

Ignite Your Light

THE ULTIMATE STEP-BY-STEP GUIDE ON HOW TO
“Ignite Your Light”

Linda Renez Bernal

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DEDICATION

Thank you for all the closed doors that I faced during my corporate life. These experiences taught me to place an infinite value on myself and not let anyone or any company deny me a seat at their table. I will continue building my own table and surround it with those who ignite their light.

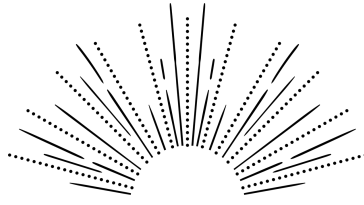
ACKNOWLEDGMENTS

I thank the grand source of all that gave me the courage to write this guide for humanity. Without the guidance from source, this would have sat on my computer and never seen the light of day.

Many thanks to my friend Echo Gamut who was by my side when I launched into my spiritual awakening many, many years ago. Going through an awakening can be jarring, but having a friend saved my life.

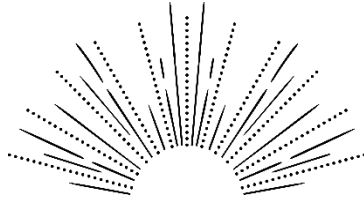
I thank my family and friends who have supported me throughout the years. Your love and support allow me to create and keep going. I can't thank you enough.

To all of the great masters who walked this Earth and prepared us for The Great Awakening, I bow down humbly and say thank you & I love you.



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INTRODUCTION

Hello, welcome; my name is Linda Renez Bernal. I want to share a bit about myself and how I got to this point on my journey. This book came from my struggles as I tried to transition out of corporate but did not know how to jump fully. Meanwhile, I was also going through a spiritual awakening, and that also added to the complexity of it all. So, please read on as I share my story, and you will see how I transformed my life by *igniting my light*.



I'm what they would call a “corporate rat,” or maybe that's just my name for it, but I have spent most of my career in the corporate world. My first corporate job was at 19 years old. That job gave me a glimpse into what freedom and a pocket full of money felt like; at least, that's what I thought at 19. From that point on, I never looked back. I was young, hungry for a career, enthusiastic about knowledge, and up for a challenge. I didn't know that I would be chasing a dream for the next 23 years that would never come true.

While working at my first corporate job, I also decided to attend college full-time. The company I worked for would help pay for it, so it seemed like an opportunity I needed to take advantage of. I didn't have a game plan, but I worked at a technology company, so I decided to go to school and learn more about Technology to get out of the current job and into a better-paying one soon. I spent a year at that

first job before getting promoted to a better position. I remember being so fascinated by how I was progressing so fast and learning so much simultaneously. I wrapped up college and leveled up again. This time the paycheck was twice what I was making, and I felt unstoppable. I stayed at the same company for several years, moving up, making more money, traveling, and having a blast. Then the market crashed, and cuts were happening everywhere. A much larger company bought out our company, and I was left with a severance package and needed to figure out what was next. Life felt a little shaky, but I landed a new job a few months later at a small start-up.

That start-up would take me through some of my happiest times and down to the darkest depths of my soul. I did what I knew best: to work hard and follow directions. I was an exemplary employee, always on time, took on work outside of my title, and worked overtime; that's what you do when it's a start-up. I continued to climb that corporate ladder, always reaching for the next best thing. I really did enjoy all of it 90% of the time. The pay was excellent, and bonuses were always getting paid out. Our company eventually went public, and things got chaotic. We hired like crazy and hired based on how fast someone could start and not on whether a person was a good culture fit or their credentials. This would lead to complications later on in the company. However, life went on, and so did my success at this company. I was seven years in before things started to take a drastic change.

I realized I was evolving and wanting something new. Every day I stepped into that office it felt like I was spinning my wheels. I prayed for change, and on occasion, I'd get a glimpse of hope, but something or someone would knock me down. Nevertheless, I would pick myself right back up and keep plugging away. Long story short, my new manager pushed me out of my cozy long-term corporate job, and also hated me, so I went kicking and screaming. If I could see his face now, I would thank him for playing that villain role so well because it launched me down the "dark night of the soul" journey for the next several years. I bounced from job to job because nothing felt right, but I knew I had to make money to survive. Getting a job was not a problem; the soul-less work and feeling empty at the end of each day killed me. So, I used all my free time to dive deep into finding myself for the next six years. Who is this Linda person? What does she even

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like? Is she creative? What are her strengths? How does she make decisions? I wanted to get to know ME. So, that's what I did. The self-discovery journey included many books, meditations, breathwork, spiritual journeys, plant medicines, hypnosis, retreats, purifications, and de-programming. I will tell you that de-programming is an ongoing process; there's no shortcut to the finish line. That decision I made to get to know myself turned my world upside down in the most remarkable way. That's when life really started to get good.

