



5 Locks, 5 Keys

A guide for the woman who is ready to
go beyond mindset and manifestation
to get what she truly desires.

Welcome to **5 Locks, 5 Keys**, a guide for you, the woman who has realized mindset and manifestation have carried her as far as they allow. They have become the ceiling of your expansion and you are ready for the next level. The 5 phases you will learn about in this guide will show you what's next and how to go deeper using ancient body based techniques and magical processes.

My name is Saya, and I have gone through the wringer in life. If we really do choose our lives and the events prior to incarnating, my soul must have a freaky kink for fucked up scenarios. What got me through was a lot of self trust, trust in God (who I used to hate and then realized what it really is) and connection back to my physical body after so much violence, dissociation abuse and violation. I thought I had found "The Secret" in manifestation and mindset work, but it only made me feel like something was wrong with me when it didn't work.

In 2016, I left my trafficker for the final time with hope and a prayer that I would figure out what to do next. I decided to study Quantum Physics as a way to connect with my chemical engineer father since I had never had any good relationships with men, and instead of a bonding moment, I got my first spiritual awakening.

For 2 years I took as many courses I could find, manifesting a full scholarship to one of the most well known manifestation courses and was hooked after that. But soon, I felt like things weren't really changing. I could manifest randomly, and my mindset was unshakably in Deluluville, so I thought I needed a therapist. After some time on and off in therapy, continuing my studies and diving deep into the spiritual path, I realized there was something more to all this, but I didn't know what it was.

As the saying goes, “when the student is ready, the teacher appears.”

Somatic means body based, and this healing came into my life at a time where I thought I was going to be numb, dissociated and suffering in life forever instead of actually being able to experience the fullness and frequency of joy and fulfillment. Somatic healing made the first level of mindset and manifestation feel like child’s play, and it continues to humble me as a spiritual teacher, guide and priestess.

In **5 Locks, 5 Keys**, I’m going to show you the 5 phases of the FLORA Method, my signature, repeatable system that uses your body’s own wisdom and real magical processes to achieve success, sovereignty. In the School of Somatic Alchemy and Driven by Desire, I also use your Human Design and Tarot, but since those are subjective to you, I won’t include them here.

This human experience can not be over-written by toxic positivity or hacks. You are a body and a soul. A soul having a human experience. The whole holy point of life is to enjoy it, so let me show you how you have fun on this ride while you’re on it.

Don’t want to jump off mid climb, right? Go ahead, ask me how that goes.

Let’s dive in.



In each phase there is a lock that is keeping you stuck at that specific point, and a key transformation you'll need to go through to move to the next phase. Each phase also has 1 or 2 chakras associated with it, and you'll see the core blocks of each. You'll also know what to ask yourself so that you know you're ready for the next phase. When you work with me, you'll learn the exact tools, techniques and skills needed to start experiencing your life with joy and consistently achieving your dreams and deepest desires.

Lock 1: You don't know what you truly want.

Root Chakra: Fear/Guilt

Key 1: Find Your Yes



THE LOCK

The reality is, if you don't know what you want, you are not going to be able to get it.

All of the conditioning, societal pressures, and the path that you've been pressured to go on are what will keep you from actually being able to go deeper and claim those actual desires. You fear the consequences of not sticking to the norm or what it will take to go your true desired path. You also fear it won't work out, or you'll waste time, money or resources. All valid fears, but when you know how to move through these sneaky blocks, you realize that action negates fear, and the key is how you take action.

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." — Nelson Mandela

What I see most in my clients is that they struggle to identify their desires and actually see the possibility of them. If you don't know what you want, or maybe you know what you want but think it's not possible, then you're not even going to try. Your unconscious patterns are going to sink back into what's familiar and you will fall right back under the spell of conditioning.

