

The Balanced Blonde, Jordan Younger

Waking Back Up To Your Soul

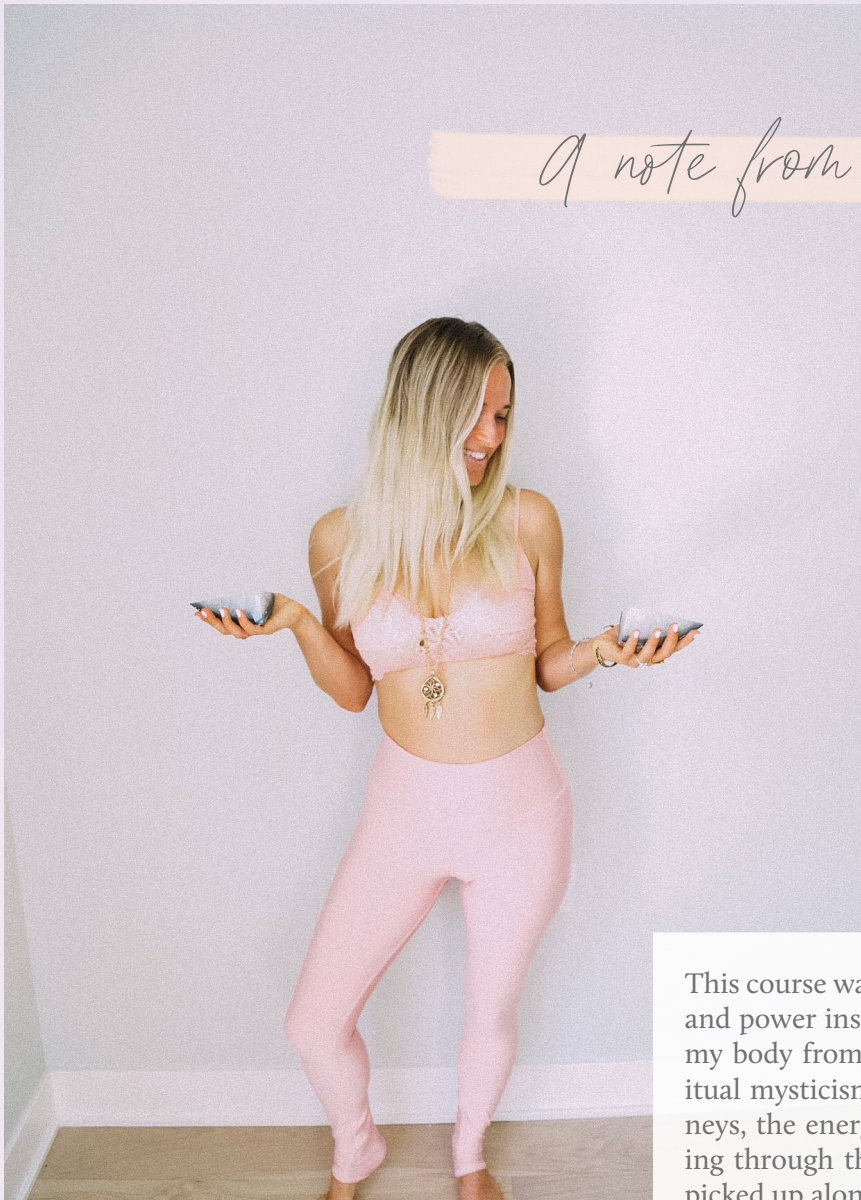
the course

9 Weeks
to Becoming
More YOU
Than You've
Ever Thought
Possible



Aligning with what lights us up,
relearning our inner cosmic power,
and reclaiming the true essence of who we are
with top-rated blogger, podcaster &
soul-igniter Jordan Younger.

A note from Jordan...



This course was born out of waking up to the infinite magic and power inside of my own body. It is inspired by healing my body from debilitating chronic Lyme disease, the spiritual mysticism of Kabbalah, my own plant medicine journeys, the energies of the Earth and the Cosmos, manifesting through the Law of Attraction, spiritual teachings I've picked up along the way, and many of my recurring podcast guests who have opened my mind on my own journey to waking up my soul.

I am so ready to help you wake up to the worlds of wisdom that live inside of you, to transform your life and become attuned to your soul's innate purpose, passions, and reasons for being here.

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*There is nothing more important
to true growth than realizing
that you are not the voice of the
mind - you are the one who hears it.*



MICHAEL A. SINGER, UNTETHERED SOUL

A Breakdown of The Course

Waking Back Up To Your Own Soul At A Glance...

Each module is an hour-long audio recording that you can listen to at your own leisure, like a podcast! Each meditation is around twenty minutes and is also an audio recording that you can do in the comfort of your own home.

Introduction // A fun deep dive with me into all that we will create & explore together on this journey...!

+ A meditation for intention setting, finding your happy place, & creating a mantra for this journey together.

Module 1 // Remembering that you are an eternal soul, and exploring what that means. We go into decluttering our mind, filling in the gaps, the Kabbalah creation story and how it pertains to waking up our souls, and returning to our soul's house.

+ A meditation for awakening the third eye, reconnecting to your soul before you came to this planet, choosing a color that will stay with us for the remainder of the course, picking out a designated crystal (if you desire) and more.

Module 2 // Surrendering to the Universe, a power beyond our wildest imagination. We go into what it means to surrender and why surrendering is so deeply important on the path to waking back up our eternal souls and returning to our truest nature.

+ A meditation for surrender and returning to our eternal souls.

Module 3 // Honoring Our Ancestors, our Lineage, & our Childhood Memories to see/learn the trapped emotions that are lodged inside of us. Most of us don't know what is in there until we commit to finding out!

+ A meditation to find those lodged ancestral emotions and traumas and releasing them into the Light.

Module 4 // Developing an Intimate Relationship with Our Body (our Vessel!), Finding out what it needs, and committing to giving it that. All of our manifestations will come from here, from being one & in LOVE with our vessel.

+ A meditation for finding and releasing trapped emotions in the body, and replacing the trapped emotion with light and love.

Module 5 // Play! Dance! Move! Find Your Bliss, do more of what you love, find your inner child, return to what our souls came here to do! Also, there are no rules. We go deep into dancing, releasing self-judgment, the power of Kundalini yoga + moving our bodies.

+ *A meditation for releasing all self-judgment & returning to our inner FREEDOM!*

Module 6 // Automatic writing, journaling, & channeling. Making channeling & opening up to your intuition and your guides a part of your daily life. This is all about learning to trust, and ask for SIGNS! They do appear. ;)

+ *A meditation for connecting to your guides, your intuition, your highest self, and asking for a sign.*

Module 7 // Law of Attraction, the Abraham-Hicks emotional scale, manifesting money, relationships, career, and more. Once you've done the work of the first 6 modules, this becomes more & more easily accessible.

+ *A meditation to attract, attract, attract, and turn our thoughts into reality. Manifesting is simply like attracting like & we are diving right in!*

Module 8 // Miracles, Miracles, Everywhere! Look, Ask, Receive. Simple as that.

+ *A meditation to look for, ask for, and receive miracles in our every day life.*

Module 9 // Recap, Integration, & Living Intentionally in the Ceremony of LIFE!

A Note About The Meditations

The musical accompaniment to the meditations has been altered to contain a mixture of binaural beats and specific frequencies to help access certain brainwave states and bring the associated benefits to you and your meditation.

BINAURAL BEATS

During the meditations, you may hear a pulsating sound. This is the audible aspect of the binaural beat, and is actually two separate frequencies (526 Hz & 530 Hz), isolated in each ear*.

The difference between these frequencies is 4 Hz, which is on the cusp between Delta brainwave state (0.1 - 4 Hz) and Theta brainwave state (4 - 8 Hz). While not audible to the human ear, this frequency has been shown to bring the following benefits and has been specifically chosen for these aspects:

Healing

Inner Peace

Meditative States

Access To Unconscious Mind

528 HZ

You may have noticed that the two frequencies used in the binaural beat culminate in a specific frequency: 528 Hz. This too has been chosen for a specific reason.

When we look at the very top of Abraham Hicks' emotional guidance scale, we see the following:

Joy
Appreciation
Empowerment
Freedom
Love

This is where our frequency comes in.

One of the nine Solfeggio frequencies and also known as the 'Miracle Tone' and associated with DNA repair, 528 Hz is known as the 'Love frequency', resonating at the heart of everything. It connects your heart, your spiritual essence, to the spiralling reality of heaven and earth.

**For this reason, headphones are recommended during the meditation portions of each module.*

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*I say “Out” to every negative thought
that comes to my mind. No person,
place, or thing has any power over me,
for I am the only thinker in my mind.
I create my own reality and
everyone in it.*



LOUISE HAY, YOU CAN HEAL YOUR LIFE

About Jordan

Hi. I'm Jordan. And I'm so happy you're here. You might be wondering right about now, "What does this girl know about waking up to her own soul? How did she get here?" Well, let me tell you. First of all... I am your peer! Your friend! We are in this together. I have learned a lot on my own journey to healing, and it is my greatest honor to share that with you and walk with you back home to your own soul.

