The Energetic Edge
with The Helix Method®

Unlock Your Growth with Energetic Alignment

Over the last 8 years, I've helped successful entrepreneurs break through upper limits. When growth stalls or fulfilment fades, it's often due to misaligned energy. For lasting success, your energy must align with your vision and embody a new level of leadership and wealth consciousness.

Misalignment leads to repeating issues—stagnant marketing, financial struggles, strained relationships, and stress. This keeps you stuck in a cycle of exhaustion, robbing you of the freedom and peace you seek.

Your personal energy field (human wifi) is a unique frequency made up of your thoughts and emotions. These signals dictate what you attract into your life. If you're not seeing the results you desire, it's likely that misalignments or subconscious conflicts are holding you back.

Shifting Into Alignment

To manifest your highest potential, you must shift your frequency. This involves reprogramming deep-seated thoughts, emotions, traumas, and past life experiences, which all shape your energy.

Everything you've experienced is stored in your personal Akashic Record, an etheric database that holds all universal events, thoughts, emotions, and intentions across time. Think of it like a spiritual Google, where you can access the highest truth and wisdom to guide your growth. The Akashic Records exist as a holographic matrix, connected through your physical body and each layer of your aura.

Your Soul's Akashic Record is a living, dynamic archive that holds the blueprint of your unique journey. By working with this record, you can heal and transform

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your energy across multiple dimensions. This deeper connection comes through your spiritual cord, linking your human experience to your Oversoul and the collective field of universal energy (also known as the zero-point field or the Akashic blueprint of the Universe).

By tapping into this connection, we can heal and elevate your experience with **The Helix Method®.**

The Helix Method®: A blend of cognitive interventions, energy healing, and somatic techniques that enables fast, lasting change. In this program, you'll use one of our proprietary frameworks to unlock hidden money blocks.

Using Energy Kinesiology (Muscle Testing)

We'll identify and release subconscious blocks slowing your cash flow and sales. Using The Sway Technique from Applied Kinesiology, along with intention, invocation, and breathwork, we'll align your energy to attract the success you want.

Best Practices for Muscle Testing Accuracy:

1. Set Clear Intentions – Be intentional about what you want to uncover to minimise interference and inconsistent readings.
2. Go 3-5 Layers Deep – Ask questions that cover beliefs, emotions, and identity in relation to the topic for more accurate results.
3. Use the 6 Energetic Blocks – These will guide your exploration and help get to the root of issues faster **(explained in session 2).**

Let's do this together..

The Helix Method ®

Higher Self Invocation

Creating the Consciousness of Future Self

Living in The Energy of The Question

Taking The Aligned Action

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Step 1: Your Higher Self Invocation

So I invite you to close your eyes. And create an intention of connection, through your breath, and to increase your life force energy through your breath. Notice your soul star chakra about 18 inches above your head, this is your gateway to your Akashic Record.

Invite you to breathe in for 4, hold for 4 and breathe out for 8, and to do this three times.

Affirm to yourself…

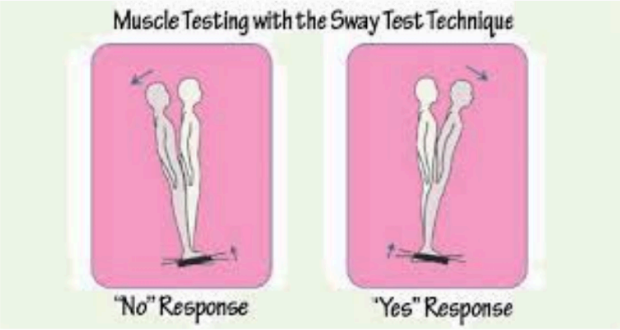
Speaking to all levels of my consciousness, I intend that in the name of divine truth, love, and light let all information come from my higher self and be in alignment with my divine truth for my highest good and the highest good of all. I am creating a clear channel of communication and manifestation between my subconscious, conscious and higher self so that they are 100% connected and in perfect alignment and all working towards my highest path and purpose.

Thank you, thank you, thank you.

Step 2: Creating the Consciousness of your Future Self

Energy Test with The Sway Test

Stand with your feet hips-width apart, relax your knees and close your eyes. You say a statement or question outloud to discover what is hidden in your consciousness. Your energy body will respond and give you the *yes* or *no* answer to the question you



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asked. Forwards is usually *yes* and backward is usually *no*.

You will have a somatic response, as your subconscious will speak to you through your body and your energy when you think about this topic and say the statements outloud. It will help you connect with the energy of these blocks so that you can witness it as it goes.

How do you feel? Can you feel some resistance in your body?

