



Welcome to The Dragonfly Collective!!

Thank you for being here! Your presence means you are ready to grow and live authentically. It means you know that there is a better way to live and you are ready to do the work to manifest the peaceful, loving, prosperous life that you have been dreaming of. On a larger scale, your growth – your movement toward living in higher vibration – ripples through the Universe. Everything and everyone is connected energetically – everything is ONE.

As you grow and your vibration rises, you will encounter new challenges. You may move from higher vibration into lower vibration and back again. Think of this as riding an energetic wave, or waves on the water, and allow yourself to flow through these waves; rather than trying to hold onto the higher vibrations for dear life. Feel into both the highs and lows. Allow the fears to be witnessed and the tears to flow as you release that which no longer serves you. When the low points come, welcome them with gratitude for the ability to see, feel, and process through them. The sooner you are able to tap into your resilience and tackle these things, the faster you will get back into a higher vibration. The wave flattens as you heal, so your highs won't feel as high and lows won't feel as low over time.

There may be times when you step back into old patterns that you thought you had dealt with. Don't think of this as a failure, it is simply an opportunity to strengthen the growth you have had. Healing means recognizing faulty mental, emotional and spiritual programming, in real time; and flipping the script into your chosen new programming and patterns. Healing can be lonely and draining as it calls for spending a lot of time alone in introspection. Just as the world does not change while the caterpillar transforms in its chrysalis, it won't change much as you grow and transform; and just as the caterpillar emerges as a whole new being, you too will emerge as a whole new you - a you many won't recognize or understand. It takes a moment for the butterfly to dry its wings and fly off to meet its tribe. As you heal, your energy signature will rise, and a lot of connections you once had will no longer vibrate with you. This might be the greatest challenge to mental, emotional, and spiritual healing.

Self-realization and spiritual awareness lead to ego dissolution and movement toward embodying a sense of interconnectedness and love for all beings, while fostering peace, kindness, compassion, understanding and forgiveness – toward yourself and others. Those who do not want to heal, or who may have benefitted from you not being healed, will not like the changes they see in you. This is a Divine call to release that which does not serve your Highest and Best Self. No matter the potential you may see in toxic family, friends, employers, or lovers, it is their job to heal – not your job to fix. Any attempt to carry

those burdens for them will knock you off your path, by pulling you down energetically and spiritually. This isn't about being selfish. It is about protecting your energy and realigning with those who have healed enough to reciprocate your energetic exchange and who respect your boundaries.

The Dragonfly Collective aims to create a community, a *Collective*, for all those on the healing path to support and elevate each other. As a *Dragonfly*, you'll be able to connect with your vibe tribe through chat groups and live webinar events. Let's rise together!!

About the 21 Day Program Path

As an infant, I was abandoned by my mother. As a toddler, I was ejected from a moving vehicle resulting in a very near death experience. From this point forward, I experienced very little nurturing and plenty of verbal, physical, mental, and emotional abuse from unhealed caregivers with narcissistic traits. I was often told to "quit crying, before I give you something to cry about" which taught me to reject my feelings and to people-please for survival. In my teen years, I experienced sexual trauma that led to a few soul crushing empathic/narcissistic situationships. The near complete lack of nurturing and emotional support at such a young age caused me to discount my worth, deny my emotions, develop insecure attachments, and self-sabotage in relationships and employment.

I realized a few decades ago that I needed to change something... life simply wasn't working. I was smart and capable yet struggled to feel worthy of gainful employment. I loved being around people yet I never felt like I really fit in. I gave all the unconditional love to my relationships that I could possibly want to receive, only to find myself depleted and destroyed by those who never valued me. The only common theme I could see was that I was there in every one of those moments, and if I was there, I must have been part of the problem. Having this insight led me to pull every thread that resonated, to learn how to value myself, exist in my own authenticity, and own my actions, while working with the greatest intention to make the changes needed to grow. I have a spirit that refuses to get knocked down and stay down – a spirit that has learned to get up faster while turning pain into power. I am grateful for every painful lesson. I am grateful for every moment of growth. I am grateful for my strength and resiliency. And I am most grateful that I have been called, by The Great Creator, to share the healing path I have taken - and continue to take - with you.

