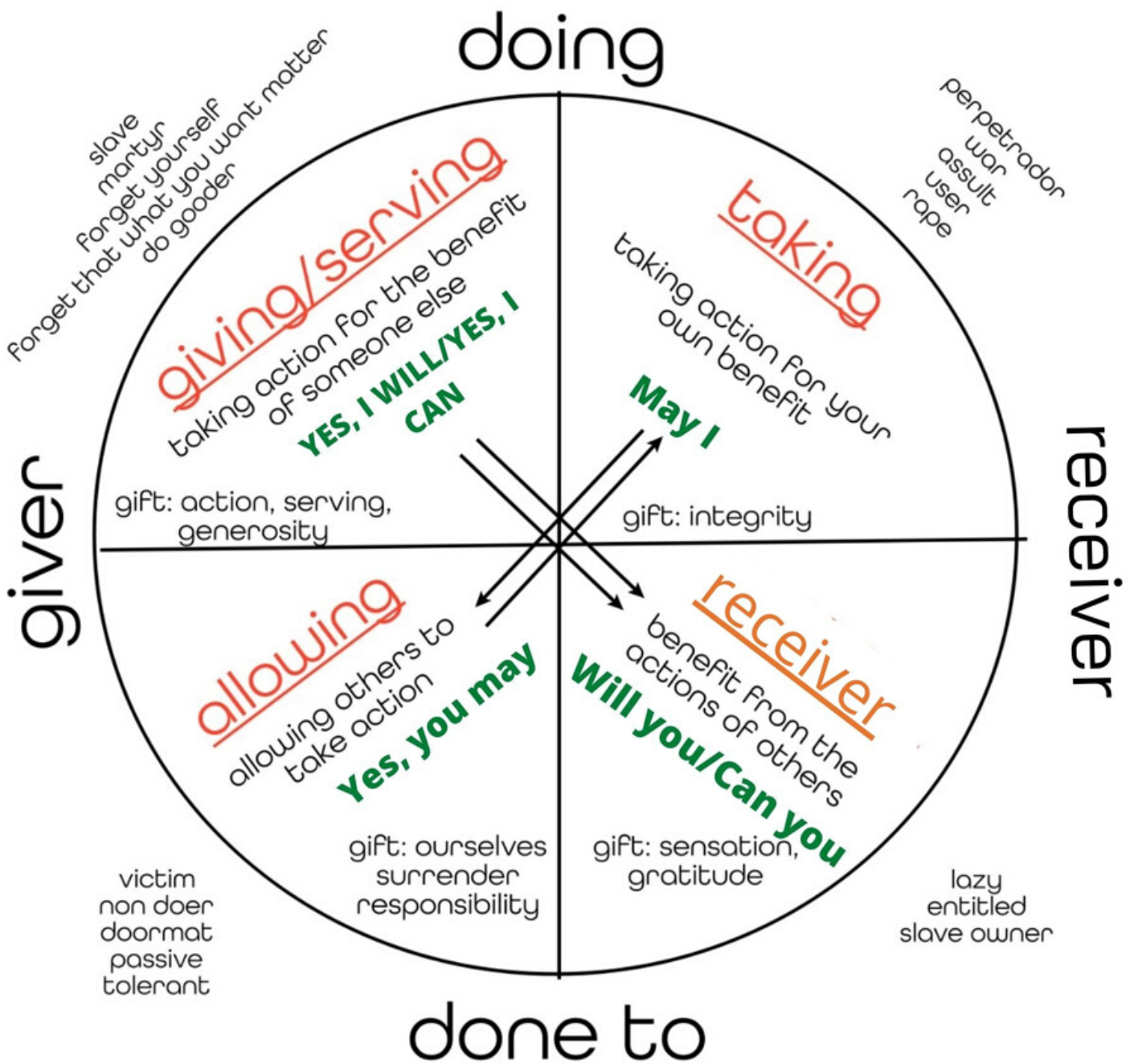


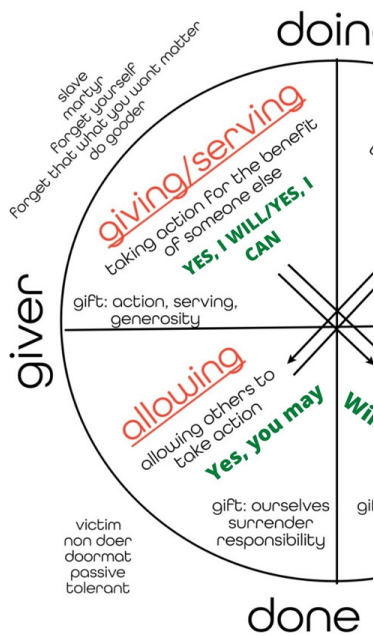
Karolina Blaszkiewicz

THE POWER OF *alignment*



The wheel of consent





Giving:

Key learnings:

*Keep responsibilities of what you are willing to give

*The more you keep the responsibilities of your limits, the more you will be generous within as you no longer worry that somebody can take advantage of you or if someone wants to much of you

*I can give you this but not that.

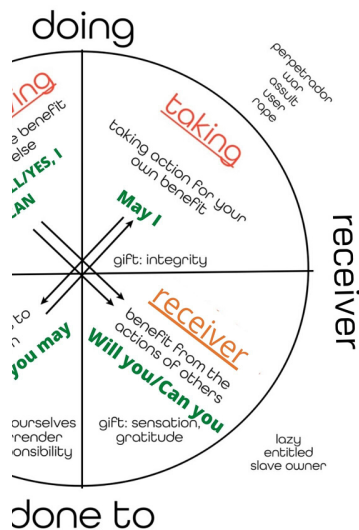
*When we feel resistance to give, do not create blame or guilt. Ask yourself "What am I willing to give with this limit?". When you are already in resistance energy ask yourself "What did I not say "NO" to that I wanted to say "No".

*If you want them to have something than, this is not giving. This means, you want to receive something. Take responsibility for that, notice first what you want and then ask for it. Ask yourself "What do they want, and what can I give.

All these build the trust to yourself and your limits/boundries

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Receiving:

Key learnings:

*Notice that this is for you.

Truly embody the feeling of deserving that this is for you and your preference is first.

