

# SYNCHRONICITY

UNLOCK YOUR DIVINE DESTINY



A COMPANION WORKBOOK

– 2nd Edition –

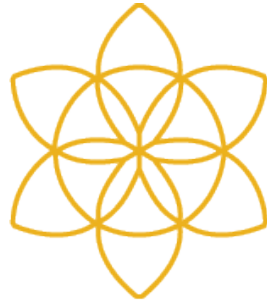
AMELÍA AEON KARRIS



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# Welcome!

Greetings friend,

You have made a wise decision to download this workbook! There are a LOT of powerful exercises provided for you in the following pages.

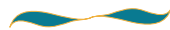
The easiest way to do these exercises is to print this out and create a folder, or make a binder where you can refer to the exercises as they come up in the book. However, you can also keep this as a PDF file and edit it on your screen, but sometimes saving your work can be wonky so make sure you save it often. You could also use your own journal to record your work. Use whatever works best for you.

I pray these exercises support your self mastery as much as they have helped me, my students, clients and friends. If you have any questions or want to engage further, please reach out!

In service,

*amelia*

May all beings be liberated from fear. May all beings know love.





# Indigenous Wisdom

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## The Truth

All that is – is alive

All that is Alive – has Spirit

Everything is connected to Everything else



## The teachings in Amelía's book prepare you to...

Live in Impeccability - walk your talk, keep your promises.

Live in Harmony - with yourself and with others.

Be in Right Relations - with Gaia and all that is.

Recognize and Realize the Sacredness in All.

Be a Clear Vessel without shame or blame.

When you take you give and when you give you receive.

# How Balanced Is Your Life?



This is a simple yet powerful tool to get clarity on the areas of your life that need your focus. Use this tool to check in with yourself on a weekly or monthly basis. By doing this exercise you will be able to see what might be getting swept under the carpet. It is a quick way to get back on track and reclaim your personal power.

1. Get familiar with the areas of life described below and make sure you understand what they refer to.

**Love Life** = A significant other, the level of love you feel in your life.

**Health** = Exercise regime, level of physical health, energy levels, diet.

**Family** = Immediate family members, feeling of family connections.

**Friends** = Support, understanding, joy, connection, loyalty, feelings of belonging.

**Spirituality** = Your connection to Source (inner guidance), sense of being protected, personal practices (prayer, meditation, affirmations).

