



Energetic Empowerment

Breaking Free from Low Vibration States

WORKBOOK 2

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

Workbook 2

Energetic Empowerment

Breaking Free from Low Vibration States

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This workbook is designed to guide you through self-reflection, energetic healing, and spiritual empowerment. It provides tools, exercises, and affirmations to help you overcome low vibration states and reclaim your authentic, powerful self.

1. Self-Awareness and Reflection

1. What events or traumas have contributed to your lowered vibration?
2. What emotions do you struggle with most (e.g., fear, guilt, resentment)?
3. Describe moments where you felt disconnected from your true self.

4. Who or what drains your energy the most?

5. How does your body feel when you're at a low vibration?

2. Identifying Energy Leakages

6. Do you experience exhaustion after certain interactions or activities?

7. Where in your life do you feel powerless or out of control?

8. Do you feel mentally foggy or emotionally overwhelmed frequently?

9. List people, habits, or places that feel energetically heavy or toxic.

10. Do you experience sudden shifts in mood, identity, or thoughts?

3. Aura and Energy Field Observation

11. Visualize your aura: What does it look like? Is it vibrant or dull?

12. Draw or describe your energy field when you're happy vs. when you're drained.

13. Where do you feel 'cracks' or holes in your emotional/spiritual self?

14. Do you sense others' emotions easily or feel invaded psychically?

Journal any patterns of emotional outbursts or spiritual disconnection.

4. Breaking Energetic Patterns

15. What belief systems keep you trapped in fear, shame, or anger?

16. Who do you need to forgive to liberate yourself energetically?

17. What old identity are you ready to release?

18. Write a goodbye letter to your lower vibrational self.

19. What are your energetic boundaries? Are they clear or porous?

5. Empowerment Rituals and Practices

20. Design a daily energetic hygiene routine (cleansing, shielding, grounding).

21. What grounding practices help reconnect you with the Earth and your body?

22. Create your own energy protection visualization.

23. Commit to a daily practice of breathwork, meditation, or energy movement.

24. What spiritual tools (crystals, smudging, sound) resonate with your healing?

6. Daily Affirmations for Energetic Strength

- I am the master of my energy. I choose love, truth, and clarity.
- I release all attachments, shame, and fear from my field.
- I am shielded in divine light and protected from harm.
- My aura is whole, vibrant, and radiant.
- I reclaim my power, presence, and purpose.

Write your own affirmations:

7. Liberation Commitment Statement

I, _____, now commit to my energetic liberation and spiritual healing. I acknowledge my past, reclaim my power, and dedicate myself to practices that restore my integrity, sovereignty, and truth. I choose to live in my highest vibration.

Signed: _____ Date: _____

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Dr John Souglides, Ph.D.

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