

WORK

ALIGN



TO SUPERCONSCIOUS INTELLIGENCE

BOOK

ALIGN

to Superconscious Intelligence

W

W O R K B O O K



Complete Beginner's Course

Writing will activate a connection with your innate wisdom and reveal insights that you will not recover any other way. It's highly recommended that you complete all journaling exercises, for maximum potency of the training.

B Y E M I L Y H A R R I S O N

Thank You

“

I Care
About
Your
Evolution.

Thank you very much for joining me on this sacred journey of quantum exploration which will undoubtedly take you into the deepest parts of yourself. Thank you for allowing me the opportunity to serve you, as your sacred & magical guide into the unknown. Thank you for trusting me to take you places you've never been, but will be able to return on your own anytime you please. And so begins our extraordinary adventure.

In love and light,

Emily





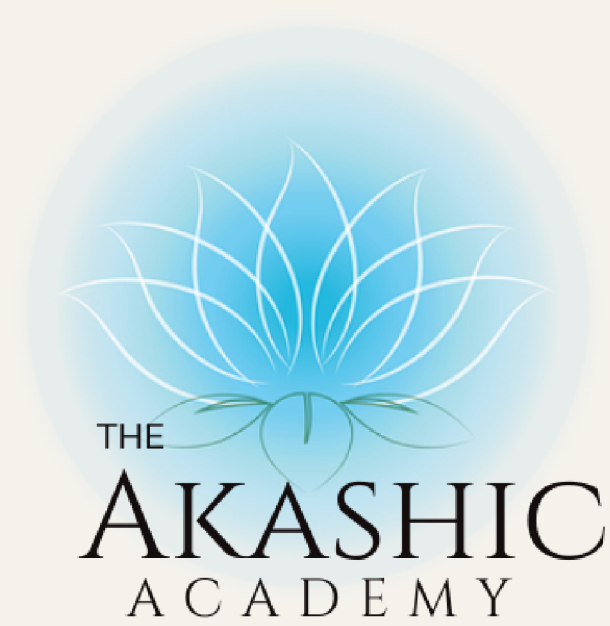
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“Be bold and
mighty forces will come
to your aid.”

- Basil King



THE AKASHIC RECORDS

SUPERCONSCIOUS INTELLIGENCE



Notes:

TIPS TO HELP

YOU EFFECTIVELY ACCESS YOUR AKASHIC RECORDS

1

DRINK (& PROGRAM) YOUR WATER

Water is one of the most conductive substances on the planet!! (Remember, you learned this in science class.)

2

LET IT BE SIMPLE

Don't require yourself to do it like me or anyone else. Let the process develop for you as it does. If you find the messages are simple, that is perfect.

3

GET A SELENITE

A selenite crystal inherently holds a connection to the Akashic Records and will help attune your frequency to that space, thus getting clearer messages.

MY WHY

Why am I being called to use the Akashic
Records?

Write here...

How can I make my connection to the
Akashic Records stronger?

Write here...

Why now?