I have been blogging & podcasting for six years, and wow have my topics radically shifted over the years! I was once a vegan food blogger and now, I no longer believe in labels. I am in the constant pursuit of expressing myself creatively. Blogging, podcasting, writing books, connecting with you guys, pouring my heart onto the page in the form of poetry, flowing through sweaty yoga classes, communing with nature, eating healthy foods from the earth, collecting crystals, turning my thoughts into my reality, snuggling with my cat — those are just some of the things that set my soul on fire. I happen to have created a life based off of what sets my soul on fire, and I am so ready to teach you to do the same.

Nothing breaks my heart more than a human who doesn't believe in their fullest potential. It doesn't matter your age, your gender, your race, your background, your health history, your circumstances. HAPPINESS IS FOR YOU. HEALING IS FOR YOU. If I can heal from chronic Lyme disease and put my life back together, and not only that, fall head over heels in love with my life from the inside out, so can you.

This course is the culmination of my healing journey. You know when the worst thing you could ever imagine happens to you and you're living in a rock bottom moment (or month or year or years) and you can't even fathom that this terrible horrible thing might actually be your greatest gift, the catalyst to your greatness? Yeah, me neither. But I have Lyme and being bed-ridden and too brain-foggy and in too much pain to function for 2 years to thank for... all of this. For waking back up to my own soul.

Getting sick took me on a journey, a journey to remembering WHO I AM. Wild that we forget, but that's what society conditions us to do. Through plant medicine, deep introspection, meditation, breath work, learning how to manifest, learning how to play, and opening up psychically — I have returned to my true nature. I have unlocked the key to who I am inside, and I'm never going back. And, I am taking you with me!

Life is magical and you are magical and I promise you, life is about to get a whole lot better and we are about to feel so much more aligned. Anything you can imagine, you can have. It's not easy but the work can be fun if you let it. Actually, everything can be fun.

WELCOME! I AM SO GLAD YOU'RE HERE.

We are about to wake our souls up, heal our bodies and minds on deep levels, align with our highest vibrational selves, start channeling our guides, and have a whole lot of fun. If you're here, I am willing to bet you experience at least one, or many or all, of these feelings & emotions...

- * Are ready for BIG CHANGES in your life!
- * Believe that you are capable of healing on deep levels, but are not sure where to start.
- * Feel like there is something bigger out there for you that you just haven't pinpointed yet.
- * Find yourself playing out the same frustrating patterns, living in a negative feedback loop justified by your past.
- * Feel so filled to the brim with inspiration and passion but are not sure how to turn it into something tangible.
- * Wonder about channeling, getting in touch with your intuitive gifts (we all have them!), and think about being more aligned and how GOOD that would feel.
- * Struggle with your relationship with your body and the emotions that live inside of you.
- * Wish you were more inspired by your work (& didn't feel trapped by the confines of money when it came to taking a leap in your career path)!
- * Want to feel more inspired, connected, and in the flow!

My Story in a Nutshell //

How do I know this? Because I have been there too. On each and every single one. I have struggled immensely to find peace in my mind, body and soul over the years. I have known for so long that I have deep intuitive gifts — that I am deeply psychic even — and have struggled with being able to trust myself and let my gifts shine. I allowed myself to play small in life for far too long — shrinking myself, my gifts, my power, to make others feel comfortable and because in all honesty the vastness of my own inner power terrified me. (And guess what? We all have it!)

For the last two years, my life was falling apart. I was so sick with chronic Lyme disease, mold poisoning, parasites, full body hives and chronic fatigue I was living life in my bed. I didn't have the energy to do the dishes, do a yoga stretch on my floor, or even be intimate with my own fiancé. It was rough. My skin was so itchy and inflamed it was all I could do to get a couple of hours of sleep per night before waking up and laying in bed all day all over again.

I haven't shared this anywhere else, but there were many days I woke up and thought life would be easier if I could just slip away into the ethers. If I got so sick my body just shut down and put me out of my misery, and put everyone around me out of the burden of taking care of me and worrying about me. I thought loosely about taking my own life, knowing in my heart I would never have the guts to do it and also knowing in my heart there was SO MUCH to live for. But I feared to my very core that I would never regain the energy or strength to live this life. My body was in so much severe pain, every joint and muscle in my body completely on fire, and I was riddled with anxiety about my illness being so invisible I felt people expected me to be and act just FINE.

Fast forward to the last few months of my life: April 2019 and onward. I woke up one day and decided I was so SICK of being SICK I just wasn't going to allow this to be my life anymore. I know I can't reverse chronic Lyme disease in my body overnight, but through the power of positive thought, mantras, intention setting, plant medicine, a deep belief in something greater, aligning with love, the Law of Attraction, rewiring my subconscious brain, healing childhood wounds and traumas, and going even deeper to begin to heal ancestral wounds and traumas... it became clear to me that I could reach a level of consciousness where sickness no longer exists.

So yes, even though a blood test would still pick up Lyme disease in my body and I still have days where I live out of my bed (I am writing this from bed!) I have chosen a different path. I have chosen a healing path — a HEALED path. I have aligned myself with love, with a power greater than this body, and with the subconscious belief of deep, utter, beautiful, radiant healing. I know and believe that everything happens for a reason, and that this illness is happening FOR me and not TO me.

A few ways it is happening FOR me...

- * It has woken me back up to my soul, and thus has allowed this course to be possible.
- * It has shown me very clearly what truly matters in this life, and the menial things I used to worry about that simply do not matter anymore.
- * I have fallen madly & deeply in love with my body and any and all body image issues I once had went through the window. All I care about is my body's ability to heal and the strength my body has shown in carrying me through this journey! I am a strong warrior!
- * It has introduced me to so many healing modalities, from plant medicine, to Ayurveda, to healing the subconscious brain through meditation & hypnosis, to healing ancestral wounds, aligning with the Law of Attraction to heal, Medical Medium protocols, the healing power of plant foods, and most of all SURRENDERING to the Universe & a power greater than me.
- * I have never been more inspired and grateful to be alive, because I know what it's like to feel more or less dead to the world due to living in bed and living... but not being able to truly live.
- * NATURE has been one of my greatest healers, and this journey has realigned me with my true cosmic path of being one with nature — which we all are, it's just so easy for us to forget.
- * My SOUL is AWAKE & my intuitive gifts are shining! I now trust myself, my psychic abilities, lifting the veil to an energy beyond this world, connections with light beings, and so much more.
- * I now know that we can manifest. ANYTHING. From love, to career, to healing our bodies. It's not easy, and it takes real inner work, but it is so freaking possible & I am here to share that deep power within ALL OF US with you.
- * I am here, as your friend, leading you through this journey... and this really never would have been able to happen without my life getting shaken to its very core.

I am still healing, but I treat myself like a healed, healthy human. I have slowed my life down, and in stillness is where all of my best ideas come. It's when I am able to align with my guides, my angels, my light beings, and my soul. It's when I am able to feel into my passions and manifest them into my reality. I tell myself every day I AM HEALED, I AM LIGHT, & I AM LOVE.

I share all of this with you because... step one of this course is to CREATE A MANTRA and create a list of intentions! You will phrase your mantra as an affirmation: I AM _____. It will align with what you most desire in your life, and aligning with the Law of Attraction means that we can have anything we desire, as long as we live in the same vibrational state as what we desire (happiness, joy, so on!). We will get into ALL OF THIS.

So now that you know a bit about me and how this course came to be, let's dive into it. I am so excited to share each module with you and connect along the way. Thank you again for being here and committing to your own personal evolvment. We are DOIN' THIS & we are never, ever looking back!

The Modules!

This course is broken into 9 modules and 9 accompanying meditations, encouraged be completed over a 9 week period. Of course, you are more than welcome to go at your own pace. If you binge-listen to them all, that's awesome! If you take your time, that's awesome too.

I encourage you to extend the intention setting, meditations, daily mantra practice, and journaling prompts into a longer period of time (around 9 weeks or more), because we are here to create new habits. New habits are created with time, consistency, and basically just falling in love with a new way of life. I promise you, this process is something enjoyable you will fall in love with — and you won't want to return to your old habits.

We also have playlists, reading suggestions, and a Facebook community for you to join! Allow yourself the time you need to incorporate the topic of each module into your life, and get ready for a full mind-body-spirit transformation to work its way into your life.

When you're ready to get started, head to the next page to get situated with the Introduction that goes along with the first audio recording of the course!

Jordan

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*It is not your job to make
something happen—
Universal Forces are in place
for all of that. Your work is to
simply determine what
you want.*



ESTHER & ABRAHAM HICKS, ASK AND IT IS GIVEN

Introduction

A fun deep dive with me into all that we will create & explore together on this journey...!

Module One

Remembering that you are an eternal soul, and exploring what that means. We go into decluttering our mind, filling in the gaps, the Kabbalah creation story and how it pertains to waking up our souls, and returning to our soul's house.