*When you believe that you deserve to receive, you act this way. You ask for what you want. You say when you change your mind too and stop it.

*When you do not ask for what you want. You starve on many levels and then you try to get it by sneaky way without acknowledge it.

*If receiving is challenging. There is a tendency to avoid or dilute it. You do not ask for what you want. You do not know what you want. You forgot how to notice what you want.

*Receiving, it can be a vulnerable place to be. There is a risk to acknowledge it that you want something. The risk of not getting that. The risk of being ridiculed. The risk of disappointment. Someone say that this is a bad idea. The risk of feeling wonderful therefore, we go into guild.

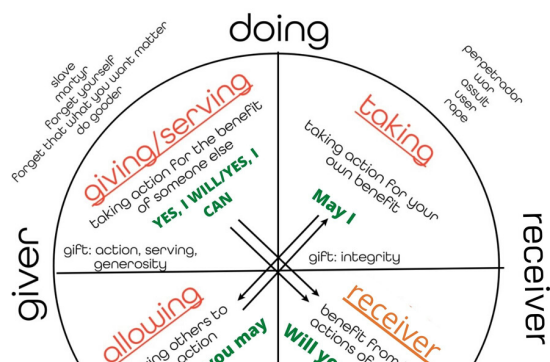
Notice what is your limit with receiving before you start self doubting.

*Notice, what is your limit of feeling good before you start going into guild.

*Learning a respect for other people's boundries and their limits of what they can or cannot give.

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Doing:

Key learnings:

*Doing for them or doing for yourself. Ask yourself "Who is this for?"

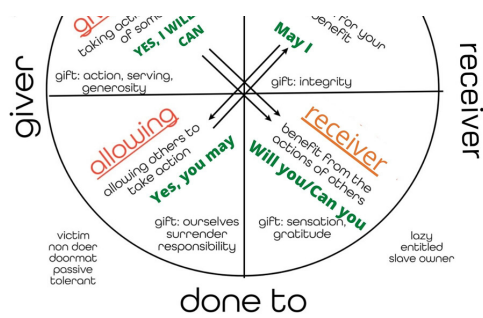
*Notice, you are doing as an expression or hidden strategy like I do this so ... I get this.

