

SOUL LOVE & AUTHENTICITY

ALIGNED

A JOURNEY TO
SOUL LOVE & AUTHENTICITY

workbook

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THEELEMENT5EXPERIENCE.COM

CONTENTS

MODULE 1: INTRO

1. Opening
2. How to Prepare
3. What to Expect & Honoring Your Present Self

MODULE 2

1. Defining Soul Love
2. Self Love
3. Process
4. Authentic Beauty
5. Societal Standards
6. EFT Tapping

MODULE 3

1. Discern, Ego v Soul
2. Science of Belief
3. The Shadow Self
4. Subconscious Algorithm

MODULE 4

1. Embodiment
2. Relationship w/ Self
3. Sorry, Not Sorry
4. The Emotional Scale
5. Integration

MODULE 5

1. Transformation Process
2. Forgiveness & Compassion
3. Self Acceptance
4. Self Gratitude
5. Self Nurturing & Care
6. Self Trust

MODULE 6

The Library:

All breath, meditations, modalities, activations & reflections in alphabetical order for quick access.

MODULE

Introduction

*Affirm: I embrace my authenticity and **love** myself fully, exactly as I am.*

meet your guide!

Lauren Dorsey, coined by her clients as the “Soul Expansionist” has devoted herself to guiding people on journeys of self-discovery. She is a dedicated healer, intuitive life and business mentor, and Soul Practitioner who helps individuals unlock their innate gifts and discover themselves at a deeper soul level. The result? A transformation in their relationships with themselves and others that leads to a life in total alignment—mind, body, and soul.

Lauren is a Certified Spiritual and Holistic Wellness Practitioner who has studied the work and teachings of legendary teachers like Dr. Joe Dispenza and Rev. Dr. Michael Beckwith. Through her own life experiences combined with several mind-body certifications, Lauren has truly mastered the art of soul alignment and authentic self-love. She is also the author of the acclaimed book *“ALIGNED: A 90-Day Guided Journey to Soul Alignment and Self Love,”* which delves into her methodologies and experiences.

Lauren is here to guide you on this transformative journey, designed to help you cultivate the confidence to express your soul's fullest potential through self-love while embracing your true, authentic beauty.



Hello, Beautiful Soul!



Welcome to, ALIGNED, the Soul Love and Authenticity Journey. My intention is to go on this powerful, transformative journey together with you through self-discovery, authenticity and soul love.

Although this is considered a self love and authenticity course, you will quickly find as you step inside that the work we do and the conversations we will have here will be focused much deeper; because the key to creating an external transformation, is through internal transformation.

This experience is intentionally designed to be unique & highly personal. Although we are surrounded by the love of our incredibly supportive & uplifting community, our journey into the soul, to authenticity looks different for everyone. My intention is to help you cultivate the confidence to embark on this journey to meeting yourself fully and completely with unconditional love.

As always, you are beautifully and wonderfully made, exactly as you are.

Lauren Dorsey

Soul Expansionist | Mind Body Soul Practitioner

The Process:

ALIGNED is a journey to connecting with, discovering, honoring and learning to fully & completely love your true, authentic self.

This journey is highly personal and deeply transformational.

To begin this journey, start with an intention below. Take a moment to commit to yourself, this journey and deciding what area of focus you'd like to feel a transformation in the most to start. You can always come back through again.

MY SOUL LOVE INTENTION:

Soul Love Checklist:

How to Prepare and Make the most of your Soul Love course experience.

- Set your intention
- Print this Workbook
- New notebppk/Journal
- HYDRATE!
- Commit to Yourself
- [Download soul love Playlist here](#)
- [Access the Additional Resources page here](#)



What is your word for the soul love course?
(Soul, Higher Self, Source, God, Inner Light) :

Choose an Affirmation or Mantra for your soul love journey:

contract with self:

(Complete the contract below or use the template on a blank sheet of paper)

I, _____, commit to loving myself fully and wholeheartedly, and living a life that is in total alignment with my soul.

I commit to loving myself unconditionally, in all forms.

I commit to nurturing my body, my mind and my spirit.

I will do this by:

I commit to loving myself exactly as I am.

