



The Liberation Codes

Decode the secrets to living a
liberated and empowered life

LINDAMARTINEZ.CO



Hello Queen

First of all I'd like to celebrate you for deciding to invest in yourself. It is my intention that this will be an expansive and profoundly liberating experience for you. Maybe you've just stumbled across it or you've been feeling the pull to dive in for a while. Perhaps you've already done some work on your mindset, emotions and energy or you're completely new to the world of personal growth. Either way, I congratulate and celebrate you.

I know it can be daunting when you feel that your old way of living, working and being is no longer aligned with you. You just want to BE yourself – but you're worried about what would happen if you showed up authentically (or you don't even know where to start). Don't worry.

You're exactly where you need to be and I want to show you how to liberate your true, radiant self in a way that feels safe, supported and right for YOU.



**It is a powerful process developed in over 10
years of my own journey and coaching women
just like you.**

It is designed to help you connect with and express your true
self boldly and unapologetically.

It is designed to liberate you.

Before I set out to follow my passion and live my authentic self, I felt trapped in the wrong career and relationships for years, leaving me burnt out, overwhelmed and disconnected from myself. I finally had enough when I ended up in hospital and was bedridden for a whole month as a result of denying myself the purposeful and liberated life I really wanted to live.

Through dedicated work on my mindset, energy and emotions and a lot of trial and error, I was finally able to liberate my true self, find my purpose, have nurturing relationships and move into the career I truly love. My life became deeply enjoyable and fulfilling again.

That's how The Liberation Codes were born.

It is a deeply transformative 4-step process designed to help you safely and sustainably liberate yourself from conditioning and conformity, align with your authentic self and manifest your soul vision so that you can live a deeply fulfilling and purposeful life.

This workbook is a safe space for you to step out of your comfort zone, release self-doubt and express your authentic self in every area of your life, be it relationships, career or creative pursuits.



As you delve into these reflective exercises and empowering prompts, you will lay the foundation for living a liberated, fulfilling and aligned life - one that honours your true nature and celebrates your uniqueness. Through this journey you will learn to shed the layers of conditioning that may be holding you back and instead step into the brilliance of your authentic self without fear or guilt.

Your authentic expression is a gift to the world, and the more you embrace it, the more profound your impact will be on those around you. Let this workbook be your guide as you liberate your mind, heart and voice and embrace the fullness of who you are. Please take your time as you work through the exercises. Some answers may come immediately, others may take a while to emerge. I invite you to see this as an opportunity to be compassionate and understanding with yourself. Each time you sit with this, take a few deep breaths, tune into your body, notice what you are feeling and consciously release what is not serving you. This is your moment, your time and your space to just be you.

P.S. To get the most out of this workbook, I recommend you get an additional notebook or notepad. This is a printable workbook with some writing space - however, I believe that if you want to do a complete deep dive, you'll need a lot more space than is available on the pages of this book. Writing heals and transforms. Give yourself the gift and create the space where you can write everything out in detail.

If you have any questions or would like more in-depth support, I invite you to visit my website lindamartinez.co where I share many more resources such as my free blog or paid coaching programmes, or contact us at support@lindamartinez.co.

With love and support,

Linda Martinez



Code One: ARRIVAL

This first code will take you through a profound and healing cleaning process. Please know that you might encounter resistance to this exercise. This is completely normal.

In order to liberate and reveal your true, radiant self, you need to lift the parts that are not YOU - especially those that you have banished to the dark corners of your consciousness (because they don't fit with who you believe you should be or you don't want to accept and / or feel them).

If resistance comes up and you feel like you can't move forward, just skip to another code for now and come back later.



Become completely honest with yourself

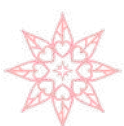
Take your notebook and journal about your present life situation. Write down everything that feels dense, negative and misaligned and that you would like to change. Then reflect on what feels expansive, positive and in alignment for you and whether you'd like it to stay that way or whether you'd like to change it (to be even better). Also reflect on the reason why you want this change. Notice any limiting, judgmental or critical thoughts that come up as you do this exercise. Write them down as well. I'll show you how to transform and release them in Code Three.

What feels currently out of alignment for me? What would I like to change?

What feels good for me right now? Could it be even better?

Why do I want these changes?

What negative thoughts come up while I reflect on this?

