

MANA
MASTERY



UNLOCKING THE CONSCIOUS ALPHA WITHIN

"What would your life be like if
you had superior control over
your Mind, body & Power.."



Workbook + Meditations + Training Programs

WALESI DRAGAKOΔ + SONIA MHERAKI



UNLOCKING THE CONSCIOUS ALPHA WITHIN

Your Complete Guide to Mastering Your Power in all 9
Areas of Life for the Modern Age

*By Son Walesi Luí + Sonia Mheraki
of
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This Guide is dedicated to my extraordinary children, my Flame Sonia and to all our Sovereign Warriors and Guardians of Earth that brave adventure in discovering, evolving, uniting their higher self with their highest purpose in their most highest form.





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**Health ~ Spirit ~ Mindset ~ Body ~ Gifts ~ Purpose
Legacy ~ Abundance ~ Relationships**

**You!
Yes You!**

You are a holistically integrated, magnificent creation of God with the same power of god to manifest anything you want. When you accept this as true You will bring out the highest, most superior being that you naturally are in all aspects of yourself and your life regardless of what you have been through, are going through or have already achieved. Most think the happy, wealthy, good looking, talented or whatever were all born to have the confidence and support to succeed in manifesting the life they want in this world. That is horse shit fed to you by movies, governments, corporate marketing, media and the elite families that own them all. Everyone that is living their best life used specific information to unlock their inner god power and used it to forge themselves into the superior version of themselves that was needed to have the life they desired to manifest. They simply embraced the one thing in life that we all have in common on this earth and that is the journey of self-mastery.

You are ready to make epic shifts in yourself for a greater shift in your life permanently! You did not come here to be anything less and you deserve to experience your best life. For that to happen you must rediscover your god form and level up. You must up-skill, evolve and ascend your D.N.A, your Mana - Energy, Your ,your spiritual state, your consciousness, your Internal health and Physical Performance, your relationships, your abundance, your money, your passions, gifts, talents so that you can easily and effortlessly overcome any obstacles in your way and enjoy all the experiences in life you desire to manifest!

This is your Youuniversal training guide to unlocking and embodying your ultimate god state.

This book contains ancient and modern practices, knowledge and wisdom that many of the most "successful" (whatever you define success in life of course) have used to consistently master themselves and help millions of other people do the same. such as - such as Tony Robbins, Juanpa global, Paul Chek, Will Smith, Dr. Joe Dispenza, Regan Hiller, Alan cohen, Lao Tzu, David Deida, Dr. Sebi and whole bunch more that I could go on about.

So without further adieu, get ready to say goodbye to your old self because you are about to go on an epic ride deep within and emerge as your superior state of being with the power to forge and manifest all the experiences you desire in every aspects of your life!

I believe in this Self-Mastery Training Book with all my heart as it has transformed me into a powerful and liberated man, a strong and loving father and a compassionate and supportive human being. It has guided me to scale my businesses to \$250k + in the last year, lead me to my beautiful and loving twin flame, made me a more conscious and nurturing father and provider to my children in all aspects, I've traveled the world for the first time ever in the last 6 months. I'm in the best physical shape i have ever been have won many martial arts competitions. I am surrounded by more like-minded and like-hearted people everyday, my connections are growing stronger. All because I have mastered my energy, I made it stronger, I can manifest faster. It has lead me to succeed and elevate all 9 realms of myself and my life along with my clients I have been coaching and training over the past decade.

I know you will too.



Before You Start, it's important to understand Where, How and Why our Self-Mastery truly began...

In the Beginning.



When you came into this world, you had no idea who you are, what anything is, how you got here, and more importantly why. Perhaps you have the ability to remember being in the womb with the sound of your bones cracking as you were being molded. You may have strong memories about a past life where you were just living your life happily growing food in the fields with a beautiful wife, children, then those Romans appeared, snatched you up, enslaved you, made you kill for entertainment amongst other things, you escaped, raised a rebellion, won many battles yet got speared in back by some spoilt little Roman boy with father issues. Maybe you were charged with protecting the emperor but got caught slipping and messing around with his wife and now here you are.

Regardless, from birth to 7 years old, we are completely ignorant, a blank slate observing and absorbing everything within our immediate environments: our parents, relatives, school, television, technology, and every conversation around us. We are given a name, a race, a religion, vaccinations, and then told to think and behave in a certain way based on our place of birth, the family we are born into, the people our family associates with, their beliefs, and the place in the world where we live and grow up. Our minds and bodies begin to mold around these influences, along with the DNA of our most recent 4,000 ancestors, which holds all their memories, experiences, traumas, energy and attributes.

However, as the years go by, regardless of how well you were nurtured, you eventually find yourself asking the biggest question of all:

Why are you here? ...

What is this thing called life? ...

How do you find the answers? ...

Then, as life unfolds, something happens—something inside of you awakens. Something inside of you stirs.... something that has always been there. You begin to feel it.. see it and hear it through all the trauma, struggles, pain, loss, love, and success.

And so, you begin to seek the meaning of life, what is our collective purpose, your true self, and your soul's purpose here.

You begin to understand that there is more to you than what you have been told.

So, here you are. Perhaps you are already aligned with your soul's purpose and seeking further assistance. Regardless of where you are in life right now, this guide is here to assist you in your journey to unlocking and embodying your superior God form and be the master of your own destiny!

You are not just a single individual, you are greater, larger and more epically designed. The Youniverse made us in its image because you are the Youniverse in your own form.

This guide will take you on a path back to the source of all existence. Everything in existence comes from the source of all creation, the Youniverse itself. MM (Mana Mastery for Short) is based on the metaphysical laws of nature which merges ancient and scientific methods on how human beings are designed and how we can take control and program our mind, body and spirit to work together as one to its full potential in all areas of life. The most common definition of Mastery means to have supreme control, harmony, ownership over your own Mind, Body and Energy. Mana mastery is a journey of you mastering yourself as a creation of the universe. A lifelong journey of conscious practices that grant more power and control over your mind, body and spirit, bringing lifelong liberation, inner peace, fulfillment, simplicity and control over your own fate and destiny.

However, MM isn't about simply deciding to have super control over oneself. It is a conscious choice to commit to a constant journey of healing, evolving and ascending towards becoming greater than our resistances that seek to pull us from what we naturally are, who we aspire to become and what we aspire to do. It is a way to lock into our God Mode where we create and form our own destiny. To hold our power to create a fulfilling world for ourselves by using self-development practices that improve our psychological, emotional, physical and spiritual awareness. Many go through life assuming you must chase and obtain to be complete, the truth is that you are already filled with the infinite knowledge of creation. Being able to create and destroy life in various forms is simple evidence that you are already a complete divine being. Mana mastery shows you how to embrace the perfectly designed God of creation you already are and was always meant to be. Taking an oath to better yourself gives you the confidence to see solutions around your struggles, mental blocks or the lack of this and that, that causes resistance to move forward to live a fulfilling life of purpose. MM isn't about controlling or overriding your fears, doubts and traumas but rather putting them on the table into the light so that you can acknowledge them for what they are, learn from them and transcend beyond them. - This is what it means to be a God, a creator and a destroyer of our own destiny.

“We cannot control the world and everything in life, but we can choose how we think, react and behave within ourselves and others by learning to Master Ourselves”.

Mana mastery means a lot of different things, one of the, main goals is for you to Know yourself to the Core and master your Mana - Energy. To understand your role in the universe by understanding how you and the universe operate in synchronicity, as one integrated holistic unit. Mastering yourself in all 9 realms that make you, you. Your conscious thoughts that feed your subconscious mind which connects you to the universe and manifests your thoughts into your reality. Your physical and verbal reactions and behaviors, your spirit and its desires, the right kind of nutrition and fuel for you, your body type, how it works and how to enhance its performance level so that you can experience and enjoy your life with greater function, freedom and mobility. your position within your immediate family and how you bond and grow as a family and amongst the community. your archetype and the specific gifts you came here with, your essential connections with the elements, with nature and last but not least, your legacy, your contribution to all. When you make a conscious choice and put in conscious action into improving yourself to live a better life, you become better at everything in it. You can handle setbacks and obstacles with confidence and ease. These practices and guides of Mana mastery will assist as a source of support, inspiration and empowerment. Learning about You does not and should not end when we finish school or a course to get a job. To Own our lives is to own our power and to own our power is to take responsibility for our choices. To do this You must be congruent in self-development and developing yourself to master all that you integrate with in life.



The Natural Stages of Life.

To ascend into your higher self, your truest form, your Godmode, you must evolve from who you are now. To evolve and transform your energy into your most superior form you must cut the ties that are holding you back. You must heal/repair your foundations. The next 3 paragraphs explain the importance of the 3 natural processes of life so that you can stay flow and feel at ease as you are guiding yourself to unlock and then embody the long life self-mastery journey in Godmode.

The Process of Repairing and Healing.

The first process of life is Your natural cycle to heal, regulate and recover. Your mind, body and spirit need quality rest, rejuvenation and nourishment daily in various forms. The key is to build a strong relationship with your inner doctor. The mind and the body is a highly advanced biological structure with many systems built in place for very important and essential purposes. Our inner physician is our internally built doctor that communicates with us to ensure we are in good health and when we are not. Learn to listen to your inner physician. Focus on being aligned with your mind, body and spirits needs, it knows when you need to restore balance. From Quality sleep for mental clarity and focus to spending time giving love and attention to any unresolved trauma or energy that needs to be replenished or unblocked and released. Knowing how to repair yourself regularly is essential so that you can evolve constantly and stay in your best form with ease while enjoying your life more along the way.

The Process of Evolving and Transforming.

The sequence of life is transformation. Everything transforms as everything is energy and energy never dies it just simply transforms. This is a natural process of our evolution that can be seen when we evolve from a baby into an adult. Life is about growth, it's about transformation. Every part of life guides you towards obtaining new transformations to unlocking and embodying the God within yourself. You will learn how to transform your mind and your body to embody new, healthier, stronger, high performing habits. Your natural evolution is to become more in tune with your higher intelligence. You already have it in you to continue evolving. You are the next divine step in human evolution. You are the embodiment of the memories and experiences from your past 4,000 + ancestors before you. Except you are more powerful, resilient, balanced and your own higher purpose.

The Process of Ascension.

Ascension is the path of the soul; therefore, it is your destiny to elevate in life. You were not born to just come here to settle for whatever. Your natural birthright and path is gaining elevation and progressing yourself as a Youniversal being consciously, spiritually and metaphysically beyond what is required of yourself. When you focus on adapting to Ascend Rather than focusing on merely surviving you begin to Meet all obstacles in life with a greater level of mental power, divine intelligence and Steadiness. Thus allowing you to ascend beyond into life the way you were meant to.

The 3 Advice's of Self-Mastery



Advice 1: The Roadblocks of Growth and Solutions.

There are many roadblocks on the road of self-mastery. Abraham Maslow explains there are two powerful sets of forces within the human condition: a drive for growth and its opposing force, a drive for safety. One force seeks growth, the other seeks comfort and safety. While both are essential to obtain balance, the biggest force that stumps our growth is our ego. Ego (Latin: Í'), according to Freud, comprises the executive functions of personality by serving as the integrator of the outer and inner worlds as our identity and our superego.

The ego gives continuity and consistency to behavior by providing a personal point of reference which relates to the events of the past (retained in memory) with actions of the present and of the future (represented in anticipation and imagination). The ego is not coextensive with either the personality or the body, although body concepts form the core of early experiences of self. The ego, once developed, is capable of change throughout life, particularly under conditions of threat, illness, and significant changes in life circumstances. Many assume the ego is inherently bad, maybe even evil, however it is simply a force or worker for constructing our character and to see ourselves in a specific way based on what makes us feel dominant over our environment. We human beings are programmed by our environments first, then our experiences second. Another essential fact to know about the ego is that it is there to support our heart and souls' desires, just like a support actor to the main actor in a movie or a 1st commander loyal to following any command by his chief. The ego is not meant to be running the show and handling important decision making. It is there back up the Soul whenever it commands it to do or requires it to do. So does this mean the Ego doesn't actually exist... and is merely a defense mechanism designed to fortify our internal drive for survival?! According to Alan Watts, Yes. However for educational purposes we will continue to refer to this state of consciousness as the Ego.

In a world culture where we have ego driven unfulfilling, meaningless trends constantly coming in from every direction, it is no wonder our egos have been conditioned to serve our outer environments more than our inner environments. Today's ego, which primarily descends from western civilization marketing and corporate agendas, manifests thoughts of fake unrealistic fun, fake love, fake success and exaggerates negative thoughts to make us feel good about ourselves a short while. This keeps us distracted on purpose so that we do not gain confidence in ourselves, discover who we authentically are, what we truly love and have the capability to go after it. The manipulated ego does a good job at making negative thoughts sound logical, validated and practical without any real knowledge or experience to back it up.



Today's ego can take what it thinks is best for us from our outer environment to then make it our inner environment, when in fact it is meant to be the opposite way around. The ego says " I need this to be loved and acknowledged as successful! Because that's what all the people around me aspire for and if they see I have it they will admire and respect me. Then I'll feel worthy" – on the other hand our spirit guides us to real fulfillment and success as it says " I am successful because I have the courage to be doing what brings me joy and fulfillment and what I love is bringing success to me".

Instead, the ego is to be trained to be the most loyal and supportive assistant in what the soul inherently wants and needs. To start putting your ego in its place, begin building a positive relationship with it by communicating words like the next paragraph below -

"I am one with divine creator, God supports the best of me, I see the marketing of how doing that will make me happy, but my heart and soul does not feel it, therefore I will make a stand for what is right by my heart and soul no matter the cost!".

The more you positively interact with your ego you will become more aware of when your ego is looking out for your best interest and when it is not.

Stay humble along your path of self-mastery by always staying true to your heart and soul.

"Be a student with a Black Belt mindset and the journey of great growth and solutions will be yours".





ADVICE 2:

Taking responsibility for Yourself is the first step in taking ownership of your life.

Taking responsibility is the most essential component for obtaining and maintaining growth. Taking responsibility means taking full ownership over all the decisions that you make, don't make, the way you react to things, the way you show up, even things that other people bring around you or things that happen to you in life that you didn't even plan for yourself, you take responsibility for everything! This then gives you the power to make conscious shifts happen. It allows you to become honest and honorable in the way you live which will align you with your higher self, your most powerful self a.k.a Godmode. Taking responsibility for yourself gives you back your power! You can determine how you show up, how you react and more importantly, you are liberated from the ego to be mature and make better choices in life. When you don't take responsibility, you leave the outcome of your life in the hands of other things and other people. You also place yourself in a constant state of stress, constantly worrying what will happen and/or what might not happen. You end up blaming the results you didn't want on other people and things and when things do go right for you, you leave yourself vulnerable and open to even more random problems from not being in a state of responsible awareness. Failing and succeeding by your own choices feels far greater than receiving both from lack of participation. When you take ownership, you are the master of your destiny! You feel more confident and courageous every time you take responsibility for your life because you can see, think, feel and move in a direction that fulfills you the way you want it too. Many people avoid taking responsibility for many reasons. The most common reason is that it is easier to leave important decisions to someone or something else as it requires little to no effort. It also relieves them of any pressure from whatever may come from making important decisions. If something goes wrong it's on us, if something goes right, more of it is expected of us. That fear of taking responsibility for our own choices, decisions going wrong and having to own it is hard. This usually comes from having had parents or figures around as a child yelling at us in anger and frustration if we ever did anything that triggered them. Arrogant people controlled by their ego, unwilling to take responsibility never grow as they are in a state where they are unable to obtain and hold new information that would otherwise propel them on a path of progress,

“Take Responsibility for everything in your life to claim ownership of your growth and Power to Succeed”.

Get clear and honest with what is holding you back from taking responsibility. Are there any fears that have been put there by other people and other things? Ask yourself straight and have courage to see and know the answer for what it is and how it is. Put it all out on the table and place awareness on it all without any self-judgement! This will allow you to know the truth and will allow you to begin getting confident with your truth. Get rid of the victim mentality! It doesn't matter if you've been hurt or not, the victim mentality keeps you in a lower vibration and frequency with weak energy and when you approach life in this state more of the same manifests. However, When you approach life with a genuine heart, you do things for the right reasons because you're operating from a stronger energy source. When you do things for the right reasons you become more confident and fearless in whatever comes your way. Approach your life with courage and conviction. Take your time to respond. Taking ownership and responsibility means to get comfortable with knowing that you can take as much time as needed to respond. You are the master of you! It is ok to be Stern and strict with making the right decisions for you! Set the boundaries on any urgencies placed upon you. Know and be aligned with your core values. Respond and make choices in alignment with your core values. This will keep you honest and allow you to be discerning in maintaining an honorable and fulfilling life.



3. Growth isn't Easy, it's Necessary.

When one is used to safety and security, one does not seek growth. When one seeks safety and security, one realizes they must grow. Many people go throughout their lives seeking safety and security. After all, it's a primal instinct for us human beings to seek shelter, sources of food and a good, safe environment. In today's present times these things come across as easy for most. It may be a human right for all to access but it's not always the easiest to obtain. Especially when we can have all the basic essentials to survive comfortably in life but still be in survival mode - making poor life decisions from a place of fear, trauma, insecurities, addictive behaviors and lack of self-worth. When we look at the essentials of life and the cycle of how everything is connected, we can begin to understand how to create a life that's filled with abundance and lifelong fulfillment. Which then takes care of those 3 essentials. Many things must be learned and experienced. In the beginning days of our lives, we are completely dependent on our guardians to nurture and guide us until we become capable of being independent and can make our own decisions for ourselves. Once we reach a certain age and become consciously aware of knowing what we want and what we don't want, we start making our own choices. thus begins our journey of mastering ourselves. Everything we do once we become conscious is a journey to discovering ourselves, learning about ourselves and finding what it is we are here to do and what we must become to experience what we came here to do and be. Regardless of our purpose, everything requires us to master ourselves in some way, shape or form. Even the most basic primal essentials to get food, water, shelter, security require us to master ourselves to provide, nurture and protect ourselves to obtain these essentials. The only way forward is to seek growth and to accept that all things change. The times change, our environments change, people change, you change. Accepting change is essential for your self-development.

“Everything in our lives is defined by the perspectives we consciously choose to believe and take Action on”.

Become adaptable to embrace growth. Purposefully choosing to grow out of what we are used to is hard. We must confront a lot of things about ourselves that we would otherwise distract ourselves from or build up walls around to keep those things at bay. The most common reason people do this is that there is a lack or non-existing energy of self-worth. So When we give love to ourselves, when we speak better to and about ourselves we generate courage to overcome our fears and press forward into our true potential. To commit to growing into a new and better way of being we must summon the courage to do so. You need to have courage in starting to talk to yourself and about yourself in a much more loving way. Key point here, LOVE YOURSELF! You are worthy of all the abundance, happiness and fulfillment life has to offer! The universe was created out of love; you are love! You were not born to just struggle and suffer! It may take a minute to get comfortable with this but once you begin just loving yourself more the easier it becomes. When you want to strengthen a weak muscle, you do the technique that will make it strong repetitively. The more you exercise that weak muscle the stronger it becomes. The same goes with your thoughts for the courage to awaken your self-worth. Simply train yourself out of the habit of self-doubt, self-sarcasm and self-hate by focusing on more Self-Love for yourself. The more love you give to yourself the more courageous you become, the fear of growth will diminish in the light of a more powerful energy, Love.

