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NEW BEGINNINGS EBOOK





Contents

This marks a new beginning. Dive deep into this guide to give some clarity on energy and spirituality.

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SURPRISE! A BONUS FOR YOU

CHAPTER *Energy* ONE



ENERGY

It all starts with energy. We are all made of energy. The atoms and molecules in our body vibrate creating energy. The chair you are sitting on is vibrating, just at a lower rate than you as it is solid material. The plants, trees, rocks, soil, even your voice and thoughts are a vibration.

Every cell in our body has its own electro magnetic field – How amazing is that?

We have four energetic bodies. The physical body, the energetic body, the mental body and the spiritual body. All comprised of energy.

When we experience an emotional disturbance, traumatic event or poor wellbeing it can have an impact on these energy bodies.. If this is ignored, untreated or unresolved it can cause the energy flow through the body and the energy centres (chakras, more on these to follow) to become out of balance resulting in the chakras becoming blocked or stagnant. This again in turn, can manifest into different issues in the body. If left for too long, we then start to pile up negative energy on top of negative energy. This can even create an energetic and physical effect on or in the body. You can imagine how this then plays out in your feelings, emotions and your physical wellbeing! For example, fear from trauma can manifest as a physical condition in the liver, or issues regarding protection can manifest as skin conditions. Over the next few pages, you may notice some patterns in yourself and where you yourself may be holding onto negative energy.

Luckily, this can be healed. It is never too late.





ENERGY

So we have learnt that emotions, trauma and poor well being can have an effect on the energy within us and our bodies.

We can also carry energetic imprints through DNA. As cells have their own energetic field, if one of your ancestors had a physical, emotional, mental or spiritual block of energy, this can be passed down through the cells, this is known as cellular memory. Not only can you carry physical conditions through family lines, but also emotional, mental and spiritual traits that may have been developed from centuries ago.

Think about what life was like hundreds of years ago. How women were perceived, how we lived, what religion was like. Imagine what beliefs were created back then (that you have no knowledge of) that could have travelled down through the cellular memory to you. Spiritually, in some cultures it was the norm every Sunday to go up to the place of worship and place a curse on the person, family or land that you felt had wronged you!

The energy of curses is angry and spiteful. Remember, it's all in the intention. Thankfully, we live in a different world now, but these energetic blocks and imprints, can be held from these historic times and passed down.

Energetic Field – The Aura



ENERGY

Much like the cells in our body we also have an energetic field. It resides in the space around our body and is completely unique to each individual. As far as we know, it has 7 layers. You have probably felt it at work too without realising it. Have you had someone walk up to you and before you have realised they are there or before they have opened their mouth to speak, you can feel they are either warm, friendly and inviting, or super negative and draining! Sometimes I have even taken a physical step back as my aura mixed with theirs, knowing that we are not compatible at that time. The Aura contains so much information about us, this information can give us clues as to what we are feeling at present, what has happened in the past and past lives. What sort of energies we are letting ourselves be open to in the future. Past physical ailments or the beginning of new ones. Depending on the number of colours, (the aura can display colours which depict characteristics, emotions, and feelings) the position of these colours, the shade of any particular colour and many other factors such as the overall shape of your aura, size, and how quickly your auric colours change gives us a wealth of information concerning your past, and your future possibilities.

It also holds energetic imprints. Like the cells, chakras, and our physical body.

CHAPTER *Mind* TWO





MIND

It is really important to explain a little about the mind. By understanding how it works, it may explain why you may be feeling a particular way, so you are able to heal.

Our mind is split into two parts. The Conscious and Subconscious. The conscious mind is responsible for such things as the sensations, perceptions, memories, feeling, and fantasies inside of our current awareness and makes up 5% of our mind. The subconscious is responsible for your emotions, creativity, memory, and so much more. If the conscious mind thinks negativity — negativity will follow; if you feel positivity — positivity will follow. It's the only way the mind knows how to work, and makes up 95%.

Your subconscious mind's primary job is to keep you alive. Primal instinct. It wants to keep you safe. If you have experienced something that has caused you emotional distress, or pain (physical and emotional) it will store this experience and create a belief or opinion that means that you will no longer put yourself in that situation or 'danger' again, to keep you safe. In some instances, for example: It also has the ability to keep these memories from you so you can't remember it, again to keep you safe and to stop you from feeling any emotional distress. For example, is there a period of your life that you just don't remember? Around the time of distress? I know I don't remember a lot about my parents separating, In fact there is very little that I do remember from that time.



We form these beliefs unusually from birth up until the age of 7. We can also have some beliefs and processes that have been passed down through ancestral lines, through your DNA and cellular memory. These can also form repeating beliefs or thought patterns, that may not benefit you in your life time. Do you carry familiar traits to members of your family?

Usually, what we formed a belief about at an early age, to keep up from being hurt, actually no longer serves us in our adult life. We are able to distinguish what is safe and not and what beliefs are true and which ones aren't. The subconscious mind however will remain strong, holding on to these old beliefs, keeping you stuck and unable to move forward with your life. These beliefs can be reprogrammed, transformed or healed.

