



ALIGNED **Abundance**

RESOURCES WORKBOOK

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SPIRITUAL QUEEN

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Don't Forget...

Meditation Playlist



You can also get my exclusive add-on to the book with over 120-minutes worth of powerful, magnetic meditations inspired by chapters within the book, for that extra support in releasing control, aligning with your authentic self, and manifesting the life of your dreams.

[You can purchase the playlist here by clicking this link...](#)

Exira Resources

Other Books by the Author

Spiritual Queen (That Guy's House, 2019)

Positively Wealthy (Watkins Publishing, 2020)

Positively Wealthy Journal (Watkins Publishing, 2020)

Hurt, Healing, Healed (Watkins Publishing, 2022)

Manifesting Rituals Oracle Deck (Quercus Publishing, 2023)

Manifesting Rituals Oracle Book (Quercus, Publishing 2024)

References

Chapter 1. The Law of Attraction and Alignment

- Brad Yates YouTube Channel. Available at:
www.youtube.com/@tapwithbrad

Chapter 2. Raise Your Vibration

- Emma Mumford, "Raise Your Vibes and Feel Good Meditation". Available at: www.youtu.be/3sgHOZ5XeKY?
- Emma Mumford, "Raise Your Vibration Subliminal". Available at: www.emmamumford.co.uk/alignedabundance alongside the books resources.

Chapter 4. Manifest from a Place of Regulation

- Wim Hof, "Wim Hof Method" (cold water therapy and breathwork). Available at: www.wimhofmethod.com/
- Dr Bessel van der Kolk, The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (Penguin, 2015).
- Jessica Maguire, The Nervous System Reset: Unlock the power of your vagus nerve to overcome trauma, pain and chronic stress (Bluebird, 2024).
- Emma Mumford, "Align Your Energy and Chakras Meditation". Available at: www.youtu.be/Y3RTYGua3Nc?

Extra Resources

Chapter 5. Declutter Your Energy and Life

- Marie Kondo, *The Life-Changing Magic of Tidying: A simple, effective way to banish clutter forever* (Vermilion, 2014).

Chapter 6. Release Expectations and Control

- Emma Mumford, “Releasing Expectations and Control Meditation”. Available at: www.emmamumford.co.uk/alignedabundance alongside the books resources.

Chapter 7. Get to Know Your Authentic Self

- Emma Mumford, “Embodying Self-Worth”. Available at: www.youtube.be/8ITqUSFnCoQ?
- Emma Mumford, “Releasing Old Identities and Cord Cutting Meditation”. Available via the author’s website in the Aligned Abundance meditation playlist.

Chapter 11. Live with Intention

- Marie Forleo, *Time Genius*®. For more information, visit: www.marieforleo.com/time-genius

Chapter 12. Manifest with Joy

- Emma Mumford, “Spiritual Queen’s Vibe Raising Playlist”, Spotify playlist. Available at www.emmamumford.uk/3JH2yzp
- Emma Mumford, “Core Energy of your Desire Meditation”. Available at: www.emmamumford.co.uk/alignedabundance and www.emmamumford.uk/coreenergy

Chapter 14. Flow, Don’t Force

- Emma Mumford, “Flow, Release and Surrender Meditation”. Available via the author’s website in the Aligned Abundance meditation playlist.

