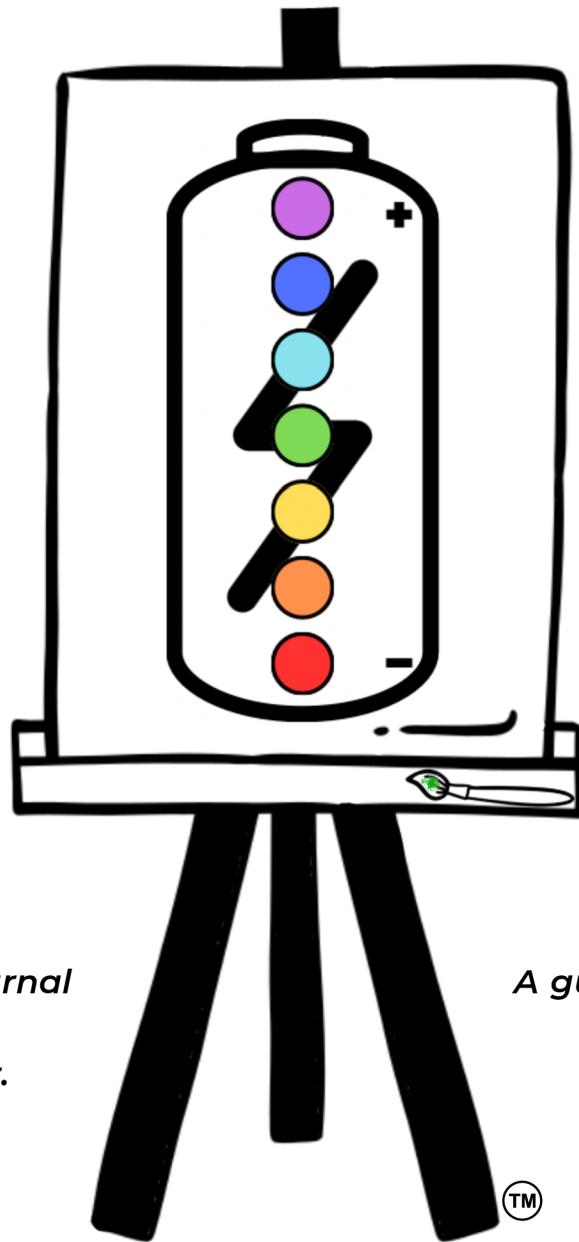


# THE CANVAS JOURNAL

TCJ 02 — Boundaries: The Cornerstone of Abundance | 1.17.2026



*An interactive journal  
for becoming a  
conscious creator.*

*A guide for integrating  
personal  
consciousness.*

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Created by Alex Akilah



[theinnergremedy.com](http://theinnergremedy.com)



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## Blank Journal Pages

- ★ If you haven't already, be sure to check out the 1<sup>st</sup> issue of *The Canvas Journal* - '**Freedom: The Art of Letting Go**'; this issue builds upon those concepts.
- ★ Reciprocation for *this* download is not expected, but is always appreciated!
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## Abundance Planner-Journal Pages

1. Cover
2. Index
3. Personal Overview Page
4. Gratitude + Affirmations
5. Self-Care Rituals & Routines
6. Self-Care Rituals
7. Self-Care Recipes
8. Rising & Night Routine
9. Weekly & Moon Cycle Rituals
10. Season Overview
11. Season Overview 2
12. Seasonal Goal Planner
13. 13-New Moon Goals
14. Lunar Cycle Planner
15. Habit / Ritual Builder
16. Weekly Planner
17. Mineral (Meal) Plan / Sensory Input Tracker
18. "I feel..." Self Check-In
19. Meditation Notes
20. Blank Journal Page
21. Blank Journal Page
22. Alternate Cover
23. Alternate Cover

✓ Achieve flow-state by synchronizing your bio-rhythm & schedule with nature's cycles.

✓ Align your big-picture goals with your every-day to-do list.

✓ Clearly identify personal energetic input & output.

✓ Commit to self-care and consistent intentional action.

---

This planner works best by printing out the pages and organizing them according to your preference in a binder for easy daily use.

### Primary Pages

- Cover, Personal Overview, Gratitude + Affirmations, Self-Care Rituals & Routines, Self-Care Rituals, Self-Care Recipes, Rising & Night Routine, Seasonal Goal Planner, 13-New Moon Goals

### Seasonal

- Weekly & Moon Cycle Rituals, Season Overview, Season Overview 2

### New-Moon

- Lunar Cycle Planner, Habit / Ritual Builder

### Weekly

- Weekly Planner, Mineral Plan, Self Check-In, Meditation Notes



“ —

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous?

