

# A.L.I.G.N

— *The Radical Reset Guide* —



MYSTIC BONE

# About Creator



Hi, I'm Star, an intrinsic counsellor and psychic medium.

I created the A.L.I.G.N Method to support you through the moments in life where things stop working, where you know you need to embrace the end and move on, or step into something new, but you're not sure how, and letting go feels too painful. This guide is about a radical reset, when it's time to release old mindsets, outdated ideals, and even values that no longer fit, so you can rebuild from your intrinsic design. You're ready, so let's do this together.

Let's go!

THE

# A.L.I.G.N METHOD

## Assess

A. Understanding your blueprint, how you naturally operate, where your patterns come from, and where your current life no longer aligns.

## Let Go

L. Releasing what no longer fits, old identities, expectations, and imagined futures that are keeping you tied to what has already ended.

## Integrate

I. Applying what you've learned about yourself in real time, making decisions, communicating, and moving through life in alignment with your design.

## Grieve

G. Processing endings with awareness, acknowledging what has been lost, and allowing that experience to transform, rather than hold you in place.

## Negotiate

N. Rebuilding your life from a place of alignment, working with your current reality while shaping it into something that fits who you are now.



# USING YOUR WORKBOOK

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**The A.L.I.G.N Method** is here to help you recognise transitional stages and move through endings with a clear, structured approach that strengthens your beginnings and aligns you with your best future. Reset cleanly, and move through transition with an empowered sense of direction.

Endings do not come with a clear notice that this is the end, it can be confusing, especially when you are dealing with multiple endings, and surrounding chaos, fear, and apprehension.

The transitional stage means something is not working, you are being shifted into better alignment. Signs of an ending, a relationship, a phase/way of life, a job or situation, source of fulfilment,;

**Communication breakdown ♦ Lack of motivation ♦ Reduced energy  
Emotional detachment ♦ A shift in focus from the present to the past  
or future ♦ Requiring disproportionate effort**

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To be our best selves, we aim to be loyal, resilient, and dedicated. These are powerful traits, but when they are applied to something that has energetically ended, they become destructive. What once held value can become draining when we stay attached beyond its natural point of completion. This is where awareness becomes essential. Everything that supports wellbeing and health comes back to balance, knowing when to hold on, and when to release. As thriving beings, we need to stay attuned to the movement of energy, the exchange, the flow, the reciprocity. When that balance is lost, so is our sense of vitality and fulfilment.

### **Using your workbook and the A.L.I.G.N Method, begin here.**

Download your blueprint.

Highlight the parts that stand out to you, what feels true, what you connect with.

Make notes on where these patterns have shown up in your life, how they have affected you, and when.

Notice where there is conflict, imbalance, or something missing.

Choose one area to focus on.

*From here, you can begin.*



## *Understanding the Reset*

The signs of a transition are not always obvious.

You don't always consciously resist change. Sometimes you simply don't recognise it. It can feel like things are just not working, like life suddenly requires more effort, more holding together, more energy than it should. It can feel as though everything is working against you. As though nothing is easy. You may find it difficult to hold onto what was, and even harder to envision what will be.

*You feel stuck, lost, and unsure how to break the cycle.*

The time for a reset, or an ending, is not always easy to interpret. Things begin to shift. Friendships fall away. Redundancies happen. Relationships break down. Contracts end without warning. What once felt stable begins to unravel, and when this is misunderstood, resistance builds, often turning transition into chaos.

These moments can feel unclear. If you require more support with this, Mystic Bone offers the A.L.I.G.N Reading Report, a personalised written report with a 30-minute audio reading, combining planetary alignment, cards, and intuitive insight.

It is designed to show you what is coming to a close, where new beginnings are already forming, and how to work with this shift, rather than feel caught in it.

You will receive guidance on where to release your energy, where to place it, and how to move through this stage using your energetic blueprint, defined through your Primal Design.

*This isn't something you need.*

But if you want a clearer understanding of where you are, and how to move forward without second-guessing every step, it can make the process more direct.

» Simply visit our website: [www.mysticbone.co.uk](http://www.mysticbone.co.uk) to enquire.

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# ASSESS

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A.L.I.G.N



STEP ONE

## **A| Assess Your Blueprint**

The first step in radical reset.

The most misplaced loyalty we hold is to who we think we should be, or to the version of ourselves that brought us this far. We stay loyal to it because it feels familiar, because it once worked, and because it has shaped so much of our life.