An example of this would be: In the early years, a small child rebelling against parents may go and hide. Hide in their home hoping that their parents would be worried sick and come looking for them. They don't. And in this moment the child thinks 'they don't care about me, no one cares if I'm here or not' along with the feelings of sadness, frustration, low self worth. Your mind will create a belief here, to stop you from entering this state again. "I am not good enough" 'I am not loved enough'. It will then 'serve' you by keeping you protected, ensuring that you keep people at arms length. That you create distance so you don't get hurt or let down again. That you can't trust anyone, apart from yourself. This plays out in your adult life by not being able to let people close to you. Feeling alone, that you have to be everyone's support including your own because you can only rely on yourself. But also the emotion of feeling frustrated and sad about these situations.

MIND

We create a lot of our beliefs before the age of 7. Some of these events are not even remembered. Stored safely under lock and key by our subconscious mind so we are kept safe and not hurt.

As an adult we know these not to be true. The situation completely different. As an adult this belief no longer serves us in our life. We know that we are loved by our family, that we are not alone, and have the capability to let people close to us and we no longer need to feel sad or frustrated about these things.

This is when we need to reprogram the subconscious mind. Teach it the new way. Unlock the memory and belief, wherever it may have come from and heal.

Now imagine you have these emotions, beliefs and fears in your life, keeping you stuck or blocked as an adult. You know it's not right. You have no reason to feel this way, but there is no memory or event that created it in your lifetime, not even one stored away.

This is where cellular memories, energy beliefs and events passed down through ancestral lines can be present.





MIND

The events lived, emotions and beliefs created from these events, from before your time have been stored, passed down and are playing out in your life. Do you have a family trait that you have no control over? Maybe a belief around money, eating, family roles with in the home. Life was very different for our ancestors, you had to work hard to have money, You have to eat all the food on your plate, you don't know when you will be getting another full plate. The male works, the woman stays at home. These are just some from millions of the collective beliefs from a long time ago.

We do also, carry many many positive things through cellular memories and great experiences, but they tend not to hold us back in our lives as much!

So now we have an understanding about energy and the mind and how they work together.

Let's look into the body and the energy centres together.



CHAPTER *Chapteras* THREE





CHAKRAS

An introduction to your energy centres

What are Chakras?

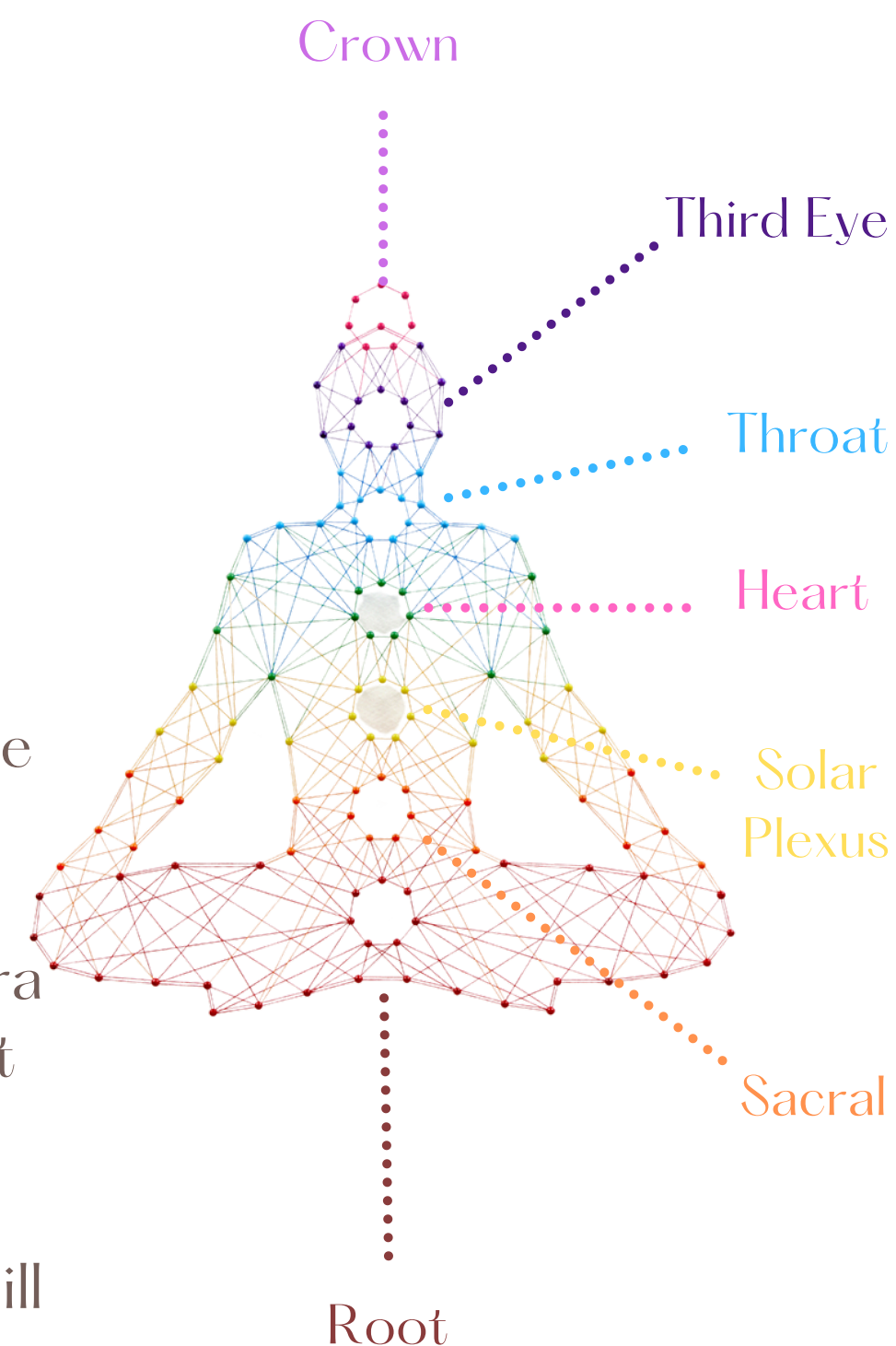
Originating from India and many eastern cultures 1000's of years ago, these points are used throughout holistic therapies and medicine.

