

# THE GUIDE TO SOUL REALIGNMENT

*FIND YOUR WAY BACK TO SOUL SOVEREIGNTY, AND LET YOUR SOUL SHINE*



## PATHWAY TO SOUL REALIGNMENT

DISCOVER the secrets to  
transforming your inner  
and outer world

LEARN how to become  
the best version of  
yourself

MASTER the hidden wisdom  
that will take you to the  
next level

# SOUL REALIGNMENT GUIDE

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A HANDBOOK ON REALIGNING  
WITH SOUL

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LYNN CHENG

# TABLE OF CONTENTS

DISCOVER the secrets  
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become the best  
version of yourself

MASTER the hidden  
wisdom that will take  
you to the next level

- **Introduction: A note from Lynn**
- **Setting Intentions**
- **Chapter 1: Recognizing energy pulls**
- **Chapter 2: Becoming the Observer**
- **Chapter 3: Setting Proper Boundaries**
- **Chapter 4: Finding Soul Sovereignty**
- **Chapter 5: Awaken your Intuition**
- **Chapter 6: Connecting with your Higher Self**

Hi there, I'm Lynn

WELCOME, MY FRIEND.

I am a mother to two starseed littles, and two fur babies. I'm also a certified quantum energy healer (using tools of D-Codes™), an intuitive coach, and an empowerment wizardess. I am on a mission to help and guide awakening starseed souls in the remembrance of their soul song and soul mission. My passion lies in (but is not limited to) supporting starseed mommas who are struggling on this journey of soul evolution, helping them bridge their interstellar souls to their human roles so that they can navigate a more authentic and empowering way of being.

Lynn Cheng  
Creator of Starseed Universe







## MY STORY

The daughter of strict well-meaning parents, I grew up thinking that I had only one choice in life. Go to school, get a good job, and build a stable life for myself. While this laser focus led me to a high-paying career in my late-20s, it didn't leave me with any sense of who I was and what brought me joy.

My life took a 180 degree turn when I met my now husband, and the Universe decided to shake up my cushy city-gal life to catalyze my awakening. After dating long-distance for less than a year, we found out our first starseed child was arriving Earthbound. I gave up everything I was to become a Mother.

What I did not know at the time was, those turbulent and dark moments I experienced in this drastic transition lead me to a new dawn and transformed my life in ways I never imagined possible. Looking back, the Universe' growing impatience with my procrastination and stalling on my starseed mission lead me to a profound awakening and remembrance of who I came here to be.

Today, I live each day incredibly grateful to this violent turn of events, from which I finally had the opportunity to heal and align with my true soul purpose.

*Blessings,  
Lynn xoxo*

Lynn Cheng  
Creator of Starseed Universe



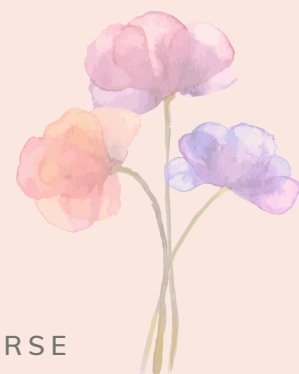
# You are not alone...



The purpose of this Ebook is to help you navigate your human life in a more aligned and authentic way. We are spiritual beings in a human body here to experience this physical reality for a little while, and though our Soul signed up for and agreed to everything currently taking place in this lifetime, the journey may sometimes become an arduous one.

Take a deep breath, and know that you are not alone. At this very moment, there are hundreds of thousands of other multidimensional souls just like you, also experiencing the ups and down of Earth life. Remember, you are never alone, and you are here to experience, not to get stuck in the 3D densities.

Through my own journey, I have found some tools to be extremely helpful in navigating this human life, and I've created this Ebook with the hopes of making this path a little easier on you. Let these foundational tools help you find your way back to a zero point, from where you can discover who you truly are at soul level. While these are tools, they require proactive practice and application to daily life. The ultimate goal is to have these intentions become a way of being. Give yourself grace when you fall, healing and becoming self-aware is a life-long process!