+ A meditation for awakening the third eye, reconnecting to your soul before you came to this planet, choosing a color that will stay with us for the remainder of the course, picking out a designated crystal (if you desire) and more.

Key Topics //

* YOU ARE AN ETERNAL SOUL LIVING IN A HUMAN BODY.

When we know this, we know that we are capable of anything, and that we came here to this lifetime to have FUN, to heal karmic wounds, and to remember who we are on a soul level.

* DECLUTTERING YOUR MIND.

We fill our minds with so much clutter. Technology, fears, anxieties, worries, comparing our lives on social media, food, alcohol, so many things. When we commit to decluttering our minds, by creating new habits and routines and sticking to them, the real magic can happen.

* FILLING IN THE GAPS.

When we declutter our minds, we've gotta fill in the gaps so new positive habits can take the place of the habits we are letting go of. Meditation, journaling, gentle exercise, breath work, Kundalini yoga, going for a walk in nature, or taking a warm bath with candles and crystals are just a few easy ways to fill in the gaps and re-commit to your intentions.

* KABBALAH CREATION STORY.

This episode goes into depth about the Kabbalah creation story. The Light & the Vessel. This is a concept we will go back to a lot throughout the course, and a concept that has personally brought me so much healing.

* PICKING A CRYSTAL.

This is optional, but choosing a crystal to join you on this journey to represent your intentions or your mantra or any symbol you desire is a great addition to everything we are working on

in the course. Crystals symbolize earth energy. They are a piece of nature, and they hold a vibration of their own. The crystal I chose to be a part of all of my meditations leading up to & during the creation of this course is a beautiful rounded rainbow moonstone. Call me crazy but she even has a name! Learning that everything has a vibration is part of this course, and if this concept is new to you perhaps you will surprise yourself over the next 9 weeks and experience the magic of crystal energy for the first time!

Recommended Reading //

God Wears Lipstick by *Karen Berg*

Untethered Soul by *Michael A. Singer*

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*The most creative act you
will ever undertake is the
act of creating yourself.*



DEEPAK CHOPRA



module week one

Journaling Prompts

1. What does your soul's home look like? Describe it in great detail. We will go here in our meditation, so get very specific. What do you smell, hear, taste, feel, see? What makes it feel so good to you? How does your body feel when you are there?
2. Write your list of intentions for this course. As many as you want, and get specific! The more specific you are, the more the universe will be able to align with you.
3. Create an affirmative MANTRA for this course, and keep it close. "I am _____."
4. How can you wake back up to your soul's eternal nature? What are you most resistant to experiencing, feeling, letting go of? How can you add support into your life in various ways that may help with that resistance?
5. In what ways are you ready to get out of your own way to let the universe do the work? In other words, what do you feel are the biggest roadblocks between you and the radical abundance you're ready to feel in every area of your life?
6. What brought you to this course? What are you most looking to manifest or call into your life? This course will support you in calling your highest dreams and desires into your daily life. Get very clear on these manifestations, as we will revisit them throughout the course!

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*Nothing real can be threatened.
Nothing unreal exists.
Herein lies the peace of God.*



HELEN SCHUCMAN, A COURSE IN MIRACLES

Module Two

Surrendering to the Universe, a power beyond our wildest imagination. We go into what it means to surrender and why surrendering is so deeply important on the path to waking back up our eternal souls and returning to our truest nature.

+ *A meditation for surrender and returning to our eternal souls.*

Key Topics //

* SURRENDERING TO THE UNIVERSE.

When we learn that we do not have to control our lives, that there is a power working on our behalf at all times that is in the pursuit of us living our absolute best life possible, it is the most healing feeling in the world. The art of surrender is not easy and takes quite a bit of reframing in the mind, but we go deep into it in this episode & different tips for getting into & experiencing true surrender.

* RELEASING THE TEACHINGS THAT NO LONGER SERVE US INTO THE LIGHT.

Part of healing and waking back up to our souls is “unlearning” much of what we have been taught by teachers, parents, media, society, friends, etc. It doesn’t mean that these teachings were not shared with us with the best intentions, but many of these teachings hold us back from our true soul potential. Humans are a species with amnesia (crazy to think about, but true) and returning to our true, eternal nature where we know nothing but Light exists is our birthright.

* WHEREVER YOU GO, THERE YOU ARE.

This is an important concept. We can take ourselves through this course, learn all that there is to learn, fly all over the world and back in pursuit of healing and happiness, but the truth is — wherever we go, there we are. Learning to get comfortable in the here & now will ensure that wherever we go, we feel good. Feeling good is the key to aligning with what we desire, and thus the key to manifesting.

Recommended Reading //

Soul of Money by *Lynne Twist*



module week two

Journaling Prompts

1. Who are your vision holders? (Vision holders are explained in the audio for this module, and are people who are living a life very similar to what you want to be living. Let them inspire you and open your mind. This is similar to the term “Expander” from one of my dear friends Lacy Phillip’s work. You can have as many or as few vision holders as you would like.)
2. Now, differentiate your future self from your vision holder’s life. Use them as inspiration and write down what you see yourself doing, where you are living, what you’ve created, who you spend your time with, what a day in the life looks like. Align with the feeling of all your future self’s emotions & feelings of gratitude. Write until you’ve created a very clear picture of that life. YOUR life!
3. Check in with your intentions. Are you noticing them as a part of your daily life? How can you incorporate them more, and let go of resistance in a deeper way?
4. What have you been taught that no longer serves you? Write a list of each thing you can think of, and visualize yourself releasing that teaching into the Light. “Thank you. I no longer need you in my life. I know you were doing your best to protect me and you had nothing but the best of intentions, but it’s time to go now. I no longer have space for you in my life.” Repeat.
5. Write a letter to yourself that you will re-read at the end of Module 9. (Spoiler alert — you will write a letter back to yourself, as well!). In that letter share your intentions, your mantra, your reason for being here, what you feel your soul’s purpose is in this lifetime and the ways in which you want to move closer to that purpose throughout the duration of this course. Check in with how it will feel to live in the vibration of alignment with your soul’s true purpose. Also check in with how it will feel to let go of all that you’ve been resistant to that is holding you back. What do you feel are your biggest road blocks right now, and the key places in your life where you want to change? Check in about all of it, and also tell yourself how much you LOVE YOURSELF (even if it doesn’t feel true right off the bat... I promise you are here doing something so incredible for yourself, and healing is FOR YOU) and how grateful you are to be here doing this. At the end, chose a COLOR & A WORD that will be your guiding forces throughout this process. At the end, you can see if that color and that word end up shifting or remaining the same.

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*Eventually you will see
that the real cause of problem
is not life itself.*

*It's the commotion the mind
makes about life that
really causes the problems.*



MICHAEL A. SINGER, UNTETHERED SOUL

Module Three

Honoring our Ancestors, our Lineage, & our Childhood Memories to see/learn the trapped emotions that are lodged inside of us. Most of us don't know what is in there until we commit to finding out!

+ *A meditation to locate those lodged ancestral emotions and traumas in our body & memory and release them into the Light.*

Key Topics //

* HONORING THE WISDOM THAT CAME BEFORE US.

We are the culmination of everything and everyone who came before us. Taking the time to honor and respect the ancestors in our lineage, especially those closest to us (grandparents, great-grandparents, and even our parents) works wonders for our healing and the karmic path of our eternal souls. So much wisdom lives inside of us from our lineage, and it is always at our fingertips to tap into it.

* RELEASING THEIR TRAUMAS INTO THE LIGHT.

Anything our ancestors went through, both good and bad, lives inside of us vibrationally. It is woven and embedded into our DNA. Releasing our ancestors' traumas into the Light (whether we consciously know what those traumas were or whether we simply align with the vibration of them as we release them) heals not only our insides, but their insides! As humans in physical bodies we have power to correct karma beyond our wildest belief systems.

* ALIGNING WITH THE POWER, PASSIONS & LOVE OF OUR ANCESTORS.

The talents and passions of our ancestors live on inside of us! If your grandmother was wildly creative or musically gifted — that passion and talent lives on inside of you even if it expresses itself in vastly different ways. Tapping into the resources and gifts of our lineage is one of our greatest superpowers. Once we learn how to do this, our entire world can shift.

Recommended Reading //

Anatomy of the Spirit by Carolyn Myss



module week three

Journaling Prompts

1. Focus on automatic writing to your ancestors and lineage. You can write to a specific person, or to your lineage as a whole. If you're writing to them as a whole, try breaking up your maternal side and your paternal side. They are vastly different and they came together for cosmic and karmic reasons to create YOU (and your siblings if you have any) so that the families are now intertwined forever. You can ask them specific questions, ask who is most present with you in your daily life, and ask if they have anything they would like you to release into the Light. One of my favorite ways to do this is by addressing each journal entry to one person in my ancestry. For example, "Dear Papa..." when I speak to my father's father, or sometimes I even write out his full name!