The Program Path begins with the development of an understanding of how Universal Law, the Chakra System, and Mindfulness connect. This first part helped me to gain a different perspective on my place in the Universe and to draw my energy back into my body. Next, I learned how critical self-empowerment was to truly connect with the authenticity of the soul and how this impacts one's energy field. This led me to clarify my core values, discover how to set and use boundaries, and establish an attitude of gratitude, for self and everything else, as pillars of authenticity. Once I gained inner clarity, I turned my focus to relationship dynamics, attachment styles, and emotional intelligence, which support the development of stronger connections and opportunities. As I learned, I began to investigate the root causes of my behaviors, which led me to doing a great deal of shadow work. On my journey, I have experienced a few spiritual awakenings, so I have provided some information to support you through those experiences as well.

The more time you spend in introspection, using the tools provided, and integrating all aspects of your learning into your identity, the faster you will heal. I highly recommend taking time away from social media and news, or limiting consumption to a very minimum level, as you do this work. I also recommend being sober while doing this self work. The path is not linear, and it may take more than 6 months before

you feel empowered – no matter how long it takes, you are exactly where you are meant to be in any given moment. Some old patterns take extra practice to reprogram.

Healing is a personal journey. You may work through the 21 Day Programs in any order you feel is best suited to you. The order that I have created is meant to generate an overall understanding of how we connect to the ALL as an anchor point to build the empowered self on. The empowered self is further built out by values, boundaries, and gratitude; before interpersonal dynamics can be connected to the authentic self. Shadow Work varies for each person because shadows come from individual experiences and perceptions. Awakening happens in a way that is similar to a snake shedding its skin, and these experiences will continue to happen so long as you are on the healing journey.

Each program PDF is roughly 60 to 70 pages and provides a daily, multifaceted, deep dive into a particular healing topic. You will receive a 10% discount for every program you purchase - after your first program purchase - if you choose to continue.

Program Meditations

Most days for each of the 21 Day Programs has a meditation script. I have read, and experienced, that recording affirmations and meditations in one's own voice helps one to remember them better, than listening to other people. I use and recommend The Parrot App, or something similar, to record and loop back for practice. I like to put on some binaural beats or energetic frequency based music in the background, before I record. When you record the meditation scripts, talk slowly and calmly, and take slow deep breaths as you go. This will help you to slow down to a pace that you can effectively meditate to... a pace where you can hear the words, receive them, and allow an inner response to arise.

For mantras - or short meditations - and affirmations, I recommend recording the mantra or affirmation, taking a slow deep breath (while still recording), then repeating the mantra or affirmation. Then replay it on loop, at least 7 times, while practicing slow, deep, breathing. I also recommend making a new recording for each day, or if you like a longer audio loop, record all mantras/ affirmations for the whole week in one session, and play it back in full each day.

Maintaining the practices of using affirmations, meditations, and mantras for 21 Days helps create the habit of utilizing these tools from your toolbox. Continuing to practice these things supports the reprogramming of old limiting beliefs, creating a solid foundation for self empowerment and universal alignment. Immersive introspection, not only in the content on this website, but also through books, videos, psycho-therapy support, chiropractic healing, reiki, acupuncture, yoga, tai chi, and so on will speed your growth.

The 12 Universal Laws & Personal Growth

The 12 Universal Laws are a set of principles believed to govern the universe and our experiences within it. They are thought to be fundamental truths that underpin all aspects of existence, from the physical to the spiritual. Understanding these laws can provide insights into how the universe operates and how we can align ourselves with its natural flow to create a more fulfilling life.