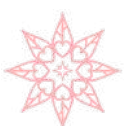


Here are some additional prompts you can use to create awareness of your present and your motivation for change:

➤ **Describe your current daily routine. What activities, responsibilities, and habits make up your typical day? How do you feel about them?**

➤ **Think about your relationships with family, friends, and colleagues. How do you feel about these connections? Are there any patterns or dynamics that stand out to you?**

➤ **Reflect on your physical environment, including your home and workspace. How do you feel about those spaces? What would you like them to look like? Is there anything you would like to add? Is there anything that you want to let go of?**

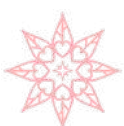




Write about your career or current occupation. Are you satisfied with what you do? Does it align with your passions and long-term goals?



Explore your emotional well-being. Do you feel emotionally balanced? How do you typically handle stress, challenges, and negative emotions? Are there healthy coping mechanisms you'd like to develop or strengthen?





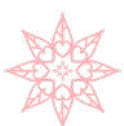
Reflect on a recent moment or experience that made you realise the need for change in your life. What emotions did you feel during that moment? How did it impact your perspective?



Think about any recurring challenges or obstacles you're facing. How do these challenges influence your desire for change?



Write about any external sources of motivation, such as role models, books, or experiences, that inspire you to change.



➤ **How do you feel when you think about the possibility of being your authentic self, living intentionally, not hiding your quirks and edges while still making an impact, being respected and loved?**

➤ **How would this influence your career, relationships and overall sense of wellbeing and fulfilment?**



Explore your core values

Take a moment to identify and reflect on the values that are truly important to you. This exercise will help you uncover the guiding principles that shape your decisions, actions and aspirations, as well as give you a sense of what may no longer be aligned for you. Make a list of at least 10 values. You can add to this list later as you become aware of additional values.

My values:

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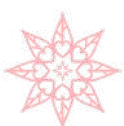
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Once you have listed your values, reflect on each one:

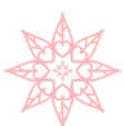
▶▶ **Why is this value important to you?**

▶▶ **Where do you see yourself aligned with it?**

▶▶ **Where do you see yourself compromising or sacrificing it?**

Reflect:

▶▶ **How do you feel after listing and reflecting on your values? What insights have you gained? Do you feel inspired to make a change?**



Take some time for a journaling session to explore your deepest passions and desires:

What lights your soul?

What did you love as a child? Who did you want to be when you grew up?

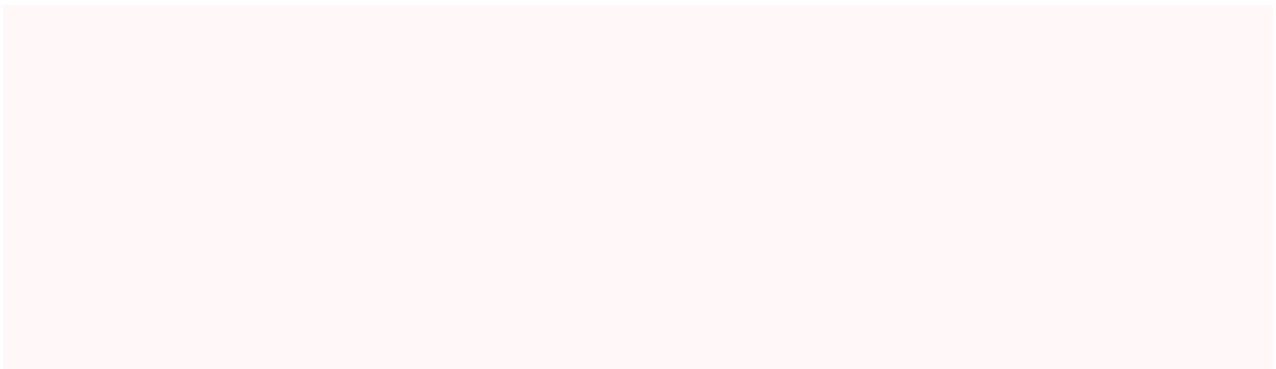
What places and people do you love?