6

Core Values to Elite Mastery

A Master of the self is someone that consistently lives through specific core values or virtues that awaken and unleash their inner God Power. Every individual that lives their life by their own ruling confidently and abundantly in all areas has these 6 core values that made them who they are and allowed them to be great masters of themselves and the things they set out to be great at.

**The 6 Key Core values to Elite Self-Mastery are:
Honor, Courage, Love, Mana, Leadership and Patience.**

Embodying the 6 core values of Self-Mastery Meditation

Start by sitting or laying down to engage in meditation. Make sure you're somewhere comfortable where you will not be disturbed by anyone or anything that will make you want to get up. Somewhere where you will not feel the urge to fall asleep, smell anything cooking and no way to be interrupted by any pets or children. Close your eyes and take 10 deep breaths in and out. Breathe in through the nose and out through the mouth with a tempo of 3 second inhale and 3 second exhale with no pausing in between. After you have done your 10 breaths, hold your breath on the last exhale for 10 seconds and squeeze your lower abdominal muscles in comfortably. Now relax and go into the observer state of mind. Observe your body. Observe any thoughts and feelings that are passing through. Observe how your organs are feeling, mainly your heart. Now! Begin observing the version of you that embodies all the Emotions and Thoughts that you don't want to have anymore. Give that old self a name to separate yourself from that old identity. Once you have done this now begin asking;

“Who would I happily Be with more Love inside of me and around me?!”

“How would I Feel walking and talking with more courage?!”

“What would I be able to achieve by honoring my words and my life every day?!”

“How would I Act and React in life If I had unlimited Patience with myself and my environment?!”

“ What desires, feelings and success could I experience if I accepted my Mana as unlimited potential?!”

As you ask these questions immediately focus on visualizing and feeling your ideal answer as if you were taking over another mind, another body, another identity. As you experience these new feelings and visuals of yourself you have created new experiences which create new neurological pathways in the subconscious mind. You have now successfully created a new foundation for a new and improved personality. Now, focus your intention on feeling and visualizing your ideal self that is more loving and caring, compassionate, patiently wise and practical, Honorable to your words, Courageous when standing and speaking your truth and as a spirit of unlimited power and potential.

Rise out of your meditation when you feel that you have obtained the sense of embodiment as someone new. Remember how you want to feel as someone that lives these 6 core values. It may take time but all you must do is practice this meditation and embodying these core values until they are as natural to you as breathing.



Love

“Love is the ultimate experience, influence and ensures suffering becomes obsolete”.



Emotions are energy in motion. Love is the most powerful force of energy, that's why we desire the feel of it more than anything else. The energy of love makes our brain produce the chemicals for the body to begin feeling it and then promotes us to express that energy into action. As it does with all of our thoughts. Sub-emotions such as Compassion is derived from love, and it is this attribute that I found to be the most powerful sub-emotion of love. Having compassion is essential to healing, evolving and ascending yourself. Compassion is how we attune to the nature of our most optimal state of being and when we attune to a state of humbleness, we let go of all ego attachments, traumas, fears and the lack of not having. All these things that hold us back simply fade away when we give compassion to ourselves. We also become stronger than our environment and life challenges by being compassionate. Love raises our self-awareness to experience life in ways we could not imagine without it. Love can blind us from being practical and making the best decision even if we don't initially like it. Love pushes and pulls us out of our comfort zones. Love guides us to peace and liberation. Love gives us the confidence, courage and strength to fight for what we love. Love is friendship. Love is companionship. Love is a connection between us and god. By now you have the picture of how love has its place in all aspects of ourselves. It is literally the driving force to live, to exist. However, love is simple while extremely complex and diverse at the same time.

The lack of Love.

Many things in today's modern world promote many individuals to love people and things for the wrong reasons. Even evil loves to gain pleasure through other beings suffering. A lot of the time we accumulate or cause our own suffering without even knowing it. If we don't receive the love we needed in our early years we grow up feeling a lack of it which can cause us to feel as if we are never meant to have it or we become people pleasers to get it in any way possible, even at the expense of our own self-worth and dignity. Mental, emotional, physical and generational trauma in our early years grows stronger in our adult years due to not having an environment that was safe, nurturing and filled with love. The results of this as we grow comes in the form of lack of emotional maturity, trust issues, anxiety, easily depressed, reacting with narcissism, lack of self-confidence, negative thinking, uncontrollable violent and aggressive behavior and addiction to name a few. Yet the answer to all comes back to Love. If the lack of love causes all these trauma responses, then the embodiment of love will heal and bring the opposite.

Embodying Love.

When you choose to embody love no matter what happens your mind and heart frequency shifts into a more coherent state. When the mind and heart are in coherence you enter what is called the flow state. Your focus is clear, you feel content, you become present, you make better choices and hold more control over maintaining positive, empowering and optimistic thought patterns. You become more attractive to be around. You learn and pick things up easier. More importantly, Love brings you into your creative space where you become the creator of your own reality, your own world.



Embodying Love



Practice Self-Love.

We attract what we are. The Love you have for yourself is a reflection of the love you can give to others such as your family and the world. This is a universal law. When you make a mistake or fail at something, be compassionate with yourself and be reminded that it is an essential process in life to grow. This will allow you to give more compassion to others, making you an even greater source of Love. Love yourself by looking after your mental, emotional and physical well-being. Have strong standards and boundaries to protect your energy and always remind yourself to speak nothing but loving thoughts about yourself. Take yourself out, do things for yourself that bring you meaningful joy. Know that you are more than worthy of all the love you desire. It is your birthright.

Compassion and Release Meditation:

Sit or lay down in a quiet space where you will not be disturbed or have the urge to get up or fall asleep. For 5-15 minutes or longer - focus on just observing everything that's led to where you are now in life and how you have become who you are now. Focus on being the observer of your thoughts and not in them. Put everything out on the table with no judgement or shame. It may be hard but in order to become greater than our negative thinking we must understand where it truly comes from so we can clear it and make space for new and better energy to enter the subconscious mind which will then allow us to program a new set of healthy, strong, positive thinking patterns. Once you have observed it all take 10 deep breaths in (3 second inhale and exhale with no pause). Then speak these words: "I see now that my past is the result of many things out of my control, I am grateful that I know that none of it was my fault." "I give my love and my mana to this pain for making me stronger, smarter and more loving and caring." . "I release this pain for the universe to or god to take forever and I am grateful for the love that is taking it's place". Repeat the same breathwork pattern again and end it with the words "and so it is".

Follow The Love.

Where you place your attention is where your energy goes. Continue to place your attention on the forms of Love you desire to have in and around you and your loved ones. You'll slowly find yourself finding and attracting the kind of love you desire around you the more you specifically focus on it.

Know Your Love language.

There are many ways to show, give and receive love. Knowing your love language is essential to understanding how to give, show and receive love the best way you know how to. Find your natural love language and practice speaking and communicating it fluently. So people show their love their actions better, some are affectionate, some are verbally loving, some are a mix of all.

- Do things out of love, spread it, speak it, embody it in a way that only you can.
- Hug and Kiss your Family and friends often.
- Tell your loved ones you love them often.
- Show Love by doing things without expectation often.
- Be vulnerable and open your heart to the great Mama and Papa, the Sun, the creator often to feel and fuel yourself with the full power of Love daily.



Honor

“The quality of knowing and doing what is morally right with high regard and great respect”.



Honor is the inner badge of self-respect. Honor is standing in our truth. Honor is the discipline we have in our beliefs. Honor is caring with the highest regard for ourselves and other people. Our honor is our means of integrity and to live with fortitude above all else. Your Honor is the foundation for the way you carry yourself through life. Your honor is the fabric of your codes or core values that define you. Someone who lives with honor is someone that stands by the duties they have sworn to serve at the highest regard. Every time we honor our words, our home, our family, our friends, our mind, our body or anything we do to the best of our ability we obtain more self-respect which increases our self-confidence and self-worth. Your honor is your sword and shield to uphold your authentic self, your truths, your beliefs, your commitments. Honor that which is good for you, and you will find yourself obtaining great abundance and fulfillment in your life.



Living with Honor



Strengthen your sword and shield with a bunch of small wins.

Start with small things such as making a promise to tidy your room before you leave every morning and actually doing it will improve your ability to honor yourself and your commitments even more.

Always choose the option that benefits your overall well being.

The more you do this the more it becomes a natural habit for you to become more attuned to improvement rather than settling.

Do what is right and stand for what is true from your heart regardless of whether you are supported by others or not.

The Great mother and Creator of all has always got your back no matter what and when you honor what you believe in you will feel an empowering surge of self-satisfaction and self-respect which increases your confidence and energy to an even higher power level in your self-mastery.

Follow the path that fulfills your Heart and Soul.

You will be happier, experience more joy. You will be fearless and empowered to become even more successful with the things you are passionate about in life.

When you say you're going to do something, DO IT!

All the small white lies, not committing to what you say you're going to do, not practicing what you preach add up over time and downgrade your level of integrity and self-respect. Honor yourself and the words you have spoken. This will make you become more reliable at doing so and you will be more respected by yourself and other people. Even if something does come up or it takes longer than you promised to deliver, later is greater than never.

Do not be afraid to admit when you are wrong, make a mistake or when you fail.

It takes true honor and courage to admit to these unfavorable experiences and yet they provide the biggest jumps in our growth. Be Humble and show humility to not only others in these situations but more importantly, yourself. The wisest men listen and learn from failures and mistakes the most.

Courage

“The strength to overcome adversity despite fear”.

Courage is by far one of the greatest attributes we can all attest is an essential attribute to live with. Courage is what we call that form of energy that we create to become more powerful than any form of energy that is consuming or preventing us from going forward in ourselves and in our lives. When we approach life and all the challenges in between with courage we either level up or we learn. Both are beneficial to our own mastery of the self for without it we would simply be in constant survival mode. The influence of fear, judgment, shame, rejection, failure and unrealistic expectations in our environments hinder our confidence to grow with courage. However, these experiences can also be used to strengthen our confidence, our courage when we choose too. First, one must know the difference between confidence and courage. Confidence is knowing what you're capable of based on past experiences. Courage is the will to still choose to be your authentic nature and to thrive despite uncertainty. Courage is to stand firm in what you believe in because you embody what you believe in, that is the way towards living a courageous life. Take a look at the most highly successful in their fields throughout the ages of mankind's history, all of them persevered with courage. Sure many were confident, yet all of them faced unknown circumstances and still chose to push forward with the act and will of courage. You too have the same courage of the universe within you. All you have to do is practice the art of being courageous until it becomes naturally a part of you as breathing.

Living with Courage

Practice regularly thinking, feeling, speaking and doing things that make you feel uncomfortable.

Becoming naturally comfortable with your authentic self. Find a comfortable quiet space where you won't be interrupted for at least 10-15 minutes where you can meditate and actively practice how you want to think, feel, act and react as if you were creating a new scene in a new movie about you. This will reprogram your subconscious mind to replicate these thoughts, feelings and actions. We become what we consume, feed your mind with visualizations and emotions of yourself being courageous in any situation you desire to have more courage in.

Meditate on the confidence you want to feel in situations that would normally trigger you.

Every morning and evening or perform you are about to engage in an activity or confrontation that usually triggers you spends just 2 minutes meditating to embodying the confident and courageous state you would rather be in. New thoughts will create new neural path waves into your subconscious mind for a new feeling which will lead to a new experience that will replace your old thought and experience patterns.

Find a mentor that fits with your learning style.

Find a mentor that will push you out of your comfort zone to become more confident, courageous in the areas of yourself you seek more courage in. If its relationships then find and learn from a relationship coach. If it's business or something deeper and more personal, find a coach that will teach you how to build your courage up. A mentor, coach, Books, podcasts, seminars, a martial art that promotes healthy personal development will teach you to develop more courage faster and more effectively.



MANA

The Power and Energy Source of one's spirit.




To live with Mana means to Know Who you Are and understand yourself as a being of energy. The Energy that connects you to the source of all energy. The source of all being the great mother, the great father, the creator, source whatever you refer to the higher realm as created you with and bestowed upon you. Your Mana is your God Energy. To harness it one must first learn to live by the guidance of the spirit is to understand that we are more than our physical body. The power of the spirit supports and guides us in every aspect of our existence. It gives us guidance towards what fulfills us most and what doesn't. More important It gives us power, confidence, and self-awareness whenever we are in situations that call upon our most authentic self. Many cultures of people have referred to this inner power in many different forms. Ancient cultures revered our Mana as our very being of existence. What we are as an energy source and our connection to the source of all energy. Our Mana is what defines specific characteristics about who we are and what we came here to do. Our Mana is our internal power that comes from a higher source, the creator of all.


Scientists today acknowledge that not only is the human being made up of all light particles, but everything is. the earth, the sun, air, water, your car, your shoes, your phone, your food, all the other animals on mother earth, mother earth who is one big conscious living being of energy. Everything is light in different densities and with light being a form of energy thus energy being pure information. Information that is constantly sending and receiving out into the universe as energy waves.

The more connected we are to our spirit the stronger our Mana flows within us and all around us. Our Mana empowers us to know and feel what is good for us and what is not. Our Mana guides us to knowing what is right and what is wrong. When our beliefs are challenged or empowered it is our spirit, our Mana that gets triggered to react first, if we are consciously aligned with our spirit. If we only lead and think with our mind it becomes very easy for such things as the ego to take over which may lead to many bad choices that we don't actually want deep down.

Our core dis-empowerment with our spiritual nature is the programming that we are separate from our body, spirit and heart. Our journey here is a reclamation of knowing and remembrance that we are not. When we live in our head, we can be controlled. Connecting back to our heart and our true essence requires us to feel more and the acknowledgement that we are more than just flesh and bones.



Amplify your Mana



Morning Meditation for Abundance, Peace and Energy:

A simple way to form full connection with your Mana is to begin each day with a morning prayer meditation for just 3 minutes giving Gratitude to the creator, source, god, great mother which ever name you prefer, for all the good you have experienced in your life until you feel relaxed, enthusiastic and content. Then focus your awareness on the abundance, Peace and Energy you want to feel today. Visualize how it would feel. What would it look like? How would you be as that new version of yourself? Do not open your eyes until you feel the embodiment of your desired state of abundance, peace and energy. Then focus on maintaining that frequency throughout the day.

Ask for Help from the Creator:

When challenges arrive in life, ask the creator for guidance. The subconscious mind has access to all the information there is in the void. It is the bridge between your conscious mind and the creator. Ask and you shall receive. Your answers may not come straight away, they may come randomly through conversations you have with people, other things you start thinking about and then bang! There it is. There's no magical moment as it happens in the movies, your help will come to you in the form it needs too. So pay attention.

Create a Sacred Space in Your Home:

Create an altar with things that promote your spiritual health and well being. Place it where you can easily access it every morning and night. Place an incense, candle, photos of your loved ones or vision board, an ornament of some kind that represents your connection with the universe. Make it a space where you and the universe connect each morning and night.

Cultural Guidance:

Many of our cultures give us great power and inspiration as they're foundation is built upon the natural laws of nature, the Youniverse in one form or another. Go and learn from them all and Adopt what is meaningful to you.


Nature Ritual:

Consciously Spending time outside in the sun getting some fresh air with your bare feet on the earth, Stargazing and regular swims at the beach or in a water hole will realign you with your spiritual nature. Early mornings are the best times to get outside. Be present with nature and immerse yourself into the void taking in its beauty. Focus your awareness on going inwards as you gaze outwards and you will feel your Mana in full power!




Leadership


“We can only lead others as well as we lead ourselves”.



Taking ownership of yourself means to accept the position of being your own leader. Leadership is necessary when trying to achieve a goal whether it be individually or collectively. To be able to lead ourselves into good situations and to be able to lead ourselves out of negative situations. Developing and having the attributes of Leadership is essential to mastering the self. Leadership is the balance of being the student and the teacher. It's required when we have a goal or mission to achieve, for no goal or mission can be completed without a good sense of self direction and collective comradery. When we develop our leadership qualities, we become a lot more confident in taking the risks needed, we gain more support from others, and we become more responsible in how we manage our time, energy and behavior. We grow more confident, strong and wise as an individual in making better decisions, taking risks and failing which allows us to support and aid others better.



Being a Great Leader.



Up-skill Your Leadership experience and attributes:

Learn from the highest and the lowest. Learn from the King and the shepherd. A great leader is always working on strengthening their mind and their ability to leader productively. A great leader never settles with what they know, they are always studying new ways to improve themselves to be better leaders by accumulating more knowledge and wisdom so that they can make better decisions for the good of themselves and those that look to them. Read, listen, watch and study daily to improve your Leadership qualities.

Meditate to Create the Leader You want and Need to be:

Focus your awareness on embodying a leader that leads with Love, Honor, Courage, Patience and Mana. People are more attracted to leaders who lead by these core values and are more likely to succeed in their mission. Visualize how you talk, how you would think, how you would want to feel when being challenged, how you want others to feel around you.

Follow Your Heart, Lead with Your Head and Trust Your Gut:

A good leader leads with their head, not their heart. Be an intelligent leader. A good leader constantly works on his ability to control their emotions so that they can observe their tasks at hand fully and see the best path forward for the bigger picture. They always look at the bigger picture at hand. A leader's biggest responsibility is to lead themselves and their people on the right path. Following your heart will keep your true to the right path - leading with your mind will insure you make intelligence decisions on how and your gut (which is a second brain) will always let you know when something feels right in the moment and when it doesn't.

Developing Healthy, Empowering, Supportive Habits:

A good leader can only lead others as best as he can lead himself. Practice leading yourself towards making choices that benefit your overall well being. Listen to others and their opinions wither they are productive or not and show them that you truly care. Be Decisive when making decisions. If you find yourself constantly messing around with making decisions on what you're going to do or how you're going to do something, just stop yourself, make a firm choice and stick with it.



Patience

“Patience is a Conquering virtue”.

Watch water drop onto the rock beneath it. One drop does nothing, but many drops over time create a hole in the rock. Such is the power of patience.



Patience is a skill that when consciously practiced allows us to better process challenging situations. It helps us sort out our thoughts and bring our feelings under control demonstrating high levels of emotional intelligence. Patience gives us clarity, improves the quality of our decisions and ultimately the quality of our relationships and lives. Those who have patience can remain calm and avoid impulsive actions when faced with challenges. Practicing patience is all about how you act. It involves internalizing your emotions and interpreting the situation you're in. When you're being patient, you'll stop and take a moment to look around while thinking about the bigger picture.

That is, you won't just think about your actions in the present moment but what they'll mean down the road as well. It allows you to lean in and trust that you may not have the results and answers that you seek in the moment, but it allows you to have the inner sense to find the best solution for the best result. It is an exercise in self-control and builds persistence for instant gratification. History's greatest minds and most successful people in the world have mastered patience. You too have a great mind and are destined for success. By making patience as one of your highest core values to live by, you too will become more successful in your everyday life both personally and professionally. As you develop a conscious awareness of embodying patience you will find yourself being able to hold a well-balanced state of mental, emotional, physical and spiritual state of being. You will have greater control over your energy which will grant you better performance in mastering yourself to master your life.

Having Superior Patience

Sit in your favorite meditation position:

Let your thoughts flow and focus your awareness on just observing your thoughts specifically for 10 Minutes or more. Patience is an act of self-restraint to react before thinking. No matter what cat video is playing in your head, how sex deprived you are, how content you are with settling for less than mediocre you are. Practice being an intelligent thinker while you're meditating. Focus on being the most mature and practical person there is in the entire world. Maturity, Practical, Intelligent Thinking is the key to improving your patience.

