



# *Align and Bloom*

## Workbook

*Brittany Rose*



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# Awareness

*The more in tune we are with ourselves, the better we can connect inside to release unaligned aspects of our lives and transform.*

How present am I in my daily life?

What prevents me from being more present?

What are some things I can do to increase my mindful awareness or my sensations, emotions, and thoughts?



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# Parts of Self

Ask the part you want to get to know to step forward and separate from the rest of you (i.e., the part of me that says I am worthless). Or just go inside and ask for any part that wants to be heard to present itself.

Notice where you feel this part in or around your body. Direct your breath to this part of your body and gently encourage the part of you to separate. Then spend time getting to know it.

**Does it have an image, color, shape, sensation, emotion, texture, temperature?**

**How old is this part?**

**How old does this part think you are?**

**What is this part's role in your life?**

# Parts of Self

What is this part trying to do for you?

What did you learn from your part? How can you use this information going forward?

# *Thank You*

Write a thank you letter to a part, giving it Love and appreciation for what it has done to protect you. You can also give this part permission to rest.



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# Authentic Self

The method of connecting with your authentic self is very similar to connecting with your parts. Each of these tasks is about setting an intention within your system. To begin, first turn your focus inwards. Ask your parts to step back and soften. Imagine a beautiful beam of light pouring in through the top of your head, and know that this is the light of your spirit. Feel yourself merging into your whole being, and allow yourself to be open to your authentic self's love and wisdom. Sit in stillness and be receptive to your spirit's energy for as long as you feel called to.

There are many ways of connecting in—this works best for me. Try it out and if it doesn't resonate, set an intention to open to your authentic self, and trust you'll be guided to the best method for you.

## Automatic Writing Questions:

- Is this thing aligned with my highest good?
- What do I most need to know today?
- What do I most need to know about a specific thing?
- How do I align/accomplish a specific goal?
- What is best for me to focus on right now?

# *Authentic Self*

Try automatic writing for yourself. Connect with your authentic self, ask the question, and then write whatever comes to you without filtering it. It sometimes helps me to close my eyes as I write.

QUESTION:

MESSAGE:



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# *Forgiveness*

**Who I want to forgive and why:**

**Forgiveness Intention:**

**Reflections from forgiveness meditation:**

# Self-Forgiveness

What I want to forgive myself for:

How I can view this differently:

Self Forgiveness Statement:

# Self-Love

What does self-love mean to me?

How can I be more loving towards myself?

Self-Love Affirmations:

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# *Release, Heal, Embrace and Integrate*

What do I want to release?

What new energy do I want to embrace?

Reflections on going through the RHEI process:



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# Manifestation

Write out your dream life. Write it as if it is happening in the present moment, giving details of who, what, where. Feel into this life and visualize it playing out in your mind.



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# Co-Creation

What are some other ways you can live in the energy of what you want to manifest?

Develop a creative manifestation plan for yourself.



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# 30 Day Journey

I invite you to go on your own 30 day healing journey, using the tools you have learned from reading the book and going through the above exercises. Thirty numbered, but blank pages, have been added to end of this for you to reflect on your healing efforts.

**What are your intentions for the next 30 days?**

**What methods and tools will you use to align and bloom?**



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# *Day Seven*



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# *Day Fourteen*

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# Day Fifteen



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# *Day Sixteen*



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# Day Seventeen

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# *Day Eighteen*



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# *Day Twenty-Nine*



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# Day Thirty

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