But that version is not built for what comes next.

Holding onto it begins to stifle growth. It keeps you circling the same transition point, repeating patterns, without a real breakthrough.

Before you change anything, before you let go, before you try to move forward, you need to understand your core blueprint. This is where your Primal Design report comes in. Read it slowly. You're not trying to take everything in at once. Notice what stands out for you, what feels familiar, and what feels slightly uncomfortable. (*That's where the truth usually sits*).

*As you go through your report observe;*

- What feels accurate straight away
- What you recognise in your past behaviour
- Where you've been working against your natural way of operating
- Where things have felt forced, heavy, or unsustainable

*Key Point*

You are not here to fix yourself.

You are here to understand yourself, the rest unfolds with more ease, because once you understand your blueprint, your decisions start to change, and everything that follows becomes easier to navigate.

### *Working Through the Reset*

This is the point where conscious action becomes important. Rather than reacting to what is falling away, you are invited to move through this process with intention.

### *Step by step*

You will begin to understand what is happening, and why. You will start to align with your blueprint, reconnecting with how you naturally operate, and using that understanding to guide your decisions. Working with how you process life, so that the changes you make are grounded, stable, and aligned with how you are designed to thrive.

### *What This Leads To*

When this process is approached intentionally, something begins to shift. You attract aligned opportunities, and manifestation happens more easily. Decisions become easier to make and act on. Growth follows naturally as you let go of what no longer fits and move into a more aligned way of living.

A deeper sense of fulfilment begins to develop, not from external validation, but from living in a way that is consistent with your design.



Now is the most important move, between step 1 & 2, the part that most miss out. **Future Anchoring.**

Before you let go of the old, you need something to move toward. Future Anchoring is where you define and connect to what's next, so your transition has direction, not just disruption.

*Why this matters?*

Without this step:

- You stress your nervous system
- May jump into chaos
- Stall endings completely

With it:

transition becomes directed movement, not loss

This is where you create a new vision for your life, not from what you've previously believed you should want. Most people build their goals around external validation, what looks right, what is expected, what will be approved of. This is natural, it's part of how we are conditioned to operate within a social society. But if you want to live intentionally, this is the point where you override that. Let go of the goals, ideas, and expectations you've been carrying, and start again.

Look ahead, around five years into your future, and allow yourself to imagine a life that feels fulfilled, successful, purposeful, and healthy. From that place, begin to connect with who you would be. What kind of mindset does that version of you hold? What skills have you developed? What does your life actually look and feel like on a daily basis? Take your time here. Be honest with yourself. Notice what you are naturally drawn towards, what brings you energy, what feels real. Don't overthink it or try to make it perfect.

## **Next**

### **1. Clear what isn't yours**

Before you create anything new, let go of what you've been holding onto. The goals you thought you should have. The ideas shaped by expectation, approval, or comparison. A lot of what we aim for isn't truly ours, it's influenced by how we've been conditioned to think, live, and succeed. Acknowledge that. *Set it aside.* You are not building from that place anymore.

### **2. Define what is naturally yours**

Now shift your focus inward. What are you naturally drawn to? What gives you energy, not just in short bursts, but consistently? What feels interesting, meaningful, or worth your time? This isn't about what sounds impressive. It's about what feels right for you. Let your answers be honest, even if they don't make sense yet.

### **3. Step into your future self**

Look ahead, around five years into your future. Imagine a version of you that feels fulfilled, successful, purposeful, and well. Don't overthink it. Just step into it. Who are you in that life?

How do you think?

What do you prioritise?

What have you built?

Notice the mindset, the skills, the way you carry yourself. This is your starting point. You're not trying to get every detail right. You're creating direction, and placing an anchor in the future.

Now take this and begin to map out your vision on the next page.

## REIMAGINE

Allow yourself to explore a completely new vision for your future, now that you've taken the time to assess your blueprint. This is not about refining what you already had in mind, it's about creating something fresh. A life that is built from your fundamental design, not what you think you *should* want. Let yourself consider the possibility of a life that is designed for you, without restriction.

TRUST  
YOUR  
VISION

A stylized illustration of a human eye with a green iris and yellow eyelashes, surrounded by several small yellow stars. The eye is positioned between the words 'YOUR' and 'VISION'.

