

*The Self  
Alignment Kit*

Clear your blocks and  
get flowing again.

**Kerry Belviso**



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2011

Your vision will become clear only  
when you look into your heart.  
Who looks outside, dreams.  
Who looks inside, **awakens.**

Carl Jung

# Contents

- 6. Introduction.
- 11. How to use this kit.
- 15. What is Alignment?
- 17. The truth about Alignment.
- 19. Misalignment happens.
- 22. Why I created this.
- 25. Creating Alignment.
- 27. The Alignment process.
- 37. You are already good enough.
- 44. Gratitude.
- 46. Sneaky sabotage.
- 48. Goal setting 101.

- 56. A good starting point.
- 59. Chakras.
- 60. Chakra Card question prompts.
- 64. Getting ready to align.
- 85. Enjoy the process.

# Introduction

**Hi, I'm Kerry.**

I'm a Holistic Kinesiologist now, but it wasn't always this way.

I used to work as a primary school teacher. I stumbled across Kinesiology in 2006. I was seeking something, but not quite sure what. I just knew, that even though many things in my life appeared to be going well, I still wasn't very happy.

Coupled with that, I'd had bouts of depression on and off over a period of about 14 years. A long time. With a family history of depression, I thought I would always need to manage it.

I went along for my first Kinesiology session with very few expectations and walked away amazed.

Firstly, at some of the things that came up about how I felt and in relation to known and forgotten events in the past.

And secondly, at the fact I was feeling so much better.

As I had more sessions, layers of “stuckness” from the past were revealed, emotions acknowledged and energetic blocks released.

## **I didn't know it then, but I was becoming more aligned.**

Rather than being in conflict with myself, wanting to move forwards, but subconsciously blocking it, I was soon beginning to trust myself and make real changes in my life.

My depression was addressed and with some key causes identified and released, I felt a sense of freedom. It seemed almost miraculous.

After that, I felt a desire to share my experience with others, and decided to study Kinesiology myself. I wanted to help others stuck with unhelpful and unhealthy patterns, emotions and behaviours to free themselves and move forwards.

By the start of 2009 I'd started working with clients in my own business, Awaken Kinesiology.

Since then I've worked with several hundred clients one-on-one and have been completely inspired by the courage, compassion and commitment of so many.

Like me, many find that once they've addressed the initial stressors that lead them to seek help in the first place, they are inspired to learn more about themselves. They address more layers of whatever is holding them back and begin to explore what it is that will bring them greater connection, purpose and passion in their lives. It's pretty cool.

Early in 2011, I worked intensively with a business coach; Margaret Gill, of Abundant Private Practices. After I answered a series of questions about how my business was going, she responded:

"Well, you're obviously doing something right, we just need to figure out what it is and bottle it".

Immediately I knew what the answer was:

## **Alignment.**

Out it started to come, thousands of words.