

Know the Self

REBIRTH & RENEWAL

WORKSHEET # 2
TRANSMUTE &
BALANCE

WRITTEN BY:
AMELIA AEON KARRIS

REBIRTH & RENEWAL PROCESS

GET READY TO ... TRANSMUTE & BALANCE!

In the previous worksheet, you listed out your challenges and accomplishments and noted some of your patterns from the previous year. In the first part of this worksheet, you're going to transmute those challenges and pain points and turn them into a newfound power.

**NOTE: If you didn't do the first exercise you will want to do that first as they build on each other.*

If you are not sure how to find a solution to the challenges you listed, remember that we are never given challenges that we don't already possess the solution for. If you get stuck in this exercise, meditate on this concept to uncover the solutions to your own challenges within you! You can schedule a private 1-1 session with me for more support at www.knowtheself.com/links.

In the second half of this worksheet, you will discover what in your life needs your attention and a quick and powerful way to manifest all that you want to create for living a life that you love.

Get Ready:

- Set aside at least 30 min - 1 hour of personal reflection time to complete this process. If that feels too long, try short bursts of 10 minutes until it's done.
- Decide where you will capture the info (you can print this out, open a new doc, or grab your journal to write down your answers).
- Play the video.
- Grab a glass of water, your favorite cuppa tea, or a refreshing drink.
- Light a candle if you want to set the mood or find a nice place in nature to cut out all distractions.
- You can schedule a private 1-1 session with me for more support at www.knowtheself.com/links.

Let's get started.

Amelia



PART ONE:

TRANSMUTE CHALLENGES INTO SOLUTIONS

THE PROCESS

01 Take each challenge, issue or problem you had last year and transmute it into a new solution.

FOR EXAMPLE

Challenge: Covid lockdown - gym closed, gained weight, no outdoor time.

Solution: Stay focused on personal health every morning, set up a variety of exercise routines @ home, find good YouTube videos (make a playlist), do at-home dance jams, drive to better walking spots, ask a friend to workout with me.

Challenge: Had to cancel 2 retreats, lost income.

Solution: Create a new online offer, diversify income, cut expenses.

A Helpful Tip: When I feel discouraged about my personal challenges I say to myself, “**What was my pain is now my power.**” It helps me reclaim my energy and jump back into the driver's seat. Say that out loud to yourself if you feel stumped in any of the upcoming questions and reach out in our private FB group if you need support or want to share!

Now it's your turn!

Challenge:

Solution:

Challenge:

Solution:

Challenge:

Solution:



SUM IT UP



02

Write one word that best sums up your struggles of last year.

FOR EXAMPLE

Shock



03

Write one word or phrase that best sums up your lesson of last year.

FOR EXAMPLE

Patience



PART TWO: **FIND YOUR BALANCE**

Do you know what area of your life is screaming for your attention?

Sometimes we do - and sometimes we need to acknowledge what hides out in our blind spot - just out of view.

Over the last 25 years, I've been doing this simple exercise religiously. This exercise is fun and should not take more than a few minutes to complete, yet it is very illuminating. It's like an intuitive report card on how balanced your life is at this moment.

THE PROCESS

01 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 = Your exercise regime, level of physical health, energy levels, diet.

Family = Immediate family members, feeling of family connections, inner circle.

Friends/Community = Your social support, 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 = Your money management, feelings of abundance.

Life Purpose = The meaning of your life, your career/chosen work in the world.

02 Activate your intuitive knowing by letting go of any preconceptions about this exercise. Take a deep breath, and look at it through a light-hearted lens. Follow along with the video, or go at your own pace by asking yourself, the following question for each area of your life:

“How satisfied am I from 0% - 100% with my _____?” (Insert the area of life from the list above.)