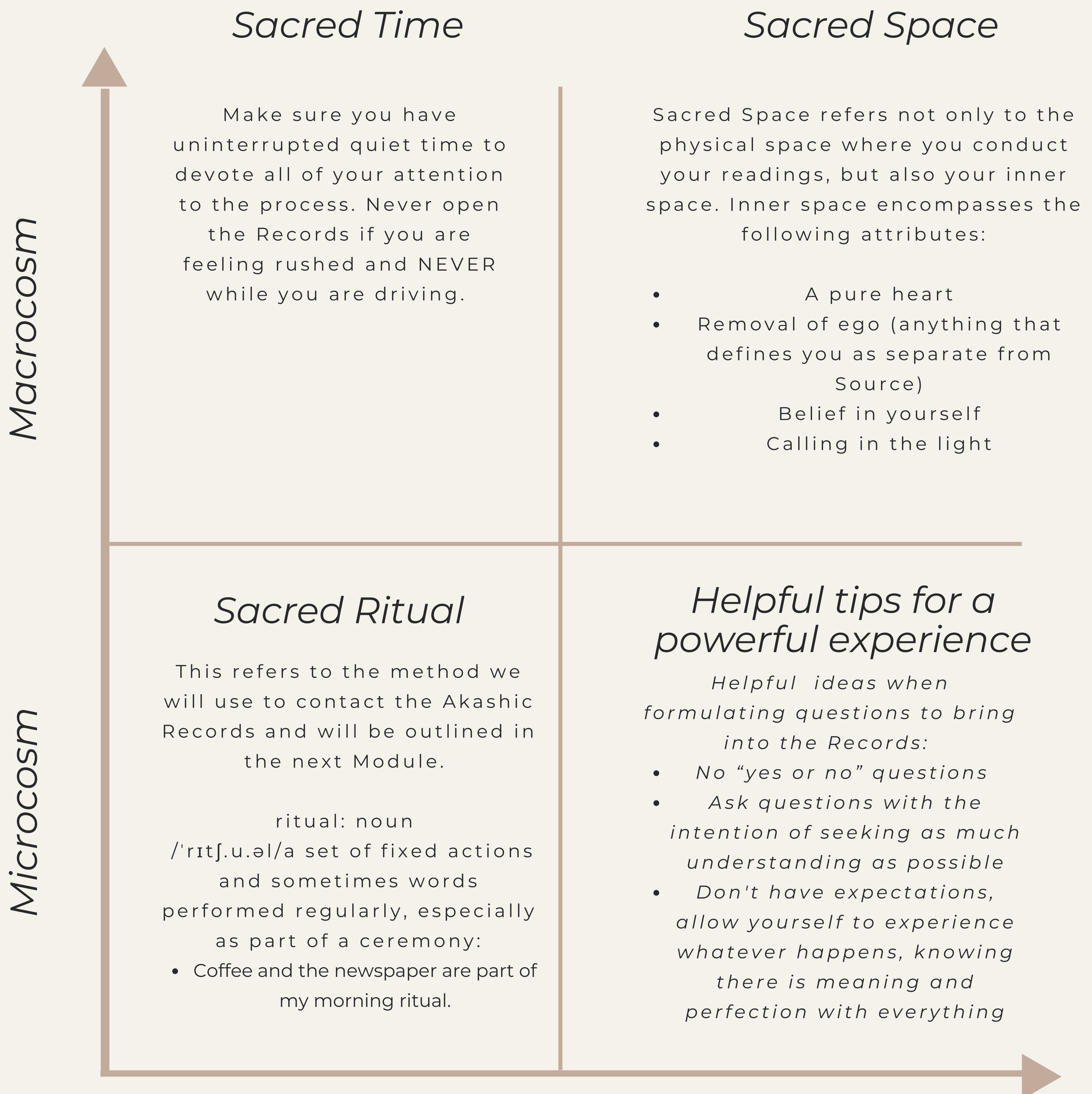
Write here...

What limiting belief(s) do I need to address?

Write here...

RITES OF PASSAGE

PREPARING TO ACCESS SUPERCONSCIOUS INTELLIGENCE



Notes:

MY WAY

Setting up my sacred space; what would
serve me?

Write here...

Re-prioritize my perfect day: tell the
Universe what you really want.

Write here...

Where can the first changes be made?

Write here...

How do I see these changes positively
impacting my life?

Write here...

THE SACRED RITUAL

OPENING THE AKASHIC RECORDS

Who exists in the Akashic Records?

- Masters, including Ascended Masters
- Teachers, lesson specific
- Loved ones who have passed
- Spirit guides, including guardian angels
- Lords of the Records guard the space

Anchoring & Shifting your consciousness

- Run your energy connecting your central column of light into the crystalline core of Mother Earth and into the space of Ether.
- Sink your consciousness from your head/brain, into your heart space
- Sound the 5 sacred Oms (It is important to speak these out loud as our voice creates our reality.)

The 5 Sacred Oms

1. With this Om I relax my body.
2. With this Om I relax my mind.
3. With this Om I release my ego.
4. With this Om I call in the light.
5. With this Om I open the Akashic Records of (Fill in the blank of the person's full name)

Closing the Akashic Records

- To close the Records, always give thanks for all knowledge and healing, acknowledge the frequency of oneness, and sound one final om to close the Records.
- NOTE: ALWAYS BE RESPONSIBLE FOR YOUR TIME IN THE RECORDS!

MY WOW

Which style of clair communication is working for me? Note "clue phrases" below:

Write here...