# SETTING INTENTIONS



## INTRODUCTION

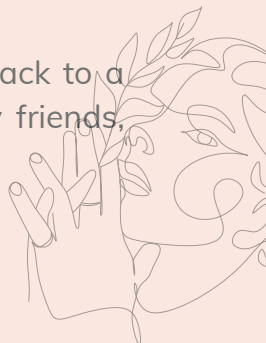
The first step to manifesting the life you want as a sovereign and empowered being, is to have the intention to do whatever it takes to get there. The path to healing may not always feel comfortable, but it is in the depths of those shadows that you will have your most profound revelations. Set the intention to commit to and show up for yourself, and be open to the guidance of the Universe.

From the time of birth, we are programmed to be a version of ourselves that meet expectations of an external reality. We play so many roles in life depending on who we are facing, and at a young age, learn to adopt a permanent mask, eventually forgetting that there was a mask there at all.

Unfortunately, this pathway will not support and lead you to be happy and live a fulfilling life. How many of us are walking around in a sleep-state? How many more find ourselves searching endlessly for something we can't quite grasp? That void, that unexplainable unhappiness is the voice of your Soul. One might have everything in life that checks all the boxes, and yet feel lonely and unfulfilled. Why is that? This is because you may be living in misalignment with soul. That heavy unhappiness or emptiness is your Soul communicating to you, screaming for you for help.

In this Ebook, you will have to commit to yourself, and hold yourself accountable for being aware of your behaviors. Be honest with yourself, ask EGO to take a backseat, and let your Soul step forward. See from the lensing of a non-attached sovereign soul.

With commitment, vulnerability, and curiosity, you will be able find your way back to a peaceful state of being, where your Soul is allowed expression. And there my friends, happiness lies. Are you ready to reclaim your power?



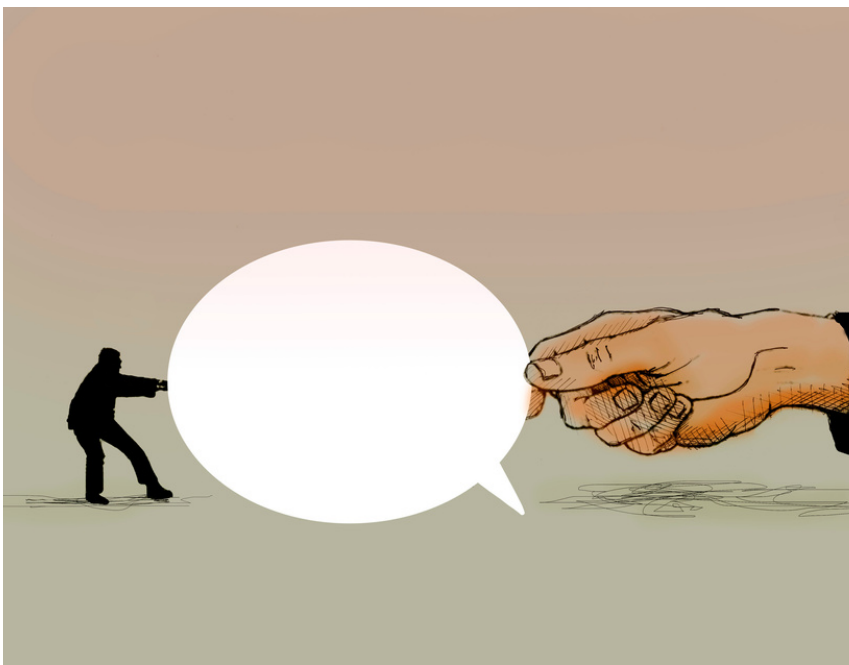
## RECOGNIZING ENERGY PULLS

Creating and maintaining healthy boundaries is a life skill. It requires a confidence that allows us to feel deserving of respect. Though this is a natural birth right, often it slowly wanes over time. As our childish innocence falls way to adulting, we try to figure out who to be, how to be, and what to believe-according to what is expected of us externally.

