

THE MIND-BODY REVOLUTION

THE MIND BODY UPLEVEL EXPERIMENT
30 - 60 - 90 DAY JOURNEY



HOSTED ON YOUTUBE:



THE AWAKENED STATE

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Hello Beautiful Soul!

Hey there, I'm Ash! I am an Empowerment Coach and Manifestation expert who specializes in emotional Mind-body Healing. Over the years I became obsessed with understanding the connection between Mind-body practices and applying it to Manifestation.

What I discovered with this process is how many of us live from a place of the body disconnected from the mind due to our experiences. Many practices only focus on using the mind to create goals or we strictly use the body to hustle through our goals creating a disconnection between our Mental Understanding and the Physical Interactions we create with our body. When we merge the two together, we naturally create a new form of Alignment where we are now working with our body, not against our body (This is connected to the subconscious mind).

When we begin to create body awareness, we are now Unifying our Perception with our Mind and Our Body's Emotional Interaction with the physical actions we take. This is where the magic happens!

What I am inviting you to is a MISSION to Witness your own Transformation with the Mind-body connection through a 90 day journey. This 90 day journey is about learning how to create rapid perspectives shifts as you begin to reconnect back the Mind to the body. Simultaneously - the catch is we're going to do this with our Intentions and goals we desire to achieve while doing Mind-Body Rituals. Have resolutions you need to get committed to? Projects? Goals? Manifestations?

You are in the right place.

First If you haven't watched the Introduction Video that goes with this Guide, I highly recommend to stop reading and go watch that on youtube first.

Okay? Moving on,

I have always found myself as an energy scientist trying to merge concepts together such as Practical Actions and Quantum Energetics. In this space I began to notice the Power of Momentum.

I talk a lot about this in my new book Awaken your Power to Manifest.



What I discovered is in fitness we have 90-day transformation journeys for a reason. This is because it takes time to develop and build muscle.

Likewise, it takes over 28 days to establish a solid habit into the Identity. This is known formally as The compound Effect. The Compound effect is simply doing Small Actions With consistency produces momentum to basically snowball results over time. Small Actions Create Quantum Leaps in disguise. Everything is made from your Choices & Decisions, those Choices compounded over time create your Reality as the beliefs that you know and experience today. Look backward - The decisions and Choices you made, compounded to put you where you are now. This is the Power we Hold by Playing with Momentum by using the Mind-Body Connection.

ENTER THE MIND-BODY UPLEVEL EXPERIMENT:

Embark on a 30-60-90 Day Journey into Witnessing your own Shifts and Transformation by using the Mind-body connection. Bootcamp your Mind and exercise your brain with the correct Mindset to help you with your goals & Intentions. This is an experiment to bring in radical awareness to your Energy and the habits you create with your goals while going after them.

Why is this important? When we begin to work with the mind-body connection consistently, we start training our minds differently to help us achieve our results.

YOUR EXPERIMENT:

Pick 1-3 Goals you desire to create change on. Do Mind-Body Rituals weekly & record your progress with the Spiritual Planner

MIND-BODY RITUALS

Depending on how many days a week you do, for your experiment, you will pick A Mind Ritual & A Body Ritual. Your Mindset ritual will be the 3 Step Mind-Body Uplevel + Your Body Ritual will be about Movement and nourishing your body to create Body Awareness. Extra Credit: Soul Rituals to nourish your relationship to your higher self + Spirit. Optional.

MIND RITUAL - MIND-BODY UPLEVEL:

- 1 - Set Your daily Intentions for the day & for your 3 goals
- 2 - Detox & Disprove Your Doubt with Encouragement
- 3 - Embody the Affirmation as truth - Embody the Person who already has it. what would you believe, feel and do differently?

BODY RITUALS - MOVEMENT. AWARENESS . & NOURISH

Body rituals are your personal Preference. Choose whatever body ritual most resonates with your lifestyle

- + Movement: Yoga, exercise, walks, cardio, dance, etc.
- + Nourishing Foods & Meals
- + Self- Care

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SOUL RITUALS - INTUITION. HIGHERSELF. SPIRIT.

If you are doing energy work or working on a spiritual practice this is where Soul rituals come in. What FEEDS your soul?

Examples: Meditation, Chakra work, Visualization, Tarot, Bible reading, inspirational reading/podcasts, creativity, free expression, daily joys, etc.

THE MIND-BODY UPLEVEL EXPERIMENT

WHO

- + You're ready for change and Willing to Change
- + You have an open mind about trying new things
- + You are willing to Write & record
- + you're okay with learning a new habit with consistency, persistence and practice!

