



Celina Fato Presents

The Energy Handbook

A Gentle & Practical Guide To Unlocking
Your Bodies Natural Flow Of Energy

WELCOME

Hello Beautiful Soul,

Here you will find a gentle & practical guide into unlocking your bodies natural flow of energy, moving towards a 'wholistic' approach to living.

We are constantly being stimulated by external stimuli, living in a state of constant stress & a dis-regulated nervous system.

Our energy fields are constantly absorbing vibrations, thoughts, emotions, feelings & sometimes it may not even belong to us but we carry this energy as if it is so.

In this guide you will find practical tips & tools to help you release stagnancy & heaviness in order to begin creating flow, balance & alignment within, allowing yourself to come back to your heart space, your centre!

“GROUNDING / EARTHING”

1

1. Stand tall, arms by your side, head aligned with your spine & place bare feet on the ground. (Grass, soil, sand, whatever is available to you)

2. Bring your awareness to your breath, the inhale & exhale, the rise & fall of your belly. Then direct your breath to your feet, feel the ground beneath your feet, supporting you as you stand tall.

3. Inhale through nose, into belly, & exhale through nose or mouth if easier.

4. State this to yourself as you ground,

I AM SAFE

I AM SECURE

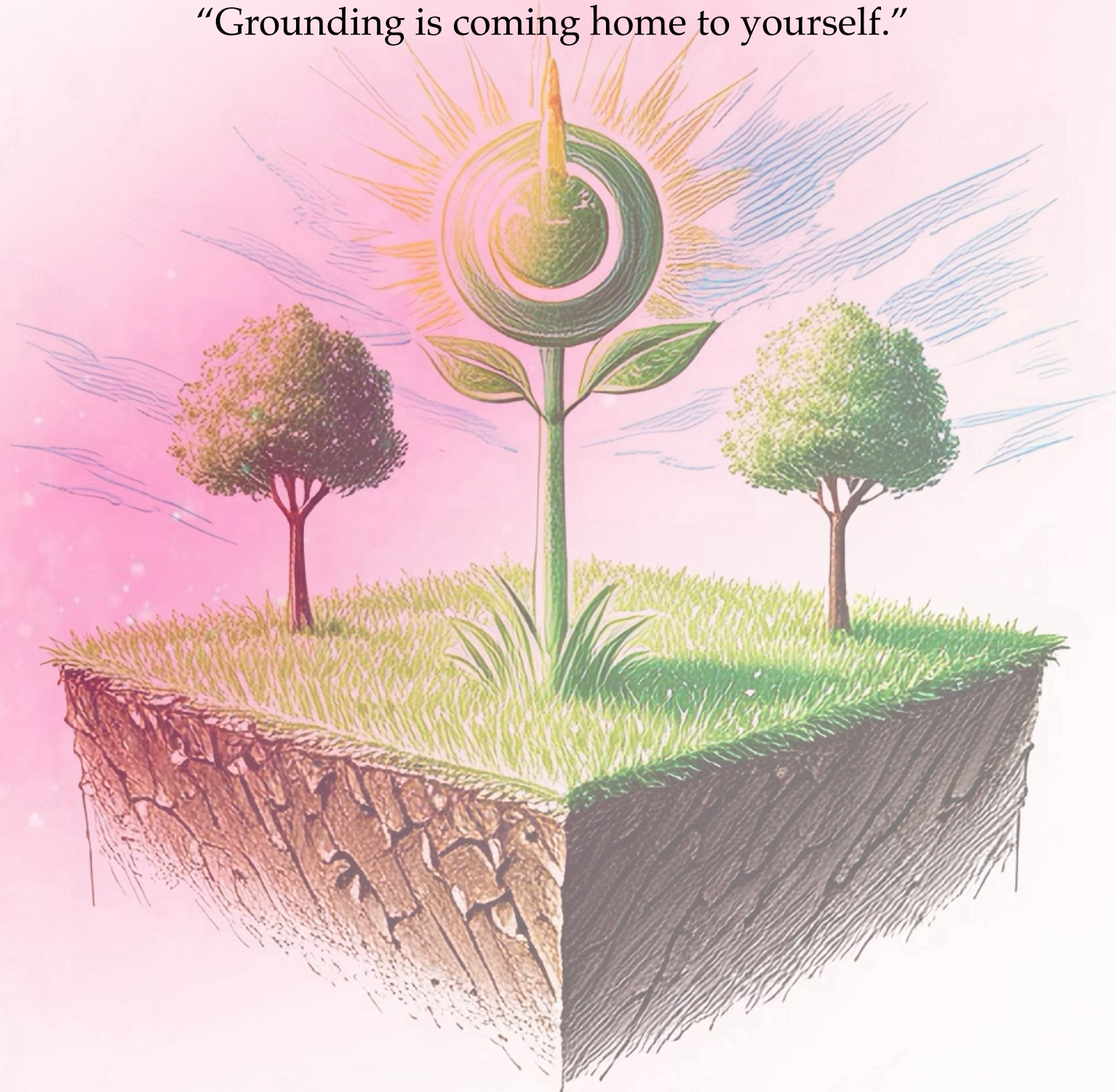
I AM SUPPORTED

I AM HELD

I AM NOURISHED

I AM ROOTED IN DIVINE EARTH ENERGY

“Grounding is coming home to yourself.”



“THE BREATH”

2

“Your breath is the anchor that brings you back to the present.”

1. Stand / Sit, head aligned with spine, back straight.
2. Place one hand on your belly, & one on your heart centre (chest). Then bring your awareness to your breath, the inhale & exhale, the rise & fall of your belly.
3. Inhale for 5 seconds through nose, into belly & exhale for 5 seconds through nose or mouth if easier. - Repeat 3-5 times or for a few minutes.
4. State this to yourself as you breathe,