**Leisure Time** = Rest & relaxation, rejuvenation.

**Finances** = Money management, feelings of abundance.

**Life Purpose** = Meaning of your life, your chosen work in the world.

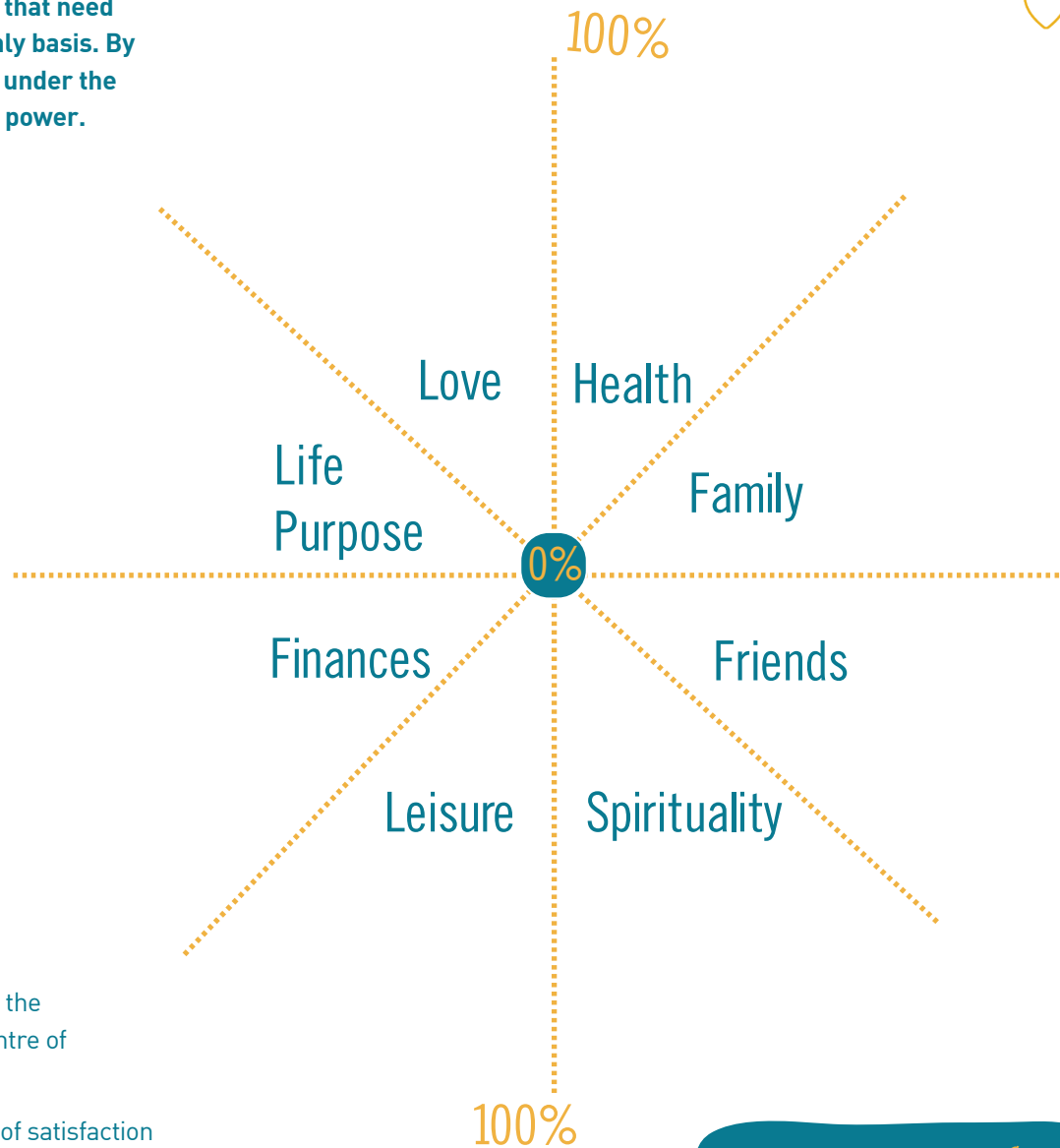
2. Now comes the fun part. This needs to be *done without thought*.

Choose the first number that pops into your mind. Allow your intuition to guide you. Be completely honest with yourself. Close your eyes and ask yourself the following question, "**How satisfied am I from 0% - 100% with my \_\_\_\_\_?**" (insert area of life)

3. When you intuit your percentage of satisfaction, write that number in the slice of pie, next to that area of your life. Draw a line delineating the percentage of the slice. 0% is indicated in the centre and 100% would form the edge of the circle at its fullest shape. 50% would slice right through the centre of the pie. Don't worry, we all have a wobbly inner circle.

4. Once you have your inner circle defined and have figured out your levels of satisfaction take a deep breath and see what you notice.

5. Find the area that got the lowest level of satisfaction. For an immediate shift in that area follow up with the **Positive Re-patterning** exercise.



Use this when you feel

- ∞ Stressed out
- ∞ Confused about Life
- ∞ Bored

# Positive Vibrational Re-patterning



This is the most powerful tool for manifesting the life of your dreams. It is quite simple, but can often be challenging if satisfaction is a foreign feeling. In order to create a life you love, you first need to know what it feels like in **every cell of your body**. Otherwise, how will you know that you have it?

You know the saying, "You don't know what you have until it is gone?" Let's make sure that is not you. Do this exercise after you have completed the **Life in Balance** worksheet.

## Here is how you begin...

1. What is one area of your life you want to create positive change in? (Choose one of the areas from your Life in Balance worksheet).
2. Lie down or sit in a comfortable posture. Take some deep breaths to connect with yourself and relax your muscles.
3. Ask yourself, "What would it FEEL like to be 100% satisfied with my \_\_\_\_\_?"
4. Come up with at least **six adjectives** describing the feelings of satisfaction in that area of your life and write them below. Hold each feeling as long as possible and continue to explore how good it feels to be satisfied.

1. .... 2. .... 3. ....  
4. .... 5. .... 6. ....