I finally broke away from Silicon Valley and moved to Santa Barbara. That kicked my life into a whole new trajectory. I found this amazing circle of women who embraced me and taught me sisterhood. I could finally breathe, and life felt natural again. The inspiration I received from these women launched me into eventually creating my dream from scratch. I wanted to focus on women, sisterhood, Goddesses, unique gifts, talents, mentoring, coaching, and ultimately becoming unstuck. I had felt stuck for so many years and didn't know where to turn. There was no support group for what I was going through. I had some close friends to lean on, but I didn't have a mentor to help me navigate my career. But I was becoming clear on what my soul resonated with, and that was narrowing it down for me. The most challenging part was figuring out how to utilize my gifts and make money from them. All of that became more evident as I kept learning more about myself and giving back to these incredible women and my community.

Fast forward to the present moment and this guide I created. Today I focus on mentoring and guiding people to *ignite their light*. It can be a complex process, but having someone to help guide you will save you years and lots of head and heartache. Take it from someone who spent too many years trying to unlock the treasures I didn't know I had. I wish I had a mentor or coach to lean on during my dark night of the soul. A quote comes to mind, "Become what you wish to see in the world." That's what I am doing, creating something I never had for others to succeed. This is me putting all my trust into the universe and me.

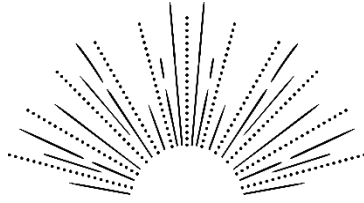
Now it's time for me to serve the people and empower them to understand their infinite wisdom. We all have unique gifts hiding

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inside that want to be revealed. Everyone has talents, and you deserve to know and love them. I want to be the person who guides you to it. So, my life purpose is to work with all human beings who want to dive deep into their soul to explore.

I am a certified Wellness Coach, QHHT practitioner, a Reiki II practitioner. I've read hundreds of books on esoteric wisdom and spirituality, sat with plant medicines for 6+ years, plus 20+ years of information technology corporate knowledge. I've been through the trenches of life, hit my bottom, and climbed out with a message and gifts to share. There is so much available to us right now, and we can learn from each other while supporting one another.

We no longer need to subscribe to a reality based on competition and division. That old paradigm is crumbling as you read this, and a new one is emerging. This world is abundant, and we do not have to step on anyone to get where we want to go. This guide will help you kickstart your journey as you set out to *ignite your light*.



1 All About You

The first chapter gets to be all about you; how wonderful is that? It should be all about you since this is your life journey, and you want to create change, so it has to always start with you. Let me ask, are you feeling something within that is asking for change? Is there a voice that is curious about what else is out there? Do you have restless sleep with thoughts of a new exciting life? If yes, you landed in this book for a reason and are right where you need to be. Whatever your situation is, I bet you hear that voice inside that is asking for more. That is where it all begins, with a spark of questioning your reality.

This chapter is all about getting to know you. Please don't freak out; this isn't an interview, and we won't dive deep into your traumas or weaknesses. We are simply turning up the light that already resides within you. It's like we will be lighting a match in a dark room so you can see what has been hidden from you. Your gifts are already inside you; we must dust them off and showcase them to the world. Remember, you are the prize; never forget that.

Let's start with the simple question, "Do you truly know yourself"? When you try to answer this, think about what lights you up, what skills come naturally to you, do friends ask you for help with specific tasks. These answers will help you start narrowing down your talents and gifts. For instance, I'm a great organizer, and it always brings me joy to organize my space wherever possible. When friends move, they

always ask me to organize their kitchen. This organizational skill has helped me in my career as a project manager managing multiple things at once. My brain works very logically and methodically, so it makes sense why I spent so many years dedicated to program management. I also realized well into my career that I didn't enjoy very technical projects. They became an energy drain on me, so I stopped working on those projects. I still want to manage projects but shifted and started driving my own. The key is knowing what you are good at. If you have yet to learn this, I can help you find it. This chapter is dedicated to helping you find your strengths, how you process information, your personality type, and much more.

