



ASCEND WITH ALICIA

COURSE WORKBOOK



by Alicia Anabel Santos



Welcome to
Ascend with
ALICIA

My spiritual coaching practice is rooted in one word: ASCEND! We are done believing that we are unworthy of having a great life, reciprocal relationships, and generational wealth. Ascension defined is the action of rising to an important position or a higher level. We are ASCENDING into our divinity!

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Contents

01

INTRODUCTION & WEEK ONE

CYCLE I - CLEANING OUT THE CELLAR

Soul statement

Becoming one with the shadow self

Your vision

The Dark Room: Earth Star chakra

02

WEEK TWO

CYCLE II - COMFORTABLE IN YOUR SKIN

Your body assessment

Soul contracts

What you came here to do

The Dark Room: Root chakra

03

WEEK THREE

CYCLE III - YOUR HERO'S JOURNEY

This week we are taking the 12 steps of the hero's journey and reflecting on how it relates to our own lives.

The Dark Room: Sacral chakra

04

WEEK FOUR

CYCLE IV - KNOW THYSELF

Your relationships assessment

The old story

The new story

The Dark Room: Solar Plexus chakra



Contents

05

WEEK FIVE

CYCLE V - IN MY BAG

Your money assessment

Cutting chords ritual

The Dark Room: Heart chakra

06

WEEK SIX

CYCLE VI - ALTARS + DIVINATION

Your health + vitality assessment

Ancestral veneration

The Dark Room: Throat chakra

07

WEEK SEVEN

CYCLE VII - ENDING CYCLES

Your work + career assessment

Tools for visioning

The Dark Room: Third Eye chakra

08

WEEK EIGHT

CYCLE VIII - I SAID WHAT I SAID!

Integration and revolutionary change

Removing roadblocks

Speaking your truth

The Dark Room: Crown chakra



Contents

09

WEEK NINE

CYCLE IX - I KNOW WHAT I KNOW!

It's all about boundaries

You are the authority--trust yourself

The Dark Room: Soul Star chakra--ORI

10

WEEK TEN

CYCLE X - WEAPONS FORMED AGAINST ME

Your future

Your beliefs

The power of words—words as spells

The Dark Room: Seat of the Soul chakra

11

WEEK ELEVEN

CYCLE XI - SAVE YOURSELF

Spiritual armor

12

WEEK TWELVE

CYCLE XII - ASCEND TO WHOLINESS/WHOLENESS

Closing ceremony -





1

WEEK ONE

CYCLE I

CLEANING OUT THE CELLAR

Welcome + Introduction

Opening Ritual

Your song

Soul statement

Becoming one with the shadow self

Your vision

The Dark Room: Earth star chakra

This week we begin the journey. We are cleaning out the basement. We are looking at that song we have playing on repeat. CYCLE I: Focuses on identifying how we see ourselves and the words we use to speak to ourselves. There is a way we see ourselves and the way the world sees us. We are ASCENDING in order to be more in alignment with who we are meant to be.



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CYCLE I - CLEANING OUT THE CELLAR

SELF PERCEPTION: (JOURNAL ENTRY - fill in the blank)

WRITING PROMPTS: A day in my life: What does this look like?

1. Most days I wake up feeling...
2. How I see myself...
3. How the world sees me...
4. I have been told that I am... (use all the words you have heard about yourself - that you are too... fill in the blank)
5. I believe that I am... (use all the words you use to speak to yourself, all the things that you believe to be true about yourself) I AM...





WEEK TWO

2

CYCLE II - COMFORTABLE IN YOUR SKIN

Your body assessment

Soul statement continued

Who are you?

Why are you here?

What did you come here to do?

Soul contracts

The Dark Room: Root chakra

Establishing monthly / weekly goals



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CYCLE II - COMFORTABLE IN YOUR SKIN

WHO ARE YOU? DO YOU KNOW YOUR WORTH?