When anything triggers you, tell yourself to stop and think about the best way forward in that situation:

Mastering Patience comes from being the Master over your Energy. Sometimes we lack patience because we go into auto reactive mode from years of conditioning to do so. Especially when things are going wrong or not as we wanted something to happen. It takes courage to have patience as it's easy for our emotions to get the best of us. Have faith in yourself, have compassion for yourself and control your energy by being Stern with courage in your Mana as the source of your power and you will begin to feel more confident at being patient.

Take as much time to think before acting on a decision:

Take the time to think about the ideal result you want to achieve. The consequences for your decision should benefit you or whoever is affected 100% more than anything else. Be smart, plan accordingly, lead with your head and not your emotions and will find the best way forward in any situation. Do not let others and their emotions lead you, most don't even know what they want beyond what they're feeling right then and there. They are still in a child state of mind, be nice and patient with the children. They will learn through you at the same time.

Patiently Communicate:

Avoid using filler words such as "Like" and "Umm". Don't be in such a rush to have to talk and get words out. Focus on being present and talking with patience. Even if someone is rushing you too. Most people in today's modern world use filler words for 3 reasons. 1 - they feel the urgency to get everything out at once to avoid getting interrupted or they are overwhelmed. 2 - They don't have confidence in what they are speaking about so they use the main filler word "Like" as a way out if someone doesn't agree with them, judge them or ridicule them. It gives them a way to change what they have said. "No I meant like that but not like that though" 3 - Their ability to think and talk isn't coherent. Some talk faster than they can think, some think faster than they can speak. Take your time, talk as the elders do and be patient when you speak.



Unlocking Your True Potential

It is time to begin Unlocking your God energy ,your “mana” to shape your reality and fuel your self-mastery in these 9 key areas of your life:

Mindset, Health, Spiritual Balance and Alignment, Physical Performance, Your Natural Passions and Gifts, Your Soul’s Highest Purpose, Manifesting Abundance, Relationships, and Legacy, your contribution to the collective world.

When you improve one area of your life it will channel into the others.

**Mindset
Health
Spirit
Physical Performance
Passions and Gifts
Higher Purpose
Relationships
Abundance
Legacy**

This will help guide you towards knowing where to begin. Although this guide is set out in a specific order - that I recommend newbies to personal development to follow. You can skip and go straight to specific sections that you want to begin working on more. This is your guide to be the master of yourself and your life, not a high school test to see how fast you can read through it all only to learn nothing and end up buying another book, course or seminar that you don't need. I want you to follow this book of Mastery so you can actually start making Elite, Superior progress. The best order of Self-Mastery is the order that works best for you and suits where you are now for where you want to Repair, Evolve and Ascend.



Realm I: Mindset

Full Life Analysis.

A full life analysis helps you assess where you currently stand in various aspects of your life, providing a baseline for growth. In order to repair, evolve and ascend ourselves we need to know exactly where each of our 9 areas in life and ourselves is at truthfully. When we know where our life is at then we know what needs to change for the better. This involves getting real, raw and honest of where we are truly at in all 9 areas of ourselves and in our lives. The mind is the first place to begin as this is where all our ideas, perspectives and beliefs determine our inner reality which manifests into our outer reality. When our mind has clarity, focus and is guided by beliefs and perspectives that benefit our highest potential then all other areas of ourselves and our lives will positively change as well. When our Mind is strong, focused and empowered it is easier to improve our health habits, our physical performance, maintain a strong spiritual connection and alignment with our higher selves, our higher purpose is clear, our relationships thrive, our passions, gifts and talents develop powerfully and our contribution to humanity and the world is more abundant and fulfilling.

When journaling your answers:

1. **Be Honest:** Be brutally honest in evaluating each area of your life.
2. **Identify Weaknesses:** Acknowledge the areas that need improvement.
3. **Celebrate Strengths:** Recognize your strengths and use them as a foundation.

Journal your answers to the following questions for each of the 9 Areas of Your Life.

1. How satisfied are you with each area of your life right now?

Example; write down Mindset. then write down your honest analysis for where your mindset is at write now. Then do the same for the other 8 Realms.

2. What would your life be like if your _____ Improved for the better X10 ?

Write down 20 Positive changes to your life achieving this goal will bring you.

3. What changes could you do to begin nurturing your _____ daily right now?

Write down 3 Positive changes for each of the 9 areas.

Mindset
Health
Spirit
Physical Performance
Passions and Gifts
Higher Purpose
Relationships
Abundance
Legacy

“You were Created to come here and live a Great Life filled with great abundance, love, meaning, fulfillment and great purpose.”



Getting Real and Raw with Your Current Mindset.

This section is about taking an honest look at your current mindset. By understanding your mental patterns, beliefs, perspectives and assumptions, so you can begin to transform them into empowering forces. Your mindset shapes your reality. To create lasting change, you must first acknowledge the thought patterns that may be holding you back. This way you know what thought patterns need to be reversed so they empower you instead.

Journal: Write down 10 sentences or more for each question.

1. What limiting beliefs do I hold about myself and my capabilities?
2. How did I obtain the mindset I have now?
3. What negative thought patterns are not serving me well at all am I ready to release?
4. Write down 20 Positive changes to your life releasing and replacing these negative patterns will bring you.



Building a Powerful Mindset

The key to building a powerful mindset is to be consciously aware of what is going into your mind from yourself and your environment. Use everything as a growth lesson. Keep your mind occupied with things that empower you to become better as a person. Powerful mindsets are forged by learning how to overcome challenges and daily self-development from reading mindset books, podcasts, empowering music, conscious conversations with others while blocking out all that does not serve your mind's best purpose. Use meditation to develop mental strength, resilience and control over your thoughts and emotions every single day.

Observe Your Thoughts: Pay attention to how you talk to yourself throughout the day.

Challenge Negativity: When negative thoughts arise, question their validity and replace them with empowering ones.

Adopt Growth Thinking: Shift from a fixed mindset ("I can't") to a growth mindset ("I'm learning").

Raw and Real Action Attracts Raw and Real Results in Real Time.



The 4 Agreements

The 4 agreements are extremely powerful philosophy's that were kept secret by the Toltec civilization for thousands of years. This was to avoid the knowledge ending up in the wrong minds. Centuries later we find ourselves living in a world where they are needed now more than ever. The 4 agreements are mindset enhancements that will make your life so much easier, powerful and abundant while avoiding a lot of unnecessary trials and errors in life. Make an agreement with yourself to live by these 4 agreements by the Toltec's and you will experience such a joyful, peaceful, abundant life.

1.Be impeccable with your word.

Words generate energy, a vibration, a frequency. Words are spells, that's why it is called spelling. Use words to create a more empowering mindset by Being Impeccable with your word. This means living through your words. Doing what you say you will do. Speaking only positive and empowering words towards yourself and others, this will develop maturity and raise your integrity to become even more Impeccable with the Word. Use the power of words only to speak into manifesting truth and love. Whenever you go off track and gossip or talk negatively about your just simply remember this Agreement you have made with yourself. Apologies to yourself then Thank yourself for continuing to look after you and bringing you back to being impeccable with your word.

2.Never Assume, Always Ask.

Asking allows us to know and obtain what we want. Build the courage to always communicate what you want and avoid misunderstandings otherwise we end up sitting around creating our own scenarios up in our minds which most of the time will always go in the direction that's based on how we think and feel, when in reality it's not. By simply just asking and not assuming will save you so much more time and energy with creating negative scenarios in your own mind while being more at ease with knowing what you want to know and what effectively communicating what you want. Do not assume people should just know what your thinking either. Always ask and always communicate what you want or do not want.

3.Don't Take Things Personally.

Human beings will always act or react to other human beings based on their own level of Self-Mastery, Understanding, Mindset, Beliefs and Perspectives. Therefore nothing others do is because of you. Even if you directly say or do something to them that is either positive or negative, they will respond back accordingly to the reflection of what they perceive in their own reality. What others say and do is a projection of their own current reality. Remembering this will make you immune to being a victim to other people's opinions.

4. Always Do Your Best.

No matter what! Always give your best effort into everything you do. This will ensure you do not get caught up in any regret, self-abuse and self-judgement. Your best will always be different. Today your best is better than yesterday but then tomorrow your best could only be your average 50%, if so that's OK. If 50% is all you have today then you give 50% which means you actually give 100%. When you give 100% you will raise your self-confidence, self-esteem, your skills, your Mana (Inner Power) at giving 100% more consistently which will lead you to creating even greater experiences in your life.

Agree with your Highest Version Always.





The 3% Technique: Taking Control of Your Inner World.

The 3% Technique is a powerful self development technique. Its about making incremental improvements that compound over time by aiming for just a 3% increase in our maximum effort everyday in everything we do. Aiming for just 3% leads to massive change in your mindset and behavior. Setting big, unrealistic goals can cause one to become demoralized which then leads to such things as self-sabotage, procrastination and being inconsistent. But if you focus on just a 3% increase daily you can elevate areas of your life by 21% in just a week!

Tell your Subconscious mind to remember:

1.Focus on Small Gains:

Aim for just 3% improvement in yourself each day. Give your best effort and then go just 3% further. Write down 20 Positive changes to your life aiming 3% more will bring you.

2.Stay Consistent:

Remember that your best effort will change from day to day, no matter what Make a habit of daily growth, no matter how small.

3.Set reminders:

Set an Alarm, create a wall poster and start each day with the simple intention of improving yourself by just 3%.

3% is 300% more than nothing or going backwards.



Understanding How the Mind Works.

Understanding the mechanics of the mind will help you take control of your thoughts, habits, and emotions. The mind is where everything happens. The mind is where our thoughts turn into emotions (Energy in Motion) which then lead to Actions or In-action. The mind can be separated into 2 minds, The conscious Mind and the subconscious Mind. The conscious mind is where you process all your thoughts. your subconscious mind feeds the conscious mind the information it absorbs from your conscious interactions and your environments. The subconscious mind stores ALL information regardless of whether it is beneficial for you or not. This makes the subconscious mind the primary driver of our lives. The subconscious mind feeds our Awake Mind information to process. It drives our behaviors, our belief systems, our feelings, our reactions, our personality, our habits while running all of our organs and bodily systems such as breathing and digesting 24/7. This is why we may think one thing but still act and do the opposite because our subconscious mind is filled with more information to promote that reaction more than the one we are consciously thinking to do. The subconscious mind is our primary hard-drive that receives all information regardless and promotes it into every facet of our being until we replace that information. From the background music playing in the supermarket to the news playing on the TV in the background. It is taking it all in and wiring your thoughts, behaviors and habits around the information it is absorbing. This is why the influences and environments for our younger years are crucial to being filled with love, patience, nurturing guidance and influences. That is when our brain is fresh and has a clean slate. All though our environments influence our subconscious mind whether we want it too or not we can consciously communicate with our subconscious and control what it does with that information while consciously feeding it information we want to fill our subconscious mind with more of. When we consciously feed our subconscious mind and communicate with it information we want it to absorb it will do so and begin promoting the information back towards us. This is how we can take control of our own mind and rewire any thought patterns with new ones that benefit us more.

Practices:

Consciously feed your Subconscious Mind with beneficial information:

Understand that your subconscious part of the brain is always absorbing any information in your environments. However it can be consciously influenced by you by simply communicating with it and giving it clear directions on what you want it to feed back to you and what you do not. Do this actively throughout your day and also make time to do so with practices such as Meditations.

Identify Thought Patterns:

Recognize which thought patterns are holding you back and then consciously focus on the opposite thoughts would be. Keep practicing that the new thought patterns are stronger than the other. Write down 10 Positive thoughts you want to program into you and how they will benefit you and your life.

Challenge Limiting Beliefs:

Actively question and replace limiting beliefs with ones that promote growth in all areas of your life. some beliefs serve us well until they don't. Stay open minded and keep being a student and accumulating more knowledge around that which promotes growth within all areas of yourself.

“Your greatest power is your capacity to choose”.

Sonia Mheraki



Rewiring New Habits.

Rewiring new habits is crucial to lasting transformation. Creating positive change that align with your goals. For example, If you have a negative perspective towards money and yet you are someone that is constantly struggling financially then this is why you are struggling with money. Once you change your perspective to a healthy and positive vibe you will then find yourself becoming more liberated from your financial problems because you have gone from someone that dislikes dealing with money to someone that loves money which then leads you to doing things that bring in more money, being more responsible and wise with money which then leads to your financial problems going down and the benefits of helping yourself, your family and others financially go up. Rewiring habits happens when you are consciously feeding your subconscious mind more information and experience that promotes the embodiment of someone that operates through the new habits until you become that new habit.

Journal: Write down 3 sentences or more for each question.

1. What habits are not benefiting my life?
2. How have did i acquire the habits that are negatively impacting myself, my relationships and my life?
3. What new habits do i want to adopt as my new normal behavior and how will the benefit me and my life?

Write down 20 Positive changes to your life adopting specific new habits will bring you.

Tell to Your Sub-conscious mind to Remember:

Start Small:

Begin with one habit and gradually build momentum.

Energy is Key:

Feel the energy of the new habit. Be patient and Compassionate with yourself in the process.

Be Consistent:

Repeat your new habit as often as possible to strengthen neural pathways.

Have a Goal for the New Habit:

Set Goals that promote the desire to embody the new habit religiously. For example; Exercising and eating Healthy today will ensure I Look, Feel and perform well in my test tomorrow.



Rewiring Your Habits Meditation

Phase 1: Begin laying down or sitting in the standard meditation position. Close your eyes and begin connecting with your breathe while visualizing a bright yellow (or your favorite color) beam shooting from your tail bone down into the core of the earth. Now visualize a bring beam of energy shooting through the top of your crown above your head and into your unique star up in space. Now begin visualizing the energy from your base, your pelvic floor and earth herself as you inhale coming up and into your chest and as you exhale squeeze your pelvic floor muscles and engage your core as you exhale shooting that energy up into your you unique star. repeat this process in reverse, drawing energy into your chest as you inhale from your start and as you exhale squeezing your pelvic floor muscles and core as you Inhale into the earth. Repeat this process 6 times. We are regulating and firing up your mind and nervous system to begin creating new neuropathways for new habits to emerge.

Phase 2: Now visualize and feel the energy behind the New habits you want to create. You may use the thought of what the opposite habit would be to a current habit you have that you desire to replace. continue repeating the breathing process as you visualize and feel the new habit. Now as you breathe take a deep Inhale in and hold your breathe, engage your pelvic floor muscles, engage your diaphragm muscles (everywhere else on your body is relaxed? and hold your breathe for 9 seconds or longer while you visualize that version of you with the new habit you desire merging with your current body. Then complete the embodiment by exhaling with the sound "ahhhhhhhhhh". Repeat this x 3.

Phase 3: Return to a slow and gentle breathing rhythm as you continue visualizing and feeling the energy behind this new habit of yours. Create scenarios and situations where you and this new habit of yours is thriving. continue activating your pelvic floor and diaphragm muscles as you exhale just a little bit as you lean further into feeling the positive benefits of this new habit in your life.

If any doubts, fears or voices that are not even yours continue to pop in and rear their ugly head just kindly ask them to leave. This is simply a natural subconscious process responding to what has been familiar. Simply Smile, laugh, feel the joy of this new habit. This lets your Subconscious mind know that what your doing is more than safe for you. the more you do it the stronger the new habit becomes while at the same time you also begin creating new Familiar habits as you make the subconscious Conscious.

“You are the What You Consume and You consume what you think you are worth. You are Worth everything you desire.”



Conquer Fear and Self-Sabotage.

Fear and self-sabotage are two of the biggest obstacles to personal growth. All though that are separate, they are one in the same. Overcoming them is key to mastering your mindset. Fear is natural response when certain information enters the mind in a triggering way or when a traumatic experience occurs. Where as Self-sabotage comes from a lack of Self-Worth. The subconscious programming of thinking that we are not worthy of having a positive experience in regards to specific experiences in life. Self-sabotage (which also leads to Fears) is a self created protective mechanism that keeps us from truly coming to terms with the fear, hurt, disappointment that we may feel again from a familiar situation. It's a reaffirmation and confirmation to the physce and mind that the familiarity keeps us safe. So if something is unfamiliar, we create the scenarios to create an outcome that we are familiar with to prove and feed into our current beliefs about the situation, persons or environments. When you consistently confront your fears and take action on the things that are causing you to self-sabotage in the mind you get better at doing so in reality. Its all in the practice of the doing in small steps over time.

How to Overcome Fear and Self-sabotage:

Identify Fears:

Write down your fears and and ask why you have them honestly and compassionately. Then begin confronting them gradually, intelligently and practically with what you would be like without them. Do so with your highest maturity level. Then Write down 3 Positive changes for each fear on how overcoming this fear will bring you.

Identify Unworthiness and Consume them with Love:

Write down any feelings of unworthiness you have experienced in the past. Forgive them and start loving yourself un-apologetically in every aspect from this day forth. know that you are worthy of all the joy, love, freedom, fulfillment and success that you desire. Back it up by talking only love and truth to yourself, about yourself and anyone else regardless of what they say about you. You are not your thoughts, you are what you do about them. You are not other peoples thoughts. Their thoughts about you is a reflection of themselves and how they're able to handle their own reality. God, the creator.. is always loving on you and waiting for you to do the same for yourself. The more you love yourself the more calm and confident you become at taking action and living in harmony with your highest good.

Take Action:

Small, consistent actions is key for you overcome fear. regardless, Take Action! don't wait! Do not wait for the right moment! Do not wait on needing to k ow all the How, just take action. The action will over ride the fears and elevate your confidence which improves your self-worth. Making self-sabotage obsolete

Prove to yourself that you can succeed by following through on your commitments. Start simple, small and basic. Then Build up gradually.

“You already have what it takes. It is simply about removing the attachments to the fears and self-sabotages.”



Moving Beyond the How Trap.

Many people get stuck in the "how" and never take action. This is literally the difference between those that create their own lives and those that just consume throughout their lives. A hard pill to swallow and yet deep down it goes. Focusing on letting go of the need to know every step before you start is key to getting started. We think we need to know how to every extent but the truth is there can be an endless amount of possibilities to start off from which then leads to many never starting. "You don't know what you don't know until you actually start".

How to Move beyond the HOW Trap:

1.Trust the Process:

Begin before you're ready, and trust that the steps will unfold.

Write down 10 Positive changes to your life ignoring the "how" it will bring you.

2.Take Immediate Action:

Focus on the first step, not the entire journey.

Start now and only focus on what you can actually do right now and leave the next step to the outcome of today's task at hand.

3.Stay Flexible:

Be willing to adapt and change course as you move forward. Don't get attached to having to follow or be one way all the way through. there will be times where you reach a point where you must alter and adapt yourself accordingly for the greater progress forward.

**"The Youniverse wants you to succeed.
She's just waiting for you to make a decision on what it is you want"**



Building Awareness Towards a New Reality.

Awareness is the first step towards transformation. By becoming aware of how your thoughts and habits determine your perspectives and your current reality within, you can begin shifting your awareness to creating a new reality for yourself. For example, if you think a specific way about people internally then your inner reality would begin to mold around those specific thoughts which would then produce the habits that matches those thoughts in your outer reality. So if you begin to focus your awareness on creating thoughts towards a New Reality internally then you would begin producing new neuro-pathways that would begin changing your habits to match those new thoughts in your outer reality.

How to Build Awareness Towards a New Reality.

1.What would Your NEW, Ideal reality look and feel like with no limitations?

Write down 20 Positive changes to your life achieving this new reality will bring you.

2.Observe Without Judgment:

Who would you need to become to make this your new reality?

3.Set Intentions:

What steps could you take daily to begin making this reality happen?