2. Begin to notice how it feels to align with your ancestors. Are you trusting yourself and your connection? Don't forget how powerful and aligned you are! Journal out any resistance you may have, and then return to the practice. Write to your ancestors every day this week and at the end of the week, ask yourself what you have learned from them? How do you feel more connected or tapped in, more passionate and alive? What have you released?

3. Write a letter to someone in your family who you consider an elder. If you don't have any older people in your family, you can write to someone your own age or younger. Tell them how much they mean to you and let them know how they have enhanced your life. If you are comfortable, give it to them! Strengthening bonds with the people in our families is one of the best ways to honor our lineage and our ancestors and let them know we are carrying on the torch. If it feels good to you, write a handful of letters to people in your family and give them to them! If it feels uncomfortable at first, lean into the discomfort. Are you willing to push yourself out of your comfort zone to make someone's day? BECOME that person you've always envisioned — living out of the box and letting your light SHINE to everyone around you. It's never easy at first to put yourself out there in this way, but can make lasting, massive impacts on your life and your soul's eternal path!

4. Check in with your intentions and your mantra. Are you noticing them as a part of your daily life? How can you incorporate them more, and let go of resistance in a deeper way?

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As energy from the lower three centers is activated during the breath and moves up the spine to the brain, a torus field of electromagnetic energy is created around the body. When the pineal gland becomes activated, a reverse torus field of electromagnetic energy moving in the opposite direction draws energy through the top of the head into the body from the unified field. Since energy is frequency and frequency carries information, the pineal gland transduces that information into vivid imagery.



JOE DISPENZA, BECOMING SUPERNATURAL

Module Four

Developing an Intimate Relationship with Our Body (our Vessel!), Finding out what it needs, and committing to giving it that. All of our manifestations will come from here, from being one & in LOVE with our vessel.

+ A meditation for finding and releasing trapped emotions in the body, and replacing the trapped emotion with love and light.

Key Topics:

* HONORING OUR MEMORIES, AND UNDERSTANDING HOW TO RELEASE THEM INTO THE LIGHT.

Just like we are the culmination of everything and everyone who came before us, we are also a culmination of our memories, our childhood, everything anyone has ever said to us, and all of our experiences. As out there as that may sound, every single thing we have experienced in this life lives inside of us — the good and the bad. Understanding how to locate and release memories and past wounds will clear up so much SPACE to heal and experience freedom.

* FALLING DEEPLY IN LOVE WITH OUR BODIES AS OUR SOUL'S VESSELS TO EXPERIENCE LOVE, PLEASURE, AND LIGHT IN THIS LIFETIME!

When we reconnect to what our bodies represent and how lucky we are to even be on this planet during this time in space, it is truly so difficult (impossible!) to have any disdain or dislike for our physical vessel. Falling back in love with our bodies is our birthright — imagine how comfortable you were in your own skin as a child, or a baby. Returning to that natural way is what our soul wants for us, and where our soul lives — that is the only thing that is true!

* FIGURING OUT WHAT OUR BODY'S NEEDS ARE, AND COMMITTING TO GIVING OUR BODY WHAT IT NEEDS ON A DAILY BASIS.

The easy part is figuring out what we need, the bigger challenge is carving out space in our daily routine to give ourselves what we need. On my last plant medicine journey, I became keenly aware that massaging my temples and my stomach every day with peppermint oil would be incredibly healing for my frequent headaches and stomach issues. I stayed on top of doing that for about 4 days before I fell off the wagon — and a month later, when the symptoms cropped up again with wild abandon, I went inward & realized I had not committed to this healing practice! Its not about having RULES, but rather about committing to a life of feeling as good as humanly possible! And being kind to ourselves when we fall off track is all part of the process!

* **VISUALIZING RELEASING YOUR TRAPPED EMOTIONS.**

The trapped emotions in our body can plague us in ways we cannot possibly fathom. In many ways, these trapped emotions make us sick, and then keep us sick. Because our society does not teach us that physical illnesses very often have emotional root causes, it seems wild to us that giving loving attention to an emotion and releasing it into the Light can heal us and carve space into our lives for freedom. Visualization helps a lot with bringing those trapped emotions to the forefront, learning what they have to teach us, and releasing them into the Light.

Essential Oil Recommendations //

Pro Tip #1: Rub your favorite oil on the bottoms of your feet before you go to bed at night to soak in the benefits right away — on that part of our body the oils soak in the most rapidly & effectively! Plus, our feet connect us to the earth in a literal sense, so the earth energy of the oil helps us to feel grounded and rooted.

Pro Tip #2: Invest in a diffuser if you love the smell of essential oils to spread the scent around your room while you sleep, or around your home to keep you feeling calm & inspired. It is such a natural way to bring earth energy into our home and return to the Oneness between your body & nature at all times.

Peppermint oil: Alleviates stomach pain, relieves digestive issues, refreshed breath, relieves headaches, natural anti-bacterial, brings clarity & mental focus, soothes respiratory issues.

Lavender oil: Aside from being an anti-septic and an anti-inflammatory, research shows that lavender can be helpful for anxiety, depression, insomnia, and restlessness. Personally, it always makes me feel so much calmer in an entire nervous system healing kind of way.

Frankincense oil: Also great for alleviating pain and relieving stress, and is also great to use on our skin to treat dryness, anti-aging, etc. This is my personal favorite oil in terms of smell & how much it calms me. I love shopping essential oils on ThriveMarket.com (you can go to ThriveMarket.com/BLONDE for a big discount there, and I also love Saje Natural Wellness, Young Living, & more. Do your research before purchasing to make sure the oils are 100% organic, pure and from the earth. No fillers!)

Recommended Reading //

The Meaning of Truth: embrace your truth. create your life by *Nicole Sachs* (all about journal speak, an incredibly healing practice of writing to our emotions in order to release them)

Becoming Supernatural by *Dr. Joe Dispenza*

”

*A memory without the
emotional charge is called wisdom.*



JOE DISPENZA, BREAKING THE HABIT OF BEING YOURSELF



module week four

Journaling Prompts

1. Go inside of our body and notice where you feel pain, tightness, or dis-ease. Allow that part of your body to speak to you. It could be an organ, a muscle, an area, or an energy / feeling in a certain part of your body. Ask that part of you what it wants to share with you. Really, truly listen. Write what that part of you says, and listen until it has fully expressed itself. Once you've finished, write back to that part of you and send it so much love and gratitude. Cover it in more love than this part of you has ever thought possible. Release the pain from that part of you into the Light, and place your hand over that part of your body once you've finished the journaling exercise. Repeat this exercise throughout the week with different parts of your body, and notice if the pain in any one of those areas starts to dissipate.

2. Close your eyes and recall a memory from childhood that affected you in a deep way. It could be a supremely positive memory, or a more negative and difficult one. Go back to that place in time and speak to yourself at that age, telling yourself what you needed to hear. Be the example of a person you needed in your life at that time. If the memory was positive, rejoice with that young you! If it was a traumatic or difficult event, show yourself at that age so much love and kindness. Carry the feeling of a positive memory with you into your life now, and release the negative feelings into the light. Repeat this exercise with a few different positive and a few different negative memories throughout the week. Connecting to your young soul is very healing, and will make it all the more possible to connect to your future-self soul as well!

3. Write a letter to your body. Pour your heart out in this letter — don't hold anything back. Apologize for instances in your life where you fell out of love with your body, or deviated from the love and confidence that is your soul's birthright. Ask your body as a whole what it needs from you in order to continue to heal and to feel in alignment with your soul. If this exercise feels good to you, do it every day this week and witness the miracles that start to occur.

4. Check in with your intentions. Are you noticing them as a part of your daily life? How can you incorporate them more, and let go of resistance in a deeper way?

5. Check in with the word and the color you chose at the end of Module 1. How is this word guiding you? Are you noticing this color more often in your daily life, or in your mind's eye during your meditations? There are no right or wrong answers here, only ways to get deeper connected with your heart, soul, mind, body, and spirit.

6. Look in the mirror and SOUL GLAZE with yourself. For a total of 5 MINUTES. Yes, I mean this. Turn on some music if that makes it feel more comfortable to you. Look into your eyes, the windows to your soul. It is not uncommon or unnatural to cry — you are looking into your soul, into your HEART, for potentially the first time ever (or the first time in a long time). If it feels comfortable, pick up your journal afterward and write down what came up, how it made you feel, and what you learned from your soul. Repeat this exercise daily this week if you feel it serves you. If it's uncomfortable, all the more reason to do it daily and continue to write about it. :)

7. Revisit your manifestations and desires from Module 1. Now that you are moving through stagnant energy in your body and releasing space in your physical vessel, there is more room for these manifestations and desires to flow in! Notice how that feels, and write about it. Align with that vibration, as that is how you will call your manifestations into your life!

Module Five

Play! Dance! Move! Find Your Bliss, do more of what you love, find your inner child, return to what our souls came here to do! Also, there are no rules. We go deep into dancing, releasing self-judgment, the power of Kundalini yoga + moving our bodies.

