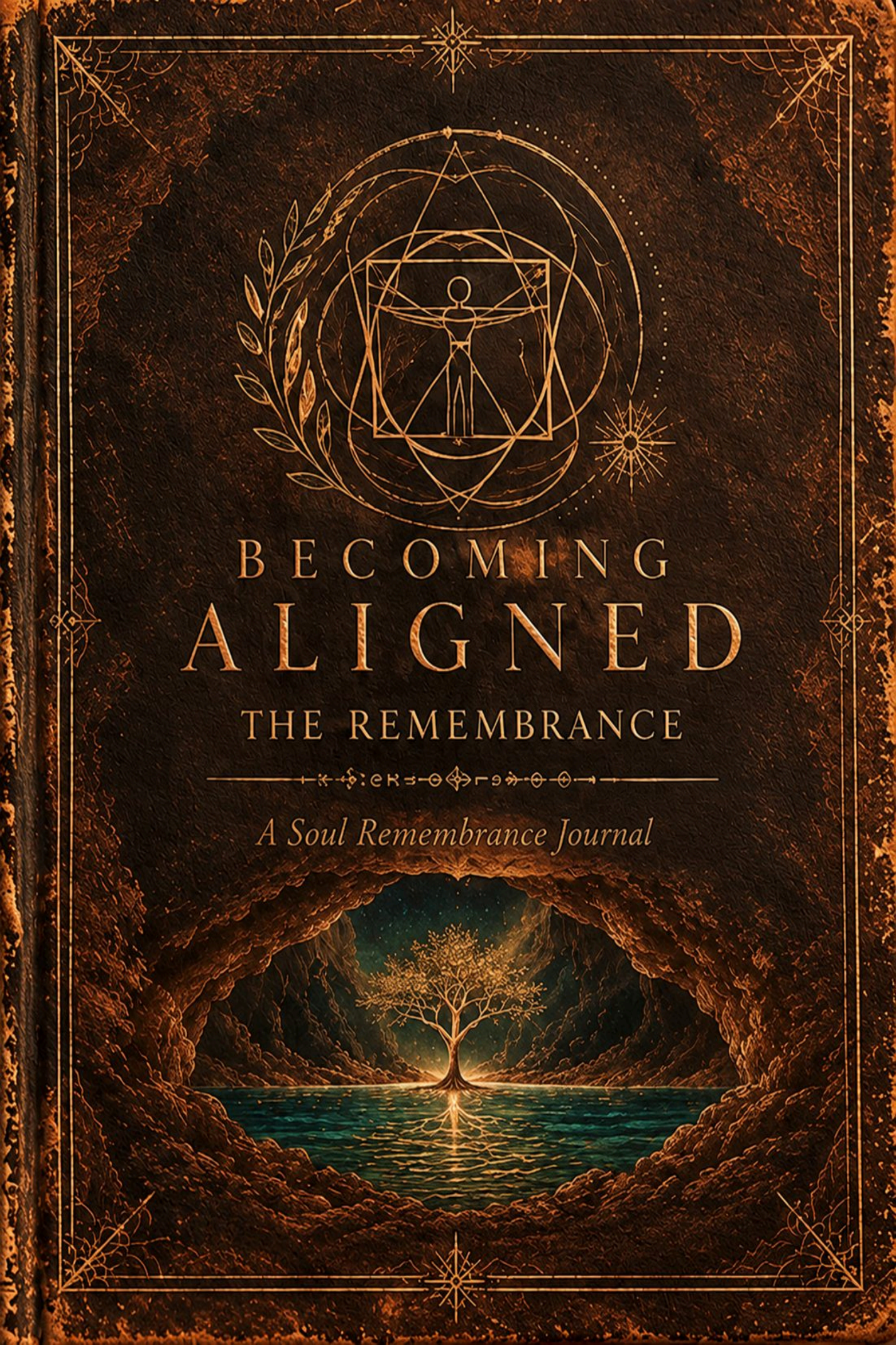
BECOMING ALIGNED

THE REMEMBRANCE

A Soul Remembrance Journal





Welcome Home

Imagine a cave at the edge of a vast desert. Inside is a turquoise pool and a magnificent tree growing from the water. Its roots reach deep below; its branches hold the possibilities of your life. This journal is a gentle invitation to explore.