WHAT

The Mind - Body Uplevel Experiment

A 30 - 60 - 90 day Journey of Witnessing your Transformation and Accelerating your results.

WHERE

Wherever suites your lifestyle!

Extra Series: Mini youtube series
Weekly Check ins Hosted IN The Awakened Network

WHY

Reconnecting the Mind to the Body helps us use Mindset work with Embodiment Practices to easily accelerate our goals & Intentions. Also helps us create new habits.

WHEN

The 30 - 60 - 90 Journey. You can do this on your Timetable of 30 - 60 -90 Days.
Pick how many days a week you want to do it.
Pick a time. Pick a Place. Use Phone Reminders to help!

HOW

Create one daily Mind ritual (the 3 step mind body uplevel) and Do Body rituals to help you achieve your goals/intentions you desire to manifest.

THE 3 STEP MIND-BODY UPLEVEL YOUR MIND RITUAL

Step 1. Set your Daily Intentions

Use a Journal or Notebook. Set Intentions each day of your challenge surrounding your goals with a stream of consciousness writing style.

- + Use Present tense
 - + Use words to Describe your goals as if you already have your Intention.
- + Focus on End Result
- + The more specific the better (Think about Intentions that support the desire surrounding the original goal)

Step 2. Detox & Disprove Your Doubts

Now DETOX Braindump any concerns, thoughts, fears or discouragement you have about those intentions. Let's disprove them!

Next, Look at - How you can change your doubt into encouragement. How can you encourage yourself that this is actually possible? Is this (Fear, insecurity) actually true? How can I look at this situation differently and encourage myself?

Step 3. Embody the Affirmation

Now Rapid Perspective Shift Time!

If I already embodied the person who believed this affirmation was true, what would I believe, see and do differently?

Free Flow write what comes up and allow your higher self to guide you to the answers you need from the space of Embodying the person.

Take Action from **this** Space. THIS takes practice!

THE HYBRID SPIRITUAL PLANNER WALKTHROUGH

Energy Tracker Key:



Very Low Energy, Needing Rest & Recharge



Medium Energy Level, Productive but chill



Slowing Down, Sleepy, Relaxation,



Rising Energy, Motivated, Drive, Giggly



Unmotivated, No Drive, Discontent,



High Energy Level, Excited, Get shit done.

THE MIND-BODY UPLEVEL

DATE:

DAY:

(S) (M) (T) (W) (T) (F) (S)

MANTRA

Daily Affirmation to Anchor You in your Truth.

FOCUS GOAL

Top Goal You're Focusing on i.e. Fitness goal, Money goal, Project, Manifestation, etc.

ENERGY



Track How your Energy Feels each day to Know when you are low Energy

HOW I DESIRE TO FEEL:

use this space to record How do you desire to feel today? Then think about what you do that goes with those feelings. Grounded? Confident? Loving? Intuitively we know this, we just often don't think about it.

DAILY TASKS:

-
- *Get More Focused on What are your Main 3-5 things you want to do today? Rather than Keeping it in your head, writing it down step by step to avoid overwhelm*
-
-
-
-

WATER INTAKE:



WEEKLY GOALS:

Reinforce bringing awareness to your Goals you set for the week here.

MIND BODY RITUALS:

MIND:

BODY:

Record here what rituals you do each day to see what helps you the most with your Energy.

SOUL:

Track it!

REFLECT/NOTES:

Daily Reflection & Insights that came up Today.

PERSONAL PLEASURES:

What are your Daily Joys? Put your Self-care, what you do for Fun, Daily pleasures. This helps you set Intentions to put your happiness first!

MOVEMENT:



ABS BODY ARM FLEX BOOTY REST

Other Forms of Movement you Enjoy goes here

Included is a 7 Day Week template to Print.

PICK YOUR PLAN OF ACTION

30 60 90 DAY PLAN

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30

30 DAY PLAN

Establish a Habit

- You are New to Intention Setting
- Looking to change a Habit
- Manifesting Beginner
- Just looking for a Fun New Practice.