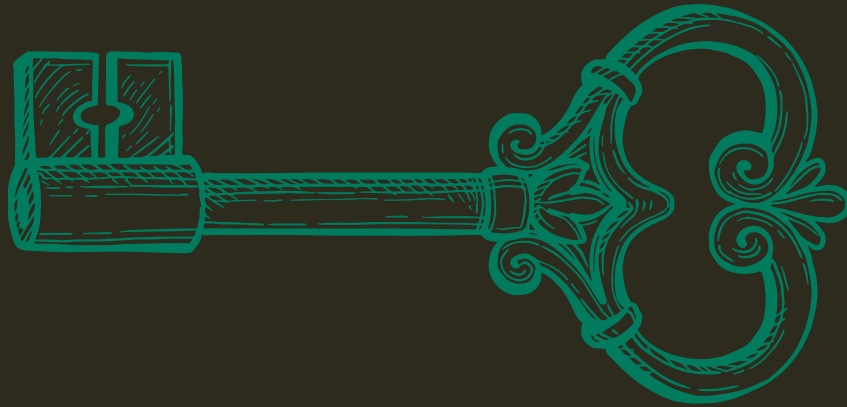
This happened to me when I first started using this system. Differentiating between what was conditioning and expectation was difficult. When I was with my pimp, he told me when to eat, shit and breathe, so having my own desires, wants or passions were completely ironed out of me through coercion, fear and force. My body had been the pack mule for his greed, and I was paying the price in dissociation from who I was and what I wanted.

When I finally did know, I had no examples of people I knew that had what I wanted. I felt like I was rebuilding everything from scratch without the right materials. This is where it becomes important to know where your limitations are and how to work with them to create stability and a new foundation to grow from.

Your limitations to achieving your desires actually create the style of your life. We are all limited on this plane. When you are going through this phase, you are not only seeing the possibility, but you are making a beautiful, conscious choice to actually go for it and move forward toward your dreams and desires.



There might be a little voice inside saying you don't have time for this because you're busy and have so much going on already. You're doing all these things that you don't actually want to do, so you actually have plenty of time to do this work and to find what it is that you actually desire. Imagine putting all the effort and energy into your true desires instead of obligations. You can do this with the key.



THE KEY

This leg of the journey to Find Your Yes means saying no to things that aren't in alignment with what you want. We actually dive into the spaces where you've been conditioned to shrink and discover what you actually desire, not what you've been programmed to think you should want. This is also where you remember your true desires and start dreaming as big as you actually are.

Start by claiming the things you haven't let yourself say out loud. Tell someone you trust, DM me, or write it down in your journal or notes on your phone. Let yourself actually admit it. You have spent enough time pretending you don't care about it. If you're struggling with this phase and need additional support, you can receive a Somatic Alchemy Session (90 min 1:1) and I'll guide you through it.

This phase is where you can really go for it. Dream big. You know that you have so many passions that you've pushed to the back burner, and it's time to bring them forward to claim them.

