?

Other things I might be grateful for:



My down filled
perfect pillow



My back feeling
great



My soft
sheets



My dog snoring on
the bed beside me



The money that is
flowing into my
bank account



My 2 beautiful
children



My gorgeous
spouse that loves
and supports me



My view of
the lake



My parents and
their good health



The kids caring
teachers



My close friends
who lift me up



Yoga



The sunshine and
70-degree temp



The walk I'm
going to take today
in the rain

The longer you can hold that high vibration the more attracting power and energy you will create.

Now once your gratitude has raised your vibration and you're ready to start your day, it's time to meditate.

All that took less than 2 minutes IRL.

4. MEDITATION

By miles, marathons, and light years this is one of the most important activities. And sooooo much fun....seriously. That being said please, please, please, do not approach this as a chore. Approach it as a "get to" not a "have to".

The energy and vibration your body picks up with your thoughts of that "get to" attitude is such a higher vibe than the alternate choice. **Remember YOU are always listening to YOU.**

Meditation creates space for our brains and bodies to just be. It creates a container for us to rid our minds of our pesky laundry list of to-dos, negative thoughts, past regrets, future fears and anxiety. It's in this space that we can "be".



If you are new to this practice here are some easy tools. Find a comfortable chair, sit cross legged on the floor, or sit upright in your bed. Having a straight back and good posture puts your body into better alignment. Body alignment is important for spiritual and physical alignment. However, if all you can do right now is lay down because you are in pain, then do it! Just try not to fall asleep.

Use an eye mask to block out the light. It's not necessary but really helps with winding down sensory input. Find the space that works for you and use this place repeatedly. This will be your dedicated meditation space. Your body will become familiar with this area as your meditation space and gear up for it.

Just like putting your workout clothes on...you know what you're in for. Or when you pick up your pet's leash and she starts wagging her tail. The aesthetics of your space should help put your mind at peace.



Music or no music? Background music works if it doesn't engage you. Ambient music works well or binaural beats. Even focusing on sounds in your home that are always present can work too, like the sound of the air conditioner or the fridge humming. There are tons of apps available for all kinds of background noises like streams, ocean waves, rain, & other nature sounds.

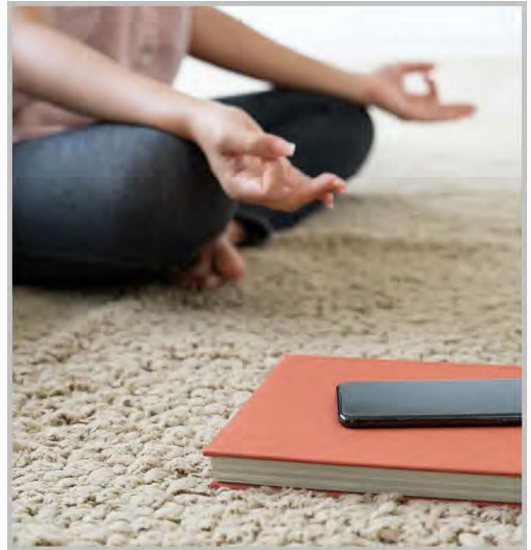
I suggest you set a timer on your phone, so you don't have to focus out of the meditation to check the time. Anywhere from 3-20 minutes is a good amount. However, it's entirely up to you. If you are new, start with the shorter duration and work your way up.

I've done multiple hours of meditation at a time but definitely not when I was first starting out. Three minutes daily can make a world of difference. It doesn't have to take hours to connect with God, the universe, or life force energy (whatever your connected to) to reset your nervous system for your energy upgrade!

Set your phone on airplane mode or do not disturb.

Guided meditations are amazing to use when you are first learning to meditate. It helps you focus on something and not focus on the monkey mind taking you back to your worries, stressors, and extraneous thoughts.

