



The Alignment Alchemy Course Overview



Alignment Journeys

WELCOME!



Congratulations for saying yes to **“Alignment Alchemy”**, a 5-part course carefully designed to empower you in becoming the conscious creator of your desired reality.

Over the next five modules, you will uncover transformative insights that can reshape your entire approach to life.

Learn how you can resolve cognitive dissonance, shift to a state of magnetising towards you instead of hustling and pushing, and ground yourself in a powerful sanctuary that you innately have. In short, learn how you can heal so you can take back your power.

Let's begin your journey now!



MODULE 1

Altars – The Divine Feminine & You

1.1 Introduction

Understand how this course will help you activate and ground your Divine Feminine abilities, so you can manifest your desires effectively.

1.2 Context - The Why

Understand how this practice will support you in reconnecting you to self-love, & honour the wisdom of your feminine essence.

1.3 Restoring the Feminine - Understanding Feminine & Masculine

This video focuses on the importance of integrating masculine and feminine energies within you to achieve wholeness and balance.

1.4 Divine Feminine & Self-Love

Embrace your divine essence and learn what true self-love means, including how a return to your Divine Feminine can transform your life.

1.5 Practice - Self-Love as the Antidote

Learn a simple yet transformative practice to honor the Divine Feminine within you.

ACTION STEP

Create a special altar today. Share it on IG and be sure to tag me, @alignmentjourneys.



MODULE 2

Archetypes – Awakening to & Accessing Your Powerful Inner Vision

2.1 Recap & Review

Discover the difference between having resources & being resourceful. Learn the one key to unlock the full potential of your altar.

2.2 Visioning the Divine Feminine

Explore how Divine Feminine archetypal energies can inspire and unlock your potential.

2.3 Archetypes of the Divine Feminine

Learn how you can reflect on archetypes from your lineage and culture to expand your understanding.

2.4 An Archetype of Abundance

Discover a divine feminine archetype of Abundance to redefine your understanding of wealth and prosperity.

2.5 Your Inner Vision

Learn how archetypal work and neuroscience can enhance your brain's visioning function, helping you maximize your potential as a spiritual being.

2.6 Practice - Channeling an Archetype

Engage in a practice to channel archetypes and receive loving messages.

ACTION STEP

Create a vision board or journal entry that highlights the archetype you have chosen.



MODULE 3

Alignment – Heart Coherence

3.1 Recap & Review

Learn how tapping into your feminine essence can support you in overcoming doubt and worry.

3.2 A Story, & A Few Additional Inspirations

This course opens up a pathway, offering gentle insights or wise and surprising ways for you to receive from the Divine.

3.3 Wrapping Up

Explore practical suggestions about harnessing your mind's inner vision, and how to direct your mental energies more powerfully.

3.4 Heart Coherence

Learn why leveraging on your heart is key to generating coherence and alignment in your life when things don't seem to be moving gracefully and easefully at times.

3.5 Practice - Heart Activation

Enhance your alignment with a Heart Activation practice, incorporating an inner visioning process.

ACTION STEP

Reflect on a current inner conflict, then practice the Heart Activation to align your mind and heart.



MODULE 4

Womb Alchemy – Embodying Your Divine Feminine Essence

4.1 Introduction

Learn how embodying your Divine Feminine essence takes you out of limiting paradigms of masculine toughness to your innate, feminine way of being.

4.2 Feminine Agency

Understand what it is to be aligned and balanced. Learn how you can allow things to unfold simply by blooming into being.

4.3 Heart Coherence

Learn more about what coherence and incoherence mean so you can track your progress.

4.4 Womb Sanctuary

Listen to a guided activation– a gentle, closed eye process designed to nurture your relationship with the inner core of your being.

4.5 Practice - Resourcing Your Womb

Learn more about the science behind archetypal work, and how you can harness the way your brain functions by working with Archetypes.

ACTION STEP

Practice the guided activation. What insights did you gain?



MODULE 5

An Empowering Narrative: Align & Move Out of Dysfunctional Loops

5.1 Introduction

This final module puts everything together, and looks at the wider context of why doing the work matters.

5.2 The Bermuda Triangle & TED

Learn more about the roles you get to take on in your life by flipping the Bermuda triangle.

5.3 Alignment Alchemy & Change

Learn what it takes to make the time ripe for action, finding situations that bring people into your life and enter into your field.

5.4 Womb Alchemy

Learn more about the mysteries and hidden qualities waiting to be unlocked when you reclaim the magic of your womb.

5.5 Practice - Womb, Heart, Mind Alignment

Be taken on a guided journey to align your Divine Feminine energetic centers and receive guidance on your next steps.

ACTION STEP

Align your womb, heart, and mind by taking a few moments to connect with each center.



About Alignment Journeys

Alignment Journeys was born out of a desire to fill the gaps in knowledge that aren't readily available in conventional education systems. Through the Aligned Woman's Way, an art of creating S.P.A.C.E. that fosters and facilitates feminine flow, I teach women how to tap into and access their innate intuition and wisdom – the inner wellspring from which beauty and ease naturally flow.

About Irene

Irene supports women all over the world as a private coach, mentor, and consultant. Her work powerfully and holistically integrates neuroscience, psychology, creative art, astrology, and energy medicine.

Irene is on a mission to help heart-centered women shine their Light bright, and manifest the life they want by removing the blocks that keep them stuck.

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