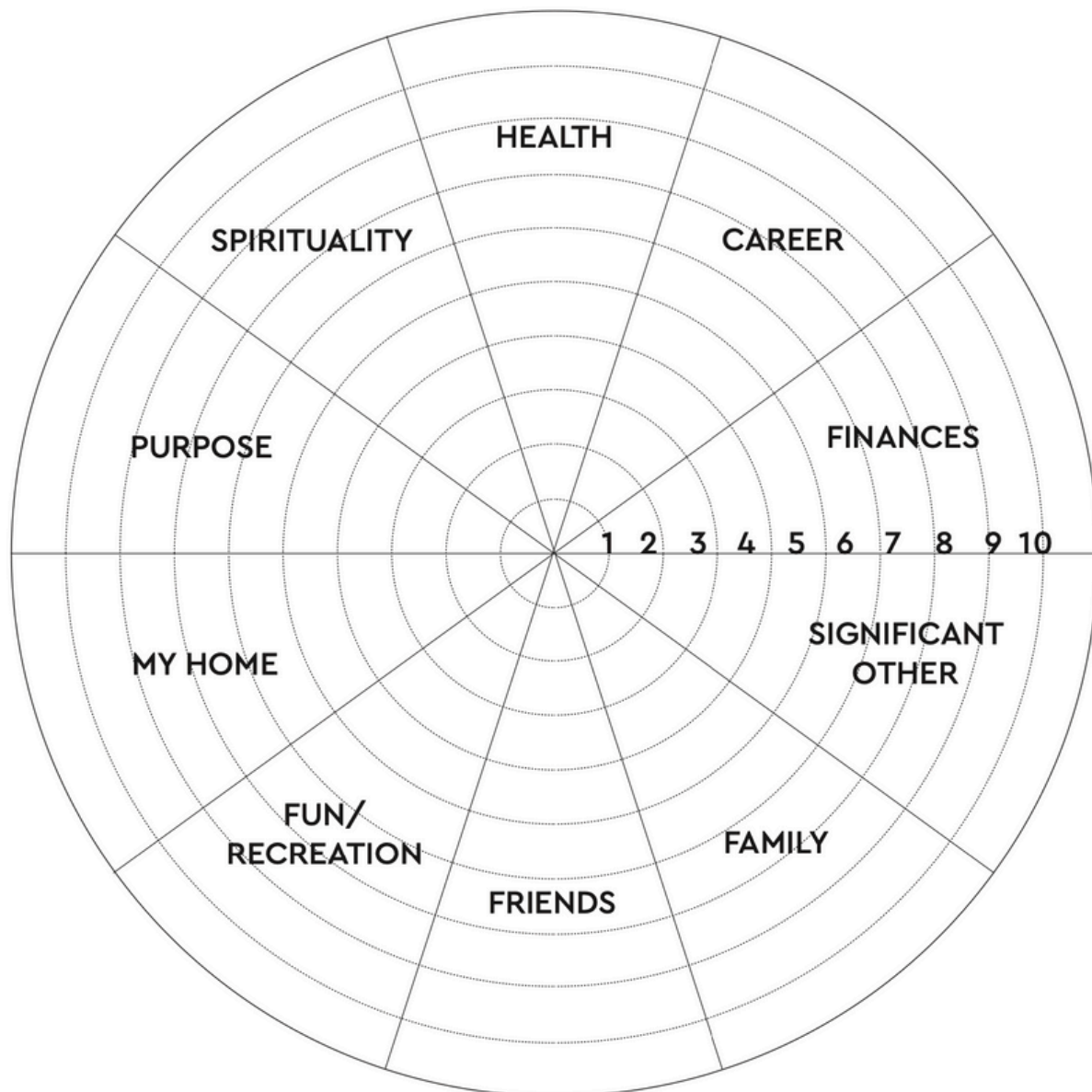
The Emotional Scale

As seen on Page 24 - The Emotional Scale

Joy/Appreciation/Empowered/Freedom/Love
Passion
Enthusiasm / Eagerness / Happiness
Positive Expectation / Belief / Optimism
Hopefulness
Contentment
Boredom
Pessimism
Frustration/Irritation/Impatience
Overwhelmed
Dissappointment
Doubt
Worry
Blame
Discouragement
Anger/Revenge
Hatred/Rage
Jealousy
Insecurity/Guilt/Unworthiness
Fear/Grief/Despair/Powerlessness

Aligned Abundance Wheel

Use the Aligned Abundance Wheel below as explained on page 39. Colour it in or write down your score for each area of your life, rating this from 1 to 10, with 1 being “I don’t feel aligned or abundant in that area” and 10 being “I feel fully aligned and abundant”.



Aligned Abundance Wheel

To go deeper, consider each area on the wheel and write down a short statement to describe what a score of 10 would look like for each area.

FAMILY, FRIENDS & PARTNER

FUN & RECREATION

SPIRITUALITY

FINANCES

HOME

BUSINESS & CAREER

HEALTH & FITNESS

PURPOSE

Aligned Abundance Wheel Goals

Choose the areas you'd like to work on and think about the goals and next steps you'll need to take to get these scores up to a 10.

FAMILY, FRIENDS & PARTNER

1.	
2.	
3.	