My body is a temple and I commit to nourishing it as needed.

I will do this by:

Making healthier food choices

I will honor the needs and the desires of my mind, my body and my spirit.

I will do this by:

Making time for myself to use this journal everyday

I commit to following my heart in order to achieve my highest dreams.

I commit to the understanding that if I desire it, it is possible for me and I will not stand in my own way of achieving it. I will achieve _____.

I commit to making one small change each day for 90 days to tap into my highest self.

I will begin with committing to this reflection journal daily.

I will continue it by _____ each day.

I commit to doing all I can to live my best life everyday.

I am worthy of unconditional love, abundance, good health and prosperity.

I am worthy of achieving all of my dreams.

It is with an open heart, an open mind and unconditional love that I agree to enter into this agreement with myself.

(In the space below, insert anything else you feel called to.)

Sign here:

affirmation reframe

It's important to use affirmations that move us from where we are to where we desire to be but it is equally important to use phrases that FEEL true for the body to become in alignment with the mind (mind-body connection). Here are examples:

INSTEAD OF THIS

I love and accept myself
fully and completely.

I AM
Powerful

I have everything I need
within me to succeed

I am
Beautiful

I am worthy of my greatest
desires

I am
LOVE

TRY THIS

I am learning to love and
accept myself.

I choose to remember my
inner power

I am discovering all parts of
myself capable of success.

I am on a journey to feeling
authentically beautifully

I am willing to remember
my self worth

I choose
LOVE

MODULE 2

Foundations

foundations of self love

What does Self Love mean to you?

What does Soul Love mean to you?

What does Authenticity mean to you?

“ GLIMMERS ”

Small, positive, and fleeting moment of joy that can evoke feelings of gratitude, calm, safety, or inspiration. Glimmers can be internal or external cues that help people feel regulated and ready for connection. They can also help the nervous system relax, which can make people feel safe enough to be present in the moment. Also those “ah-ha” moments!

Glimmer moments:

foundations of self love

Where might I be hiding parts of myself?

Have you experienced duality in your own life?

What feeling can I commit to feeling more of? What feelings can you commit to stop hiding?

Can you think of a past experience that felt hard in the moment but taught you a valuable lesson or provided a “gift”?

“THERE IS NOTHING I NEED TO DO OR BECOME IN
ORDER TO BE WORTHY OF LOVE”

love letter to your soul self

Bad days happen. Difficult moments, difficult weeks, difficult years happen. But so do good days! Incredible moments, exciting weeks and celebratory years! These are the emotions and experiences we want to lead and live with. This is the life we are worthy of!

This is a favorite ritual of mine. Something I use on the hard days that I can go back and read through, reminding myself of the gratitude, love, achievement and excitement my life is filled with. Even on days it's difficult to tune into it. This is a reminder for me that it is still there.

Let's begin by tapping into that inner warrior within you that is so deserving of your place in the spotlight of your life! (Listen to Audio: Love Letter to soul Self first)

- Find a comfortable seat in a quiet space with no interruptions.
- Play music that uplifts, inspires and motivates you. (I like using Solfeggio frequencies and Isochronic tones which can be found for free on YouTube)
- With your hands over your heart, spend about five to ten minutes in silent meditation or reflection.
- Use this time to reflect on everything you are grateful for and everything you love about yourself and your life. The people you love most. The places you love to go. Favorite memories you've created. Things you are most proud of.
- As you connect to the gratitude and love for these people, places and experiences - Bring your awareness to how you felt in these moments. Focus on that feeling. What specifically about this makes you feel this way?
- Sit with this energy, allowing yourself to smile, completely illuminated with gratitude and love.

Now begin writing a letter to yourself in the space to follow. A letter full of love, reassurance and everything the warrior within you would like you to remember on the difficult days.

Tear out the pages, fold them up and place them in an envelope addressed to yourself. I recommend carrying the envelope with you so you have it to refer back to any time you need.

foundations of authenticity

What is Authenticity? (has your definition changed since day 1?)

What is Authentic Beauty?

What ways can you commit to expressing more of your own Authentic Beauty, whether in person or online?

What qualities make YOU uniquely beautiful? How do those qualities impact the world?

