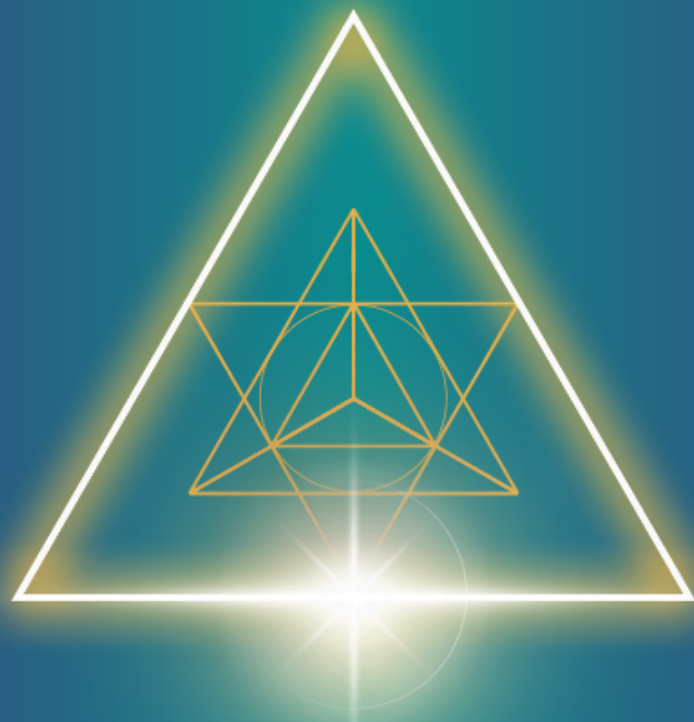


Ascension Alignment Exploration



"Your future depends on what you do today"
Mahatma Gandhi

By Caroline Mary 2023

Ascension Alignment Exploration

Welcome and thanks for joining me today

While I was exploring how best to offer Ascension Alignment Coaching, the idea for this booklet dropped into my mind, so you can start to see how you're currently living, and how you'd like to move forwards so you can live in Alignment with your soul.

Spiritual teachers throughout time have inspired us towards mastery and sovereignty, and we're at a pivotal time in humanity where we too, can live as masters. The work book, Ascension Alignment Exploration assists you in living in alignment and embodying fully in your life.

**When we're living in alignment with our truth, we're free and content;
we're inspired, and we live in service to our brothers and sisters,
and our beloved Mother Earth, Gaia, Pachamama.**



At the beginning of this booklet, I'll invite you to check in with different topics through an alignment assessment, and then we move on to see how you'd like to be living with a meditation.

I'll invite you to explore what this new life looks like, and what small daily steps you can take to remain aligned, at peace and in a place of growth, allowing your soul to lead the way.

As we explore what it means to be ourselves, we start making choices that come from our heart, supporting us to live in alignment, our intuition guiding the way.

Here we are free, contented and inspired.

Grab a cuppa, and create a cosy, sacred space for yourself, and delve deep as you go through this booklet. Take the time you deserve to check in with yourself and see how best you can make changes (albeit in small steps) so you are living a life that is aligned with *your* values and *your* goals for *your* life.