PATIENCE  
*with my*  
GROWTH

## PRIORITISE THE DREAM



I explore the world through a new lens, capturing unique moments and creating my story without boundaries. My project is *me*, an emotional journey through shapes, colours, experiences and details that intertwine to create a captivating future visual. Each goal is a window into a real future world and journey built over time.

Welcome to *your* magical journey of life, where every event tells a story.





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# LET GO

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A.L.I.G.N



STEP TWO

## **L| Let Go**

*Letting go is often misunderstood.*

It is not about forcing yourself to move on, or pretending something no longer matters. It is a process of recognising what has ended, and allowing that ending to be real, without trying to carry it forward into your next stage of life.

At this point in the process, you have already begun to see where your life no longer aligns with your blueprint. You have also started to form a new direction through future anchoring. Now, you are asked to release what no longer fits, so you can move into that direction properly.

*Change and loss can cause trauma.*

Humans are not naturally designed for sudden or major change. When something ends, whether it is a relationship, a role, a version of yourself, or a future you had imagined, it can create a real sense of instability. This is where people often get stuck. Do not mistake this for being weak or dependent. You are not *unable* to move forward, you are attached to what was, but a large part of this attachment comes from the future you created in your mind. The *imagined* future. This is the part you can change, this is where you are empowered to let-go intentionally.

We don't just connect to people, roles, or situations. We connect to what we imagined they would become. That imagined future creates a sense of stability. It feels real. So when something ends, you are not only letting go of what existed, you are also letting go of what you believed was going to happen. This is why letting go can feel so difficult.

This is where you may find yourself reaching for practices like tarot, which can feel supportive in these moments. You are making a conscious decision to craft a future, which helps you to process what is happening in present. This offers a sense of orientation, a way to process what is changing, and a way to reconnect with a sense of movement when everything feels uncertain.

There is something real and valid in that, but for deeper transitions, you need more than reassurance. You need a way to process the change itself. Letting go is a form of conscious processing. Rather than suppressing the experience, or overwhelming yourself with it, you move through it with awareness. You acknowledge what has ended, recognise what you are still holding onto, and you begin to release it, in a way that does not overwhelm your nervous system.

### *Grieving the Transition*

In many traditions, including the Tibetan understanding of transition, death is not seen as an ending, but as a passage from one state to another, these are the principles I use to help my clients transition change, and process loss.

**You are not just losing something. You are moving between versions of your life.**

Grief is part of that movement. Not as something 'painful' but as something that allows you to fully leave one stage, so you can enter the next. Without it, you remain in between, circling, and festering in a stagnant realm of loss and frustration.

### *Working With Letting Go*

As you move through this step, keep it simple, you are not trying to force closure, you are reframing how you process change, allowing yourself to see clearly what is no longer part of your path.

### *Reflection*

What are you still holding onto that no longer exists in the same way?

What future did you imagine, that you now need to release?

What feels difficult to let go of, not because it is right for you, but because it once felt certain?

### *Moving Forward*

Letting go may feel like losing stability, but in reality it is about creating space for something new to form. Nothing is more unstable, punishing, and painful than holding onto something past its ending. With this method and work, you will create the ability to process change, even major changes, without your system becoming overwhelmed, you *can* consciously create the conditions needed for you to move forward with an empowered sense of direction.

Use what you've uncovered here alongside your blueprint as a way to make sense of what you're releasing. When you can see clearly how you are designed to operate, it becomes easier to recognise why certain things haven't worked, and why they are now coming to an end. This removes some of the confusion and resistance that often comes with letting go. You're not losing something that was right for you, you're releasing what no longer aligns. Let this understanding support you as you process the transition, so you can move through it with more awareness, and step forward without carrying what no longer fits.





# Leaves in Motion



Autumn scatters colors freely,  
letting leaves drift in golden spirals,  
each one holding a quiet memory,  
released into the open air.

We walk through their swirling dance,  
feeling change whisper against our skin,  
reminding us that seasons shift,  
and hearts must learn to follow.

As each leaf settles on the earth,  
we understand the art of letting go,  
not with sorrow or resistance,  
but with calm acceptance and grace.



By Olivia Wilson



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# INTEGRATE

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A.L.I.G.N



STEP THREE

## **I| Integrate**

*This is where everything begins to take shape.*

- ✓ You've assessed your blueprint.
- ✓ You've started letting go of what no longer fits.
- ✓ You've created a new direction.

*Now you begin to live from it.*

When we integrate our learned principles, we don't need to change everything overnight, sustainable change is easier when you make small, consistent shifts in how you think, decide, communicate, and move through your life, based on what you now understand about yourself. This is where your blueprint becomes a tool, not just something you've read.