The trust we have in ourselves dwindles as we become more insecure and vulnerable to judgements, made both by others and ourselves, which in turn causes us to give our power away. We lose sight of who we are, and struggle to understand our value, jeopardizing our soul sovereignty in exchange for acceptability in the world around us.

In Celestine Prophecy, James Redfield communicates that “Staying out of CONTROL DRAMAS” is essential to becoming more Conscious and being able to create the life you want.

Let's take a look at control dramas and what they are next.





# So what are Control Dramas?



Here is an example: You walk into a room and someone says something that is critical, you immediately react defensively and say something critical in return. The other person responds with another “put down” and so on.

This situation, of course, can result in an argument or worse, depending on the circumstances. At the very least, everyone’s energy level and consciousness comes crashing down.

Rather than responding to criticisms by being critical, we can instead, remove ourselves emotionally and become a non-attached observer. In this way, we protect our own energy fields while holding space for the other person. People who are critical do so because they are low in energy (and inner security) and seek ways to dominate others to feel better. We are advised not just to hold space, but to reflect back to them what may be going on, an algorithm interrupt if you will.

The key here is to never fall into that trap of emotional reaction. By doing so, you are essentially feeding them the energy they seek, draining yourself at the same time.



*On the next few pages we will outline the 4 types of control dramas that are present in daily life and interactions.*

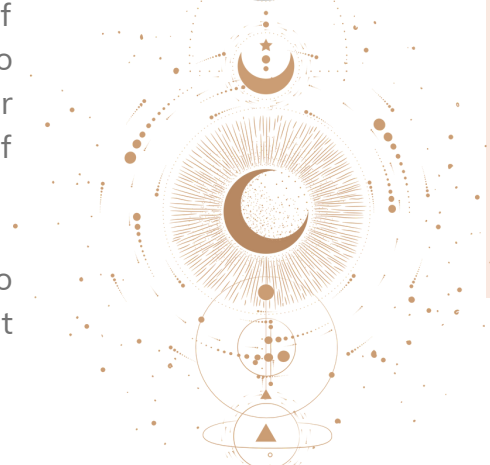
# VICTIM (POOR ME)



## How it shows up:

This is the classic "woe is me" attitude, and the most passive of all the "Control Dramas." People who use this control drama often feel like the world is against them, that they have it the worst, and nobody cares to rescue them from the throes of their misery. This style is designed to get the other person to feel sorry for them and lures the other party in to connect or reconnect with them in sympathy, which shifts the energy of the jointly connected minds to their control.

The best way to navigate this control drama is not to feed into their statements of dread, hold space and offer different perspectives without letting them pull you into sympathy.



### VICTIM (POOR ME)

WHAT THEY MIGHT SAY:

- "You were not there for me when all these bad things were happening."
- "After all I have done for you, you let me down like this."
- "My life is the worst, and no one understands. I will never find happiness."

@Starseed Universe

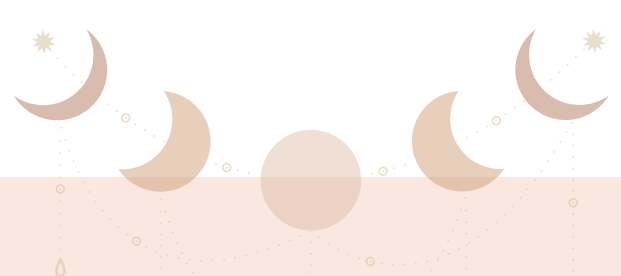
### VICTIM (POOR ME)

## HOW YOU CAN RESPOND

"You are talking as if you are in a hopeless situation and there is nothing you can do to change it. Is this really how you feel?"

"Hmm, that's interesting you feel that way. What do you plan to do about it?"