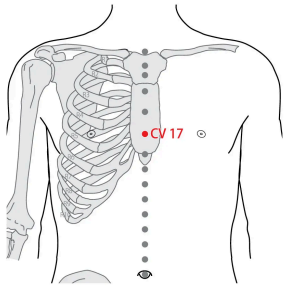
What can you see in your mind when you think about this?

Examples of questions and phrases to uncover what is held within your Human Wifi will be shared in each session.

If you have found a block, resistance, belief or emotion that is no longer serving you, you can move through the process to let it go and imprint a new one.

Step 3: Conscious Decoding

Now you're clear about what it feels like in your body, or what the picture looks like you can now release this resistance through the intention of releasing it with a releasing statement and breathwork.



CV17

Bring your heart into coherence by breathing in grace and love and intend for the energy to release as you breathe out, take a few nice deep breaths in for 4 and out for 4 as you let this go.

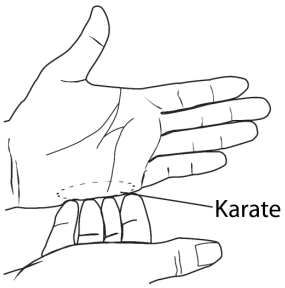
To release and transmute a belief, use your left hand fingers to hold CV17 on your chest whilst you do this.

I say the first one out loud, followed by the second two internally. The script is as follows. Say…

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I am ready to transmute/ release this belief….(insert belief) I release and delete this from all dimensions and levels of consciousness.[1]

Example with an energy reversal:
I am ready to release this energetic reversal preventing me from receiving £xxxk, I release and delete this from all levels of consciousness.



And tap on the karate chop as you release the energy reversal. This will be helpful for shifting the energy reversal more quickly.

Repeat this step until you have transmuted the resistance around it, and you can feel the shift. You can validate that you have released it by confirming with a muscle test.

I have released this (belief/ emotion/ resistance) about _____? If you sway *yes* then you can move on. If you sway no, repeat the clearing again.

Step 4: Create Aligned Coherence

This is where you imprint into your human wifi the belief, thought, emotion, experience you intend to bring yourself into resonance with. We do this through a range of techniques of inner rewiring new beliefs and self concepts, out loud rewiring new beliefs and self concepts, and visualisation.

Bring your heart into coherence energy through breathwork, breathing in for 4 and out for 4 whilst focusing on your heart and filling it up with the feeling of love.

When you feel the love, then you are ready to command in with the intention that it is already done. Say it once outloud and twice internally.

I (described as already having it whatever the subject) and I feel (insert emotions

[1] The term "dimensions" encompasses planes, space, and time. In this sense, *dimensions* refers not only to spatial dimensions but also to different energetic planes (such as emotional, mental, and spiritual planes) and layers of reality that exist across time and space.

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you feel when you have this). I choose this across all dimensions and levels of consciousness.

Example: I am the kind of person who has £xxx in 30 days. I feel so accomplished, motivated and in flow. I allow this across all levels of consciousness.

Step 5: Living in the Energy of the Question

We have created a higher frequency and activated the consciousness of your future self and from this place I love living in the energy of the question. Ask this question as if you are asking it rhetorically, as if it has already happened. It is a powerful way to open up the energetic channels for ideas to be downloaded and synchronicities to be activated.

Why do large sums of money come to me so easily and effortlessly?

Keep writing down your intuitive ideas that are coming to you. Some of them will come to you during the day, as you notice them take action on them.

Then take a moment, to just be with this question, and breathe with it. Write down your intuitive ideas as they come to you. They may come immediately or over the day.

Step 6: Take Aligned Action: Take one new idea and implement it today.

What's next?

Book Your Energetic Alignment Audit

As a successful Leader, Visionary, Creative & Coach you might just be a few best practices away from accelerating your results and amplifying your impact so that your up level is inevitable.

On this call I'll tune in and we will uncover the fastest path from where you are today to where you want to be in life and business.

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Let's make your desires inevitable, with sustainable success, living an exceptional life. Click here to book now

Meet Louisa Havers



Louisa Havers is a globally recognized Wealth Energetics Expert, dedicated to empowering coaches and consultants to break free from their income ceilings and achieve extraordinary financial results.

As the visionary creator of The Helix Method® and a Master Akashic Record Channel, Louisa has guided 10,000+ entrepreneurs to achieve rapid, sustainable growth by mastering the subtle yet powerful forces of energy.

Louisa's unique blend of science, spirituality, and proven energetic techniques enables her clients to break through barriers they didn't even know existed. From achieving six-figure months to experiencing profound shifts in clarity and confidence, Louisa's clients don't just reach their goals — they exceed them, every single time.

Lead with love, together we rise.

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