



ANASTASIA GERALI | RTT THERAPIST & COACH

The Art Of Aligned Living

HIGHER SELF CONNECTION

1) What are the feelings you feel in your body when you get stuck on the Egoic hamster wheel? What are the symptoms you experience when you are disconnected from your Higher Self?

2) How does it feel to use my Disrupt Strategy (clapping your hands and snapping out of it)? *When you feel yourself going into the ego, into fear, snap out of it and set the intention to reconnect with the body.*

3) What are the most common Drama Queens you find yourself acting out most often? Do you play a different role in different areas of your life, or are you consistent? *Bitch, Victim, Martyr*

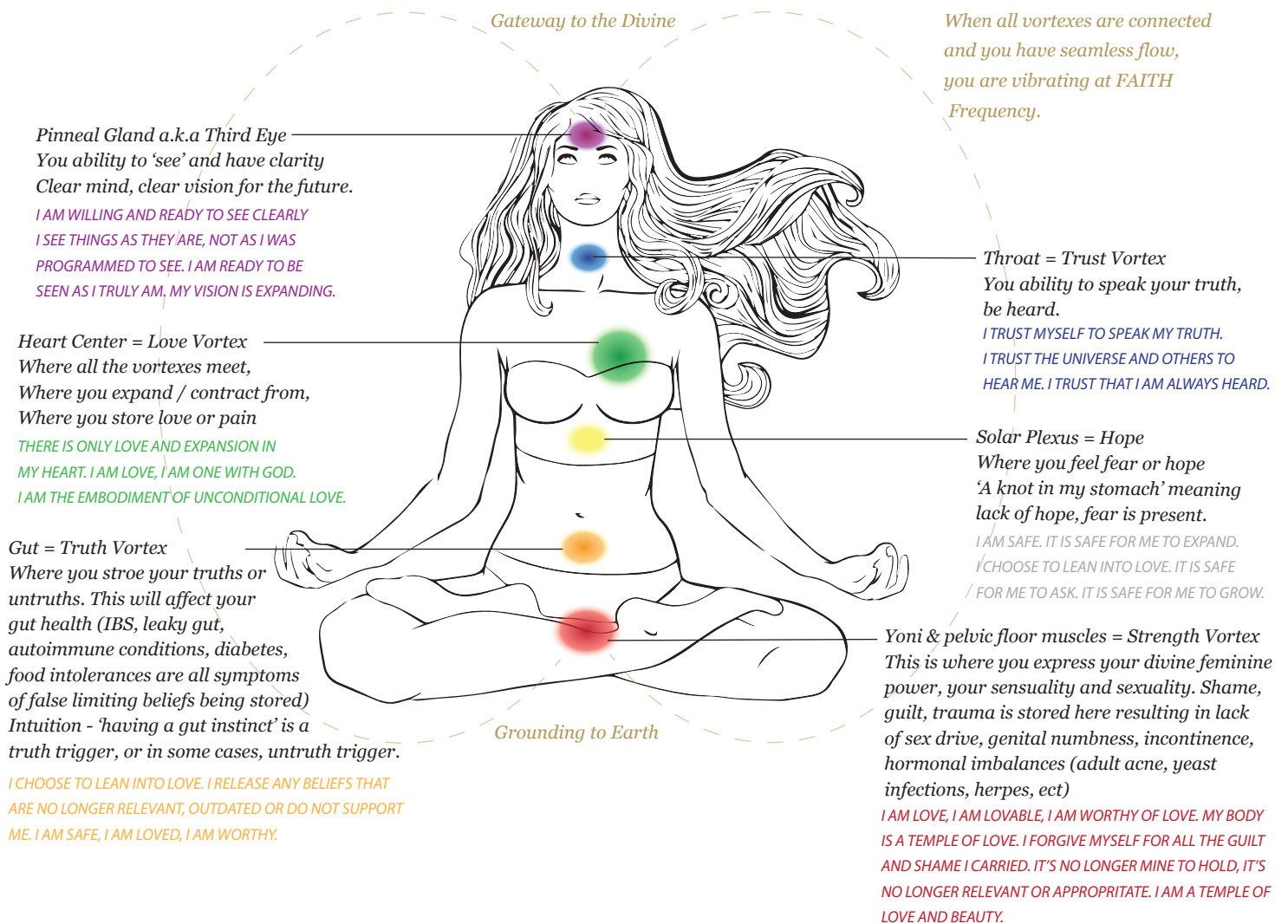
4) Where have you consistently abandoned your own needs for the needs of others? How does it leave you feeling afterwards?