60

60 DAY PLAN

Full Integration

- Ready to Pick up a New Habit and Stick to it.
- In for the Long haul
- Ready for a Mindset Reset
- A Self-Discovery Journey
- Learn Self-Awareness
- Committed for 2 Months
-

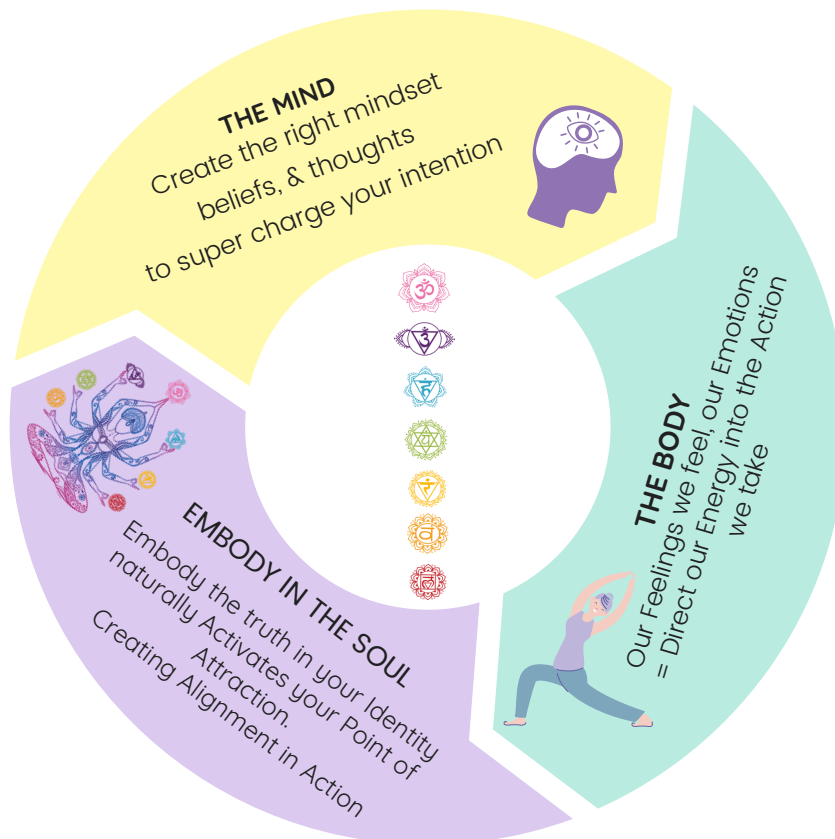
90

90 DAY PLAN

Embody In the Identity

- Is Ready to Embody and Put in the work
- Will do what it takes until it takes - unapologetic
- Ready for change like craving chocolate cake
- Fully Committed to the Unfolding like Boom.

MIND-BODY SOUL CONNECTION



GET COMMITTED

SOUL PREP TALK

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1. What Do I want to Change?

2. What are the 1-3 Main Goals I want to focus on? (You can also think in terms of Mental/Emotional goal, physical goal, Body goal)

GET COMMITTED

SOUL PREP TALK

THE AWAKENED STATE

3. DEFINE YOUR WHEN: When will you do it?

4. DEFINE YOUR WHY: Why is it important for me to do this challenge & stay committed to the journey?

SOUL CONTRACT WITH YOURSELF

COMMITMENT STATEMENT

THE MIND-BODY UPLEVEL EXPERIMENT

**I Choose to Stay Committed to this
Mind Body Uplevel Challenge.**

Why I'm Doing it is:

I Will Show up By:

The days of the Week I will commit to:

My Body Ritual I decide right now is:

**I decide to do the 30 60 90 Day Journey to
Witness my Transformation and create profound
shifts in Mind and body!**

Name:

Date:

CURIOUS TO KNOW MORE?

I made this free training to accompany this guidebook, teaching you the power and benefit of working this system over the course of 90 days. Why it's important and most importantly an explanation in depth on how to do it easily in your day to day life.

You can catch the full breakdown here:

[FREE TRAINING YOU CAN WATCH HERE](#)

NEED DEEPER GUIDED SUPPORT?

Check out My 30 Day Manifestation Challenge, now on Amazon. A 30 Day guided journey to teach you to empower your self-belief & learn to manifest.



Awaken Your Power To Manifest

Discover your inner freedom and
Learn to Manifest in 30 days

BUY IT NOW ON



www.theawakenedstate.net

I NEED YOUR HELP

I AM ON A MISSION TO SHARE THIS WITH AS MANY
PEOPLE AS POSSIBLE.

SHARE THE JOURNEY WITH OTHERS
& JOIN THE MIND BODY REVOLUTION:

SHARE THIS LINK WITH ANYONE YOU FEEL MAY BENEFIT
OR ENJOY THIS INFORMATION:

[SHARABLE LINK HERE](#)



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