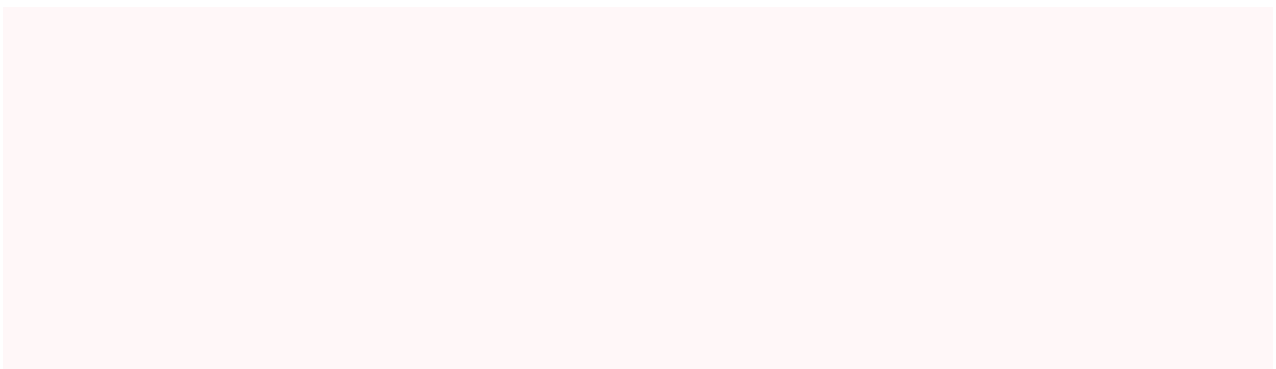
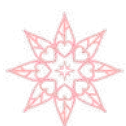
What activities bring you joy and fulfilment?

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If there were no limits and no one would judge you: What would you like to do or have? Try to think of at least 20 things.

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From all the things you have listed: What has room in your life right now? What doesn't? Think about why it doesn't and how you could make space for it.

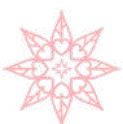
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Code Two:

VISION

The first code gives you clarity about your present. That's your foundation. Now you will look into your future and identify what you truly desire. There is no right or wrong. Nothing is too big, too crazy or too small. The only thing that matters is that you are honest with yourself. No one will judge you. You don't have to commit to anything. Just be with yourself and allow yourself to connect with your own dream, your own vision, your own mission, your own desires. This is your life and now is your chance to create it in a way that is fulfilling for YOU. As always, take your time working through the exercises, skip what doesn't resonate or trigger you, or come back later if you feel the need.



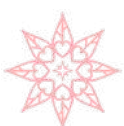
Free your mind, heart and soul

Dive into a journaling session to explore what your liberated self would do if fear and limitation were not holding you back. Go back to step 1 and look at the areas in your life where you would like to see change. Write about what this change would look like. What do YOU want? What do you want your career, relationships, finances and lifestyle to look like? Notice any limiting thoughts, beliefs, judgements and criticisms that come up and write them down too. Set them aside as you did before. We'll deal with them in the next chapter. For now, it is time to connect with your wildest dreams and deepest vision.

What do I want to change?

What do I want these things to look like?

What limiting beliefs come up while I think about those things?

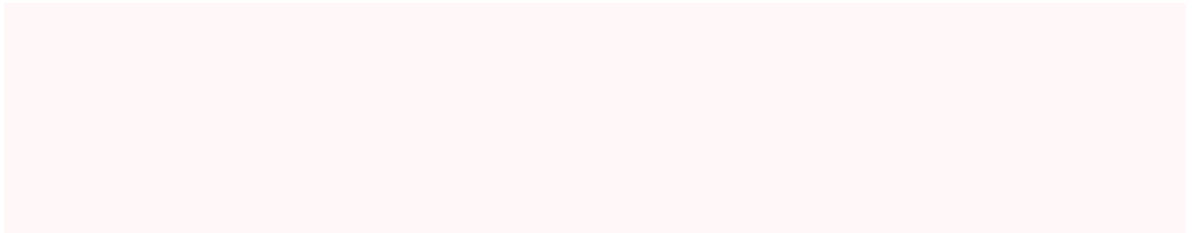


Additional Journal Prompts:

- **If I could have or experience anything in life without limitation, what would it be? What experiences, achievements or contributions would bring me the most joy and fulfilment?**



- **What activities, experiences or achievements have given me the greatest sense of happiness, purpose or excitement in the past?**





➤ **What kind of person do I want to be? How do I want to show up in the world? What values, qualities and characteristics do I want to embody?**

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If I had all the resources and support I needed, what would I pursue or create? What dreams or ambitions have I put aside or dismissed as unrealistic?

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What dreams or aspirations have I held back because of fear, self-doubt or external expectations?

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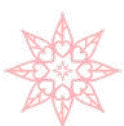
How did that feel? Do you already feel an openness and expansion around your true desires? Let's keep the momentum going and throw a party for your strengths and talents. Knowing who you are includes accepting all of you. We often find it easy to accept our flaws. But our brilliance? Rather difficult. But not today. Be real and get grounded in who you really are and what gift your authentic self is to the world.

