

DEVELOP YOUR
SPIRITUAL
SELF-CARE
RITUALS

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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: jouleeyah@gmail.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

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 you 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?

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.

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.*

About setting an intention

Setting an intention can be the most nerve-wracking thing in the world if you already feel a lot of impatience around what you want to manifest. But I can only invite you to trust that you have the ability to hold such intensities and complexities. And to just keep going.

When you ask for what you want - which is what setting an intention is all about -, then one of three responses will come from nature:

- a) you get it immediately, meaning: you manifest it instantly or within a really short amount of time
- b) you don't get what you want immediately because either you or other components (in most cases: other people) are not ready for it, yet, and you or they need more time to get prepared
- c) you don't get what you want because nature (as directed by your Higher Self who always sees more possibilities for you than your human self) has something better for you in store which it will deliver to you in perfect time.

This is as simple and complex as a manifestation process will be. To give you some examples: Oftentimes when I think about someone I know and wonder how they are doing, I suddenly receive an Email from them within 24 hours. That's an instant manifestation. A second example: many years ago I wanted to have a love relationship. But, I really wasn't ready for this, yet. I had to work a lot on my sense of self-worth, first, and nature kept showing me that my vibration was not quite right yet because I kept attracting women who disrespected me. That's an example for an intention that needed me to get better prepared for what I wanted. A third example: often, when I want to buy a new musical instrument, it is not available anymore once I want to complete the check-out at the online store. But the fun thing is, that I then always find an even better-sounding instrument, right after. That's an example for nature showing me something even better than what I had in mind.

So, when you create your intention, I can only invite you to phrase it as simply as can be and to write it down on a sheet of paper. According to many spiritual teachings, there are four steps necessary to setting an intention:

1. believe in it being possible
2. speak your intention out loud

3. align your actions with your intention and become who you need to be
4. stay as unattached as possible, but be committed to bringing it to life

Complete this sentence:

My intention is _____.

Here are a few examples:

- "...to get to know my beloved partner who I have a life contract with"
- "...to get ready and prepared for my beloved partner"
- "...to get a new job which is fulfilling for me and provides me with an income of € XXXX"
- "...to create new and mutually enriching relationships with some amazing people"

If you prefer, you can also add a date to your intention, e.g. "I want to get to know my beloved partner by the end of this year". This adds a certain urgency to your intention and makes you take action more quickly.

There are two ways that you can speak your intention out loud: you can share it with friends. Or you can tell your Higher Self, Body Deva and team about your intention. It is okay if this is a monologue (don't worry: that's the case for most people). You can receive their guidance through other channels than through direct communication, so don't worry too much about whether or not you are able to hear them.

You can learn how to tell your team about your intention with my practice "Activate your intentions" (see below).

If you really struggle to set an intention or you don't want to set one, yet, then I invite you to sing the mantra "Shreem Brzee" 108 times per day (this takes about 5 minutes). It will help you to clarify what it is that you want. You can find more info about this mantra below.

Also: I highly advise you to not set an intention around improving your physical health unless you have proper support. Dealing with physical health issues is very complex.

And: don't set an intention around what you want for somebody else to happen. Besides that this is not okay for a gazillion reasons, you will take on their karma this way which is really not healthy for you nor for them, at all.

And: I highly recommend you don't set more than 1-3 intentions at once, otherwise you will probably get really tense or overwhelmed.

Use this space to make some notes and to add more intentions, if needed:

Practice 03: Activate your intentions

Once your intentions are clear, you can read them to your Higher Self, Body Deva and team and then state quietly on the inside or say aloud:

I ask my Higher Self, Body Deva and team:

- to activate my intentions
- to balance and stabilise me on all levels, in all dimensions and in all directions of time - as needed and if needed
- to now call forth Pan (nature spirit) so that he can help me to align myself with these intentions
- to now ask Pan to begin a calibration process which aligns me with my intentions.

And then sit quietly for 15 minutes while gently focusing on your intentions. This is how long the calibration process will take. The calibration process will help you to bring up anything that is not in alignment with your intention so that you can release it.

Write down any insights or feelings you may have. They give you clues about what to do next. If you don't experience any insights or feelings, that's okay. It doesn't mean that the calibration process isn't working. Most of the shifts will happen within 24 hours after this process.