"Your New Reality is but one of many that is already in the void. It is already Yours."



Expanding Beyond Your Limits.

Breaking past your spiritual, mental, emotional and physical barriers is essential for growth in all areas of our life. Seeing yourself as someone that happily enjoys going beyond your comfort zone and challenging your self-imposed limitations is the first step to ascending your energy beyond your current limits. When we get comfortable our Growth stops and we begin falling behind in all the important areas of our lives. Your limits expand when you stretch yourself. Moving beyond your limits allows you to tap into your unlimited potential to continue expanding and achieve things you never thought were possible.

Journal Your answers for each question:

1. What mental limitations have I accepted as truth?
2. What actions can I take to ascend myself beyond my current boundaries?
3. How can I adopt a higher growth mindset to challenge my comfort zone?
4. Write down 20 Positive changes to your life achieving Higher Growth will bring you.

Tell Your Sub-conscious mind to remember

Challenge Yourself Daily:

Each day, take one action that ascends you out of your comfort zone. Start small and easy and then build up gradually. This will build your confidence and mindset to be comfortable at being consistent with being challenged. To Become comfortable while being uncomfortable is the goal.

Visualize Success Beyond Limits:

Spend time visualizing what the next level looks like to you once you've overcome your limits. Dream big and remember that there is not right or wrong when it comes to manifesting your dreams, all are welcome.

Have Greater Perspective:

See obstacles as opportunities to grow, not barriers to success. The more you see yourself as an individual that can overcome anything you will become an individual that can overcome anything!

“Your Limits are not determined by your past, race, age or gender, they are simply determined on how you think and act right here and right now.”



How to Set a Goal and Achieve It.

Having a plan is essential to achieving your goals and dreams. It is the foundation to your self-mastery. This section will guide you through a process for defining clear, actionable goals that align with your personal mission. Goals provide direction and purpose. No direction and No Purpose means you stay where you are in life or worse and we know you are not here for that! By learning how to set goals properly, you increase your chances of success and build confidence in your ability to achieve what you desire.

Open a plank book and write down - GOAL SETTING JOURNAL - as the title and then journal each step below in the exact order.

Step 1: Define Your ULTIMATE Vision!

Before setting specific goals, start by defining your overall vision for what you want to achieve. This vision should be long-term from 3-12 months to 5 years, aligned with your values, and represent your deepest desires. Create a Vision that fulfills your heart and soul. this way you avoid being manipulated by the ego. The end result of Your Goal should bring you genuine love, joy, growth, freedom, fulfillment and abundance. Then break this big vision down into Smaller achievable goals.

Journal: 5 Sentences or more for each question.

What do I truly desire from this goal, how and why?!

What will achieving this goal do for my life, my family, or my community?

How will I feel when I achieve this goal?

What will this goal do for me in the next 1, 3, and 5 years?

How does this vision align with my Core values and Higher purpose?

Write down your ultimate vision for your goal. This could be related to what you seek to achieve with your Self-Mastery from this Book, your health, Fitness, Mindset, Habits, relationships, personal development, financial status, or legacy.

Journal:

Write down 20 Positive changes to your life achieving this goal will bring you.

Step 2: Envision your goal on the biggest scale! Then reverse engineer (PLAN) it backwards from the goal being achieved back to where you are with it now.

Now that you have your vision, break it down into small steps, achievable Goals backwards. For example, when building a home you need to put the interior furniture in last, before that is the external walls, before that is the internal structure, before that is digging and setting the ground pipes, before that you would source the materials needed, before that is marking out spaces of where the house is going to be situated, before that you would decide where you would want to live and why and so on.

Journal:

Now take your big vision and break it down from end to start in phases that are small achievable, realistic goals.

Step 3: Set SMART Goals.

SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound.

This method ensures your goals are clear and actionable.

Example:

Specific: I want to increase my business revenue.

Measurable: I want to increase it by 30%.

Achievable: This is realistic based on current business trends.

Relevant: This aligns with my business expansion plan.

Time-bound:** I want to achieve this within 12 months.

Journal:

Write SMART goals for your defined vision. Make sure they are specific, measurable, and tied to a timeline.

Step 4: Break Goals into Actionable Steps.

Break each goal down into smaller, manageable tasks or milestones. This makes the goal less overwhelming and allows for steady progress.

Journal:

What are the key milestones needed to achieve this goal?

What small steps can I take daily, weekly, or monthly?

Create a list of actionable steps for each goal. Break them down into tasks for each day, week, or month.

Step 5: Create a Timeline and Set Deadlines.

Setting deadlines creates urgency and holds you accountable. Assign realistic deadlines to each of the milestones or steps you've identified.

Journal:

What are the timelines for achieving each milestone?

Are these deadlines realistic given my current resources?

Use a planner, calendar, or digital tool to assign deadlines for each task and milestone. Keep your timeline visible so you can track your progress.

Step 6: Build an Accountability System.

Accountability increases your chances of success. Find a way to hold yourself accountable, either through self-monitoring or involving others in your journey.

Ways to Build Accountability:

- **Self-Monitoring:** Use a goal tracker or journal to record daily progress.
- **Find an Accountability Partner:** Share your goals with someone who will check in on your progress regularly.
- **Join a Group:** Participate in a mastermind group or a community of like-minded individuals working towards similar goals.

Choose at least one accountability system. Decide how you will track your progress and who will help hold you accountable.

Step 7: Overcome Obstacles with a Contingency Plan.

Challenges and setbacks are inevitable, so it's essential to anticipate and plan for obstacles. Identify potential challenges and how you'll address them.

Journal:

1. What potential obstacles could derail me from my goal?
2. How can I overcome these challenges?
3. What resources or support will I need to overcome obstacles?

For each goal, list possible obstacles and solutions. Create a contingency plan to stay on track when challenges arise.

Step 8: Review and Reflect Regularly.

Regular reflection helps you stay aligned with your goals and adjust your plan as needed. Set aside time to review your progress, celebrate wins, and make necessary adjustments.

Journal:

1. How much progress have I made so far?
2. Am I on track with my deadlines?
3. Do I need to adjust my goals, timelines, or action steps?

Schedule monthly or quarterly reviews. Reflect on what's working and what needs to be changed. Celebrate small successes to maintain motivation.

Step 9: Stay Committed and Adjust as Necessary.

Stay committed to the process, but remain flexible in how you achieve your goals. Sometimes adjustments are needed based on changes in circumstances or new insights.

Journal:

1. Am I still committed to this goal, or do I need to adjust my priorities?
2. What changes do I need to make to improve my chances of success?

Stay flexible and adjust your goals or action plan if necessary. Make sure your goals still align with your vision and current life circumstances.

Step 10: Celebrate Your Wins.

Achieving goals should be celebrated! Acknowledging your progress and accomplishments motivates you to keep pushing forward.

Journal:

1. How will I celebrate achieving each milestone?
2. How can I reward myself for staying on track?

Plan small rewards for each milestone you achieve, and celebrate when you complete a major goal. This will keep you energized and motivated for future goals.

Goal setting is more than just writing down what you want; it's about building a structured plan that leads you to success. By following these steps, staying accountable, and reflecting regularly, you'll be well on your way to achieving your biggest dreams.



Give Yourself Permission to Dream.

Giving yourself permission to dream big is essential to unlocking/embodying your God state for living an extraordinary life. Not just day dreaming about majestic experiences as a quick distraction from your reality but Truly Dreaming to Manifest on Purpose into your reality. This section encourages you to expand your imagination and envision a future that excites and energizes you. Many people limit themselves to practical goals from lack of self worth or being plagued with other peoples perspectives of what is possible. Allowing yourself to dream without restrictions opens the door to unlimited possibilities and expands your Energy Body to truly expand abundantly.

There is no right or wrong in the Youniverse. There is no such thing as unrealistic and the youniverse does not deal in hypothetical scenarios. You can actually achieve anything you desire the way you want it. First you must give yourself permission to dream. You must allow yourself to feel it as if your dreams have already manifested into your reality. This is how we create anything in our lives. You have to be brave enough to dream, to let the frequency of your dreams go out into the youniverse so that god can actually give them to you.

Journal your answers to the questions below:

- What would my life look like if i acted on my biggest dreams?
- Write down 20 Positive changes to your life achieving this goal will bring you.
- 2. What dreams have I suppressed because they seemed unrealistic?
- 3. How can I bring these dreams of mine into reality?
- Write down 20 Positive changes to your life achieving this goal will bring you.

Tell your Sub-conscious to Remember:

Dream Big:

Don't hold back when envisioning your future. Be bold in your dreams. This is your life and you came here to live it your way.

Write It Down:

Put your dreams on paper to bring them closer to reality. If they're just in your head there's a big chance that's where they will stay.

The Why is more important than the how:

When dreaming, don't worry about how you'll achieve it; focus on what excites you and start creating small goals to bring your dreams into reality.

Protect your Dreams from Dream Killers.

There are 3 types of Dream killers. the most Common dream killers are people who kill other peoples dreams because they have settled on their own dreams for so long they live in secret resentment towards others that even attempt to try and achieve theirs. They lack the courage and strength to act on them so they find a sense of fulfillment pissing on other peoples fires. The second dream killer is the news, government and any political party that tells you that there is too much going on in the world to fix in order for your Utopia to exist. Then they will say "but work hard and you will live a successful life ;). Dream Killer number 3 are accidental dream killers. They're your parents, old people, religious type that grew up of another generation that never had the guidance to pursue their own dreams and also didn't come across the knowledge and resources to learn how themselves. So they think that dreams are just experiences we have when we sleep and the real world requires us to just do what we are told the way they were told, until you show them otherwise.

**"The Youniverse is one super, ultra conscious mind where anything is possible.
You just have to believe it and act on it until You Know It!"**

Bring to Life Your Vision Beyond the Vision.

Your "vision beyond the vision" is the deeper, more expansive version of your dreams and goals. The vision beyond the Vision is seeing yourself in your Best life and then opening an even deeper vision inside that vision. This section helps you connect with your bigger purpose and bring that vision to life. When you align your daily actions with a larger, purpose-driven vision, you create momentum that propels you forward toward your goals. By visioning beyond and deeper into your ultimate vision you then make the per-vision even more achievable and easier to manifest. Pay attention to this section as it will come up again as a required attribute to manifesting your visions later on in the guide.

Journal Your Answers for each question.

1. If I was inside my ultimate vision i have for my life right now, what would my higher vision in that vision be?
Then Write down 30 Positive changes to your life achieving this goal will bring you.
2. What version of me lives inside the vision beyond the vision? How do I Think, What do I Embody etc.
3. What steps can I take over the next 30 Days to Embody the future version of myself that aligns with my higher purpose and vision beyond my current vision in my life right now? Write down 20 sentences on how this version of you would benefit your life.

Tell your Subconscious Mind to Remember:

Reflect on Your Purpose:

Spend time in quiet reflection journaling or meditating to connect with your deepest desires every day.

Meditate Daily:

Meditate on Your Vision every morning when you wake up and every night before you go to sleep for at least 10 Minutes.

Take Inspired Action:

Look for small ways to gradually act on bring your vision to life in all 9 Realms of Yourself and commit to its success passionately.

Meditation.

Begin laying down or sitting in the standard meditation position. Close your eyes and begin connecting with your breathe while visualizing a bright yellow (or your favorite color) beam shooting from your tail bone down into the core of the earth. Now visualize a bring beam of energy shooting through the top of your crown above your head and into your unique star up in space. Now begin visualizing the energy from your base, your pelvic floor and earth herself as you inhale coming up and into your chest and as you exhale squeeze your pelvic floor muscles and engage your core as you exhale shooting that energy up into your you unique star. repeat this process in reverse, drawing energy into your chest as you inhale from your start and as you exhale squeezing your pelvic floor muscles and core as you Inhale into the earth. Repeat this process 3 times. We are regulating and firing up your mind and nervous system to begin creating new neuropathways to emerge.

Phase 1: Now gently breathing and relaxing I want you to open up a screen in front of, or whatever form of vision that works for you and i want you to see the new reality you desire for yourself taking place in the future. Imagine big with no limits! See yourself in your new reality and visualize it in every detail possible. How you look, how you think, the energy you embody, what you have, who you are with, what you are doing, where and so forth.

Phase 2: Now open another vision inside that vision. this vision is your future beyond the future of your first vision. This will make the first vision appear and feel as if it has already happened. This is the state of being that will manifest your new reality. Now jump into that vision and embody that future version of you that lives that Reality. Feel it! Now amplify that feeling x2! Then do it again. This is rewiring all your cells in your body and opening new permanent pathways in the brain to establish this version of you right here and now. Slowly bring yourself back to know and hold that frequency of your future self as you gently open your eyes and embrace a new reality.

Phase 3: Become aware of the changes that have now happened from this experience of quantum leaping into the future. You are no longer the same person anymore, you are better!

Realm 2:

The Health and Wellness of your Energy

Our Mind, our body and our spirit function and operate at their highest capacity when fueled correctly. When the the mind, body and spirit is healthy they perform at their highest which then allows us to manifest and experience our highest quality of life. The human being is a highly advanced, highly complex system of majestic organisms that all integrate as one whole system. Therefore We need to fuel our bodies the right sources of fuel to operate and perform at our highest state. Everything in life is energy and all energy is information. We are an Energy body first and a physical body second. The better our Energy levels are physically the better our Mind and Energy body can truly perform, evolve and ascend in this life. the first step into amplifying our energy in through the mind - Secondly through our Nutrition and then our Physical Body.

Optimal Nutrition (Going Organic).

Optimal nutrition is foundational to physical health and vitality. This section focuses on the benefits of organic foods and how they will boost your energy and well-being naturally. Organic food is grown naturally the way nature intended. No chemicals, No genetic modifications by man. No Pesticides and Herbicides being sprayed over the food as it grows like Non-organic (GMO) foods are. Food is Energy and energy is simply information our bodies are perfect aligned to connect and read the information that comes from organic food sources. Processed foods are dead organisms with no nutritional value, in fact when we eat processed foods our body has to use its own energy just to metabolize, digest, assimilate and eliminate it all as their is no information that the body recognizes in processed foods as it is either corrupt (modified) or all the enzymes are dead from being highly heated and processed over and over again. This is why we feel tired after eating processed foods'. Food is meant to give energy not take it, despite needing to use a bit of energy for our organs to function, digest and so forth. The energy cost eating organic food is low compared to eating processed foods. Eating organic foods minimizes exposure to harmful chemicals and maximizes nutrient intake, giving your body the real, alive enzymes, high quality nutrients it needs for peak performance.

Journal your answers down:

1. How can I incorporate more organic foods into my daily diet?
2. How does my current eating pattern impact my energy levels and overall health?
3. What benefits have I noticed when consuming organic foods?

Write down 30 Positive changes to your life eating organic will bring you.

Tell your Sub-conscious to Remember:

Start Small:

Begin by eating a simple diet made up of simple meals with the ratio of simple proteins, carbs, fats and oils. Example; Boiled Chicken breast in organically salted water/beans/ a tomato. The slowly introduce other ingredients while replacing one non-organic item with an organic option each week. Start re-adapting to eating a simple primal, wholefood, organic diet.

Shop Local:

Support local farmers by purchasing organic produce at farmers' markets. The ingredients will be more fresh and covered with less toxin chemicals and poisons.

Remove all processed junk foods.

IT is all dead enzymes. Clean out your cupboards of all junk foods. Prepare healthy alternatives to easily take out with you to avoid eating out. Cancel going out to places that will promote unhealthy habits until you are disciplined enough to be around it all while being in control of your habits.

Stay away from the 4 white devils.

Avoid eating any foods made from processed, GMO Salt/Flour/Dairy/Sugar. These are the biggest killers and creators of Cancer, Gut Disease, Auto Immune disorders, Inflammation, weight gainers, Diabetes, Slow motor development and more!



Becoming Self-Sufficient.

Self-sufficiency in nutrition means having more control over the food you consume. Having real, organic food is not a luxury it is an essential to have in this world for a healthy and self-sustainable lifestyle. This section encourages you to explore ways to grow, source, and prepare your own food. Becoming self-sufficient enhances your connection to your food, reduces reliance on external sources, and ensures that you're consuming the highest quality produce.

Journal: Write down 10 sentences or more for each question.

1. How can I start growing my own food, even in a small space?
2. How can I become more mindful of the origins of the food I eat?
3. What are simple ways to begin reducing reliance on packaged or processed foods?

How to start becoming Self-sufficient:

Start a Garden:

Even if it's a small container garden, growing your own food is a step toward self-sufficiency. Start with basic vegetables that are in season for the climate and area of the world you are living in right now. Start with 2 Beds of soil for each vegetable. Set a routine to regularly water them early in the morning or late in the evenings

Learn Preservation Techniques:

Experiment with canning, freezing, or fermenting to preserve homegrown or local produce. This will allow you to store food in bulk while keeping them fresh, saving you time and money grocery shopping.

Cook from Scratch:

Make time to cook meals from whole ingredients to ensure quality and health. Food tastes and feels better when it is homemade. Cooking from scratch connects us to our food which allows us to become more whole hearted beings.

Learn from other Self Reliant Home Growers:

Social Media and YouTube is filled with many people that can show you how to grow your own food.

Buy Organic Seeds and get planting:

Take Action now, food takes time to grow and the best way to learn and get into it is to get into it right now. Buy as many organic seeds as you can and store them for each of their seasons. Organic seeds are pure and obtain the super codes of nature that our bodies have been designed to work with.



Nutrition Assessment I **Eating Right for Your Metabolic Type.**

Not everyone thrives on the same diet. Over time human genetics developed based on their environments and a large part of that influence came from the climate conditions and the food sources that were primarily available in that environment. Then when humans began migrating around the world even more and integrating with one another you have children with Eskimo genes mixed with African genes and so forth. This then created a new breed of nutritional requirement. This section explores metabolic typing, what it is and how you can understand the best foods for your body type and energy needs based on your Metabolic Type and Primal Pattern Diet. The Primal Pattern Diet was created through the integrated work of Roger Williams, a world renowned researcher and scientist in Biochemical individuality discovered that we are all unique and different in regards to how we Metabolize foods and West A. Price, a renowned researcher in how nutrition determines our physiology together make what is called the Primal Pattern Diet. Eating according to your metabolic type ensures that your Unique body and Metabolic Type is getting the correct ratio and quality of nutrients it needs to function optimally, enhancing both energy and mental clarity.



Take Your Metabolic Typing Test.

Tally Your Scores. If Your Answers A is higher than your B Answers then You are a Polar Type. If your B answers are 5 or more than your A answers then you are an Equatorial Type. If your A and B answers are relatively close together then you are a Variable Type.

Metabolic Typing: Complete your Metabolic Typing Test Here:

[Metabolic Typing Assessment](#)

Metabolic Typing Test

Calculate your answers accordingly as prescribed at the end of the assessment but do not submit your form. Simply calculate your total scores to know what Metabolic Food group you currently fit into and then simply download your Metabolic Type below.

[The Primal Pattern Nutrition Guide](#)

Carbohydrate / Protein / Variable



Nutrition and Lifestyle Assessment.

Understanding your nutritional habits and how they fit into your lifestyle is key to making realistic, sustainable changes. This section helps you assess your current nutrition and lifestyle patterns. A thorough assessment of your eating and living habits can reveal areas where small changes could significantly improve your health and well-being.

Take Your Nutritional Lifestyle Assessment: [Holistic Nutritional Lifestyle Assessment](#)

Do not submit form.

Print and mark your answers. Any area that scores points requires immediate attention.