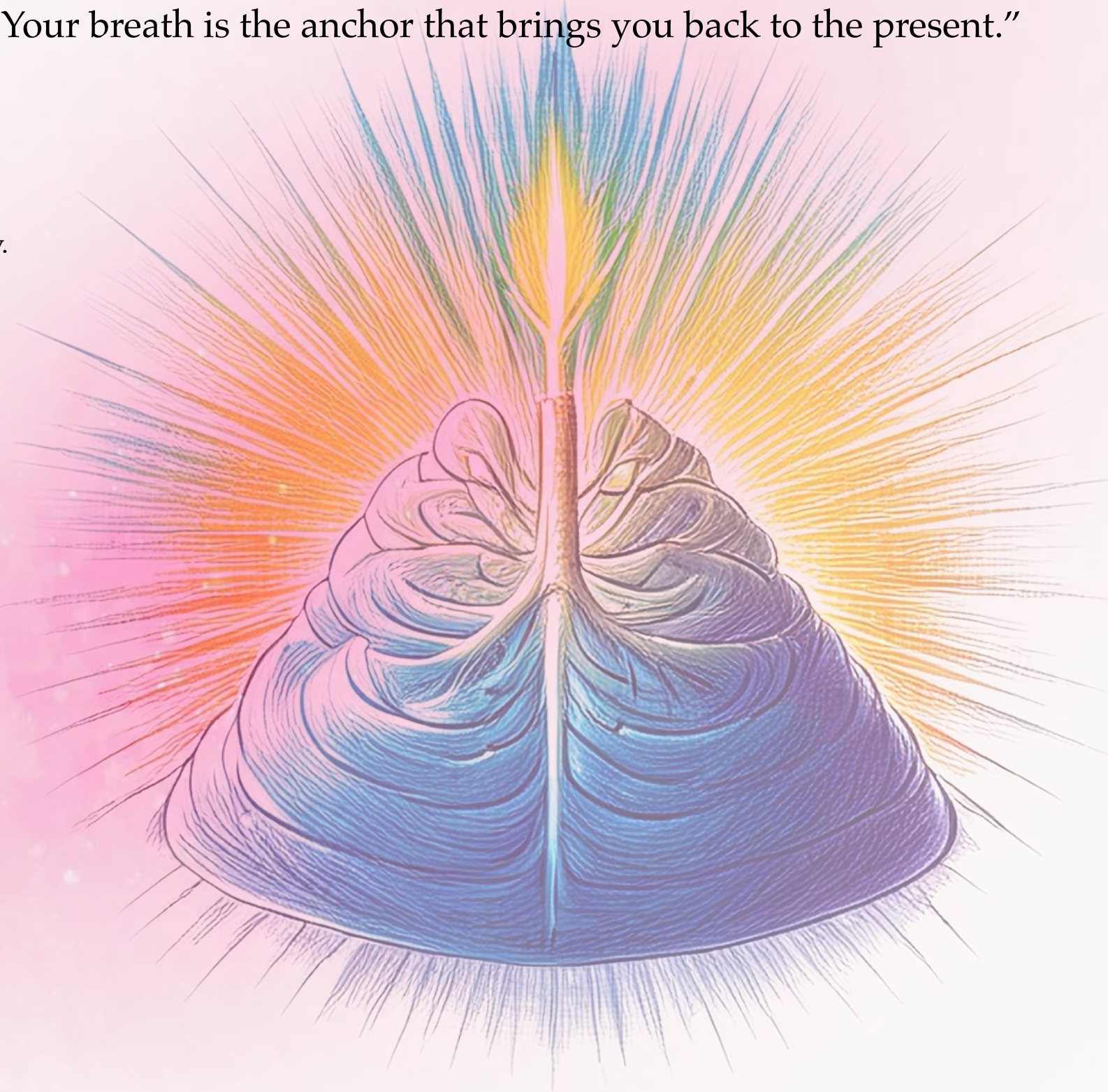
I AM PRESENT

I AM HERE

I AM ANCHORED IN THE NOW