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# ALOOF



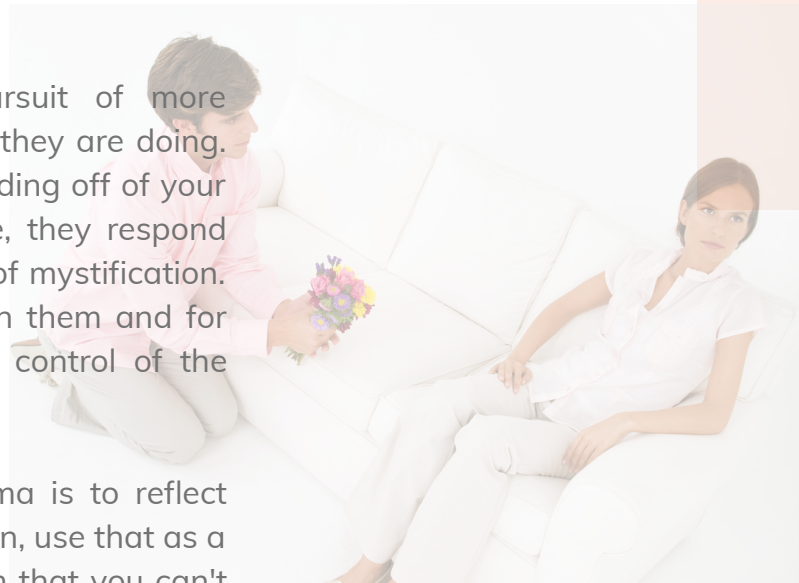
## 2

### How it shows up:

The Aloof “Control Drama” is less passive than the Poor Me Control Drama, yet still tries to lure you into connection by acting distant and unreadable. They want you to connect with them, but they only partially connect themselves, while withholding information.

Acting this way leads you into the pursuit of more knowledge about whom they are and what they are doing. Their goal is to get you to "chase them", feeding off of your caring energy. When you do engage more, they respond with evasive remarks and with a certain air of mystification. Their effort is to get your attention solely on them and for you to subconsciously allow them to have control of the relationship.

The best way to navigate this control drama is to reflect back to them their own elusiveness and in turn, use that as a way to disconnect. This will express to them that you can't help them if they continue to behave in this way.



ALOOF

WHAT THEY MIGHT SAY WHEN YOU ASK THEM WHAT'S WRONG



"Oh nothing...nothing is wrong".

"I guess I'm okay...if you call this okay".

"Nothing. Just unhappy and sad."

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ALOOF

### HOW YOU CAN RESPOND



"Your behavior is very aloof, I feel you are withdrawing emotionally. Would you like me to give you some space and leave you alone?"

"You don't seem like you truly want to tell me what's going on, perhaps I will just give you some space."

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# INTERROGATOR

## How it shows up:

This mode of behavior is more aggressive than the previous two and predominantly utilizes criticism and passive aggressiveness to make the other party feel wrong and small. You know when you have run into this style of manipulation because you suddenly feel criticized, and begin to monitor your actions so that you feel less vulnerable. Usually, the person playing such a game has learned to put someone down (sometimes under the guise of being helpful) to seize control of the relationship. Subtle criticizing forces the other person to lose confidence, and begin to look at themselves through the eyes of the Interrogator, and so, giving them power and energy.

This is a common theme that parents use with their children, unfortunately.

The best way to navigate a situation when someone is playing the interrogator role is to remain grounded. Stay connected and do not use another "Control Drama." Call out the game by authentically expressing exactly how you are feeling. This will immediately collapse the manipulation as the Interrogator has to move toward authenticity and deal with your feelings.



INTERROGATOR

WHAT THEY MIGHT SAY



"Don't you feel a bit under-dressed at this occasion?"

"I can't believe you said that."

"You really aren't smart enough to compete in that job."

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INTERROGATOR

HOW YOU CAN RESPOND



"Your questions feel very intrusive and I can feel myself putting up a wall. What do you really want to know?"

"Every time I'm around you, I feel criticized."