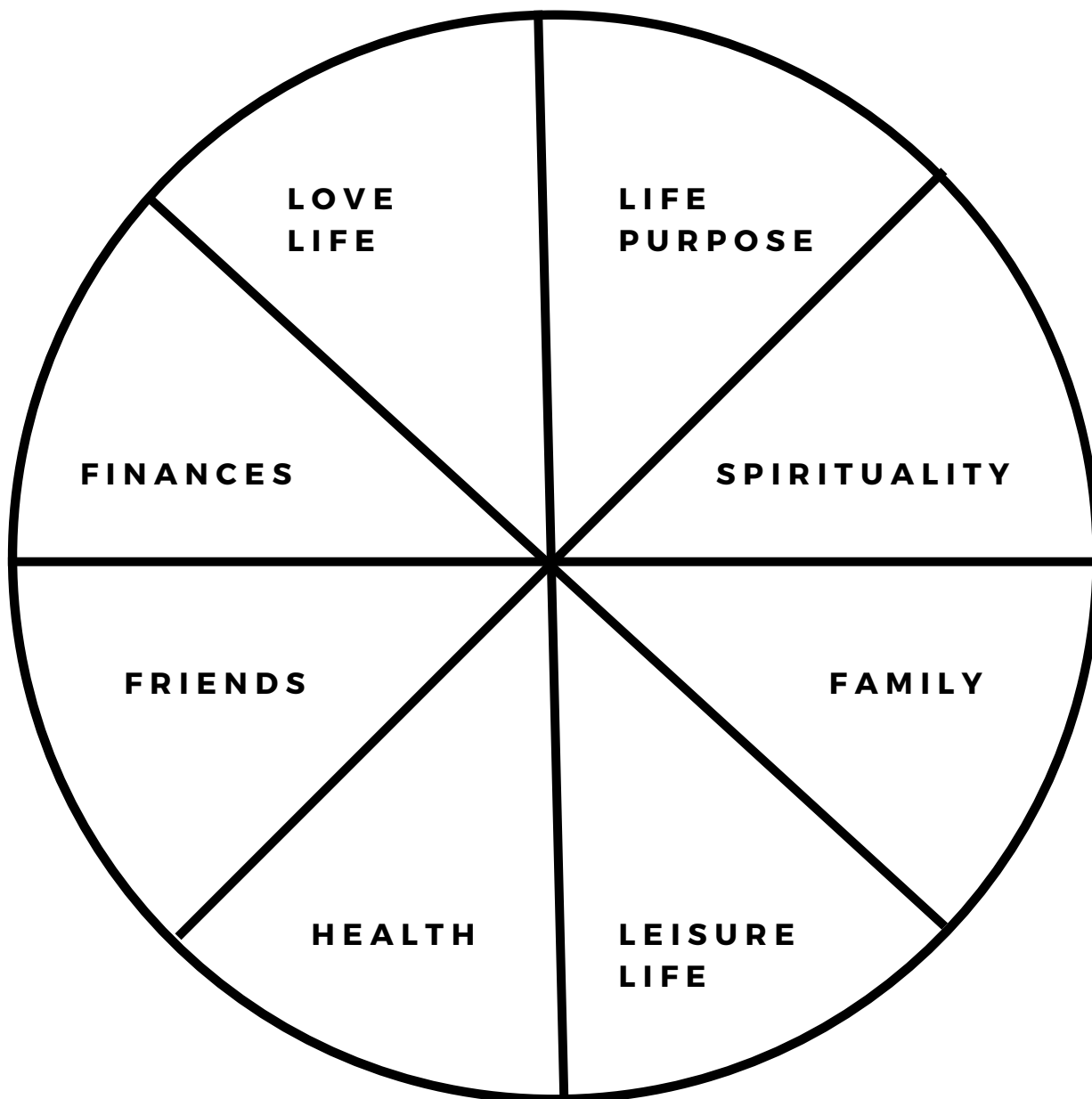
FIND YOUR BALANCE

03

Go with the first number that pops into your mind. Allow your intuition to guide you. Be completely honest with yourself. When you get the number write it in the slice of pie that corresponds with that area. Make a line delineating the percentage. Your % lines will soon form an inner circle. Don't worry we all have a wobble.

ENTER YOUR % NUMBERS

"HOW SATISFIED AM I FROM 0% - 100% WITH MY _____?"



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FIND YOUR BALANCE

04

*What area of your life was your lowest number?
(This area of your life is calling for your attention.)*

05

What are your big dreams in this area for the year ahead? What do you want to experience?

06

How do you want to feel?

07

Who do you want to be?



PART THREE:

POSITIVE REPATTERNING

In the following process, you will be invited to activate positive mental and emotional vibrations in order to consciously create a life you love. It's a quick way to get back on track in areas of your life that are lacking energy so you can reclaim your personal power in *every area* of your life.

This is a fun and extremely powerful tool to manifest all that you desire. It is quite simple but can be challenging if satisfaction is a foreign feeling in a particular area of your life.

This exercise attempts to access your whole brain by working with your senses. In order to create a life of satisfaction, you first need to **know what satisfaction feels like** in every cell of your body. Otherwise, how will you know that you have obtained it?

In my experience, because this technique is so simple, people tend to not do it, or fudge their way through it without a full-body connected effort.

However, if you can conjure up and imagine what it *'feels'* like to satisfy your heart's desires, you will be re-wiring your internal electrical impulses and that energy is being attracted to you because you are now capable of obtaining it. It finally has a place to land!



THE PROCESS

01

Start with the area of your life you want to create positive change in. (Hint: Choose the one with the lowest % in the previous process.)

Get into a meditative state. Take some deep breaths to connect with yourself and relax your muscles. Ask yourself, ***“What would it FEEL like to feel 100% satisfied with my (enter one area of your life here)?”***

Discover at least six adjectives that describe the feeling of being completely satisfied in that area of your life. **Write a minimum of 6 adjectives down.**

02

Hold the feeling of each word as long as possible. Close your eyes, and circulate the feeling around your body and explore how good it feels to be satisfied with this area of your life.

03

If you want to take it to the next level, ***feel what it feels like in all your five senses***. How does it feel to touch it, see it, feel it, hear it, taste it? Write all your feelings and sensations down.

04

Repeat this process often. If one area is particularly challenging, focus on that area for seven days in a row to experience an immediate shift.

For general overall balancing, spend at least five minutes a day imagining what it feels like to be satisfied with each area of your life. You will be rewiring your internal circuitry and creating new pathways for magnetic manifesting potential.

Remember if you can feel it you can create it!
See you in the next video!

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AMELÍA AEON KARRIS

Master Mystic, Author, & Business Mentor

Amelia is the author of *Synchronicity, Unlock Your Divine Destiny*, and the founding director of Know The Self, where she guides truth-seekers to access their innate wisdom. Her Rebirth & Renewal Process was formed through a series of abrupt life changes throughout her life.

She has consulted for fortune 500 companies, CEO's, royals, and spiritual leaders in the US, Japan, India, and Mexico.

Over the last 27 years, Amelia has helped thousands worldwide liberate their minds, navigate expanding realities, establish sustainable lifestyles, and live out their divine destinies.

She offers down-to-earth life mastery techniques via her transformational courses, private retreats, online workshops, radio shows, print, and online media.

Her mission is to help truth seekers & free thinkers reclaim their innate abilities and ground their soul mission.

To learn more visit her website.

WWW.KNOWTHESELF.COM

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