I AM CONNECTED TO MY BODY

I AM SAFE



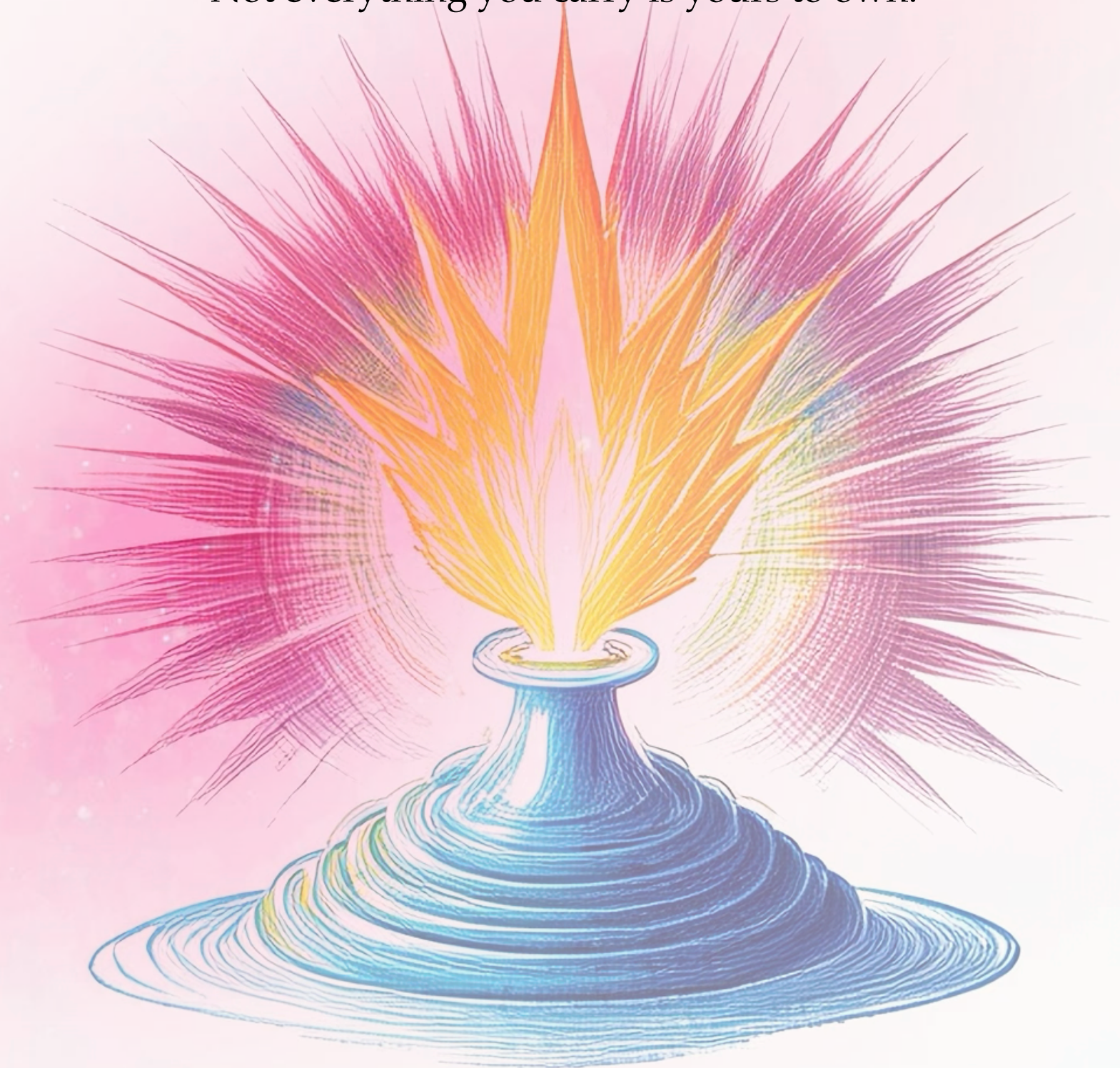
“Energetic Release”