Actually, who are you not to be?  
You are a child of God.

Your playing small does not serve the world.  
There's nothing enlightened about shrinking so that other people won't feel insecure around you.

We were born to manifest the glory of  
God that is within us.

—Marianne Williamson

— ”



i



# BOUNDARIES: The Cornerstone of Abundance

By Alex Akilah

January 17, 2026

Every great structure begins with the placement of *one—single—cornerstone*.

The cornerstone is carefully picked for its even durability, then—perfectly positioned as the 1<sup>st</sup> stone of the building’s foundation through proper measurement and alignment.

This stable stone **aligns all** of the other stones around the foundation, which bears the weight of the **entire** structure.

Without the proper cornerstone—in its proper place—the **entire structure** is at risk to collapse.

“  
WITHOUT A PROPER CORNERSTONE—IN ITS PROPER PLACE, THE ENTIRE STRUCTURE IS AT RISK TO COLLAPSE.

**Boundaries**—*the cornerstone of abundance*—provide the necessary structure for how abundance is cultivated, sustained, and properly stewarded.

Just as a cornerstone of a building must be properly aligned when laid—one’s personal boundaries must be properly **aligned with what you’re building in order to be effective**.

Boundaries are **predetermined personal standards** (of behavior / interaction) for **Self** that align with:

- who you are becoming
- where you are going
- what you are building

—regardless of what others are choosing to do, be, or say.

Your personal boundaries are created and enforced based solely on **what’s *within* your realm of control**.

They are your inner-guide-posts for maintaining self-control while navigating daily experiences, circumstances, and interactions—in a mode that embodies dignity and integrity.

“  
YOUR PERSONAL BOUNDARIES ARE CREATED AND ENFORCED BASED SOLELY ON WHAT’S *WITHIN* YOUR REALM OF CONTROL.

New boundaries restructure your entire being—from the inside out.

They set the blueprint for who you are becoming; creating structure and distinct form, where there was once formless enmeshment with the identity and emotions of others.

Boundaries feel uncomfortable at first...releasing attachments that feel like letting go of parts of Self.

Requiring you to evolve into a self-secure(d) entity, as you now take full accountability in fulfilling the roles of:

- Identifying Your Purpose
- Emotional Regulation
- Maintaining Values and Standards
- Personal Resource Fulfillment

—that were previously outsourced to people, systems, and substances outside of Self.

Boundaries completely transform the inner structure of your being into a sovereign entity that no longer connects in the same way, or at all, with attachments that used to meet those needs for you.

continued→





# BOUNDARIES: The Cornerstone of Abundance

By Alex Akilah

January 17, 2026

Boundaries create the foundation that the rest of your choices extend from.

When they are the cornerstone to what you're building and becoming, **they ensure that all parts of Self are on 1 accord** and working *together* towards building the *same* thing—with no part of Self making choices that detract from what you've already built.

Abundance is built **within**—which is why boundaries in the unseen—mental, emotional, and spiritual realms—are absolutely necessary.

Without boundaries one's natural abundant nature is at risk to be depleted, exploited, and manipulated in the unseen realms.

“  
...[BOUNDARIES] ENSURE THAT ALL PARTS OF SELF ARE ON 1 ACCORD...

We've been conditioned to perceive wealth and abundance through the lens of **money**, and the ability to obtain as many **things** that cost the most of it.

This perception feeds the illusion that abundance is *something* outside of Self—*something* to chase, “grind for”, and hoard.

However, **abundance is a frequency**, not a piece of paper that we call money. And the more you **embody the frequency of abundance** in the unseen realms—the more you **build an abundant reality**.

Money holds an illusion of value. When it **itself**, a piece of paper, cannot meet the basic needs of anyone.

Money is valued for the comforts and luxuries it buys, as well as the perception ((of (self-)worth)) that those things create.

The modern concept of money has severely distorted **the standards for what holds value**—spending energy to “make it”—to determine one's ability to **buy natural resources** to meet the most fundamental needs of humanity.

This in itself has caused decreased regard for maintaining dignity and integrity—for the sake of “I gotta do what I gotta do—to eat.”