This assessment is very detailed and will require an easy 30-35 minutes to complete as it addresses all the foundations to understanding where your health status is at properly so that you can get straight to addressing them feeling you most powerful form daily.



Upgrade Your Hydration.

Proper hydration is key to a high quality life and is often overlooked. Water specifically is LIFE! our body is made up of 70% water and is the primary source to staying alive (apart from Air). It is essential for overall health and ones ability to be at their best everyday. This section focuses on the importance of hydration and tips for optimizing your water intake. Tap Water is polluted with chemicals and dead nutrients. This leads to many being dehydrated and poisoned regularly. Staying properly hydrated improves energy, supports mental clarity, and helps regulate bodily functions such as digestion and temperature.

Avoid:

Fizzy Drinks, Alcohol, Sodas.

Tap Water.

Plastic Bottled Water whenever possible.

Dairy.

Processed Coffee.

They all dehydrate the body 10 X more than running a marathon would do.

Amplifying Hydration:

Pure Spring/Creek.

Molecule Hydrogenated water.

Kangen Water.

Alkaline Water.

Filtered Water.

Bottle Spring water.

Carry a Water Bottle:

Keep water with you throughout the day to remind yourself to drink. Check out our Molecular Hydrogenated Water Bottle Here https://lumivitae.com/?bg_ref=cnmfrQhWVw - This advance water bottle is #1!!!

Add Electrolytes:

If you're highly active, consider adding electrolytes to your water to enhance hydration.

Drink First Thing in the Morning:

Start your day with a glass of water to kick start your organs and hydrate your muscles after sleep. You will feel more awake, energized and you will digest and assimilate the first foods you eat much more efficiently. Saving you energy digesting.



Bio-Hack Your Best Sleep.

Sleep is the foundation of recovery, energy, and mental clarity. This section focuses on optimizing your sleep through bio-hacking techniques that enhance both the quality and duration of your rest. Without proper sleep, your body and mind cannot function at peak performance. Bio-hacking your sleep allows you to achieve deeper rest and better recovery, which supports every other area of self-mastery.

1.Establish a Night Routine:

Create a consistent pre-sleep routine to signal to your body that it's time to wind down. Turn off all lights and use candles or salt lamps for sun setting simulation for your repair hormones to begin producing an hour before bed.

2.Optimize Sleep Environment:

Ensure your bedroom is dark, quiet, and cool to promote optimal sleep conditions.

3.Limit Blue Light Exposure:

Avoid ALL screens at least 90 minutes before bed to support natural melatonin production.

4.Meditate:

Communicate with your subconscious mind and give it clear instructions to fully repair your body of all stress and fatigue. That way the last thoughts that run through your mind before you close your eyes for the night are that of recovery in the mind and body.

5.Enjoy light conversations:

Intimate physical affection with your spouse or reading an enlightening book before going to sleep will ensure the last thoughts running through your mind are the type that begin regulating your nervous system.

6.Sleep with a Window open:

Sleeping with a window open ensures that fresh air is constantly flowing through your room as you sleep. This is essential for your brain, heart and lungs to operate in their optimal state.

**“The way to a more productive, more inspired, more joyful life is getting enough sleep.”
Arianna Huffington**



Super Charge Your Gut Health.

Your gut is the center of your body's health, primal instincts, influencing everything from digestion to mental well-being. This section explores ways to boost your gut health through nutrition, probiotics, and lifestyle adjustments. A healthy gut supports a healthy and strong Lymphatic system a.k.a your immune system, better digestion, and mental awareness. By supercharging your gut health, you enhance your overall vitality, resilience and mental performance while keeping your abdominal walls firm and strong.

Journal: Write down 10 sentences or more for each question

1. How does my current diet affect my gut health?
2. What steps can I take to introduce more gut-friendly foods into my meals?
3. How does improving my gut health positively impact other areas of my life?

Guiding you towards a supercharged Gut:

In this modern world where we are dealing with high levels of plastic, metals and other toxic chemicals in our food, soil, air and water it is important to know exactly where your gut stands so that you can know exactly what you need to do to supercharge its ability to function at peak performance. Listen to your inner doctor and specifically your gut after eating to know if what you are eating is doing well for your gut or if it is not.

Step 1. Remove all sugar and processed foods and adopt a whole food diet immediately:
Doing this will increase your gut health and reduce an inflammation.

Step 2. Get your Gut Health Tested:

There are many ways to get your gut health assessed for such things as gut microbiome levels, food intolerance, food allergies, Autoimmune problems, such as thyroid issues, rheumatoid arthritis and type 1 diabetes. Digestive issues, such as irritable bowel syndrome, constipation, diarrhea, heartburn or bloating. Search for a Gut health specialist near you that can accommodate such testing above. Tests involve taking Blood and Stool samples.

Step 3. Eat More Fermented and Probiotic Foods:

Incorporate foods like kimchi, sauerkraut, and yogurt to boost beneficial gut bacteria. Add a high-quality probiotic supplement to support gut flora balance.

“A healthy gut stimulates a happy mind and a strong body.”



Being in Healthy Environments is Essential for Growth.

Your surroundings influence your well-being more than you may realize. As mentioned earlier your subconscious mind absorbs all energy around you as information whether it be positive or negative. Even the music you're listening to. You may not be consciously focused or aware of the words being said in the song but your subconscious mind absorbs it regardless and stores it as information to feed you later. Being mindful of what is happening and going on in your environments externally is just as important as your internal environment as your external environment has greater influence to affect, change and manipulate your internal behaviors. This section emphasizes the importance of creating and maintaining healthy environments, both physically and emotionally. The environments you spend the most time in have a profound impact on your mental and physical health. Being in healthy, supportive, and nurturing environments boosts your energy, focus, and your ability to learn and up-skill your personal and professional development.

Journal: Write down 10 sentences or more for each question.

1. What changes can I make to my home or workspace to promote better health?
2. How do the people I surround myself with affect my mental and emotional state?
3. What steps can I take to spend more time in nature or calming environments?
4. How can I set boundaries and auto-suggestive behaviors to ensure my inner environment isn't negatively affected by my outer environments?

BECOMING MINDFUL OF YOUR ENVIRONMENTS:

1. Audit Your Inner Circle of people:

Your inner circle is your primary tribe of people that you interact with intimately and regularly such as family and close friends. Write down all of the names of your closest people and assess their level of positive and negative support, habits and influence they contribute to your environments for your growth and goals. Then make decisive action on what kind of people you want or need to be around that bring out the best growth and support in you.

2. Bring Nature Indoors:

Nature in herself automatically regulates your nervous system back into a calm and relaxing state of mind, body and spirit.

3. Daily Ritual of Nature:

Each of the 4 elements of nature interact with us metaphysically to promote our mental, emotional, physical and spiritual health and performance.

4. Grounding:

Make time to spend 30 minutes or more with your bare feet on the earth each day to bring you back into the present and reduce any toxins and stress you carry. Grounding barefoot also maintains strength and conditioning in your joints, ligaments, tendons and brings your self-awareness back into full focus.

5. Water:

Take a Cold shower everyday for 2 minutes to stimulate nervous system regulation. This will calm you down back into full focus, recover fatigue, strengthen and condition your cardiovascular system, mindset and physical performance. Introduce plants or natural elements into your space to reduce stress and improve air quality.

6. Sun:

The sun provides essential particles we need for energy, for recovery, for optimal power. Getting as much sun on your skin is essential to building a strong endocrine system and activates your recovery hormones to a higher extent ensuring you get the best sleep possible. Get as much sun in your eyes as possible as the sun rays optimize your visions and activate your pineal gland, the primary source.

7. Air:

Breathe-work techniques outdoors aids your brain, heart and lungs are being cleaned with fresh air so that they can perform at optimal capacity.

8. Surround Yourself with Positive People:

Build relationships with individuals who uplift and inspire you to be greater in every aspect of yourself.

9. Avoid being in Environments that downgrade your growth:

You do not have to be anywhere that you are not being respected or appreciated. You do not have to be anywhere that causes you to adjust your core values. Always stay mindful and away from environments that are not beneficial for your growth.

"To enjoy good health and true peace of mind, we must cultivate a clean and harmonious environment—both inside and out." – Thich Nhat Hanh



Spirit

Aligning & Balancing Your Energy Body

Our first form of existence is our Energy body. Our Soul, our Spirit. All things are made of light and all light is energy and all energy is information. Your Mana is your unique energy code and signal that fuels your spirit, your energy body to achieve anything you set your mind and body to achieve. When you know how to harness your Mana at will you are literally energizing yourself and your life with the power of God. Your Mana, your inner power is the God energy within you. It can Create great change, shifts and abundance in life and it can destroy anything that no longer serves your best self.

Awakening Your Mana.

Mana is your life force, the unique energetic signal and connection to the source of all. It is the power source to your energy body, your spirit. It is the vital energy that sustains your spiritual, mental, emotional and physical state of being. Your Mana is that source of energy you feel from within to fight for your life, to love from your core, to protect what you stand for no matter what, to provide genuinely, it is your authenticity and source of full self-expression for your higher purpose here no matter what. Everything in this guide so far has lead you to place yourself in a state of being that can harness such power and unleash it fully in every aspect of your and your life. Your Mana is literally your super power, your super weapon of the gods as it is connected to the divine creators energy source of all things in existence. All things are energy and energy is information. Today, you will focus on awakening your mana, tapping into your energy source, and aligning with your spiritual Awakening your mana allows you to connect deeply with yourself and the world around you. It empowers you to operate from Your Heart, a place of authenticity, balance, inner strength, power, higher intelligence and clarity.

Getting familiar with your Mana, your Inner Power of the Gods.

Journal Your answers for each question.

1.What inspires me to feel connected to my inner Mana?

Write down 10 sentences.

2.How can I begin putting more of my mana into my everyday being?

Write down 20 sentences.

3.How will harnessing and unleashing my mana benefit my life in every aspect?

Write down 30 Positive changes to your harnessing and unleashing your Mana will bring you.



Practices to Harness and Expand Your Mana.

Daily Mana Meditation:

Begin laying down or sitting in the standard meditation position. Close your eyes and begin connecting with your breathe and visualizing a bright yellow (or your favorite color) Energy ball or fire in your belly slowly expanding and becoming more dense with each breathe. Breathing calmly and gently for 10 breathes. Imagine a bright red beam is shooting down from your tail bone into the core of the earth and a bright white beam shooting through your crown, the top of your head into space where your unique star is. now begin inhaling from the earth into your chest, your heart and exhale into the star through your crown. 'Every time you inhale engage your diaphragm and squeeze your pelvic floor muscles at the same time, relaxing as you exhale. Repeat this process for 10 Breathes. As you breathe focus your awareness on the energy flowing in from the earth as you breath into your chest and out into your star. Then breathing in from your star into your chest and then down into the earth. visualize the spinal fluid coming up from your base up your spine and into the middle of your forehead every time you engage and squeeze your pelvic floor muscles. on the tenth breathe inhale and hold it, squeeze your pelvic floor muscles and engage your core muscles gently at the same time and hold it for 20 seconds. in this 20 seconds lean into your intention of embracing the Highest Version of You. As you exhale relax while making the sound ahhhhhhhhhhhh. Then begin Breathe of Fire Breathwork Technique.

Breathe of Fire:

Inhale through your Nose and Exhale through your Nose at a pace that suits you and your energy. Perform 30 Breathes in and out of the Nose Non-step. While breathing focus your awareness on your Mana (Energy ball) in your belly and your chest expanding bigger and bigger, consuming your body. Visualize your Mana ball becoming brighter and more dense. engage your core and squeeze your pelvic floor muscles gently with each Exhale. on the 30th exhale do not breathe back in, hold your breathe and be calm, relaxed nd focus on the middle of your forehead for 15 seconds. Then breathe in through the Nose again and hold your breathe again, gently squeezing in your core and pelvic muscles for 15 seconds. Feel your Power Growing, Expanding, Consuming by visualizing your ultimate form, your passions, you loves, your dreams. Then exhale with the sound "Ahhhhhhhhhh". Repeat this as many times as necessary.

Always Speak from Your Heart:

Whenever you speak to someone and especially yourself focus your awareness on your heart space. It will always ensure that you speak your truth with courage, confidence, authenticity and Mana.

Always Act and Behave with the highest integrity aligned with your Core Values.

Inner Power exercises:

Ancient movement practices such as yoga, Tai chi, or Qigong, Cultural Dances such as the Haka, siva or any form of dancing that promote your inner power.

Meditation in Nature:

Meditating amongst the elements is one of the most powerful ancient practices that allows us to fully tune, harness and expand our Mana throughout every aspects of our mind, body and spirit. Spend 5-10 Minutes Meditating out in nature every morning (or anytime) to fully activate, harness and expand your Mana to ensure a fulfilling and vibrant day ahead.

"Your MANA is Your Power, Your Dignity, Your Passion, Your Full Expression, Your Love, Your Strength, Your Divine Spark of Youniversal Creation and Destruction. Embrace it, Breathe it, Live through it."



Activating Your Soul State Frequency.

Your soul state frequency is the vibration of your true self, Your God state, the energetic signature that represents your essence. Today, you will learn how to activate this frequency to align with your highest self and fully unlock your God State. Activating your soul frequency brings you into your complete God Power and alignment with your deepest truth and purpose. It allows you to live authentically, experience deeper peace and attract opportunities aligned with your path.

Journal: Write down 10 sentences or more for each question.

1. What activities or environments bring me closer to my soul's frequency?
2. How does my energy shift when I am in alignment with my soul's truth?
3. What daily practices can I incorporate to maintain a high vibrational frequency?

Practices.

Practice Gratitude:

Gratitude raises your vibrational frequency and connects you to your soul's essence allowing you to expand your souls frequency.

Activation Meditation:

Begin laying down or sitting in the standard meditation position. Close your eyes and begin connecting with your breathe. Breathing calmly and gently for 10 breathes. Now imagine a bright red beam is shooting down from your tail bone into the core of the earth and a bright white beam shooting through your crown, the top of your head into space where your unique star is. now begin inhaling from the earth into your chest, your heart and exhale into the star through your crown. 'Every time you inhale engage your diaphragm and squeeze your pelvic floor muscles at the same time, relaxing as you exhale. Repeat this process for 10 Breathes. As you breathe focus your awareness on the energy flowing in from the earth as you breath into your chest and out into your star. Then breathing in from your star into your chest and then down into the earth. visualize the spinal fluid coming up from your base up your spine and into the middle of your forehead every time you engage and squeeze your pelvic floor muscles. on the tenth breathe inhale and hold it, squeeze your pelvic floor muscles and engage your core muscles gently at the same time and hold it for 20 seconds. in this 20 seconds lean into your intention of embracing the Highest Version of You. As you exhale relax while making the sound ahhhhhhhhhhhh. Hold this frequency and lock it in with gratitude by saying thank you to yourself 3 times. Repeat this process as many times as you like until you have fully activated your soul state frequency. You will feel liberated, expanded, unmatched, powerful and joyful all at the same time. You may also have other blocked emotions come up as you unblock stuck energy. That is your soul frequency state.

Listen to High Vibration Music:

Use sound therapy, such as solfeggio frequencies or binaural beats, to activate and sustain your frequency in the background while you rest, do your work around the house or garden, traveling etc.

Create a Gratitude space and an Alter:

A Gratitude space and alter is a place where you have specific ornaments and personal or cultural pieces that inspire and activate your soul frequency such as the one below.

**You are an Epically, amazing, unique God of Pure Light of Love, Creation and Prosperity.
Everything else that tests you otherwise is simply the youniverse reminding you.**

Embodying Your God State.

Embodying your higher self means living in alignment with the highest version of you the version that operates from wisdom, love, and authenticity. This section guides you in bringing that version of yourself into everyday life. When you embody your higher self, you make decisions from a place of clarity and purpose. This alignment brings peace, fulfillment, and deeper connection with yourself and to others.

Journal Task 1 : Write down 10 sentences or more for each question.

How would my higher self handle the challenges I am facing today?

What habits or thoughts are holding me back from embodying my higher self?

How can I align my actions today with the values of my higher self?

Journal Task 2: Write down 30 Positive changes to your life Embodying your Highest Self will bring you.

Embodying Your Highest Self.

Meditation: Visualize Your Higher Self.

Phase 1: Each morning, the first thing you do when you wake is jump straight into your Meditation position on your bed. This is when the bridge between the subconscious mind and the conscious mind is open for programming. Close your eyes and begin activating your Soul Frequency State.

Soul frequency Activation Meditation:

Breathing calmly and gently for 10 breathes. Imagining a bright red beam is shooting down from your tail bone into the core of the earth and a bright white beam shooting through your crown, the top of your head into space where your unique star is. Now begin inhaling from the earth into your chest, your heart and exhale into the star through your crown. 'Every time you inhale engage your diaphragm and squeeze your pelvic floor muscles at the same time, relaxing as you exhale. Repeat this process for 10 Breathes. As you breathe focus your awareness on the energy flowing in from the earth as you breath into your chest and out into your star. Then breathing in from your star into your chest and then down into the earth. visualize the spinal fluid coming up from your base up your spine and into the middle of your forehead every time you engage and squeeze your pelvic floor muscles. on the tenth breathe inhale and hold it, squeeze your pelvic floor muscles and engage your core muscles gently at the same time and hold it for 20 seconds. in this 20 seconds lean into your intention of embracing the Highest Version of You. As you exhale relax while making the sound ahhhhhhhhhhhh. Hold this frequency and lock it in with gratitude by saying thank you to yourself 3 times. Repeat this process as many times as you like until you have fully activated your soul state frequency.

Phase 2: Once you have activated your soul frequency state and quieted the analytical mind before it gets going on all the tasks you have to do today, begin visualizing yourself operating as your highest, most authentic, intelligent, mature, humble, powerful, no shit taking, loving and compassionate self throughout the day. How would you think, act, feel, perform when you interact with your family, your coworkers, yourself, your time management, your health, your fitness, your passions and gifts. Remember your highest self has no limits, no shame, no attachment to pain and suffering, no unworthiness. Your natural state you came here to discover is simply your higher self that the great creator made you to be.

Practice Self-Compassion:

Treat yourself with kindness and understanding as you strive to embody your higher self especially when old trigger patterns appear out of pure neuro-habit.

Make Conscious Choices:

Before making decisions, ask, "What would my higher self choose in this situation?" Not your ego or the emotional triggers your feeling at that specific moment in time. Pause, Ask and then act practically as the Greater version of yourself would choose to do for the betterment of you, your environment and those around you. Live through the 6 core Values of a Master in everything you do throughout your day.

Your Highest Self is Your Natural State that you came here to Be.



Establishing Energetic Containers.

Energetic containers are boundaries that protect your energy and keep you aligned with your goals and values. This section focuses on creating these containers to preserve your inner balance. Having strong energetic boundaries is key to maintaining your peace, focus, and well-being. It allows you to direct your energy toward what matters most without being drained by distractions.

Journal: Write down 10 sentences or more for each question.

1. What drains my energy, and how can I create boundaries to protect it?
2. How can I establish energetic containers in my personal and professional life?
3. What activities recharge my energy and bring me back to balance?

Holding space for New Energy:

Set Boundaries: Clearly communicate your needs and limits to those around you. Say No When Necessary. Protect your energy by learning to say no to activities or people that do not align with your goals. Say Yes to new experiences, to your desires, to new things that could benefit your growth in life.

Energy Holding Meditation:

Sitting in your Meditation position eyes closed and connected to your breathe. Begin by surrounding yourself with a big golden energy field. this energy field is made up of pure Love, Mana and Gratitude. Now begin asking any energies inside of you to kindly leave. visualize it leaving your body in the form of an energy ball Then transform that negative energy into your energetic field to become apart of your pure golden energy field. Now expand your energy field wider and let your energy field no that all new possibilities, opportunities for growth, expansion and manifestation is now available.

