Sweetie Consulting

### The Conscious Living Resource

# The Art of Alignment

Review Worksheet

**True or False**

1. The Art of Alignment is emotional recognition, emotional processing, emotional management, seeing the full scope, focusing on the higher perspective, and flowing without resistance or forcing.
2. The keys to alignment are cleanse, ground, focus, flow, and rise.
3. The 2 methods of cleansing are smudging and peppering.
4. Negative ions are what causes tension in the air after an argument.
5. The purpose of cleansing is to remove debris, negative energy, release tension and charge yourself with light and love.

**Fill in the blanks**

1. Varieties of sage include but are not limited to \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_.
2. 2 methods of using sage are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Be sure to use a \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ when burning sage to prevent burns and fire.
4. \_\_\_\_\_\_\_\_\_\_\_ traps positive ions within its negative ions to be rinsed away in the shower.
5. \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ salt contains a high iron content and is used to purify and bless.

**What is the purpose of the following?**

1. Grounding
2. Cleansing
3. Rise
4. Focus
5. Flow

**Answer the following questions**

1. What is “earthing”?
2. Can you name methods for grounding?
3. What is an affirmation?
4. Where can you find negative ions?
5. What does it mean to see and focus in the art of alignment?
6. What is the first thing you do in good goes bad situation?
7. Name 2 methods for finding calm?
8. What is a focus wheel?
9. When is a great time to read from your gratitude jar?
10. What is your favorite method of focusing your energy?