




*Spiritual Upgrade*

*Step-by-step Guide*

DOWLOAD • ACTIVATE • INTEGRATE

# Welcome



It is an absolute privilege to be alive during these diverse, expansive, and powerful times. These times of our physical existence are when we can open up to more awareness, entertain our curiosity, and be the creators of our experience. In our short life in these physical bodies, we've learned, expanded, and created so much already. And there is so much more!

Use this guide to help you every step of the way to open up to more and let it all in.

# How to Prepare

Light a candle, and prepare your space so that you create a comfortable, quiet environment. Make sure you have a devoted place to meditate - either in a chair or lying down. Have water ready, together with a journal and a pen. The spirit speaks in silence - carve out about two hours of uninterrupted "me" time.

# What is Spiritual Upgrade?

Imagine your mind is a computer. Each time a new update of the operating system is available, you need to download it, unzip it, and install it to integrate the latest upgrade.

During our time on this planet, Universe is trying to communicate with us through the information (messages, energy, awareness, knowledge, higher light) that arrives in the form of a download. Throughout this process, we have an opportunity to raise our vibration, to enter into a higher level of consciousness, and transcend to the new version of self that already exists vibrationally. In other words, you are receiving an energy tide, inflow, up-grading, reaching a new level, a new version of who you are.

This event will serve as a catalyst for you to hone in on what is meant for you. As we start this process, as with the computer, we will need to make more space, delete the old files and prepare the space for the download. Once we receive what is meant for us, we will unzip it and install the update/upgrade. There will be multiple meditation experiences that will guide us to upgrade, activate, and integrate.

You have already been adjusting to this new upgrade. On a physical or spiritual level, you may have already been experiencing an energy influx in a few unusual ways. Refer to page 10 for more symptoms you may be experiencing during these heightened energy times.

# The Catalyst

Any gathering (virtual or in-person), facilitation, spiritual event, ceremony, or ritual will catalyze a spiritual upgrade. There will be heightened energy in a sacred, safe space. You can receive an upgrade in your sleep, in a group setting or individually. Let this guide help you access what's been waiting for you.

Set all your beliefs aside for the following hours and allow this process to unfold and evolve naturally. You are in a safe space, so permit yourself to “be”, receive, observe, flow, noticing what you're noticing. You are being guided, prompted, so let go of any tension, ‘shoulds’, resistance and embody the metaphor of a bamboo - sway with the wind, allowing the movement, not resisting it, just dancing with it.



The main thing for you is to feel at ease, be comfortable, allow and flow with what is, know you are exactly where you need to be, and trust that you are getting exactly what you need from this experience. Make peace with what is, with where you are, and feel the power of this present moment, relaxing into “I AM WHERE I AM.”

# What do you want to achieve?

Setting an intention is always a powerful way to clarify what you want and set the energy into motion. In the space below or in your journal, write down what you would like to get from this event. What is the outcome? How does the result feel to you? How does it look or sound? Use the space below to set your intentions. In the circle below, use two words that describe the feeling you'd like to achieve.

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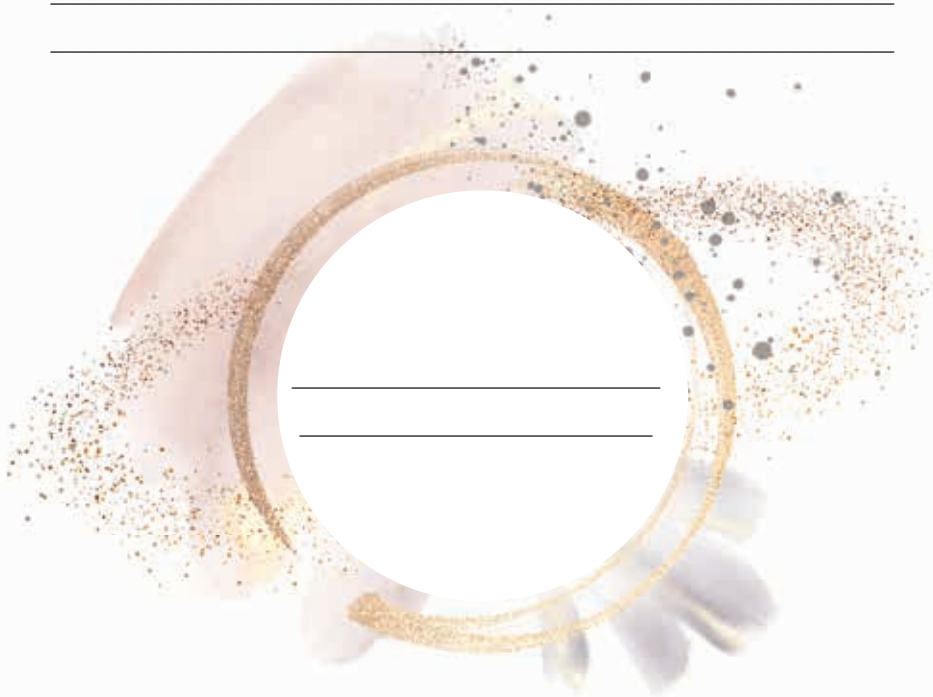
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# Take out the garbage!