CHECKPOINT

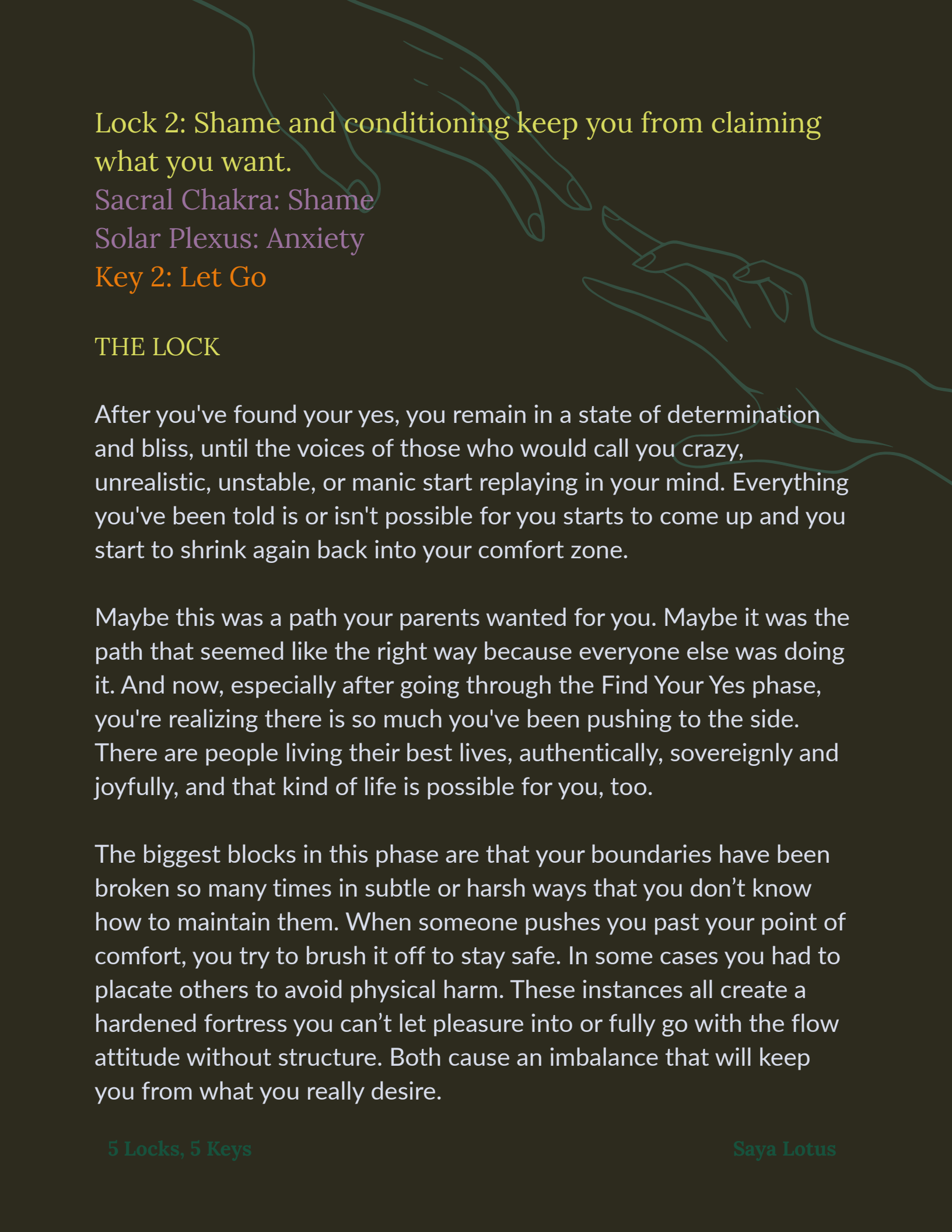
If you can answer these questions in detail and with confidence, you're ready for Phase 2:

- What desire(s) am I now deciding to claim?
- What have I been really wanting to do but keep saying, "No, I'll save it for later. It's too much right now"?
- What is one action step I can take towards what I truly want but don't think is attainable?

This is a start, but there is so much more that is hiding in your subconscious. *Sub* means below and *conscious* means mind, so the blocks are "*below the mind*", which is in the body. The fears and insecurities you don't even know are there run full time in the background. This part of your mind makes 95% of your decisions, and you do not have conscious access to it without going through the body. You basically have a blindfold on that you can only take peeks every now and again through meditation or the astral/dream realm.

These unconscious protections that your body has in place are not going to let you go deep enough to excavate them. Using body based healing techniques guided by a seasoned priestess is so powerful because we can go so much deeper together than you can by just listening to a generic video from YouTube or trying to interpret your dreams.

Your greatest wisdom is in your body, and I want to show you exactly how to get to it. In *Driven by Desire*, my 8 week 1:1 program, you will be guided through all 5 phases and learn how to reuse this cyclical system ***for the rest of your life.***



Lock 2: Shame and conditioning keep you from claiming what you want.

