



# Finding Alignment

QUICK START  
GUIDE

My favorite books, podcasts,  
blogs, and exercises  
to access alignment today.

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## Introduction

Chances are you already use your intuition and have experienced alignment without even knowing it, but if you're not using it in every area of your life you're missing out on a whole lot of ease, love, and unbelievable opportunities that are right in front of your eyes. First, let me introduce myself and then I'll show you exactly how to begin accessing alignment and using your intuition to receive exactly what you want.

My name is Marisa. I'm the founder of [MarisaAlejandra.com](http://MarisaAlejandra.com) & Hello Beautiful Health two coaching businesses that teach people how to access alignment and their intuition. Starting my first business wasn't easy, it was the most challenging thing I'd ever done. The normal tools I had that had moved me through life up until that point weren't working any more and I had to find something different. One step after another led me back to one place. Finding alignment and using my intuition.

It was challenging at first. My logical, scientist brain did not want to let go and trust. My lifestyle habits were not set up to experience alignment or tune into the inner guidance I was receiving and sometimes I flat out ignored it. I researched, studied, took courses and it finally clicked and it's the most life altering thing I've ever done. Now I'm here to show you.

I created this guide to get you started on this journey right now. To give you access to the freedom, ease, and joy that can be yours just by slowing down and tapping in. This is perfect for you if you're constantly finding yourself struggling to make decisions or are ready to take your spiritual practice to the next level.

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## 5 Simple Exercises You Can Start Doing Today To Find Alignment Today

### 1. Meditation

Having a daily meditation routine is the most life changing simple habit you can experience in a short period of time. If your'e someone says, I'm so bad at meditation, notice how many rules you have about the way it should look. If you think meditation has to happen on a pillow in a quiet room, while sitting cross-legged, for an hour you're missing out. Meditation comes in many forms and it can be done while walking, laying down, sitting, etc. If you can meditate even for just 5 minutes every day for the next week, I can guarantee you'll get access to your intuition and receive answers to questions you've always wanted to know. You will most definitely begin to feel flow, synchronicities, and ease in challenging issues even after just one 15 minute session.

### 2. Journaling

Journaling has been the easiest way for me to access my intuition. The process of writing actually allows me to shut off my logical brain and listen to my intuitive brain. Journaling doesn't just have to be a process where you sit and write down everything you feel. It can be used to answer questions, receive answers to even the toughest questions. Write down a question you want an answer to. Allow yourself to focus on writing the question and wait for the answer. write down the first things that come to mind even if they don't make sense. If you don't receive an answer immediately, don't worry, write the question multiple times over the course of the day and watch for signs, clues or thoughts that answer your question over the course of the day.



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## 5 Simple Exercises You Can Start Doing Today To Access Your Intuition (continued)

### 3. Pulling Cards (Tarot or Oracle Cards)

Using Tarot or Oracle cards are a great way to access your inner guidance or wisdom when you're feeling doubtful about your intuition or when you're having a hard time trusting yourself. Shuffle the deck until you feel like it's time to stop or the deck is splitting exactly in half over and over again. While you're shuffling the deck as a question you want the answer to or you can ask 'what message would be important for me to hear today?'. Turn over the card and read what it says. The first scenario or think of is exactly what the cards are giving your guidance about.

### 4. Gratitude Practice

Want to find yourself in flow and alignment or having a challenging time with a particular area of your life? Write 4.5 pages of gratitude for what you do have. Yes, that's right, 4.5 pages, right until you can write no more. When you think you can't think of another thing to be grateful for, write another page. It's best to do this in one specific area, such as finances or love life or career.

### 5. Breathing

Yep, you read it right. Breathing. Breathing is transformational. Taking long, deep breaths can automatically change your body from fight or flight mode to rest and digest mode and guess what?!?! Your intuition is hard to hear when you're constantly in fight or flight mode. Your brain gets stuck in survival and emotions and taking 10 deep breaths has been shown in scientific research to completely shift your body's physical state and functions!





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## Top 5 Podcasts, Blogs & Other Audio

These are my all time favorite podcasts, blogs, meditations & other audio for learning to find alignment and access your intuition.

1. Abraham Hicks Books & Other Audio
2. Jess Lively Blog & The Lively Show Podcast
3. Sarah Hall Meditations on YouTube
4. Oprah's Super Soul Sunday Podcast
5. Joe Dispenza Meditations



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## Top 5 Books

These are my top 5 books to help you get started finding alignment and accessing your intuition today.

1. Breaking the Habit of Being Yourself  
– Joe Dispenza

2. The Universe Has Your Back  
– Gabrielle Bernstein

3. Seat of the Soul  
– Gary Zukav

4. The Untethered Soul  
– Michael Singer

5. The Law of Attraction  
– Esther and Jerry Hicks



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Marisa is a spiritual teacher, writer, and scientist who teaches her clients to thrive in their calling by accessing alignment to prevent shallow relationships, chaotic lifestyles, and living on autopilot.. She offers group programs and one-on-one support that you give you create the perfect routine to grow, recognize, and utilize your intuition and find alignment.

Take the time to browse, read, watch, and listen to some (or all) of these incredible resources. You will not be the same person if you make it through them all.

PS - If you're ready to go a little deeper be sure to check out her program offerings: <https://www.marisaalejandra.com/offerings-1>