These laws or principles were observed and interpreted across ancient traditions and spiritual philosophies, like Hermeticism. They combine science, spiritualism, and metaphysics; and are considered to be fundamental, unchanging principles, that govern the workings of the universe. In short, the Universal Laws are a spiritual blueprint. When applied with practices like chakra work, boundaries, and gratitude, they create flow, empowerment, and connection.

Hermetic philosophy, developed by Hermes Tresmigustus, emphasizes the interconnectedness of everything and the presence of a Divine principle within the cosmos. This Divine force is seen as both transcendent and immanent, existing within and beyond the physical world. Hermeticism is most closely related to the religion known as Gnosticism. Both flourished in the same period in Roman Egypt, in a spiritual climate with the goal of allowing the soul to escape from the material realm, through personal knowledge of God/ the Divine.

The Dragonfly Collective 21 Day Programs support internal development of the 12 Universal Laws, through introspection and energetically focused practices. These guiding principles govern energy, alignment, and the flow of life. When understood and applied, they help us live with greater clarity, harmony, and empowerment. Each law resonates with aspects of the chakra system, values, boundaries, and spiritual practices.

(Note: Spiritual practices discussed/ taught are meant to support personal alignment and connection to Source/ God/ Oneness; regardless of personal religious views. If you are religious, incorporate the content in a way that resonates with your beliefs. If you are not religious, you may choose to connect to a more scientific perspective.)

12 Universal Laws, Correlating Chakras & Daily Affirmations

How to Use:

1. Daily Practice: Choose one law + affirmation each day (12-day cycle).
2. Meditation: Place a hand on the chakra's area, repeat the affirmation 3–5 times slowly.
3. Journaling: Reflect on where this law is showing up in your life.
4. Integration: Pair with gratitude, values check-ins, or boundary-setting for deeper embodiment

Root Chakra	Daily Affirmations
Law of Divine Oneness <i>Connection to all beings, unity.</i>	"I am connected to all life. My energy contributes to the whole."
Law of Cause and Effect (Karma) <i>Actions rooted in stability and responsibility.</i>	"My choices create ripples. I act with integrity and grounded strength."
Sacral Chakra	
Law of Vibration <i>Emotions, creativity, energy in motion.</i>	"My emotions flow freely. I choose to vibrate with joy and creativity."
Law of Polarity <i>Opposites (pleasure/pain, joy/sorrow) as catalysts for growth.</i>	"I embrace both light and shadow. Every contrast brings me wisdom."
Solar Plexus Chakra	
Law of Attraction <i>Power of focus and confidence draws aligned outcomes.</i>	"I magnetize what aligns with my highest good. My focus shapes my reality."
Law of Compensation <i>Life reflects the energy, effort, and action you invest.</i>	"I am rewarded for my effort, love, and energy. Life reflects what I give."
Heart Chakra	
Law of Correspondence <i>Inner/outer harmony, love reflected in relationships.</i>	"As I nurture peace within, I see peace reflected around me."
Law of Rhythm <i>Flow of cycles, balance in giving and receiving.</i>	"I flow with the natural cycles of life. I honor the seasons of my heart."
Throat Chakra	
Law of Inspired Action <i>Aligning speech and action with higher truth.</i>	"I speak my truth and act with clarity. My voice is aligned with purpose."
Law of Relativity <i>Perspective through communication and truth-telling.</i>	"Every challenge holds perspective. I choose to see through the lens of growth."
Third Eye Chakra	
Law of Perpetual Transmutation of Energy <i>Shifting mental patterns, intuition guiding transformation.</i>	"I transform energy with intention. My thoughts create positive change."
Crown Chakra	
Law of Gender <i>Balancing divine masculine (action) and feminine (receptivity), spiritual integration.</i>	"I balance the masculine and feminine within me. Action and receptivity flow in harmony."
Values anchor us in truth (Law of Integrity within Cause & Effect). Boundaries protect our vibration (Law of Vibration). Gratitude amplifies abundance (Law of Attraction & Compensation). Self-Care harmonizes cycles and rhythms (Law of Rhythm). Spiritual Practices (meditation, affirmations, intuition) open the Crown & Third Eye, aligning us with Oneness and Correspondence.	