### *Living From Your Blueprint*

- Start by bringing your awareness into your everyday decisions.
- Notice how you naturally respond to situations.
- Notice where you feel ease, and where you feel friction.
- When something feels forced, pause.
- When something feels natural, follow it.
- Rather than asking, "What should I do?" begin asking, "What works for me?" This is a shift from reacting to life, to *self mastery*.

### *Practical Application*

Choose one area of your life to begin with.

This could be;

- How you make decisions
- How you communicate
- How you manage your time and energy
- How you respond to pressure or conflict

Keep it simple.

## **1. Make one aligned decision each day**

Use your blueprint as a reference point.

Before making a decision, ask yourself;

- Does this align with how I naturally operate?
- Am I forcing this, or does it feel steady?
- Am I choosing this out of habit, or from awareness?

## **2. Adjust how you communicate**

Notice where you;

- over-explain
- hold back
- or try to be understood in ways that don't feel natural

Begin expressing yourself in a way that reflects your authentic thoughts and responses, not what you think is expected.

## **3. Protect your energy**

Pay attention to what drains you.

Where possible, reduce your exposure to it, or change how you engage with it. This may innately feel like avoidance, but in reality this is mastery, choosing where you should remove your energy, to focus it where you can grow and nourish what you need in your life.

## **4. Observe the shift**

As you begin to live this way, notice what changes;

- What becomes easier?
- What new things have come into your life?
- How do you feel about your future? Journal your thoughts around this.

# LIVING YOUR BLUEPRINT

You don't need to do it perfectly.

But you do need to do it consistently.

Come back to your blueprint.

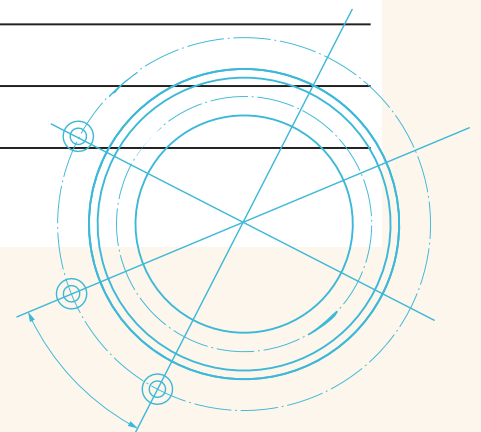
Use it as a reference point.

Over time, this becomes natural.

This is how aligned living is built.

Use your blueprint, and what you have observed, to create a soul map, note; which innate traits come up in different areas of your life, emotional, mental, practical etc

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# GRIEVE

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A.L.I.G.N



STEP FOUR

## **G| Grieve**

### *The role of grief*

Through my studies in grief counselling, and years of working as a medium, I've spent a long time understanding how people process loss. Not just physical death, but the kind of loss that happens within a lifetime, the endings, the identity shifts, the sudden changes that alter the course of your life.

Grief is often reduced to sadness, and with that, burdened by negative connotations. To approach grief consciously, we must redefine what that sadness represents. The presence of sadness is not a weakness, nor something to be corrected, it is the recognition that something mattered. It reflects your capacity to feel deeply, to love, to connect, and to form meaning through experience.

The mistake is to attempt to convert that sadness into something more comfortable, to reframe it prematurely as happiness or resolution. In doing so, its role is diminished. Grief is not something to bypass, it is something to move through. It requires space, attention, and respect. When it is felt and processed, it completes its purpose. Without this capacity, we would be disconnected from the depth of our own experience. An unfelt loss does not indicate strength, it suggests that nothing of value was truly held.

We encounter grief as the point at which we are asked to move beyond our previous limitations. As we begin to understand, and eventually accept, the impermanence of life, something shifts. We grow, not by avoiding the experience, but by allowing it to refine you, which leads to a mindset aligned with acceptance, rather than processing loss through a lens of attachment. This shift creates a healthier mentality, and helps to create a calm nervous system. Transforming how you process loss as a transition rather than an ending.

### *Processing Loss*

Major life transitions often carry the same internal markers as grief. This part of the method gives you a way to work with that, not avoid it, so you can process what is ending in your life and move forward without continuing to carry it.

What we grieve, tells us something was important. Recognise the role of what it is that is ending, what energy and time did it take to maintain? What was the future outcome, or vision attached? You can transform this loss, into transition by identifying this desire in new form, and applying the same energy into manifesting it.