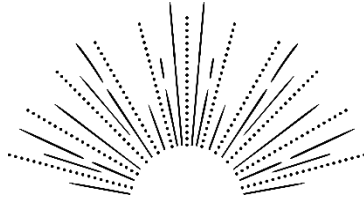
I'm outlining four tools that will help narrow things down for you. They are not in a specific order of relevance at all.

1. CliftonStrengths: I started by reading the book Strengths Finder 2.0. At the end of the book, you get a code, and you enter that code to take the assessment online. Or you can go to CliftonStrengths and buy the assessment. This assessment is a game changer. It uncovers your unique rank order of 34 CliftonStrengths themes. Your CliftonStrengths themes are your talent DNA. They explain the ways you most naturally think, feel and behave.
2. Human Design: Combining modern genetics with ancient wisdom, Human Design is considered by many to be the most precise system for personal profiling in the world. Be aware of the deep intelligence this tool has to offer. Human design helped me the most in knowing how to conduct business based on my chart. Once I fully understood how I make decisions and what part of the body I needed to listen to, life got so much easier. Trust this process even if you think it's too complicated. It's no more complex than high school math. You can get a free personal reading at human.design.com Take advantage of the free videos on the site and YouTube as well.

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3. Gene Keys: This one goes very deep, very fast. Stay calm. Take it slow and get the book to go with your free reading. This is a wealth of information. In a nutshell, it brings together your astrological calculations and the Chinese I Ching. This blueprint will tell you who you are, how you operate, and why you are here. How exciting is that? WOW, you will discover everything there is to know about your unique individual self.
4. Meyers-Briggs: This is the most comprehensive tool used today. This one differs a bit from the rest. The test does take around 45 minutes to complete. The results you get are extensive and genuinely help you map out a career for yourself. Yes, this test can help with career choices and what field of work feels most comfortable. For instance, a person with a preference for introversion may lean towards research work. A person who prefers extroversion may favor a field where they thrive with a lot of interaction. I took this test multiple times in my career to see if I had changed as the years passed. To my surprise, little changed. The fee for the assessment is minimal compared to what gems you get to keep. Trust the process.

These tools should keep you busy for a while. You will get so much new information that it will feel overwhelming, but take it slowly and at your own pace. There is no rush, although it all seems exhilarating as you move through the content. This is a significant step in getting to know yourself. When you think about it, all of this information has been around to utilize, and very few take advantage of it. That's why I wrote this simple guide to help as many people as possible. I want to see people live their dream life and thrive to their fullest. We don't have to continue to play this competitive game of life. The old limiting beliefs and ideas we were taught no longer apply to the new world that is unfolding now. Humans are evolving; systems are being updated, and you need to keep up with the evolution. There is plenty of abundance to go around for everyone. We need to return to the concept of "know thyself." Once we start rediscovering that within, we can live the life that *ignites our light*.



2 Wrangle That Mind

Aren't you feeling so empowered with this new understanding of yourself? I remember I couldn't stop wanting to know more. It felt like I discovered knowledge that was tucked away in some treasure box for centuries. I'm so excited about this next step in your journey.

So, now that you are armed with self-knowledge let's tackle the mind. The mind loves to talk to you out of everything. It runs on logic; while we need this, we can't let it drive all the decisions. When logic is the primary driver, we miss out on the magic. We must create a balance between the two to be in complete harmony. So, what immediately comes to mind when you think about all of this new self-information you just downloaded? Are you thinking of ways to integrate? Are you ready to start making changes right away? What's coming up for you? It's good to dust off that journal and start writing about everything.

Start getting it all out so you can go back and reread all the wonderful information you have stored away; this will help you make informed decisions later on. Let's look at what stories are coming up for you as well. I bet fear is peeking its way into your mind. Maybe a thought such as, "Oh, this is too much to digest; I don't know where to start," or "I'm too old to change." That last one is my favorite. My clients love to drop that one immediately. This is your mind trying to talk you into staying in your comfort zone. That is its job, to keep you safe. When you feel safe, you don't take risks. I call that piece of the

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mind the blabber mind. It does just that. Ask yourself, who is in control? You or your mind? YOU make the calls. This is your life; what do YOU want? It's that simple. Change is scary, but so is staying the same. Let's start taking back control of our minds. Luckily, I have a few tips for that.