Sacral Chakra: Shame

Solar Plexus: Anxiety

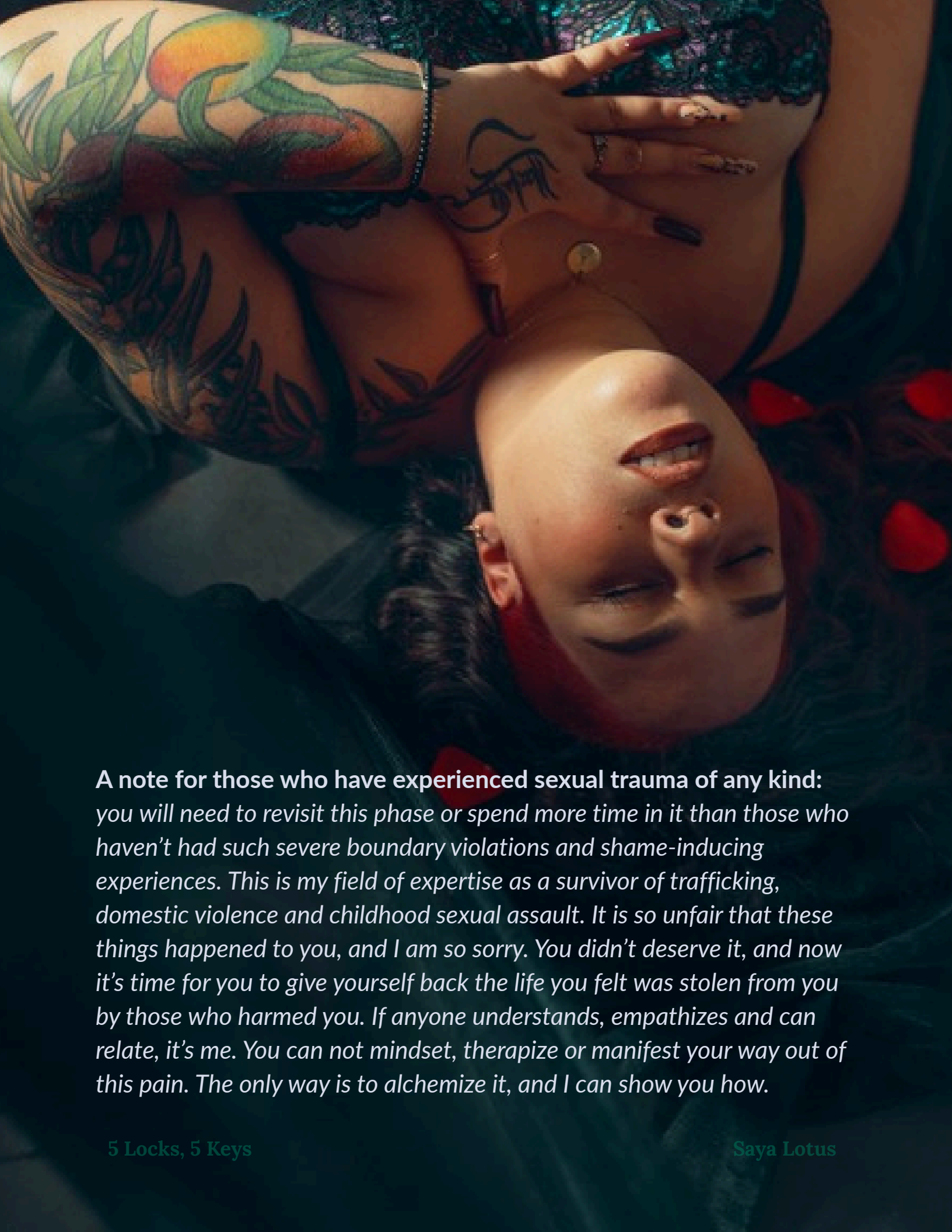
Key 2: Let Go

THE LOCK

After you've found your yes, you remain in a state of determination and bliss, until the voices of those who would call you crazy, unrealistic, unstable, or manic start replaying in your mind. Everything you've been told is or isn't possible for you starts to come up and you start to shrink again back into your comfort zone.

Maybe this was a path your parents wanted for you. Maybe it was the path that seemed like the right way because everyone else was doing it. And now, especially after going through the Find Your Yes phase, you're realizing there is so much you've been pushing to the side. There are people living their best lives, authentically, sovereignly and joyfully, and that kind of life is possible for you, too.

The biggest blocks in this phase are that your boundaries have been broken so many times in subtle or harsh ways that you don't know how to maintain them. When someone pushes you past your point of comfort, you try to brush it off to stay safe. In some cases you had to placate others to avoid physical harm. These instances all create a hardened fortress you can't let pleasure into or fully go with the flow attitude without structure. Both cause an imbalance that will keep you from what you really desire.



A note for those who have experienced sexual trauma of any kind:
you will need to revisit this phase or spend more time in it than those who haven't had such severe boundary violations and shame-inducing experiences. This is my field of expertise as a survivor of trafficking, domestic violence and childhood sexual assault. It is so unfair that these things happened to you, and I am so sorry. You didn't deserve it, and now it's time for you to give yourself back the life you felt was stolen from you by those who harmed you. If anyone understands, empathizes and can relate, it's me. You can not mindset, therapize or manifest your way out of this pain. The only way is to alchemize it, and I can show you how.