FUN & RECREATION

1.	
2.	
3.	

SPIRITUALITY

1.	
2.	
3.	

FINANCES

1.	
2.	
3.	

HOME

1.	
2.	
3.	

BUSINESS & CAREER

1.	
2.	
3.	

HEALTH & FITNESS

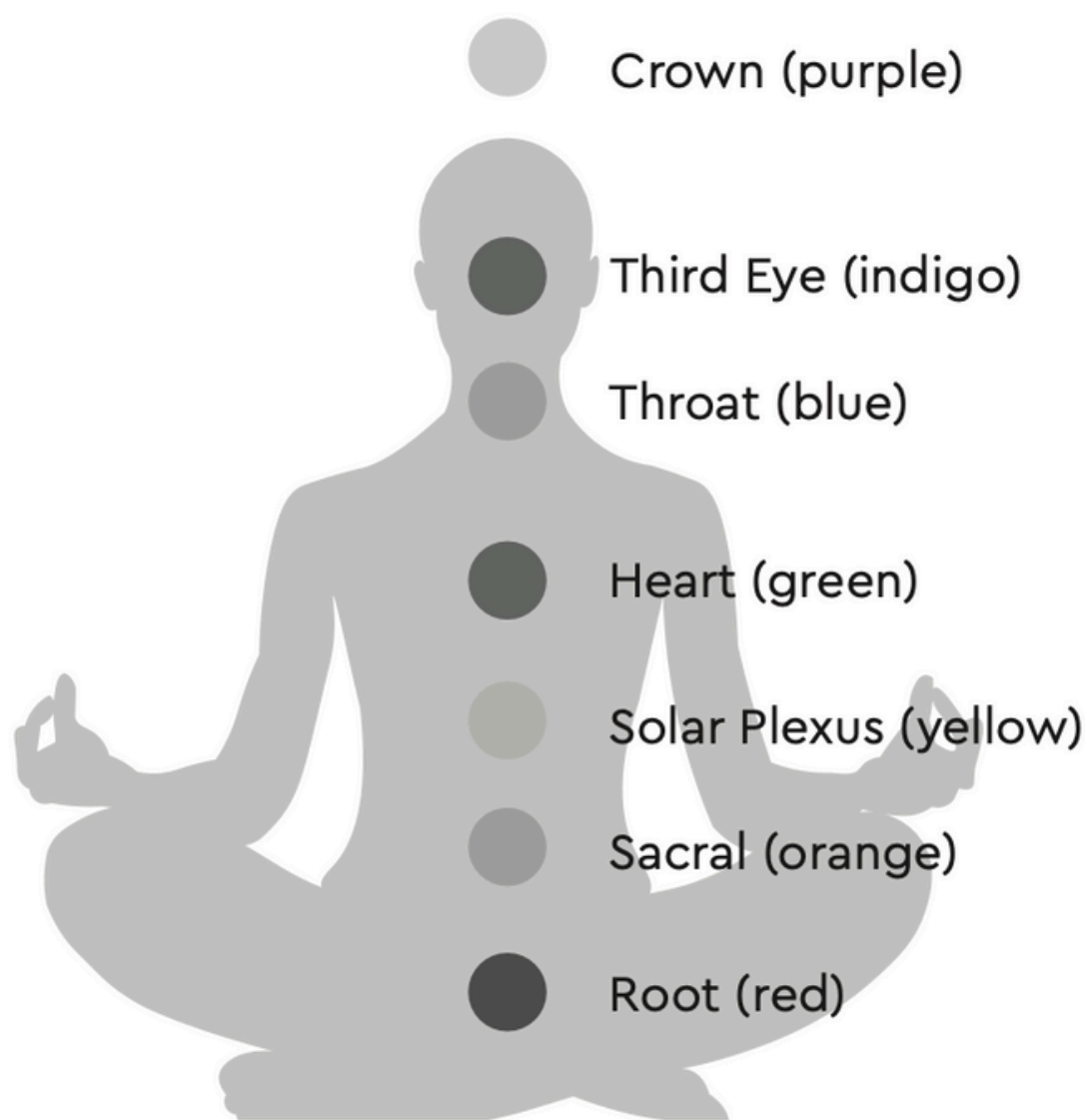
1.	
2.	
3.	