Why does this work? How does my inward and outward states shift with each om:

Write here...

Where am i being called to transform? and for what purpose?

Write here...

How can the Akashic Records help me with that transformation?

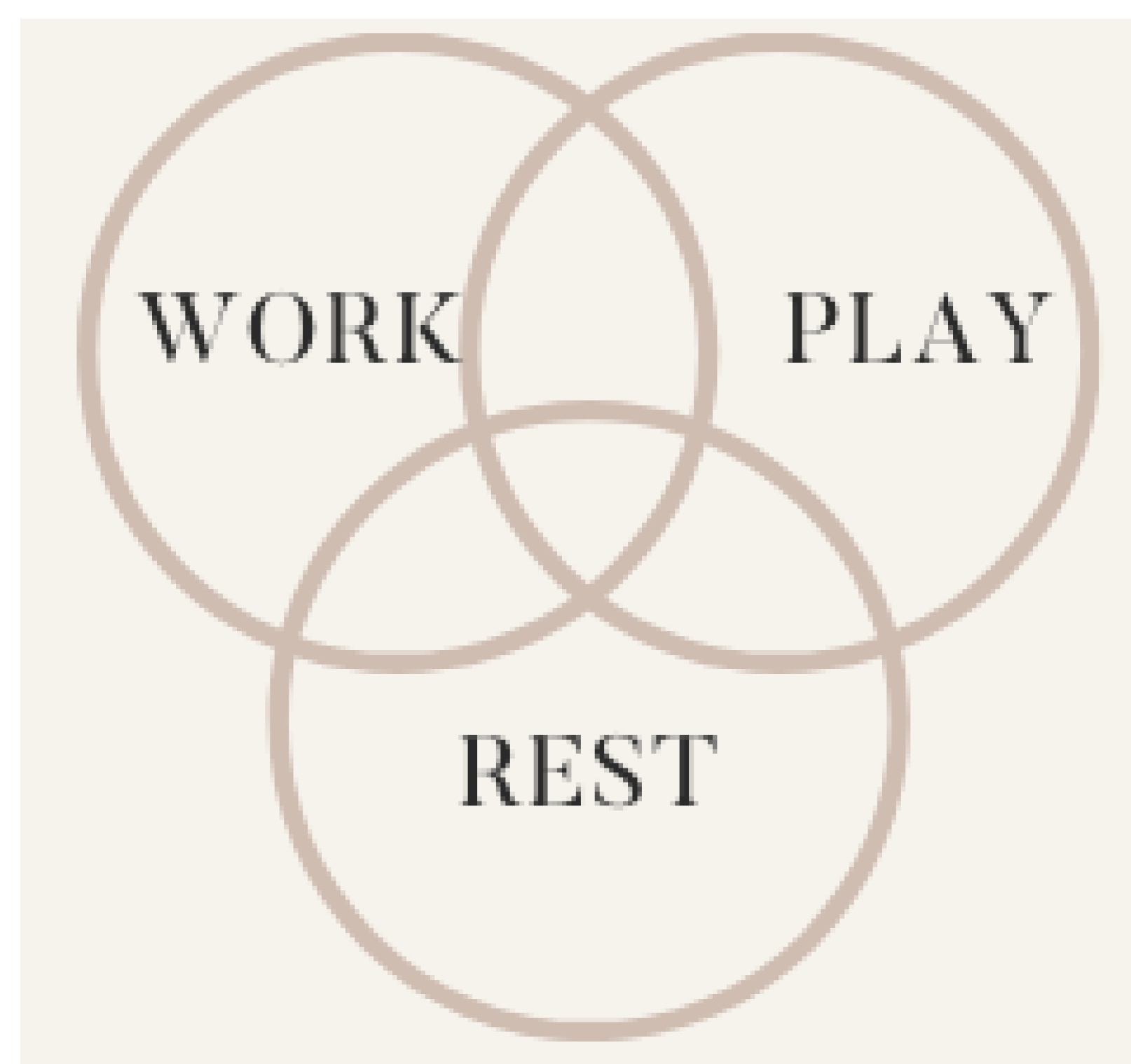
Write here...

DEALING WITH BLOCKS

I'M NOT GETTING ANYTHING!!!
(OR STUCK IN MY LIFE...)

