



Return to Your Infinite Self

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.

Return to Your Infinite Self: Clearing the clutter, breaking chains, and realigning with your true divine essence

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Introduction:

You were born from infinite divine higher consciousness. This truth resides within you already from birth. Returning to your authentic self is not becoming something new – it is remembering what you already are.

Emotional and mental scars from negative programming, fear, anger, guilt, shame, and past abuse are the only barriers preventing you from fully aligning with your infinite self. This workbook is designed to guide you in releasing those chains and reclaiming your authentic divine essence.

Section 1: Understanding Your Infinite Nature

Powerful Truths:

- You were born from infinite consciousness; your divine truth has always been within.
- Returning to your authentic self is not becoming something new – it's remembering what you already are.
- Your light is infinite; clearing emotional scars simply reveals what's always been shining.
- Where light expands, shadow dissolves – your evolution begins with inner clearing.
- You are the master of your destiny – your freedom begins by releasing what is not you.

Section 2: Clearing the Shadows

Negative emotions and scars are not your identity; they are experiences that can be released. Use the following techniques to begin clearing what no longer serves you:

1. Breathing Technique: Inhale deeply, visualize light filling your body. Exhale, imagine releasing fear and negativity.
2. Energy Clearing: Sit quietly, place hands on heart, affirm: 'I release what is not mine. I return to my divine self.'

3. Reframing Thoughts: Replace 'I am broken' with 'I am healing and returning to my authentic light.'
4. Emotional Release: Write down feelings of anger, shame, or guilt on paper, then safely destroy it as a ritual of release.

Section 3: Affirmations for Alignment

Repeat these affirmations daily to strengthen your connection to your infinite self:

1. I am infinite light and I release all that is not mine.
2. I am aligned with my divine truth.
3. I am free from fear, shame, and guilt.
4. I am whole, authentic, and infinite.
5. I step fully into my destiny with love and power.

Section 4: Journaling Exercises

Use these prompts to reflect and uncover what holds you back:

What negative emotions do I carry that no longer serve me?

Where in my life do I feel misaligned with my truth?

What does my authentic self look and feel like?

If I released fear completely, how would my life change?

What chains from the past am I now ready to break?

Section 5: Becoming the Master of Your Destiny

You are the master of your destiny. Each step you take in releasing emotional and mental clutter allows more of your authentic light to shine. Practice daily alignment with these steps:

1. Morning Visualization: Imagine your body filled with divine golden light.
2. Daily Gratitude: List 3 things you are grateful for each day.
3. Self-Reflection: Observe your emotions without judgment and release what does not align with your truth.
4. Authenticity Practice: Speak and act from your infinite self daily.

Final Steps: Next Level Alignment

This workbook is the beginning of your journey into infinite alignment. Continue practicing these techniques, affirmations, and reflections daily. As you increase your light, you evolve – where there is light, there can never be shadow.

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Dr John Souglides, Ph.D.

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