

CLASS EIGHT: MAGNETISM
& ENERGY ALIGNMENT

Divine Femme

“The reason you want every single thing that you want is because you think you will feel really good when you get there. But, if you don’t feel really good on your way there, you can’t get there. You have to be satisfied with what-is while you’re reaching for more.”

~ Abraham-Hicks

WELCOME TO CLASS SEVEN!

This is your final class in Divine Femme.

We will be completing our journey together by exploring magnetism, manifestation and how to create shifts in your energy so that you can attract new and beautiful experiences in to your life.

Magnetism is a feminine quality of calling towards you and opening up to receive what it is you desire. It is a process of coming into alignment with what you want by embodying the feelings and qualities which make you magnetic to it.

Today, we will be taking a deeper look at the practices and tools that will help you shift your energy, raise your vibration and embody more positive emotions. We will be exploring how creating shifts and changes to your energy can help you manifest new results, without having to force, control or make it happen through action.

We are all always radiating an energy based on what we are thinking, how we are feeling and the state our body is in. When we can become aware of the energy we are feeling and radiating, and then consciously shift this energy through positive practices, we become powerful creators of our reality.

This will be an empowering, exciting and beautiful way to wrap up our 8 week journey together, and I hope you love this final class.

With love,

Connie x

IN THIS CLASS, WE WILL COVER:

- Understanding your energetic vibration, and how to know what you are radiating.
- Using your emotions as an inner guidance system.
- Tools and practices for shifting your energy and raising your vibes.
- Becoming mindful of the energy and state of being that you bring to all you do.
- How to tune into your own energy field to call in more light.
- The power of alignment, and what it means to come into alignment
- Becoming magnetic, and exploring what makes you magnetic.
- The power of play, creativity, nature and following your joy.
- How to manifest what you desire through energy, not just action.
- Living as a creator and how to create what you desire.
- Balancing surrender and action when manifesting.

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WHAT IS ONE KEY FEELING THAT YOU WANT TO FEEL MORE OF?

DESCRIBE AS BEST YOU CAN THE ENERGY YOU NOTICE IN YOUR BODY WHEN YOU ARE FEELING THIS FEELING:


LIST AT LEAST 5 THINGS THAT YOU KNOW HELP YOU FEEL THIS FEELING OR EMOTION:



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WHAT IS ONE SITUATION WHERE YOU OFTEN FEEL LOW VIBRATION EMOTIONS SUCH AS SADNESS, GUILT, ANGER, DEPRESSION, LACK, LIMITATION, POWERLESSNESS OR WORTHLESSNESS:

WHAT STORY DO YOU TELL YOURSELF ABOUT THIS SITUATION OR WHAT YOU DO TEND TO FOCUS ON WHICH CONTRIBUTES TO THESE FEELINGS:






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HOW WOULD YOU LIKE TO BE ABLE TO FEEL IN THIS SITUATION?

WHAT CHANGES COULD YOU CREATE IN YOURSELF TO HELP YOU FEEL THIS WAY? FOR EXAMPLE, COULD YOU CHANGE YOUR INNER STORY? COULD YOU FOCUS LESS ON WHAT ISN'T WORKING AND MORE ON WHAT IS WORKING? CAN YOU SEE THE POSITIVES, RATHER THAN THE NEGATIVES? WHERE YOU COULD PRACTISE GRATITUDE AND APPRECIATION?





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HOW WOULD YOU DESCRIBE WHAT ALIGNMENT FEELS LIKE TO YOU?

WRITE YOUR BLISS LIST BELOW. YOUR BLISS LIST IS A BIG, ABUNDANT, BEAUTIFUL LIST OF ALL THE THINGS WHICH MAKE YOU FEEL GOOD, WHICH BRING YOU JOY, WHICH MAKE YOUR HEART HAPPY OR WHICH BRING YOU PEACE. WRITE EVERYTHING YOU CAN THINK OF, NO MATTER HOW SMALL:



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IDENTIFY SOMETHING THAT YOU WANT TO CREATE OR MANIFEST:

IS THERE AN ENERGY OF LACK OR NEED ATTACHED TO THIS DESIRE IN ANY WAY?