THE KEY

This is the transformative phase of saying: the shame around your desires ends here.

This is where you learn to give yourself permission to desire without apologizing. No more shrinking to make others feel comfortable. No more pushing your dreams to the back burner. No more taking on identities and labels that are not actually in alignment with who you are. In this space, you learn to reclaim your right to take up space and want big, beautiful, outrageous things, or to simply be able to feel like your decisions are your own and true to you.

I totally understand the fear that comes up here. The fear that your partner or your family will pull away, think you're crazy or resent you. I can't promise that won't happen, but this work actually benefits them too. When you are attuning to your joy, when you are getting your desires met and living out your dreams, the people around you benefit from this. You are not the only one who gets something from your expansion. You expand the people around you by giving them permission to do what is best for them as well. This creates alignment and ease for everyone.

This is one of my favorite parts of this journey, watching other people rise to meet me in ways I never thought possible. A mantra I use here is "what's best for me is best for all involved."

CHECKPOINT

- Who do you need to become in order to claim these desires? (she shows up in a specific way, there is no right way to be, just your way).
- What/who has conditioned you that you can let go of.
- What labels or identities have you been wearing that no longer belong to you?
- Where have you been shrinking to make others comfortable?

You might feel like you're too broken for this, or that you carry too much religious, familial, or racial trauma. You might think: this is just the way the world is.

I used to think this way. And what I love about the FLORA Method is that we do not have to go back through all of your past or dig up a bunch of old memories to get through this. These are things that have shaped who you are now, but this is not talk therapy where we dig up the past and sit in it. None of that is actually necessary to move through this.

The memories are from your POV, and it doesn't take into consideration the entire scope of reality. There are 3 sides to every story, and in *Driven by Desire*, I walk you through a practice to show you how to see that you never had anything to be ashamed about. The key blocks in this phase kept you safe. They gave you the opportunity to be who you needed to be to stay alive, but you know that you can no longer live with these conditions.

I am so excited to show you what's possible in the next phase.

Lock 3: Your body has no room to receive.

Heart Chakra: Attention-seeking

Throat Chakra: Jealousy

Key 3: Open

This phase is SO GOOD! It's my favorite phase. The things I have seen come to fruition through this work with myself and with my clients has genuinely blown my mind. And I like to think of myself as someone who is pretty open to miracles. I see them happen all the time. There is nothing like watching what my clients call in when they finally clear out what has been keeping them from receiving through real and tangible steps.

THE LOCK

The block here is that your body has been the storage unit for everyone else's trauma, limitations, and expectations.

There is a normal desire to be seen, known and recognized, yet sometimes we will fill ourselves up with what we think people want from us instead of who we actually are, and then when we go to ask for what is on our heart, it's disappointing because it was never what we really desired.

You can think of it like a magnet pulling the things it resonates with to you. The frequency of true self love and confidence bring the most aligned things to you. Without this alignment and frequency attunement, you call whatever you accept into your life.

Many women have a hard time hearing this, but it must be said: most of the time we get treated poorly because on some level we have allowed it.

I recognized this block in myself when my partners used to cheat on me and then we'd break up.

