

DEVELOP YOUR
SPIRITUAL
SELF-CARE
RITUALS

(excerpt-version only)

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Hi there!

My name is Jouleeyah and I am a Spiritual Healer.

This E-Book provides you with practices that can help you to succeed in manifesting your intentions by using mantras, mudras, and some energy work resources as your main tools. Like everything in life, this material is incomplete, of course, but I made sure I included everything that I find really helpful. And everything I share in this E-Book is based on my own experience after having worked with clients over the past 17 years (I started working as a Healer in 2003).

You can find all of the material in the beginning of this E-Book (with every action step marked in [green](#)) and towards the end, you will find a program that you can use to bring all of your favourite tools together and customise a practice for yourself. Your customised program can then help you to create a clear and conscious manifestation process which will make things easier for your mind, compared to a practice that would only consist of singing your chosen mantra.

Please feel free to ask me about anything that you don't understand – either because of my accent or because you don't understand certain terms or requests. I cannot coach you for free, but I am open to clarifying things via Email. And I always love hearing from you!

My Email address is: hello@jouleeyah.com

Also, please note that I am not a scientist nor a Yoga specialist, but if you would like to know more about the scientific research that's been done around mantras etc., have a look at a Website called "Yogajournal".

Before you dive into my material, please be mindful about trauma if you are still dealing with healing it, and make adjustments to my practices accordingly. The practices in this E-Book are not a replacement for any medical, naturopathic or therapeutic diagnostics or treatment.

And one more caveat: Please don't do any of my practices while driving a car.

I hope you find this E-Book helpful and I send you much love.

Smiles,
Jouleeyah

Disclaimer: the tools I am sharing here are very effective in my experience, but please note that I do not 100% approve of Dr. Pillai or Getrud Hirschi's teachings, and I am not affiliated with their teachings in any way.

PART 1: Train yourself for an empowered state of being

About mantras, mudras and energy work

As you may know, a mantra is basically a wave of sound that influences your mind. Each mantra has a specific purpose. And the good thing about a mantra is that you don't have to believe in it in order for the mantra to work. Ideally, you either chant, whisper or silently recite your mantra, though listening is okay, too. In this E-Book I introduce you to several mantras from the Kundalini Yoga tradition and some additional mantras created by a spiritual teacher whose name is Dr. Pillai.

In this E-Book, I am adding two main tools you can use to support your manifestation process - besides mantras: mudras, and energy work.

Mudras are mostly positions of your hands and your fingers, and sometimes your whole body can be a part of your mudra as well. These positions have a specific influence on the energies in and around your body. The most common mudras are the ones you perform while meditating, often as part of your Yogic practice. And I will also introduce you to some mudras that have been developed by a Swiss woman named Gertrud Hirschi who has created what she calls "Yoga in your hands".

Mantras and mudras have been used for thousands of years as a way to meditate and to deepen your relationship with your spirituality.

The basis of the energy work that I introduce you to in this E-Book (e.g. my practices and healing meditations) is oriented towards the ways in which nature functions, in my experience: each effect is preceded by a cause, everything has to do with polarity, your energy follows what you are focusing on and everything is interconnected, vibrates and influences each other.

The intention for my energy work is to guide your whole being back to your true nature and to your original purpose here on this planet.

About vibration and karma

Quantum physicists say: everything is created out of vibration. And the philosophy behind Yogic Technology says so, too. And what creates this vibration - i.e. sound, frequency and energy - are your thoughts and your emotions (I am simplifying this a lot, of course - it's a complex topic).

So, this basically means that behind every emotion you sense, there is some form of consciousness that has some information for you. And this is not just a concept. You can actually build a relationship with this form of consciousness and use its information to clarify your manifestation process.

To put this into other words: if your thoughts and emotions around what you want to manifest are negative ones, then this can slow down or block your manifestation process. And oftentimes you are not even aware of this being the case if your thoughts and emotions are located in your subconscious or unconscious mind.

I also want to mention that a certain amount of negativity is normal for our human experience. The goal of your manifestation process cannot ever be to only think positive thoughts or to only have positive emotions. What I want to invite you to do is to look for the kind of negativity that feels deeply seated in your body or that feels habitual to you.

This kind of habitual negativity is what is called negative karma. According to Dr. Pillai, the direct translation of "karma" is "thought pattern". But to understand the deeper meaning of the word, you may find this description by author Lachlan Brown (Ideapod/Spirit Hacker) helpful, too: "The best way to think of karma is an energy that you're creating every moment. Every intentional action or thought generates this energy." And your karma can be changed and removed. Some of your karma can be ancestral, some can be from your previous lifetimes, some can be from this lifetime.