When you experience clutter around you, you clean up. The chaos is uncomfortable, and you know that you will feel better once you tidy up and take out the trash. We will start with a meditation experience to clear our mind, take out the mental clutter trash, and tidy up around our mind to make room for more fun things.

You will undergo a meditation experience where you can clear your mental clutter. Please have a blank sheet of paper by your side to journal what comes out of this experience. This will be a symbolic experience (don't write it in your journal).



## MEDITATIVE EXPERIENCE

# Attitude of Gratitude and Appreciation

The fastest way to line up with what's coming to you is to feel true appreciation and gratitude. Put a hand on your heart and feel the true power of gratitude and appreciation. Follow with Extreme Gratitude guided by Alena.

Because writing helps with the focus, use this time to write down what you're really grateful for, what you are thankful for, and what you appreciate? Write anything that comes to your mind and really feel your heart responding. Use the space on the next page to express your grateful heart.



A large rectangular area with a thin orange border, containing 20 horizontal black lines for writing. A faint, light-colored illustration of a lit candle with radiating light is centered on the page, overlapping the lines.

## Preparing for the Download

Now that we've prepared a space, raised our vibration, created more room, set our intentions, it is an excellent time to continue with flow and ease. Alena will share a few words about the download and what to expect. As we slowly enter the process, we will relax into what we receive. Knowing it is exactly what we need, what we can handle, and what we are ready for. Relax into these words followed by some opening affirmations.



### MEDITATIVE EXPERIENCE

After meditation, please use the following pages to write down what you received. Remember, there is no right or wrong way to do this, and you are receiving exactly what you need at this moment in time. Write it as it comes, trusting the process, trusting the guidance of your soul.





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# Awakening & Ascension

You may have been feeling or experiencing this awakening and ascension for a while as your physical, emotional, mental and spiritual body is getting ready for a new, higher level as the following symptoms/signs:

- ❑ Sudden energy surges
- ❑ Feeling brighter
- ❑ New opportunities appear
- ❑ Tingling on top of the head
- ❑ Having major “AHA” moment
- ❑ Sudden increase in creativity
- ❑ Sudden anxious state (on and off)
- ❑ Forehead pressure (third eye)
- ❑ Twitching, popping, ringing in ears
- ❑ Newfound sense of Oneness
- ❑ Mood swings and waves of emotions
- ❑ Powerful and clear decision making
- ❑ Feeling heavy and flowy at the same time
- ❑ Heightened communication with spirit guides
- ❑ Seeing colored sparkles, orbs or speckles of light
- ❑ Fidgeting, impatience yet inner calmness
- ❑ New visions or recurring visions (like déjà vu)
- ❑ Heightened senses, intuition, or healing abilities
- ❑ Differences in body temperature (sudden heat flashes or coolness)
- ❑ Increased awareness of number sequences (11:11, 222, 333, 12:34)
- ❑ New gifts or stronger gifts (seeing, hearing, feeling, knowing)
- ❑ Insomnia beyond explanation or extremely good sleep
- ❑ Hearing voices, thoughts, tones
- ❑ Physical stiffness, soreness
- ❑ Increased synchronicities
- ❑ Dry mouth, dehydration
- ❑ Questioning what is real
- ❑ Changes in digestion and appetite
- ❑ Longing for a new spiritual tribe
- ❑ Feeling called to spiritual work
- ❑ Unfamiliar energy sensations

# Activation

Whatever the upgrade you downloaded is, it needs to be 'installed' or activated. Activation is a process in itself - it does not happen overnight; it is gradual. By focusing on what you received, you allow the attention to spark the activation process.

For the activation to be successful, your part is required. Let's say you received an incredible idea or were given an important message that only you understand. Anything you receive that feels incredibly good in the energy world is infused by a strong momentum (from where it came from - the source). As you receive it, you feel exactly the same jolt of energy.



It is crucial to spend some time with your upgrade, let it marinate, play with it, question it, but **DO NOT SHARE IT**.