Radiating Brilliance Journal Prompts:

- **Think about a time when you were really proud of an achievement. What did you achieve and how did it make you feel?**

- **Identify three of your most valuable skills or talents. How have these strengths positively impacted your life or the lives of others?**

- **Think about a difficult challenge that you have successfully overcome. What strengths did you use to get through it?**





➤ **Identify a time when you showed exceptional resilience. How did you bounce back from adversity and what strengths did you draw on?**

➤ **Describe a time when you used your creativity to come up with a unique solution. How did your creative thinking lead to a positive outcome?**

➤ **Reflect on times when others have praised you for your qualities. What strengths or characteristics do people often admire in you?**

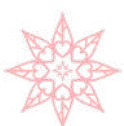




Think of a time when you contributed to a team or community effort. What role did you play and how did your strengths complement those of others?



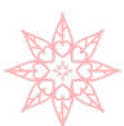
Think of a project or task that felt effortless to you. What strengths were at play that allowed you to excel in this area?



- **List three personal qualities that you value in yourself. How have these qualities shaped your interactions and experiences?**

- **Think about a time when you shared your knowledge to help someone else. How did your strengths contribute to their growth or understanding?**

- **Think about a time when you stood up for yourself or others. What strengths enabled you to speak up with confidence and how did that make you feel?**



Code Three:

SHIFT

Now that you've assessed your present and uncovered your unique vision, it's time to reshape your mind and remove the obstacles that stand between your present and your desired future. Your reality is always a reflection of the beliefs you hold about yourself and the world. Fortunately, these beliefs are not set in stone. You can change them (thanks to neuroplasticity). This is the part where you need the list of limiting thoughts that came up in the first two steps. If you don't have this list, don't worry - I will give you plenty of space and prompts to uproot your current belief system and the tools to liberate it.

01

Unearth past experiences and conditioning

First, uncover any past experiences or conditioning that may have shaped your self-expression and beliefs about who you are. This process of reflection will enable you to identify limiting patterns and beliefs and set the stage for their release. Please reflect on the following in your journal. As always, take your time and work through as much as you can at any one time, skipping anything that does not resonate or trigger you.

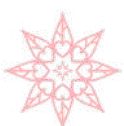


Think about your earliest childhood memories. What were some recurring themes, feelings or experiences during this time?

Think about the expectations your family or society had for you as you were growing up. How did these expectations shape your beliefs about yourself and your potential?

Recall moments in your past when you felt a strong desire or interest that you may have suppressed. What led you to suppress it and how does this relate to your present self?

Write about a time when you conformed to societal norms or expectations, even if it didn't align with your true self. How did this experience influence your beliefs about who you should be?



Look at your educational and career choices. Have you ever chosen a path based on the expectations of others rather than your true interests and passions? How has this impacted your sense of fulfillment?



Explore your beliefs about success and failure. When did you start to form these beliefs and how have they affected your choices and actions?



Write about any traumas or challenges you've faced. How have these experiences shaped your sense of self and your experience of life?

Reflect on moments when you felt most alive, passionate or in alignment with your true self. What were you doing and what made these moments stand out?

Consider the role of gender norms and social roles in your life. How have these norms influenced your behaviour, expectations and self-image?



Shift limiting beliefs

At this point you should have gained an understanding of your limiting beliefs and patterns. To be clear, beliefs are just thoughts, judgements or opinions that you have accepted as true. From here, you form patterns that show up and repeat themselves over and over in your life.

For example: If you believe that you have to work hard to be loved, you will form a pattern of overworking, even when you know you are tired and need to rest (because you subconsciously fear you won't be loved if you don't).

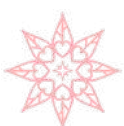
Your thoughts around this belief might sound something like this :

- I have to work hard...
- I can't rest now...
- I shouldn't be so tired...
- I should be more productive...
- I have to finish this...
- I can't take the day off...
- I can't let them down...
- I'm so lazy...

They don't leave room for alternatives. They don't leave room for expansion or growth. They are all that keeps you from living in alignment with your authentic self and experiencing a life that feels like a wild, wet dream.



If you look at them, you'll notice that they sound and feel very restrictive. They start with "I can't..., I have to..., I should..., I shouldn't..., I am...".



You have already done a lot of work. But now it is time to transform these beliefs into ones that actually serve you and your liberation. If you are not new to the world of personal growth, you may know the process or have your own. If that's the case, you can just skip ahead and work through your limiting beliefs using your own method.

If not, I'd like to give you a guideline on how to reframe your belief system.

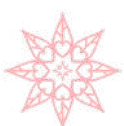
Take the lists of limiting beliefs you have identified. Look at one belief at a time and...