When one is systemically taught to believe that their worth is measured by the amount of dollars or things that they have, one's innate self-worth is extracted and placed upon these external measures.

This programmed perception of worth is not only the cause for diminished self-regard, but for a distorted view and value of The Natural World as well.

“  
THIS PROGRAMMED PERCEPTION OF WORTH IS THE CAUSE FOR DIMINISHED SELF-REGARD, AS WELL AS A DISTORTED VIEW AND VALUE OF THE NATURAL WORLD.

Some systems were built with the **sole** purpose of *extracting* abundance from those who naturally have it innately—in order to create monetary wealth and an **illusion of power and security** for many who are poor and insecure in reality.

When creating personal boundaries—access and exclusivity can be redefined based on intentional high-frequency choices that further cultivate innate abundance, rather than external measures of value.



## TCJ 02 — Boundaries: The Cornerstone of Abundance

January 17, 2026

I was stripped down  
to nothing—

and in having nothing,  
I was naked  
and exposed.

Only then—  
is when I discovered  
that I Am everything.

In my nakedness,  
I was clothed in Truth.

A Truth sweeter than any words ever uttered.  
A Truth found only in the space shared by me and God.

And in that space  
a decision had to be made...

To continue running from my power  
and redress in all that I once was...

Or to trust this covering that I can feel,  
but can't see—or can see, that goes beyond skin deep—  
as I transmute my pain into spiritual gains,  
and rise again.

To finally have the beauty for ashes.  
To rise like the phoenix out of the fire.  
To have the courage to reach for, grab hold of,  
and know that I Am worthy of my heart's most truest desires.

So many things sent my way to obscure my vision  
of The Promise God already showed me was my birthright.

So many things sent my way to drain my innerG  
before I knew of the protection that came with  
boundaries and emotional self-sovereignty.

But no more I declare—  
NO MORE.

You can't have me,  
and WHAT'S MINE IS MINE.

—Alex Akilah





# ABUNDANCE

- a very large quantity of something.
- the state or condition of having a copious quantity of something; plenitude.
- plenitude of the good things of life; prosperity.
- the quantity or amount of something, e.g., a chemical element or an animal or plant species, present in a particular area, volume, sample, etc.

-Oxford Dictionaries

## Aspects of Abundance

<b>Mental Abundance</b>	<b>Self-Awareness</b> – Awareness of: • All parts of Self + How each part functions (& dysfunction). + What each part needs. • Abilities when all parts are functioning properly.
<b>Emotional Abundance</b>	<b>Peace</b> – Equanimity; the ability to remain calm & stable within. –While observing ever-changing external energy & circumstances.
<b>Spiritual Abundance</b>	<b>Presence + Self-Regard</b> <b>Divine Alignment</b> maintaining dignity and integrity when making choices, even no one is watching.
<b>Physical Abundance</b>	<b>Energy &amp; Strength + Personal Access to Natural Resources</b> – High frequency nervous system input. All physiological needs met.

Abundance is one's natural state of being—it's who one **is**, not what one **has**.

Abundance is first realized and cultivated in the unseen realms.

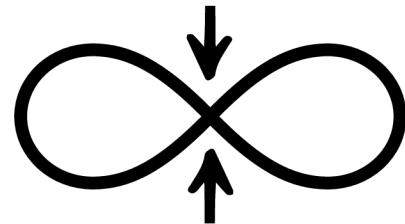
Rooted in self-awareness—abundance begins as the ability to fully perceive **all** of who one is—in all realms—without defining Self by limiting labels, external relationships and standards, or what one 'owns'.

Activating abundance is like having an internal **light shined on all parts of Self**, with no part suppressed in the shadows—all aspects of Self seen, valued, and **functioning properly**.

This level of self-awareness heightens one's regard for how *your* choices in the physical realm affect aspects of Self in *each-other-realm*—either **fueling or extracting—expressing or suppressing**—one's innate abundant energy.

## Abundance

**The Present Moment—**  
where the *frequency* of abundance exists.



**What's within your realm of control.**

- Abundance activates when attention and energy is focused here.
- Attachment to + feelings caused by external circumstances released.
- Connected to The All, yet not bound by attachment.

Abundance is not measured by quantity, but by *quality*—or *frequency*.

Abundance is not transactional—it exists from a place of *being*, not *seeking*.

Reciprocity from others is always **appreciated**—but not **expected**—the abundant state of being does not **depend** upon external circumstances or choices of others for permission or validation to **simply be who one naturally is**.