We will focus on creating new habits to support our new mindset. This will be easier than you think. Let's start with gratitude. Gratitude is so simple and yet so powerful. Every day you will be grateful for at least one thing in your life. It could be just as simple as gratitude for the information you learned about yourself. You could be grateful for what you already have and know. That one is my absolute favorite because you acknowledge yourself first. I'm sure it took a lot to get where you are today, so giving gratitude for that is a great start. When we begin with gratitude, we send out the message, "I have enough." We start to come from a place of fulfillment vs. lack. This grateful mindset also starts magnetizing more of this vibration to you. Let me quickly explain how vital gratitude is. When you look up gratitude on the emotional scale, it registers at a 600 versus shame at a 20. Gratitude obviously registers much higher, so ask yourself why wouldn't you want to start your day with this high vibration. This small habit change will begin to shift things in your life.

Our next habit is the act or acts of kindness. This one feels like a no-brainer, but we can easily get distracted by our busy lives and need to remember to do this. An act of kindness is so simple; it truly is. Here is where you can get creative and put your own spin on how you want to implement this. I like to mix mine up; some days, I compliment strangers on the street, and others, I pay for coffee for the person behind me. I love this one because you don't need to spend money to do this, but the act should come from your heart. The intent behind this is not expecting something in return; you simply want to do good and be a good person. Just like the law of reciprocity states, do unto others as you want them to do unto you. Not only does this get your mind in a place to give kindly, but this will allow the flow of receiving things. It reminds me of an old infomercial that says, "Set it and forget it." Do the deed and forget it; the universe will take care of the rest for you. Kindness also registers high on the emotional frequency chart, so why not have more of this in your life? The next

habit for the mind might be more challenging, but you will need to move differently if you want different results in life.

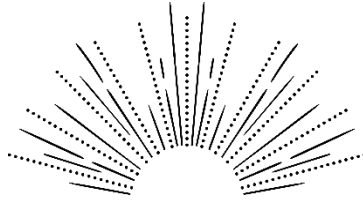
This habit is fun and challenging at the same time. We will be working to build new muscle memory in your brain. You don't realize it, but you repeatedly make many of the same habits, and that's why you become so good at them. Like anything new you start, this will take time to master. In this scenario, it's all about the journey, not the destination. Look for a hobby requiring learning a new language, picking up a musical instrument, making candles, or whatever your heart chooses. This habit is designed to tap into the right creative side of the brain. For the longest time, I told myself I just wasn't good at being creative. Why would I do that to myself? But it was just a story I created in my head. I was limiting myself, and my mind was on board with me. It took me a while to figure out what I wanted to embark on, but spirit/god/divine kept nudging me until I couldn't resist. I finally caved and jumped into piano lessons. I no longer questioned the how or why; I just did it. After my first lesson, I knew it would change my life. Two weeks later, I bought a piano. I completely surprised myself with that purchase. Now I play every day, sometimes for hours a day. I never knew it was going to provide so much healing for my soul. You only know what is around that corner once you decide to go for it. I also jumped back into learning Spanish as well. I love a good challenge, so taking on those two hobbies is nurturing the right side of the brain while also strengthening my brain. I've started using more of my brain power simply because I decided to. We have this brilliant brain within us, and we don't know just how powerful we truly are. I quickly realized I was done playing small and wanted to start pushing the limits of my body, mind, and soul.

The last habit is my favorite. It reminds me of the savasana pose in yoga. I say that because it's all about quieting the mind. Yes, you now get a break after the hardest habit. Here are some suggestions I love to do; meditation, napping, and walking in nature. For me, meditation is a daily practice, but you get to decide if that works for you. When I get a nap during the day, I feel like the luckiest girl on the planet. That's how much I love naps, and I also learned from human design in Chapter 1 that my body actually functions ten times better when I get to rest in the middle of the day. Yes, these tools do work, trust them.

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I do understand some people only have a little time to dedicate to these options. However, if you try really hard, you can squeeze in 20 minutes daily to quiet the mind. There are so many options to choose from here. For instance, during my lunch hour, I would walk outside and listen to meditation music while walking in nature. When I no longer had to commute to work, I woke up an hour early to use that for meditations, breathwork, intentions, and affirmations. It has truly changed my life in such an incredible way. I must call out intentions right here because this is overlooked by many, yet they are incredibly powerful. Every morning and evening before I go to bed, I make it a point to set my intention. My morning intention feels something like, "I intend to create this day full of opportunities to grow and learn so that I may be of service to all." Tap into the change you would like to see you make in the world and intend for it to happen that day. Intentions are a key ingredient to consciously co-create your reality. Remember, the power of intentions lies in setting them and aligning your thoughts, emotions, beliefs, and actions with those intentions. Consistency, belief, and clarity are key to harnessing the transformative power of intentions.