5. Take it to the next level. Feel what it feels like in all your senses. Write your responses below.

When I am completely satisfied with my \_\_\_\_\_, what does it feel like to:

☀️ Speak? .....  
☀️ Walk? .....  
☀️ Think? .....  
☀️ Breathe? .....  
☀️ Emote? .....  
☀️ Embrace? .....  
☀️ Eat? .....

6. Spend at least five minutes a day imagining what it feels like to be satisfied with each area of your life. Because this technique is so simple, people tend to not do it. However, if you can 'feel' your heart's desires as if you are experiencing it now it means the Universe has heard you and that energy is being attracted to you. Try it out for seven days in a row and let me know how things shift.

# Universal Laws

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## 1. The Law of Divine Oneness

The Law of Divine Oneness helps us to understand that we live in a world where everything is connected to everything else. Everything we do, say, think and believe affects others and the universe around us.

## 2. The Law of Vibration

This Universal Law states that everything in the Universe moves, vibrates, and travels in circular patterns. The same principles of vibration in the physical world apply to our thoughts, feelings, desires, and wills in the etheric world. Each sound, thing, and even thought has its own vibrational frequency, unique unto itself.

## 3. The Law of Action

The Law of Action must be applied in order for us to manifest things on earth. Therefore, we must engage in actions that support our thoughts, dreams, emotions and words.

## 4. The Law of Correspondence

This Universal Law states that the principles or laws of physics that explain the physical world – energy, light, vibration, and motion – have their corresponding principles in the etheric world or universe. “As above, so below.”

## 5. The Law of Cause and Effect

This Universal Law states that nothing happens by chance or outside the Universal Laws. Every action has a reaction or consequence and we “reap what we have sown.”

## 6. The Law of Compensation

This Universal Law is the Law of Cause and Effect applied to blessings and abundance that are provided for us. The visible effects of our deeds are given to us in gifts, money, inheritances, friendships, and blessings.

## 7. The Law of Attraction

This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn, attract like energies. Negative energies attract negative energies and positive energies attract positive energies.

## 8. The Law of Perpetual Transmutation of Energy

This Universal Law states that all persons have within them the power to change the conditions in their lives. Higher vibrations consume and transform lower ones; thus, each of us can change the energies in our lives by understanding the Universal Laws and applying the principles in such a way as to effect change.

## 9. The Law of Relativity

This Universal Law states that each person will receive a series of problems (Tests of Initiation) for the purpose of strengthening the Light within. We must consider each of these tests to be a challenge and remain connected to our hearts when proceeding to solve the problems. This law also teaches us to compare our problems to others' problems and put everything into its proper perspective. No matter how bad we perceive our situation to be, there is always someone who is in a worse position. It is all relative.



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## 11. The Law of Rhythm

This Universal Law states that everything vibrates and moves to certain rhythms. These rhythms establish seasons, cycles, stages of development, and patterns. Each cycle reflects the regularity of God's universe. Masters know how to rise above negative parts of a cycle by never getting too excited or allowing negative things to penetrate their consciousness.

## 12. The Law of Gender

This Universal Law states that everything has its masculine (yang) and feminine (yin) principles, and that these are the basis for all creation. The spiritual Initiate must balance the masculine and feminine energies within herself or himself to become a Master and a true co-creator with God. Without the Feminine, the Masculine is apt to act without restraint, order, or reason, resulting in chaos. The Feminine alone, on the other hand, is apt to constantly reflect and fail to actually do anything, resulting in stagnation. With both the Masculine and Feminine working in conjunction, there is thoughtful action that breeds success.



# Levels of Self Mastery



Amelía's Mystery School has its own form of measures to track one's progress towards Self Mastery. There are four main developmental levels we track at KnowTheSelf.com.

These levels are referred to as: **Student – Apprentice – Adept – Mentor**

The Levels of Self Mastery are not assessed by faculty or outside members, but discovered within the individual. Once you have embarked on a path of Self-remembrance, doorways, gifts, and opportunities will abound, guiding you towards greater knowledge. It is in those awakenings and discoveries that you find honest assessment with your Self.

Throughout your journey of tuning with your Authentic Self you will spiral around these phases of Self Mastery as you discover your gifts. Some of your innate spiritual gifts may be fully unlocked, developed and mastered, while other gifts are still going through various cycles of learning. So at times, it is possible that you can be a Mentor with one of your gifts and simultaneously a Student with another. Remember that we are forever students learning and this process continues through life, death and re-birth. There is no place to a final destination. It is a process of monitoring yourself and moving forward at your own pace of integration, learning and Self-development.