ANASTASIA GERALI | RTT THERAPIST & COACH

The Art Of Aligned Living

The Vortexes of Emotion



5) When you are doing the Higher Self connection meditation, where in your body do you feel her presence? What sensations do you experience, what signs to your receive? Goosebumps, tingles, warmth, hair raising, etc. Are they strong or gentle and flickering? The more you practice connection, the stronger these signs will become.



ANASTASIA GERALI | RTT THERAPIST & COACH

The Art Of Aligned Living

6) How did it feel to generate LOVE in your body? What are the three scenes that came to your mind's eye that helped you feel that love? How did your body language change when you were channelling love? *Smile, shoulders back, relaxed muscles, etc.*

Now that you know how to generate LOVE in your body, and with the help of your HS to expand it outward, I want you to consciously tap into this practice whenever you feel yourself disconnecting from love. Change your body language. Breathe like the woman who feels love, stand like her, think like her, speak like her. Look like you feel LOVE. Show up like your higher self in everything that you do, in every room that you walk into. No Negative Nancy energy, no long faces, no sad body language, no closed body language. If you need time to reset, find a quiet space where you won't be disturbed and reset yourself. It's ok to ask for 5 minutes to yourself.

Smile, with your lips, your eyes, your inner light! If you're pulling painful faces and you're saying you're overwhelmed when you feel love, show love. When you feel pain, show pain. Stop sending mixed messages to your nervous system by smiling when you're sad or having a resting bitch face when you're embodied in love.

This is your training program. The new you chooses to be open and expand because *love attracts love*.

It's very simple. When you start to feel overwhelmed and exhausted it's because you've separated from the strategies and gone into your analytical mind - your hamster wheel in your brain, your ego.

Take a pause. Disrupt your ego (use the hands clap or finger snap strategy to bring you back into the body). Expand your soul.

You don't feel depressed, anxious and overwhelmed because life is hard, you feel this way because you have shut love out.



7) Describe what it's like to cry when you're in protection mode with tight, closed off body language and a look of pain on your face, and then to cry with an open soul, a receiving body language, to cry from pleasure, bliss or relief.

Don't even think this one time thing. This is a lifestyle, a consistent practice UNTIL it becomes your new default setting. You will watch and embody these healing sessions EVERY TIME you need to. You will practice your HIGHER SELF connection Meditation every single day until you learn the language of your higher self and are tuned in, tapped in, turned onto that guidance all the time. It's a practice and a skill that needs to be learned. A weak muscle that needs to be strengthened.

I do this everyday! I'm not amazing at it because I did it once. I'm amazing because I've been hitting that spiritual day consistently for years now. Do I ever fall off the wagon? *Of course I do.* But I have the strategies to get back on, and every time it gets quicker to do so.. The reason you have access to these healing sessions for life is because when you stop training you get weak. I made these audio files downloadable so you can have them on your phone, on your laptop, whenever you need them, you have them.

If you do this session and all the other sessions only one time, it is impossible for you to get stronger and breakthrough.

Soon you will be able to do these healing connections on your own throughout your day without me guiding you, and you will never stop opening your soul and declaring to the Universe that you are ready to receive.

Pop in the Facebook group and share your experience. Keep videos under 5 minutes, keep it short, and to the point, so that we can all give consciously and not drain each other.

And EVERYTIME before you come into the FB group, open your soul and be vulnerable. If you're not vulnerable there is no point. It's just talking shit and wearing a mask and that is the old you. I want you to be open and honest so we can expand together. Always remember to give back and watch 4-5 videos of your other sisters and encourage them too, praise them and celebrate their openness and vulnerability.

Give consciously.

Love & light

Anastasia