Chakras are non physical energy centres located in the centre of the body. The chakras are where energy lines (meridians) meet in the body. (Think of it like a junction).

Much like the world, they need to be kept in balance. This balance will allow your energy to flow through your body keeping you well. When one gets blocked the energy becomes stagnant in that area manifesting in an emotional, physical, mental or spiritual effect on the person.

There are 7 main Chakras. As you can see in the diagram each chakra is related to different areas of the body and also related to different emotional responses.

They are also associated with colours. These are also key and you will find these colours are also linked in many different spiritual practices and holistic therapies.



CHAKRA BREAKDOWN

Root

Our root Chakra is located at the base of the spine. Energy flows up from the earth through this chakra

It is our base, stability and where our core aspects come from. It keeps us grounded 'rooted'

If it becomes blocked it can cause feelings of insecurity, fear, safety, not belonging & identity.

This can manifest in your life as:
Instability in relationships or jobs
Trouble with basic needs such as food, shelter & clothing.

It can manifest in the physical form as:
Problems with the feet, legs, knees, bones, coccyx, large intestine & reproductive organs.
It can also contribute towards a lowered immune system or fertility issues.

If too much energy is backing up here, it can show up as:
Greed, control, OCD tendencies or obsessive behaviour.

Sacral

The Sacral Chakra is located just under the belly button.

It represents our emotional body, relationships, intimacy, pleasure, connection and creativity.

When blocked this can reveal holding onto suppressed emotions or difficulty expressing emotions. There will be work to do on what brings joy and happiness, releasing the inner child within and having fun.

Physically it is related to:
Hips, lower back, sexual organs, kidneys, bladder, stomach, pelvis & appendix

If overactive it can manifest as overstimulation. Never completing projects before the next, overspending, continuous relationship problems and sexuality.

Solar Plexus

This chakra is located in the upper abdomen. It is responsible for drive, will, motivation, self worth, power confidence & transformation.

Issues located in this chakra can develop as low self confidence, doubt, no motivation.

Physically it relates to the Stomach, small intestine, pancreas and metabolism.

Overactive energy can manifest in this chakra and can be seen as stress, impatience, and arrogance.

CHAKRA BREAKDOWN

Heart

The Heart chakra is located in the centre of the chest. It represents love and self love

When blocked or under active people may find it hard to connect to love. feeling unfulfilled.

Physically is it related to: circulation, heart, lungs, blood cells, veins, arteries, capillaries and lymph nodes.

The power of oxygen that also courses through us is connected to Love

If overactive it can manifest as giving too much, too empathetic and neglectful of them selves.

Throat

The Throat chakra is located in the centre of the throat. It governs authenticity, the spoken word, truth vibration and listening,

If this is blocked, you may find it difficult to express yourself, speak your truth or feel unheard leaving the outcome of introvercy.

Physically it is related to the Thyroid glands, metabolism and regulating body temperature.

If overactive, it may lead to being overcritical, interrupting or belittling others.

Third Eye

The Third Eye chakra is located in the centre of the forehead inbetween the eyes. It represents wisdom, intuition, foresight and connection

If this is blocked you may feel a disconnect from spiritual growth and wisdom.

It is physically connected to the Pituitary gland, and previous glands. Brains, eyes, eyebrows,

If overactive, it may have the feeling of being overstimulated.

Crown

The Crown Chakra is located at the top of the head in the centre. It represents connection to source energy and the other planes of existence.

If this is blocked it may feel like there is a lack of purpose, and a lack in faith to whichever is right for them.