Write freely. Take 3 deep breaths.

CREATE YOUR SACRED SPACE

Set aside 30 uninterrupted minutes.

- Light a candle
- Play calming music
- Find a quiet, comfortable place
- Set your phone aside

Soften the lighting. Take a few deep breaths. Place one hand over your heart and the other on your belly. Allow the outside world to fall away. There is nothing to achieve here. Nothing to get right. This is your time to listen, explore, and reconnect with your inner wisdom.

When you feel ready, begin your journey inward.

What am I bringing into this moment?

What would I love to receive from this experience?



01 | Enter the Cave

As you walk into the cave, imagine setting down inherited expectations, labels and stories. You do not need to reject your past to explore beyond it.

What roles or expectations have I been carrying?

What belief about myself am I ready to question?

Who might I be beyond that belief?

02 | Beneath the Water

Imagine diving into the luminous turquoise water and swimming among the roots of the Tree of Your Life.

As you move deeper beneath the surface, allow yourself to relax, gently sinking toward the bottom of the ocean. Feel the stillness surrounding you, the water holding you effortlessly as you settle into a peaceful, meditative state.

With each inhale, feel your body gently expand. With each exhale, allow yourself to soften, release, and sink deeper into stillness.

Now, gently turn your awareness inward and ask:

What does my higher self want me to know?

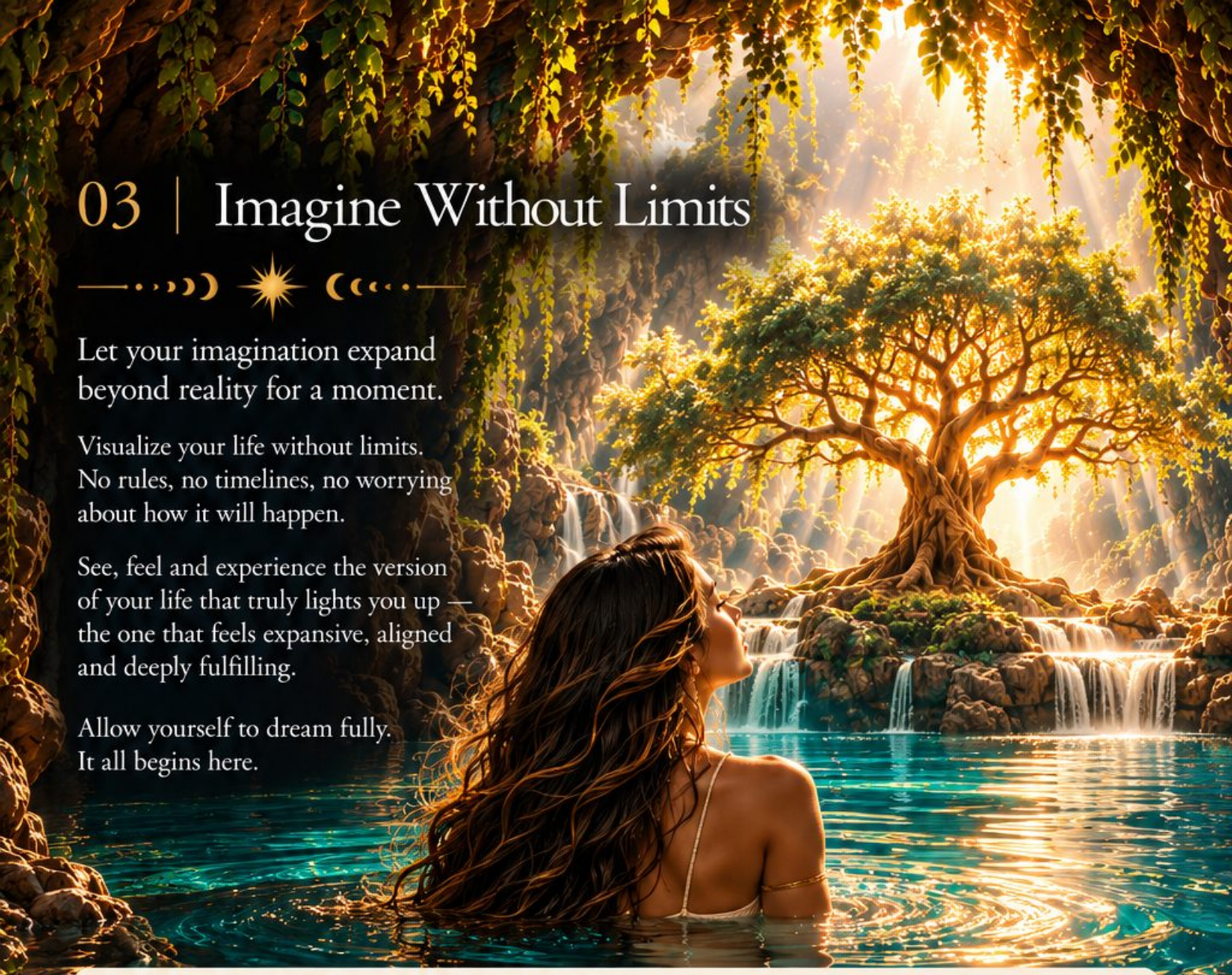
Don't search for an answer. Simply listen. Trust whatever comes, even if it's simply silence.