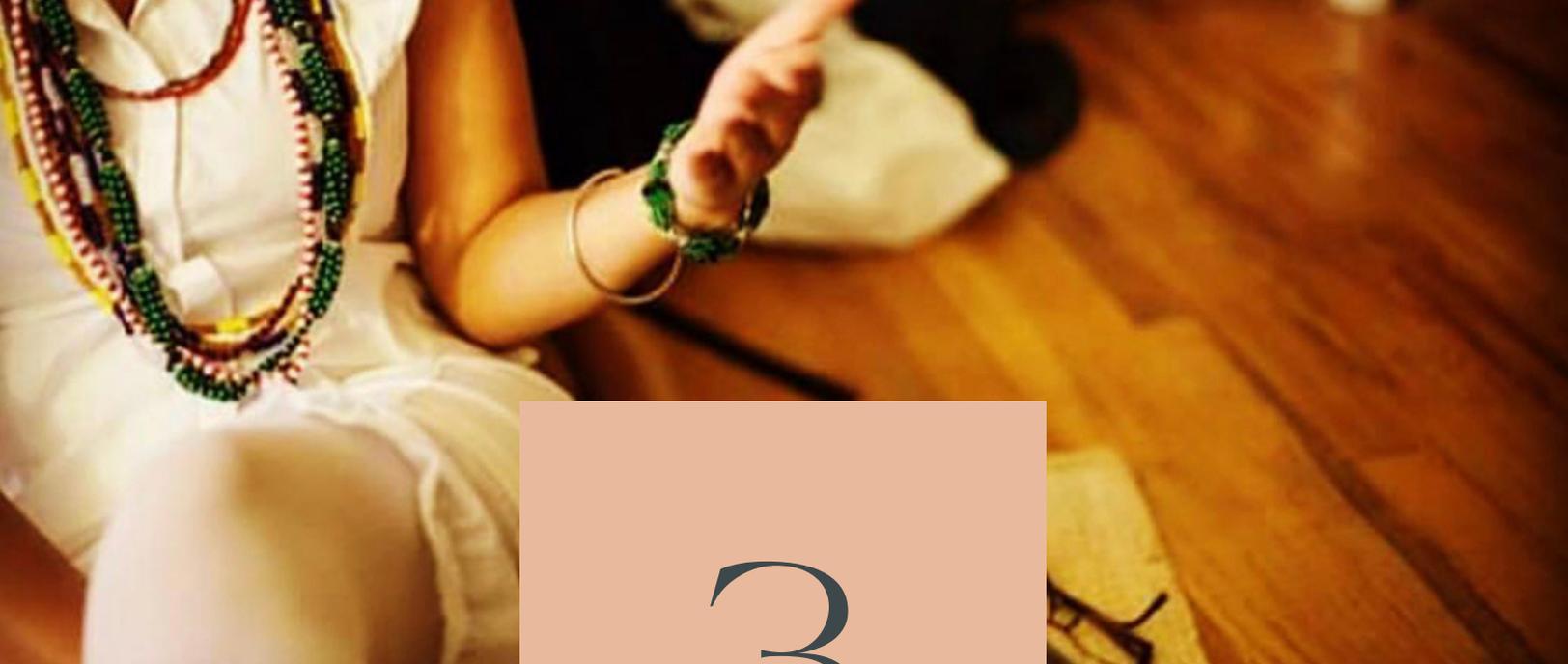
Our self-perception and self-worth often change with the current. Sometimes we forget who we are and need reminders. On occasion we allow our present circumstances, our limiting beliefs, insecurity, self-doubt, where we are in life, and those around us to influence how we see ourselves. Let's take an honest look at our lives in order to get really clear about where we would like to be. No judgment.

Move through these questions quickly. There is understanding in the discomfort.

WRITING PROMPTS:

1. How would you describe yourself? What would help you feel more confident? What skills, behaviors, mindsets, attitudes, and self-perceptions would you like to incorporate into this new life you are creating for yourself?
2. What are your strengths?
3. What are your weaknesses?
4. What life experiences have prepared you to live authentically as the person you were born to be? Include all experiences, positive and negative.