Meditation Script: Aligning with the 12 Universal Laws & Chakras

 **Tip for Use:** This script can be recorded on The Parrot App or similar recording app, to use as an audio meditation. Use the chart above to follow visually while you practice.

Length: ~7 minutes (about 30–40 seconds per chakra/law pairing)

Purpose: To integrate the wisdom of the Universal Laws with the energetic flow of the chakras through breath, visualization, and affirmations.

Script: Sit comfortably with your spine tall. Close your eyes. Take 3 deep breaths: Inhale through the nose... exhale through the mouth. Imagine a column of white light running from the base of your spine to the crown of your head. This is your energy channel, ready to receive alignment.

Bring your awareness to the base of your spine, your root chakra. Imagine a glowing red light. Silently repeat: "I am connected to all life. My energy contributes to the whole. My choices create ripples. I act with integrity and grounded strength." Breathe in stability. Exhale security.

Move awareness to your lower belly, your sacral chakra. See an orange light spinning there. Repeat: "My emotions flow freely. I choose to vibrate with joy and creativity. I embrace both light and shadow. Every contrast brings me wisdom." Feel fluidity and acceptance.

Shift focus to your solar plexus, just above your navel. A golden yellow sun glows brightly. Repeat: "I magnetize what aligns with my highest good. My focus shapes my reality. I am rewarded for my effort, love, and energy. Life reflects what I give." Feel warmth and empowerment expand.

Bring awareness to the center of your chest, your heart chakra. A soft emerald light glows warmly. Repeat: "As I nurture peace within, I see peace reflected around me. I flow with the natural cycles of life. I honor the seasons of my heart." Breathe in compassion. Exhale balance.

Now focus on your throat. A blue light pulses with clarity. Repeat: "I speak my truth and act with clarity. My voice is aligned with purpose. Every challenge holds perspective. I choose to see through the lens of growth." Feel openness and expression.

Shift awareness to the space between your eyebrows, your third eye. A deep indigo light glows here. Repeat: "I transform energy with intention. My thoughts create positive change." Feel insight and clarity sharpen.

Bring focus to the crown of your head. A radiant violet-white lotus opens. Repeat: "I balance the masculine and feminine within me. Action and receptivity flow in harmony." Feel connection to the infinite.

Visualize all 7 chakras glowing together, aligned and balanced. Take a deep breath in, drawing light through your entire spine. Exhale gratitude into the world. Repeat silently: "I am aligned. I am whole. I live in harmony with Universal Law." When ready, gently open your eyes.

Clear, Ground, and Protect (CGP)

"Clear, ground, and protect" refers to a practice of maintaining and enhancing one's energetic well-being, often used in the context of spiritual or energetic hygiene. It involves practices designed to clear away negative or stagnant energy, connect with the earth's grounding energy, and create energetic boundaries to prevent unwanted influences. This practice is particularly relevant for empaths and highly sensitive people who may be more susceptible to absorbing other people's energy.

Essentially, this practice is about cultivating a healthy energetic hygiene routine to maintain balance, clarity, and protection in one's daily life. Each of the 21 Day Self Empowerment Programs contain CGP elements for each day. Whether or not you purchase a program, I strongly recommend incorporating these techniques in your daily life.

Instructions:

Choose a practice, from each step, that you feel most comfortable with - change it up every day if you wish. Incorporate additional practices when you feel yourself in lower vibration energy or feel like you are under spiritual attack.