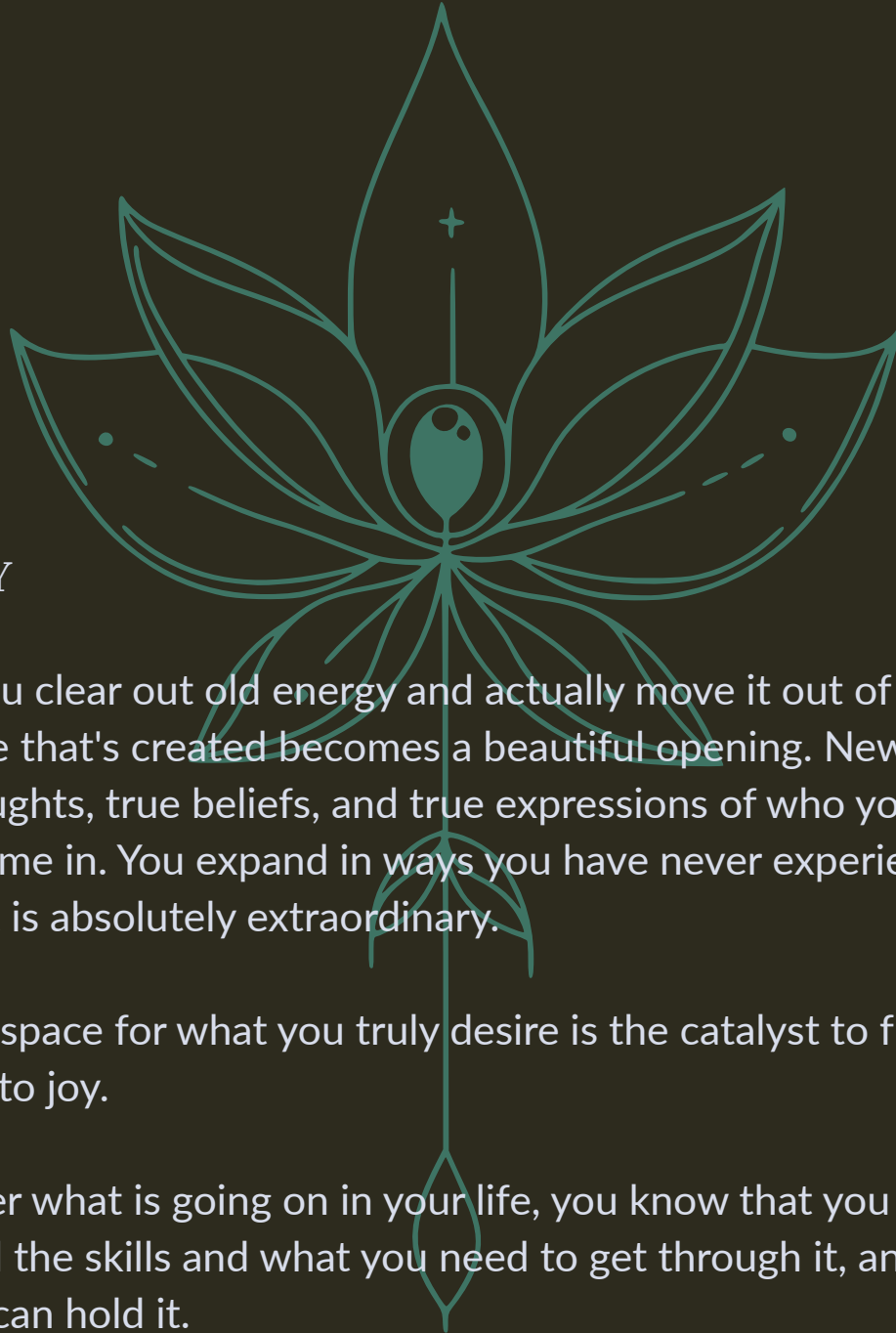
Codependency isn't needing people, it's needing people to need you.

I was always the one with the place to go, the plan and the finances, but I stayed with men who I felt needed me because if they needed me then they couldn't leave me.

The burn every single time was that they'd cheat on me because I was suffocating and controlling because they weren't stepping up. It was not balanced and I accepted what I thought I had to in order to be "loved."



Most people think that the block of the throat chakra is an inability to speak, but this is not correct and it really stifles your ability to get what you desire. When you're blocked here, you can't stop talking, and you put everything you're insecure about on blast to the world, which is really you being jealous because you don't think you can have what someone else does. Mindset and manifestation teach you that you have to believe you can have it and it'll come, but they don't tell you that you're just jealous and if you cleared that, you'd open up to having anything you desire.



THE KEY

When you clear out old energy and actually move it out of your body, the space that's created becomes a beautiful opening. New identities, new thoughts, true beliefs, and true expressions of who you are can finally come in. You expand in ways you have never experienced before. It is absolutely extraordinary.

Creating space for what you truly desire is the catalyst to full-on attuning to joy.

No matter what is going on in your life, you know that you have the tools and the skills and what you need to get through it, and you will, and you can hold it.