It s physically connected to the Pineal gland, sleep and regulating biological cycles and balance.

If overactive, it may casue diffuculty to feel grounded. Spending too much time within the universe or spirituality.



CHAPTER *Crystals* FOUR



CRYSTALS

*This chapter comes with a warning,,,,,
Crystals can be highly addictive!*

Crystals, fossilised minerals, mined from Mother Earth herself are a wonderful way to help balance your energy and well being.

They each have a unique energy field much like our own and work gently on a vibrational level to help restore balance within our energy. As we are all unique, we will all have slightly different experiences with each one. So when you are researching, keep in mind that you may have a slightly altered experience with each one.

They have been used for healing for centuries and can be very powerful. Not to mention just how beautiful they are to have in your home!

They come in a few different finishes, just choose what is right for you.

Tumbled. Raw. Rough. Towers. Points. Freeforms. Geodes. Carvings.



CRYSTALS

In most cases, but not all, the colour of a crystal will represent the chakra that it is aligned with which is a great way to identify what needs a little attention for your well being.

How to choose? If you are starting out, use your intuition to guide you to what you are drawn to. One that you can't keep your eyes off! It may not be one that you were expecting. Keep an open mind, it might even choose you, rather than you choose it!

They require love, respect and some TLC. It is important to keep them cleansed as they will absorb your negative energy. Much like a sponge, once they are full they won't be able to absorb anymore and therefore won't work efficiently. You will need them re-cleansed regularly to aid in healing and keep them working efficiently. If they have been used alot or through a difficult time, you will want to cleanse them every few days.

CRYSTAL CARE

As mentioned before, they need to be cared for. They are helping you through a difficult time or helping to rebalance you, and deserve some TLC, much like a friend would for helping, love and support you.

Once you receive your crystal, it is important to cleanse and release any energy it has picked up from others before you.



Cleanse by running under water for a few mins. Even better a river or stream.

Note: Check your crystal. Some will crumble with water (Selenite)



Bury the crystal in a bowl of salt. Even better Himalayan salt, for a few mins.



Run the crystal through the smoke of sage, paulo santo or incense. Known as smudging.

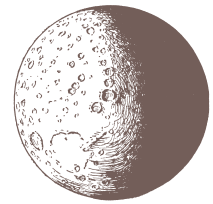


Bury in the earth for 24 hours.

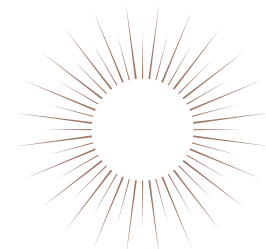
Also cleanse them after you have used them intensely or you have had a difficult period of time and it has been with you. Some crystals, like my pendulums, I cleanse before and after every client I use them on. They will become less effective if not cleansed as they will be full of negative energy and won't be able to absorb any more.

CRYSTAL CARE

Charging: Once the crystal is cleansed it is good practice to charge it. This will allow the crystal to be charged back to its energetic state – Much like you would charge your phone.



Charge under
a New or full
moon



Charge in
direct
sunlight for
a few mins



Bury in the
ground for 24
hours to
cleanse and
charge.

Storage:

This is down to personal preference. Some like to display them all. Remember to clean/dust them. A soft fluffy brush will help to dust in between the crevices. You may want to store the smaller ones in a box. Just ensure there is a comfortable cushion for them to lie on so they don't chip or crash into each other. If leaving them out to charge in the sun, beware that some crystals like Amethyst (purple) can get bleached by the sun meaning they will start to fade in colour. If one goes missing, it is likely that you don't currently need it. Try not to worry. They usually turn up at the right time. If one breaks, it is time to be retired. It has served you well and is no longer needed. It would be nice to thank it and to bury it in the earth to return it to where it was created.



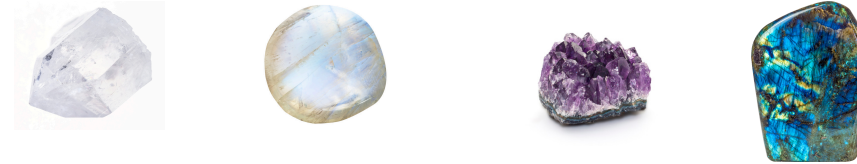


CRYSTALS & CHAKRAS

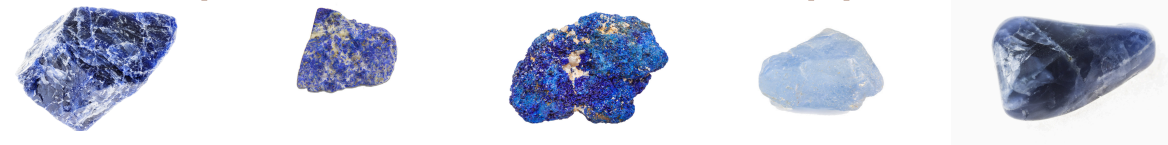
Use the Chakra information to help you see what needs healing.

Note, each crystal will look different depending on the mine & country it has come from.