3

WEEK THREE

CYCLE III - YOUR HERO'S JOURNEY

The Dark Room: Sacral chakra

This week we are taking the 12 steps of the hero's journey and reflecting on how it relates to our own lives. Where are you on your journey? Are you at "the threshold" you can see it, you can feel it, you can taste it--yet, you won't walk through?

Are you the hero, the mentor, the wise sage, the crone, the herald, or the shapeshifter--or are you trapped in STEP 3: REFUSAL OF THE CALL? Here is where the hero fails to answer the call--afraid of all that it will take.



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CYCLE III - YOUR HERO'S JOURNEY

Every time there is a calling—a problem that pulls you to face a challenge or change directions—the hero (you) is being called to a new adventure. You can start this journey looking at your early life, your childhood, and name the first major event that impacted you, how you faced it, how old you were, or you can look at your more recent story. What are you going through right now? What signs are you receiving? What cycles do you keep repeating? Who have you met on your journey that you consider your friend or foe? Your hero's journey asks that you be honest with yourself. What discoveries have you made? What have you learned? What lessons have you missed. We are looking at our life one moment at a time in order to re-write your story. We always have an opportunity to start again--to choose differently. This week we are being called to trust the journey.

WRITING / JOURNAL PROMPT: In your life, what fears or resistance do you experience? If you could pin point a past experience that stopped you from moving in your journey what was it? Now that you have named it--what was this problem/test revealing to you? How was it calling you to action?





4

WEEK FOUR

CYCLE IV - KNOW THYSELF

Your relationships assessment

The old story

The new story

The Dark Room: Solar Plexus chakra

This week we are telling the truth. We are dismantling the OLD story and rewriting our NEW story. We are entering the Dark Room in order to understand our shadow as it relates to our relationships.



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CYCLE IV - KNOW THYSELF

WHAT IS YOUR OLD STORY - THE OLD NARRATIVE

What are the stories you keep telling yourself? The truth is that we are influenced by those around us and their stories. We will look at the stories of our parents, family, and/or partners as we discover how they affect us. The truth is why are we holding onto these stories? Who does it benefit? How does it serve us?

JOURNAL PROMPTS: The narrative that I have convinced myself about my relationships is... *if I get in a relationship with this type of person such and such will happen*, i.e. they will leave, they can't be trusted, they will break my heart. We are writing our stories for each area of the following areas: purpose, success, and personality. JOURNAL ENTRY:

1. My old story around PURPOSE:
2. My old story around SUCCESS:
3. My old story around MYSELF (Personality, Dislikes, Likes):
4. My old story around MONEY:
5. My old story around HEALING:
6. My old story around JOY:
7. My old story around my BODY:
8. My old story around my relationship with SPIRIT:
9. My old story around WHOLENESS (my Mind, Body, Spirit connection):
10. My old story around my LIFE:





5

WEEK FIVE

CYCLE V - IN MY BAG

Your money assessment

What keeps me stuck

Cutting chords ritual

The Dark Room: Heart chakra

This week we are getting in our bag.

We will discover the ways we can be monetizing our gifts. We have something beautiful to offer and absolutely should be paid our worth.

We will be participating in a cutting chords ritual as well as connecting to our sacral chakra.



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CYCLE V - IN MY BAG

TELL THE FUCKING TRUTH!!!!!!

What is holding you back from creating lasting change? Because of our programming, religious backgrounds and cultural beliefs, many of us have blocked the blessings that are trying to make their way to us. Being in your bag means you know your worth and have released your attachment to poverty. What are some of the beliefs you feel still have a hold on you? Which of these do you feel hold you back?

JOURNAL ENTRY: this emotion shows up and I believe... will happen.

Fear of Rejection/Judgment/Being Different:

Fear of Uncertainty/Discomfort:

Stuck in Habits/Patterns:

Overwhelmed/Anxiety:

Confidence and Self-efficacy:

Fear of Disappointment/Failure:

Fear of Unintended Consequences:

Other:





6

WEEK SIX

CYCLE VI: ALTARS + DIVINATION

Your health + vitality assessment
Ancestral veneration
Offerings and rituals
Protection
The Dark Room: Throat chakra



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CYCLE VI - ALTARS + DIVINATION

This week we are discussing altars and divination. How do we commune with our ancestors? What do we offer them? What is the intention of your altar?