- Blocks aren't real, there's only allowance or resistance.
- Blocks are often based in fear and can be past life or current issues.
- Blocks can also stem from lack of harmony and imbalance in your daily life.

Formula for divine flow state:



What to do if I feel "blocked"

- See if you can get a sense for what the block is and/or where it originated.
- Ask the block if it were a person, who would it be? Notice the first person that comes to mind. See if you can find any connection this person would have played in you taking on a negative belief.
- Ask for ways to learn to trust yourself more.
- Trust that your imagination is a gateway to other realms of wisdom.
- Trust that when you have properly connected to this realm by running your energy and calling in the light, your thoughts are now attuned to this higher frequency.
- **MOST IMPORTANTLY:** Keep at it!!!
- Try a different question.

The question that unlocks everything...

"Why is it so easy for me to x, y, z?"

FLOW

ELIMINATING BLOCKS AND BURNOUT

There's a secret, ancient formula for achieving a state of effortless action, known as flow state. Learn to cultivate this state and you'll instantly experience more bliss and increase productivity, deepening your positive impact on the planet.



Note:

Note:

MY WAR

Where am I restricting divine flow in my life?

Write here...

Which part of the FLOW formula is out of
balance for me?

Write here...

What's an action step I can take to bring more balance
and become more receptive to flow?

Write here...

Why is it so easy for me to trust my
intuition?

Write here...

SUCCESS ACTIVATION

ALIGNING TO MY HIGHEST POTENTIAL



Notes:

MY WIN

How do the people currently around me
influence my state of consciousness?

Write here...

What would happen if I was mightily
amplified by the energy around me?

Write here...

What is possible for me to experience when I play big?
What legacy do I want to leave for the planet?

Write here...

What price do I pay for playing small? What
price do my family and future humans pay?

Write here...

TIPS TO HELP

CONTINUE YOUR MOMENTUM

1

COMMUNITY

For maximum results you must surround yourself with people who are also doing the work. The right group can increase your creativity and productivity by ten fold or more.

2

GET THE LINGO

Afraid your friends and family will think you're nuts? You are actually an important part of their awakening process. Keep prioritizing your own growth and you'll find it becomes easy to talk/explain metaphysical concepts to people around you.

3

DON'T IGNORE YOUR INTUITION

Your intuition is a muscle and has only begun to show you how powerful it can be, revealing anything your logical mind will miss. Listen to the intuitive desires of your heart and follow where the journey leads you.

Weekly Self Care

PLANNER



MON

Date:

TUE

Priorities:

WED

THU

FRI

Note:

SAT

SUN



HELPFUL QUESTION GUIDE

PHYSICAL, MENTAL, OR
EMOTIONAL PAIN

HEALTH

- What can I learn from the pain/condition that I am experiencing?
- Why did I create this experience?
- What are the best ways for me to release this energy?
- How can I more effectively forgive myself and others to release this density?
- How can I help others with this experience?
- Do I need to take any physical action steps to balance this energy?

- Why did I create this dis-ease?
- What lessons are there for me to examine and learn based on my experience with this dis-ease?
- How can I release and heal this dis-ease?
- How can I help others based on my experience?
- What action steps will best support my health at this time?

RELATIONSHIPS

- What is this person here to teach me about myself?
- How is this relationship helping me grow?
- How can I show up in my fullest light in this relationship?
- How can I shift the way I show up in difficult relationships to effect positive change?
- How can I show more love and compassion for myself and others?

CAREER

- How is my current job helping me grow?
- What do I need to learn from my current situation so I can move on?
- What are the best ways for me to transition into a higher frequency job?
- How can I best show up to expand my mission?
- What projects are most timely for me to work on?

?

HELPFUL QUESTION GUIDE

Q1

OPEN ENDED QUESTIONS

Open ended questions are always advised, as our guides only answer what is presented. This creates space to receive the most guidance.

Q2

TIME QUESTIONS

Time questions are interesting for our guides to answer, as liner time doesn't exist for them (or for us either, really). Keep in mind time questions are usually answered in relation to the lessons still needed to be learned in order to proceed.

Q3

ASSUME RESPONSIBILITY

You will find the most powerful answers come from simply asking what you did to contribute to a situation and what you need to learn from it.

Q4

QUESTIONS I WANT TO ASK

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