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# INTIMIDATOR

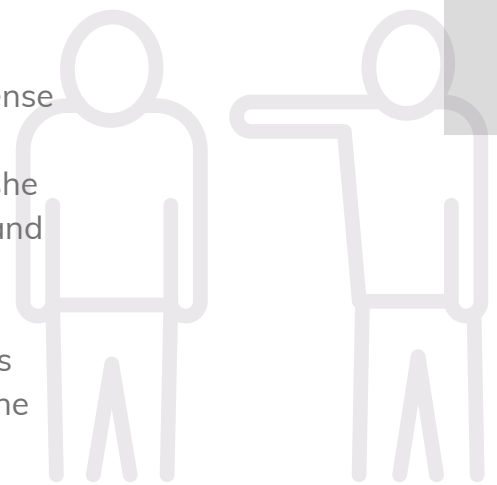


## How it shows up:

The Intimidator is the most aggressive type of “Control Drama” where the user tries to scare you into deferring to their control in the relationship. Thus, this is the most dangerous of manipulation devices since some Intimidators resort to violence to ensure that the game works. This is the tactic that most bullies use, and is often found in abusive relationship dynamics.

You know when you are relating to an Intimidator when you sense an air of aggression in another’s demeanor and attitude. This person has most often grown up in an environment where he/she could not gain energy in his early childhood in any other way, and thus has resorted to outward aggression to get attention.

As with the previous control drama, one should be as honest as possible with the Intimidator, and find subtle ways to call out the game. Wise judgment and care for your safety should be used.



INTIMIDATOR

### WHAT THEY MIGHT SAY



"If you don't finish your dinner, I am taking away your toys."



"Say that one more time, and you will get punched."




"If you go to that party, I will leave you."



INTIMIDATOR

### HOW YOU CAN RESPOND



"I'm finding your words/actions intimidating. How do you really want me to feel?"

"Interesting you feel that way. What are you really trying to express?"

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# BECOMING AN OBSERVER



We often react before we even had a chance to process our emotions. This is the natural survival instinct of the EGO, and almost always leads to a drop in energy and feelings of powerlessness and negativity.

A well-known example is suddenly getting swept up in a moody tantrum exhibited by someone else. Often times, we get pulled into the wounding elements of others because it seems they are directly targeting us, making us feel like punching bags. *It's not about you.* What we are witnessing are hints of wounding and trauma yet to be healed in the other party.

Learning to be an observer in life is an art, and allows us to liberate ourselves from unnecessary emotional burden while remaining compassionate to others.

## 3 Key Elements of Becoming an Observer



### Separate Self from Non-Self

Recognize that what is happening may not actually have to do with you personally, and is actually a result of the other party's personal trauma wounding.



### Hold Space

Remain in a space of non-attachment and don't take on projections thrown out by the other party. Listen without becoming emotionally vested and thus reacting.



### Come from a non-reactive space

Observe their words and actions from a space of curiosity rather than emotionally reacting. Notice where they might be reflecting or mirroring something back to you, bringing awareness to your own healing.

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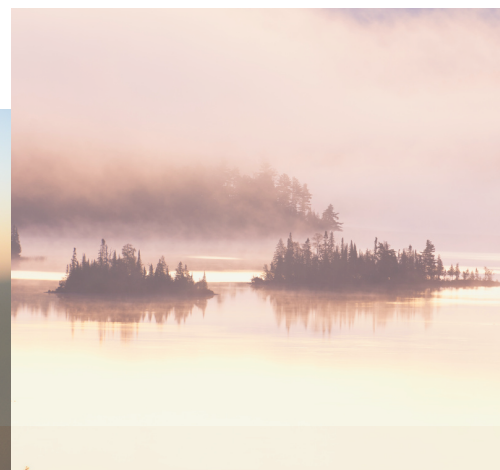
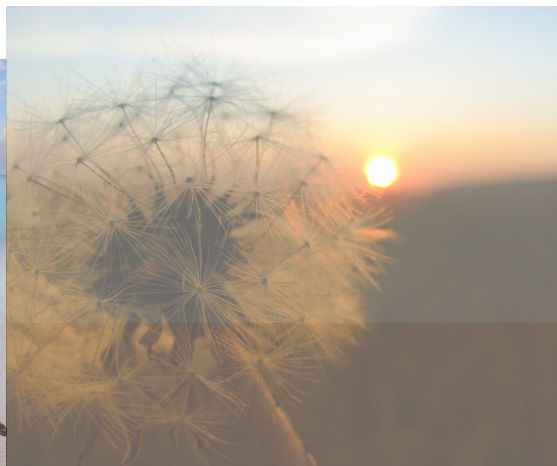