Question the validity of the belief:

Question the validity of your limiting beliefs. Ask yourself whether these beliefs are based on facts or assumptions. Often limiting beliefs are based on fear, past experiences or external influences.

Take each belief and ask yourself: Is this true? Am I really (insert limiting belief) or is this just a story that I keep telling myself?

Start here with the first belief:

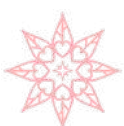


Examine the source:

Explore where these beliefs might have come from. Were they formed on the basis of a childhood experience, a comment from someone else, or a societal expectation?

Take each belief and ask yourself: Where does this come from? You may have heard your parents say it repeatedly, or you may have observed it to be true in your environment as you grew up.

Continue with the belief you questioned in the step before. Where does it come from?



Gather contradictory evidence:

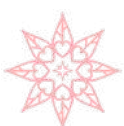
Gather evidence that contradicts your limiting belief. Look for evidence that your belief is not the whole truth. Can you find examples in your own life or in the lives of others where your limiting belief is proven wrong?

Reframe and restructure:

Reframe your limiting beliefs into empowering statements that serve your vision, mission, liberation, purpose and growth. If you believe that you have to work hard, ask yourself: What do you want to believe instead? Which belief is more in alignment and brings you closer to your vision and who you want to be? Remember that there are no limits to what you can believe.

What do I want to believe instead:

Repeat this process as often as necessary. Practise regularly to question and reframe your beliefs. Reshaping your mind is like learning to drive a car: It takes time, focus and conscious effort at first, but with practice it becomes second nature.



Code Four:

LIBERATION

The beliefs you hold influence your actions, which create your results, which then reinforce your beliefs. That's why when you hold limiting beliefs, you create limiting results, which then reinforce your limiting beliefs. So far you have done 75% of the work of changing your results by intentionally changing your belief system. Now it is important to intentionally take action based on these new beliefs.

This will create new results in your life. Liberating results that reinforce your liberated new belief system. But don't worry or put too much pressure on your results. If they are not what you want, it is a chance to adjust your mindset. Results are just feedback on your beliefs. Either way, consistent, intentional action is the key to a fulfilled and liberated life.

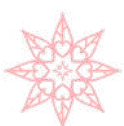


The beauty of changing your mindset and belief system is that it now runs on autopilot, influencing your actions without much effort. What I like to suggest to my clients is to create some space for reflection each morning and from there set your intentions for the day:

01

Find a time and place that is comfortable for you. Don't worry, you don't have to spend more than five minutes if you don't want to. You can do it while you are having your morning coffee or while you are still in bed. The important thing is to find something that feels good to you so that it becomes a pleasant habit.

List possible times and spaces that you can imagine dedicating to your reflection routine:



02

Take your journal and reflect on how you feel. What is on your mind? What do you notice in your body? Write it down. Bullet points are fine, but you can always expand if you like. If you ask me, you can never go too deep into your own mindset work. Of course, you still have a life to live. Find your own balance.

Try it now:

03

After reflecting on the present moment, connect with the vision you created in Chapter 2. It is never wrong to take a deep breath and consciously relax. Notice how it feels when your vision comes alive in your mind. This will bring your vision from the future into the present.

How do you feel when you connect with your vision?



04

Now casually ask yourself what actions you could take today to create this vision now. Write down what comes to mind. It could be two things, three or ten. It doesn't matter, as long as you find one thing you could do. These are your aligned actions for the day. Do them, even if you can't make a connection between them and your vision. Your mind will probably try to separate and find reasons why this is not working. Ignore this. Know that your actions in alignment with your vision have tremendous power and you will most likely see in hindsight why a particular action step was necessary to create your desired results.

Intuitively jot down aligned actions that come to mind right now:

05

Repeat this daily. Make it a habit, but don't beat yourself up if you miss a day or two. It doesn't matter because this is not meant to be a task you do once for six months and then you're done. It's meant to be a way of living your life from an intentional place - forever.



Extra lesson: Decisions and boundaries

If you ever find yourself struggling with decision fatigue (i.e. not knowing how to decide), or if you have to make decisions without having the time and space to journal about them, just think about this:

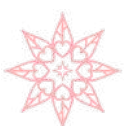
➤ Will this move me closer to my vision or further away from it?

If it brings you closer, it is a YES, if not, it is a NO.

➤ Another way of doing this is to tune into how you feel when you think about the different options:

Do they make you feel light and expansive? Then it's a yes. Do they make you feel heavy and constricted? Then it's a no.

Think of a thing that you find difficult to decide and practise which of the above feels more supportive of your decision.