We will talk about the various types of altars. Who is your altar for? Who are you honoring at your altar? What do you put on your altar. How to service your altar. We will go over different kinds of ceremonies that are prepared in honor of our ancestors. This week we are also assessing your health and vitality and learning how to work with your altar to feel your most optimal.

WRITING PROMPT: List all of the dead/guardian angels that you believe watch over you, for example, your grandparents, parents, siblings, cousins, friends and anyone you believe to be a guardian angel in your life). See yourself standing in front of your altar--what is the intention of my altar? What is it that I am trying to communicate? As I stand before my altar I am asking my spirit guides to assist me with...





7

WEEK SEVEN

CYCLE VII - ENDING CYCLES

Your work + career assessment

Tools for visioning

The Dark Room: Third Eye chakra



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CYCLE VII - ENDING CYCLES

Why are you still at a job that is beneath you? Why are you in relationships that are non-reciprocal? What behaviors and beliefs are you ready to release in order to have the life you desire? This week we explore THE SHADOW! If you look back at your life you will see that there are times when you made decisions that truly honored YOU and times that DISHONORED YOU. This week we will understand how our shadow plays a part in the things we are unwilling to change about ourselves. Once you understand the shadow you understand how to work with it.

WRITING PROMPTS:

1. Are you where you would like to be in your career? Is it your dream job?
2. What do you see as you look at your work life and career as it is right now?
3. Where do your thoughts go?
4. What are your judgments?
5. What do you want to change?
6. How long have you been thinking about making these changes?
7. What is the relationship you have with your work and career?





8

WEEK EIGHT

CYCLE VIII - I SAID WHAT I
SAID!

Speaking your truth
Importance of ritual, practice,
integration and a willingness to
make revolutionary change.
Removing roadblocks
The Dark Room: Crown chakra

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CYCLE VIII - I SAID WHAT I SAID!

Why do you have a hard time saying what you really want to say? What are you afraid will happen if you speak your truth? This week is about using your voice to say the thing that must be said. It is time for us to get comfortable asking for what we want, desire and need. We can't expect for people to give us what we want if we are too afraid to ask for it. We are done running. We are done hiding. This week we move from a place of no apologies--today we say what we mean and mean what we say!

WRITING PROMPTS:

1. How am I dishonoring what it is I say need and want?
2. What shifts am I open to seeing this week?
3. What needs to be said? Who do I need to say it to?
4. Where can I be more honest about my needs being met?
5. What is one thing I know you need to say?
6. How/why do I avoid saying the thing?





9

WEEK NINE

CYCLE IX - I KNOW WHAT I
KNOW!

Boundaries will save you
You are the authority--trust
yourself
The Dark Room: Soul Star chakra
—ORI



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CYCLE IX - I KNOW WHAT I KNOW!

We are no longer asking for permission! We are done wanting their validation! We are done playing small! We are no longer waiting for people to give us what we ask for. If we keep asking them to respect us and they don't then it is time for us to make a different move. Gone are the days of accepting the scraps and crumbs people try to serve us.

WRITING PROMPT:

1. What I said was, what I really wanted to say
2. The one thing I know would liberate me in this moment is speaking the truth about
3. As I reflect on my life choices and all of my life lessons, the truth is I am the authority on (don't second guess, go with the first thought--this is the truth-- TRUST--this is the answer that will bring you closer to who you were born to be and is directly connected to your soul purpose





10

WEEK TEN

CYCLE X - WEAPONS FORMED
AGAINST ME

Your future
Your beliefs
The power of words—words as
spells
The Dark Room: Seat of the Soul
chakra



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CYCLE X - WEAPONS FORMED AGAINST ME!

This week we are preparing to succeed and learning to identify possible roadblocks.

What if... the things we perceive as obstructions or punishments are actually blessings in disguise? What if... your delay is not a denial? There is power in the spiritual text, NO WEAPON FORMED AGAINST ME SHALL PROSPER! To me it means that no negative thoughts, no negative beliefs, no negative energy can touch me.