PURPOSE

1.	
2.	
3.	

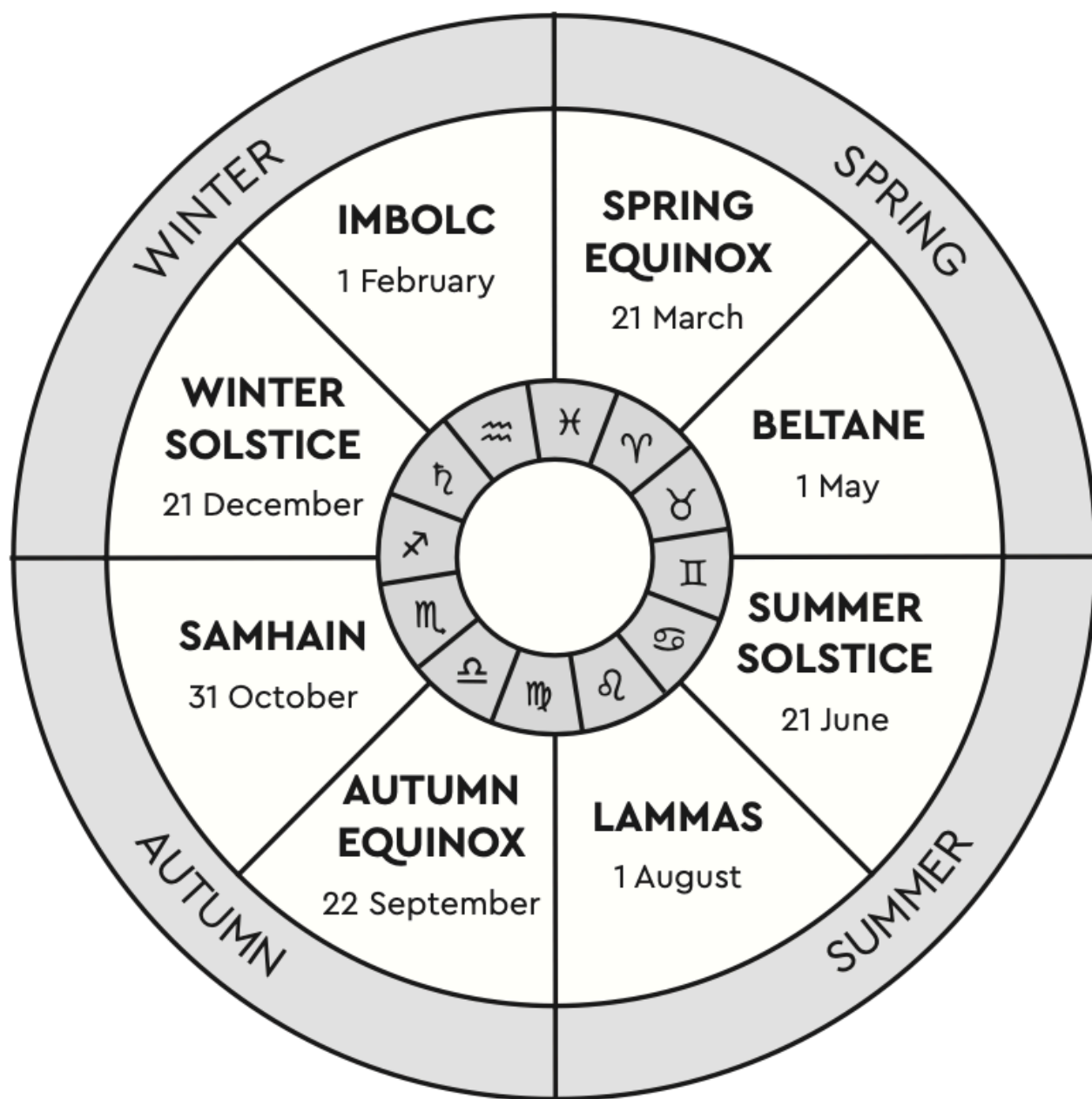
The Seven Chakras

As seen on page 56. The location of the seven chakras in the physical body



Wheel of The Year

As seen on page 133 - The Wheel of the Year



Spring Equinox Ritual

On the 20th March 2025, here in the Northern hemisphere we experience the Spring Equinox. Spring brings in change, shift and positive momentum as we return to the light and start to see our hard work pay off. You now have the green light from the Universe to start taking action towards your goals. The Spring Equinox also marks the start of Aries season (March 21st - April 19th) which is the new astrological year, the perfect time to set intentions for the year ahead and step into new beginnings and new energy.