Why? Because your initial excitement will or may not be met with equal excitement from those you share it with. You may be 'shut down' by comments like: "oh, it's too good to be true", "who knows where you got that from", "you don't have enough skills", "you don't believe yourself enough" or similar downgrading comments. When this happens, the momentum of your upgrade decreases tremendously, and you may not bring it up once you've adapted the beliefs of others. Instead, keep it to yourself, and start activating it on your own by fueling it with your beliefs and **attention**. Use the prompts on next page to help you sustain and increase the momentum of your upgrade.

What exactly did I hear/see/feel/know?

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Do I remember where I was and what I was doing?

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What room was I in? What did I wear that time? What else can I remember?

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At the exact moment I received it, I felt:

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Have I ever experienced similar sensations? When?

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Does it feel like something that came from the Source? Like I know it's not from my own mind? \_\_\_\_\_

Am I eager to receive more details? \_\_\_\_\_

Now, bask in that moment and re-activate the sensations you've experienced when you received. Re-read your journal entry and connect to that emotion again. By reconnecting to the emotion, you are reactivating what already felt good.

Next, ACT! The root of the word ACTivation is to ACT. Close your eyes and imagine as if it already happened, as if your idea came into realization as if you manifested what showed up as if you've become that version of YOU you saw. Pause here and harness the emotion of it becoming. How do you feel? What do you see? Use the next page to ACT as if. Imagine that it's been months now and you've fully received, activated, and integrated your upgrade. Write in the present tense and describe who you are now, what you are doing, and how you are feeling...



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# Integration

In Neuro-Linguistic Programming, we often say and demonstrate how what you focus on expands. We can also translate this into ‘what you think about, you bring about’, or ‘energy flows where attention goes’. You’ve been doing this all your life, but typically with things you don’t want. The more you didn’t want some outcome, the more the outcome manifested. To integrate what you’ve gathered and received, it is crucial to keep the energy and attention on what you want, not the lack of or believing you’re not worthy of it. The more you bask in the details of today’s event that felt good to you, the more you will sustain its power and momentum.

From now on, use every day as a step closer to embodying that version you’re becoming. For the next 21 days or more, carve out 15-20 minutes to write about your experience, write about what felt good to you in the last few days (regardless of this event). Choose positive elements of those you love and adore and daily tune into the vibration of appreciation, love, bliss, joy, or gratitude. If you line up with the positive, your life will start to change.



## MEDITATIVE EXPERIENCE

Here are some helpful prompts that will help with integrating:

- what felt good to me during the event?
- what did I experience, and how did the event make me feel?
- what was the best part? Why did I enjoy it so much? What did I love about it the most?
- what emotions did I feel?

- what feels good to me now?
- what's my favorite thing to do? Why do I love doing it so much?
- when was the last time I felt so good?
- who inspires me? Why do they inspire me?
- who do I love and adore? Why do I adore them so much?

Write about your favorite place, vacation, movie, moment, person, author, actor, book, God, Jesus, your soul, achievement, day, nature, piece of art, favorite subject, favorite holiday, an event that felt so good, favorite dish, restaurant, favorite pet, - there are no limits as long as you continue to ask yourself WHY these subjects make you feel so good?

## *Spiritual Alchemy*

Congratulations on becoming a Spiritual Alchemist! In Spirituality, Alchemy is the art of transformation, inner liberation, and change. Alchemy is about the transmutation of energy. Before something can be transformed from one state of matter to another, it must first undergo a process of disintegration. You know how this process feels because we all have already experienced it. We reach the bottom, witness a tragedy, a loss, something hurtful and uncomfortable only so that we can transform it. You need awareness to alter it and you've received it today!

You've managed to focus on your next version and propelled forward. You've focused on what served you, what felt good and you were able to feed that energy by writing about it even more - that is a true art of Spiritual Alchemy. You've transformed energy!

# Congratulations!

You were able to harness and cultivate the information that was ready specifically for you. As you continue to advance, your self-awareness will help you better understand your vibration. Notice what you notice, and know that your experiences are a part of this process. Give yourself grace and be easy on yourself.

For the next few days, keep the momentum of your experience. Keep journaling and expressing your desires for solutions. When you ask, you receive. Meditation is always an excellent method to continue to receive, connect to your spirit guides, and the information that is continually coming in. Spirit speaks in silence, so seek out some quiet time. You may have a general idea about what you've received. Trust that with more curiosity, silence and intention, all the details will fill in.

Do something every day to feed your soul. The better you feel, the more you receive. There is no limit and it is your birthright to receive it all! Have fun and continue to upgrade!