# SETTING PROPER BOUNDARIES

Learning how to set proper boundaries and say “no” is probably one of the hardest things you’ll ever have to do to ensure you are in integrity with yourself. It is also one of the most important.

Know what you value and honor those beliefs. Have the courage to communicate your needs to others productively and be kind but firm. It is okay to step away when the situation at hand is draining you energetically, and staying in it would do more harm than good. Understand what you value, matching your behaviors to those values.

In your social circles, whether that involves family or friends, differentiate between those who are supportive and uplift you vs. those who drain your energy, or feed on drama. Surround yourself with people who you resonate with and who you can be your authentic self around. A good indication of who aligns with your energy and who doesn't is whether you feel drained or energized after interacting with them.





## CONT'D

Let go of the need to people-please. This is one of the most limiting behaviors one can have. Take back your power and allow no one to dictate how you should BE. Once you learn to let go of pleasing others, you no longer tailor your experience to the expectations of others but more to what you want and who you are. Instead, find space to practice self-care, whether that be a 10 min shower, or a walk around the block. Having that routine self-care is so important to our emotional well-being.

When you start respecting yourself, only then will others respect you. People will be able to feel whether or not you are in integrity with yourself, regardless of what they expect of you. And when you act in alignment with Soul, you release that which does not serve you, and welcome those that align with your frequency into your life.



*Setting Boundaries*

- Be clear about what you value
- Recognize when you need to step away
- Communicate your needs
- Create space for self-care

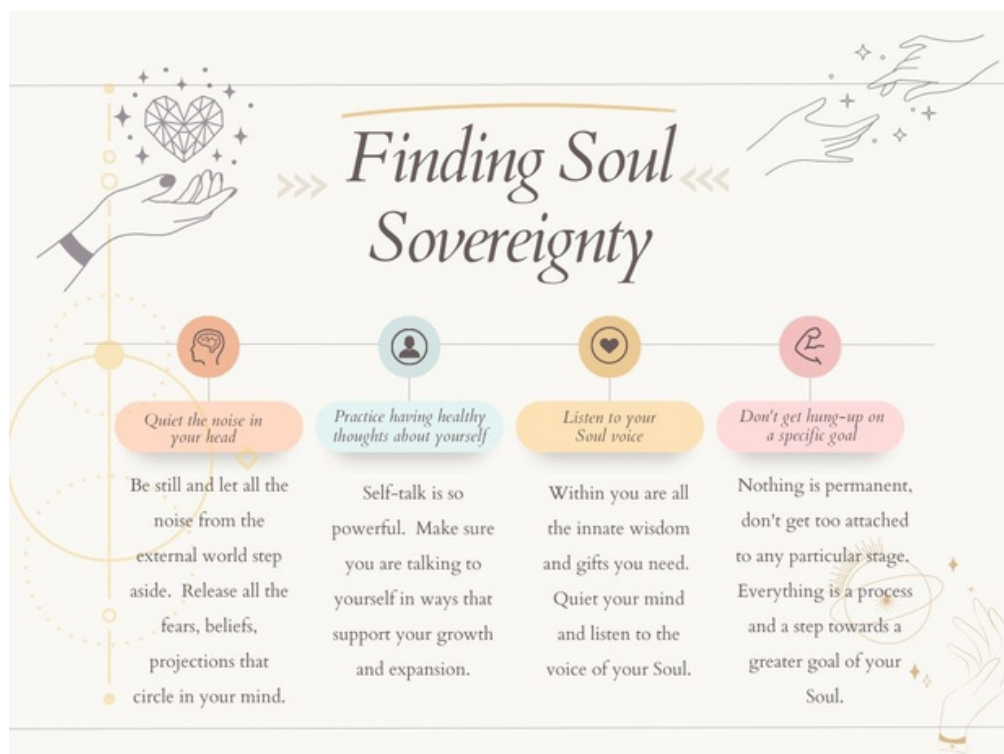
The graphic features a hand holding a flower on the left and a profile of a head with floral elements on the right. The background is a soft, textured beige.