## The Student

As a student you are aware that you want to evolve and grow. You realize you carry old wounds in need of healing. You may also be aware that you carry resentments and blame and are challenged with difficult/intense emotions. A student is seeking greater purpose in life and wants to know the truth beyond what the conscious mind is presenting. This is a phase of curiosity, truth seeking and unknown potential. The student begins by learning the concepts of living as Spirit beyond the physical form.

## The Apprentice

When you have reached the Apprentice level you have experienced yourself as an immortal being having a human experience. You have remembered innate spiritual gifts and are practicing to use them through trial and error. At this stage you have healed many of your conscious wounds, you have awakened your spiritual vision, and you have developed a high level of emotional intelligence. As an apprentice you will be honing your awareness for multi-dimensional living and establishing a firm set of ethics while being guided and mentored to remember the mission of your soul.

## The Adept

Becoming an Adept means you have anchored your immortal being as a palpable experience merged within your physical body. You know and understand how to work with your light body and have mastered your gifts of spirit. You have healed your emotional, mental and physical ills and have mastered the art of vibrational presence. You know yourself as the cause of your reality and take full responsibility for all you create. Your integrity is impeccable with your Self and all your relations.

## The Mentor

A Mentor is an Adept who is now ready to teach and guide others with ease, clarity and comfort. At this stage you become a positive role model, an elder, the wise one and counselor for your community.

# Grounding



**In order to consciously awaken the authentic Self we need to be present in our bodies.** Too often, we leave our body by disassociating, afraid of intense feelings. To restore our personal power, and understand our life purpose, we need to become comfortable with bodily sensations and treat the physical vehicle as a temple of divine consciousness.

## The first step is learning how to Ground...

1. Imagine the **crystal core** at the center of the Earth. This is the heart of the Earth/Mother.
2. Imagine a **beam of energy connecting** you to the crystal core. Use any imagery that helps you connect - like a tree trunk or a beam of light. Make sure this connection to the Earth stays wider than your body.
3. Allow the energy of the **Earth to move up through your feet** and into your entire body, all the way above your head. You may notice different colors or sensations in your body as you make this connection stronger. By connecting to the center of the Earth you can de-stress and ground-out any excess energy.
4. Allow the energy of the Earth to **pool and collect in your heart** to awaken your true nature.



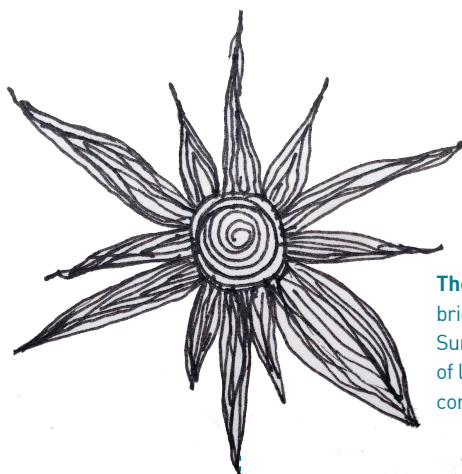
## Benefits

- ∞ Restore your internal balance.
- ∞ Hold firm & steady in your body.
- ∞ Release excess energy.
- ∞ Become present in the here and now.
- ∞ Understand your feelings.

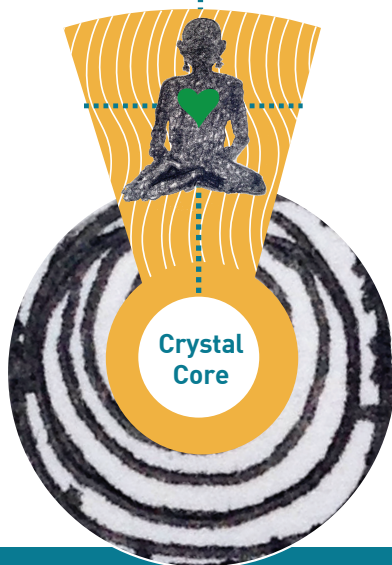
The Earth is our Mother, unconditionally loving, holding us tightly through her magnetic gravitational field. She gives us nourishment, support, and composts all our pain into fertile soil. Respect her. Protect her. She is our home.