My faith teaches me that when I ask source: "*May ALL that is not meant for me MISS ME. May any energy that threatens my ability to make money be removed from me.*

May all those who are potentially harmful to my life leave me. May those who do not have my best interest at heart be revealed to me." I know with every fiber of my being that my prayers have been answered.

WRITING PROMPT:

Write your protection spell.





11

WEEK ELEVEN

CYCLE XI - SAVE YOURSELF

Spiritual armor

The Dark Room: ORI Chakra





12

WEEK TWELVE

CYCLE XII - ASCEND TO
WHOLENESS/WHOLINESS

Ceremony



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CYCLE XII - ASCEND TO WHOLENESS / WHOLINESS

WRITING PROMPT: Write a letter to spirit

Dear (name source whatever feels comfortable for you),

*As I think about my life, where I have been and where I am headed what I see as my
path to wholeness is...*

The commitment I am ready to make to myself is...

I am excited about my future because what I see is...



Workbook

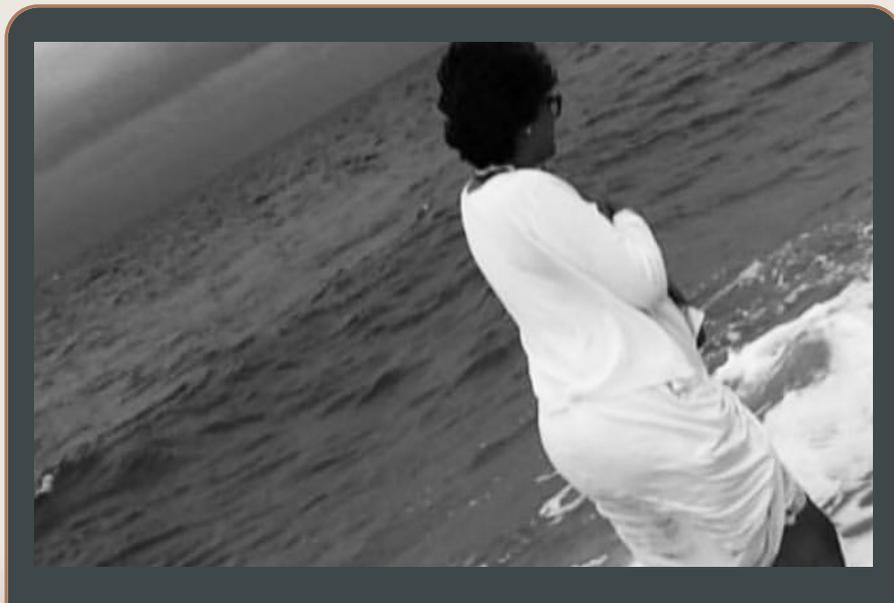
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I come from a tradition of healers, curanderas, warrior women and brujas. I am an initiated priestess in several African Religious Traditions and it is my honor to show up for you as a Spiritual Coach and Mentor. What I know to be true is that I have been called to help people step into new levels of understanding, living, and thriving. As I move through my own transformation and greatness I will lead people into discovering their own. I am here for you as a spiritual guide, free of judgment to support you in living your most authentic truth.

For 12 weeks you will be working with me intimately on dismantling crippling ideologies, while creating a spiritual practice that serves you. I will support you in achieving very specific goals. I will help you identify the lie you have been telling yourself about why you don't have the life you deserve. I will help you release the old narrative and write a new story. I will help you get unblocked. I will serve as a spiritual guide as you discover your life purpose. I will teach you spiritual practices and rituals that you can lean on during challenging moments and for protection.



JOIN OUR CLASS



The Ascend with Alicia Spiritual Coaching Program focuses on:
liberation, releasing what does not serve you, cutting chords,
creating abundance in all aspects of your life, owning your gifts, the art of
surrender, forgiveness, healing intergenerational trauma, self-love, connecting to
and using ancestral wisdom.

Together we will discover your SOUL PURPOSE.

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