Ritual

Spring clean your home and create a shift in your energy and environment by having a good declutter physically, emotionally and spiritually. To create new energy in your life, try something new. Shake off the old astrological year by letting go of anything no longer serving you, cleanse the energy of yourself and home and set powerful intentions for the next twelve months. Now that we have the clarity of Spring, reflect on any yearly goals that you set in January and make sure they still feel in alignment to you here at the new astrological year.

What area of my life is the Universe giving me the go ahead in?

What am I ready to move forwards with now?

What new beginnings are happening at the moment?

Summer Solstice Ritual

On the 21st June 2025, here in the Northern hemisphere we experience the Summer Solstice. The Summer Solstice is the longest day of the year and the shortest night. It is the sacred season of opportunity and manifestation and we now experience the most fertile months of the year and see our desires come into fruition over the Summer. The Summer Solstice is a great mid-year check in point to realign your focuses for the remainder of the year. Check in with your yearly goals and whether they still feel in alignment to you here and now.

Ritual

Celebrate the light in your life and all the things that are going well for you. Write a list of gratitude for all the wonderful things that have come into fruition over the last six months as this is a great way to celebrate the light and call in more abundance. Spend some time diving deep into this and feeling the gratitude and appreciation for all the blessings you've received so far this year. I'd also suggest writing a celebration list of all the great things you've done over the last six months and make sure to celebrate YOU.

What have I accomplished this year
that I feel really proud of?

What do I want to fill my life with in
the second half of the year?

What am I saying yes to this
Summer?

Autumn Equinox Ritual

On the 22nd September 2025, here in the Northern hemisphere we experience the Autumn Equinox. Autumn brings in change once again as the leaves teach us how beautiful it is to let things go - it's a time to celebrate the harvest and all the abundance you've received throughout the year and to look at your focuses as we start to retreat inward, into the darker months. Autumn will always be there to remind us change will always arrive and that there isn't an end to anything, only a new beginning.

Ritual

Write a gratitude and appreciation list for all you've manifested and achieved throughout your year so far. Reflect on each point and give thanks for the 'harvest' you've reaped this year so far by reading through each point and repeating 'Thank you, Thank you, Thank you Universe for my hearts desires and wishes you've brought into fruition this year'. Next, look at what you need to focus on for the rest of the year to help you achieve your remaining goals. This is a great time to declutter your home and energy to welcome in change and new energy into your life.

What blessings and abundance
have I received so far this year?

What is falling away in my life
right now?

What do I feel called to declutter?



Winter Solstice Ritual

On the 21st December 2025, here in the Northern hemisphere we experience the Winter Solstice. It marks the official start of winter, and the initiation of light returning to the sky as the days lengthen, bringing the promise of Spring. It's a time for deep reflection, rest, healing, gentleness, releasing and recharging. Also, to dive deep, celebrate, and refocus your direction for the season to come. It's a time to celebrate the past 12 months and set new intentions for the coming year.

Ritual

Reflect on the year and what worked well and what you'd like to improve in the New Year. Invite in the light by lighting a candle. You could then burn your reflective list safely with this candle to let the last year go energetically. The Winter Solstice provides the perfect time for you to slow down, rest and wrap up any loose ends before the end of the year. Don't let small tasks or chores dampen your festivities take action and tie up any loose ends so that you enter into a new year with a clear space and energy, not a long to-do list!

What seeds of beautiful intention
can I sow for the next 12 months?

What am I ready to let go of and
leave in this year?

How can I slow down and rest?



Gratitude Is The Best Attitude!

Use the spaces below to explore your gratitude practice for the day and manifest how you'd like to feel today. Start your day properly and do these as soon as you wake up to set yourself up positively for the day ahead. Reflect back on these in the evening to see if they happened!