As you become more aware of your liberated vision and the actions and choices that align with it, you may find yourself in situations where you need to set new boundaries. This can be intimidating, especially if you have been used to putting other people's needs before your own.

Either way, setting healthy boundaries is a cornerstone of maintaining your liberation and embodying your authentic self. They are like the gentle fences that protect your inner world and your wellbeing. They ensure that your energy is channelled into actions that align with your vision and values, while protecting you from distractions and draining situations.



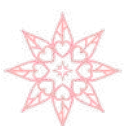
Setting boundaries is an act of self-love and respect. It's about honouring your needs, your priorities and the sacred space within you. Just as you've aligned your actions and decisions with your vision, you can align your interactions with others.

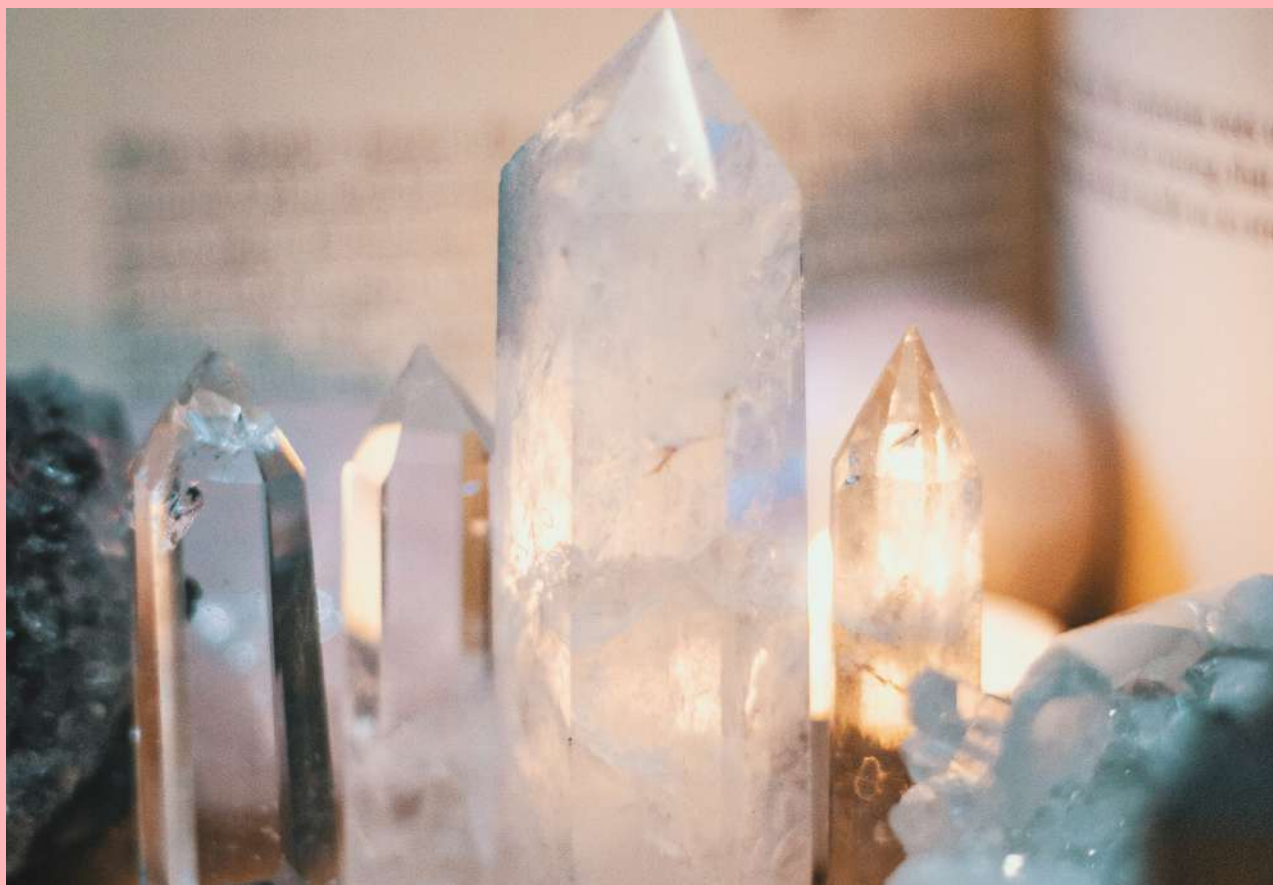
Think about the relationships and situations in your life:

Are there any that are draining your energy, deflecting your focus or hindering your progress? How do they affect your emotional wellbeing and alignment?