Note: in most cases you will have to repeat practice 01 ("The power of your thoughts") or 02 ("The power of your emotions") a lot after setting an intention. This is the main effort of spiritual work that you will have to do.

At the end of your 15-minute calibration, please ask your Higher Self, Body Deva and team to now help you to ground back into the present moment (wait for 2 minutes). And then ask them to balance and stabilise your electro-magnetic fields (wait for another 2 minutes). Hydrate well.

Afterwards, give yourself a break of at least 24 hours before doing any further practices from this E-Book.

Note: if you want to de-activate an intention, just tell your Higher Self, Body Deva and team which one you want to de-activate and to again balance and stabilise you (see request above).

Additional practices for supporting your intentions:

- tap on your third eye as described in practice 01. And while doing so, state your intentions out loud.
- tap on your third eye as described in practice 01 and say the mantra "Brzee" followed by humming "mmm". Repeat this for 2 minutes while visualising your chakras being held in golden light.*

**Note: "Brzee" is a secret mantra given to Dr. Pillai by the sage Vishwamitra to help people create prosperity. This mantra also has the power to remove negative karma. As part of writing this E-Book, I was communicating with Vishwamitra and asked him if he would recommend any practice. And this is the practice that he gave me. By humming "mmmm" you activate and*

About choosing a mantra

Dr.Pillai's mantras - which are either mantras he developed or mantras he recommends - have to be sung at least 108 times per day. You can sing them up to 1008 times (i.e. about 10 rounds of 108 times) and more. Meaning: there is no limit to this practice, and some people enjoy chanting these mantras for several hours. This is really up to you to decide.

Kundalini Yoga mantras, on the other hand, oftentimes have to be sung within the framework of a meditation, and should only be sung for a specific duration of time (usually 3, 7, 11, 22, 31 minutes).

Here is why these time-frames are chosen:

3 minutes: affects circulation (blood) and the electromagnetic field.

11 minutes: changes the glandular system and the nerves.

22 minutes: balances and coordinates the three minds*.

31 minutes: affects all the cells and rhythms of the body and all the layers of the mind's projection.

62 minutes: changes the grey matter of the brain. Integrates the subconscious "shadow mind" and the outer projection.

2 ½ hours: holds the new pattern in the subconscious mind by the surrounding universal mind. (Source: Spirit Voyage)

**Note: in the Yogic tradition it is said that you have three minds: the positive mind, the negative mind, and the neutral / meditative mind.*

You can find a list of all Kundalini Yoga mantras and instructions for how to sing them properly and safely here:

[Mantrapedia](#)

Below, I will introduce you to a few of my favourite Kundalini Yoga mantras.

Additionally to singing the mantras, you can listen to them as often and as long as you like. It is actually very helpful if you have mantras playing very quietly in the background - just so you can hear them a little - during your day or at night. This way the mantras can infuse your subconscious and unconscious mind. Doing this is not practicable for everyone, though, I know. And that's okay.

Here are a few of Dr.Pillai's mantras:

SHREEM BRZEE:

This mantra helps you to create spiritual and financial abundance. "Brzee" is a secret mantra given to Dr. Pillai by the sage Vishwamitra to help people create prosperity. "Shreem" is a seed sound for Lakshmi, the Goddess of Wealth archetype. Also: this mantra is ideal if you have never sung a mantra before, or if you don't know what it is that you want to set as an intention.

You can download my version of SHREEM BRZEE here (it's free):
<https://jouleeyah.bandcamp.com/album/shreem-brzee-108-times>

AIM:

This mantra attracts men. And it also bridges the gap between what you really want and your life. It will bring it into existence. If you want to attract friends, or someone who doesn't identify as man/woman or someone who identifies with any other beautiful variation of the LGBTQIA+ spectrum, I invite you to also sing the mantra KLEEM.

You can download my version of AIM here (it's free):
<https://jouleeyah.bandcamp.com/album/aim-108-times>

KLEEM:

This is a mantra that attracts women. And since in the yogic world a woman also stands for matter/material world, you can also attract wealth by singing this mantra. If you want to attract friends or someone who doesn't identify as man/woman or someone who identifies with any other beautiful variation of the LGBTQIA+ spectrum, I invite you to also sing the mantra AIM.