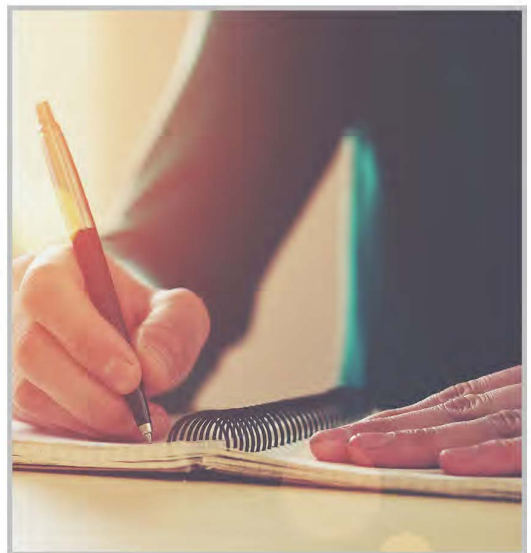
Meditation brings us back to the present so we can create space in the present & visualize our future.



5. JOURNAL

Journaling is simply free writing. You can write anything that comes to your mind. Or you can ask the universe for guidance on what you want to know.

If you want guidance it's best to write the question on the top of your page, do your meditation, then open your journal and free write until you feel you're done. Try 1-2 pages. Journaling is a way to let the creative juices flow, receive answers to your questions, and connect your inner thoughts to paper. It's also a terrific way of seeing what comes up for you when you are not actively focusing on direct communication or thought.



6. PRAY

Prayer isn't only for the evening, nor is it just for church. Prayer takes many forms. Prayers are spiritual ways for us to connect to the universe, God, angels, spirit guides or our own intuition. Whatever it is for you is perfect!

I like to start my day with the simple prayer of "Thank you god, spirit guides of the highest truth, love and compassion for showing me where to go, what to do, what to say and to whom".

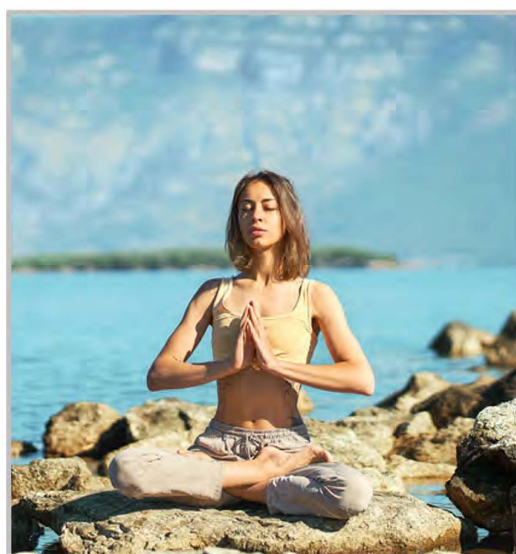
The key to having your desires or prayers answered is to let go of the outcome. This means surrendering & also giving up your timeline.



7. AFFIRMATIONS

Saying a morning affirmation is an extremely powerful way to set yourself up for the way you want your day to flow. You can repeat the same affirmation day after day, month after month or decide on a completely different affirmation each day.

An affirmation I have been saying all my life and didn't even realize it until I started learning and diving deeper into spiritual work, is one that I think almost everyone can benefit from.



“Everything is always working out for me”

Other affirmations I’ve found super helpful during times of **crisis or overwhelm** are:

“My time expands to fit all my activities and tasks easily into my day”

If it’s **money** you are worried about, instead of the fear associated with not having or making enough money, let’s change the fear into a positive affirmation:

“A stream of abundance flows to me”

“Ever increasing sums of money flow to me from multiple income streams on a continual basis”

If you are worried about your **health**:

“My body is strong, self-regulating, and self-healing. I am reverse aging and I’m healthier and more energized every day!”

Affirmations are your positive self-talk. Think of your affirmations as what you’d say to a child if they were nervous or worried about something in the future, whether it’s near or distant. What would you say as encouragement?

How much better do you feel when you encourage positivity rather than buy into negative chatter, gossip and sarcastic snarky comments? Those negative comments and colluding may give you a dopamine hit or a rush, but they’re not a habit that’s beneficial. Even when you look in the mirror in the morning and judge your wrinkles, curves, weight, sleep, production, self-worth...these thoughts are all affirmations.