When do I feel most connected to myself?

What parts of myself have I kept hidden?

What truth is asking for my attention?



03 | Imagine Without Limits

Let your imagination expand beyond reality for a moment.

Visualize your life without limits. No rules, no timelines, no worrying about how it will happen.

See, feel and experience the version of your life that truly lights you up — the one that feels expansive, aligned and deeply fulfilling.

Allow yourself to dream fully. It all begins here.

Where would I live? How would it feel each day?

What would I be creating, doing or contributing?

Who would be with me, and what kind of impact would I be making?

04 | Grow Your Roots

Choose one vision. Feel what it might be like to live it.

Imagine the roots growing deeper as you connect with that feeling in your body.

Your roots hold you steady through change, reminding you that you are safe, supported, and enough, exactly as you are.



Which future vision feels most alive?

What qualities does it awaken in me?

Where do I notice those feelings in my body?

05 | The Branches of Your Life



Rise from the water and look upward. Each branch represents a different future possibility.

You do not need to follow them all today. You simply get to see that many paths exist for you.

From this place of clarity, choose one small aligned step you can take.

Which branch of my life is calling me?

What is one small aligned action I can take?

When will I take it?

06 | Integrate the Wisdom

You have journeyed into the cave, beneath the water, and connected with the roots and branches of your life. Now take a moment to integrate what you have discovered.

Wisdom is not found in doing more, but in remembering what has always been within you.

Reflect on the insights, feelings and visions that came through. You can return to these pages whenever you need to reconnect.

CLARITY
What is true for me?

ALIGNMENT
What feels right?

PURPOSE
What is mine to do?

EXPANSION
Who do I get to become?

What are the most important insights I am taking with me?

How will I embody these insights in my daily life?

What support do I need to stay aligned?

07 | Seal Your Intention



You have journeyed through the cave, beneath the water, and connected with the roots and branches of your life. You have imagined without limits and stepped into your next chapter.

Now, bring it all together. Set a clear intention for the next chapter of your life. Speak it, feel it, and allow it to take root in your heart.

CLARITY
What do I choose to create?

ALIGNMENT
How do I want to feel?

PURPOSE
What is mine to contribute?

EXPANSION
Who do I become in this chapter?

What is my intention for the next chapter of my life?

How will I feel when I am living this intention?

What aligned actions will I take to bring this intention to life?

08 | Your Seven-Day Practice

Return to your intention each morning for the next seven days.

DAY 1 · DAY 2 · DAY 3 · DAY 4 · DAY 5 · DAY 6 · DAY 7



My intention is...

My first aligned action is...

I choose to nurture this intention for the next seven days.