Once you've identified areas where boundaries are needed, practise expressing your needs and limits with grace and firmness.

Find a situation where you feel ready to set new boundaries and make a commitment to yourself to do so.





Remember that setting boundaries
doesn't mean pushing people away; it
means inviting a healthier dynamic
that serves both parties.

If saying 'no' feels uncomfortable ,
remember that every 'no' to something
that doesn't serve you is a resounding
'yes' to your liberation.

Bonus 1

Troubleshooting

As you work through and apply the teachings in this workbook, you may come across some very common 'problems' that I would like to address here. Understanding them will make your liberation a much more enjoyable process and provide you with simple tools to support your growth. I'll let you in on a secret: I've put 'problems' in quotes because they're not really problems. We experience them as such because they feel uncomfortable. But they are actually very valuable opportunities for growth, and just a sign that the process is working.



If you find yourself in discomfort, always ask yourself: If this was happening FOR me, not TO me, what is the benefit of this situation?

01

Navigating Triggering Situations and Emotions

When you leave your comfort zone to create a more liberated and aligned life, you will likely encounter triggering situations and emotions – because staying in your comfort zone has actually kept you safe from meeting these aspects of yourself. Always know this: it is safe to explore what lies behind the fence. Discomfort is normal when you grow. All is well, even if it doesn't always feel like it.



Understanding Triggers

Let's explore the concept of triggers, in case you're not familiar with what they are.

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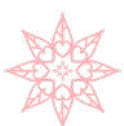
Triggers are situations, events or words that cause you to have a strong emotional reaction, such as when your partner, friend or someone else says or does something that completely upsets you. This reaction often has little to do with what is happening because it is based on past experiences, conditioning or unresolved emotions that are trapped in your nervous system.

Recognising your triggers is a powerful step towards liberation. When you notice intense emotions, whether it's anger, sadness or fear, take a moment to reflect on where they come from. You'll often find that their origin is somewhere in your childhood and corresponds to moments when you formed limiting beliefs or opinions about yourself.

When you reflect on the origin of a trigger (as opposed to simply reacting to it or suppressing the emotions that arise), pay attention to the thoughts that surface and the emotions that they trigger.

By feeling the trapped emotions you can release them.

By becoming aware of the limiting beliefs, you can reframe them.



Overcoming setbacks and plateaus

Growth isn't linear. Sometimes you notice your progress every day, and sometimes it seems like nothing is happening – or – that you are actually going backwards. Getting through these periods can be challenging – especially if you tend to be a perfectionist. But these so-called plateaus and setbacks are natural elements of your expansion, and they hold valuable insights that will support you as you move forward.

Use setbacks as opportunities for growth

When setbacks occur, it's common to feel discouraged or frustrated. It can feel like you're taking one step forward – and two steps back. However, a transformative perspective is to see setbacks as stepping stones in your evolution. Every setback is an invitation to learn, adapt and grow.

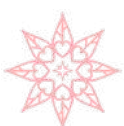
Start by reframing setbacks. Instead of seeing them as failures, see them as moments of pause that give you a chance to reassess your path. Reflect on the circumstances that led to the setback:



What can you learn from the experience?



What changes do you need to make to move closer to your vision?



When you experience setbacks (or plateaus) and feel the disappointment and frustration that comes with them, ask yourself this one very, very powerful question:

What if this was happening FOR me?

This shift in perspective transforms you from a victim to a creator. You stop identifying with your circumstances and instead see them as what they actually are: opportunities for growth and your highest good.

Overcoming plateaus

● **Plateaus are another aspect of the journey to liberation.** These can feel like periods of stagnation where progress seems to slow down or even stop. While plateaus can be frustrating, they're not roadblocks – they're invitations to dig deeper and reconnect with your vision.

● **To get through plateaus,** start by reflecting on the progress you've made so far. Celebrate how much closer you've come to your vision. Look at who you were only a short while ago and who you are now, and acknowledge the changes you've experienced.

● **Experiment with new approaches.** Sometimes plateaus come from sticking to familiar routines. Get creative and try something new, explore new perspectives or set new intentions. Seek inspiration from books, conversations or activities that align with who you are and who you are becoming.

● **Take the time that plateau periods offer to nurture your mind and soul.** Be extra gentle and loving with yourself. Treat it as a luxury, a gift from life. A well-deserved break before the pace picks up again. Because it most certainly will.

Remember, plateaus are temporary and your journey is fluid. Be patient and compassionate with yourself. Trust that the plateau is a necessary period of integration before your next leap of growth.



