



# *THE ALCHEMY OF CONSCIOUS CREATION SUMMIT*

A 4-Day Guided Experience to Awaken Your  
Inner Power, Align with Your Soul, and  
Become the Creator of Your Reality

**WORKBOOK & REFLECTION JOURNAL**

**Hosted by Kay Sanders**

Soul Alchemist | Spiritual Mentor |  
Creator of Transcendence

# *The Alchemy of Conscious Creation Summit Workbook*

Welcome to **The Alchemy of Conscious Creation Summit** — a sacred space where transformation unfolds, timelines shift, and your future self begins to rise.

This isn't just a summit to learn from—it's a portal to your next evolution.

Over the next four days, you'll be guided through powerful sessions designed to help you activate your energetic potential, break through limitations, and embody the conscious creator you came here to be.

This workbook is your companion and integration space. Use it to reflect, explore your inner world, and anchor the insights and activations that move you.

Let this be your sacred container of transformation.







# *Getting Started*

PREPARE YOURSELF FOR A TIME  
OF DEEP INNER SHIFTS &  
TRANSFORMATION

# YOUR INTENTIONS ARE YOUR ROADMAP

Before you begin, take a few moments to tune into your heart and set your intention for this summit.

- What do you feel called to release?
- What are you ready to step into?
- What transformation are you here to allow?

### My Intentions for the Summit:

[illegible]





# Day 1

**AWAKENING TO CONSCIOUS  
CREATION & PERSONAL POWER**



# *Day 1: Awakening to Conscious Creation & Personal Power*

## **MORNING INTENTION**

Today is about awakening to your power as the creator of your reality.  
Tune in and reflect:

- What does conscious creation mean to you?
- Where have you given your power away—and are ready to reclaim it?

### **Morning Reflection:**

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# *Session Reflections*

## **SESSION 1. THE POWER OF CONSCIOUS CREATION WITH KAY SANDERS**

What did you realize about your own role in shaping your life?

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## **SESSION 2. STOP COUNTERMANIFESTING WITH MICHELLE JOY**

What patterns have you noticed that sabotage your desires?

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# *Session Reflections*

## **SESSION 3. RADICAL EMBODIMENT WITH AMY SCHADT**

What shifts do you feel called to make in how you show up in your body and energy?

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## **SESSION 4. SOUL-BASED LIVING WITH DR. KATHERINE KELLY**

What does a soul-led life look like for you?

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# *Day 1: Awakening to Conscious Creation & Personal Power*

## END-OF-DAY REFLECTION

Today was about awakening to your power as the creator of your reality. Tune in and reflect:

- What shifted in your awareness today?
- What insight or activation stood out most?
- What are you committed to shifting?

### Evening Reflection:

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# Day 2

**ENERGY MASTERY & SOUL  
ALIGNMENT**

# *Day 2: Energy Mastery & Soul Alignment*

## **MORNING INTENTION**

Today is about deepening your connection to your energy and soul truth. Tune in and reflect:

- What energy are you calling in today?
- Where do you feel out of alignment and ready to reconnect with your soul?

### **Morning Reflection:**

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# *Session Reflections*

## **SESSION 1. ACCESSING THE AKASHIC RECORDS WITH EMILY HARRISON**

What truths or guidance do you feel opening within your soul?

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## **SESSION 2. FREQUENCY & CREATION WITH TAMMY BRASWELL**

What frequency are you choosing to hold today?

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# *Session Reflections*

## **SESSION 3. ASTROLOGY FOR ABUNDANCE WITH CAROLINA VELIS**

What season of life are you currently in, and how can you work with it rather than against it?

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## **SESSION 4. QUANTUM MANIFESTATION WITH KAY SANDERS**

What identity shift are you ready to make now?

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# *Day 2: Energy Mastery & Soul Alignment*

## END-OF-DAY REFLECTION

Today was about deepening your connection to your energy and soul truth. Tune in and reflect:

- How did your energy feel today?
- What new tools or practices will you explore?
- What came through that felt aligned with your soul path?

### Evening Reflection:

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# Day 3

**QUANTUM ENERGY, ABUNDANCE &  
PROSPERITY**

# *Day 3: Quantum Energy, Abundance & Prosperity*

## MORNING INTENTION

Today is about aligning with quantum possibility and activating new levels of abundance. Tune in and reflect:

- What would it feel like to fully open to abundance today?
- Where do you still hold scarcity—energetically, emotionally, mentally?