Your Energy is your currency

Your energy is your currency for manifesting abundance. You open and expand your energetic field to contain more abundance when you focus your energy to generate the frequency that matches the equal energetic exchange you want to attract into your field.

The Power of God is within you and Flows through every facet of your Being. Be the God you were always meant to be. a God of Love, Truth and Liberation.



Inner Child Healing.

Healing your inner child involves reconnecting and nurturing the wounded parts of your younger self. This section helps you integrate present power into past experiences so that you can fully move forward with greater emotional wholeness in your life. Unhealed childhood wounds can affect your adult life, showing up as fears, limiting beliefs, or emotional blocks. Healing your inner child liberates you from the past, allowing you to truly enjoy and manifest greater peace and emotional connection within yourself and those around you.

Journal: Write down 5 sentences or more for each question.

1. What parts of my childhood have I not yet fully healed or accepted?
2. How can I offer compassion to my inner child?
3. If I could give myself what I needed as a child what would it be?

Healing Your Inner Child.

Visit Your Inner Child:

Lay down or sit down somewhere comfortably where you will not be disturbed and close your eyes. While you gently start breathing imagine a time when you were under the age of 7 years old. Whatever that first memory is imagine traveling back in time to that specific moment in time. Approach yourself the way you would have wanted you too at that age and ask your Inner child if they would like to see what they become in the future. Then pick yourself up and open a portal to the future of your present reality and show them how amazing you have become and the epic life you are creating. You may also ask your inner child if they would like to stay with you here or invite them to come and play. This will rebuild your emotional gaps, levitate any childhood trauma and restore purity to your growth.

“You were not responsible for your life when you were a child, but it is your responsibility now as an adult. Forgive those that did not know better, forgive yourself for you did not know or receive better. Love yourself, Love that child of yours, Love the future you are in control of now.”



Unblocking Stuck Energy.

Blocked energy can manifest as emotional, mental, or physical stagnation. This section will help you identify and release stuck energy so you can flow freely toward your goals and desires. Releasing stuck energy allows you to move forward with clarity, lightness, and purpose. It enhances your creativity, motivation, and overall sense of well-being.

Journal: Write down 5 sentences or more for each question.

1. Answering honestly and courageously, Where in my life do I feel stuck, and what is the root cause?
2. What triggers or memories come up when i think about releasing my blocked emotions or energy?
3. How will freeing my energy impact my ability to live a better life?

Unblocking Stuck Energy.

1. Practice Movement Therapy

Engage in activities such as dancing, yoga, Qigong or tai chi to release stuck energy in your body.

2. Journaling for Emotional Release

Write about your feelings to process and release blocked emotions.

3. Meditation + Breath Work

Meditate on the answer you wrote down to the 3 questions above. when you get triggered kindly ask the stuck energy to leave your body and then give yourself love and compassion for the emotion and then breathe in through your Nose and exhale through your Nose repeatedly 30 times. on the last breathe take a deep breathe in and engage your pelvic floor muscles and diaphragm and hold breathe for 9 seconds then release with the sound ahhhhhhhhh. As you release thank the stuck energy for leaving you forever. Now shift your awareness into your Soul State Frequency. You may move straight into the Soul state frequency meditation as this will help transform the stuck energy into your souls energy body, adding to your souls power, your Mana. You have now unblocked and transmuted your stuck energy.

“Your Natural State is Peace.”



Realm 4: Your Physical Body and Performance

The body is our material vehicle that allows our energy body to exist in this world. Our body guides us and carry's us through life from the second we are born to the second we leave this world spiritually. Our Body allows us to feel our experiences. Our body is our material signature in the world. It is our temple that allows us to fully express ourselves, our unique energy, character and personality in its complete expressions. Our Body's Health and Performance level determines how well we can express our our Mana and our authentic self in the world and to live a superior life.

Having a healthy, Strong, Powerful, Energetic, Vibrant, High Performing body is essential to living our best life in our most superior form. When our body is healthy, strong, vibrant and energetic we think and feel even more confident, powerful and resilient in life. Our sex is better, our energy around others is better, our gifts, talents and passions grow and strengthen better, our relationships are nurtured and approached better, everything in life is better when our physical body is in its healthiest, most superior shape and form.

However, Modern sedentary lifestyle has caused majority of the worlds population to develop serious physical degeneration, dysfunction and imbalances from poor diet, too much sitting, overwhelming our bodies with tasks we haven't properly trained them for and more.

Everyone's body is unique, built from generations of ancestral memories and God's magic. Everyone's body needs specific exercises to maintain it's highest and most power fullest form. Then there is the ideal lifestyle we desire to live in which we want and need our body to facilitate in regards to it's shape and its performance.

A runner needs a runners body, a fighter needs a fighters body, a mother needs a mothers body, an explorer needs an explorers body and so on.

There are specific needs all our bodies need first before we mold them into our desired form to suit our desired lifestyle and that is basic primal function. Our basic primal function is our ability to move comfortably in all our basic movement patterns we need to live and perform basic tasks such as squatting, lunging, pushing, pulling, twisting, bending, walking and running wither we are athletes or not.

The next pages provide programs to get your body back into it's optimal form that god created your body for and how to evolve it even further sustainably.



Getting Your Posture Straight and Strong.

Your posture plays a crucial role in how your body functions and how you present yourself to the world. Today's focus is on improving your posture for physical balance, functional movement patterns, alignment, confidence, and energy flow. Healthy posture allows your organs to function optimally such as your breathing. Healthy posture reduces strain on muscles and joints as you can move with correct form, and promotes better energy flow throughout the body. It also boosts confidence and contributes to an overall sense of strength, allowing you to live more courageously, joyfully and powerfully through your Mana.

Posture Assessment.

Here is a Posture assessment you can use to find any muscular imbalances you have and how you can correct them. click the link to download the health screening assessment Form for you to fill out.

[Health Screening Assessment Form](#) - Download



[Watch video on YouTube](#)

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Working Energy Into the Body with Qigong

Working out means to work energy out of the body, WorkingIn means to work energy Back into the body. Most days people just work energy out of the body and rely on food and rest to recover that energy. However true balance means working energy Into the body as well as out. There are many exercises that generate energy within the body while strengthening and conditioning our internal muscles such as Qigong. Qigong is an ancient practice that combines breathing techniques, movement, and meditation to cultivate and balance energy (Qi). This section teaches you how to use Qigong breathwork to energize and heal your body. Practicing Qigong breathwork can help you manage stress, boost your vitality, and balance your body's energy flow. It's an excellent way to "work energy in" and harmonize your inner self.

Beginners Qigong Routine

- Start with 5 Minutes a Day:
- Incorporate Qigong breathwork into your morning and/or evening routine for just five minutes to build powerful cardio, strength, conditioning and energy consistently.
- Focus on Your Breath:
- As you move, focus on deep, intentional breathing to connect with your energy flow.
- Practice Outdoors:
- Practice Qigong in outdoors and in nature to accumulate the best quality air and deepen your connection with both the environment and your inner energy.



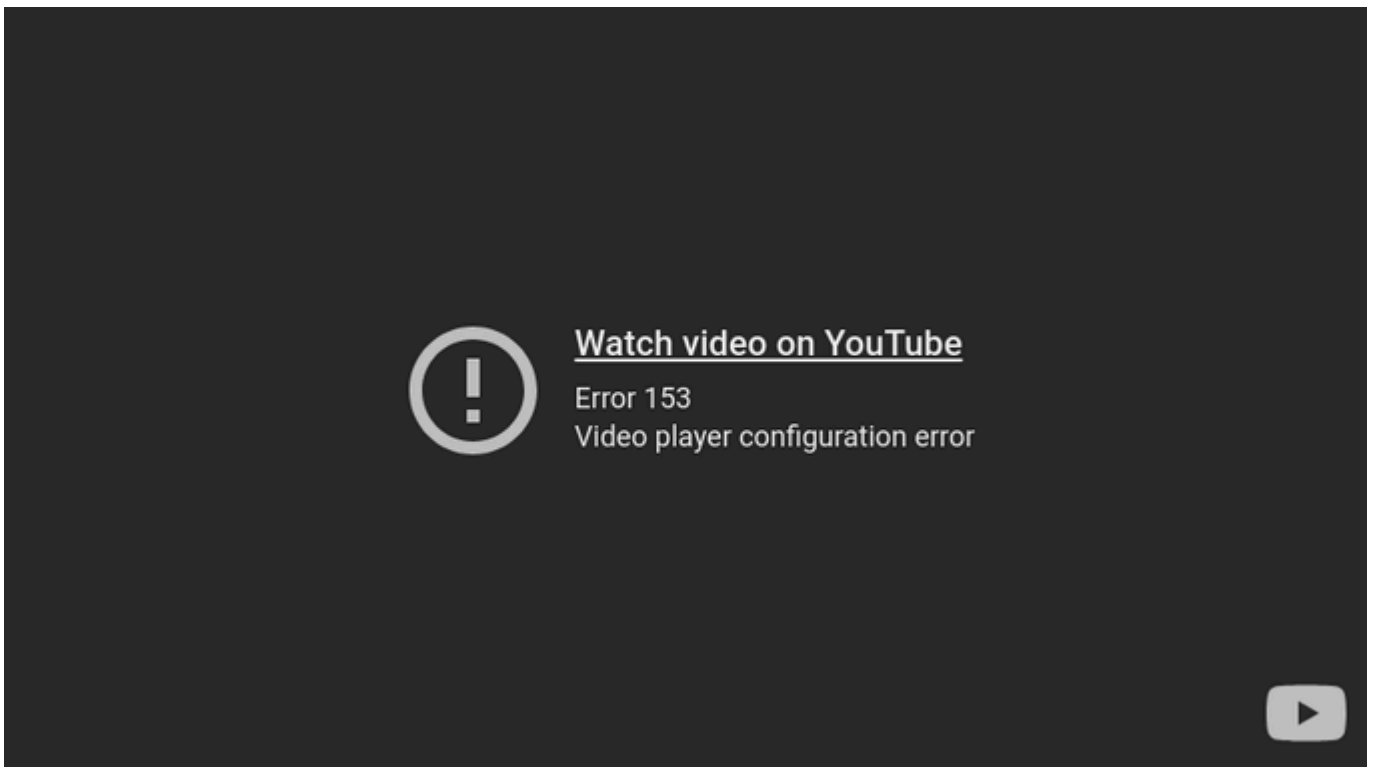
Repairing Your Movement Patterns Back into Primal Form.

Modern life often leads to muscle imbalances which then leads to dysfunctional, weak movement patterns that can cause pain and limit basic mobility. Exercising with such imbalances makes things even worse if you cannot maintain functional form. This section guides you in repairing these patterns by returning to primal movement forms that your body was designed for. By repairing your movement patterns, you reduce the risk of injury, improve flexibility, and enhance overall physical performance. Returning to primal movements helps you rediscover the body's natural strength and agility.

Journal: Write down 3 sentences or more for each question.

1. What everyday habits or movements are causing strain or imbalance in my body?
2. How can I adjust my work and home space to promote less sitting?
3. Where can I make more time to spend on strengthening myself throughout the day?

Corrective Primal Movement Pattern If you are a Program - Level (ALL).



Incorporate Animal Movements: Practice basic movements like crawling to reconnect with your primal motor skills.

The 7 Primal Movement Patterns: The human body is designed to move in 7 specific movement patterns - Squat / Lunge / Push / Pull / Rotate / Flexion / Gait (walking and running) as a whole integrated unit. Focus on training your body to master these 7 movement patterns in functional form before doing any other form of training programs other than the Animal Mobility Training program and Flexibility Training program.

Exercise outside on uneven terrains: Strengthen your feet and improve balance by spending time walking or exercising barefoot.

Getting Your Body into Fighting Shape.

This section is about building your physical fitness to be in peak condition. Getting your body into “fighting shape” means training for strength, power, conditioning, skill, performance, endurance, and agility. This is where the art of martial (fighting) and primal performance training dominates. Martial arts and Physical fitness enhances every aspect of your life, from mental clarity, supercharging your Mana and Spiritual state to emotional well-being. Being in top shape allows you to move through life with greater energy, resilience, Mana, Strength and confidence. Martial arts is the highest form of self-expression when it comes to movement as you cannot lie or fake your energy when moving. It only accepts your most raw, honest and authentic self. This makes martial movements powerful as it evolves your ability to be more confident in how you embody your highest state of being naturally.

Journal: Write down 6 answers or more for each question.

1. What martial arts and physical fitness goals do I have, how can I break them down into actionable steps?
2. How does improving my martial Skill and physical fitness improve my mental and emotional health?
3. Where can I join a social club that positively supports martial arts and fitness training?

Beginners Martial Arts Fitness Program.



Beginners:

Warm Up.

Perform the Warm Up Drill for the Minutes at the start of the video then Stretch.

1-3 rounds of each technique for 60 Seconds (30 Seconds each side when done statically).

Perform the techniques in order with video.

60 Second Interval for each Round added.

1.Consistency is Key:

Stick to a workout routine that challenges you but is sustainable for long-term results.

2.Train with Intensity:

Always Aim to give your best to boost your fitness level quickly and efficiently.

3.Focus on Technique:

Prioritize your form and the highest quality of your repetitions and techniques to ensure fast and effective progress.



Getting Athletic Primal Performance.

This day focuses on achieving high athletic performance through primal, functional movements. These exercises build strength, agility, and endurance, much like our ancestors needed to thrive. Primal performance training helps you develop natural strength and agility while preventing injuries. This functional fitness is essential for maintaining long-term physical health and vitality.

Beginners:

Your Program: Start with 1 Round of 9 Repetitions for each exercise in any order.

60 Second Interval.

Always Warm Up and Stretch starting, during your interval phases and at the end of each session.

Athletic Primal Performance Training



1.Mix Movements:

This program provides Athletic Primal Performance exercises for you to use to evolve and ascend towards your primal athletic goals. Integrate them as you see fit and Combine movements like sprinting, jumping, and crawling to work multiple muscle groups at once.

2.Challenge Your Balance:

Incorporate balance training to improve stability and coordination. This is key to working your primal motor and athletic skills.

3.Prioritize Hydration.

Ensure that you are well hydrated throughout your training so that you can maintain peak performance longer and more effectively with higher clarity.

Primal Bodybuilding.

Primal bodybuilding combines traditional strength training with functional, primal movements to create a balanced and strong physique. This section guides you in building muscle while staying agile and flexible.

Primal bodybuilding builds not only physical strength but also functional power, which enhances everyday movements and overall health. This balanced approach helps you develop a body that is strong, resilient, and capable.

Beginners:

Start with 1 Upper body, 1 Lower body and 1 Full body Exercise.

Set 1: Whole body exercise

Set 2 Lower Body exercise

Set 3 Upper Body exercise

Perform 3 Rounds of 9 Repetitions for Set.

60 Second Interval.

Always Warm Up and Stretch starting, during your interval phases and at the end of each session.

Primal Bodybuilding Training Program (Beginners)



1. Use the full range of your muscles:

Always go to your full range of movement while maintaining functional form.

2. More is always Less:

Avoid going to max failure. If you begin struggling to start or finish a Repetition just stop and rest.

3. Master Your Body weight and Add Weight Gradually

Be practical and Add weight to your exercises when you can easily do 3 Rounds of each exercises with just your body weight.

4. Intensity is key to Building Muscle.

Your last 2-3 Repetitions should be at its peak intensity but well under your control. Use your Max Weight wither it be your body weight or added weight and stick between 6-9 Repetitions.

5. Add more Exercises into your program as you see and feel fit.

Increase Your Weight and Sets gradually. Maintain between 9-11 reps.





Pre-Workout Meditation.

Meditation before your workout primes your mind and body for optimal performance. Incorporating meditation into your pre-workout routine will improve focus on your goals which then leads to being in a more optimistic and empowering mindset emotional space when you are pumping and enduring the pain. Pre-workout meditation helps maintain clarity on your goals and desires, reduce any outside stress that could or would interfere with your ability to concentrate, and enhances your physical performance. It prepares your body to move efficiently and effectively, tripling your energy and All round results.

Pre-Workout Meditation.

Ensure that you are in a calm and quiet space. If you workout at a public gym do this meditation in the car, Find a calm and quiet room somewhere or outside away from noise and distraction. Begin sitting down somewhere comfortably, legs crossed, chest up and shoulders back in strong posture, then close your eyes.

Step 1:

Bring yourself to the present by connection with your breathe. Breathing gently in through the nose and out through the mouth for 10 Breathe. Requesting any negative energies lingering to leave, any life responsibilities be put on hold for the next 2 hours and fill yourself with the power of gratitude by thanking your mind, body, heart and spirit for bringing you this far and to this point in your life. "Thank You, Thank You, Thank you"

Step 2:

Lean into how you want to think, feel and perform in your workout and the higher purpose within you and in your life this workout if building you for. Lean into your Inner Beast, Your Inner King or Queen, Lean into your Inner Warrior, whatever version of you feels best for you when you train.

Step 3:

Begin Breath of Fire. Inhale and exhale through your nose 30 times. Go as fast or as slow as you want. While your doing breathe of fire imagine an energy ball within your body getting stronger and bigger and brighter with each breathe, your charging your Mana! Your inner power to consume every cell of your body, your being. on the last inhale breathe all the way in and hold engage your pelvic floor muscles and engage your diaphragm, the rest of your body is fully relaxed, Visualizing the energy coming up from your base, up your spine and into your forehead, fully embracing your highest form. When you get the urge to breathe just hold it 3 seconds longer and then exhale gently with the sound "Ahhhhhhhhhhhh". Allow your breathing to gently return back to normal and relax into your Mana, your inner power frequency that serves your highest performance in your workout ahead.

Journal your thoughts, awakenings, results and share what you achieved in your meditation and training session with the Tribe.

Getting Mobile and Flexible.

Mobility and flexibility are key to maintaining long-term physical health and preventing injury. Having superior Mastery over your body elevates no matter what age you are at when you focus on improving your range of motion and enhancing the fluidity of your movements. Being mobile and flexible reduces stiffness and pain, improves posture, and increases athletic performance. It also helps you recover faster from physical activities and maintain overall body balance.

Flexibility Training Program: Beginners.



Routine

1. Stretch Daily:

Make stretching a daily habit to improve flexibility over time. at least 15 Minutes a Day. Use a combination of Static and Dynamic movements.

2. Feel free to hold and extend each stretch longer:

Focus on areas that need more attention than others while also ensuring you stretch the primary areas you will be using in your Physical Training programs.

3. Use Foam Rollers:

Incorporate foam rolling into your routine to release tension in tight muscles.

4. Play as the Children Do:

Child play activities such as climbing, crawling, wrestling, swinging are the best forms of natural movement to maintain great mobility and range of movement.



Animal Mobility Training Program: Beginners.

Use this program as Your Warm Up and as a Primary Mobility training Program.



1 Round of 12 Repetitions for each exercise as a Warm Up.

- 3-4 Rounds as a Primary Program.

- 3-34 Second interval between each round.

- Perform 1-4 rounds of each exercise on its own before integrating multiple exercises together.

It is a shame for men to go throughout their life never witnessing the beauty and power their body is capable of.