3

1. Stand / Sit.
2. Take 3-5 breaths, inhale through nose & exhale through mouth.
3. Using your hands, sweep the body as if you are brushing it off.
4. State this to yourself as you sweep,

“I RELEASE ALL ENERGY THAT DOESN'T BELONG TO ME & SEND IT BACK TO WHERE IT CAME FROM WITH LOVE & COMPASSION.”

“Not everything you carry is yours to own.”



“Golden Shower Cleansing Auric Field”

4

“Let the golden shower cleanse you, washing away what no longer serves.”

1. Jump in the shower.
2. Take 3-5 breaths, inhale through nose & exhale through mouth.
3. Visualise, sense or feel a golden white light showering down on you, flowing through your body, washing away all energy/thoughts/feelings/ emotions that no longer serve you.
4. State this to yourself as you stand under the water fall of white light,

“I CALL BACK MY ENERGY AS I AM MY OWN SOURCE OF POWER, ENERGY & VITALITY. I WELCOME IN CLARITY, LIGHT & PEACE.”



***BONUS TIP - Same trick applies even when not in the shower. Stand/Sit/Lay

“CUT ENERGETIC CHORDS”

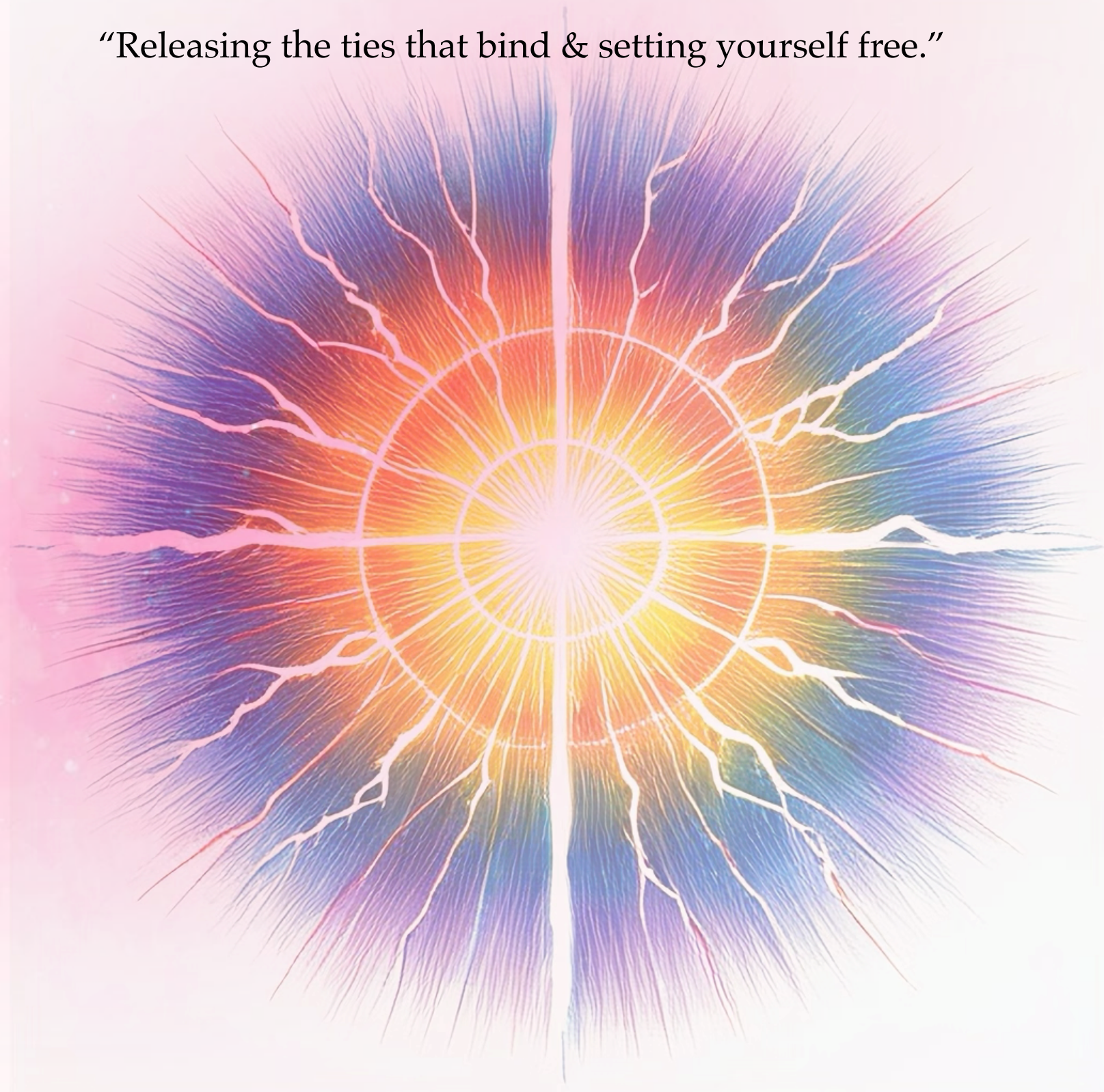
5

“Releasing the ties that bind & setting yourself free.”

1. Stand/Sit
2. Take 3-5 breaths, inhale through nose & exhale through mouth.
3. Bring to thought someone or something pulling your attention & energy in, then visualise, sense, feel or know a cord that connects you to it.
4. Then visualise, sense, feel or know yourself holding a wand of light & cut through the cord until you feel a release.

State this to yourself,

“I RELEASE THIS CHORD WITH LOVE & COMPASSION. I CALL MY ENERGY BACK.”



“HEALING HANDS SELF REIKI”

6

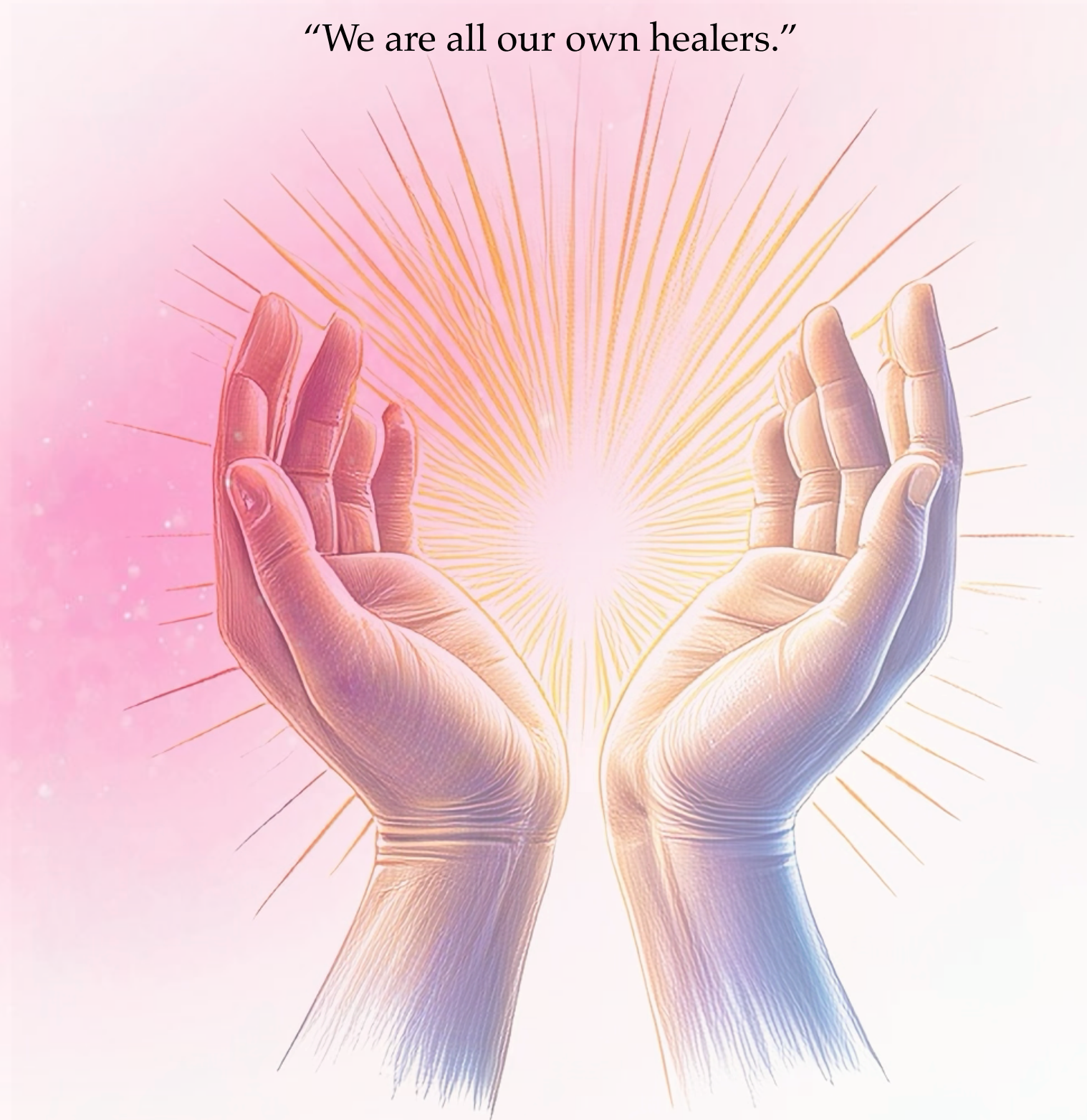
“We are all our own healers.”