+ A meditation for releasing all self-judgment & returning to our inner FREEDOM!

Key Topics //

* **THE IMPORTANCE OF PLAY!** Playing, dancing, moving, and allowing our bodies to move in natural, animalistic ways releases more stagnant energy than we could ever imagine. We hold so much judgment of ourselves we normally maintain a quite rigid physical life — we sit at a desk, we lay in a bed, we walk in a way that looks the most natural to others, we present ourselves in the ways we've always been told we should. Unwinding from those habitual physical patterns and beliefs is where the magic lies.

* **RETURNING TO OUR INNER CHILD, AND MAKING THAT PART OF OURSELVES PART OF OUR LIFE AGAIN!**

When we were children, we didn't care what people thought! We danced, we moved, we sang, we played, we did what made us happy every single day (to the best of our ability depending on our circumstances) and we knew no other day. That is just like our SOULS! Our souls know how to have fun. Our souls are very similar to our childlike selves — uninhibited, unafraid of what others may think, and not conditioned to be or move or act in a certain way. Finding our inner child and making that younger you a part of your life again is more healing than words can say.

* **RELEASING JUDGMENT OF OURSELVES AND OTHERS — ESSENTIALLY, AGAIN, RETURNING TO THAT CHILDLIKE NATURE.**

When we judge someone else, we are in essence judging ourselves. Everyone outside of us is simply holding up a mirror to who we are inside. In fact, I would go as far to say that everything (not just people) outside of us exists in order to hold up a mirror to who we are. We are, in these human bodies, the universe reflecting itself back to itself. When we judge someone else, that is because what we don't like about them is truthfully something we don't like about ourselves. Pay attention to your reactions of the people around you, and notice where you can be a little kinder. It will cause a ripple effect outward for sure, but it will also cause a ripple effect inward — and that is what we are here to do!



module week five

Journaling Prompts

1. Speak to your inner child! Last week we worked on re-living childhood memories and releasing those memories into the Light. This week is more broad — when you connect with the little version of you, what do they have to say?! They are so much wiser than we give them credit for. When you do this, you are speaking to your soul. Your inner child is so intertwined with your soul, and is the YOU before you got inundated with other people’s beliefs, teachings, pressures, wants, expectations. If it is hard to connect with the younger you, you can connect with your soul before you came into this body. What do they have to share with you? Write it all out, and once you’ve fully finished, write a letter back to your inner child and/or soul.

2. What makes you feel REALLY good? Make a list of everything that you absolutely love the most, the things that make you feel the most blissful and in your power. This could be as specific as “hot yoga in the evenings” or “an iced cold brew in the mornings” OR as broad as “family.” Write out as many things as you possibly can, as many that come to mind. Then, circle your top five. Are those top five things a part of your week every week? How about each day? The more of these things you can sneak into your day to day, the better. We are returning to our bliss, and being happy is our soul’s calling.

3. Take a look at the things that make you happy on your list that are not part of your daily, weekly, or even monthly routine. What is blocking you from those things? If, for example, the answer is “money” or “time” or something tangible like that, explore how you might be able to creatively call those things into your life. Perhaps you can visualize getting a free trip (or an airline ticket paid for by credit card points... anything! Get creative!) or receiving free child care for a night to go out with your significant other. Whatever your blocks are, get very clear on them. Come up with a creative solution for each one, no matter how wild or out of the box it seems. Visualizing these options and opening your mind to each and every one will expand your mind so that you can call these manifestations into your reality!

4. Put on your favorite music & DANCE!!!! Shake it like nobody’s watching, because they aren’t! There is a playlist at the end of this guide with a bunch of my favorite songs if you want some inspiration. Shake out all the stagnant energy that has been trapped inside. Dance for as long or as short as feels good, but at the very least for one full song. Preferably at least two. ;) BREATHE

the whole time, and let it feel so good! When you're finished, sit in meditation and place your hands on your heart. Feel the buzzing sensation of moving that blocked energy through you and out of you. Then, pick up your pen and write about how it feels. If you have any resistance, write that too. At the end of writing it all out, pick a word to remind yourself what this feels like. (For inspo, my word after this part of the exercise was SURRENDER.)

5. Check in with your intentions. Are you noticing them as a part of your daily life? How can you incorporate them more, and let go of resistance in a deeper way? Also, let this be FUN & not a chore. You came here to have fun, to live, and to just BE YOU! Are your intentions reflecting that? If not, feel free to make some additions or swap some out at this point in your journey!

Recommended Reading //

The Universe Has Your Back by *Gabby Bernstein* (a great reminder about how accessible it is to surrender and return to our truest nature)

Breaking the Habit of Being Yourself by *Joe Dispenza*

Music //

Head to this album on Spotify to BREATHE IT OUT to some of my favorite heartopening, energy-flowing kundalini music. You can also do some yoga and breath work to these songs. Sing along to move even more stagnant energy through your bod! [Here is the album](#).

[This is one of my favorite dance playlists](#). Vinyasa pop vibes all the way.

Also, I encourage you to find your own! Our music tastes are all different, but music is one of the key ways our souls speak to us and feel the most ALIVE.

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The only way we can change our lives is to change our energy — to change the electromagnetic field we are constantly broadcasting. In other words, to change our state of being, we have to change how we think and how we feel.



JOE DISPENZA, BECOMING SUPERNATURAL

Module Six

Automatic writing, journaling, & channeling. Making channeling & opening up to your intuition and your guides a part of your daily life. This is all about learning to trust, and ask for SIGNS! They do appear. ;)

+ A meditation for connecting to your guides, your intuition, your highest self, and asking for a sign.

Key Topics //

* DIVING DEEP INTO AUTOMATIC WRITING, THE ACT OF WRITING TO YOUR GUIDES, ANGELS, ANCESTORS, & TEAM OF LIGHT.

Automatic writing is a practice that has drastically changed my life. The act of writing to our team on the other side of the veil is so much easier than we presume it to be, and it is all about TRUST! Letting go of those “I can’t possibly be doing this,” or “Other people can do this but not me,” mentalities is of the utmost importance when beginning to automatic write. All we have to do is... trust, believe, ask, & get out of our own way!

* DEVELOPING ROUTINES FOR INVITING YOUR GUIDES INTO YOUR EVERY DAY LIFE.

Once we connect, it can be easy to slip back into old patterns of living before connecting with them or not trusting. And that is okay, too! There are no rules here and no one way to live. Living in communication with my guides has enhanced my life in every way, and learning to ask them questions throughout my day and communicate with them throughout daily practices and rituals (i.e. automatic writing, meditation, and asking for signs!) makes the connection that much stronger. Find your groove and the rituals that work best for you to connect and see how you can incorporate them into your daily life.

* ASKING FOR SIGNS!

This is by far one of my favorite ways to connect! I believe that asking for a sign makes it easy on our guides to get in touch and communicate with us — they are always trying, and they are always there, but sometimes we are so tuned out to what they are trying to share with us we miss the signs they are sending. In this module I tell a few stories about asking for a sign and receiving the sign that blew me away. I cannot wait for you to have your own experiences like this if you haven’t yet, and if you have I cannot wait for you to have more. Asking for signs and receiving them is a great way to strengthen your own trust in the process of connecting with your guides on the other side.



**Messages
From The Pleadians
For All Of Us**

“It’s all happening. The more you surrender, the more you move away from what’s comfortable, the more you will heal. See everyone in the vision of God. There are no mistakes and no coincidences. You are stepping into you and this is what will heal you.”

“This is your time to wake up. To see what you can dream, you can do. If something in you wants to come out but you’re scared, it’s time to let it out. You won’t be happy until you do. You don’t need everyone to like you. Anyone you do not like or who bothers you is just a part of yourself you’re not yet ready to like. We are all each other’s mirrors. When we see others loving us or hating us, we can now know... they’re only loving or hating themselves.”

Definition of Automatic Writing

Automatic writing is a form of channeling, where you allow a higher power to create or guide the words that you write. It is a psychic gift (available to all of us) and one of the easiest types of psychic communication abilities to develop. It involves allowing Spirit, the universal mind or your higher self to simply flow through you.



module week six

Journaling Prompts

This week is fun, because we are automatic writing! In previous modules we've written to our souls and to our inner child, so this is not much different. But here rather than talking to ourselves, we are talking to our ancestors, guides, angels, and Light team. All we have to do is invite them in, ask a question, trust, and get out of our own way!

1. Begin by coming up with a question about your life — big or small. It can be anything from, “Should I start a new job?” to “How can I be happier in my day to day life?” or anything in between. Then, you have the option of addressing your question to someone specific on the other side or leaving it open to Spirit. If you have grandparents, parents or anyone else that you love who has passed, try writing their name down. That will specifically invite them in, and they will begin to answer your question and they will likely tell you a lot more than you asked, as well! Write and write, and feel free to write back to them as well! The most important thing here is to TRUST. There is no wrong way to do this. :)

2. Repeat the above every morning this week (or whichever time of day you prefer to journal), and once you feel comfortable with having your questions answered, you can also try free writing. Just write to your team of Light and ask them what they have to share with you! If something they say surprises you, you can ask them for more insight on it. Have fun with it, and if you ever feel resistance — remember that this is FUN, and you do not have to take yourself too seriously! Our souls came here to have fun, and our guides will often remind us of that!

