

ALIGNMENT MADE EASY: 3 Hacks To Raise Your Energetic Frequency and Manifest Your Dreams™

My name is Carla Salteris! I empower women 40+ to elevate their self-love, enhance their overall well-being, and align with their life vision. By closing the vibrational gap and embracing their true inner power, my clients are able to manifest their deepest desires, create a life of purpose and joy, and achieve their highest potential.

Self-Love

Self-love is the foundation of your energetic alignment. When you truly love and accept yourself, “the good, the bad and the ugly,” you align with your highest vibration and create a powerful magnetic force for attracting your desires. Self-love is not just about pampering yourself; it’s about recognizing your worth, embracing who you are, and allowing yourself to step fully into your power. Feeling good is a requirement and not selfish, it is the path to having it all and vital to manifesting the life you desire.



Pet Love

Pets are excellent energetic alignment teachers! If you can begin to notice the differences in the energies of dogs and cats. As predators they each are very different energetically from each other and even more so from prey animals such as, rabbits and horses. Feeling how your energy communicates with theirs is great practice in holding your high flying vibration. By connecting with your pets, you can practice holding an unconditional loving vibration and notice how they react to your loving energy versus when you feel afraid. What an amazing mirror image they provide and great practice for elevating your frequency.



Love the Ones You’re With

Loving the ones you’re with—whether it’s family, friends, colleagues or clients—is about nurturing relationships that support your growth and align with your life vision. When your relationships are in harmony, your energy flows more freely, allowing you to manifest your dreams more easily. Healthy, supportive relationships are a key component of your overall energetic alignment. Who are you being in the relationship? Answer this and you’ll know what you are attracting.



I'd love to know how playing with these 3 alignment hacks worked for you. If you like, drop me an email!



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