My guidance uses objective teachings, the secrets of real magical processes and body based techniques to excavate everything and make room. We are working with your body, your inner wisdom, your truth. I am using teachings and methods and practices that are ancient and objective. I am not telling you what to do, I am guiding you to the depth where your truth and your wisdom live. That kind of objective guidance is so powerful because you can always come back to the base principles and method at any point and it'll work.

CHECKPOINT

These may be the most important questions to answer in this entire process. You will need to know the level of commitment you have opened to so that you can create space.

Who are you no longer comparing yourself to and seeing what you want?

How much are you willing to clear to make space for your desires?

What behaviors are you doing to seek attention instead of connection?

The moment you've been waiting for is in the next phase.

Lock 4: You think you're crazy for what you want.

Third Eye: Am I Crazy?

Key 4: Receive

Even after all of the clearing and opening, you still may not feel ready, or you may feel like with all this expansion and openness, you're raw and vulnerable. When you've received things before that you didn't feel ready for, you sabotage them, and this phase is all about letting what you've worked so hard for come in and fill that space.



When things start coming in, you aren't used to getting what you really want and that can create a resistance to letting it in. It sounds counter-intuitive but here's why this happens: you think you're going crazy because it's all finally working and instead of letting life happen to you, you're truly seeing that you can get whatever you want. This feels foreign in a society that calls desire a sin and deems you greedy and selfish for wanting more.

Asking for more than the systems and structures want you to believe you can have puts a strain on the construct of scarcity. Truly, there are no limits. This phase is very tantra/red line of magic coded, which I teach more about in *Driven by Desire*. What you need to know right now is that this is the place where you will need to surrender the most, because you will eventually see you were never crazy and it is your birthright to receive what you want.

THE KEY

This is where you get to master the tools you've learned along the way to make aligned choices, hold those boundaries you've decided to uphold, and let your desires flow to you with ease. You finally know that you are worthy of them. You are going to receive so much proof along the way that you are deserving of this, so when you finally get to this phase, you are going to know that you are worthy, you know what to do, and you know where to put your efforts to receive all of the beautiful things that you want.

These tools help you remember that there is nothing crazy about what you're experiencing or what you want, and that in itself is the greatest gift.

For everything that you receive, there is first something that has to be let go. In the Open phase you created a lot of space, and now this is the phase where we get to fill that void with the things that are actually aligned.

If you've ever heard of the butterfly effect, you know the flap of a butterfly's wings can change the world. There is a ripple effect. You actually going after and receiving and aligning with your desires is going to cause everybody's consciousness to uplift. It is spiritual and holy to have what you desire.

CHECKPOINT

- Where have you made room for these desires to come into your life? What have you let go of?
- Who have you let go of to make room for these desires?
- What do you need to surrender or hand over that you haven't yet to open the pathway to let these desires in, and how can you do this before the next phase?



Lock 5: No going back now

Crown Chakra: God hates me

Key 5: Ascend

This is it, the final phase. You've made it!

There is a point on this journey that is inevitable, and that is when you have put in so much effort, so much time and healing, you want to give up, and go back to the way things were before you started all of this. You'll have one last wave of "I don't think I can do this." You can, you just have to recalibrate to the new reality you've made for yourself.



THE LOCK

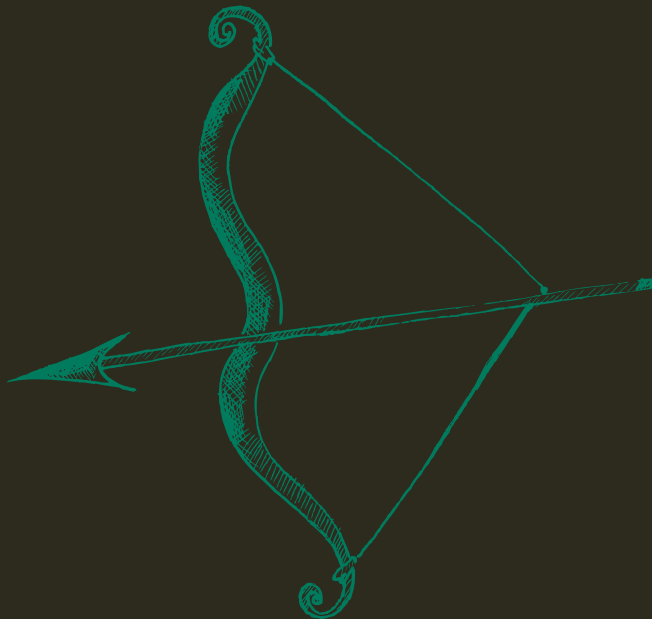
In the back of your mind, there's a little voice that says, "am I going to go back to my old ways?" Just like so many other things you've tried, it sticks for a little bit and then when you're done, you just go back to the things you were doing before. You might also be thinking that you could wait on this. You have so much going on. This seems really deep. This seems really heavy.