3. Once you get comfortable writing to your guides, it can be fun to automatic write and ask your spirit guides for their names. Most of us have one key guide, with a few main “helpers.” But also, don't let those numbers mean much to you... we all have a huge team of Light on the other side! Write to your spirit guide and ask them to share their name with you. When I have done this, I have received two responses. One is my Papa (my dad's dad!) who is with me ALL the time guiding me, and one is a guide whom I have never met in this physical realm named Tamara. Have fun with it and trust whatever comes through!

4. This can also be a fun time to write to your guides and ask whether you have guides in the fifth dimensional starseed realm (i.e. Pleiadians, Syrians, Lyrans, Andromedans, etc.). Once I started doing this, it became immediately clear that the Pleiadians were a huge part of my life, and my team of Light. In fact... the Pleiadians 100% channeled this course through me. I believe since you are here you are also connected to them, and likely others as well! Write to them and find out what they have to share with you! Ask them how you can stay more connected in your daily life, and what ideas and feelings they are ready to share through you. (Hint: they only spread love... so inviting them into your life is extremely loving! We will get more into this in the next module, too!)

5. ASK FOR SIGNS !! Write them down. The power of the written word enhances everything we ask for.

6. Check in with your intentions and your mantra. Are you noticing them as a part of your daily life? How can you incorporate them more, and let go of resistance in a deeper way? Are they guiding you toward fun, peace, miracles, love, light, and high vibes? If not, how can you refine them to be an actively enjoyable part of your day and this process?

7. Revisit your manifestations and desires from Module 1. Have any of them come to fruition yet? In what ways can you align deeper with the vibration of receiving them? They are already yours, as time doesn't exist and all you have to do is BELIEVE to receive them — keep on aligning and surrendering, and write about how that feels. Writing it down makes it easier to connect with those feelings and vibrations!

Recommended Reading //

Believe, Ask, Act by MaryAnn DiMarco (the incredible teacher who taught me how to channel — you can listen on Episodes 42 & 99 of the *Soul on Fire* podcast!)

”

To attain true inner freedom, you must be able to objectively watch your problems instead of being lost in them... Once you've made the commitment to free yourself of the scared person inside, you will notice that there is a clear decision point at which your growth takes place.



JOE DISPENZA, BECOMING SUPERNATURAL

Module Seven

Law of Attraction, the Abraham-Hicks emotional scale, manifesting money, relationships, career, and more. Once you've done the work of the first 6 modules, this becomes more & more easily accessible.

+ A meditation to attract, attract, attract, and turn our thoughts into reality. Manifesting is simply like attracting like & we are diving right in!

Key Topics //

* **HOW THE LAW OF ATTRACTION WORKS & PITFALLS TO AVOID.** Sometimes the Law of Attraction gets mixed reviews from people in the manifestation space because of a few reasons. For one, some people say that we must first move through our darkness, traumas and wounds before we can really work with the Law of Attraction. I want to bust that myth and say that anyone can work with the Law of Attraction — all they have to do in order to do so is align with the feeling of joy (which we will discuss below in the emotional guidance scale). AND my belief is that the more darkness & trauma you work through, the more often you will be aligned with joy, and the more easily you will be able to attract lightness & ease into your life. Secondly, sometimes when we work on attracting what we want, we are actually thinking of what we DON'T want. *For example, "I want a new house," means we are often thinking of our current living situation which might not be ideal. In order to use the Law of Attraction accurately, we must align with the vibration of the new house — i.e. align with the ENERGY rather than the material item. Align with how it makes you FEEL. That will shift everything.*

* **THE ABRAHAM-HICKS EMOTIONAL GUIDANCE SCALE & HOW TO NAVIGATE IT.** There are 22 emotions on the emotional guidance scale, and Abraham teaches that we can only move up one emotion at a time. So for example if we are feeling fear or depression or grief, we can move up to the emotion of insecurity, and then jealousy, and then hatred, and slowly we would be feeling better and better. Hatred has more of a charge than despair, so from there we can slowly continue to work our way back up. Abraham teaches that trying to move from fear or grief directly to joy is useless and a waste of time, but we can move one by one and so do genuinely! When we are manifesting or using the Law of Attraction, we want to be in alignment with joy. Aligning with things we are passionate about, things that make us feel enthusiastic, positive, and happy will lead us right up the scale to joy. Also, focusing on what we are grateful for leads us directly to feeling appreciation and love — at the very top of the scale! We go deep into this in this episode.

Emotional Guidance Scale

By Abraham Hicks

- | | |
|--|---|
| 1. Joy/Appreciation/Empowered/Freedom/Love | 16. Discouragement |
| 2. Passion | 17. Anger |
| 3. Enthusiasm/Eagerness/Happiness | 18. Revenge |
| 4. Positive Expectation/Belief | 19. Hatred/Rage |
| 5. Optimism | 20. Jealousy |
| 6. Hopefulness | 21. Insecurity/Guilt/Unworthiness |
| 7. Contentment | 22. Fear/Grief/Depression/Despair/
Powerlessness |
| 8. Boredom | |
| 9. Pessimism | |
| 10. Frustration/Irritation/Impatience | |
| 11. Overwhelm | |
| 12. Disappointment | |
| 13. Doubt | |
| 14. Worry | |
| 15. Blame | |

* **KNOWING YOUR HUMAN DESIGN & YOUR ASTROLOGICAL BIRTH CHART TO HELP YOU ACT FROM A PLACE THAT IS YOUR UNIQUE YOU-NESS.** To learn your Human Design, I recommend going to MyBodyGraph.com and inputting your birth information. You will either be a Reflector, Projector, Manifestor, Generator, or Manifesting-Generator. From there, there is so much information to deep dive into about Human Design! You can look up your birth chart info similarly — I often go to a place like astrocafe.com. All of these resources online are free, and will help you learn exactly who YOU are and what makes you unique. Manifesting from the place that is so uniquely you will make a world of difference. For reference, I am a Reflector in Human Design meaning my strategy is to wait a 28-day moon cycle to make any major decisions! I am a Libra Sun, Cancer Moon, and Aquarius Rising with an Aquarius North Node, meaning... I am a very AIRY person and that is good for me to know so that when making decisions I can be sure I am taking into account trying to feel as grounded as possible. Look into what all of this means for you, and let it influence your strategies moving forward! Knowledge is power.

* **MANIFESTING MONEY, RELATIONSHIPS, CAREER, AND MORE.**

I know that we all came to this course for a reason, whether it be to manifest significant changes in our life or to simply align with the energy of joy in our lives. In this module we discuss how to manifest our deepest desires — after all, our desires are all energy. As humans, we are energy. Energetic beings with access to worlds of energy and greatness. When you align with the vibration and energy of what it is you desire, you will inevitably be aligning with calling it into your life.



module week seven

Journaling Prompts

1. What are you looking to call more of into your life? Write out a list, as long as you would like, and then circle the top three. For each of those top three, visualize how each one makes you FEEL and write out everything about the vibration of that feeling. How do you feel in your heart when you align with that desire being yours? If it's a tangible item like a house or a physical person like your dream human — what is that house or that person like? How do they make you feel? Write down physical descriptions, what it feels like to walk around in that scenario, how it feels to live inside of that vibrational energy. Repeat that for your top three & beyond.

2. If you get stuck in a lower vibrational energy this week, take a look at the emotional guidance scale and ask yourself how you can work your way back up. An easy way to work back up the scale is to write a list of things you are grateful for. Abraham Hicks says to write a full page of your gratitudes, but I like to write 2-3 to really get FILLED up on the energy of gratitude. Every day this week, write 1-3 pages of gratitudes and notice how your energy starts to shift.

3. If there was one thing and one thing only that brought you to this course (even if there were multiple reasons!) what would that number one reason be? Get very clear on why you are here, and show yourself so much gratitude for doing this deep inner work. Write about that reason that brought you here. Now that you are 7 modules into the experience, what shifts have you noticed inside? How do you feel more aligned with what you are looking to manifest in your life? How do you feel more in line with your intuitive voice? Is there still resistance — and if so, how can you address that resistance? (One tip: speak to the resistance like you would to your inner child — it's just trying to protect you, but it doesn't need to! You can lovingly listen, and release that resistance into the Light.)

4. If you were able to learn your Human Design, your astrological sun, rising and moon signs and your North Node, what are they? What does this tell you about yourself and the part of you from which you make your decisions? How can knowing these details about yourself help you manifest and call in your desires with greater authority?

Ask & It Is Given by Esther, Jerry, & Abraham Hicks (all about finding your JOY & living from that aligned place, also all about channeling Light beings.)