Negative self-talk and focusing on the negative brings more of this into your life. It cements the non-verbal statement because of your heightened emotion.

What's the point?

The affirmation leads us into future thought and frames out what we want to **be-do-have**.

Remember the saying "Worry is like praying for the opposite of what you want!"

Worry creates dis-ease and therefore disease in our bodies. This dis-ease zaps our energy!

Saying positive affirmations not only in the morning, but throughout the day as any negative thoughts, worries or fears sneak up on you, is a way to slay the beast that creates the perpetual stressors. Recognize when you are self-sabotaging and slay that dragon.

After you say your morning affirmations, whether it's one or many, hold this present time consciousness for a few lingering silent moments. Set this intention until you feel the affirmation ground you.



Before bed pull out your journal and write 3 things you are grateful for or appreciate today. Write down your top highlight for the day as well.

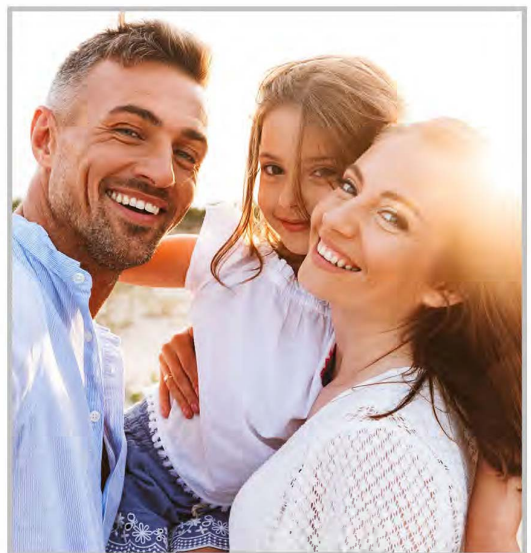
If you have a difficult time falling asleep because your mind won't stop reeling then you can also write down anything you need to let go of or wash away before sleeping. This is a great way to do a brain dump before bed to clear your mind.

LET'S SUM IT UP

Pick a couple of these practices and stick with them for 21 days. You will see results! Improved energy, stress reduction, ease in your life, creativity and busting through barriers that were holding you back.

As women, entrepreneurs, mothers, wives, significant others, and fur baby parents, our sole purpose can get buried under our desire to serve. We inherently want to help and serve others by the nature of being a woman.

Please don't think that putting yourself and your work first and foremost is not serving to those around you. It actually serves others the most when you look after yourself first. What good are you to people when your body is in breakdown mode, you're overwhelmed, sleep deprived, stressed, or even worse burned out?!





One thing about energy loss & chronic stress, it's a slippery slope to exhaustion and depression. Once it takes hold, it's not easy to return but it is possible! Make yourself your #1 priority. You deserve it!

Let's get into alignment so we are co-creating with the universe. Let's lock in so we can expand and go bigger.

Where our focus goes our energy flows. A stream of abundance flows to all areas that we are in alignment with...relationships, business, health, wealth, family, and increased ENERGY!

Use this Morning Manifestation Routine to design the life of your dreams by **slowing down** your morning rush, **to speed up your life's vision**. Let's get re-energized!

Hold on because tomorrow you will be receiving your 3rd and final video and PDF of the Energy Alignment Technique. It's the 3rd pillar and it's all about physical alignment. Remember to take today's first action step. That means tonight...set up tomorrow morning for ME TIME for the energy you need and the life you deserve.

Yours in health,
Dr. Leah Meadows

Additional Resources

I have lots of quick techniques and info to guide and help you through stressful times on my IG so remember to subscribe and check it out

<https://www.instagram.com/drleahmeadows/>

There are even more of my favorite finds...just like my FAVORITE journal...and other products to support your journey...all hand-picked here for you.

<https://www.amazon.com/shop/drleahmeadows>