Money and material wealth are not **measures** of internal abundance, but a reflection of one's ability to **recognize** where abundance exists.

Some are skilled at manifesting their innate abundance into the physical realm, while some are skilled at exploiting the abundance of others to build their own illusion of grandeur.

TCJ 02 — Boundaries: The Cornerstone of Abundance  
January 17, 2026



Embody the energy of abundance—  
as illustrated by rivers.



Abundance is *flow*, like a river—  
naturally renewable and sustainable energy  
flowing through a new,  
yet ancient path.

The integrity of its personal path protected  
by remaining within the fertile boundaries  
of the rich riverbank—

while still overflowing to nourish  
the connecting root system  
of the lush surrounding landscape.

—Alex Akilah





# BOUNDARIES

- a line or limit where one thing ends and another begins, or something that indicates such a line or limit.
- a limit that separates acceptable behavior from unacceptable behavior.

-Dictionary.com

## The 4 Facets of Boundaries

Realm of Self	Boundary Type	Boundary Opposition
Mental Boundaries	Self-Defined Self-Image + Beliefs	Labels + Projections
Emotional Boundaries	Emotional Self-Control	Expectations + Empathy
Spiritual Boundaries	Personal Spiritual Connection	Material Values + Attachment
Physical Boundaries	Toxin-Free Nervous System Input; High Frequency Shield	Toxins

Boundaries are guides that outline what is you(rs) and what is not.

### Boundaries serve the function of:

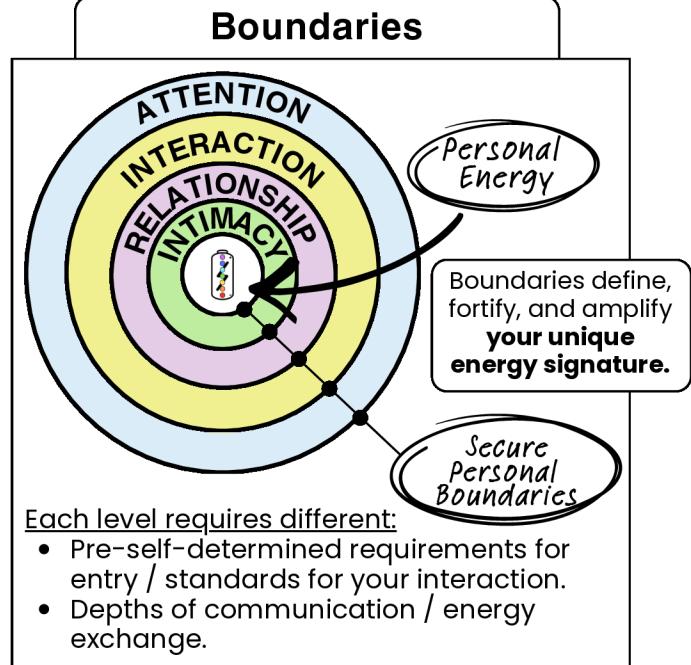
- Distinguishing Self from other energies.
- Protecting all aspects of you + your energy in the seen & unseen realms.
  - Sealing energy leaks.
- Providing a framework for how one makes choices.
  - Creating baseline standards + personal non-negotiables.

They ensure that your mental, emotional, and spiritual realms of Self are **all on one accord** and operating from a sovereign place.

Boundaries are discernment in action; they gauge the energy exchange between you and the world around you—ensuring that you have a steady supply of source energy.

Boundaries in the unseen realms, that are rooted in dignity and integrity create internal balance by making sure your choices align with those principles.

@AlexAkilah



This internal balance is the foundation of 'the building of' your being—ensuring you can withstand even in trying circumstances.

Boundaries allow one's innate energy to be protected and multiplied into overflow.

Boundaries protect against projections and temptation because **you have already established**:

- who you are, therefore,
- what you do and don't do, and
- where you will and won't go.

Boundaries allow for greater overflow—with them, **you are able to completely fill yourself up and exist within an abundant state of being** instead of attempting to be and create from a leaking vessel.

Secure boundaries maximize the potency and power of your personal energy.

You can sense the energy around you, and your energy is sensed by surrounding energy—with there only being an exchange, in any realm—with your consent.





# CORNERSTONE

- an important quality or feature on which a particular thing depends or is based.
- a stone that forms the base of a corner of a building, joining two walls.