### Morning Reflection:

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# *Session Reflections*

## **SESSION 1. MANIFESTING WITH DRAGONS WITH CAROLINE MITCHELL**

What energy did the dragons awaken within you?

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## **SESSION 2. PURPOSE-DRIVEN PROSPERITY WITH ANIK MALENFANT**

Where are you ready to release compromise and fully choose purpose and prosperity?

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# *Session Reflections*

## **SESSION 3. PAST LIFE REGRESSION & ASTRAL TRAVEL WITH MARK GERLACH**

What insight surfaced for you around past lives or karmic cycles?

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## **SESSION 4. LIGHT LANGUAGE FOR MANIFESTATION WITH KAY SANDERS**

What did you feel during the activation? What timeline are you stepping into?

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# *Day 3: Quantum Energy, Abundance & Prosperity*

## END-OF-DAY REFLECTION

Today was about aligning with quantum possibility and activating new levels of abundance. Tune in and reflect:

- What beliefs around money, abundance, or success shifted today?
- What codes of wealth are beginning to activate within you?

### Evening Reflection:

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# Day 4

**LEADERSHIP, IMPACT & EMBODYING  
YOUR FUTURE SELF**



# *Day 4: Leadership, Impact & Embodying Your Future Self*

## MORNING INTENTION

Today is about stepping fully into your soul's mission and embodying the next evolution of you. Tune in and reflect:

- What does your future self look and feel like?
- What version of you are you ready to embody starting today?

### **Morning Reflection:**

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# *Session Reflections*

## **SESSION 1. FROM LEAD TO GOLD WITH TYWANAH EVETTE**

What past struggles have shaped your soul gifts?

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## **SESSION 2. NEW EARTH LEADERSHIP WITH SHELLI HOWELLS**

How do you feel called to lead or serve in this new paradigm?

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# *Session Reflections*

## **SESSION 3. CONSCIOUSLY CREATE YOUR REALITY WITH ANNE ALECKSON**

What truth about your divine power landed for you today?

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## **SESSION 4. EMBODYING YOUR FUTURE SELF WITH KAY SANDERS**

What aligned actions are you committing to now?

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# Bonus Session

**SUMMER SOLSTICE BONUS  
ACTIVATION LIVE SESSION**

## JUNE 20, 2 PM MST – LIVE BONUS SESSION

Before the live call, take a few moments to tune in and reflect on what you're ready to release, embody, and receive. These questions will help you enter the space grounded, open, and ready to receive the transmission fully.

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

## HOW TO PREPARE FOR THE EVENT

To receive the most from this activation:

- Arrive a few minutes early to ground your energy and settle in.
- Be in a quiet space where you can fully drop in without distractions.
- Have water nearby and something to write with in case insights or energy shifts move through you.
- Keep your journal open to these prompts—you may wish to revisit or add to them during or after the call.

You can check your local time for the session here:

[www.worldtimebuddy.com](http://www.worldtimebuddy.com)