I'm so looking forwards to seeing how your journey unfolds xx

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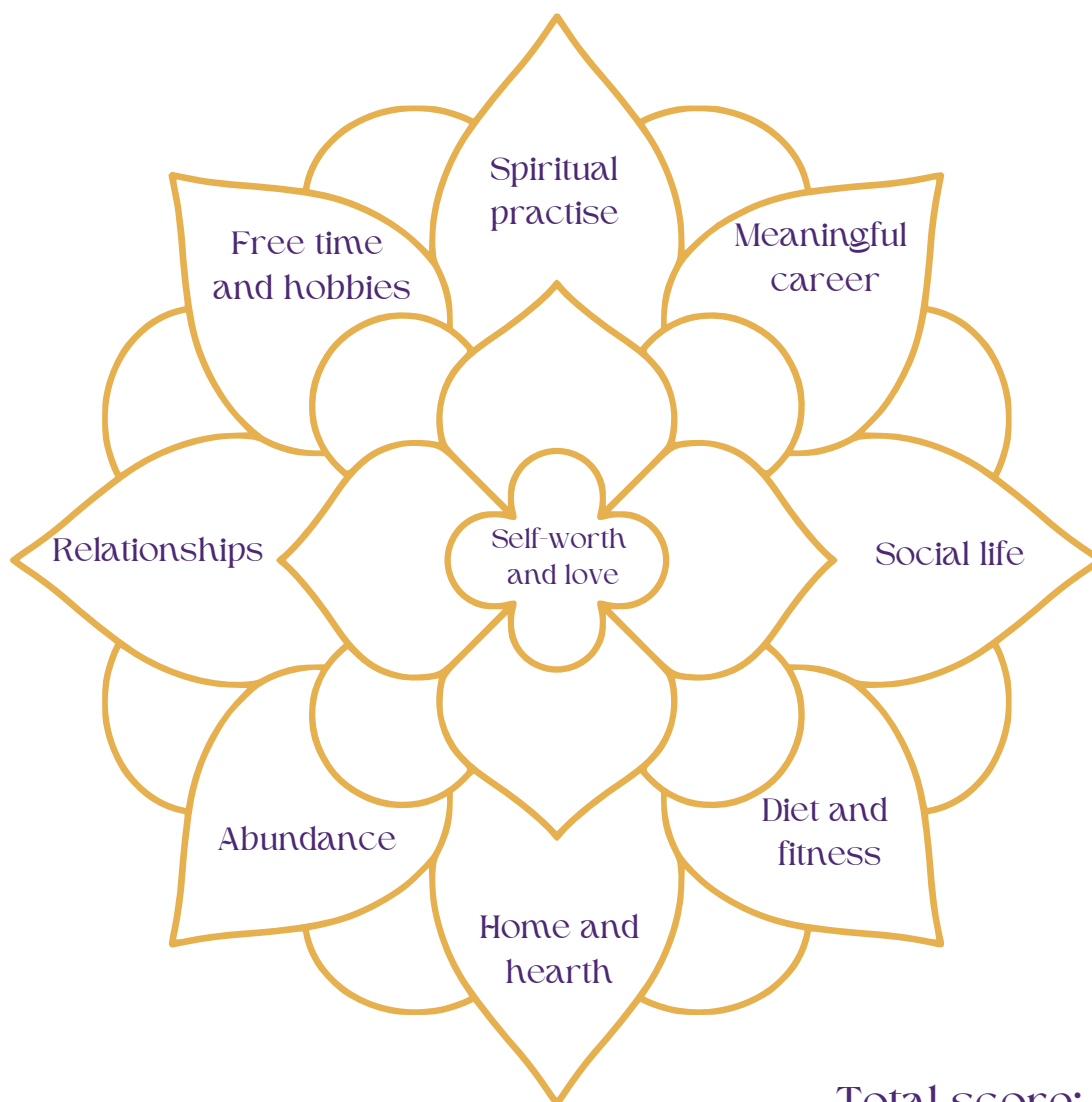
Alignment Assessment

This assessment is to help you see how authentic you are being in your life. We change as we get older, and may make different choices, *or* we may get stuck making the same choices and not feeling joy any more. Here you can see where you might like to make changes.

Using the mandala below take the following steps:

- Feel into each area and ask yourself how much am I aligned? (1 for not aligned at all, up to 10 for totally aligned and authentic)
- Once you have asked yourself this and found your answer, note the score down.
- Add your scores up, and see where you are out of 90. Feel into how much you are allowing your true self to shine in every area of your life.

Let's get to it!



Total score:.....

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How did you get on?

It's easy to feel frustrated about things, or even ashamed, and when we don't address those feelings, we might even blank out taking steps forwards. Here we're going to address what we're feeling and make space for new to enter our lives.

For each area of your life, take a moment to journal about what you feel: What did you feel, or notice in each area? What did you like or not? What are proud of? What frustrates you? Write any notes below or in your own journal.

Home:

Diet and fitness:

Meaningful career:

Spiritual connection and practise:

Self-worth and love:

Free time and hobbies:

Abundance:

Relationships:

Social life:



You can do this assessment every month, or every year, to check in with how aligned you are with living your soul's truth...