1. Stand/Sit/Lay.
2. Take 3-5 breaths, inhale through nose & exhale through mouth.
3. Rub your hands together very quickly for a few seconds, then place one on your heart & one on your belly. Feel the warmth & subtle vibration that flows from your palms.

Allow yourself to receive as you tune inward & listen.

***BONUS TIP - Your intention is everything.

Also place your healing hands anywhere on your body that feels heavy or sore & direct your breath there until you feel light, take a deep breath. Your hands may want to move.



“CLEANSING YOUR SPACE”

7

1. Choose a space in your home/office that may feel a little chaotic, messy, stagnant, un-motivating.

2. Play 417 hz or 741 hz frequency music, light an incense, burn Sage/Palo Santo/Cinnamon, light a candle.

3. Open a window, dust, clean, keep your spaces tidy. Re-arrange.

State,

“I RELEASE WHATS STUCK & I INVITE IN CLARY, PRODUCTIVITY & FLOW.”

“Clear space, clear minds, clear flow”



“PROTECTING YOUR ENERGY”

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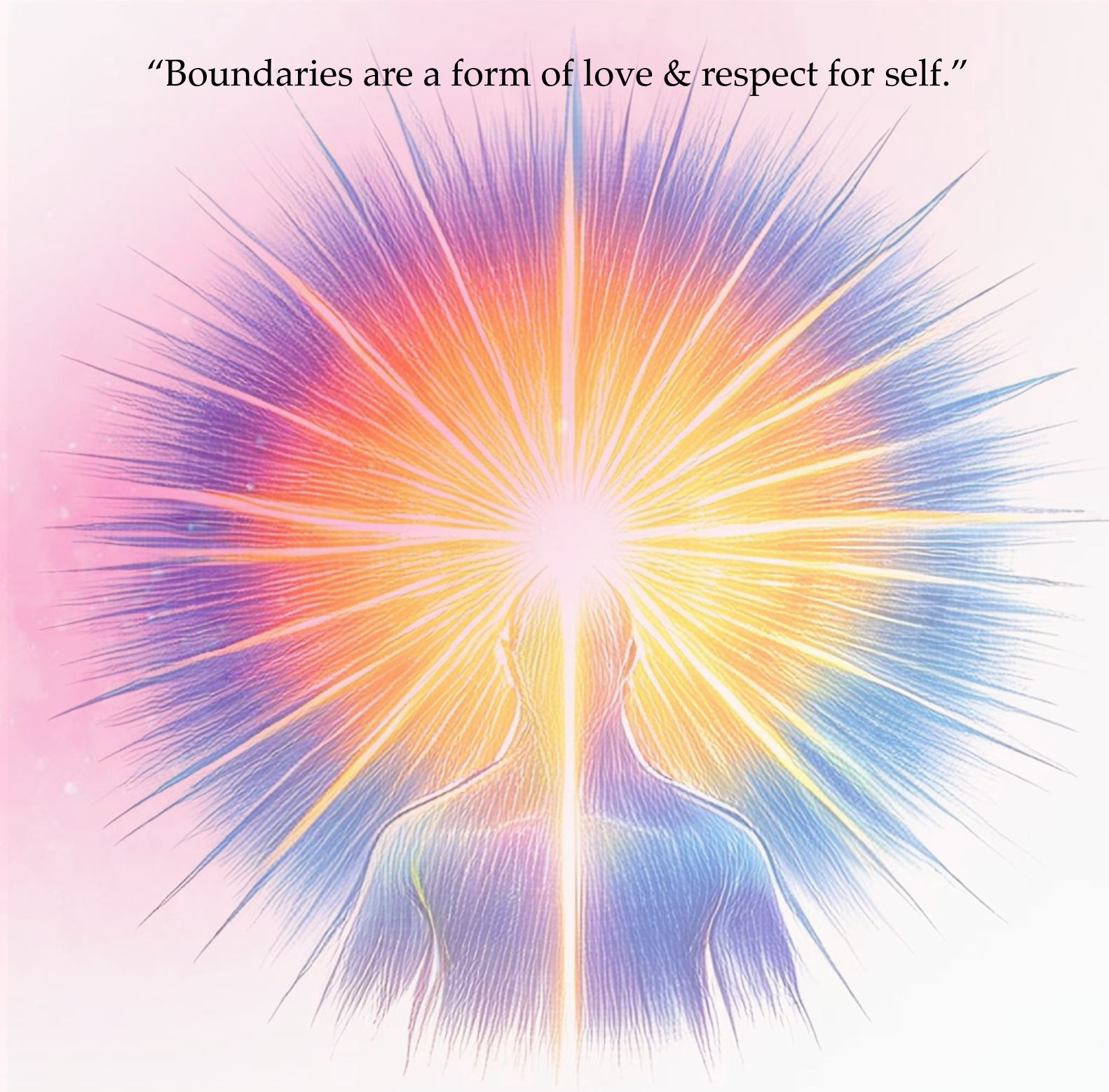
1. Before starting your day upon waking, visualise, sense, feel or know a beautiful white light that surrounds you. As if you're standing in a big bubble.

This shield/bubble is like a mirror.

State,

“ONLY LOVING & ALIGNED ENERGY
MAY ENTER, ALL ELSE REFLECTS
BACK.”

“Boundaries are a form of love & respect for self.”