Yes, it's hard, but there is no turning back now.

You might think that you can get a lot just from reading this ebook and answering the questions for yourself. There is a lot of really good information that you can get from that. But the blocks are going to come up and you will struggle to get past them. It's basically your body's firewall saying, you don't want to go there. It is going to try to keep you from going deeper, which is why you need somebody to guide you to that depth.

The biggest block here will be yourself and all the failsafe's your body and brain will want to pull out. During an expansion like this, when things start to falter or you don't get what you wanted in the way you thought you'd get it, you blame the Universe and wonder what you did wrong. In *Driven by Desire*, I share with you the objective teachings and magical wisdom that will make this all make sense so you don't derail from the ascension.

God doesn't hate you, there are just natural laws of this 3D plane that only apply to being a human.



THE KEY

I love to bear the “bad news” on this because the truth is so much more liberating: you can not go back to the way things were. You have undergone an alchemical shift. Your life, once heavy, boring or bleak like lead, has been transformed.

You are now gold.

Further up is further in.

This is where you remember who you are. The conditioning is cleared, your capacity is expanded, and you are living fully in the acceptance of your power. You hold bigger dreams, you feel deep joy, and you are able to express it without apologizing. And when old patterns try to creep back in — because sometimes they do — you handle them like the sovereign woman you have become. This is the phase where you become unstoppable.

So many people think that ascension is about consciousness and higher dimensions — about being so elevated that you no longer have physical or three-dimensional desires. But when you get to this phase, you realize that your three-dimensional desires are just as spiritual as any higher pursuit.

You went inward. You descended into the level of the body. You bypassed the mind. You bypassed logic. And at this point you are unstoppable, because no one can tell you what you have seen and been through and done in these phases. Nobody but you can really know the truth of just how amazing you are.

THE FINISH LINE

- What would your life look like if you stopped waiting to feel ready?
- What are you keeping yourself from by not doing this work?
- What does the most sovereign version of you already know?
- What proof can you find that God loves you?

RINSE AND REPEAT

The FLORA Method is an attunement process that can be used over and over again. We are getting rid of so much and letting go and really coming back to the truth at the level of the body, instead of trying to make it make sense in the logic of the mind. This is how you become attuned.

You fall in love over and over and over again — with your life, with your partner, with your friends, with people, with situations and even with solving problems.

The difference with the FLORA Method and my guidance is that it is objective guidance with a subjective and personal experience. We are going to your truth and you are changing at the level of the body, not the level of the mind. You are changing while remembering who you actually are, and you are claiming what you want. There is no going back. Once you have reached the Ascension phase, there is no reverting back.



Can things come up? Can old identities, habits, and patterns resurface? Absolutely. But you will notice them because you have worked so deeply with them, and you will have the tools to make sure that you can continue to create new levels of joy and success in your life.

The ceiling of your ascension is the foundation of the next. You move through the phases faster and easier with each cycle, and you find pleasure in the process.

I only open space for 2 women each quarter so I can be sure to hold the most transformative and brave space for you in the 8 weeks we spend together. I know my power. And I know that if I can alchemize some of the most horrendous things that a human can go through into joy and fulfillment and guide others to theirs, I can do it with you, too.

Thank you for your desire to do the work that serves all beings.

Saya

5 Locks, 5 Keys

Saya Lotus



Ready to Go Deeper?

The guide is the map.
Driven by Desire is the journey.

An 8-week 1:1 program where you are guided through all 5 phases of the FLORA Method and learn how to reuse this cyclical system for the rest of your life.

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www.sayalotus.com/drivenbydesire