IS THERE ANY DOUBT IN YOUR MIND ABOUT YOUR ABILITY TO CREATE OR MANIFEST THIS?



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WHY DO YOU BELIEVE THAT YOU ARE WORTHY AND DESERVING OF THIS DESIRE?

WHY DO YOU BELIEVE IT IS POSSIBLE TO HAVE THIS?

CHOOSE 3-5 WORDS WHICH DESCRIBE WHAT HAVING THIS DESIRE WOULD FEEL LIKE:





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WHAT ARE SOME STEPS YOU COULD TAKE TO MANIFEST OR CREATE THIS? WHAT HAS YOUR INTUITION BEEN GUIDING YOU TO DO?

WHERE DO YOU NEED TO PRACTICE SURRENDER AND TRUST WITH THIS DESIRE? WHAT DO YOU NEED TO LET GO OF AND ALLOW THE UNIVERSE TO HANDLE?



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TAKE A MOMENT TO CONNECT WITH THE ENERGY OF THE DESIRE YOU WANT TO MANIFEST. CLOSE YOUR EYES AND FEEL WHAT IT WOULD BE LIKE TO HAVE IT. IMAGINE THAT YOU ARE A MAGNET. IMAGINE THAT YOU HAVE AN ENERGY WITHIN YOU THAT IS MAGNETIC AND CAN PULL TOWARDS YOU WHAT IT IS THAT YOU DESIRE. FEEL THE ENERGY OF WHAT YOU WANT AND FEEL YOURSELF DRAWING IT TOWARDS YOU. CONTINUE OPENING UP TO RECEIVE IT, FEEL IT AND IMAGINE HAVING IT. SEE AND FEEL YOURSELF LIVING IN A REALITY WHERE THIS DESIRE IS DONE.

DESCRIBE WHAT YOU FELT, NOTICED AND EXPERIENCED BELOW.



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WHAT IS ONE WAY YOU WANT TO EXPLORE PLAY AND PLAYFULNESS?

WHAT IS ONE WAY YOU WANT TO EXPLORE YOUR CREATIVITY?

WHAT IS ONE WAY YOU WANT TO EXPERIENCE MORE JOY?

WHAT IS ONE WAY YOU WANT TO HAVE MORE FUN?



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WHAT PRACTICES, ACTIVITIES OR RESOURCES RAISE YOUR VIBES, GET YOU FEELING REALLY GOOD AND AMPLIFY YOUR ENERGY?

HIGH VIBE SONG:

HIGH VIBE BOOK OR PODCAST:

HIGH VIBE PLACE TO BE:

HIGH VIBE ACTIVITY:

HIGH VIBE PERSON TO BE AROUND:

HIGH VIBE WAY OF MOVING YOUR BODY:



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CLASS EIGHT REFLECTION

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKEAWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE FROM THIS CLASS?



CONGRATULATIONS!

You have reached the end of your final class for Divine Femme!

I hope this coursework has deeply supported you over the past 8 weeks to discover new things about yourself, unravel old patterns which have been keeping you small, and awaken more of your true self and your authentic power.

No matter how this journey has unfolded for you, and whether you worked through it in the way you had hoped or expected, I want to encourage you to feel proud of yourself.

Stepping onto this journey and showing up for this inner work is an achievement in itself. As you would know, one of the key parts of our journey has been practising unconditional self-love. So celebrate, acknowledge and love yourself for all that you did do, rather than criticising yourself for what you didn't do.

You will have ongoing access to these resources and you will be able to revisit the members site at any time to rewatch classes, catch up on parts that you missed and or simply reconnect with the principles that helped and supported you the most.

I am so proud of you dear woman. Thank you for sharing this journey with me.

Sending you big bundles of love and light.

Connie x



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