-Oxford Dictionaries

Realm of Self	Cornerstone	Align With:
Mental Cornerstone	Divine Identity	Release of Labels as Identity -yet (self-)awareness from personal experiences expressed
Emotional Cornerstone	Peace & Presence	Release of External Expectations -yet prepared for any circumstance
Spiritual Cornerstone	Spiritual Values	Release of Attachment -yet connected to an omnipresent, omnipotent source of energy
Physical Cornerstone	Energy Restoration + Cellular Regeneration	Release of Toxins (nervous system input, relationships, environments)

A cornerstone is the first piece of stone that is laid for the foundation of a building.

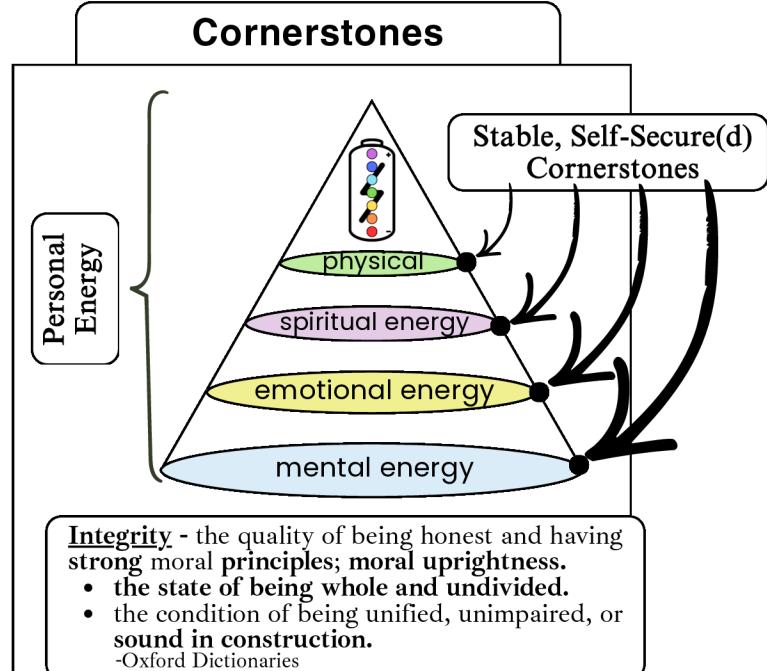
When building anything, the cornerstone is priority and sets a precedent because it aligns *each other* stone that is laid after it.

The integrity and longevity of the **entire structure** depends upon it being laid correctly.

There are non-negotiable standards for what make a *stable* cornerstone.

These standards must be met upon placement, ensuring that the foundation won't be eroded and the building won't shift.

The time and *care that is spent* on ensuring a proper cornerstone as well as the aligned placement of it can seem tedious but *yields high reward*; this step ensures that the rest of the building process flows smoothly.



The time and *care that is spent* on ensuring a proper cornerstone is **multiplied** by allowing you to remain in the present moment—where the frequency of abundance exists.

Boundaries as the cornerstone of abundance ensure that you are able to maintain presence by already having a set standard of alignment for each other stone—arising choices, options, paths.

*Boundaries are the cornerstone of abundance because they ensure that **your energy** in each realm is secure—and aligned with each-other.*

**True abundance** is having *all of your natural needs met* while *not sacrificing your internal values, integrity, or dignity* to do so.

Abundance is having everything you need and nothing you don't—in order to be / function / create **you are intended**.

This abundance is realized by **your aligned placement of stable cornerstones**.



# STEWARDSHIP

- the conducting, supervising, or managing of something.
- especially : the careful and responsible management of something entrusted to one's care.

-Merriam-Webster

Types of Stewardship		
Realm of Self	Stewardship of:	Function
Mental Stewardship	Attention	Focus, Direction
Emotional Stewardship	Emotions / Energy	Drive, Momentum
Spiritual Stewardship	Spirit(-ual Gifts)	Realized Self-Regard, Incarnation
Physical Stewardship	Physical Resources, Presence	Well-Being

Stewardship is how one properly identifies and manages resources—in all realms.

Responsible stewardship begins with how one manages *their own* attention, energy, spiritual gifts, and resources in order to 1<sup>st</sup> ensure personal well-being.

Personal stewardship demonstrates that one:

- knows what contributes to & detracts from well-being.
- willingly demonstrates self-regard by establishing boundaries for well-being.
- values dignity and integrity.