# Vertical Alignment

Connect to your Authentic Self in Present time.



**The Central Sun** : Beyond our Sun, there is one brighter, housed in the Pleiadian star system. This Sun is the center of our Universe and is the source of life. We restore our internal balance by connecting to it consciously.

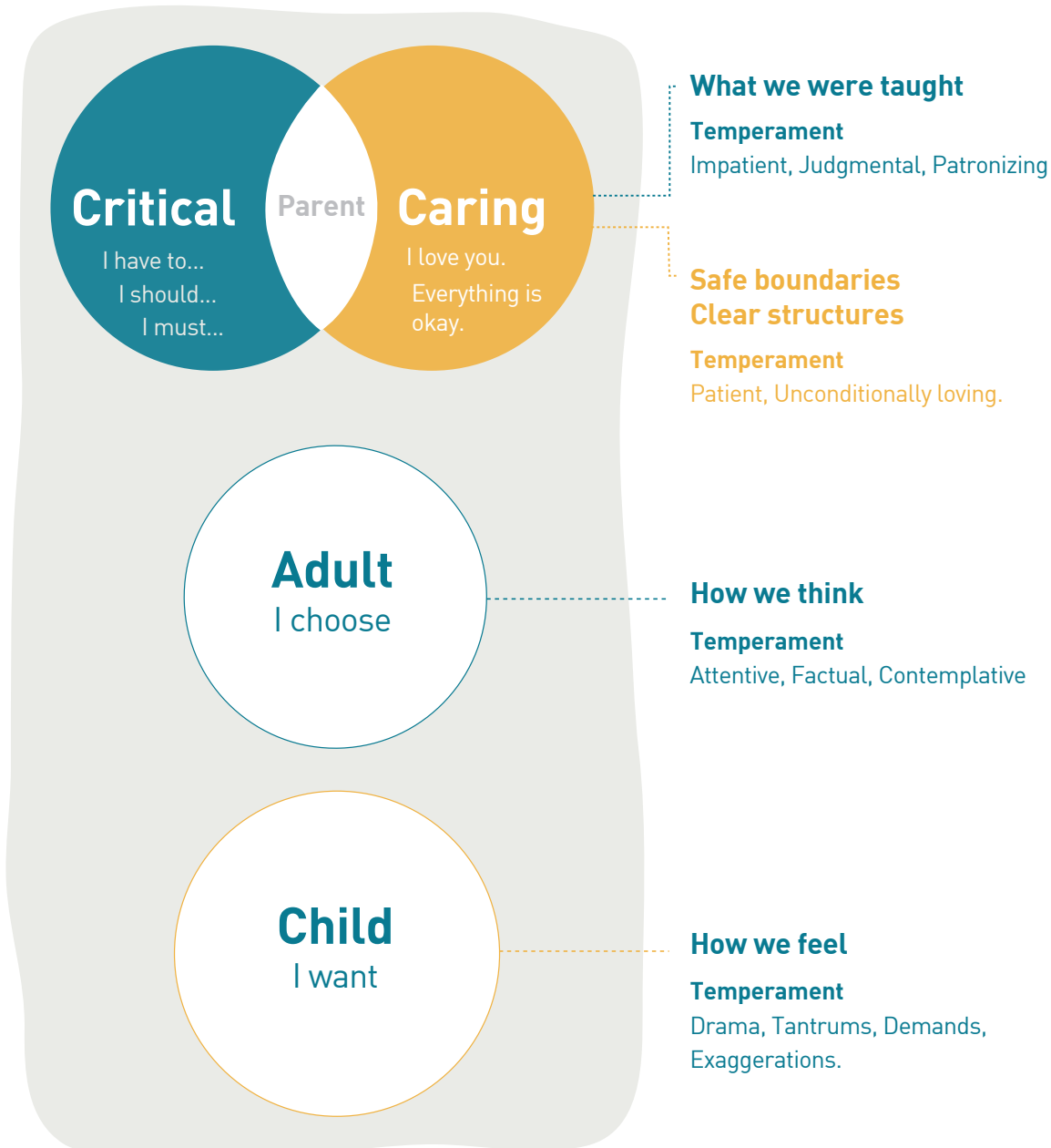


**The Horizontal Plane** is our 3D reality - the Realm of Polarity: Pleasure & Pain, Right & Wrong.

**The goal is to align these energies from the Central Sun and the Centre of the Earth (above and below) in your heart.**

\* See grounding diagram to connect properly with the Earth.