*Mastering taking will help us to be a better Giver as we are more relaxed, there is no agenda. We feel like we deserve to have it. We collect more information. We are more intuitive. We feel that our needs are met and we belong.

* It is not what we feel or what is our intention. We stay in alignment and inside of the wheel when there is an agreement only.

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Done to:

Key learnings:

*You always have a choice and you communicate this. Ask for what you want and you always have a choice what you are accepting.

*Notice, what you want.

*Receiving- What I want.

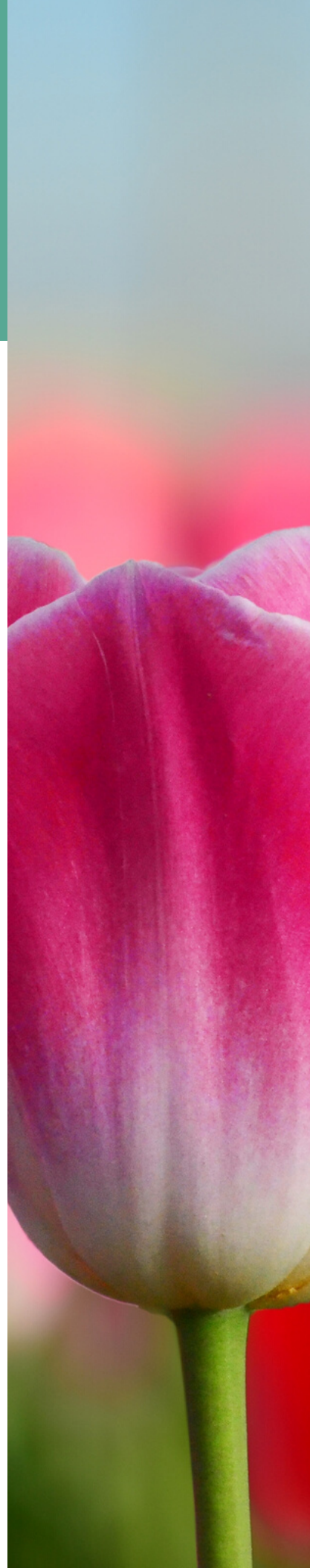
Allow- What I am allowing to accept.

*Notice behaviour like "I just go along with this", "this always happens to me so I guess I need to accept it", "I am ok with this or that". Notice if this is learnt behaviour.

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MY NOTES:



NOTICING

STEP 1

Notice:

Physical Body

Energy around and within

Emotions

STEP 2

Allowing:

Any emotions, feelings

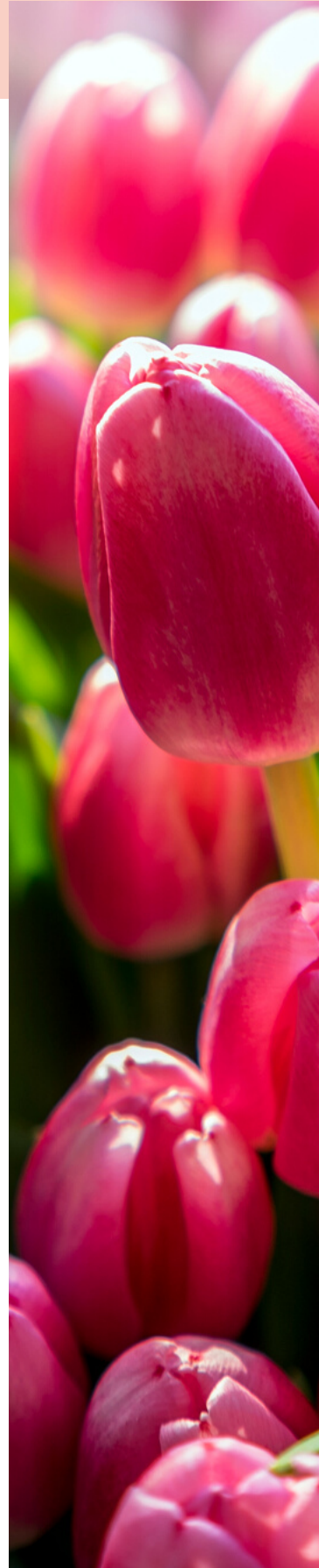
Say it out loud or in a whisper

STEP 3

Connect with Soul and Body

Place hands on your chest and ask your Soul what it needs now. "My darling Soul what do we need now or what do you need now?"