“I AM DESIGNED PERFECTLY IN THE IMAGE AND
LIKENESS OF MY CREATOR”

societal standards

What trends have you tried and realized were NOT for you?

Did you find yourself wanting to give up? Or how did you handle it?

What misaligned subscriptions are you ready to UNSUBSCRIBE to? (baby steps are still steps forward!)

Module 1 GLIMMERS:

“I AM LEARNING TO LOVE MYSELF
EXACTLY AS I AM”

mirror challenge

Everyday for the next 30 days, do this first thing in the morning



Look at yourself in the mirror. Look into your eyes and remember the eyes are the window to the soul. See yourself fully with love. Repeat your affirmations to yourself while looking deeply into your own eyes. If you notice any resistance, stay for a bit longer.

Feel into the feelings. Nurture yourself. Lovingly remind yourself “these feelings are from my past and no longer mine to carry”. Stay here until you feel the resistance shift and you can retell yourself your story.



Now looking into your eyes, tell yourself everything you love about yourself out loud as if you are talking to someone you deeply love. (Yourself!)

Now choose a statement, affirmation or mantra for your day and place it where you will see it throughout the day - providing those “glimmer” moments.

Look at yourself in the mirror again and say, “Thank you. You are worth this”.

MODULE 3

exploring the inner self

THE SCIENCE, PSYCHOLOGY &
ENERGETICS OF "SELF"

ego vs soul

Reframing our perception of the “ego” to that of our layer of protection and not our enemy... Lets look at ways the ego may be trying to show up in situations and where we can lovingly shift into our Soul or Higher Self:

EGO

I want them to like or accept me.

How can I impress them?

Self-criticism and judgement

I want to be beautiful

Resists opportunities/relationships out of fear

Wants to be loved and accepted

SOUL

I am learning to love and accept myself first.

How can I connect to be sure they are aligned?

Seeks ways to love and empower the self fully

I AM Beauty incarnate

Takes risks on themselves knowing their self worth

Embodies LOVE and acceptance

V S

Ego vs Soul

Can you identify ways your ego has tried to protect you in the past?

Glimmers:

Intergenerational Beliefs

Can you identify a belief(s) or trauma(s) that may have been passed to you through epigenetics or intergenerationally?

What are other “idioms” you have heard in your life that you realize are no longer true today? How can you reframe them?

Shadow Self

How do you feel when you think about facing the “shadow self”?

Glimmers:

Subconscious Algorithm

Where do you find yourself in self-judgment or criticism?

Who do you truly trust, that feels in alignment with your authentic self, that you can lean on for guidance, advice or support? (3-5 people)

MODULE 4

Embodiment

Cultivating a Relationship with Self

What does a relationship with yourself mean to you? How does that look or feel?

In what ways have you hid parts of yourself in the past to “fit in” or not shared a truth, feeling or view point in an effort to avoid conflict?

Where has it served you to be able to adapt or read a room?

“The only people who have a problem with you setting boundaries are those who benefitted from you having none”

“The ones who got you where you are today will not be the same ones who will take you where you are going.”

#Sorry, Not Sorry



“I’m Sorry” is an apology.

Apology: a regretful acknowledgment of a failure; a very poor or inadequate example of.

YOU are not a failure or inadequate by any means. And if words hold frequency as we know they do, being mindful of our words is key.



I’m Sorry

I’m sorry for being late

Sorry if I’m not making sense of this.

Sorry I’m not that much fun today.

Thank You

Thank for waiting for me

Thank you for your patience/understanding.

Thank you for spending time with me today.

With this perspective, can you identify where you may be able to show gratitude for others’ acceptance of you rather than apologize?

Emotional Guidance Scale

The Emotional Guidance Scale as described by Abraham-Hicks is used to guide us from a lower vibrational emotion to a higher one without feeling the need to move from Fear straight into Joy; honoring each one along the way. This scale does not include every human emotion but can be used as a guide to move through more common ones we experience in our journey

1. Joy/Appreciation/Empowerment/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelm (feeling overwhelmed)
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Desperation/Despair/Powerlessness

Integration to Transformation

The period of time following an experience to allow the mind, body and energetic frequency to recalibrate itself to the new information or feeling.