### *Understanding detachment*

Before you try to “move on”, pause.

Grief is not just about what has ended.

It is also about what you believed would happen next.

### *Take a moment to identify;*

- What has actually ended?
- What did you believe this would become?
- What version of your future was built around this?

### *To grieve a life stage intentionally*

It begins with recognising that something has ended, allowing yourself to respond to that separation, and acknowledging the emotional impact it carries. From there, you reflect on what was, revisiting the experience and the role it played in your life. Gradually, you begin to release your attachment to it, including the expectations, meanings, and sense of certainty you had built around it, so you can step out of that version of your life and into what comes next.

In practices that study transition closely, grief is understood as a passage, not an obstacle. A movement from one state of being into another. This is where people become stuck. Holding onto what has already ended. Revisiting the same thoughts. Repeating patterns that no longer fit. Not by choice, but because something has not been fully processed.

When this process is avoided or rushed, it doesn't resolve, instead it manifests itself as inner conflict, pain, and insecurity. Over time, our intrinsic growth is not only stagnated, it transforms into self destruction.

### *How to recourse*

#### Understanding What You Are Releasing

Before you can move forward, you need to be clear about what you are letting go of.

This is not just the situation itself.

It is;

- the identity you held within it
- the expectations you had
- the future you had already started to build

### *Working With Grief*

Grief does not need to be forced, it needs to be recognised, celebrated, honoured and *allowed*. You do not need to resolve it, or fix it, instead acknowledge what has changed, and give yourself the space to process it without becoming overwhelmed. There is a difference between being consumed by emotion, and being present with it. This is where awareness becomes important.

*Notice without reacting;*

- Where do you feel urgency or panic?
- What are you trying to hold onto?
- What feels like it is “falling apart”?

*Stabilise Before You Move Forward*

You do not need to resolve everything immediately. You need to create enough stability to move through this intentionally, with awareness.

*Simple grounding:*

- Focus on what is still stable in your life
- Identify what has not changed
- Bring your attention back to the present, not the imagined future
- 

Allow the emotional response, let yourself acknowledge;

- sadness
- frustration
- confusion
- even relief

Do not try to change how or what you feel, emotions are best in motion, rather than over analyse, in the name of some kind of conclusion, it is best to observe, allow, release.

*Identify What You Are Carrying*

This is the key part.

Ask yourself;

- What am I still holding onto that no longer exists in the same way?
- What part of this am I struggling to release?
- What am I afraid will happen if I let it go?

## **Practical Guidance**

### **1. Acknowledge what has ended**

Name it clearly.

Not just what happened, but what it meant to you.

### **2. Separate reality from expectation**

What actually existed?

What did you believe it would become?

Both are real experiences, but they are not the same.

### **3. Allow your response**

You may feel:

- sadness
- anger
- confusion
- even relief

All of it is part of the process.

### **4. Stay within your capacity**

If it feels too much, step back.

Grief is not something to rush.

It can be processed gradually.

### *Reflection*

What are you truly grieving in this situation?

What future or expectation are you finding hardest to release?

What part of your identity was connected to this, that now needs to change?



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# NEGOTIATE

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A.L.I.G.N



STEP FIVE

## **N| Negotiate**

*This stage is less about change, and more about agreement.*

Not with the world around you, but with yourself, at any point of transition, there are multiple parts of you in play, one part wants growth, another wants safety, one is ready to move forward, another is still holding onto what was. These contrary feelings are valid, and natural. The issue is where you try all or nothing, you want your feelings to feel definite, you attempt progress by being tunnel visioned, this will only bring more conflict, and this is where negotiation plays a crucial part in aligning with your new path.

Self-negotiation is the process of recognising these internal positions, understanding what they need, and bringing them into alignment, so you can move forward without resistance pulling you back.

### *Working With Internal Conflict*

Instead of forcing yourself into change, or avoiding it altogether, you must practice mental mastery, observing thoughts, not reacting to each one. Observe any hesitation. Observe resistance. Observe what feels like friction.

Rather than reacting to these thoughts and feelings, or overriding it, ask: *What is this part of me trying to protect?*

Often, what looks like resistance is:

- a need for stability
- a fear of loss
- a response to past experience

When these needs are ignored, they don't disappear. They interrupt your progress.