In this E-Book you can learn how to remove your negative karma with the help of mantras, mudras and energy work.

This combination of tools can help you to focus on changing your vibration (aka your thoughts, emotions, energy), which then makes it easier for you to get the most out of your mantra-singing.

You can improve your vibration and train yourself for an empowered state of being by using my practices "The power of your thoughts" (Practice 01) and "The power of your emotions" (Practice 02).

I find both practices equally important as sometimes in some spiritual teachings there is too much of a focus on positive thinking. And what often happens then is that there is a disconnect between what's going on in your mind and what's going on in your body. Your mind might think a lot of happy thoughts which probably give you positive emotions in the upper part of your body. And your lower body might simultaneously and authentically be showing you that something is off by feeling tense, or angry, or sad or scared. Meaning: you can feel emotions

everywhere in your body, and they might be contrary to what you are thinking. And yet, unfortunately, the ones that are dominant will be dominating your manifestation process.

This is why I would suggest you begin by using my two practices regularly until you get a good sense of how your thoughts and emotions operate.

However, the more you sing a mantra on a regular basis, the less often you will have to use these tools, because as I mentioned before: you don't have to believe in a mantra in order for the mantra to work. Meaning: a mantra will move you into a more empowered state of being. And my two practices will make your process a more conscious one.

Use this space to make some notes, if needed:

Practice 01: The power of your thoughts

The easiest way to identify negative thought patterns which - consciously, or not - habitually disempower you or make you feel inauthentic is to explore the kind of relationship your ancestors and parents* have (or had) with their lives, and how they related to other people.

What kind of negativity do you observe? E.g. do (or did) they feel powerless, less than, undervalued? Their conditioning conditioned you, too, so this is your negative ancestral karma.

Secondly, which of your relationship patterns are so inauthentic to you that they might actually be coming from your ancestors and parents and live through you? This is another type of negative ancestral karma.

**Note: you can replace the term "parents" with "caretakers", if needed.*

Write down your answers:

Another way to identify your negative karma is to ask yourself what kind of relationship you, yourself, have with your life, and how you relate to other people. How do you see yourself? Typical thought patterns could be "I am never enough", "Others don't value who I am", "I never have enough time", "I will never have enough money".

Some of these thought patterns might attach you to the past in a negative way, e.g. you might think, "what I want to manifest has never happened before, so why should it happen now?" Or, you might think that you don't deserve what you want to manifest.

All of these kind of thought patterns are your own negative karma - so, note which of these patterns are coming from you, rather than from your ancestors or parents.

Write down your answers:

Now, you have to know that all of these deeply seated thought patterns - including deeply seated positive ones, but for now we are only looking for negative ones so that you can liberate yourself from those - are happening in the back of your brain (I am simplifying things again).

From the ages of 0-7, you were conditioned by the world around you - mainly by your parents or caregivers. Meaning: you picked up and took on the dynamics, behaviours and thought patterns of your parents or caregivers, e.g. you picked up on how they related to each other, to life, to other people, to their finances etc. And this conditioning is located in the back of your brain.

On the other hand, when you try to think more positive thoughts or to say positive affirmations to yourself, this kind of thinking happens in the front of your brain. Which means that your positive thoughts or affirmations have only a minimal effect to the back of your brain. This is why oftentimes, your situation doesn't change significantly or at all, even if you are using affirmations regularly.

The way out for you is to do things that affect the back of your brain and that help you to re-program your conditioning. Mantra-singing, energy work and mudras can help you with that (for more information on mudras, see PART 2, below).

In addition to using mantras and mudras, I highly recommend you to also actively work with your middle brain. Your middle brain thinks abundantly and holds wisdom. It is directly connected to your third eye.

One way to work with your middle brain is to focus on your third eye throughout your day as often as you can - especially while you have conversations with other people. Take a moment and do this right now by taking a look around you and by focusing on your third eye at the same time. You will know that this practice works well by getting a sense of peace and/or warmth in the middle of your brain. Hold your focus on your third eye for at least 2 minutes per day to start shifting your situation for the better.