Crown: Clear Quartz, Moonstone, Amethyst, Labradorite,



Third Eye: Sodalite, Lapis Lazulii, Azurite, Sapphire, Dumortierite



Throat: Turquoise, Blue Lace algae, Aquamarine, Blue howlite, Kyanite



Heart: Rose Quartz, Rhodonite, Green Agate, Green Amazonite, Green Opal



Solar Plexus: Citrine, Topaz, Amber, Fire opal, Tigers Eye,
Sunstone



Sacral: Carnelian, Garnet, Stilbite, Red Jasper



Root: Black Obsydian, Black Tourmaline, Bloodstone, Pyrite,



CHAPTER

Meditation

FIVE



MEDITATION



Meditation has been around for thousands of years originating from western civilisation.

it is the practice of quietening the mind and focussing on the present moment. Each different type of meditation will have a main aspect to be focussed on the present moment. Through practice, these moments can evolve into enlightenment.

Our mind never stops, it is working 24/7. While we sleep, the mind is still working. Meditation will provide the rest, space and well being that it deserves. It also is one of the fundamental things needed to progress your spirituality.

The benefits of meditation are amazing!

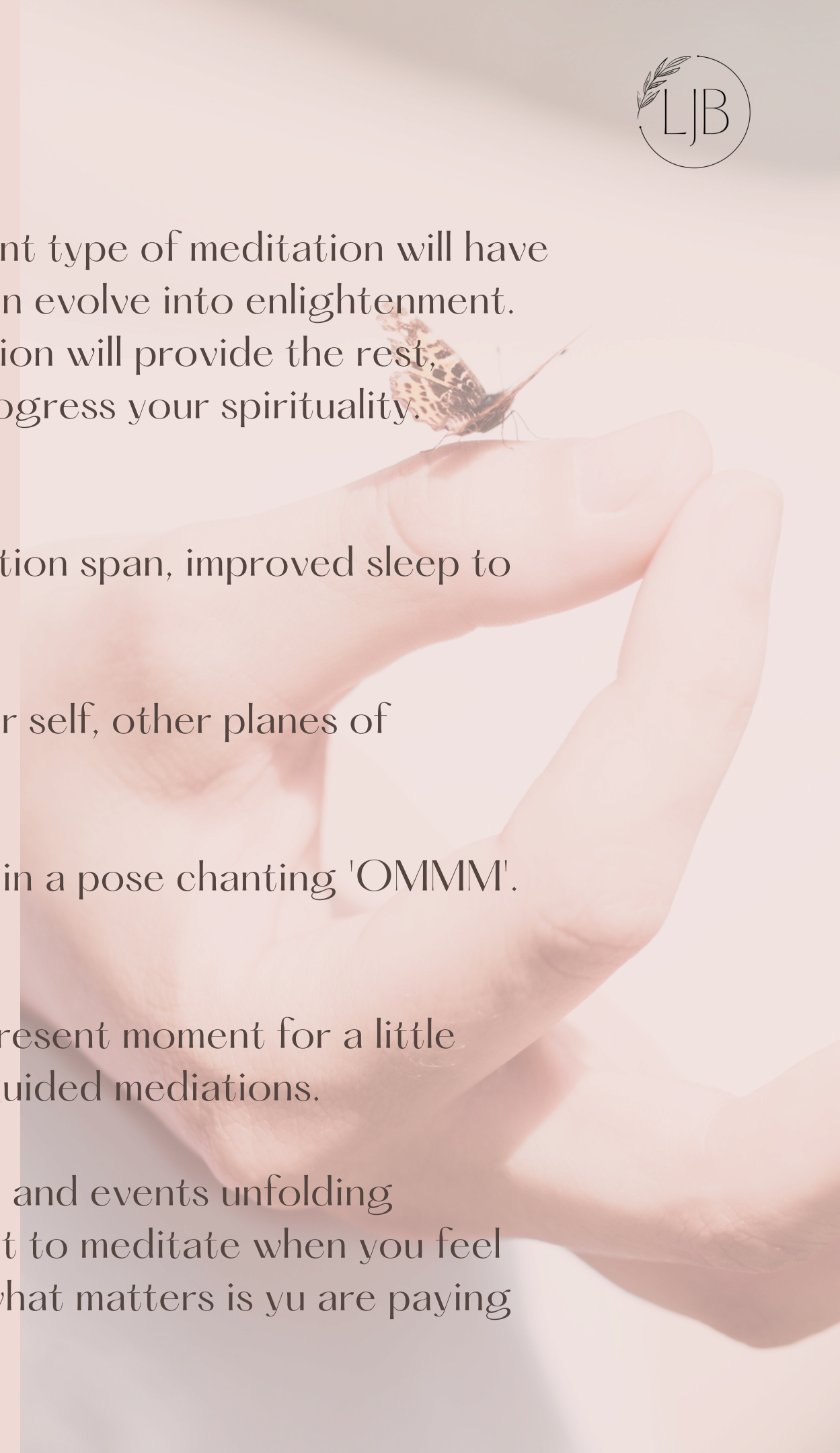
Reduced stress, reduced anxiety, more positivity, enhanced self awareness, improved attention span, improved sleep to name a few.