You can download my version of KLEEM here (it's free):
<https://jouleeyah.bandcamp.com/album/kleem-108-times>

THIRUNEELAKANDAM:

This is a mantra that can remove negative Karma. You can remove negative karma with BRZEE, too, though. So, if you already chose to sing the mantra SHREEM BRZEE, then you are good to go.

You can listen to a version of THIRUNEELAKANDAM here:
<https://www.youtube.com/watch?v=S6Bnr5OhYBE>

Here are a few mantras from the Kundalini Yoga tradition - if the links don't work anymore due to the wondrous world of the internet, then just type in "Snatam Kaur" and the name of a mantra into the search field on YouTube. Snatam is an artist who has recorded pretty much all of the Kundalini Yoga mantras, and her voice and music are beautiful.

ONG NAMO GURU DEV NAMO:

This is the first of three of the most important mantras in Kundalini Yoga. It is used for any yogic or meditative practice because by singing the mantra you connect with your inner teacher.

You can listen to a version of ONG NAMO here:
<https://www.youtube.com/watch?v=p6xmw70S178>

AAD GUREY NAMEH:

This is the second of three of the most important mantras in Kundalini Yoga. You sing it after ONG NAMO. And the mantra creates a strong protective field (many Yogis sing it before travelling).

You can listen to a version of AAD GUREY NAMEH here:

<https://www.youtube.com/watch?v=8BSKPele2Vo>

SAT NAM:

This is the third of three of the most important mantras in Kundalini Yoga. You sing it after your yogic practice - usually as part of singing the closing song "Long Time Sun". The mantra means "Truth is my identity", it awakens your soul and it clarifies your destiny.

You can listen to a version of SAT NAM here:

https://www.youtube.com/watch?v=IZ5v_118NUc

DHAN DHAN RAM DAS GUR:

This is one of my favourite mantras. It can bring miracles into your life.

You can listen to a version of DHAN DHAN here:

<https://www.youtube.com/watch?v=pW7xOdyWavE>

RA MA DA SA:

This mantra focuses on supporting your healing and transformation through tapping into the energies of the sun, moon, earth, and the Infinite Spirit. It can be chanted to heal the self or to send healing energy to anyone you wish.

You can download my version of RA MA DA SA here (it's free):

<https://jouleeyah.bandcamp.com/album/ra-ma-da-sa-11-minutes>

EK ONG KAAR SAT NAM, WAAH YANTEE, MUL MANTRA, SAT SIRI SIRI AKAL, RAKHE RAKHAN HAR, WAHE GURU WAHE JIO, GURU RAM DAS:

These are seven mantras that are part of the Aquarian Sadhana (Sadhana means spiritual practice, and it is usually done in the early morning before sunrise). These mantras help you to transition as smoothly as possible into the Aquarian era, especially during the so-called grey phase of this planet which will last until 2038.

You can find a playlist with these seven mantras on my YouTube channel:

<https://www.youtube.com/playlist?list=PLr0w1IUaX3K2dKkyP-XmOkkTvavgvGjWB>

So, these were some of the mantras from some very specific teaching traditions - I would not want to create an E-Book about mantras without mentioning the mantras OM and RAM, though:

About improving your vibration

Up until now, I mostly talked about what it is that you can do to liberate yourself from the kind of vibration that can slow down or block your manifestation process. Now, I want to help you to create the kind of vibration that can make your manifestation process easier and therefore faster.

There are spiritual teachings that recommend figuring out what you want to feel and to vibrate this. Meaning: they suggest that you ask yourself what it would feel like to have what you want. And then they recommend radiating and vibrating this feeling. This practice didn't work well for me because when I tried to vibrate those feelings, it was my Ego that put me in a certain direction in my life which wasn't really fulfilling for me. But please test this for yourself.

What I recommend you to do, instead, is to [radiate and vibrate what is is that your soul is intending](#). Doing this is kind of similar to what Eckart Tolle is recommending. He suggests you try to manifest what the universe wants to manifest through you. This practice is much more fulfilling for me and I hope this is true for you, too.

Practice 04: Activate your true vibration

Ideally, if you want to activate your true vibration, make the following requests to your Higher Self, Body Deva and team in the morning, or as early as you can during the day - so that you can really set yourself up for a better vibration. Otherwise, it could happen that you replace the negative vibration that you liberated yourself from with another negative vibration (instead of with a positive vibration).

[It takes about 20 seconds for a request to get activated. Make sure you wait for about 20 seconds after each request so that you can feel, sense or see the changes happening.](#)

Note: I describe certain terms and also why I chose to make certain requests (see notes below the following practice).