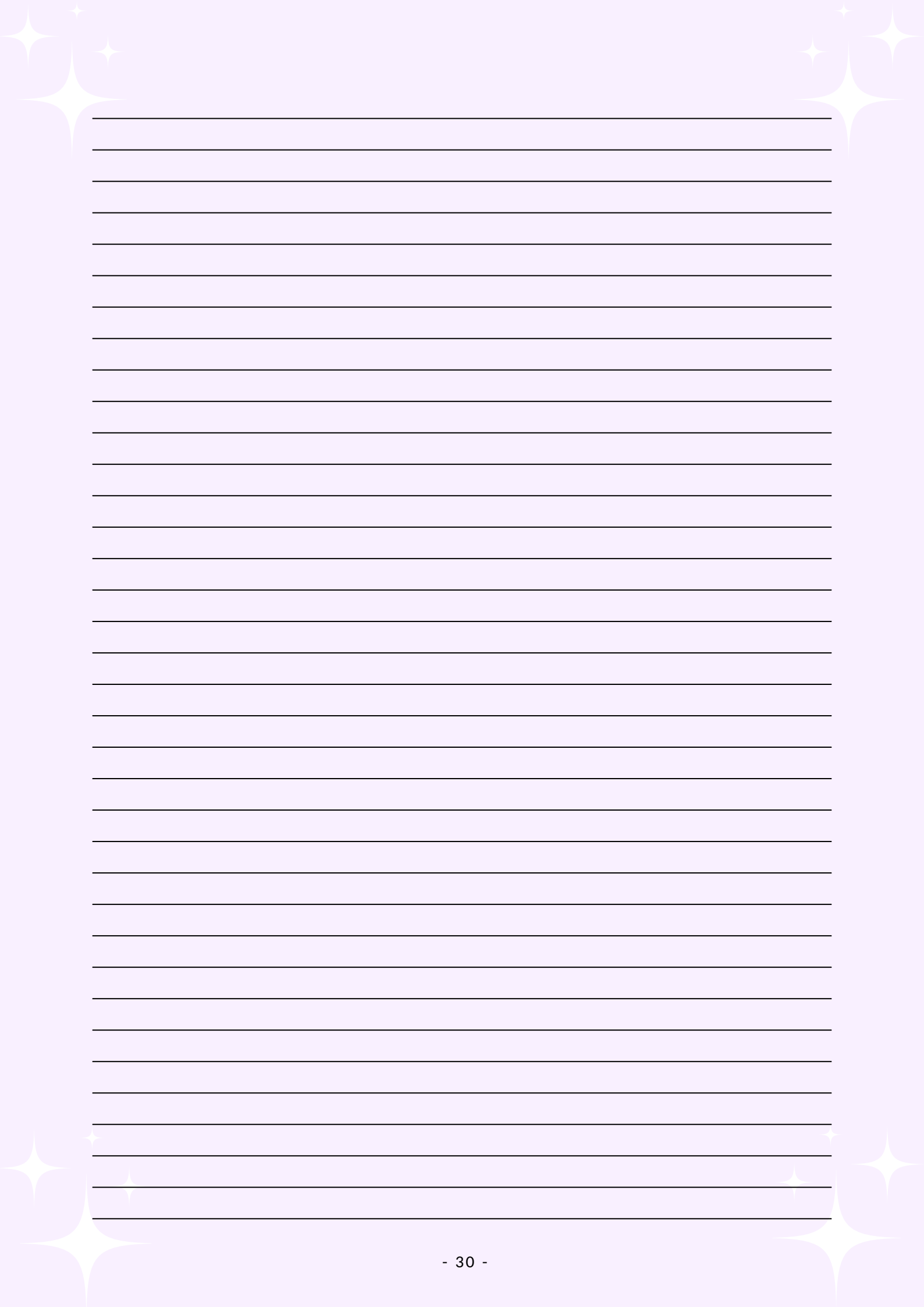
This is your time to release the old, embody the new, and align with the energetic essence of your next evolution. I can't wait to share this sacred space with you.



## AFTER EVENT REFLECTION

- What truth or remembrance stirred within you during the session?
- What part of yourself are you ready to release, and what are you now choosing to embody?
- How did the energy of the Solstice feel in your body or energy field?
- What message or insight came through that you want to carry forward?
- What timeline or frequency are you now anchoring into?
- How will you show up differently from this moment forward?

[illegible]



# End Of Summit Reflection

## FINAL REFLECTION

You are not the same person you were when you began this journey.

- What is your biggest takeaway from this summit?
- How are you choosing to move forward from here?
- What becomes possible when you no longer hold back?

Closing Reflection:

- 31 -

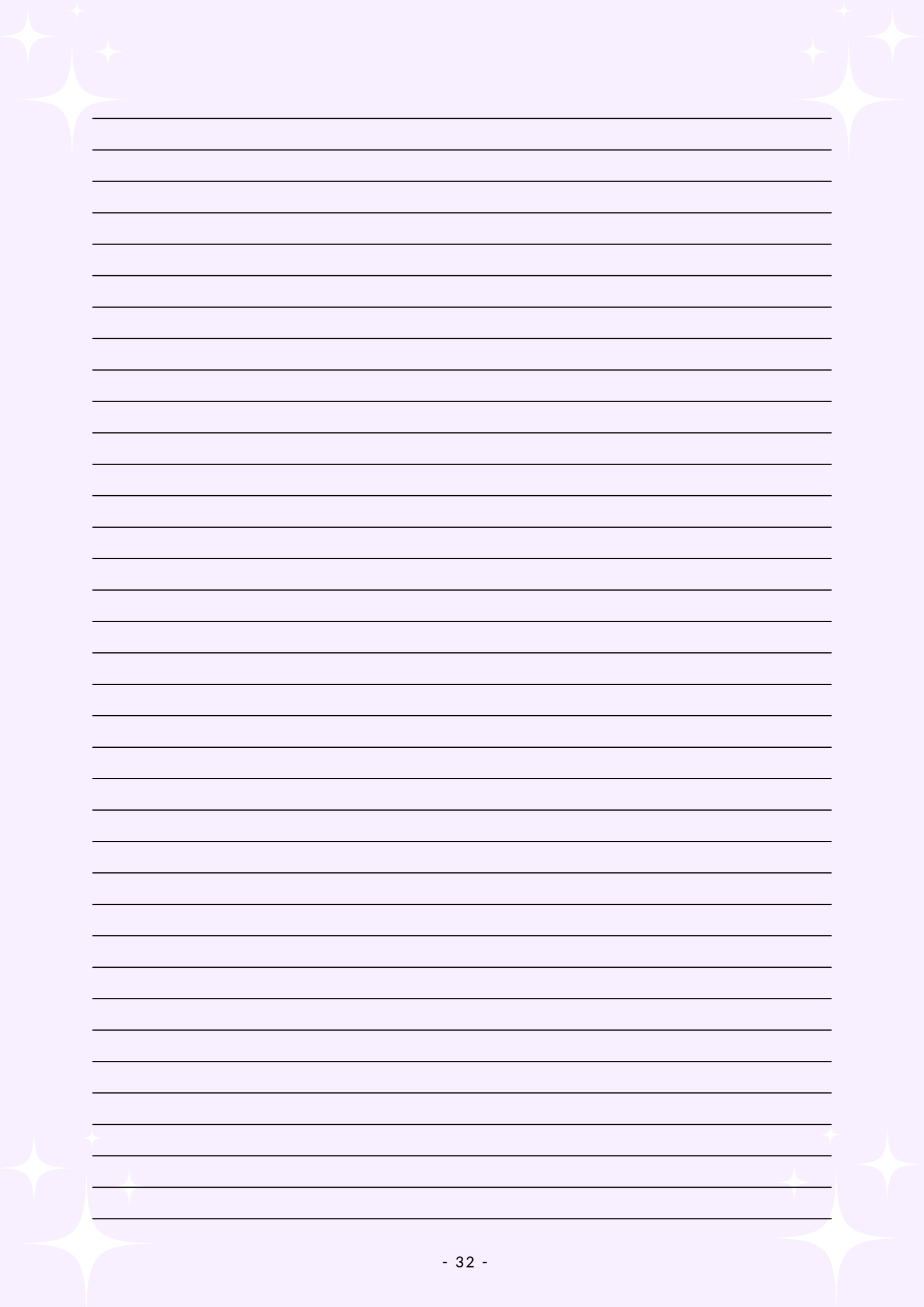
## FINAL REFLECTION

You are not the same person you were when you began this journey.

- What is your biggest takeaway from this summit?
- How are you choosing to move forward from here?
- What becomes possible when you no longer hold back?

### Closing Reflection:

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. At the bottom left and bottom right corners, there are small, stylized starburst or spark-like decorations. The overall appearance is that of a clean, unused piece of stationery or notebook paper.





# *Continue the Journey*

You've just journeyed through four powerful days of expansion, activation, and deep soul remembrance. And while the summit may be coming to a close, your path is still unfolding.

This work—this awakening, this alignment, this conscious creation—is not meant to be walked alone.

If something within you was stirred...

If the sessions opened something you can't quite explain...


If you feel ready to go deeper, to integrate more fully, to embody the life you know you're here to live...

**I'd love to invite you to continue the journey inside Transcendence**—my sacred membership space to help you stay supported, aligned, and anchored in your highest frequency. Inside, you'll find:

- **Weekly live calls**, alternating between energy calibration sessions and intimate group coaching
- **The full 24-week Soul Alchemy Journey** to guide your inner transformation
- A powerful **library of Light Language activations**
- Ongoing courses, workshops, and more
- And most importantly, **a soul-aligned community** that walks this path beside you

This is your invitation to root the shifts you've felt here... and rise into the version of yourself you came here to be.

You don't have to go back to who you were before. You're already on the path. Let's keep walking it together.

With all my heart 

*Kay*

Learn more or join Transcendence here:  
**[www.kaysanders.com/transcendence](http://www.kaysanders.com/transcendence)**