

soulvana
by mindvalley

Workbook

LIVING IN
YOUR HIGHEST
ENERGY

WITH ARIYA LORENZ

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LESSON 1. RECHARGE & RAISE YOUR VIBRATION

Summary: Remember to create an empty vessel by clearing and recharging your energy field. Create room for yourself with awareness, meditation, grounding, exposure to nature, and visualization of energetically powerful locations on the Earth (eg. Hawaii, Egypt, Sedona).



Click to revisit Ariya's grounding meditation

Exercise: Identify three key daily scenarios where the ritual of grounding can benefit your internal balance.

Exercise: Where is your favorite power place on the Earth? What does it look, sound, feel and smell like?

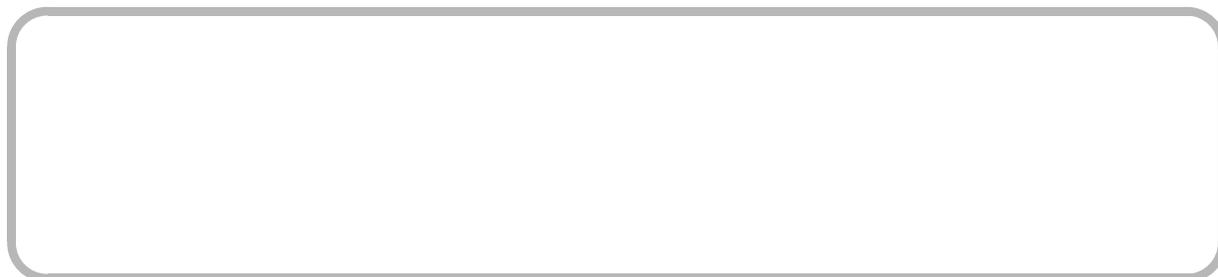
LESSON 2. CONNECT WITH YOUR SPIRIT GUIDES

Summary: Cultivate awareness that you are never alone as a human being on Earth. Remember to invoke your higher self, angels and guides by asking for their assistance. Open to commune with the perfect being of assistance for any and every situation. Ask for what you want to see in your life, then surrender to how it shows up.

Exercise: Clear your energy and focus your awareness on the presence of your guardian angels. What do they want to communicate to you? (If you can't hear them, imagining their communication is enough)



Exercise: Identify an issue or situation in your life where you tend to feel worry and fear.



Invoke your spirit guides to send love and light to this issue or situation and to help manifest an ideal outcome. Feel their energy at work, then surrender to its unfolding.

LESSON 3. HARNESS ENERGY TO MANIFEST YOUR DREAMS



Click to revisit Ariya's energy immersion

Summary: In your process of visualization, create an imaginary magnet (eg. symbol, color, form of your choice) that represents your vibrational frequency of receptivity. Use this magnet as an anchor point throughout your daily life to regenerate the frequency state you experienced during your visualization. Also, remember to ground your energy after any visualization process to bring it into earthly form.

Exercise: Describe and/or draw your imaginary magnet

A large, empty rounded rectangle with a thin grey border, intended for the user to draw or describe their imaginary magnet.

Reproduce this symbol and place it in as many places as you would like (eg. your room, your car, your digital devices). Everytime you encounter this symbol, take a moment to tune into your high frequency of reception.

Q&A SUMMARY

Q: How do we invoke celestial energy to amplify our energy?

A: It is important to first ground your energy with the Earth, then to celestial energy. Then, you can connect both fields to your heart. Grounding is of utmost importance because when we tune into the Earth grid, we access information that is vital for our physical existence.



Click to try Ariya's Cosmic Earth Meditation

Q: How do we transform undesirable energy patterns in our environment?

A: If the pattern is recurring in your environment, certain stagnant energies may need removal (eg. entities, beings). Ask for professional assistance in removal of these energies. Otherwise, use the visualization of light showers; light from mother, father, creator God, source. Let this light shower your environment and sink to the centre of Earth where it can be transformed. Another powerful tool is the invocation of the Violet Flame. Seek online information on how to use this tool from Archangel Zadkiel.

Q: What are some noticeable signs that we are connected to our spirit guides?

A: We are ALWAYS connected to our angels and guides! You can tune into their presence by making yourselves available to hear it, and creating sacred space within. Some signs can include flickering lights, objects fallen in your path, flow of air, and a pleasant scent out of thin air. Upon taking notice of these signs, take some moments for internal awareness.

Q&A SUMMARY

Q: How can we keep our energy aligned in chaotic environments or situations?

A: Ground to the Earth frequently. Also, use the tool of protection; create a protective cocoon of white light every morning and evening. This will make a tremendous difference, as energies become filtered through this light. Radiation is another powerful tool; connect to your inner light of heart and solar plexus, and radiate source energy through your heart. Wherever you go, send this light.

Q: What energetic advice do you have for patients dealing with cancer?

A: Cancer is a lack of light. If you are in a room that is dark, darkness is not the problem. All we do is switch on the light, and the light is there. Darkness is not our enemy. Cancer is a lack of oneness, a lack of integration. Look at the cells in your body and feel their communion. A cancer cell forgets their oneness, their role within the bigger whole, and isolates itself. As it isolates itself and tries to find its rhythm, it creates its own world that is independent of the whole. Then more cells start to resonate to this concept of isolation. This is similar to what we see on our planet - a sense of isolation. The answer is to come back to oneness. Feel that you are one in this world. Your life matters. Whatever it takes you to feel this way will heal you from separation. Then it will help your cells remember this unity. Instead of trying to eliminate these cells, which just creates more division, find ways to integrate them back to the whole. Send your cells the energy of unity throughout your whole body.