# FINDING SOUL SOVEREIGNTY

Finding your way back to soul sovereignty is no easy task. From the moment of birth, we are programmed and conditioned by the external world- parents, teachers, siblings, peers to fit a specific set of criteria for different roles. We find ourselves conforming in order to please those we love, and who love us, often ignoring that soul voice from within calling out to us. We live in this state for so long that we lose sight of who we truly are at soul level. Below are some reminders to help you see the path back to your soul sovereignty with more clarity.



# Awakening Your Intuition



We live in a time when the capacity to hear Spirit's voice speaking within heart and mind has become greater, due to the intensification of light within the physical plane. As a result, even for those who have wandered far away from a spiritual path, the way back is more possible than ever before. All you need is a wish to return and give time and attention to the voice of inner knowing that you may have previously rejected. Intuition takes place outside of EGO and in silence, in the presence of inspiration that arrives from another level, often by asking and waiting.





# 9 WAYS WE UNINTENTIONALLY SABOTAGE OUR INTUITION AND HOW TO CORRECT IT

- 1.** We hurry so much that we don't take time to listen to our intuition.

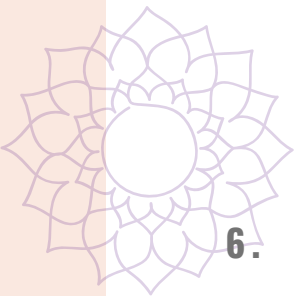
– *Slow down or just be still, and observe the thoughts/emotions that come up.*
- 2.** We don't look for the symbolism in things or events nor do we develop our symbolic ability.

– *Be open to possibilities. Messages may come to us in a variety of ways. Look for patterns.*
- 3.** We let our ego control us, and insist on being in charge/controlling everything around us.

– *The ego is threatened by the presence of your intuition, let ego step aside and Soul step forward.*
- 4.** We confuse intuition with fear and wishful thinking.

– *Get out of your heads and stop letting your thoughts control you. When we identify too much with our thoughts, we lose the gift of what our intuition can offer.*
- 5.** We continue to associate with people who don't believe in intuition or want to use it.

– *Intuition is contagious. But so is a lack of intuition. Surround yourself with like-minded people. Find your tribe.*



6.

We think we can force intuition just like we can pedal a bike or pump weights.

– *Intuition is an innate skill and comes naturally. All you have to do is be still and listen inwards.*

7.

We let our mind get in the way and stay in our logical, rational, analytical thinking as the only way to find solutions.

– *When we are centered, using all our emotional intelligence tools and habits, intuition can flood us with many creative alternatives that the intellect could not conceive.*

8.

We listen to our ego when it tells us it can handle the problem or situation itself.

– *We allow the ego to reject the insights that intuition offers. Release ego from this job post.*

9.

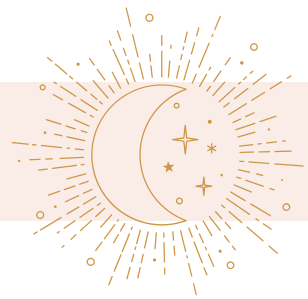
We believe we don't need to learn tools, skills and habits to master our intuition.