Place hands on your body and ask your Body what it needs now. "My darling Body what do you need now?"



reflection

How do you feel now after this exercise? {Write your thoughts and feelings here}



feel the feelings

exercise

Say the following sentences out loud and write in the space provided whether you agree or disagree with what you've said. Try and search your heart for the answer, not your analytical brain. There is no right or wrong answer, only the truth of what you feel and believe.

In the final sentence (No.4) I want you say the sentence out loud and then carry on talking, using the first example that pops into your head. Again, there is no right or wrong answer but the first thing that comes to you will be the most powerful.

1. I lovingly recognize and accept my feelings, and I choose not to judge them anymore. *(Do you agree?)*

2. I own my feelings. No one can make me feel anything. My feelings are a reflection of how I see the situation. *(Do you agree?)*

3. Regarding this situation, I am feeling part Guilt (over what I have done) and part Shame (over who I am or have become). *(Do you agree?)*

Indicate % of each;

guilt: ___%. shame: ___%

4. As I really examine how I feel about myself, I realise that underlying my feeling of shame, there is a belief or a set of beliefs that I hold about myself that are NOT TRUE. My self-judgments have been based in what others, particularly my parents, saw in me and taught me about myself. For example:.....*(write below)*

4. (write if you Agree or Disagree with the statement, read this out loud)

5.

6.



STEP 3 *exercises*

collapsing your story

As with step 2, I want you to say the following sentences out loud and write in the space provided whether you agree or disagree with what you've said. Again, try and search your heart for the answer, not your analytical brain. There is no right or wrong answer, only the truth of what you feel and believe.

9. I now realise that what I judge in others represents what I hate about myself. I have repressed these feelings within myself and projected them onto others.

10. People I do not like are just reflecting what I need to love and accept about myself.

11. In forgiving myself, I heal myself and totally transform my perception of who I am.

12. I now realise that nothing I, nor anyone else, has done is either right or wrong. I drop all judgment.

13. I release that in the past I have needed to blame myself and to be right, but I am now WILLING to see the perfection in what is, just the way it is.

14. I am WILLING to see that my life path or "soul contract" included having these experiences and they were ultimately for the greater good of myself.

15. Even though I don't know why or how, I now see that my soul has created this situation in order for me to learn and grow.

16. Even though I may not know what, why or how, I now realise that I, and the others involved, have been receiving exactly what each had subconsciously chosen. We were all doing a healing dance with and for each other.

In the following part of this healing you are going to address the people that you are forgiving or asking for forgiveness from. This will help you affirm that they have played an important part in your healing and growth, but you can now let it go and move on.

17. I bless you {name of person you are forgiving or asking for forgiveness from} for being willing to play a part in my healing and I honor myself for being willing to play a part in your healing.

18. I release from my consciousness all feelings of {repeat the feelings you identified in step 1}.

19. I completely forgive those who implanted the ideas in me that I am _____

20. The people I am forgiving are{write here and read it out loud}_____

21. I now realise that I was experiencing a precise reflection of my ignorance of the truth. I now know that if I were able to see the spiritual big picture, I would understand how it all fits in and that everything is indeed perfect.

22. I am willing to take responsibility for my all actions in my life. I understand that the more I act with integrity and with love in my heart, the more likely it is that I will be in alignment with the Divine Truth. I can change my old self- destructive reality by simply being willing to see myself in the light of truth.

23. I now see myself as...{write how you now see yourself and read it out loud}.

24. I completely forgive myself,and accept myself as a loving, generous and creative being. I release all need to hold onto any and all ideas of lack and limitation I created in the past.

25. I withdraw my energy from the past and release all barriers against the love and abundance that I know I have in this moment.

26. I create my life and I am empowered to be myself again, to unconditionally love and support myself, just the way I am, in all my power and magnificence.