Another way to work with your middle brain - which is not that practicable while having conversations with other people - is to tap your third eye gently with the ring finger of your right hand. While tapping, move your finger up your forehead with each tap (meaning: don't go left or right) until you reach your hairline. And then go down again and tap on your third eye again. Then continue with tapping down the bridge of your nose until you reach the tip. Your nose is directly connected to those parts of your aura which hold your thoughts, emotions and willpower. And then go back up the bridge of your nose and back to your third eye. And repeat. Once you feel a tingling or a warmth in the middle of your brain or just the slightest bit of calmness or peace, you are doing this practice correctly. Tap your third eye in this way for at least 2 minutes per day to start shifting your situation for the better.

Now that you have activated your middle brain, how have your thoughts changed, in response to your negativity? E.g. do you have thoughts like "I am powerful", "I am really, really always enough", "Everything can change for the better at any given moment", "I deserve the things I want to experience"?

Or do you - and this would be okay, too, this process doesn't necessarily need words - only feel better and calmer compared to those moments right before you engaged in this practice?

Write down your answers:

Once you get a good sense of actually believing in the more positive thoughts and emotions which are coming from your middle brain, your situation is definitely starting to change for the better. And the more your inner world improves, the more your outer world will catch up with those changes and change for the better, too.

Practice 02: The power of your emotions

What you are thinking affects what kind of emotions you have (emotions are “energy in motion” located in and around your body). And just as we did when practicing the power of your thoughts, I invite you to explore those emotions that are habitual.

The purpose of this practice is to first, liberate yourself from those emotions that are not yours. In most cases, emotions that are not yours are left-overs from our ancestors and from your parents. But the thing is, we really cannot do anything about emotions that are not ours. Even if we wanted to. We cannot process somebody else’s emotions for them.

Once you are liberated from (most of the) emotions that are not yours, you will only be dealing with your own emotions which are a lot less overwhelming. And you will get a sense of the fact that your manifestation process is actually really do-able.

Note: there is nothing wrong with you if liberating yourself from negativity takes a long time. Sometimes, we have to deal with some of our ancestral karma our whole life because it is there to teach us spiritual lessons. But things will get less and less intense and there will be less and less conflict/pain/suffering going on in your energy fields, the more you liberate yourself.

To liberate yourself from other people’s emotions, try this:

State quietly on the inside or say aloud:

I ask my Higher Self, Body Deva and team*:

- to locate all of the emotions that I took on from others and to send them back to who and where they belong
- to locate all of the emotions that are mine and to help me feel and sense them, even those that are so-called negative emotions (e.g. anger, fear, sadness)

**Note: I will explain these terms in PART 2 of this book where I speak about nature.*

And then feel and sense your own emotions for 2-10 minutes or longer if needed. Trust that whatever is going on there is what you can handle. Otherwise those emotions wouldn’t be there.

Once we feel our difficult emotions, they stop getting bigger and bigger because we stop resisting them. What you resist, gets bigger and bigger. By feeling your difficult emotions, some part of you (usually your Higher Self) can find the solution for you, first by dissolving those emotions that don’t serve your highest good, and then by bringing in any other solution if needed.

To give you an example: oftentimes when we are really angry and upset about an unfair situation and suppress these feelings, we will have a hard time to get creative about how to actually change our situation. But once we really allow ourselves to be angry and upset, and give those emotions a chance to freely flow through us, our creativity can open back up, and we can get new ideas about what we could do to change our situation for the better.

And here is one more thing you can add to this practice: When you make your request to your Higher Self, Body Deva and team, you can clarify that you actually really want a solution by asking them to bring in the solution and to help you receive it. This usually takes about 24 hours.

Once you sense just the slightest bit of an improvement of what you feel, you are doing this practice right.

In addition to doing practice 01 and 02, you can try out the method “Emotional Freedom Technique” (EFT). I find this method really helpful as a way to liberate yourself from the emotional turmoil that can block your manifestation process and as a means to emotionally heal very quickly. This method is simple to use and free of charge. You can find all info about this method here, including a link to a video demonstration:

<https://www.emofree.com/eft-tutorial/tapping-basics/how-to-do-eft.html>

(Note: make sure you drink a glass of water before you do any EFT tapping)

Use this space to make some notes, if needed:

PART 2: Set an intention that's supported by vibration

About nature

Whenever we set an intention for a manifestation process (e.g. we want to change something in our home, we want a new job/business, we want loving relationships, we want to create art/music etc.), we are supported by nature - and we are more or less conscious of that.

Nature is a form of consciousness that holds information for us which it can communicate with us - if we know how to listen.

The reason why it is really helpful for us to listen is that the consciousness of nature shifts your intention into form. And it knows and understands balance: it knows when something is out of balance and it knows what's needed to put something back into balance. Instantly.