When meditating in a spiritual way, it forms the gateway for connection to the earth, higher self, other planes of existence, spirit and source energy.

There is often a preconceived idea that meditation is sitting cross legged with your finger in a pose chanting 'OMMM'. This can be the case, but it doesn't have to be.

It can be as simple as breathing comfortably for 5 mins, or bringing your attention to the present moment for a little while. As a beginner, this is a great place to start, leading into some longer ones perhaps guided meditations.

For me personally, practicing and learning this had helped my intuition, spiritual connection and events unfolding phenomenally. It is the foundation of my work and I meditate every single day. It is important to meditate when you feel you need to. try not to get caught up in what you 'should' do. It is different for everyone, what matters is you are paying attention to when it feels good. Let's Go!



MEDITATION *Helpful hints and tips*



1) Plan your time. Doing something for yourself such as meditation can often be put at the back of the priority list. Make it an appointment for yourself, with intention. Honour it. It is more important than you think!

2) It will be much harder for you to relax your mind if you have been running around like a loonatic all day. 15 mins before you are ready to meditate, slow your activity down. Potter around the house, plump the cushions do any small tasks that will enable your mind to start to relax. Even better, sit down and just be for 10 mins.

3) Prepare your space. Ensure you are comfortable. Have a blanket handy, cushion to support your back should you need one. Light a candle, play gentle music, place some appropriate crystals with you if you feel you want to and create an inviting space.

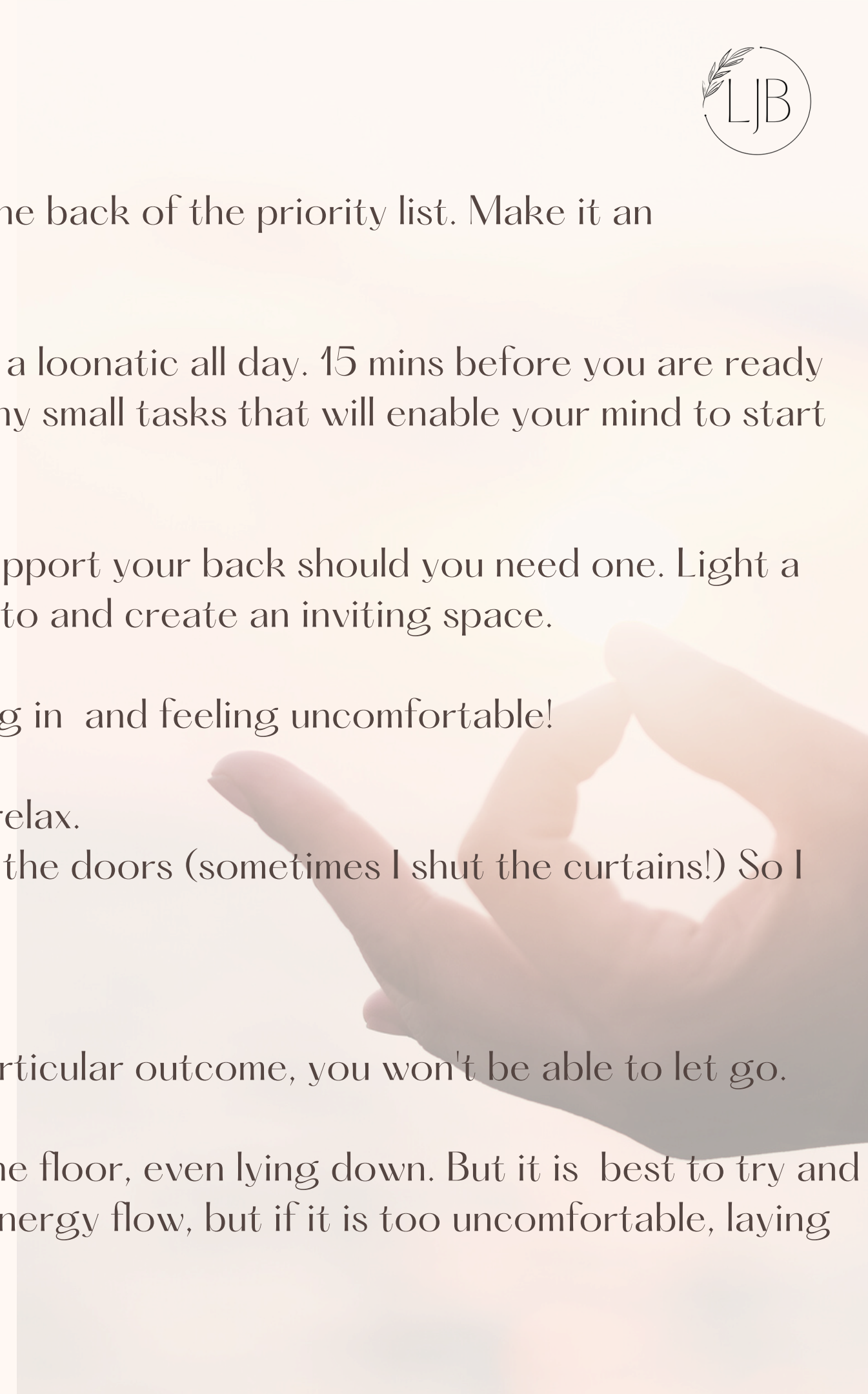
4) Wear loose or comfortable clothing. Nothing worse than your trouser button digging in and feeling uncomfortable!

