

A FREE WORKBOOK FROM KATHLEEN M. FLANAGAN



Light Activation Guide

WORKBOOK

*Reconnect to Your Radiance. Realign
with Your Truth. Rise Into Your Power.*

Kathleen M. Flanagan

TRANSFORMATIONAL COACH · AROMATHERAPIST · AUTHOR

kathleenmflanagan.com

HI THERE

Welcome, Beautiful Soul

I'm so glad you're here.

If you've been feeling disconnected, overwhelmed, or like your inner light has dimmed lately, you are not alone. This guide is a gentle invitation to pause, breathe, and reconnect with the radiant power within you. Your light is still here. Sometimes it just needs a little space, intention, and love to rise again.

My name is Kathleen Flanagan, and I'm a transformational coach, aromatherapist, speaker, and a #1 best-selling and international award-winning author of the *Dancing Souls* trilogy. I've spent decades walking the path of spiritual awakening, often reluctantly at first, and now I help others rise into alignment, purpose, and peace. Through my work with Awakening Spirit and I AM the Light Coaching, I guide others in rediscovering their truth and reclaiming their joy.

As you move through this guide, trust your intuition. Let the practices, prompts, and rituals gently realign your energy. You are exactly where you need to be, and your light is ready to shine brighter than ever. Let's begin.

Kathleen

Your sacred tool

This Light Activation Guide is your sacred tool to:

Check in

with your energy and
emotional state

Reignite

your inner light
through soul-anchored
practices

Awaken

your higher self with
clarity, compassion,
and intention

*Use this guide each morning, during moments of transition,
or anytime you feel called to align with your light.*

ABOUT KATHLEEN

Kathleen is a #1 best-selling and internationally award-winning author. Her book series, *Dancing Souls*, includes *Book One: The Call*, *Book Two: The Dark Night of the Soul*, and *Book Three: Awakened*. The trilogy chronicles the journey of an awakening spirit.

Looking toward the future, Kathleen knows that her spiritual journey is far from over. There will always be more callings to heed, more lessons to learn, and more love to give. But with each step she takes, she knows that she is exactly where she's meant to be: on a path of love, light, and spiritual awakening.

Chakra Check-In

You didn't land here by accident. Something within you is awakening, calling you to rise, to remember, to reconnect with the divine light that's always been within you.

Take a few deep breaths. Gently tune in to your body and energy field. Reflect on each chakra: where do you feel a strong flow? Where does it feel blocked or ignored?

CHAKRA

FEELINGS & IMPRESSIONS

 **Root** safety, stability

 **Sacral** emotion, creativity

 **Solar Plexus** power, confidence

 **Heart** love, connection

 **Throat** truth, expression

 **Third Eye** intuition, clarity

 **Crown** divine connection

Write without censoring. Let your spirit speak freely.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



*If my light could speak to
me right now, it would say...*

Daily Mantra

Speak this out loud, hand over your heart, or
while applying your favorite essential oil or blend:

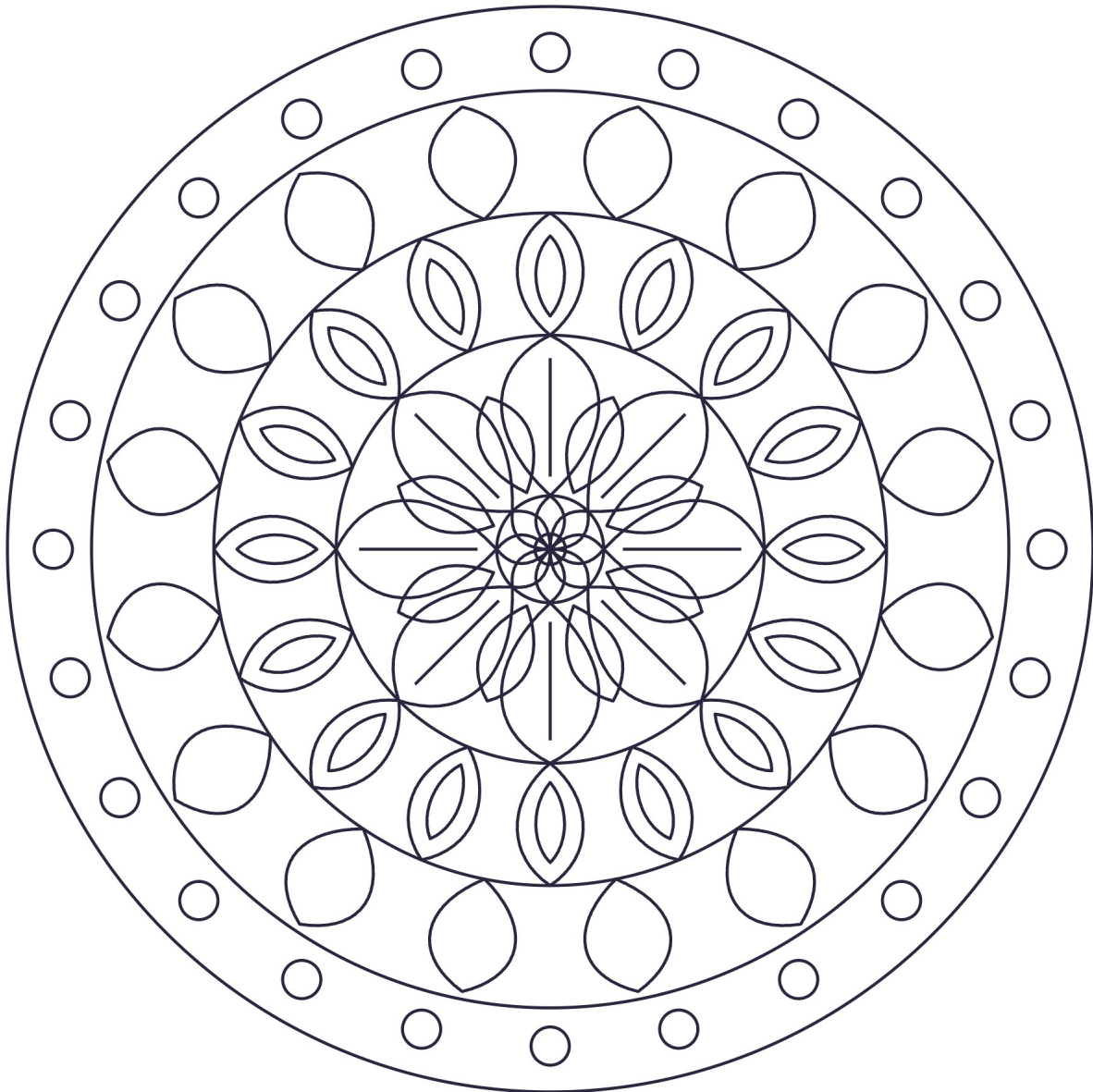


I am light.
I am whole.
I am aligned with divine
purpose.



Feel these words enter your energy field. Repeat three times, slowly.

Light Mandala Coloring Page



Mini Ritual for Morning Alignment

YOU ONLY NEED 5–7 MINUTES

- I Ground**
Stand or sit tall. Inhale deeply. Visualize roots connecting you to the Earth.
- 2 Center**
Place one hand on your heart, the other on your solar plexus.
- 3 Activate**
Whisper your mantra. Feel your light expand from within.
- 4 Anoint** (optional)
Apply essential oil to your heart or wrists with intention.
- 5 Close**
Thank your higher self. Step into your day with radiant presence.

Your Light Is Rising

This journey is not about becoming someone new.
It's about remembering who you've always been.

Use this guide as often as needed. Let
it be your gentle return to alignment.



You are not broken.
You are not behind.
You are awakening.

With love and light, Kathleen

WANT TO GO DEEPER?

Let's Align Together

These journal prompts just scratched the surface. If you're ready to release self-doubt, get unstuck, and gain absolute clarity on your next steps, let's dive into this work together.

The 90-Minute Alignment Session

Together, we'll:

- ✓ Pinpoint exactly where you're out of alignment
- ✓ Identify hidden mental and energetic blocks
- ✓ Create a clear action plan so you move forward with ease

Schedule a free call

calendly.com/kathleenflanagan/45-minute-sign-up

Kathleen M. Flanagan

kathleenmflanagan.com