Realm 5:

Master Your Passions, Unique Talents and Gifts

You don't just have one or a few Passions, Unique talents and gifts, You have many and they are the keys to unlocking all that you desire to have, be and contribute in this life. The first step is writing out a list of 20 things you are genuinely passionate about from your core. Then choose 3 and stick with those for the next 3-12 months. Now write out a list of all the things you are gifted and talented at or with. Now choose as many as you like and set intentions to make time to master them every day for at least an hour.

You Don't Need to Know Everything, Just Start.

Many people wait to pursue their passions until they feel fully ready. The perfect time to start is and has always been NOW without the need for complete knowledge or perfection. Waiting until everything is perfect often leads to procrastination and missed opportunities. Starting before you're fully ready allows you to learn as you go, build momentum, and discover your true potential.

Journal: Write down 3 sentences or more for each question.

1. What passion or project have I been putting off because I feel unprepared?
2. How can I take one small step today to start putting in time to master my talents?
3. What can I do to use my gifts to create a fulfilling life for myself and others?

How to Start.

1. Take Action Today

Start with small steps, whether it's signing up for a class, reaching out to a mentor, or dedicating time to your passion.

2. Embrace Imperfection

Understand that learning and growing as you go is part of the process.

3. Focus on Progress

Celebrate each small victory and keep moving forward, even if you make mistakes along the way.



Only You Can Do It the Way You Can Do It.

There is no one and there will never be anyone that has the unique value you bring to the world. No one else can express your gifts the way you can, and embracing your individuality is key to living a life of passion and purpose. Realizing that you have a unique perspective and skill set allows you to move forward with confidence. No one else can replicate your journey, so it's crucial to honor your unique path and your Souls highest Purpose.

Journal: Write down 3 sentences or more for each question.

1. What makes my approach to my passions and gifts unique?
2. How can I embrace my individuality and stop comparing myself to others?
3. What steps can I take to fully express my unique talents in my life and work?

Tell your Sub-conscious to Remember:

1.Trust Your Process:

Know that your way of doing things is valuable, even if it doesn't look like anyone else's.

2.Stop Comparing:

Focus on your progress, not how it compares to others. Focus on embodying the version of you that is easily calm and confident in being original and unique.

3.Celebrate Your Uniqueness:

Regularly reflect on what makes you different and how that adds value to your life and others.



Creating a Life Around What Makes You Happy.

The source of all your self-mastery journeys in this life is to create a life that aligns with your passions, values, gifts, talents and what truly makes you happy. It's about intentionally designing a lifestyle that brings you joy and fulfillment. Its about finding away to live a peaceful, happy, abundant life where you can contribute yo helping others live the same in their way. Living in alignment with your passions and values leads to greater happiness and satisfaction. When you design your life around what truly matters to you, every aspect of your life improves.

Journal: Write down 3 sentences or more for each question.

1. What activities and pursuits bring me the most joy and fulfillment?
2. How can I shift my current lifestyle to align more with what makes me happy?
3. What changes can I make today to start living a life that reflects my passions?

Building a Life that brings you Freedom and Fulfillment:

1. Identify Your Joys

Make a list of 30 things that bring you happiness and fulfillment and ways to incorporate them into your daily life.

2. De-clutter Your Life

Let go of things, commitments, or habits that don't align with your truest desires.

3. Creating Your Life Business

Whether you have already turn your passions, gifts and talents into a business or not there is no better time to start than right now. Its 2024 and if you haven't found away to ease your financial livelihood passively with no overheads by now then you must begin now. With so much free and easy to use platforms online you can spend your days providing for yourself, your family and supporting others by starting a business around your unique and specific talents, passions and gifts right now!

Start Learning How here:

MRR Digital Marketing Course.

Digital Marketing with Master Resell Rights | Learn & Earn Profits Online.

This digital marketing courses teaches you how to begin a online business around your passions, talents and gifts, easily and effortlessly. It also comes with the master rights to resell this course and you Keep 100% of the profits. Allowing you to free yourself financially and become more comfortable so that you can actually spend time creating a life around what makes you happy without the worry of the system. We invested a mere \$750 into owning this course and it has generated over \$250k in the last 14 months! This allowed us to spend our days at home schooling our children, working with our clients and online platforms around our passions, gifts and talents on our time. Now we can share it with you. Click the link above to Learn More.





It's Not About How Good You Are, It's About How Good You Want to Be.

Regardless of what you think we want, your ability to get it all determines on how much you want it and what you are willing to do to get it. This day encourages you to focus on growth, not perfection. It's not about how good you are now but how committed you are to improving and reaching your full potential. Shifting your mindset from a fixed view of your abilities to a growth-oriented perspective empowers you to continuously improve. This mindset fuels progress and opens doors to new possibilities.

Journal: Write down 3 sentences or more for each question.

1. What areas of my life and myself do I want to improve, and how can I commit to that growth?
2. How can I focus on progress rather than perfection?
3. What new skills or habits can I develop to be a better at being 'Patient with my children, a loving husband, a more compassionate person etc _____'?

Tell your Sub-conscious to Remember

1. Embrace the Journey:

Focus on enjoying the process of learning and improving, rather than the end result.

2. Set Growth Goals:

Regularly set small, achievable goals that push you toward continuous improvement.

3. Learn from Challenges:

View setbacks as opportunities to learn and grow, not as failures.



Realm 6: Living Your Soul's Highest Purpose

There is no experience greater than discovering and Living your highest purpose. Everyone, especially you, your spirit, your soul came here with a primary purpose that is filled many purposes. When you know what you came here to do everything in life begins to fall into place and becomes a lot more simple. Everyday challenges to overcome become a lot more easy to handle because you have a much bigger pull in a specific direction in life that transcends far beyond anything less. You are energized with greater commitment, focus and joy to something greater than yourself and this alone is a level of fulfillment that is positively indescribable. When you know why you are here you then know who you were meant to become, who you have always been. Mastering yourself helps you to fulfill your soul's purpose a lot easier, effortless and enjoyable along the way.

Discovering Why You Are Here and What You Came to Do.

The biggest result we human beings are here to master ourselves for is so that we can discover our soul's highest purpose. The reason we are here! the reason we are existing in the first place. We all have a higher purpose. Nature does not produce mistakes or accidents, everything is on purpose and has a purpose. Many purposes but a higher and primary purpose. This is the deep, meaningful work you were born to do—the reason you are here. Knowing your soul's purpose brings clarity and direction to your life. It helps you align your actions with a higher calling, bringing fulfillment, purpose, and a sense of peace.

Journal: Write down 3 sentences or more for each question.

1. What are my deepest passions and talents that feel most aligned with my soul's purpose?
2. How can I connect more deeply with my intuition to discover my purpose?
3. What steps can I take to begin living in alignment with my soul's highest calling?

Tell your Sub-conscious to Remember

1. Follow Your Inner Guidance

Spend time in reflection or meditation to tune into your inner wisdom.

2. Look for Patterns

Reflect on the common themes or desires that have shown up throughout your life.

3. Take Inspired Action

Begin taking small, inspired actions toward living your purpose, even if the full picture isn't clear yet.



Make Your Highest Purpose Your Only Purpose.

Once you discover your soul's highest purpose, the next step is to make it the focal point of your life. Today is about fully committing to living in alignment with your purpose. When you make your purpose your top priority, everything in your life begins to align. This commitment leads to greater joy, success, and fulfillment as you live in harmony with your highest calling.

Journal: Write down 3 sentences or more for each question.

1. How can I prioritize my soul's highest purpose in my everyday life?
2. What distractions or obstacles are keeping me from fully living my purpose?
3. How can I stay committed to my purpose, even when challenges arise?

Tell your Sub-conscious to Remember

1. Set Purpose-Driven Goals:

Align your personal and professional daily actions and long-term goals with your soul's purpose.

2. Eliminate Distractions:

Identify and remove anything that doesn't support your purpose. Comfort is the biggest dream killer.

3. Stay Connected to Your Why:

Regularly remind yourself of why your purpose is important to keep your motivation strong using Meditation before you go to sleep and the first thing you do when you wake.



Realm 7: Abundance

Manifesting Wealth ~ Resources ~ Experiences

Manifesting Your Wealth / Resources / Experiences that You Deserve.

Manifestation is often misunderstood as mere wishing or wanting. In reality, it's about knowing with certainty that what you desire is already on its way. It's about your energy vibrating at a specific frequency to match the things you desire to obtain, become, experience in life that match their specific frequency. If you want to manifest Today, you'll learn the true nature of manifestation anchoring your desires in belief and certainty. When you shift from wanting to knowing, you activate powerful forces of attraction in your life. This mindset change allows you to align your energy with the reality you wish to create. You must energetically resonate with the frequency of already having what you want to manifest. Becoming an energetic match is about returning to your natural state of abundance. Your frequency is your energetic exchange with the universe. It is your currency for your manifestations.

Journal: Write down 10 sentences or more for each question.

1. What do I truly know to be possible for myself, and how can I strengthen this belief?
2. How does shifting from wanting to knowing change my approach to manifestation?
3. What beliefs or doubts are blocking me from fully knowing that my desires will manifest?

Manifestation Meditation:

Lay down or sit down comfortably and close your eyes. Open a vision, a screen in your mind where you see yourself in the future already having manifested your desires. Visualize Your Desired Outcome. See yourself living your desired life as if it has already manifested. Now feel the energy this version of you embodies in your vision right now and welcome it in with gratitude by saying "Thank you, Thank you, Thank you". Now open another vision inside the vision you desire to manifest and go deeper. What would you be focusing on manifesting next after. Now while breathing calmly I want you to float towards your future self, just watching and observing yourself interacting with your manifestation. Knowing full well that this has already happened. Your manifestation is in the void and it has already manifested. You are embodying and aligning your energy body to match that version of you that easily and effortlessly manifested this vision and desire of yours. Knowing that there is no right or wrong in having what you want. Feel the gratitude of already having and then amplify that feeling by doubling it, feel the gratitude of already having it consume every cell in your body and welcoming it. Now triple that feeling and squeeze your index finger together with your thumb. Embracing every sensation of the feeling that you have already manifested it as you have now become that version of you that easily and effortlessly manifests these desires and visions. Now slowly bring yourself back into your body, releasing the tension of your fingers and calmly breathing yourself back to open eyes and just being aware of the changes that have happened within you. How you are no longer who you were before this meditation. You have rewired and created new neuroplasticity and opened new pathways that promote the behaviors and energetic match of your manifestations.



Learning to Surrender: The 70-30 Rule.

Surrendering is a vital part of manifestation. Today you'll explore the 70-30 Rule: 70% effort and intention, 30% letting go and trusting the process. Balancing effort with surrender helps prevent burnout and frustration. Trusting the process allows space for the Universe to work in your favor, bringing results in unexpected ways. Letting go of needing to know how everything will happen and trusting that it will happen in ways you may not know of, yet will happen will happen easily and effortlessly.

Journal: Write down 5 sentences or more for each question.

1. Create a list of how you have attempted to control the manifestation process in the past.
2. What fears or doubts prevent me from fully surrendering to the flow of life?
3. When i surrender my manifestations will happen faster because?

Tell your Sub-conscious to Remember

1. Set Clear Intentions, Then Let Go
2. Take inspired action toward your goals, Do everything you can physically, mentally, emotionally, spiritually and even financially do and then leave the rest for the universe to unfold.
3. Practice Daily Gratitude
4. Focus on what's already working in your life to cultivate trust in the process.
5. Use Meditation
6. Engage in regular meditation or breathwork to relax the mind and reduce the need for control.

“Relax, the Youniverse wants it to happen for you. Let her take care of the rest.”



Using the Power of Gratitude.

Love is the most powerful force we can generate and experience in life. It is the primary emotion to other sub-emotions such as compassion and Gratitude. Gratitude is a powerful energy that amplifies abundance. Today, you'll learn how to tap into gratitude to raise your vibration and attract more of what you want in life. Gratitude shifts your focus from lack to abundance and creates a positive feedback loop of attraction. When you express genuine appreciation, you invite more abundance in ways you never thought of into your life.

Journal: Write down 10 sentences or more for each question.

1. What am I truly grateful for right now, and how does this shift my perspective?
2. How can practicing gratitude on a daily basis raise my vibration and attract more abundance?
3. What areas of my life can I focus on to cultivate deeper gratitude?

Tell your Sub-conscious to Remember

Practice Speaking Gratitude:

Practice being in a more natural state of gratitude by looking at what you have in your life and speaking the words Thank, Thank you, thank you regularly throughout your day. Any moment or situation that you overcome no matter how small - Thank you, Thank you, Thank you!

Express Gratitude in the Moment:

Take time during the day to appreciate the little things, like a beautiful sunset, your cupboards full of food, thank yourself for bringing you thus far and getting through all the challenges in your life to this point.

Gratitude Meditation:

Sit or Lay down comfortably and close your eyes. Begin connecting with your breathe as you gently Inhale through your nose and exhale gently through your mouth. Now shift your awareness towards remembering all the challenges you have already overcome, no matter how small they may appear. Begin Thanking your mind for always leading you towards becoming stronger and intelligent. Thank your heart for always guiding you towards what is right for you and being resilient along the way Thank your spirit for always having your back and Thank your Body for Caring and carrying you thus far in life. Thank you, Thank You, Thank You.

THANK YOU, THANK YOU, THANK YOU



Manifesting Money.

This manifestation technique is specifically for financial abundance. You'll learn how to remove limiting beliefs around money and attract wealth into your life. Money, although maybe the root source of all humanities problems and has no real value apart from what our societies and governments and banks have put on it, is just another form of energy, and your beliefs about money affect your ability to attract it. By changing your mindset around wealth, you can align yourself with the flow of financial abundance the same way those that are wealthy already do, but even better!

Journal: Write down 5 sentences or more for each question.

1. What limiting beliefs do I hold about money, where did they come from and how are they blocking financial abundance?
2. How can I shift my mindset to see money as an abundant resource that flows freely into my life?
3. How can I improve my mindset and personal habits around spending money?

Manifesting Money Meditation:

Begin laying down or sitting in the standard meditation position. Close your eyes and begin connecting with your breathe. Breathing calmly and gently for 10 breathes. Activate the bright red beam shooting down from your tail bone into the core of the earth and a bright white beam shooting through your crown, the top of your head into space where your unique star is. now begin inhaling from the earth into your chest, your heart and exhale into the star through your crown. 'Every time you inhale engage your diaphragm and squeeze your pelvic floor muscles at the same time, relaxing as you exhale. Repeat this process for 10 breathes. As you breathe focus your awareness on your new relationship with money, how much you love the freedom, generosity and prosperity it brings you, your family, your tribe. Breathing in from your star into your chest and then down into the earth. visualize the spinal fluid coming up from your base up your spine and into the middle of your forehead every time you engage and squeeze your pelvic floor muscles. Amplifying this new relationship with money consuming ever cell in your body, creating new positive neuropath ways towards money in your brain, obliterating all past negative beliefs and experiences about money into the abys as it transform into light. On the tenth breathe inhale and hold it, squeeze your pelvic floor muscles and engage your core muscles gently at the same time and hold it for 20 seconds. in this 20 seconds lean into your intention of embracing the the amount of money you desire to flow to you with no worry about the how. As you exhale relax while making the sound ahhhhhhhhhhhh. Visualize and feel that version of you that is a money magnet. The version of you that loves money and all the great things you will do with it for yourself, your family, your higher purpose, being free of the system. Hold this frequency and lock it in with gratitude by saying thank you to yourself 3 times. Repeat this process as many times as you like until you have fully aligned your energy body to be a money attracting magnet. Breathing calmly and visualizing yourself as a money god. No longer worrying about the price of things because you KNOW that you will always be in a position where you do not have to worry about such things easily and effortlessly.

Repeat this meditation passively and actively through your day.

This will strengthen your relationship with money, promoting healthy and productive behaviors towards doing the thing that will attract the amount of money you desire.

Tell your Sub-conscious to Remember:

1. **Rewire Money Beliefs:** Identify and release any negative beliefs you have about money, such as "money is hard to come by." or "money is bad". this doesn't help you to be able to provide for yourself, your family or those you could help in the world. Begin building a positive, healthy and loving relationship with money by writing down 30 positive beliefs about money. Example "Geeez I love how money easily flows too me easily and effortlessly" I love the good things i can do with money for my family".
2. **Visualize Financial Abundance:** Spend time visualizing yourself as a money attracting magnet, living in financial abundance and feeling secure and prosperous.
3. **Embody the Wealthy Version of You:** Make decisions from a place of abundance, not scarcity. Think, Talk and Act as if you already have the financial prosperity you desire by investing your time, energy and money into things that promote a positive bond with money.
- 4.

**You were not created to struggle, be poor or spend your days making someone else wealthy.
Abundance is your natural birthright and your natural state.**



Manifesting Money.

This manifestation technique is specifically for financial abundance. You'll learn how to remove limiting beliefs around money and attract wealth into your life. Money, although maybe the root source of all humanities problems and has no real value apart from what our societies and governments and banks have put on it, is just another form of energy, and your beliefs about money affect your ability to attract it. By changing your mindset around wealth, you can align yourself with the flow of financial abundance.

Journal: Write down 5 sentences or more for each question.

1. What limiting beliefs do I hold about money, where did they come from and how are they blocking financial abundance?
2. How can I shift my mindset to see money as an abundant resource that flows freely into my life?
3. How can I improve my mindset and personal habits around spending money?

Manifesting Money Meditation:

Begin laying down or sitting in the standard meditation position. Close your eyes and begin connecting with your breathe. Breathing calmly and gently for 10 breathes. Activate the bright red beam shooting down from your tail bone into the core of the earth and a bright white beam shooting through your crown, the top of your head into space where your unique star is. now begin inhaling from the earth into your chest, your heart and exhale into the star through your crown. 'Every time you inhale engage your diaphragm and squeeze your pelvic floor muscles at the same time, relaxing as you exhale. Repeat this process for 10 breathes. As you breathe focus your awareness on your new relationship with money, how much you love the freedom, generosity and prosperity it brings you, your family, your tribe. Breathing in from your star into your chest and then down into the earth. visualize the spinal fluid coming up from your base up your spine and into the middle of your forehead every time you engage and squeeze your pelvic floor muscles. Amplifying this new relationship with money consuming ever cell in your body, creating new positive neuropath ways towards money in your brain, obliterating all past negative beliefs and experiences about money into the abys as it transform into light. On the tenth breathe inhale and hold it, squeeze your pelvic floor muscles and engage your core muscles gently at the same time and hold it for 20 seconds. in this 20 seconds lean into your intention of embracing the the amount of money you desire to flow to you with no worry about the how. As you exhale relax while making the sound ahhhhhhhhhhhh. Visualize and feel that version of you that is a money magnet. The version of you that loves money and all the great things you will do with it for yourself, your family, your higher purpose, being free of the system. Hold this frequency and lock it in with gratitude by saying thank you to yourself 3 times. Repeat this process as many times as you like until you have fully aligned your energy body to be a money attracting magnet. Breathing calmly and visualizing yourself as a money god. No longer worrying about the price of things because you KNOW that you will always be in a position where you do not have to worry about such things easily and effortlessly.

Repeat this meditation passively and actively through your day.

This will strengthen your relationship with money, promoting healthy and productive behaviors towards doing the things that will attract the amount of money you desire. Remember! Always be specific with the amount of money you want. If you want millions or billions, how much? and when?!.



Tell your Sub-conscious to Remember

Rewire Money Beliefs:

Identify and release any negative beliefs you have about money, such as “money is hard to come by.” or “money is bad”. This doesn't help you to be able to provide for yourself, your family or those you could help in the world. Begin building a positive, healthy and loving relationship with money by writing down 30 positive beliefs about money. Example “Geeez I love how money easily flows too me easily and effortlessly” I love the good things I can do with money for my family”.

