

# ASCEND YOUR AURA

## A Guide to Release and Restore the Mind, Body and Spirit through Intention, Breath, Movement & Energy Work

### Introduction

Your body is a messenger. It communicates what it needs each day. Every breath, thought, and action carries a memory or emotion that can get stored in the body if it is not released. These emotions can flow freely, and other times they get stuck, showing up as tension, stress, or fatigue and in worst cases, dis-ease = disease.

This self-guided ritual is an invitation to create awareness within the mind and body, release what no longer serves you and reconnect with the wholeness that has always been within you. You will learn how to create your own ritual by combining intention, breathwork, dance and energy work to re-establish a harmonious relationship with your whole self.

Each section will share the benefits of a practice, followed by a simple, powerful exercise you can try right away. These tools are not only for healing, but for living an awakened, embodied, and free way of being with grace.

**Intention:** May I learn how to receive awareness to unlock and release stuck emotions, unify my body, mind, and heart; and restore balance to ascend into my fullest expression.

**Write your Intentions here:**

# Chapter 1: Creating Intentions

## **Benefits of Intentions:**

Intentions create a sense of purpose and direction as you heal and grow. When creating your intention, think about who you want to be, not just what you want to achieve.

- Creates Awareness & Clarity → helps to get a clear picture on what you want.
- Focuses the Energy on what is desired → this directs the energy towards what is wanted, rather than what is not. When you know what you want, the focus can be placed on those desires. Words and thoughts are powerful and together they create your reality.
- Enhances Mindfulness → creates space in the present moment to become aware of patterns, reactions and needs; provides an opportunity to break and unlock limiting beliefs and blocks that may be holding back actualizing desires into reality.
- Manifests Outcomes → when we speak our desires with pure, good genuine intentions, we receive what we put out. It is important to remember to tune into the frequencies we want to receive.
- Strengthens Self-Trust → the more frequently you repeat the affirmation or practice your intention, the more it is received with trust. Every time you follow through, even in a small way-you build trust, confidence and self-respect. Repeat, Believe, Receive.

## **★Practice: Creating Intentions**

Creating an Intention can be a simple affirmation repeated out loud or silently throughout the day such as; ***“I am open to receiving blessings with a grateful heart.”***

## Chapter 2: Anchoring in Awareness with Breath (Life Force)

### **Benefits of Breath Work:**

*Prana* is the Sanskrit word for life force or breath. The breath is a gentle reminder that I am alive, all is well. Breathing happens naturally, without thought or force. At birth, it is intuitive to take our first breath without having to be taught. Tuning into our breath is our natural state of being calm and birthright to life.

- Regulates the nervous system → brings you out of stress and into calm.
- Improves focus and clarity → breath sends oxygen to the organs, feeds the brain, sharpening awareness.
- Releases tension → softens physical and emotional tightness.
- Supports emotional balance → steadies racing thoughts, soothes anxiety.
- Connects you to presence → anchors you fully into the present moment.

### **\*Practice: Box Breathing Ritual**

1. Sit comfortably, with head facing forward and spine tall.  
Eyes can be closed or open, gazing forward.
2. Relax the shoulders. Place both hands on your heart and affirm:  
***"I am anchored, I am aware. My breath flows with ease."***
3. Gently inhale gently through the nose for 4 counts.
3. Hold softly for 4 counts.
4. Exhale through the mouth for 4 counts.
5. Repeat 4 cycles.

Notice the sounds and sensations of your breath as you inhale and exhale. If any thoughts come to mind, acknowledge they are there and let them go for now. This time is for you; A practice to show up for yourself and give back to you. All else can wait.

**How do I feel in my body when I sit with myself in the present moment and tune into my breath? What comes in for me when I sit and breathe?**

## Chapter 3: Unlock & Unify Mind, Body, and Heart

### Break through with Dance & Movement

#### Benefits of Dance & Movement:

More studies are showing that dancing helps to improve overall regulation of the body and emotions. Dancing creates neural pathways which improves memory and brain plasticity. When we move our body, it sends signals to the brain which releases endorphins. It creates feelings of joy and happiness which has shown to help with depression and anxiety.