Tips for Integration:

- Journaling thoughts/ideas
- Rest & nurture body
- Stay grounded
- HYDRATE!
- TIME - trust the process
- Implement small changes one at a time



Ideas for changes to symbolize your “up leveling” in soul love & authenticity (new plant, new skincare, how will you treat your new self?)

MODULE 5

Soul Love Transformation Process

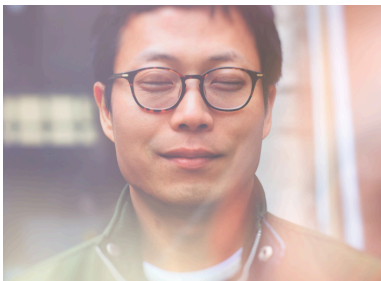
ho'oponopono

Ho'oponopono is a traditional Hawaiian practice that involves forgiveness, reconciliation, and restoring balance. The word translates to "to make right" in English and is rooted in the belief that harmony and balance are essential for well-being. The practice aims to heal relationships, oneself, and the world around you by clearing the mind of negative thoughts and feelings, and addressing inner conflicts.

1. Repentance: Acknowledge your part in your situation. Say to yourself, "I'm sorry."
2. Forgiveness: Ask for forgiveness. Not from others but from yourself.
3. Gratitude: Express gratitude. Say, "Thank you."
4. Love: Finally, express love and appreciation to yourself.

It is recommended you do this twice a day for the number of days equivalent to the number of years you have been here on the Earth.

(Example: I am 38 yrs old so I would do this twice a day for 38 days)



STEP 1.

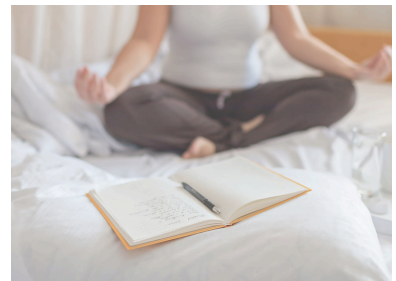
Close your eyes + take a few deep breaths. Guide yourself into peace. (You can also do this in a mirror)



STEP 2.

Repeat the affirmations 7-8x:

- I'm sorry,
- Please forgive me,
- Thank you,
- I love you



STEP 3.

Gently smile and open your eyes. Notice how you feel. Journal or reflect on how this process felt for you.

Self Acceptance

In what ways have you possibly mistaken genuinity for authenticity?

What does Self Acceptance mean for you?

In what ways can you embrace more of your true/authentic self?

In what ways have you judged yourself that you can reframe to more compassion and acceptance?

What people, places or environments are uplifting/ inspiring to you and encourage more of your authenticity through acceptance?

If you are the average of the 5 people you spend the most time with, who are those people and how does that feel for you? Can you change it?

In what ways can you embrace more of your true/authentic self?

Self Acceptance Reflection / Glimmers:

GRATITUDE REFLECTION

DESCRIBE WHAT ARE YOU GRATEFUL FOR TODAY

3 -5 THINGS YOU LOVE ABOUT YOURSELF

HOW DO THEY IMPACT THE WORLD?



Every moment is an
opportunity to love
yourself more.

Self Nurturing

Self Check-In. How do you feel being you (physical, emotional, mental)

How do you wish to feel? (physical, emotional, mental)

What do you need right now to feel that? (body - mind - soul)

Do you consider yourself an Empath? Or a sensitive person?

What boundaries can you strengthen (or set in place)?

Self Nurturing

Self Check-In. How do you feel being you (physical, emotional, mental)

How do you wish to feel? (physical, emotional, mental)

What do you need right now to feel that? (body - mind - soul)

Do you consider yourself an Empath? Or a sensitive person?

What boundaries can you strengthen (or set in place)?

Self Trust and Confidence

What does Self Trust mean to you?

In what ways do you fully trust yourself?

In what ways would you like to learn to trust yourself more?

Identify your “inner knowing”. HOW do you know?

(Is it a feeling, a knowing, an actual feeling in your gut?)

Can you identify one of your “I KNEW IT!” times?