27. I now SURRENDER to the Higher Power I think of as {say how you envisage this higher power (i.e. source or universal consciousness..)} and trust in the knowledge that this situation will continue to unfold perfectly and in accordance with Divine guidance and spiritual law.

28. I acknowledge my Oneness and feel myself totally reconnected with my Source. I am restored to my true nature, which is LOVE, and I now restore love toI close my eyes in order to feel the LOVE that flows in my life and to feel the joy that comes when the love is felt and expressed.

STEP 4

forgiveness

I want you to think of the person or people that you've hurt or negatively affected in some way and say the following out loud.

Having done this exercise, I now realize that there was a Divine order to what happened between us. However, from the perspective of being in this physical world of pain and suffering, I still wish to apologise, to make amends and ask for your forgiveness. {Write your apology here and say it out loud}

I want you to think of the person or people that have hurt or negatively affected you in some way and say the following out loud.

I completely forgive you, for I now realize that you did nothing wrong and that everything is in Divine order. I acknowledge, accept and love you unconditionally just the way you are. I recognise that I am a spiritual being having a human experience, and I love and support myself in every aspect of my humanness.





FORGIVING OTHERS *and situations*

Complete for your Top 3 people/situations that you felt anger or resentment towards. Write out the situation and then how it made or is still making you feel. Then it's time to acknowledge the part you played in it – did you ignore your intuition, lash out in anger, keep yourself in a relationship you knew was not healthy, overspend, ignore your true feelings etc.

Stay out of judgement or blaming yourself if you can - instead the goal of this process is to empower you and acknowledge on some level you did create this situation. Perhaps you can even see how it was for your highest good because of the learnings you took away or the growth you got. Maybe it gave you clarity on what you really want, the instances when you didn't honour your truth or your intuition, or maybe you learned to stand up for yourself or find your power, or be more financially responsible or independent. Maybe you created or attracted that situation so you can finally heal this part of yourself and stop repeating the pattern.

When you have completed this (you can repeat for other situations as many times as you wish if that feels good – or necessary), then release the energy as detailed in the next page

PERSON/SITUATION

number one

HOW IT MADE ME FEEL

THE PART I PLAYED IN IT

I AM DONE FEELING BAD ABOUT

I AM NO LONGER GOING TO BLAME _____ FOR _____

I RELEASE ALL SUFFERING AND SADNESS AROUND

PERSON/SITUATION

number two

HOW IT MADE ME FEEL

THE PART I PLAYED IN IT

I AM DONE FEELING BAD ABOUT

I AM NO LONGER GOING TO BLAME _____ FOR _____

I RELEASE ALL SUFFERING AND SADNESS AROUND

PERSON/SITUATION *number three*

HOW IT MADE ME FEEL

THE PART I PLAYED IN IT

I AM DONE FEELING BAD ABOUT

I AM NO LONGER GOING TO BLAME _____ FOR _____

I RELEASE ALL SUFFERING AND SADNESS AROUND



two letters....

Now, you will write two letters to yourself. The first is your old story and acknowledges the old version of yourself. The second is your new story, the person who you've become now that you've released all of your guilt, shame and regret by forgiving yourself and others.

When you've written your 2 letters (please follow the structure below) I want you to read them out loud to someone as there is a powerful healing energy when we are heard and witnessed. The Old story you can burn which is a powerful way of releasing that energy back into the universe. I recommend placing the new story in the book or somewhere where it is visible and read it twice a week or as often as you can.

my old story

(title)

i'm writing this because:

what I did.....

what others did.....

How this story has impacted my life:

Consequence if I continue to tell myself and others this old story

What would you advise the younger generation seeing them having the same story

my new story

(title)

it is called this because:

I am committed to...

even if:

I am choosing:

Even if I fail in small ways I will

I know and I trust that:

I am deeply thankful:

my name is:

my new title is: {you can create a new title for yourself eg: mother of truth or queen of joy}

ADD STRENGTH

to your story

To make your new story even more powerful and super charge it's activation and integration into your life, you can also write 1 to 3 things you can stop doing and 1 to 3 things you can start doing to support your new story.

I can start:

1.

2.

3.

I can stop:

1.

2.

3.