From my experience, everything in your life is form and functions based on your intentions. This is why it is really helpful for you to know what it is that you are wanting and to set an intention for this. And then, it is important that you regularly check in with yourself to see if your main vibration (aka your thoughts, emotions and energy) is actually in alignment with your intention and if your intention is what you are really, really wanting.

The better you understand your main vibration and your intention, the better nature can provide you with what you are asking for. And if needed, it can send you guidance as to what you can do to improve your manifestation process.

Ideally, this relationship with nature is a conscious, equal partnership.

So, what does all of this mean for your mantra-singing?

First of all, as you already know: every mantra has a purpose. Some mantras can help you to create financial abundance, some can help you to attract a love relationship, etc. (you can find more examples below).

But oftentimes - especially if a mantra doesn't get you any immediate results - you need to be more specific about what you want to manifest. Otherwise, nature cannot really support you very easily. This is why it can be helpful to set an intention in addition to singing a mantra.

What is the consciousness of nature, you might ask? This is again very simplified: Devas, Pan and Spirit Guides are nature consciousness. Devas are the architects of everything that exists. Pan is the chief nature spirit. They are both responsible for bringing something into form and they also provide the essence or life vitality which then fills that form with life. And Spirit Guides are

beings who support you with becoming who you have to become (aka your vibration) in order to manifest what you want to experience.

When we consciously communicate and connect with these beings, we automatically create a more balanced manifestation process because nature is included. This is why with my healing work I always make requests to your Body Deva, Spirit Guides and Higher Self*.

**Note: Your Higher Self controls and directs everything in your life and ensures that what I do for you with my energy work is aligned with what your soul is intending.*

(Practice 03-06 can be found in the full version of this E-Book [here](#))

Practice 07: Heal your relationship area

As I mentioned before: from the ages of 0-7, you were conditioned by the world around you - mainly by your parents or caregivers.

Meaning: you picked up and took on the dynamics, behaviours and thought patterns of your parents or caregivers, e.g. you picked up on how they related to each other, to life, to other people, to their finances etc. And this conditioning is located in the back of your brain.

And for the same kind of reason (I am simplifying this a lot again), some part of your nervous system functions in the same way as your mother's does. And this part mainly influences your relationship area.

Meaning: if you want some kind of relationship and your mother would want a different one if she were you, her energies inside of you will win. This is often why we keep attracting the same kind of relationships our mother would want - despite intending something different.

The way out is to [first ask yourself this question: what kind of relationships do you want, and what kind of relationships would your mother want?](#)

And just to be clear: this practice is not about releasing what your mother would consciously want for you as her child, but about releasing what she would want if she were you - on an unconscious level.

However, you can add what she would want for you as her child, too, if this is something that habitually affects you in a negative way.

[What are you noticing about the relationship patterns in your life when you think about them in this way?](#)

And then I think the easiest way is to do EFT tapping to release that conditioning (see practice 02), e.g. with the sentence: "Even though my mother's energies are influencing my relationship area in a negative way, I deeply and completely love and accept myself." (You can be more specific about what you want to release, of course. And you can create more sentences and tap on them.)

Since this can have many layers, I highly recommend you to [repeat the tapping regularly](#) until you feel that this particular area of your relationship field is clear.

[After tapping, I invite you to make the following request](#) to your Higher Self, Body Deva and team:

"I ask my Higher Self, Body Deva and team to replace my mother's negative energies with my soul's essence. Please update my reference points, my identity grids, my personality grids, and balance and stabilise my electro-magnetic fields".

[Afterwards, wait for 2 minutes for the shift to take place. And hydrate well during the day.](#)

Practice 08: Heal your finances

As I mentioned before: from the ages of 0-7, you were conditioned by the world around you - mainly by your parents or caregivers.

Meaning: you picked up and took on the dynamics, behaviours and thought patterns of your parents or caregivers, e.g. you picked up on how they related to each other, to life, to other people, to their finances etc. And this conditioning is located in the back of your brain.

For this same reason, your relationship with your finances (and with any kind of material desires) is under the influence of your father and his energies.

Simply put, the way he treated you with regards to money when you were a child is the level and flow of income you allow when you are an adult. And also, the ways in which he would deal with money if he were you is the level and flow of income you naturally allow, due to the nature of childhood imprints. Which also means that if your father's desires with regards to money are different from yours, his energies inside of you will win.