These habits are what change is all about. This is "doing the work." You didn't get to where you are now by not doing some work, right? This concept is nothing new, and you already know this. There are no free rides living on this Earth. You get what you put in. The gifts and rewards will come if you put in the work. Trust me; this is a universal law that revolves around energy. I believe Tony Robbins loves to preach, "Energy flows where attention goes."



3 Tune Up That Vehicle

The mind, body, and soul work harmoniously when you give attention to all three. If you leave one out, the other will two suffer. To be fully balanced, you must actively work on all three simultaneously. Do not let this discourage you; this is simple. Remember, it's about the journey, so take time when you think about balancing these three components. Journal this if you have to, and plan for the week what you will focus on for each. This chapter is all about your vehicle. Yes, your body. This part is not about a diet but fundamentals that will support you on your journey. I firmly believe that diets do not work; it is a mindset shift and finding what foods work for you. Consider this: in the previous chapter, we emphasized the importance of the mind and maximizing its creative potential. It's impossible to be truly creative if your body is unwell. That's the straightforward truth. We take, take, take from our body and rarely give back to it. However, that is our past, and we are committing to change. This is a must if you want to take yourself to the next level. I will review a few fundamental key things that you must focus on in this chapter. The first is water.

We can dive deep into the water, but that is for another book. First, we need to talk about the essential items with water. Let's start with the fundamental question of whether you are even drinking water. I'm not kidding; people really skip the water and go straight to anything else but water. Look, you know water is essential for us. But did you know that not just any water is good? It is recommended that you find

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yourself fresh mountain spring water with a ph above 7. This means you are drinking fresh alkaline water, and it has many benefits to the physical body. I take my water so seriously that I make my own water at home. I distill, remineralize, ph balance, oxygenize, and then add intentions to it. I go overboard, but we become authentic co-creators when we understand that we can program water with intentions. For instance, I charge a crystal with love, courage, and compassion, or whatever feels good, generally on a full moon for an extra charge, and then put that crystal into my water container for my water to be infused with love, courage, etc. Every time I drink from that container, my water helps me co-create my life with these feelings. It is potent. The intentions are more advanced, but it's just insight into how this reality works. I provide similar reality hacks when you get to mentor with me 1-1. Now that you know how important water is, we can move on to the second important thing, which is toxins.

This topic deserves a whole book dedicated to toxins, but again I will keep it short and sweet. Toxins are everywhere. Think food, air, laundry detergent, soap, and makeup. You can go down the rabbit hole of eliminating toxins, and I encourage you to. Again, this is meant to give you foundations and awareness so you can go and make your own decisions. I became mindful of all the products I use in my environment and made changes to eliminate the easy low-hanging fruit. When it came to food and toxins, that one was a beast. I buy organic as much as possible; however, I do realize that even organic is not 100% organic. Also, think about when you eat out at restaurants, not all of them use organic foods, so you take a risk there as well. There are a lot of scenarios where you can only sometimes eat organic. For me, that's ok. I make a tremendous effort and don't stress about the rest. However, there are natural solutions to help fight toxins, and that's when cleanses and specific foods can help the body eliminate toxins. I make it a point to do cleanses at least two times a year. I also incorporate certain foods daily to help flush things out naturally. For instance, chlorella, spirulina, turmeric, ginger, beets, seaweed, and garlic are all great to include in your daily food intake. As always, consult your doctor when you decide to change your regimen, as every single vehicle (body) is different. This next one can be a lot of fun if you like experimenting.

I guess you like breathing, right? Of course, you do! Breathing is part of our human existence. I want to explore intentional breathing. Intentional breathing is a form of detoxing the body as well. I jumped into breathwork about six years ago in Bali. That was my first breathwork with an instructor, and it was called quantum light breath (QLB). I remember it changing my life that night I tried it. QLB has created massive shifts in my life to this day. There are a lot of breathing techniques out there right now, and it has become trendy in the spiritual community. QLB is a longer breathwork and requires you to dedicate at least an hour. Spoiler alert, I'm giving you a free QLB meditation at the end of this book in the freebie section. You don't want to miss it! If you want something you can incorporate daily, I suggest ancient tummo, kundalini, and DMT alkaline; those are roughly fifteen minutes. There are so many benefits to breathwork. It really amazes me that I took so long to discover it. Let's jump into some of the healing properties of breathwork because they are truly amazing.