### *Creating Internal Agreement*

This stage is about alignment, not control, you are not here to override parts of yourself or force change. You are here to bring your present world, and your new life ahead into agreement, so your actions, values, and direction are working together, rather than against each other.

Growth requires movement, but it also requires stability. If one is ignored, the other becomes unsustainable. This is where you begin to align your personal values with the direction you are choosing to move in. It means recognising what you genuinely need in order to feel grounded and supported, while also being honest about what is required for you to grow. When these are brought into balance, you are no longer negotiating from fear, but from grounded mental positioning.

Your blueprint becomes essential here. It gives you clear practical framework for how you naturally operate, so you are not making decisions based on habit, guesswork or external influence. Instead, you work from a grounded, intrinsic, and solid foundation.

#### *New you!*

##### 1. Identify the point of conflict

Notice where you feel divided. Where part of you is ready to move forward, and another part is holding back.

2. Understand what is needed, look beneath the hesitation. What is this part of you trying to maintain or protect? Stability, security, identity, certainty? Negotiate goals which preserve your needs, whilst aligning with a new path that works with your design.

##### 3. Align with your new values and direction

Return to your vision, but filter it through what you now know about yourself. What matters to you? What supports the way you naturally thrive.

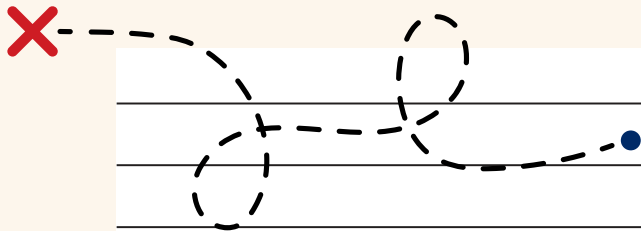
# THE FULL PICTURE

Take some time to reflect on these points.

Where do you feel internal conflict when you think about moving forward?

What is the part of you that is holding back trying to protect?

What would a step forward look like that still feels stable enough to follow through on?



## *Closing*

You've now moved through a process most people never take the time to understand. Not because they aren't capable, but because they don't have the structure for it.

You've;

- recognised where you are
- understood how you actually work
- created a new direction
- begun letting go of what no longer fits
- and started to move forward with intention

## *That alone changes something.*

Even if nothing around you has fully shifted yet, the way you are seeing and approaching your life has, and that's where real change begins. This method is something you can return to at different stages of your life. Life rarely has one transition, you will face several, and each time, this method can support and guide you. Helping you to move through it properly, without getting stuck in the same patterns.

## *Where Primal Design Comes In*

Throughout this process, you've been asked to reflect on your patterns, to question what fits and what doesn't. Your blueprint makes this process easier, clearer and more fluid. It moves you from general awareness into self-mastery.

Your blueprint makes clear;

- Your full potential
- The intricate framework which creates your patterns
- The processes behind your needs and wiring

This gives you clear self-understanding, without the distortion of your current lens and perspective, which can unintentionally limit your growth. It is a clear, defined, and detailed report, personalised specifically to you.

Your blueprint is something you return to, not something you read once and move on from. As you move through your life, making decisions, navigating relationships, responding to change, you will notice patterns in how you think, feel, and act. In the moment, these responses can feel automatic or unclear. This is where your report becomes useful.

It gives you a way to step back and understand what is happening beneath the surface. Rather than questioning yourself, or trying to work things out through trial and error, you can reflect on your blueprint and begin to see why you respond the way you do, what you need in order to function well, and where you may be working against your natural way of operating.

*This changes how you approach decisions.*

Instead of reacting, or relying on external input, you begin to make choices that are informed by how you are designed to move through life. Over time, this allows you to refine your approach, adjusting your strategies so they support you, and your reset.

*Your blueprint does not tell you what to do.*

It helps you understand how to work with yourself, so that whatever you choose, you are doing it in a way that is intrinsically beneficial to you. As you grow and your life evolves, its value deepens. You begin to see more, and understand more, and you move through your life with a stronger sense of direction. Life does not offer certainty, but a deep level of self-understanding gives you a reliable way to move through it and approach what comes next.



# Thank You

Thank you for choosing the A.L.I.G.N Method from Mystic Bone. We wish you a life aligned with your truest, deepest dreams and desires. May you feel self assured in who you are, resilient through every transition, and supported as you move forward with your own personal magic, being confidently and unapologetically you.

With Cosmic  
Love & Light,  
*Star*

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