1. Clear:

Clearing techniques release/ cleanse away any negative, stagnant, or unwanted energy that may be lingering in your aura or energy field. This involves practices like:

- **Meditation:** Focus on breath and intention to release negativity
- **Cleansing rituals:** Use tools like sage, incense, or crystals to purify the space and energy
- **Visualization:** Imagine a white light surrounding and clearing away negativity
- **Energy work:** Practices like reiki, acupuncture, binaural beats, or shamanic healing can help remove stuck energy

2. Ground:

Grounding refers to connecting with the earth's energy to feel stable, centered, and present. Practices include::

- **Physical grounding:** Spend time in nature, walking barefoot on the earth, or using grounding mats
- **Breathing techniques:** Focus on slow, deep breaths to anchor oneself in the present moment
- **Visualizations:** Imagine roots growing from the base of your spine, or from the soles of your feet, and connecting to the earth's core
- **Connecting with the body:** Pay attention to physical sensations and bodily needs

3. Protect:

Protecting your energy involves establishing energetic boundaries to prevent the absorption of unwanted or negative energies from external sources. This could involve:

- **Visualization:** Imagine a protective bubble of light or a shield around yourself
- **Crystals:** Use crystals, like black tourmaline or smoky quartz, for their protective properties
- **Setting intentions:** Affirm intentions to maintain energetic boundaries and protect oneself
- **Limiting exposure:** Be mindful of the environments and situations that may drain your energy and take steps to limit exposure
- **Prayer:** Talk to your angels, ancestors, guardians, guides, God/ Source/ Universe – wherever you place your faith – offers the ultimate protection

You may use the following meditations, or your own method, to support the clearing, grounding, and protecting of your energy.

Morning Energetic Setup Meditation

Based on Daily Energy Set-up by Molly Indura, BetheLight.org

Start by sitting quietly. Take 3 slow, deep breaths, inhaling and exhaling fully. Imagine a cord running from your root chakra. This cord is like a tornado vortex. Allow the tip of the vortex to sink lower and lower into the Earth. Watch it connect into the crystalline core of the Earth. As it connects it creates a vacuum effect, sucking all the energy that is not serving your Highest Self, out of your aura.

Now open the soles of your feet and send roots down, deep into the crystalline core of the Earth. As your roots anchor in, Mother Gaia sends blue-white healing energy up through your feet, into your legs and into your body. This energy goes up into your aura, energizing you. This charges your aura for the whole day.

Now imagine a burning bowl in front of you. Watch the flames as you set the intention that other people's energy will settle into the burning bowl, and release it back to them, so that it doesn't affect your aura.

Next see yourself swimming in brilliant, liquid light. Feel this light and love permeate your entire being. This is your connection to the Sun. Direct this light through the front and back of each chakra: root, sacral, solar plexus, heart, throat, third eye and crown.

Now imagine the sun magnetically pulling back all of your energy that has gotten stuck in other people, places or things, from this lifetime or any other, in any astral plane or even the dream planes. See all of this energy being pulled into the sun, where it is cleansed and recharged, purified by the light of the sun.

Ask your Highest Self to come in and support you with your life and your purpose. See the sun getting huge and bright with all of your energy. When you feel like it is clear and refreshed, take a deep breath and pull this energy down into your body and aura.

Ask Earth and Source to create a distinct boundary around your aura to protect you completely, allowing only that which serves your highest good in.

Take a moment to relax and allow the energy to become fully present in your body and life.

Archangel Michael Clearing Call

I invoke Archangel Michael with the 5-D tube of light. Michael please place this tube of light around me, in this lifetime and in all lifetimes, all planetary systems and solar systems, all parallel realities and universes, and all source systems, now and in all times.

Archangel Michael, please use your sword of light to clear me of all foreign energies, all thoughtforms and beings; and when I am clear, escort these energies into the tube of light to transport them to the 5D to be transmuted into light and love. Please close my aura to the influences of all beings, except my Highest Self, the God consciousness, my guides and my guardians. So be it. And so it is.
