



THE FIVE STEPS OF THE ENERGY ALIGNMENT

METHOD - EAM®

Here's a simple quick reference guide for you to keep nearby when working through the Five Steps.

STEP 1: ASK

This step is to give you clarity on what you need to shift. Ask your energy a simple question to see if it's something you need to work on. For example, 'Am I holding any resistance or worry when I think about losing weight?'

STEP 2: MOVE

Your energy body will respond and give you the 'yes' or 'no' answer to the question you asked. Forward is usually 'yes' and backward usually 'no'. If you sway another way, check for energy reversals¹.

STEP 3: EXPERIENCE

This step is all about assessing what's happening in your energy when you think about that subject. You can perform this step in multiple ways. Choose which is appropriate for you.

1. What happens to your energy? Describe the size/colour/shape/location, etc.
2. How many of something do you have? Use the sway to identify the number.
3. Which emotions do you feel?
4. Explore clarifying questions. Ask further questions to get more detail.



5. What do you see in your mind's eye? Describe the visual picture.

STEP 4: TRANSFORM

Prepare and say your statement, 'I AM ready to release (whatever the subject). I release it from my energy in all forms, on all levels, and at all points in time.' Repeat this at least three times or until you can no longer feel the resistant energy. Remember to check it has released by asking your sway before moving to step 5.

STEP 5: MANIFEST

Prepare and say your statement, 'I AM ready to allow/receive/experience/think/feel (whatever the subject). I allow this into my energy in all forms, on all levels, at all points in time.' Repeat three times or more until you can feel that your energy is in alignment, and you sway forward.

Energy Reversals

An energy reversal is when an aspect of your energy is literally moving in the wrong direction, usually the opposite direction to your natural flow state i.e., backwards instead of flowing forwards. An energy reversal is created when you experience something that your conscious mind has no strategy for.

Common signs that you have an energy reversal are when your body sways side to side instead of backwards or forwards, in circles or will not move at all. Energy reversals are released in a similar way to releasing resistance, just substituting the word resistance with energy reversal.