Bonus 2

Visualisation Exercise - Meeting Your Liberated Self (5-10 mins)



You can repeat this visualisation daily or weekly to help you get closer to your vision and if you feel it's helping you. If you have trouble visualising or meditating, you can definitely skip it and try other ways of connecting with your vision, such as journaling, sketching, vision boards (Pinterest is a great tool for this) or putting yourself in different environments that match your liberated vision.

To start visualising, find a comfortable and quiet space where you won't be disturbed. Close your eyes and take a few deep, calming breaths. Let go of any tension and turn your awareness inwards.

Imagine that you are standing on the edge of a serene forest. The air is fresh and invigorating and the sunlight is filtering through the trees, creating a soft golden glow around you. As you move closer to the forest, you feel yourself expanding, softening and opening up.



With each step you take, you notice that the ground beneath your feet feels supportive and reassuring. As you walk deeper into the forest, you begin to feel a gentle presence surrounding you. It's as if the very essence of nature is embracing you, guiding you deeper within.

Then you begin to see a clearing opening up before you, bathed in radiant light. As you enter this open space, you will notice a mirror standing in the centre. Approach the mirror and take a moment to look at your reflection.

What do you see? Notice the expression on your face, the way you carry yourself and the energy you radiate.

Now allow the image of yourself to change. Watch as any masks or layers of conformity and conditioning that you've accumulated over the years begin to dissolve, like mist evaporating in the morning sun. With each passing moment you see your liberated self emerging, vibrant, radiant and free.

Notice the feelings that arise when you see this liberated version of yourself and hold space for them.

Next, allow your reflection to step out of the mirror and stand in front of you. Take a moment to embrace and connect with this version of yourself. Feel the warmth of your own love and acceptance flowing through every cell of your being. As you stand with your liberated self, take a moment to express your intentions and desires. Share your dreams, your passions and your vision for a life in alignment with your liberated self. Listen as your liberated self responds, offering guidance, wisdom and support.

Now imagine a golden thread of light stretching from your heart to the heart of your liberated self. With each heartbeat this connection grows stronger. Feel the energy and vitality flowing through this connection, infusing you with the wisdom of your fully liberated self. Stay in this experience for as long as you need and take in any messages your liberated self has for you. When you feel complete, express your gratitude for this experience. Know that you can return to this clearing and reconnect with your liberated self whenever you need guidance, clarity or simply a moment of self-discovery.

Slowly bring your awareness back to the present moment. Wiggle your fingers and toes and take a deep breath. When you're ready, open your eyes. Carry this sense of reconnection and alignment with your liberated self with you throughout the day.

*When faced with decisions or triggering moments, ask
yourself What would my liberated self do?*

Bonus 3

Visualisation Exercise - Releasing what is holding you back

You can repeat this visualisation daily or weekly to help you release whatever you feel is holding you back at that moment. If you find it difficult to visualise or meditate, you can always skip it and try other ways of letting go, such as journaling, movement, dance, connecting with nature, grounding, salt baths, painting, or anything that helps you shift and release stuck energies and emotions.

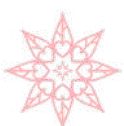
To begin the visualisation, find a comfortable and quiet space where you won't be disturbed. Close your eyes and take a few deep breaths, allowing yourself to relax. Turn your awareness inwards and visualise yourself standing on the edge of a tranquil lake, surrounded by lush nature.

Feel connected to and supported by the nature around you. Breathe in calmness, stillness and light. Breathe out tension, heaviness and anything that doesn't serve you in this moment.

Now feel heavy stones (or any other object that resonates for you) in your hands. Each stone represents an emotion, circumstance or belief that has been holding you back. Feel their weight and how their presence has separated you from a liberated life. Now, one by one, thank them and let them go into the lake. As they sink, watch them disappear into the water, turning into ripples of light. Feel the release as they are carried away, leaving you with a feeling of lightness, calm and clarity.

Repeat: "I release what is holding me back and allow myself to be free" - or any other affirmation or mantra that feels aligned with you.

Take a few more deep breaths and feel the energy of release flowing through you. When you're ready, open your eyes slowly. Carry the feeling of liberation and freedom into your day and observe how your perspective has shifted and your actions are aligned with who you truly are.





Linda Martinez, a former medical professional turned intuitive life coach and AUNDA healer, shares her transformative journey from burnout to alignment. The Liberation Codes were born out of her personal quest for purpose and fulfillment, making this workbook a testament to the power of personal liberation.

Linda Martinez



lindamartinez.co



[The Liberation Codes](#)



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