[State quietly on the inside or say aloud:](#)

I ask my Higher Self, Body Deva and team:

- to help me to get a deeper sense of who I am at soul level and to help me to get a deeper sense of why I am here on this planet, knowing that we are all a crucial part of the evolutionary process of life and that our collective purpose is to try our best to be true to ourselves
- to help me to vibrate and radiate what it is that my soul is intending
- to help me to vibrate and radiate the sound and the frequency of the origin of my soul, of my soul's essence, mastery, power and wisdom
- to help me to vibrate and radiate the essence of Azeztulite that surrounds the origin of my soul
- to help me to vibrate and radiate the sound and the frequency of the essence of the mantra that I chose to sing

- to ask my past lives, my soul, my body, my ancestors and the planets of my birth chart to align with my intention(s) and to surround themselves with Azeztulite
- to ask anybody and anything that is not supportive of my intention to just stay out of my life and to focus on their own intentions, issues and lives
- to help me to appreciate the sacredness of who I am, of the work I do and of the space around me
- to surround my energy fields and all of my chakras with golden light as a way to become more and more of my own master who guides me in this lifetime
- to help me to trust that who I am and what I have to offer is what the people that I want to connect with on this planet are needing and wanting from me
- to prepare my nervous system for what it is that I am intending and for the challenges that come along with transitioning into the Aquarian era
- to ask the earth to provide me with whatever it is that I am needing and to send that into my lower chakras, so: starting with entering my feet and then continuing with moving into my root chakra, into my sacral chakra and into my solar plexus
- to provide me with whatever it is that I am needing and to send that into my upper chakras, so: starting with entering my crown chakra, and then moving into my third eye, into my throat chakra and into my heart chakra
- to clear, cleanse and update my connection to the heart of the earth and to the origin of my soul
- to ask the earth to clear, cleanse and update my grounding cords
- to update my reference points, my identity grids and my personality grids and to balance and stabilise my electromagnetic fields
- to hold me in the geometric healing holograms of the Atlantis Xiom and the Flower Of Life
- to now hand over the manifestation process for my intention to my Body Deva and her team, to my soul and to my Spirit Guides

Wait for 2 minutes once you have made these requests. Waiting for 2 minutes is how long it takes to shift your energy fields and vibration.

Trust that your Higher Self will decide which ones of these requests are relevant for you. And you can also change parts of these requests and be more specific, if you prefer. I know what it is that my soul is intending (or: manifesting through me), so of course I wrote something more specific for myself there.

Notes:

- By "team" I always mean your team of Spirit Guides, Angels and Healing Beings
- "Azeztulite" is a form of energy held by Spirit Guides who call themselves "Azez". The Azez protect and guide the origin of your soul and its unique expression here on this planet. Azeztulite is highly protective and helps you to experience universal love and to receive guidance. This energy can be shifted into a Quartz (if needed) and this Quartz can then be called "Azeztulite". And even though there exists such a funny thing as a trademarked Quartz called "Azeztulite" (which is basically just a Quartz that's been blessed by the Azez and that is quite expensive) you can actually really let the Azez bless any affordable Quartz for you and you will sense the effect of Azeztulite.

- we are all part of the transitioning into the Aquarian era which means that our collective purpose is to try our best to be true to ourselves. The Aquarius has a high level of commitment to the truth, to being honest.
- if you struggle with the term "sacredness", try replacing it with the term "preciousness"
- Yogis say that the Aquarian era turns us all into masters, there will be no Gurus needed anymore at one point (Gurus are beings who help you to release your suffering and move towards the light), and you asking for your your energy fields and your chakras to be held in golden light increases and protects this process
- ideally you "become" the mantra that you chose to sing, this is when it has its best effect
- as part of our transitioning into the Aquarian era it is said that we will bring back some of the gifts and talents we had in Atlantis and in Lemuria, this is why I find it helpful to be held in the Atlantis Xiom (this harmonises your energy fields) and the Flower Of Life (this creates a harmonious flow of whatever you create)
- what you em-body is what you will manifest which is why - during your day - you can always at some point hand over the manifestation process to your Body Deva and her team. This helps you to let go and to let your body do its thing. And additionally, your body will receive help from your soul and from your Spirit Guides. You can additionally also check in with your body and let it show you what it needs to make the manifestation process happen. In most cases, it will show you landscapes and food that it really likes. Take some time each day to visualise these landscapes. And try out these (new) recipes. You can also visit such places, of course, but that's not that important.