This practice is about releasing what your father would consciously want for you as his child, and about releasing what he would want if he were you - if his energies are habitually affecting you in a negative way. [What comes up for you when you think about those two things?](#)

If you are unsure what your money issues could be, I invite you to explore what coaches are saying who work with clients about their money issues. According to these coaches, there are four reasons why you might be struggling with money:

- 1) your expenses are too high
- 2) you struggle to create income

- 3) you don't want to deal with money at all
- 4) you have financial trauma from this lifetime and/or other lifetimes

Does any of that feel like it is part of your money issues?

Write down your answers:

Once you have explored what's going on with you in your financial energy field, you have to make new choices that can get you back on track with establishing a good relationship with money.

And then I think the easiest way is to do EFT tapping (see Practice 02), e.g. with the sentence: "Even though my father's energies are influencing my finances in a negative way, I deeply and completely love and accept myself". (You can be more specific about what you want to release, of course. And you can create more sentences and tap on them.)

Since this issue can have many layers, I highly recommend you to repeat the tapping regularly.

After tapping, I invite you to make this request to your Higher Self, Body Deva and team:

"I ask my Higher Self, Body Deva and team to replace my father's negative energies with my soul's essence. Please update my reference points, my identity grids, my personality grids, and balance and stabilise my electro-magnetic fields".

Afterwards, wait for 2 minutes for the shift to take place. And hydrate well during the day.

(Practice 09-12 can be found in the full version of this E-Book [here](#))

Other resources

You can find more resources on my Bandcamp page:

<https://jouleeyah.bandcamp.com/music>

... and on my Resources page:

<https://jouleeyah.com/resources/>

Use this space to make some notes, if needed:

Your program for this E-Book

From part 1

1) I will do the "The power of your thoughts" practice and do EFT tapping:

- daily
- weekly
- bi-weekly
- monthly
- not at all

2) I will focus on my third eye for 2 minutes:

- daily
- weekly
- bi-weekly
- monthly
- not at all

3) I will tap on my third eye for 2 minutes:

- daily
- weekly
- bi-weekly
- monthly
- not at all

4) I will do the practice "The power of your emotions" and do EFT tapping:

- daily
- weekly
- bi-weekly
- monthly
- not at all

Use this space to make some notes, if needed:

From part 2

5) My intentions are:

a) _____

b) _____

c) _____

6) I will do the practice "Activate your intentions" or tell my intentions to my friends:

once

(you don't have to repeat this unless you are making changes to your intentions)

7) I will tap on my third eye:

and add saying my intentions

and add Vishwamitra's practice to it

daily

weekly

bi-weekly

monthly

not at all

8) I will listen to these mantras or I will sing these mantras:

a) _____

b) _____

c) _____

daily

and for

108 times

1008 times

_____ minutes

a variation of the above depending on the time I have available for singing the mantra each day

9) I will hold the mudra:

for up to 15 minutes

- daily
- weekly
- bi-weekly
- monthly
- not at all

10) I will do the practice "Activate your true vibration":

- daily
- weekly
- bi-weekly
- monthly
- not at all

11) I will do the practice "Request to make at the end of your day":

- daily
- weekly
- bi-weekly
- monthly
- not at all

12) I will do the Healing Meditation "Self Appreciation":

- daily
- weekly
- bi-weekly
- monthly
- not at all

Use this space to make some notes, if needed:

From part 3

13) I commit to doing a program of:

- 40 days
- 90 days
- 120 days
- 1000 days

starting _____ (month/day/year).

14) I will:

- write a success journal
- prepare the space around me to welcome in the new
- increase my self-care

Use this space to make some notes, if needed:

From part 4

15) I will do the practice "Heal your relationship area":

- daily
- weekly
- bi-weekly
- monthly
- not at all

16) I will do the practice "Heal your finances":

- daily
- weekly
- bi-weekly
- monthly
- not at all

17) I will do the Healing Meditation "Grounding":

- daily
- weekly
- bi-weekly
- monthly
- not at all

18) I will make the request to unplug from mass consciousness:

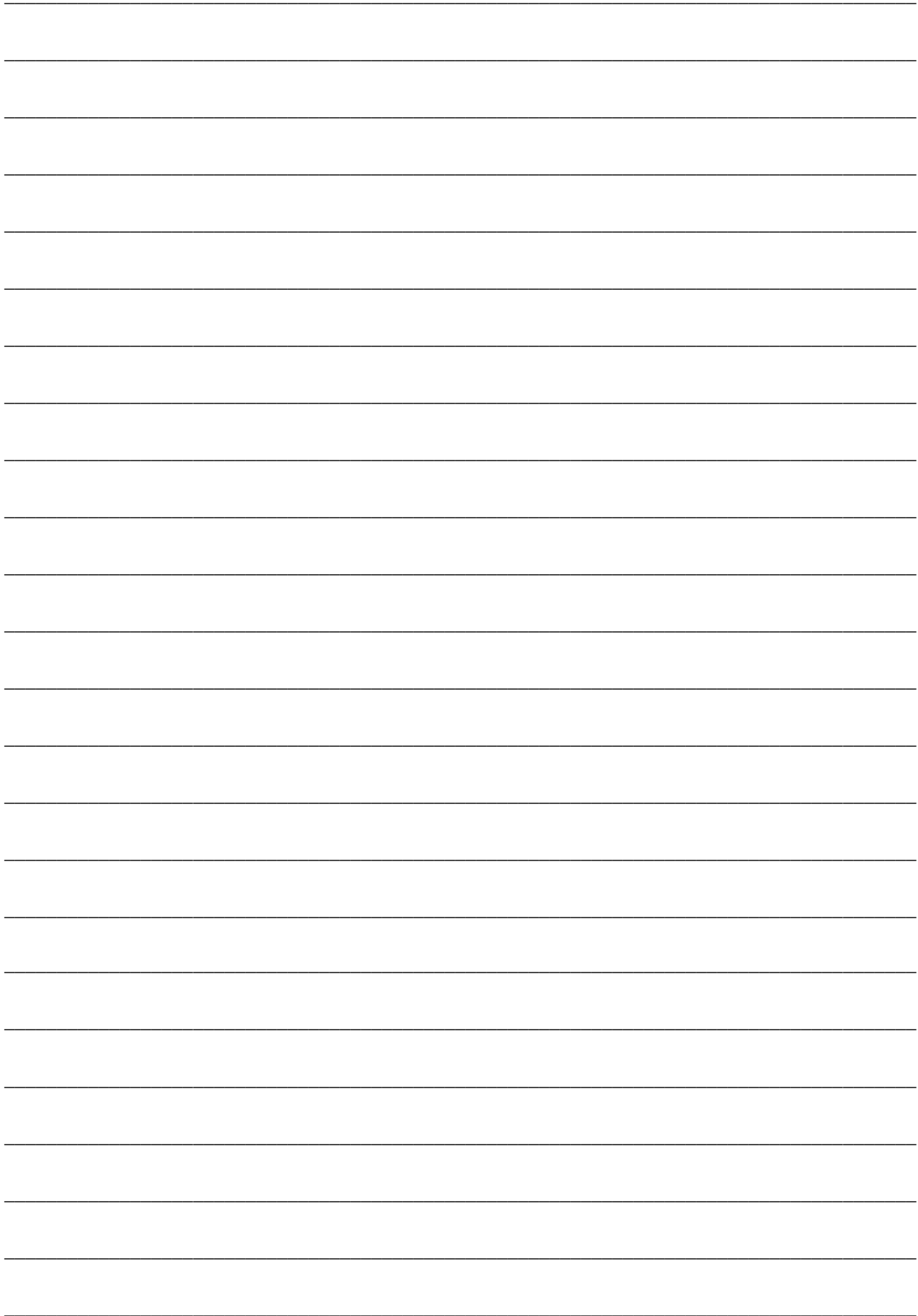
- daily
- weekly
- bi-weekly
- monthly
- not at all

19) I will do the practice "Infuse your five senses with your mantra":

- daily
- weekly
- bi-weekly
- monthly
- not at all

20) I will do the Healing Meditation "Access your wisdom":

- daily
- weekly
- bi-weekly
- monthly



Some final words

I always find my manifestation processes easier if I give myself permission to make mistakes. Is there something like this that would help you, too?

I give myself permission to:

And I always try to not aim for fast results. Instead, I try to make my manifestation processes more joyful by focusing mostly on what it is that I am currently learning. Otherwise time passes by really slowly for me.

And if I have a hard time to stay committed to my program, I [try to make adjustments](#) to it as quickly as I can. Often, when this happens, it only means that I was trying to accomplish too much, too quickly. And I try to stay aware of the fact that completing my program might actually save me a lot of trouble (and it actually really did save me some trouble many times).

I hope these final words are helpful for you.

Enjoy :-)

Smiles,
Jouleeyah

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