Visualize Financial Abundance:

Spend time visualizing yourself as a money attracting magnet, living in financial abundance and feeling secure and prosperous. You must know who you would be with this amount of money comfortably. You must embody the type of energy you would carry as the version of you that is financially abundant. Be your future self that already has that amount of money. Don't be reckless and just waste money because the financially abundant version of you wouldn't do that. That version of you is smart with money and doesn't get phased or overwhelmed when it comes to making money sustainably.

Embody the Wealthy Version of You:

Make decisions from a place of abundance, not scarcity. Think, Talk and Act as if you already have the financial prosperity you desire by investing your time, energy and money into things that promote a positive bond with money. Be the money attracting version of you that lives in great abundance sustainably and calmly.

“You were not created to struggle, be poor or spend your days making someone else wealthy. Abundance is your natural birthright and your natural state.”

Relationships

Real Connection : Love : Strength

Life is filled with a lot more joy, happiness and fulfillment when our relationships are nurtured as such. Human beings are emotional beings first thus why our connection with others is so important. We thrive and experience life much better when we are with those that make us feel joy, happiness, security and fulfillment. However it is a 2 way connection. When we better ourselves and our relationship with our-self internally we can Give, Do and receive better in our Relationships.

Attracting Your Soulmate.

One of the greatest human experiences we came here to experience is finding someone to love and share our lives with, having a soulmate relationship. Whether you're looking for a romantic partner or deepening an existing connection, you'll learn how to attract the kind of relationship that you desire with another. Someone who aligns with your soul's desires, love language, hobbies, everything. You do not have to settle for anything less. If you believe there is a perfect soul out there for you then there will be, the same applies if you believe the opposite. A soulmate relationship goes beyond surface-level attraction it's about deep spiritual and emotional connection. Attracting your soulmate requires aligning with your own highest desire and self first. In order to attract our soul mate you must first become the version of yourself that aligns with the energy, vibration and frequency of your desired soul mate. You must first become and embody that version that is that love you seek, that affectionate person, that supportive, nurturing, protective, mature version of you that aligns with the soul mate you desire to attract. You do not attract what you want, you attract who you are.

Journal: Write down 5 sentences or more for each question.

1. What qualities do I desire in a soulmate, and how can I embody those qualities myself?
2. The first step is making a clear decision on who it is you want to attract as your soul mate in as much detail as possible. This is key as this will ensure that you don't attract someone based on your lower state of being such as making a choice based on your insecurities, traumas, baggage, survival state. Once you have a good idea on what they embody, the kind of personality they have, their values, their heart, their mindset, their humor, their beliefs around culture, religion, parenting, money, their ability to grow with you etc.
3. How can I clear any emotional or energetic blocks that are preventing me from aligning with my desired soulmate?
4. What steps can I take to open myself up to receive the connection to attract my desired relationship and soulmate?

Tell your Sub-conscious to Remember:

1.Focus on Being in Your highest form and Love Yourself first:

Cultivate self-love and confidence in who you are and becoming, as this is the foundation for attracting a soulmate who will reflect your best self rather than your worse. This will cause you to not make your decisions on a partner based on your insecurities, traumas, low level of self-worth and so on like many people do.

2.Heal and Release Old Patterns:

Let go of past relationship patterns that no longer serve you to create space for new love. This will also ensure that you do not carry over any traumas or past pain into your new relationship.

3.Visualize Your Ideal Relationship:

Spend time meditating and visualizing the type of relationship you desire, feeling the emotions and experiences associated with being with your soulmate. This will lead you to do the inner work need to align with your soul mate and open the connection to find each other on deeper levels.

"Beyond the love, the things in common, the morning breathe, the sarcasm, the bills is the will and desire to to endure all obstacles as one leads to a long lasting relationship filled with fulfillment and prosperity."



Building Stronger Bonds with Your Loved Ones.

Strengthening your relationships with family, your children, your partner and your inner tribe of close friends is key to maintaining long lasting, healthy, loving, nurturing relationships. The best way to build deeper connections is by communicating openly and spending quality time together. Strong relationships are built on trust, communication, a safe space for authentic growth and expression, genuine love, support and mutual respect. Strengthening your bonds with loved ones enhances your emotional support system and brings joy and fulfillment to you, your environments, your family, your friends, your life.

Journal: Write down 5 sentences or more for each question.

1. How can I improve my ability to communicate in my relationships to build deeper connections?
2. What activities or traditions can I create to strengthen my bonds with family and friends?
3. How can I show appreciation for my loved ones more regularly?

Tell your Sub-conscious to Remember

1. Practice Active Listening:

Lead by example and Focus on truly listening to your loved ones without interrupting or offering advice unless asked.

2. Create Quality Time:

Lead by example and Schedule regular time with family and friends to engage in meaningful activities together. Do things that involve everyone interacting with each other, working together to overcome challenges, creating something for everyone.

3. Express Gratitude:

Lead by example and Regularly tell your loved ones how much you appreciate them, through words and thoughtful actions.



Elevating to Higher Experiences of Love, Enjoyment, and Connection.

If you are reading this you are an amazing person spending time to learn more ways to cultivating deeper love, joy, and connection for yourself and your loved ones. By elevating your relationships, you create space for more authentic love and fulfillment. Higher experiences of connection lead to deeper bonds, greater joy, and a sense of unity with others. This keeps you and your loved ones closer as the years go on and your inner tribe becomes bigger. You will create stronger memories, become incorruptible as a tribe by society and other man made systems that would other wise pull families apart. You will create a happier and more peaceful environment for you, your children, your soul mate and friends.

Journal: Write down 5 sentences or more for each question.

1. How can I lead by example, take responsibility and bring more love and presence to my relationships?
2. What habits or patterns are preventing me from fully enjoying my connections with others?
3. What kind of energy do i want my family and friends to feel when they are around?

Tell your Sub-conscious to Remember

1.Be Fully Present:

Focus on being fully present with your loved ones, putting away distractions like phones or work. Always make eye contact when communicating.

2.Cultivate Joy Together:

Engage in activities that bring joy, connection, and laughter into your relationships, like shared hobbies, common interests, new adventures.

3.Create a Safe space to Communicate:

Share your feelings openly and encourage your loved ones to do the same, fostering deeper emotional connections.

4.Lead by example and take responsibility:

When you lead by example and take responsibility for the interactions that take place or don't take place and you actively put in the effort to positively connect your friends and family will feel your energy and begin doing the same. If they don't, openly communicate and always ask why and how you can lead better.



Conscious Parenting. Showing Your Children a Better Way.

Conscious parenting involves raising your children with intention, mindfulness, and love. Its about being attentive and consistent in finding ways to learn how to guide your children in a way that supports their personal growth and emotional well-being individually and as as siblings. For generations the average house hold has had to endure having one parent away from home to both parents at work in order to pay the bills while they're children are being raised by other people who may seem genuine in their job but ultimately settle their standards based on their own level of standards for themselves which results in the kids just pretty much hanging out with other people at a young age when they should be with their parents.

With the stress of living increasing, poor health standards, unresolved trauma, corrupt government agendas, te-lie-vision programming, controlled education and poisoned foods and medication its no wonder many parents struggle to raise healthy, confident, strong, educated children over the past 15 generations. Now we have mind numbing phones, tablets and computers in their faces keeping them distracted so mum and dad (or one parent) can watch their netflix series after a life draining day at work. Conscious parenting is about going back to core of how human beings are developed best.

When we go back and look at how our much earlier indigenous ancestors lived, they understood the essentials to building the life within their children from before they were even born. Adults would be highly conscious, self-aware and well balanced internally before even committing to a partner. Then the 2 would be married and would choose to have a child. Their were no drunk night oppsies or casual hookups that led to accidental pregnancies from being horny, reckless or living in survival mode. Early human relations show that we were so in tune with the harmony of parenthood that women could tell if they were having a boy or a girl because they were in tune with their cycles.

They knew when to conceive and when not to. They all ate organic. Their water was clean. Their environments were supportive, nurturing and strong. Thus so was the child's birth and upbringing as they had both parents around to raise them. So much more could be added but i know get the point by know on why Conscious parenting is essential and helps children develop self-awareness, self-confidence, higher primal motor skills while becoming emotionally balanced and intelligent individuals. The more you consciously develop yourself as an individual the better you can guide your own children. By showing your children how to be more self-aware and providing a more nurturing environment for them to grow in rather than leaving majority of their minds to be molded by their outer environments, you create a positive impact on their future and the world.

Journal: Write down 5 sentences or more for each question.

1. How can I be more mindful and present in my interactions with my children?
2. What values and lessons do I want to pass on to my children through my parenting?
3. How can I model the behavior I want my children to learn and emulate?
4. What emotional triggers, blocks and traumas have been passed down to me that I do not want to pass onto my children?
5. In what areas can I be more consciously patient and mature and where can I be more welcoming to their authentic personality?

Tell your Sub-conscious to Remember

1. Lead by Example:

Your children learn by watching you, so model the values and behavior you want them to adopt. This involves embodying the energy you want them to embody, the words you use, the music you listen to, your eating habits, your actions, the way you keep your promises or don't, how you show and give love, compassion, support to them and everyone they see you interact with.

2. Take Responsibility:

When you take responsibility you open yourself to find and produce solutions to any chaotic situations that will most likely come up when it comes to raising children. Be present and mindful in your interactions with your children, avoiding distractions and always consider what you would want and need in a guardian if the roles were reverse..

3. Encourage Open Communication:

Children are always absorbing information from their environments both positive and negative. Create a safe space for your children to express their feelings, thoughts, and questions about anything and everything. Show them it is more than OK to ask questions, fail multiple times to succeed, to not be perfect but focused on the bigger picture in life.

4. Be their Parent, their Guardian First and Always:

Children need to feel safe first and for most. they need to know that you can take care of things, protect them, provide for them no matter how stubborn they can be, how much trouble they cause and so on. Making them feel safe will allow them to feel comfortable opening up to you, asking you for help, support and guidance and so forth.

5. Use the Higher Self Meditation:

The more you consciously embody your highest self the more your children will benefit theirs.

6. Embody the 6 Core Values of a Master:

Use the best of what you have received as a child growing up from your own parents, guardians and turn it up to a new standard. See what you can truly do better when it comes to the 6 core values of a Master.

Contribution

Connecting with the Collective ~ Social Interacting ~ Building a Legacy

Human beings are social creatures. We are a Tribal Species. We need others for growth, support, inspiration, to share our joys and happiness with and more. We also have a great impact you can make by contributing your unique gifts and passions to future generations, our community, and the global collective. Leaving a lasting legacy that reflects our values and aspirations to create a better world than how we found it. Creating a legacy involves using our talents and passions to benefit others. By contributing to something greater than yourself, we ensure that our impact endures and positively influences the world long after you're gone.

Journal: Write down 5 sentences or more for each question.

1. What kind of friendships am I open to making?
2. How can I find others who are like minded and like hearted and where would i find them?
3. What kind of community projects, social gatherings, would i feel happiest contributing too?

Developing Social Mastery

Get out there and find your people:

Collaborate with like-minded individuals or organizations, build connections, make new friends and find ways to create fulfilling life experiences with others and contribute to a better world in the process.

Develop Emotional Intelligence

Self-awareness: Understand your emotions and how they impact your interactions with others.

Showing Empathy: Learn to recognize and relate to the emotions and experiences of others. This will help you gain awareness of other peoples energy while learning how to serve and protect your own more authentically and confidently.

Emotional regulation: Practice managing your own emotions during social interactions to maintain calm and clear communication. Pay full attention to the speaker without interrupting.

Ask questions: Reflect on what you hear and ask clarifying questions to ensure understanding. Show non-verbal cues like nodding or making eye contact to demonstrate engagement.

Use Your Passions, Gifts and Talents to contribute to a better world through a business or joining community projects.

Get fluent in reading energy.

Verbal communication: Speak clearly, confidently, and with intention. Be concise yet expressive.

Non-verbal communication:

Use body language, facial expressions, and eye contact to convey openness and engagement.

Be welcoming of Feedback: Use your social interactions to develop your mindset by being open to constructive criticism and provide it thoughtfully.

Human beings are social beings. We need others to Grow and We need others to Love.

"Happiness is only Real when Shared"

-Alexander Super Tramp



The Mirror Effect

Everyone is a Reflection of You.

The mirror effect refers to our energy sensing and reflecting ourselves in other people's energy and behaviors via our perception of ourselves. We human beings share a lot in common internally such as trauma patterns, behaviors, triggers and qualities. What we see in ourselves we see in other people both positively and negatively. It is a biochemical system wired into our DNA to help guide and protect us in various ways. More importantly it is a realization that what we like or hate in other people exists in ourselves. You might see someone succeeding really in life in a way that you would love too and you despise them for it because they show behavioral patterns that you also have deep down inside. If you hate someone it's because you hate that is a part of you. The same applies when you see someone whose energy brings you inspiration and you love them, that energy they carry also exists in you that you also love and admire about yourself. Imagine having a hundred different electrical outlets on your chest. Each outlet represents a different quality. The qualities we acknowledge and embrace make us feel pleasure and peace. But the qualities that we do not like and are not okay with us, which we have not yet owned, shock us unpleasantly. The imperfections in other people that trigger us the most are the imperfections we loath in ourselves. I will quote Carl Jung who said "Everything that irritates us about others show us not only who we are, but also how to be better. Most of the time we hold others to a standard we impose on ourselves. When you see someone you hate you are seeing 2 things - your current self and your future self... the same applies to the positive qualities you see in others to a degree that you are not putting them on a pedestal because you have rejection triggers or a need to be loved and validated by those you have been influenced to believe that you need to be like in order to be loved and accepted. The mirror effect gives us a great weapon to truly repair, evolve and ascend ourselves to embody our higher self. By choosing to see the negative qualities we loath in others to once and for all own them within and liberate ourselves so that we can become a truly happier, confident, loving, authentically genuine version of ourselves.

Journal your answers to the following questions:

- What specific behaviors or qualities in others consistently trigger frustration, anger, or dislike in me, and how might these reflect aspects of myself that I've yet to fully acknowledge or accept?
- When I judge someone harshly, am I holding them to a standard I also impose on myself, and how does this reflect unresolved feelings or insecurities within me?
- In what ways can I take ownership of the negative traits I see in others, and how can doing so empower me to heal and grow into a more authentic, confident version of myself?
- When I feel envious or resentful of someone's success or behavior, what qualities in them do I unconsciously recognize in myself, and how can I begin to embrace or transform these qualities?
- What recurring negative patterns do I notice in my relationships with others, and how might these patterns mirror unresolved emotions or behaviors within me that need healing?
- How can I shift my focus from blaming or judging others for their imperfections to using those observations as opportunities to explore and improve similar traits within myself?

- When I criticize someone else, what fear or insecurity am I projecting from within myself, and how can I begin to address it with self-compassion?
- How often do I feel the need to control or change someone else's behavior, and could this stem from an unresolved issue or expectation I place on myself?

Here are three tips on how you can use the negative qualities you see in others to grow, become happier, and evolve into a better version of yourself while attracting ever greater experiences with yourself and others:

1. Turn Judgment into Self-Reflection:

When you feel triggered by someone else's negative behavior, instead of reacting or judging, ask yourself, *"What is this showing me about myself?"* Identify whether the trait exists within you and reflect on how it impacts your life. By becoming aware of these traits, you can start to work on healing or changing them, fostering self-awareness and growth.

2. Embrace Self-Acceptance:

Recognize that everyone, including yourself, has both positive and negative traits. When you acknowledge the qualities you dislike in others as part of your human experience, it allows you to accept yourself more fully. This acceptance reduces inner conflict, increases self-compassion, and enables you to make conscious choices for personal growth rather than resisting or denying parts of yourself.

3. Use Triggers as Growth Opportunities:

Each time you're triggered by someone else's flaws, see it as a chance to evolve. Ask yourself, *"How can I use this to become more patient, understanding, or loving?"* Re-frame the experience as a lesson to practice positive qualities like forgiveness, empathy, or assertiveness. This approach not only shifts your perspective but also helps you develop emotional resilience and maturity. Thus making you a more attractive person to be



Walesi Dragakoa
Self-Mastery Coach

Personal and Professional Mastery through Holistic Health / High-Performance Fitness / Meditation
/ Martial Arts Practitioner/Athlete / Metaphysics / Ancestral Teachings of Mana.

First off I want to express my Love, Mana and Gratitude to you for obtaining this Self-Mastery Guide book and I am extremely happy and excited to know that you are on this path to live your best life as your Highest, Superior self! It is not for everyone and many people give up and settle for less than their best life. But not you! I put everything I have learned to reach a High Level of Self-Mastery to overcome my own trauma, fears, lack of guidance, dark environments to build a great life of health, purpose, freedom, fulfillment and abundance for myself, my family and community. Over 15 years of acquiring the best of many trials and errors as a Holistic Lifestyle coach, Personal trainer, Martial Arts Practitioner, Man, Dedicated Father, Advent Lover, Primal Warrior and Earth Loving Human Being has gone into this book for the sole purpose of serving you and shifting the world into a greater future by repairing, evolving and ascend one Human into their Superior Form at a time.

I teach people how to heal themselves, evolve their mind and body into superior form and ascend to their higher purpose with greater freedom, fulfillment and abundance.

Walesi provides his coaching in his private 1 on 1 Master Mentorship containers and Group Ascension Camps Online and on his private acreage in Brisbane Australia.

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Sonia Mheraki
Holistic Alignment and Somatic Coach

I commend you for saying *YES* to yourself and taking the first step on your journey to self-mastery with us! By investing in the Mana Mastery guidebook, you've shown a deep commitment to getting curious about your growth and tapping into your highest potential. This is more than just a book it's an invitation to explore, evolve, and align with the power already within you.

As the Yin to Walesi's Yang, I am an alchemist, an unconventional mother, a beloved, and a multi-faceted, multi-dimensional creatrix. In my work as an alchemist, I guide individuals in transforming their raw, challenging experiences much like turning lead into gold, by helping them uncover the wisdom and growth hidden within their traumas and struggles. Together, we turn wounds into wisdom, pain into power, and breakdowns into breakthroughs. Combining my somatic approach with holistic alignment, I help clients achieve balance and harmony in all areas of life mind, body, and spirit by aligning their internal and external experiences. This allows them to transcend limitations and fully embody their highest potential, turning density, heaviness, and uncertainty into clarity, growth, and deep transformation.

I honor you for taking this important step toward mastering your mind, body, heart and spirit. Let this be the beginning of a transformative journey that leads you to a more empowered, authentic, sovereign and fulfilled life. Aho!

Sonia offers 1 on 1 Somatic Mentorship, Holistic Alignment Coaching, Cacao & breathwork containers and Root Revival retreats.

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Join the Tribe

A Tribe of people ready to support you and have your back and best interest all the way!

Join our Tribe and Army of Warriors and Guardians who just like you are mastering themselves everyday to enjoy their highest version of themselves, manifesting their best life while making superior changes for a better world together.

"If You want to go Fast go alone, If you want to go Far go together"

Join our Community App called T.L.L - True Power.

Join Our Free Facebook Community.

1. **Engage Actively:** Participate in community events, discussions, and activities to build connections and gain support.
2. **Share Your Journey:** Contribute your experiences and insights to the community, as this helps both you and others grow.
3. **Seek and Offer Support:** Reach out for help when needed and offer support to others, creating a reciprocal and nurturing environment.



OUR LOVE AND MANA TO YOUR GROWTH AND PROSPERITY!