The Subconscious Brain Can Change Your Life by Dr. Mike Dow

The Definitive Book of Human Design by Ra Uru Hu

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To attain true inner freedom, you must be able to objectively watch your problems instead of being lost in them... Once you've made the commitment to free yourself of the scared person inside, you will notice that there is a clear decision point at which your growth takes place.



MICHAEL A. SINGER, UNTETHERED SOUL

Module Eight

Miracles, Miracles, Everywhere! Look, Ask, Receive. Simple as that.

+ *A meditation to look for, ask for, and receive miracles in our every day life.*

Key Topics //

* **LOOKING FOR MIRACLES & RECOGNIZING MIRACLES.**

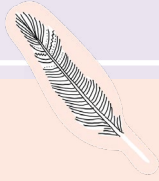
Miracles are everywhere, but sometimes we miss them because we don't know what we are looking for. Miracles can be as simple as the ability to walk, the ability to get out of bed each day, or the ability to speak. When we start recognizing small miracles in our lives, the bigger miracles are more easily recognizable too. Then, we are more of a vibrational match for the biggest miracles we are looking to call in! Recognizing miracles, asking for them, and noticing how divinely guided they are are all the first step.

* **RECEIVING THE SIGNS.**

Just like in the last module, allowing the signs to speak to us and allowing ourselves to know that the signs are divinely guided miracles in themselves is step number two! It helps us to see that we are able to look beyond the veil to see, feel, and experience the true greatness of communing with our souls.

* **COMING BACK TO THE FACTOR OF TRUST.**

At the root of EVERYTHING is trusting ourselves. When we trust ourselves and our intuition, miracles multiply everywhere. In this module we discuss A Course in Miracles & the ways it has enhanced my life and influenced this course, and the amazing teachings it has for all of us.



module week eight

Journaling Prompts

1. What brings you the most inner peace? When you align with that feeling of peace inside, it is impossible to feel that there are not miracles all around us. Being **HERE** on this earth is a miracle. List out the things that bring you the most inner peace and ask yourself how to incorporate more of those things into your life.
2. Now that you're becoming accustomed to asking for signs, ask your guides for a very specific sign this week to show you that you're on course to receive the miracles coming for you. Journal about that sign and how it will make you feel when you see it — aligning with the vibration of that sign will draw it right to you!
3. What does the word “miracle” mean to you?
4. Now that you are 8 modules into this course, show yourself some major gratitude for being here and for surrendering to the process. What has been easy for you about this process? What has been difficult? Where are you still holding onto resistance, and how can you let go of it? Where do you feel you trust yourself the most?
5. Write a letter to someone in your life who you feel needs a little extra love (it's a miracle to show them this love that they need, even though you don't have to tell them it's a miracle!) and give it to them. Notice how that makes you feel — and journal about living in that vibration all of the time!
6. Check in with your intentions and your mantra. Are you noticing them as a part of your daily life? How can you incorporate them more, and let go of resistance in a deeper way? In what ways have they shifted throughout the duration of this course? You have come so far! Now is a great time to add some additions to your intentions and swap some of the other intentions out — some will likely remain, but it is great to shift your intentions as you continue to grow throughout this process of expansion and connecting with your soul.

Recommended Reading //

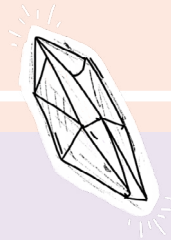
A Course in Miracles by Helen Schucman

May Cause Miracles by Gabby Bernstein

The Alchemist by Paul Coelho

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*And can you teach your body
emotionally what it would feel like to
believe in this way . . . to be
empowered . . . to be moved by your
own greatness . . . to be invincible . . .
to have courage . . . to be in love with
life . . . to feel unlimited . . . to live as
if your prayers are already
answered? . . .*



JOE DISPENZA, YOU ARE THE PLACEBO

Module Nine

Recap, Integration, & Living Intentionally in the Ceremony of LIFE!

Key Topics //

*** RECAPPING ALL OF THE PREVIOUS MODULES & TYING THEM TOGETHER.**

This module is all about breaking down the first 8 modules and tying them all together. They all weave together beautifully and in a storytelling kind of way that tells a thorough and balanced story of your SOUL'S JOURNEY. Here, it is great to reflect on which modules spoke to you the most deeply and which may have been more of a challenge for you. I often find what we are most resistant to, we need the most. I invite you at this stage in the journey to return to whichever modules, meditations, or journaling prompts spoke to you in the deepest way and repeat them! Waking back up to our souls is a true journey — a journey of our ETERNAL soul. Each of those modules work together to keep our souls awake, happy, nourished, fulfilled, and in tune with our physical vessels in our day to day lives!

*** TIPS FOR LIVING IN THE CEREMONY OF LIFE.**

I view life as one big ceremony — and when we live that way, and honor our lives in that way, we are doing such a huge service to our souls that chose to be here in this body in this physical time and space. Some of the happiest and most aligned times in my life have been in ceremonies, from plant medicine journeys to yoga classes to sacred ceremonies in beautiful places. When I realized that my LIFE could be a ceremony, and I could be eternally happy and at peace and one with myself all of the time in every single moment... that is when my life radically shifted. That is what I hope for you, and also the reason why you are here! To learn that above all else, life is meant to be enjoyed in every moment and we are meant to be radically and ridiculously happy.

*** KNOWING THAT LEARNING THIS IS THE EASY PART, AND INTEGRATING IT IS THE REAL WORK (FUN WORK!).**

Similar to the above, integrating what we have learned on this journey is the real work. It is easier to be inspired and be in tune when we are deeply emerged in a course like this one, chatting with new friends in the Facebook group (if you chose to engage there), and feeling a deep rooted sense of community with likeminded souls. It can be harder in day to day life, but just because it is a bit harder doesn't mean it is not incredibly worthwhile. My shaman always says, "Just because the ceremony has ended, doesn't mean that YOUR ceremony has ended." I love that, because it reminds me that we all go at our own pace, and that the true ceremony is the ceremony of LIFE. In this module we go over tips and tricks to bring these teachings with you into your day to day life. INTEGRATION is everything.



module week nine

Journaling Prompts

1. You've made it! You have remained consistent and found your way to the very last module of this course, which is only the very beginning of the ceremony of your LIFE. So exciting. This is a great time to reflect on your journey throughout this course. How do you feel that you have shifted from week one to now? Really dive deep into all that you have experienced — spiritually, physically, mentally, emotionally — and check in about how far you have come.
2. Write a letter to the YOU that started this course. Perhaps unsure of what you were getting into, perhaps nervous about the process, or perhaps full of excitement for all to come! Now, you are at the very end of this course, and you have come so far!! HONOR yourself for that! Your guides and your angels are with you, your ancestors are rejoicing, you are dancing and playing and having fun, and your soul is AWAKE! Check in with the letter that you wrote to yourself at the very beginning and now, write a letter back to that YOU. In essence, since time doesn't exist, the words that you share with that version of you can be deeply healing and provide deep guidance for your eternal soul.
3. Check in with your intentions and your mantra. Have they been a part of your daily life throughout this process? How would you like to move forward with them? Are you feeling writing intentions daily will serve the highest purpose of your soul's path, or perhaps you feel called to write them at the beginning of each month or along with the New Moon. However they work best for you, commit to continuing to notice and honor them in your day to day life. Same goes with your mantra! Are you ready for a new mantra now that your soul is wide awake? Honor how far you have come and also honor that this is the beginning of a new chapter, where intentions that your mantra will flow right on into with you.
4. Check in with all that you wanted to manifest and call in at the beginning of this course. Perhaps some of it has come to you, and much of it is on its way! How can you recommit, using your newfound tools, to calling those manifestations and desires into your life? What part of the course resonated most with you in order to align with those manifestations — the Law of Attraction, surrendering to the Universe, utilizing A Course in Miracles, speaking with your guides, releasing stagnant energy from your body, honoring your lineage?

Check in, and set a game plan moving forward to continue this flow of good energy, inspiration, high vibes, and manifestation!

5. If you could sum up everything you have learned and called into your life throughout this course in ONE word, what would that word be? Let that word wash over you and remind you how far you have come, and how good it feels to commit to yourself. If you could sum up the physical representation of that word in the form of a COLOR, what color would that be? Check in with the word and color you chose at the beginning of this course and notice if it is the same, or different! No right or wrong answers, only ways to express our soul in tangible and exciting new ways of representation.

6. What does your ideal day look like? Write about every aspect of it, from start to finish. Now, within the next week or so (or whenever you can make this possible in your life) make that day HAPPEN. If there are any blocks like time, travel, energy, etc. then work on calling ways to remove those blocks into your life in creative ways. When you commit to living the life your soul came here to live, you are living in your bliss. Now, if it's possible, commit to incorporating this ideal day into your life at LEAST once a week. Your soul will be happy, you will be living in alignment with your joy, and your soul will be wide, wide awake!