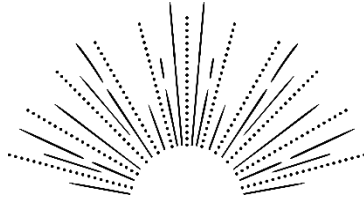
Let's start with the simple fact that this practice is self-healing and therapeutic. Just breathing delivers oxygen into your bloodstream and removes carbon dioxide. By breathing deeply, you can activate your parasympathetic nervous system and, in turn, slow down your heart rate and lower your blood pressure—creating a feeling of calm. Studies have shown that breathwork can help treat depression, anxiety, and PTSD. Yup, that's right. You can also use breathwork to help remove your ego and connect to your higher self and Spirit. This practice is that powerful! I strongly encourage you to try this to see what changes can happen for you. I would love to hear about them if you care to share them with me. You can find many free videos on YouTube for breathing techniques. This last habit for the vehicle is pretty straightforward, and you most likely have heard this one your entire life; exercise.

There is no getting around this one. The body needs movement. There is no shortcut solution for exercise. However, there are many different ways to move your body, and I guarantee you can find at least one practice that suits you. For instance, I have jumped into ecstatic dance for the past two years. It's a free-flow dance generally held outdoors, but you can also find them indoors. The city I live in has

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several opportunities to dance all year outdoors. I never knew how freeing this was until I tried it. It's a great way to move the body without no direction or care in the world. You allow the music to move through you. I also love running outdoors; it helps me clear my mind and process a lot of stuff caught up in my mind. It is meditative for me as well. I encourage you to explore it all and find something fun that gets the heart rate going. You can't get this one wrong; it's about exploring yourself and what works for you. We did not come with an instruction manual because it is our responsibility to create our own path.

We have to learn how to appreciate these precious bodies. They do so much for us and are a work of art. If we take the time to tune in and understand them a bit more, they will respond and work with us. Our bodies are always trying to work with us, not against us. Remember, these vehicles need love as well. Be thankful daily for your body, talk to it, and say, "I love you body." It may sound weird to do that, but your body is energy and it responds to you.



4 It's All Magical

Change is inevitable. You can either fight it or roll with it. There are so many other things in this world that fight for your attention and have the potential to stress you out. Change does not have to be one thing that sends you into a spiral for days or even months. Adapting an attitude of going with change will ease you and your nervous system overall. This reality is about the experience and what we can create within this experience. The point is not to stay the same. Challenge yourself, think big, take risks, love hard, and be open-minded; what is the alternative? Did you come here to live a boring and predictable life? Where is the fun in that? That uniqueness that lives inside of you is eager to burst out and create the most wild, fun, and exciting adventure. Allow yourself to unleash it, it's time.

For too long, we have been brainwashed to live a particular life, do things a certain way, and go down a path that has been laid out for us. Our teachers, parents, and professors did not tell us that we co-create our lives. I must have been sleeping that day in class or maybe that part of the curriculum was completely left out. There is no human handbook for a reason. Creativity is woven within our DNA, and it is up to us to exercise that part of the brain to tap into our infinite intelligence.

There is no right way to approach life, and this linear concept of life is an illusion. Believe it or not, there is a reason why we were never taught how powerful we can be. Empowered people equal

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sovereignty. Unfortunately, this life game has an agenda that wants you easily controlled. Be that as it may, you have the free will to say no and create what you want regardless of what you have been told in the past. Look around with an open mind and see how our archaic systems have been controlling humans for far too long.

This life is a game. As humans, the game becomes much more interesting when you level up and step into your unlimited powers. That's when you become the co-creator and learn to work with your energy. This is available to every single human on this planet right now. All you have to do is set the intention you wish for change and take the action steps. You were created to learn lessons here on Earth and *ignite your light* within.

Imagine the incredible possibilities for planet Earth if everyone embraced their full potential. It's truly mind-blowing to consider.

Linda Renez Bernal

About the Author



Meet Linda Renez Bernal. Her roots originate in the SF Bay Area, but she currently resides in Santa Barbara, CA. Her long-time corporate background launched her down the path of spirituality, esoteric knowledge, plant medicines, and an overall desire to understand this world on a deeper level.

She is here to guide others to ignite their personal light within. There is a deep desire within her soul that wants to see others thrive and unlock their unique gifts. Her services include Reiki, 1-1 coaching sessions, and Akashic record readings. If you would like to contact her, please see the information below.

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