# Understand Your Mental Makeup\*



## Draw your Own Mental Makeup.

What is your current mental state? Tune into the inner voices that rule your awareness. What voice is the loudest? Draw your circles in proportion to their internal size and hold on your psyche. *If you want to want to challenge yourself, ask someone really close to you to draw it for you. As always, notice what you notice.*

# The Emotional Guidance Scale\*



Use this scale to honestly ask yourself how you are feeling about a particular situation, issue or person in your life. Remember, you are in control of how you respond to things, so now is time to take back your personal power.

1. Joy | Knowledge | Empowerment | Freedom | Love | Appreciation

2. Passion

3. Enthusiasm | Eagerness | Happiness

4. Positive Expectation | Belief

5. Optimism

6. Hopefulness

7. Contentment

## #7 and Above

You are attracting *positive energy*\*

Keep it up!

8. Bored

**Pay attention!** You can go either way from here.

9. Pessimism

10. Frustration | Irritation | Impatience

11. Overwhelm

12. Disappointment

13. Doubt

14. Worry

15. Blame

16. Discouragement

17. Anger

18. Revenge

19. Hatred/Rage

20. Jealousy

21. Insecurity | Guilt | Unworthiness

22. Fear | Grief | Depression | Despair | Powerlessness

## #9 and Below

You are attracting *negative energy*\*

Time to change the channel and take back your personal power.

## Struggling in a low-level rut?

~ Go back to your Blissipline practice and find an activity that gives you energy.

~ Start small and remember the *Four Stages of Growth*.

~ The first step is to notice it. Well done, you've already begun.

*\*Energy is defined as circumstances and events that you draw into your life by vibrating at a certain frequency.*

## **“What was my pain, is now my power.”**

*You have fully succeeded in installing a new positive pattern. Your old pattern no longer has a hold on you. Your true self is being revealed.*

4.

3.

## **“Whoa, almost did it again...(but I didn’t)!”**

*Congratulations! You’ve just learned how to restore choice and take back your power.*

2.

## **“I juuust did it, again!”**

*Noticing all the ways in which you sabotage yourself is very uncomfortable. Hang in there, you are beginning to peel off the layers of old conditioning. Your true Self is being unveiled.*

1.

## **“Do I really do that?”**

*You have just overcome denial. Change is well on its way.*

# 4 Stages of Inner Growth

*A tracking system to overcome mental, emotional, spiritual and physical addictions.*

# Define New Measures



Notice what you feel about the following questions. Be honest with yourself as you discover how to change the way you have been judging yourself.

**1. What do you define yourself by?** *For example, the amount of money you make / how good you look / the awards you've received / your relationships? Write down all the ways you have been judging yourself here...*

**2. What character traits do you value most in other people?**

**3. What character traits do you value in yourself?**

**4. What character traits do others value in you?**  
*If you don't know, ask them and write their responses below.*

**5. List out below a new set of values to measure yourself by.** *Keep these new measures handy. Etch them in your mind. Pledge to use your own value system when the judgemental aspect of you raises its head.*

# Discover Your Energy Flows



Think of all the things you do in a given day. List the activities, situations, people and food that give you energy and which ones take away your energy. Keep this list handy for quick reference on a challenging day.

## Energy Enhancers

Activities

Situations

People

Food

## Energy Depleters

Activities

Situations

People

Food



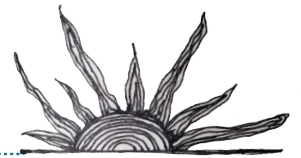
# Mindful Activity Monitor



Use this tracking tool to manage your time and energy throughout the day. How do you spend your time? Notice how you feel when you do your various activities in a day. Be totally honest with yourself and add as much detail as possible. Remember, this is about expanding your awareness and making positive lifestyle changes. Fill this out for seven days straight to get a good overview of your rhythms.

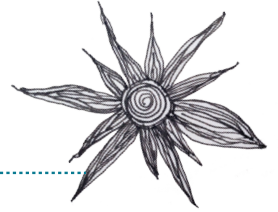
Date .....

