



trifolium

The Energy Alignment Method
For IBS SOS Masterclass

There are 3 principles to bear in mind.

- 1) We are always in one of 3 states of energy, flow, resistance or reversal.*
- 2) We are all connected in one unified field of energy – which is how distance healing works.*
- 3) When you change your energy, you change your experience of life.*

The Energy Alignment Method is a blend of Western principles, and Eastern Philosophy, so if you like NLP, CBT, Kinesiology, EFT, Emotion Code, you will love EAM. – The Energy Alignment Method.

Today: I'll Explain the 5 Steps and then guide you through how to release the beliefs and emotions that are holding you back when you think about healing.

- 1) Thymus Thump*
- 2) Steps of EAM & Sway Test Name & Age*
- 3) Release the Resistance / Belief holding you back*

The 5 Steps of The Energy Alignment Method

STEP 1 – You Ask: This step is to give you clarity on what you need to shift.

Ask your energy a simple question about the subject to see if it is something you need to work on. Example: “Am I holding any resistance to believing that I can heal my IBS?”

STEP 2 – You Move: Your energy body will respond and give you the **YES** or **NO** answer to the question you asked. Forwards is usually (YES) and Backwards is usually (NO). If anything else check for energy reversal. If YES go to step 3 if NO and you feel in flow with it go to step 5.

STEP 3 – You Experience: This step is all about assessing what is happening in your energy when you think about that subject. There are 3 ways for you to do this step – choose which is appropriate for you.

- How do you feel? Describe what it feels like in your body. What size colour or shape is it? Where is it? What does it feel like?
- How many of them? Ask your energy and find a specific number of those resistances e.g. “Do I have more than 100?” (Your sway will say yes or no). If NO, you may ask. “Do I have more than 50?” (Your sway will say yes or no). If NO, you may ask. “Do I have more than 25?” (Your sway will say yes or no). If YES, you may ask. “Do I have more than 30?” (Your sway will say yes or no). If NO ... find a roundabout number.

- What does it look like in your mind? When you close your eyes and think about your resistance or challenge do you see a picture? Describe what is happening in the picture

STEP 4 – You Transform: Now you're clear what it feels like in your body, how many there are or what the picture looks like you can now do the release statement. You can say these words.

“I am ready to release (whatever the subject) I release it from my energy in all forms, on all levels at all points in time” Repeat this statement at least 3 times or until you can no longer feel it. You may have to do this another 2 or 3 times.

Example Release Statements:

FEELING - “I am ready to release this hard red circle in my stomach when I think about believing that I can heal from IBS, I release it from my energy in all forms, on all levels at all points in time”

NUMBERS - “I am ready to release these 543 thoughts or beliefs that I am never getting better from IBS. I release it from my energy in all forms, on all levels at all points in time”

IMAGES - “I am ready to release this image of a brick wall in front of me. I release it from my energy in all forms, on all levels at all points in time”

Repeat step 4 until you have released the resistance around it. You can ask your energy “Have I released this resistance about _____?” If YES, then you can move to step 5.

STEP 5 – You Align: This time you get to choose what you experience. This is where you align your energy to your intention. Now you're ready to allow a new belief, thought or pattern. Choose a positive affirmative statement

“I am ready to receive/ create / feel / manifest/ experience (whatever the subject). I allow this into my energy, in all forms, on all levels, at all points in time.”

Repeat this statement at least 3 times or until your body responds with a positive sway forward (YES) when you are affirming. Keep repeating this statement until you feel it in your energy.

FEELING “I am ready to allow this big yellow circle of calm and confidence in my body when I think about healing from IBS. I allow this into my energy in all forms on all levels at all points in time.”

NUMBERS “I am ready to allow myself to have 100,000 new beliefs I am getting better and on my way to my optimal health. I allow this into my energy in all forms on all levels at all points in time.”

IMAGES “*I am ready to allow this new pathway to take me forward. I allow this into my energy in all forms on all levels at all points in time.*”

What beliefs hold you back in your healing journey?

Energy: What happens to your energy, when you think of that thing?

Resistant Energy	Aligned Energy

Thoughts and Beliefs: What thoughts and beliefs do you have?

Unsupportive Beliefs	Aligned Beliefs
I try everything but nothing works	I am getting better every day
It's pointless as nothing works	I am learning what is working for me

Emotions: How do you feel when you think about this?

Unsupportive Emotions	Aligned Emotions
I feel so frustrated	I feel patient
I feel hopeless	I feel hopeful