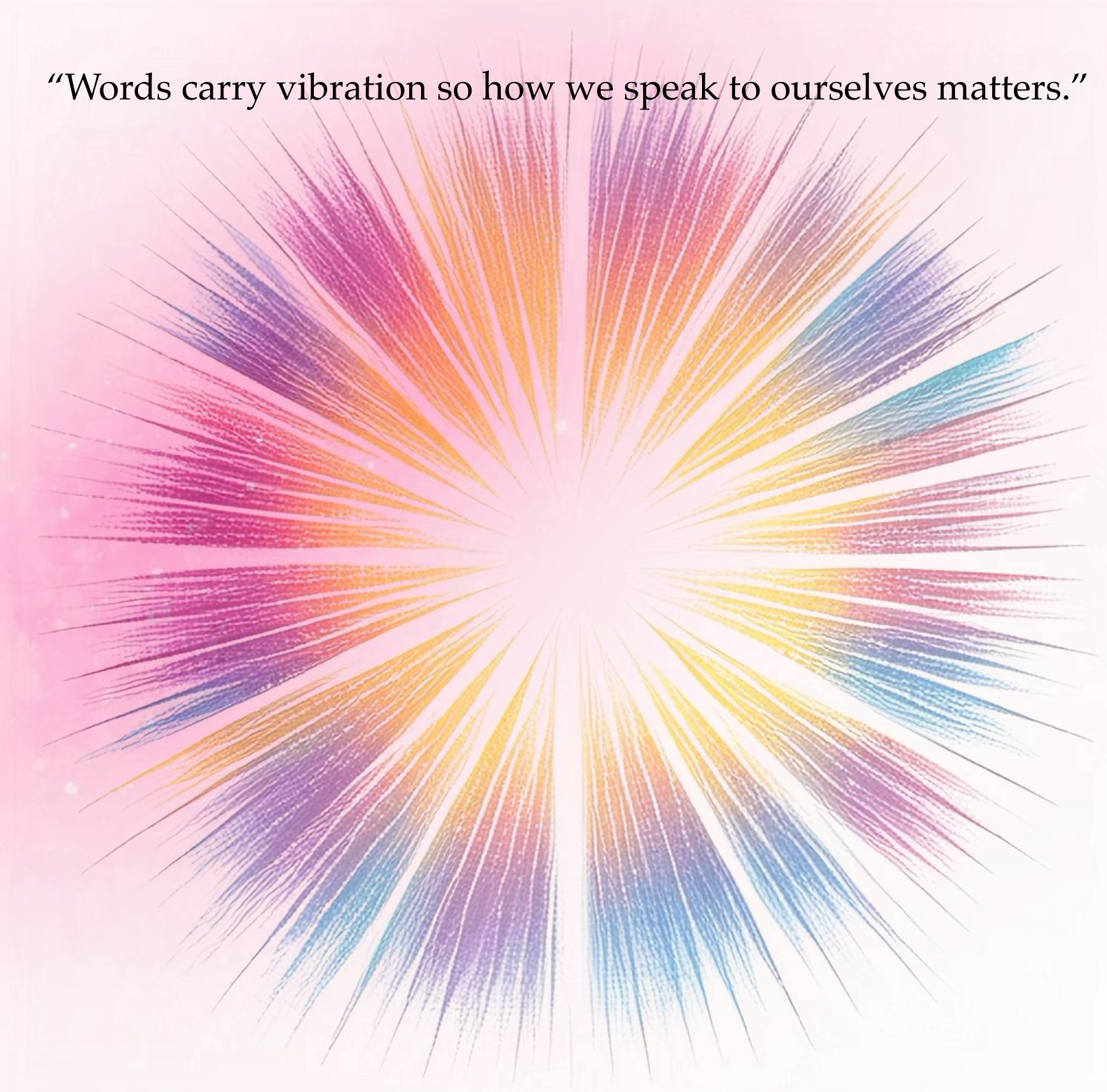
“DAILY ENERGETIC MANTRAS”

9

“Words carry vibration so how we speak to ourselves matters.”

- I am deeply grounded & secure.
- I am clear & aligned.
- I step fully into my power.
- I send back all energy that is not mine with love & compassion.
- I am my own source of vitality.
- I honour my boundaries.
- I protect my peace.
- I am walking love, light & truth in motion.

P.S - GET CREATIVE, MAKE UP YOUR
OWN & WHAT FEELS GOOD FOR YOU!



THATS A WRAP

You made it!

You have learnt & gathered a few practical energetic tips & tools.

A way to connect with you, bring it back to you, own your energy & power.

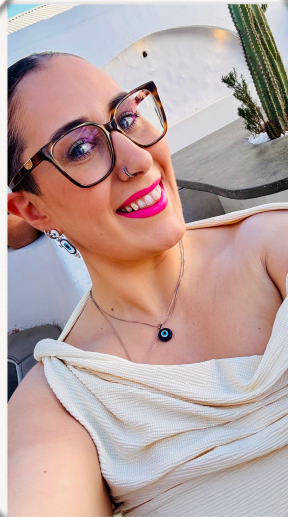
If you implement these daily or when needed, I can guarantee you will notice the difference within.

 Ready to keep learning, growing, evolving?

 Want to explore what a holistic space can offer you?

Explore more with me.

ABOUT ME



You can find me here 📍

Instagram:
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Hello Beautiful Soul,

I'm Celina, Holistic Therapist & Energy Healer. Founder of Evolve The Soul Holistic Healing.

We understand that life can leave you feeling lost, overwhelmed & disconnected.

We specialise in an integrative holistic approach that promotes healing from within to help you navigate stress, trauma, depression, anxiety or any of life's challenges to create lasting change.

Offering a sacred, safe, nurturing, judgment free & unconditionally loving space met with compassion to help you reconnect with your true self & move forward with grace, confidence & clarity.

If you're seeking personalised, holistic healing support, please don't hesitate to contact me to learn more about how we can work together to achieve your inner wellbeing goals.

Love & Light
Celina Fato
APHC, APCT & APSC

