



Breaking Free from Automation: A Daily Practice Guide to Align with the Elohim Frequency

(Visit our blog page for context for this resource - *Aligning with the Elohim Frequency*).

Purpose:

To **awaken your spirit**, break out of unconscious patterns, and tune into the frequency of God's light and presence.

Morning Activation – Start Your Day in the Elohim Frequency (10-15 min)

1. Declare Spiritual Authority (*Set the tone for the day*)

Speak these affirmations aloud:

- *"I reject the programming of the world. I align with the light and truth of God."*
- *"I am awake in Christ. His Spirit in me is greater than any influence in the world."*
- *"I am not controlled by automation, routines, or distractions—I move by the Spirit."*

2. Prayer & Spiritual Alignment (*Connect with the Holy Spirit*)

- Ask God: *"What do You want to reveal to me today? What do I need to break out of?"*
- Invite Him to **tune your spirit** to divine awareness and discernment.
- Speak in tongues (if you do) or meditate on a Scripture that connects to **light and awakening** (e.g., Ephesians 5:14).

3. Somatic Activation (*Wake up your body & spirit together*)

- Take **3 deep breaths**, imagining the light of God expanding inside you.
- Do a **stretching or movement exercise** (e.g., shaking off passivity, lifting hands in worship, or stepping outside for fresh air).
- Say: *"I am fully awake. My body, soul, and spirit align with divine truth."*

4. Engage in a Disruption Challenge (*Break a routine on purpose*)

Each morning, **change one small action** to break automatic patterns. Examples:

- Take a different route to work.
- Eat breakfast in silence (instead of scrolling your phone).
- Start the day with worship instead of the news.
- Use your **non-dominant hand** for an activity (this rewires the brain to think differently).

This forces your brain to exit "automation mode" and engage with awareness.

Midday Reset – Breaking Out of the Tiva System (5-10 min)

1. Pause & Check Your Frequency (*Are you in divine alignment or running on autopilot?*)

Ask yourself:

- **Am I moving with spiritual awareness or just going through the motions?**
- **Am I consuming information that keeps me in passivity, distraction, or fear?**
- **Am I operating from God's peace or reacting to external pressures?**

2. Reset & Realign

- Take **3 deep breaths** and visualise **God's light expanding inside you** again.
- Say: *"I choose to be fully present. I reject distractions that numb my spirit."*
- If you feel mentally foggy, **step outside, move your body, or play worship music.**

3. Speak a Midday Declaration

- *"I am not a robot. I am a living, breathing vessel of God's presence."*
- *"I refuse to be lulled into sleep—I stay awake to the Spirit of God."*

Evening Reflection – Sealing the Elohim Frequency (10-15 min)

1. Disconnect from the World's Programming

- **Turn off screens and distractions at least 30 minutes before bed.**
- Reflect: *What media, conversations, or routines today reinforced the "Tiva frequency" (automation, numbness, distraction)?*
- Pray: *"Father, remove anything that dulls my spirit. Let me be fully awake in You."*

2. Engage with Divine Awareness Before Sleep

- **Ask the Holy Spirit for revelation** in dreams.
- Read or listen to **Scripture that activates the spirit** (John 1:4-5 – *"In Him was life, and that life was the light of men."*).
- Say: *"I enter rest in God's light. My spirit remains awake even as I sleep."*

Additional Practices for Ongoing Awakening

Fast from Digital & AI Influence Once a Week

- Choose one day to **limit exposure to social media, news, and automated decision-making (AI, algorithms, etc.).**
- Use this time to be **fully present with God, creation, and real relationships.**

Use Kingdom Language Daily

- Replace common phrases like *"I'm just surviving"* with *"I am thriving in God's purpose."*

- Shift from *"I have to do this"* to *"I get to do this in divine alignment."*

Check Who You're Surrounded By

- Spend time with those who encourage **spiritual awareness** rather than just living on autopilot.
- If most conversations in your life are **about worldly concerns**, intentionally introduce **Kingdom-focused dialogue**.

Final Thought: Walking as a Light Carrier

The world's system (**Tiva frequency**) wants people to stay **distracted, passive, and controlled by unseen forces**. But as believers, we are called to **be light-bearers, fully awake and engaged in divine purpose**.

This practice guide can help you **disrupt programmed cycles, increase spiritual sensitivity, and align daily with the Elohim frequency**.