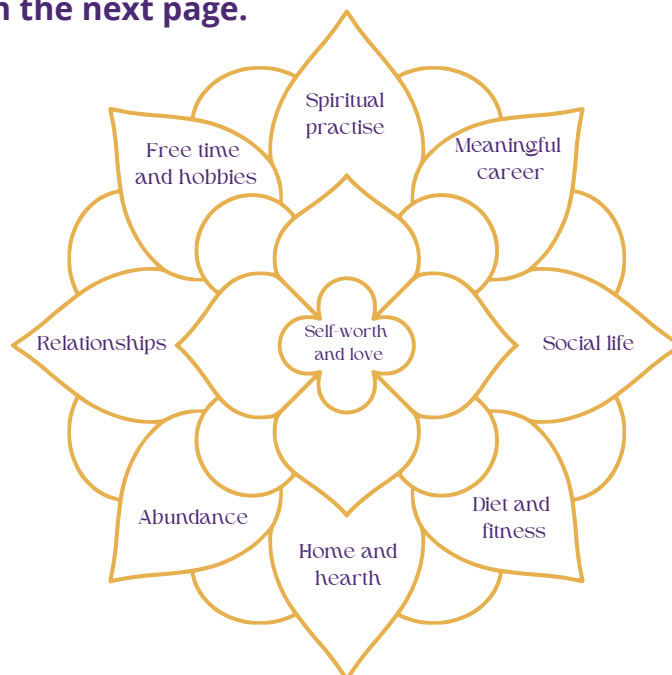
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Dreaming your dream

I'm going to walk you through a guided meditation so you can find out what your higher self would love for you to experience during your life time. When we do this, we start bringing the potential to our daily lives, and open up to a new experience of life...

- Create a sacred space for yourself, somewhere comfortable and quiet
- Set the intention to receive a vision of your highest version of your life choosing a life area from the list below, or from your own choice
- Close your eyes and allow yourself to rest in your breath, in through your nose, and out through your mouth
- When you're ready, see, feel or know there is a door in front of you, and walk through the doorway in to a corridor
- At the end of the corridor is a stairway, and you walk up the staircase until you reach a platform, high in the sky, resting on a cloud
- Here you see a doorway, and on the other side, you'll find your inspiration
- Walk towards the door, and move through to the space beyond, and allow yourself to see what your higher self would like you to see
- When you're ready, come back onto the platform, closing the doorway behind you
- Walk back to the stairs, and make your way down, into the corridor.
- Walk back along the corridor, and through the door
- Let go of the vision, and come fully into your body, reconnecting with your breath, and the room where you're sat

You can do this for any area of your life, including those below, and record your visions on the next page.



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What did you see?

In the space below, or in your journal, write your visions down and know you can take steps towards that life every day.

You can revisit the meditation as many times as you like, and add details that come to you, as often as you like.

Home:

Diet and fitness:

Meaningful career:

Spiritual connection and practise:

Self-worth and love:

Free time and hobbies:

Abundance:

Relationships:

Social life:



Remember, you can add to the categories I've listed, these are some inspirations for you to start with! The more specific you can see, the more easily you can create the life of your dreams

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What's your next step?

Now you've seen a vision for your best life, let's find just one small step towards living in alignment.

Ask your higher self for guidance to help move you towards you highest timeline. You can do this whenever you like and over time, we start acting from this higher self all the time, and the choices we make become ever more aligned with our soul.

Don't be surprised as to your answers, as your step might be to release something, start something, explore something new, or simply rest: there's no right or wrong, only alignment to what is for YOU, right now in this moment.

Home:

Diet and fitness:

Meaningful career:

Spiritual connection and practise:

Self-worth and love:

Free time and hobbies:

Abundance:

Relationships:

Social life:

Remember, you can break each area of your life into more segments, and get far more specific in doing so. It's your life and you can co-create it every day!

Congratulations!

Now we've reached the end of this ebook, I hope you've enjoyed dreaming your new life into being, and found some interesting steps towards your Ascension Alignment.

If you're not already signed up for support and would like help to make those healthy changes and become ever more aligned, check out the resources page on my website, or book a clarity call to see if we'd be a good fit to work together in
Ascension Alignment Coaching.

It's my mission to help you grow, and I'd love to facilitate you to find the best solutions in your life, so you may live in joy, happiness and freedom!

With so much love and so many blessings to you
Caroline Mary x

Book a clarity call here:

<https://calendly.com/carolinemary/1-2-1-session>

Connect with me and share your findings at:

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