Practice 05: Request to make at the end of your day

The following request helps you to have clean and clear energy fields. Most of the spiritual or energy work that we have to do (actually about 70%, according to many spiritual healers) is about clearing and cleansing, the rest is about updates, or about creating the new.

This is the request:

"I ask my Higher Self, my Body Deva and team to locate any energies that are not mine and to send them back to who and where they belong. And to locate all energies that are mine and to send them back to me."

Wait for 2 minutes after you have made these requests to ensure you shift your energy fields and vibration. Trust that your Higher Self will decide which parts of this request are relevant for you.

It is very normal to take on the energy from others to a certain degree. And you will get better at staying in your own energy over time. This practice is kind of like dusting, which can be annoying, but it is a necessary thing that you have to do on a regular basis.

PART 3: Keep the momentum going

About creating a spiritual practice

Now it's time to create a program for yourself, meaning: only if you commit to a daily spiritual practice, can you get the desired results.

Your unwanted patterns/habits need to be replaced with new, positive ones - mentally, emotionally, energetically, vibrationally. And this takes some effort.

Many spiritual teachings suggest to do the same kind of practice every day. I prefer Dr.Pillai's teachings which recommend you create a program which can be adapted to your daily needs.

Since this is a E-Book about mantra-singing, I think it is okay to suggest that at the very least you sing one mantra (the same mantra) every day or that you listen to it every day.

My other practices can either be done daily, weekly, bi-weekly or monthly.

First, you can decide on the length of your program based on what level of change you want to achieve:

40 days: Change a habit.

90 days: Confirm the habit.

120 days: You are the new habit.

1,000 days: Mastery of the new habit.

(Source: Spirit Voyage)

You can plan out your program with the worksheets below.

About creating success

In addition to singing a mantra and doing some of my practices daily/weekly/bi-weekly/monthly, I can highly recommend six more things - especially if you don't get results fast:

- [write a journal and track your success](#) - any kind of success, not just the one that you associate with the intentions you set. Meaning: finding a really nice new type of self-care ritual is a success, receiving new insights on a topic you had been wondering about is a success, learning a new skill that is adding more pleasure to your life is a success, etc. Writing a journal about your successes trains your brain to create more success. And it helps you to become

PART 4: Create clean and clear energy fields

About other practices

Please note that if I say that a practice can be done every day, it doesn't mean that you absolutely have to do it every day. It only means that from my experience, it is safe to do this practice every day (meaning: it won't be too much for your system) and that you can choose to do it less often.

This section of my E-Book helps you to deepen the creation of having clean and clear energy fields. And I add my suggestions around how often you should repeat these practices. But check in with yourself if my suggestions resonate.

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.

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

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: Grounding

You can find this practice in your Bandcamp folder.

This is a Guided Healing Meditation which includes energy work.

Practice 10: Unplug from mass consciousness

The following request is a variation of the request you can make at the end of a day:

"I ask my Higher Self, Body Deva and team to unplug my ears and my eyes from mass consciousness".

Wait for 2 minutes for the shift to take place.

This doesn't mean that you won't care about what's going on in the world. It only means that you will be much more of an observer of what is going on in the world while staying in your own yummy vibrations. This way you don't get that entangled with the karma of mass consciousness and you can make more proper decisions as to what you have to do with what you are observing. It's still heartbreaking what kind of challenges we all have to face worldwide, I know. But you will need to be in your own vibrations to have the needed resources in order to make changes in your outside world. Your actions will be much more powerful and effective this way and you will feel less drained or exhausted.

Practice 11: Infuse your five senses with your mantra

Yogis say that in order for you to manifest the benefits of a mantra, you actually have to become the mantra. You can play with the intensity of the following practice and increase the length of the practice, if it feels right.

Close your eyes. And while focusing on your right eye, say your mantra three times. And then do the same with your left eye, your right nostril, your left nostril, your right eardrum, your left eardrum. And then imagine rolling the sound of the mantra on your tongue.

Practice 12: Access your wisdom

You can find this practice in your Bandcamp folder.

This is a Guided Healing Meditation which includes energy work.

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 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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