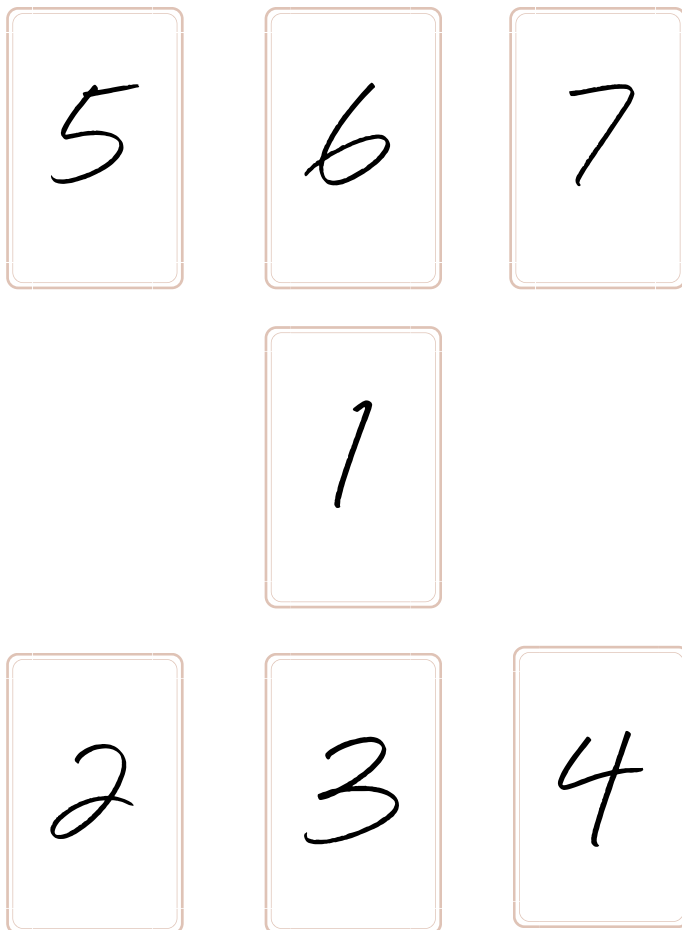
What are 3-5 things I'm grateful for today?

I am so grateful for....because....

How would I like to feel today?
What are 3 emotions I'd like to feel?


Manifesting Card Spread

Another Aligned Abundance activity for your to complete which is certainly a fun one is to connect to your desires and manifestations through your oracle or tarot cards. Centre yourself then shuffle your cards and call upon your angels or spirit guides and set the intention to pull a card for each of these questions below. Pull cards out when you feel called to or let them naturally fall out. Keep them face down and place them in the position pictured. Once you have all 7 cards you can turn them over and see what your spirit team wants to communicate with you currently!



1. What is the overall theme for me this year?
2. What alignment am I seeking currently?
3. What do my guides want to help me with this year?
4. What should my focus be during Aligned Abundance?
5. What area of my life would the Universe like to help me manifest in?
6. What is my biggest block to abundance currently?
7. How can I shift this alignment block?

Extra Fun Activity

A woman in a black dress is dancing on a beach at sunset. The sun is low on the horizon, creating a warm, golden glow. The woman's dress has a large, light-colored, abstract shape cut out of it. She is captured in a dynamic pose, with one leg lifted and arms outstretched.

As an extra fun activity for you, I've put my Spiritual Queen's Vibe Raising Playlist below which you can access on Spotify for free. Use this playlist to let go, embrace your body, and dance today! Raise your vibes and let the music flow through you and clear any stagnant or heavy energy you've picked up or have been holding onto. Let me know how you get on and make sure to do this often to feel connected and raise your vibes!

[Click here to listen on Spotify for free](#)





New Moon Worksheet

Under this new moon I am grateful for...

Under this new moon I forgive...

Under this new moon I call these into my life now for the highest good of all...



Full Moon Worksheet

Under this full moon I am grateful for...

Under this full moon I forgive...

Under this full moon I am now willing to release and let go of...

Make sure to sign this at the end and say the mantra on the previous page when burning...

IF YOU'VE ENJOYED THE BOOK AND WANT
MORE IN-DEPTH SUPPORT FROM ME EACH &
EVERY MONTH...

THEN COME AND JOIN MY SPIRITUAL QUEEN
COMMUNITY...

IN THE

Manifestation Membership

[CLICK HERE TO LEARN MORE...](#)