5) Turn off your phone. If you are expecting a call or a message, you will find it hard to relax. Ensure you won't be disturbed for that time. Make sure the family are out or quiet. Shut the doors (sometimes I shut the curtains!) So I can totally relax!

6) Drop any expectation.

Just allow yourself to be present in this moment. If you are expecting or waiting for a particular outcome, you won't be able to let go.

Sit comfortably with your back supported, either on an upright chair, crosslegged on the floor, even lying down. But it is best to try and be upright. Posture is ideal so your spine and neck and chakras are aligned for optimal energy flow, but if it is too uncomfortable, laying down is fine.





COMMON ISSUES WITH MEDIATION

"I just can't relax"

Don't give up. We are all living busy lives. Keep planning the time in, if when you try you just cant relax, leave it until later on or the next day. It is more likely that you will become frustrated. Which is the opposite to the desired outcome. Be kind to yourself and try again another time. Try also changing the phrase in your mind from 'I cant do this', to 'I CAN sit still'.

"I can't quieten my mind, its too busy."

Have a look at the time of day you have planned to meditate. Is your mind more active at this time of day or more stimulated? I know I cant meditate in the morning I'm too sleepy, and too tired after 8.30pm. Mid morning I am usually on the go mentally and my mind will be too active.

It is very common for even the most experienced meditators to have a day when they just can't relax. Be kind to yourself, and come back to it.

The next technique will serve you well. When you have started, your body is relaxed and your mind is throwing reminders at you, lists of things you have forgotten or a reminder to text Auntie Jill later, bring these thoughts up in front of you as an image. Place them in a bubble and allow this bubble glide up and over you placing the thought behind you, ready for you to return back to it later.

"I keep 'wandering' off"

Depending on the type of meditation you are practicing, this may actually be a good thing! If you are still struggling, and want to stay focussed. You may want to try a chanting/mantra meditation. Try 'Om'/ 'Aum'. Say it slow and let your breath carry the word. Feel the vibration of the word in your tummy. Let your breath guide you.

The purpose of this is to give your conscious mind something to focus on –the chant– so that you can allow your subconscious mind to relax.
Clever huh!

"I'm having trouble staying comfortable."

A great relief from this is to try a pacing or walking meditation. These are great as not only can we keep moving, our body is upright which allows the flow of energy to be better. I sometimes get a better connection whilst practicing this. If you can get outside in nature, finding a space where you can pace up and down or in a circle works. I never imagined a walking or movement meditation would have the same effect, but it is beautiful!

YOUR MEDITATIONS

Click on the title to take you to the audio.



5 Minute Breathing Meditation

Perfect for the days you don't have the time you wish or for complete beginners.



Energizing and Rebalancing Guided Meditation

Great for if you need some time to replenish your energies.



Deep Relaxation Meditation

Perfect for when you need to relax and unwind.

CHAPTER Breathing SIX



BREATHING

Something so simple.

Our breath. It keeps us alive. It holds no grudges. It knows what to do. In & out.

Something so simple, can help so much.

Energy. Follows. Breath.

When we talk about healing and self healing, and many spiritual practices, focussed breathing will always be present because energy release will always follow breath.

So how can breathing help? There are a few types to look into.

1) Focussing your awareness onto your breathing, using your senses to feel the experience of breathing with deep breathing is an amazing place to start. It will reduce the cortisol production, in the body enabling the blood pressure to fall leaving you feeling calmer, reducing the effects of anxiety and insomnia. This is most commonly linked with meditative breathing.

2) BreathWORK, involves manipulating your breathing rate to change how you're feeling. These are much more specific and offer slightly different benefits like reducing stress and inflammation in the body (which can be great for people suffering with autoimmune conditions) to alchemising your blood PH levels. There is also a euphoric almost 'high' sensation which is a response from the brain. There are several types of breathwork practices, some ranging from fairly basic and easy to do at home, to others requiring a practitioner to guide you.

Check with your doctor before you start any breathwork practice if you have a history of cardiovascular issues, including high blood pressure, or are currently taking antipsychotic medications.





BREATHING EXERCISES

Focussed Breath

Start by closing your eyes and mouth, breathing through the nose. Relax your belly. Then breath from your belly. Take conscious breaths from your belly/diaphragm. Noticing your chest rise also. Start by expanding you belly as you inhale for the count of two and exhale for the count of two. When you are comfortable, extend the counts. As you get used to this. Try to double the counts on your exhale. eg in for 4 and out for 8.