## Morning



Time	What did you do?	How did you feel?

# Afternoon

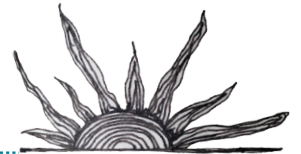


Time

What did you do?

How did you feel?

# Evening



Time

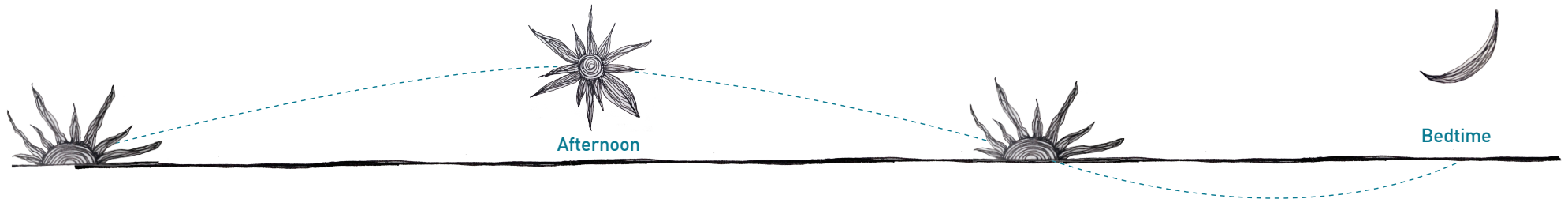
What did you do?

How did you feel?

# Design Your Ideal Day of Blissipline



1. Close your eyes and imagine your perfect day. What would it feel like?
2. Imagine being centered in yourself, full of positive energy and flowing with a beautiful rhythm.
3. Think of all the fun routines, activities and self-care practices you can fit into your day.
4. Feel it fully in your body and when you have imagined the entire day write it down here so that you can begin to make this day of blissipline a reality.



I wake up feeling...

To keep my focus and energy strong during the day I...

In the evening I enjoy...

Before bed I make sure I...

I begin my day by...



# Guidelines for Harmonic Resonance

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As you embark on this path of Self-discovery it is imperative that while you interact with this material and with others, you take the following into consideration...



**Be here in the now** physically and emotionally as you work with this material. No regrets for yesterday, life is in you today and you are making your tomorrows.

**Accept yourself** exactly where you are and as you are.

**Accept others** exactly where they are, taking responsibility only for yourself.

Our **external world will alter** along with our internal world. Our way of speaking and dressing may change - allow it to happen and simply witness it.

**Be curious** and compassionate with yourself in this deeply transformative process.

Look at yourself **as the source of your experience**. Do so from a place of profound self-acceptance, curiosity and from a very impersonal position. Relate to your own experience as collectively part of the human experience, rather than shaming, blaming or making yourself wrong.

**Be open and ready to change**. Notice the resistance that comes up.

**Refrain from giving advice** or rescuing anyone else. Allow others to have their own process and personal space.

**Make "I" statements**. Speak about your own experience. Own your feelings and take responsibility of them through your language. Do not speak slightly of yourself or others. Do not bring discredit to yourself or minimize your abilities.

**Do not compromise** your own reality.

Be **your own advisor**. Keep your own counsel, and select your own decisions.

**Be compassionate** with others but true to your own goals.

If you **fall out of integrity** acknowledge it, make up the damage done,



# What's Next?

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## Please Join Me In Making The World A Better Place!

As you attune to your heart you become a beacon and a magnifier for others to awaken and align in their proper placement on the golden Flower of Life Matrix. It is important that we tune our fields together to create a harmonic resonance in order to strengthen the golden thread and magnetize our soul groups.

- **Know The Self Mystery School:** If you are interested to develop your Self Mastery, I offer courses and retreats online and in person throughout the year to assist you in activating your full potential.
- **Personal Sessions:** If you are looking for personal support I open a few Soul Dive Sessions and Clarity Calls each month for specific cases. I also have a list of qualified peers whom I work with and refer on a case by case basis.
- **Start Your Own Meditation Circle:** Please use my book, and any of my video or recorded meditations to start up your own meditation group. Contact me for more information and a welcome packet to get you started.

Blessings on your journey,

*amelia*