- Releases stored emotions → frees what is held in the muscles and tissues.
- Boosts brain health → activates both hemispheres, improving memory and promoting neuroplasticity.
- Elevates mood → stimulates feel-good neurochemicals and balances hormones.
- Grounds and energizes → stabilizes and strengthens your body while activating energy and vitality.
- Connects body and spirit → creates unity between the body and self-expression.

#### **\*Practice: Emotional Release Dance**

1. Play a song that reflects your current mood.
2. Stand tall and take a few deep breaths in through the nose and out through the mouth. Place one hand on your heart and the other hand on your solar plexus (above the belly) and let your body begin to sway side to side.
3. Allow movement to flow naturally. Begin to move the arms around. You can stay in one place or begin to move around your space. Feel whatever comes to you and allow your body to move without judgment.
4. Jump if you are feeling liberated, stomp if you feel anger, twirl if joy arises, fold forward if grief emerges, shake to release energy. Your body knows exactly what to do, just go with the flow and dance like no one is watching.
5. Continue for the entire song, letting the body lead and flow with the music.
6. Close your dance ritual by standing still, hands over your heart, affirming: ***"I am grounded, my body is safe. Thank you body, I love you."***

## Chapter 4: Release & Restore With Energy Healing

### Benefits of Energy Healing:

Everyone is made of energy. We all have the power to self heal. Your body is so intelligent that it knows immediately when to begin to defend itself whether it is the immune system fighting a cold or the body creating inflammation around an injury to protect it. You also have the power to tune into source energy and use that to help heal your spirit and body.

- Clears blockages → reopens the flow of life-force energy.
- Promotes deep relaxation → allows the body and mind to repair and rest.
- Restores emotional balance → soothes heaviness, anxiety, or overwhelm.
- Supports self-healing → activates the body's natural capacity to restore itself.
- Enhances spiritual connection → invites peace, clarity, and guidance.

### **\*Practice: Self-Reiki Heart Meditation**

1. Sit comfortably. Place one hand over your heart, the other over your stomach.
2. Breathe in deeply, imagining golden light, as bright as the sun, flowing into the top of your head, towards the center of your heart, expanding throughout your body, illuminating all around you. You are glowing ever so brightly.
3. Exhale through the mouth, releasing all breath.
4. With each inhale, invite peace and calm. With each exhale, release all worries. Continue for 5 minutes or as long as you feel called.
5. End with both hands at your heart and affirm: ***"I am Connected. I am Restored."***

## Chapter 5: Creating Ritual

### Benefits of Creating a Ritual:

Creating a ritual is a sacred practice for your mind, body and spirit. It creates time and space for yourself to go deeper within, to love you first and foremost. ***When I fill my own cup, I create the space and energy to give unto others.***

- Creates focus and clarity → directs your energy with purpose.
- Transforms energy into action → turns vision into embodiment.
- Supports consistency → builds self-love practices that boosts confidence and nurtures healing daily.
- Deepens self-trust → strengthens your inner commitment and discipline.
- Elevates spirit → connects you to the sacredness of life and nature.

### **\*Practice: Ascension Ritual with Movement**

1. Stand tall, feet grounded.
2. Choose 3 symbolic movements:
  - Opening arms wide (receiving)
  - Reaching upward (rising)
3. Drawing hands to heart (integration)
4. Repeat this sequence times while affirming: ***"I am Whole."***
5. End by bowing in gratitude to yourself and honoring your journey.

### **Create your Own Ritual:**

## Closing Reflections

Each intention, breath, movement, and ritual practice in this book is a portal to a new pathway. Together, they guide you into deeper awareness, emotional release, energetic restoration, and spiritual ascension.

Healing is not about becoming something new. It is about remembering who you already are: Whole, Radiant, Beautiful and Alive!

Take these practices with you. Use them daily, in small moments or combine with your own rituals. Let them remind you that you have everything you need within you to unlock, restore, and rise above with loving intent, ease and grace.

~May it be Graciously~

With Love & Light,

Hannah