Self Trust and Confidence

INTERDEPENDANCE - Do you tend to lean towards independence or co-dependence? Or do you feel well rounded in a balanced interdependence?

In what ways would you like to feel or be more “inner dependent”?

In what ways would you like to find an ability to depend on others more?

Where would you like to feel more confidence in yourself? And in your decisions?

In what ways would you like to be able to focus more on the present moment? (Less focus on past or future)

Self Trust and Confidence

What people, places or environments are uplifting/ inspiring to you and encourage more of your authenticity through acceptance?

Do you fully trust yourself to always act in integrity (by your own definition)?

If you answered no, in what areas do you want to focus on more, to deepen your self trust?

Reflection/ Glimmers:

MODULE 6

The Library

Affirmations for soul love

Authenticity

1. I am true to myself in every moment.
2. I embrace my unique journey with confidence.
3. My authenticity attracts positivity and love.
4. I honor my inner truth and speak it with clarity.
5. I am proud of who I am becoming.

Soul Love

1. I am worthy of deep, unconditional love.
2. My soul radiates pure love and light.
3. I am connected to the infinite love within me.
4. I attract love that nourishes my soul.
5. Love flows to me effortlessly and abundantly.

Self-Forgiveness

1. I forgive myself for past mistakes and embrace growth.
2. I release guilt and embrace self-compassion.
3. I am worthy of forgiveness and understanding.
4. My past does not define me; I learn and evolve.
5. I am gentle with myself as I heal and grow.

Self-Acceptance

1. I accept myself fully, just as I am.
2. I embrace my flaws and see them as strengths.
3. I am enough exactly as I am in this moment.
4. I celebrate my uniqueness and individuality.
5. I am at peace with who I am.

Self-Gratitude

1. I am grateful for the journey of my life.
2. I appreciate all that I have and all that I am.
3. I give thanks for the lessons I've learned.
4. I honor the love and wisdom within me.
5. I express gratitude for my growth and transformation.

Self-Trust

1. I trust my intuition and inner guidance.
2. I believe in my abilities and strength.
3. I have confidence in my decisions and actions.
4. I trust that I am on the right path.
5. My heart knows the way, and I follow it with trust.

Affirmations for soul love

Additional Affirmations

- I am aligned with my highest self.
- My soul's purpose unfolds perfectly before me.
- I am a beacon of love and light to the world.
- I trust the process of my life.
- I am open to receiving all the love and joy the universe has to offer.
- I am resilient and capable of overcoming any challenge.
- I deserve to be loved and accepted just as I am.
- I choose to let go of what no longer serves me.
- I am grateful for the abundance in my life.
- My inner peace is my greatest strength.
- I trust that everything is unfolding for my highest good.
- I am a loving and compassionate being.
- I embrace change as a natural part of life.
- I am open to new experiences and opportunities.
- My heart is open to giving and receiving love.
- I am deserving of all good things.
- I am a magnet for positive energy.
- I am constantly growing and evolving.
- I am in harmony with the universe.
- I radiate confidence and self-assurance.
- I am grateful for my body and all it does for me.
- I am a powerful creator of my reality.
- I choose love over fear in every situation.
- I am connected to the divine wisdom within me.
- I am a beautiful expression of the universe.

Create Your Own that Feel Authentic For You:

Breathwork & Nervous System Regulation



BREATHWORK

You are always of the highest authority in your mind and body. If at any time, the breathing exercises are too intense, please listen to your body and slow down. If you would like to deepen your experience, you may do so as well. You are in control.

METHODS:

FAST BREATHING & TOP HOLDS CREATE ENERGY, INCREASE STAMINA & LIFT US UP, SLOW, DEEP BREATHING & BOTTOM HOLDS ARE GROUNDING, CALMING & SOOTHING. PLEASE BREATHE IN THE WAY YOUR BODY NEEDS IN THE MOMENT

NERVOUS SYSTEM

Nervous system regulation is the process of maintaining balance between the body's fight-or-flight response and its rest-and-digest functions. It also allows people to adapt to different situations and circumstances when responding to stressors. When the nervous system is regulated, people can feel safe enough to navigate their environment and surroundings, and avoid getting overwhelmed.