4-7-8

Breathing. 4-7-8 breathing is another way to calm and ground yourself by counting your inhales and exhales. Start by exhaling, and then take a fresh breath in through your nose to a count of four. Hold your breath at the top, for seven counts, and then exhale any negative energy out for a full count of eight. Then, repeat this breath cycle three more times for a total of four cycles.



Alternate Nostril Breathing

The act of strategically breathing in one nostril at a time has been shown to reduce baseline markers of anxiety, according to a 2017 study published in the journal Biomedical Research International. First, take your right hand in front of your face and with your right thumb, close your right nostril. Inhale through your left nostril, and then plug it shut with the right ring finger. Both nostrils should be plugged at the top of the breath. Now, open your right nostril and exhale through that side. Repeat the practice, now inhaling through the right nostril and plugging the left with the right ring finger, pausing at the top, and exhaling through the left nostril. This is one circuit; keep doing this circuit a few more times.



CHAPTER *Healing* SEVEN



HEALING



The holistic way to set yourself free.

The limiting beliefs that have trapped energy within you.

The beliefs passed down through generations.

Trauma from your lifetime that has left you damaged.

Limitations you have built up leaving you feeling lost and disconnected.

They are all connected,

As are you.

By freeing yourself from these, working by peeling back the layers, will encourage huge growth.

When we discover, understand and release these, we create more space for joy and wonder.

Your energy vibration will rise.

This allows you to calibrate to the energy of the desires you have and drawing them close.

You will experience a shift, you will move.

You will start to notice the beauty in things, on a deeper level.

Most importantly, as you grow inwards, your exterior world and reality will match you and start to draw miracles close to you in the most profound and beautiful way. Life enriches. not only for you, but for all the others in your life too.

There are many ways to heal. Some are as light as a thought. while others will require an expert or practitioner and some you can self heal. All perfect at the perfect time.



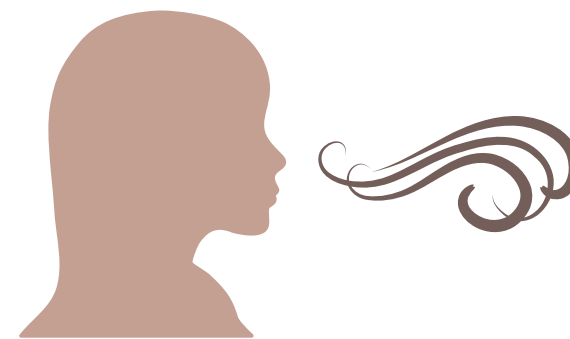
HEALING

Ways to work on self healing and keeping balanced. Document your journey so you are aware of what is effective for you.
Most importantly, with any healing, Ascertain how you are feeling before you do ANYTHING. Use a simple scale of 1-10. 'Im feeling a 2/10 in joy today' Then when you do your healing you can check to see if your number has moved. This keeps you accountable and informed to which methods help you the most.

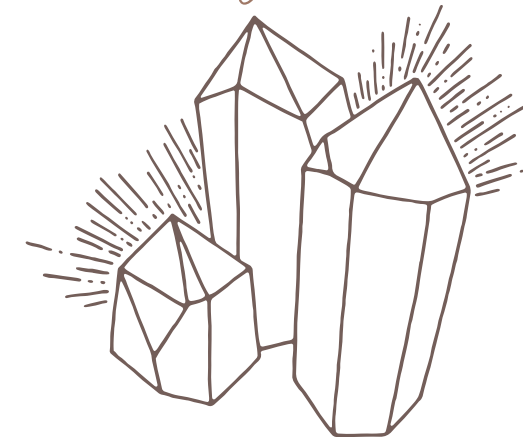
Transformational healing



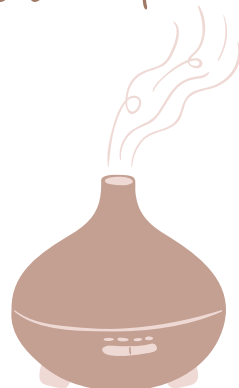
Breathwork



Crystals



Essential oils



Meditation



Yoga, somatic & movement





“WE ARE ALL CONNECTED; TO EACH OTHER,
BIOLOGICALLY. TO THE EARTH, CHEMICALLY. TO THE
REST OF THE UNIVERSE ATOMICALLY.”

— Neil DeGrasse Tyson

Energy, is all there is.



Surprise!

A FREE GIFT FROM ME!
CLICK THE LJB SYMBOL BELOW FOR
AN EPIC MEDITATION OF DIVINE
CONNECTION AND ONENESS



WORK WITH ME!

If you loved this you wil LOVE my



// SOUL ALCHEMY //

A HIGH impact and value based course where we explore, embody, expand and evolve the consciousness of who you really are and heal at a soul level! JUICY!

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