Recommended Reading //

The Power of Now by Eckhart Tolle

A New Earth by Eckhart Tolle

You Are the Universe by Deepak Chopra

The Four Agreements by Don Miguel Ruiz

The Seat of the Soul by Gary Zukav

You Can Heal Your Life by Louise Hay

Change Your Thoughts — Change Your Life by Wayne Dyer

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So, you could say that the Universe responds to your vibrational offering, to your point of attraction, to the thoughts you think, and to the way you feel. The Universe is not responding to what has been manifested in your experience, but instead, to the vibration that you are now offering. The Universe makes no distinction between your actually having a million dollars and your giving thought to having a million dollars. Your point of attraction is about your thoughts, not your manifestations.



Playlists...

Because Music Is The Language Of Our SOUL!

Spotify //

1. Search “Jordan Younger” on Spotify to find my playlists (you will see my photo that links to my Facebook). If you can’t find it, [here is an exact link](#).
2. Enjoy ALL of the playlists I have created!
3. Specifically, “waking back up to your own soul” is an absolute favorite. The music was inspired from my most recent plant medicine journey and I listened to this playlist again and again while creating this course. It is guaranteed to light up your SOUL! If you have trouble finding it, [this is the exact link](#).
4. For Module 5, [this album](#) has my favorite Kundalini music. DANCE IT OUT to this playlist whenever you are feelin’ the need to move stagnant energy! It begins with a meditative vibe and then goes into some fun and upbeat music. Also [this album for upbeat pop](#).
5. Follow my Spotify to stay up to date on new music I am loving — that will help me keep YOU as current as possible with what is setting my soul on fire musically!

If you do not have Spotify or access to Spotify, here is a list of songs that lit my soul up the most while creating this course:

My Little Light by Beautiful Chorus
Bloom by Deya Dova
Surrender by Natalie Taylor
Falling like the Stars by James Arthur
Move Like the Ocean (Acoustic) by Wildlight
Inner Peace by Beautiful Chorus
Lost in Space by Emmit Fenn
Show Yourself by Ayla Nereo
For What It’s Worth (India Dub) by DJ Drez
Woman (Oh Mama) by Joy Williams
The River by Coco Love Alcorn
Pachamama by Beautiful Chorus
Eastern Sun by Ayla Nereo
Nectar Drop by DJ Drez
In Dreams by Jai-Jagdeesh

Also another list for dancing & flowing from one of my favorite shamanic teachers (Great for Module 5 or any of the modules & integration into life!):

Calling You Home by Samart
Move Like the Ocean (Acoustic) by Wildlight
All of Us by Fakear
Kumula (Soul Potion feat. Ceremaya)
Inspiration Drive by DJ Taz Rashid
Naturaleza (Mose Edit) by Danis, Mose
Surrender by Natalie Taylor
Dreamer by Aisha Badru

Books //

All of the recommended reading shared under each module can be found on [my Amazon shop](#) page, under the Books section. An easy one-stop shop to get all of your soul-level reading & learning in!!

Of course, all recommended reading is optional and I invite you to feel into which books feel the most up your alley at any given point in time. Or, get your hands on all of them and dive in if that is what feels good! As always, do what feels good and brings joy. You never know, maybe one of these books will inspire your next big path in life...!

More Quotes To Keep Close

Because You Can Never Have Too Much Inspiration

“So much of what holds us back in life are the long-held resentments stemming from childhood.”

Gabby Bernstein, Miracles Now

“You are joy, looking for a way to express.”

Esther Hicks

“Can you accept the notion that once you change your internal state, you don’t need the external world to provide you with a reason to feel joy, gratitude, appreciation, or any other elevated emotion?”

Joe Dispenza, Breaking the Habit of Being Yourself

“When we fulfill our function, which is to truly love ourselves and share love with others, then true happiness sets in.”

Gabby Bernstein, May Cause Miracles

“Heaven on Earth is a choice you must make, not a place you must find.”

Wayne Dyer

“So, you could say that the Universe responds to your vibrational offering, to your point of attraction, to the thoughts you think, and to the way you feel. The Universe is not responding to what has been manifested in your experience, but instead, to the vibration that you are now offering. The Universe makes no distinction between your actually having a million dollars and your giving thought to having a million dollars. Your point of attraction is about your thoughts, not your manifestations.”

Abraham Hicks, Ask & It Is Given

“There are five main concepts under which all lessons fall. They are: getting over fear, releasing doubt, giving and receiving love, expressing gratitude, and trusting in God and the universe.”

MaryAnn DiMarco, Believe Ask Act

“To automatic write, you start by sitting quietly, relaxing with a few deep breaths, and lighting a candle if it helps you to focus. State aloud or in your head that you only intend to work with your highest angels and guides to call in the most positive energy, and then say a short prayer asking them to protect you and allow only high-level energy to assist and guide your writing. If your writings sound negative or pushy, stop immediately and picture yourself in a bubble of God’s white light. Ask your angels and guides to clear the room and start again.”

MaryAnn DiMarco, Believe Ask Act

“Prayer is the soul’s sincere desire. Your desire is your prayer. It comes out of your deepest needs and it reveals the things you want in life.”

Joseph Murphy, The Power of Your Subconscious Mind

“When you change the way you look at things, the things you look at change.”

Esther Hicks, Ask and It Is Given

“With your practiced attention to any subject, the Law of Attraction delivers circumstances, conditions, experiences, other people, and all manner of things that match your vibration.”

Esther Hicks, Ask and It Is Given

“It is not your job to make something happen—Universal Forces are in place for all of that. Your work is to simply determine what you want.”

Esther Hicks, Ask and It Is Given

“We ask ourselves, who am I to be brilliant, gorgeous, handsome, talented and fabulous? Actually, who are you not to be?”

Marianne Williamson, A Return to Love

“Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.”

Helen Schucman, A Course in Miracles

“Prayer is a way of asking for something. It is the medium of miracles. But the only meaningful prayer is for forgiveness, because those who have been forgiven have everything.”

Helen Schucman, A Course in Miracles

“When you meet anyone, remember it is a holy encounter. As you see him you will see yourself. As you treat him you will treat yourself.”

Helen Schucman, A Course in Miracles

“And, when you want something, all the universe conspires in helping you to achieve it.”

Paul Coelho, The Alchemist

“The most creative act you will ever undertake is the act of creating yourself.”

Deepak Chopra

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

Eckhart Tolle, A New Earth

“Time isn’t precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time—past and future—the more you miss the Now, the most precious thing there is.”

Eckhart Tolle, The Power of Now

“Eventually, you will come to understand that love heals everything, and love is all there is.”

Gary Zukav, The Seat of the Soul

“Remember, you have been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”

Louise Hay, You Can Heal Your Life

“I say “Out” to every negative thought that comes to my mind. No person, place, or thing has any power over me, for I am the only thinker in my mind. I create my own reality and everyone in it.”

Louise Hay, You Can Heal Your Life

“In the infinity of life where I am, All is perfect, whole and complete, I no longer choose to believe in old limitations and lack, I now choose to begin to see myself As the Universe sees me --- perfect, whole, and complete.”

Louise Hay, You Can Heal Your Life

*Only you can take inner freedom away from yourself, or give it to yourself.
Nobody else can.*

Michael A. Singer, Untethered Soul

*Eventually you will see that the real cause of problem is not life itself.
It’s the commotion the mind makes about life that really causes the problems.*

Michael A. Singer, Untethered Soul

There is nothing more important to true growth than realizing that you are not the voice of the mind - you are the one who hears it.

Michael A. Singer, Untethered Soul

Now Onto...The Ceremony Of Life!

Thank you so much, endlessly, for taking yourself on this journey and trusting me as one of your guides. But really, you have been your own guide all along — I am just your peer, your friend, another soul wrapped in skin committing to finding as much joy as humanly possible in this life.

My hope for you is that you take what you have learned on this journey and integrate it into your day to day life. My hope is that you experience more fullness, more joy, more love, more gratitude, and more abundant and divinely guided miracles than you ever thought possible. You are radiant, magical, majestic. You are an eternal soul expressing yourself in this human body for the time being.

We came here to experience love, and we are truly the architects of our own lives. Success looks different for everyone. If I had to choose one definition of “success,” it would be “the act of experiencing joy and love every single day.” I know I came to this earth to be Light, spread Light, feel Light, experience Light, and radiate Light. And if I came here for that... so did you! Because we are all One! Unique, but with access to the same gifts and wonderment. I cannot wait to see and hear how you manifest your dreams, commune with your intuition, experience miracles, receive your divinely guided signs, and live in essence with your soul being and feeling awake, awake, awake.

The truth is, you just being YOU is making the world a better place. You are influencing so many others around you by simply being in touch with exactly who you are and who you came here to be. The work you are doing on yourself and for yourself has an immediate ripple effect outward, healing generations that came before you and generations that will come after you.

Endless glorious puddles of love and gratitude to your gorgeous, shining, radiant vessel for being exactly where you are meant to be — in this space in time and always.

All of my love and gratitude forever,

Jordan



Find Me Here!

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