– *By getting trapped in the endless loop of our heads, we never get a chance to develop our intuition to see how good it can become. Commit to yourself and practice listening and recognizing your intuition until it becomes a way of being.*





# CONNECT WITH YOUR HIGHER SELF



Your higher self is so much more than the physical form you know so well. It's the you in the form of the soul consciousness — unlimited and eternal.

This is the part of you that excites with inspiration, guides with intuition, and teaches through insight. Your intentions, desires, and secrets are well-known to your higher self. But chances are, you've probably had a very limited conversation with him/her.

Those incredibly useful flashes of intuition and inspiration can become a much more significant part of your life if you allow this communication to flourish.

The identity of the Higher Self gives you a higher perspective and an ability to connect directly with your spirit guides to support you on your journey and has a plethora of benefits:

- Each event whether good or bad becomes meaningful to your life.
- You feel empowered, supported, and connected.
- Your perspectives shift from a space of victimhood to co-creator.
- You become the co-creator of your reality
- You have a sense of soul purpose

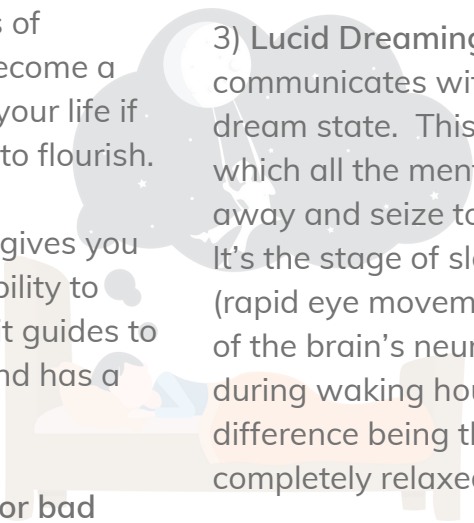
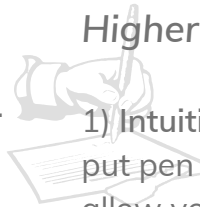
## 4 Ways to Connect with your Higher Self:

1) **Intuitive Writing**- Ask questions and put pen to paper. Don't THINK and just allow your hands to move against the paper.

2) **Meditation**- One of the most common ways to connect inwards. This is the highest form of prayer, a stillness of the mind and EGO.

3) **Lucid Dreaming**-Your Higher Self communicates with you during your dream state. This is the state during which all the mental constructs strip away and seize to control your reality. It's the stage of sleep known as REM (rapid eye movement) when the activity of the brain's neurons is as active as during waking hours, with the only difference being that your body is completely relaxed.

4) **Imagination** -People often dismiss imagination but it's the key to your ability to create. Imagine your higher self as a physical presence, like your best friend sitting beside you. Or you can imagine yourself surrounded by warm, loving energy. Do what feels right and be open to any images/thoughts/feelings that come into your awareness.



Thank you so much



If you have made it this far, you have dedicated yourself to the process of soul evolution, and with awareness, practice, and application of these tools, will see transformations in your life. Let these concepts integrate and practice them in every moment until it becomes your natural way of being. Go on and share this knowledge with others, you are all a part of the task force to help awaken the collective, and for that, I thank you deeply from my Soul.

Blessings,  
Lynn xoxo

"You'll become a beacon and the light spreads far and wide. Many see it and are attracted to it.

And they will flock to you like a moth to a candle. Even though they have not been aware or interested before, now they see they want to be a part of it"

--Dolores Cannon--

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## MEET THE AUTHOR

LYNN CHENG

From a young age, I have always felt that there was a greater reality than the one we perceived. I was the black sheep of the family and always struggled to truly fit in as I felt like such an odd duck. As I grew older, I became an expert in masking my soul in order to blend in with the crowd. Having watched me walk in a sleep state for decades, the Universe finally could wait no longer, and gave me a big whack over the head...for which I am eternally grateful. And now, here I am, ready to help others awaken to themselves again.

*" Your mind must get to  
the destination before your  
life does "*

### HAVE QUESTIONS?

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*You are the Universe,  
expressing itself as a human  
for a little while*

**ECKHART TOLLE**