METHODS:

BREATH, MEDITATION, INTENTIONAL MOVEMENT, VAGUS NERVE STIMULATION, SLEEP/REST, SENSORY TECHNIQUES



Cultivating Your New Soul Love Plan

The Library: Creating Your New Soul Love and Care Routine

Physical Check In

- Dance, walk, run, swim
- Yoga or other exercise
- Healthier eating choices
- Increase water intake
- Go to sleep earlier
- Massage, pedicure, etc

Emotional Check In

- Allow myself to cry
- Laughter!
- Spend time w/ loved ones
- Make time for hobbies
- Find my passion
- Express my feelings

Mental Check In

- Turn off the news
- UNPLUG for a day
- Less social media
- Try something new
- Journal my thoughts more
- Say NO.

Spiritual Check In

- Spend time in nature
- Meditation/Prayer
- Read/Study beliefs
- Find/grow spiritual community
- Daily gratitude
- Seek guidance/mentor

NEW Contract with Self:

*Complete the contract below or use the template on a blank sheet of paper after completing the "Create Your soul Care Routine" process...

I, _____, commit to loving myself fully and wholeheartedly, and living a life that is in total alignment with my soul.

I commit to loving myself unconditionally, in all forms.

I commit to nurturing my body, my mind and my spirit.

I will do this by:

I commit to loving myself exactly as I am.

My body is a temple and I commit to nourishing it as needed.

I will do this by:

Making healthier food choices

I will honor the needs and the desires of my mind, my body and my spirit.

I will do this by:

Making time for myself to use this journal everyday

I commit to following my heart in order to achieve my highest dreams.

I commit to the understanding that if I desire it, it is possible for me and I will not stand in my own way of achieving it. I will achieve _____.

I commit to making one small change each day for 90 days to tap into my highest self.

I will begin with committing to this reflection journal daily.

I will continue it by _____ each day.

I commit to doing all I can to live my best life everyday.

I am worthy of unconditional love, abundance, good health and prosperity.

I am worthy of achieving all of my dreams.

It is with an open heart, an open mind and unconditional love that I agree to enter into this agreement with myself.

(In the space below, insert anything else you feel called to.)

Sign here:

Find your Purpose

SOUL PURPOSE

To follow your soul's purpose, you first need to discover what that is.

Your soul purpose can be found through deeper connection with your higher / authentic self.

Your authentic self IS your higher self.

Your higher self knows the way.

Trust yourself.

ACTIVATE YOUR PURPOSE THROUGH CONNECTION TO YOUR AUTHENTIC SELF

ACTIVATION REFLECTION:





Aligned Action Steps

1

2

3

Create 3 aligned action steps to nurture yourself as you step into deeper soul love and authenticity leaving this experience.

Thank-you!

It's been an honor and privilege to go on this journey together with you. I'm so excited to continue celebrating and growing with you inside the soul people community!



Lauren
Dorsey

theelement5experience.com

Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Monthly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Notes:

My Soul Love Experience

Would love for you to take a moment to share your experience with this course!

If you have a moment to write your testimonial so others can hear YOUR experience and learn to love themselves authentically too. Then screenshot this page and share it with us by tagging @laurendorsey and #soullovecourse



Lets continue the soul journey...



the routine

4 STEP SKINCARE LINE

- Collab with Wild Rose Beauty: 6+ years success in e-commerce
- 4 simple steps: cleanser, toner, serum, moisturizer
- thousands of success stories and testimonials



glō

DRINK YOUR SKIN CARE

- electrolytes, ceramides, collagen, & peptides
- 21%↑ in skin hydration in 60 days*
- 10%↓ in wrinkle depth in 60 days*
- 26%↑ in skin elasticity in 60 days*
- 14.7%↑ in hair growth in 90 days*
- 19%↓ in hair breakage in 90 days*



vibe

THE NOOTROPIC

- clean sustained energy - caffeine free
- mental clarity & focus
- elevated mood
- mood support



the digitals

DIGITAL COURSES TO OFFER

- embracing the digital marketing world
- pre-launching w/ 3 courses
 - self-Love
 - mindset + manifestation
 - the digital wealth blueprint