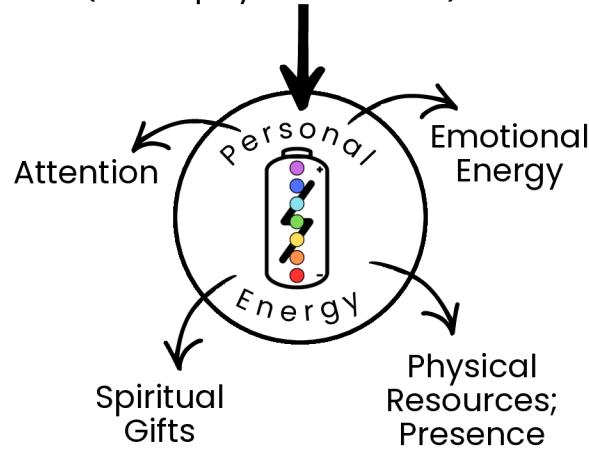
Dignity ensures that high standards are met in order to **cultivate abundance in all realms**.

Integrity ensures that resources are managed well, allocating them in manner in which:

- resources are sustainable,
- there's no harm to the natural world, and
- your needs and what / those you are responsible for are met, in full.

## Personal Stewardship

Intentional High Frequency Energy Nervous System Input (into 5 physical senses)



Effective stewardship rests upon secure boundaries, ensuring that one is *aware of what is within your field of responsibility / supervision—as well as what is not.*

True **abundance stewardship** goes beyond the management of physical resources.

Abundance stewardship is the awareness of available resources in each realm—and how they all work together to cultivate and sustain abundance.

Just as a business manager regulates being “in the red” or “in the black” on their financial budget sheet—a holistic steward manages all of their resources—ensuring that they are always “in the black” in all realms.

Through this personal demonstration of stewardship abundance in all realms is realized.

# CULTIVATING ABUNDANCE

Abundance	Practices / Rituals / Routines to Further Cultivate	Intentions + Gratitude
<u>Mental Abundance</u> —Self-Awareness		
<u>Emotional Abundance</u> —Peace		
<u>Spiritual Abundance</u> —Presence + Self-Regard		
<u>Physical Abundance</u> —Strength & Energy; Natural Resources		

# CORNERSTONE BOUNDARIES

Personal Boundaries	What + How They Protect	What is risked without this boundary?
<u>Mental</u>		
<u>Emotional</u>		
<u>Spiritual</u>		
<u>Physical</u>		

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# STEWARSHIP

Current Resources	How to Further Cultivate Resource	How to Steward Resource + Intended Effect
<u>Mental</u>		
<u>Emotional</u>		
<u>Spiritual</u>		
<u>Physical</u>		



## INTENTIONS

- Embody my full, naturally abundant nature—in all realms.
- Properly steward all that I am and all that I have.
- Cultivate my abundant nature with high frequency nervous system input.
- Discern different energies, and their source, in the present moment.
- Embody complete self-regard.
- Recognize how my choices fuel or drain my energy in each realm.
- Embody internal self-sovereignty.

## AFFIRMATIONS

- "I see, know, and value all parts of myself."
- "All parts of myself are fully united in self-regard."
- "Abundance is my birthright—I accept it with grace and gratitude."
- "I release external means as a measure of my self-worth."
- "All of my beliefs, emotions, and choices are rooted in self-awareness, self-regard, and self-sovereignty."
- "I steward all that I am and all that I have with dignity and integrity."
- "I am protected in all realms."

## INTENTIONS

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## AFFIRMATIONS

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# MEDITATIONS

Explore your answers to these questions as meditation and journal prompts.

What do I have an abundance of?  
(in the unseen realms)



How can I further cultivate  
my abundance?

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What are my boundaries?



How can I strengthen my  
boundaries?

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What is a past situation where I could  
have had stronger boundaries? Why?  
What was the result of not?

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How do I feel about setting  
boundaries? Guilty? Empowered?  
Why? Why not?

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# MEDITATIONS

Explore your answers to these questions as meditation and journal prompts.

How do I currently steward my time?  
Energy? Resources? Money?

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How would I steward 1 million dollars?

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How do I identify distractions?  
Manipulators? Energy drainers?



How do I handle my awareness of  
these things in the present moment?

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How do I identify resources?  
Clarifiers? Energy fuelers?



How do I handle my awareness of  
these things in the present moment?

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