

You have REMEMBERED to

ACCESS  
GROUND  
AND  
BUILD

**POWER**

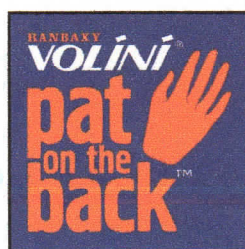
Are you ready to **EXPLORE** it?

When we explore we are in a state of wonder

As you move through these exercises stay open to the new sensations and shifts that are occurring

In doing these exercises I have noticed much more supportive energies in me as it expands the light in my body. I can't wait to hear what it does for you!

Give yourself a pat on the back for getting this far!



PG 1

**EXPLORE**

X

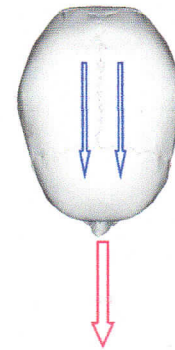
- I.
- Sit — Support back of head keep chin level
  - Eyes — Closed
  - Feet — Somewhat far apart
  - Hands — Palms resting on thighs

Take 4 Anchoring Breaths

With your **RIGHT** Hand using your middle finger and thumb

Draw them across the top of your head lifting your hand straight forward in front of you

(Take 2 Anchoring breaths)



Then say **I draw this through**  
1x  
(take 4 anchoring breaths)

**I draw this in**  
(take 2 breaths)

**I draw this 2**

Tilt head back and integrate in stillness for 2-8 minutes

Do 1 Time a weeks in **weeks 1-3**

# 4 POWER SPIRITUAL

# EXERCISES

I.

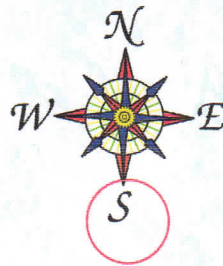
Wear comfortable shoes and clothes  
Before this exercise open an essential oil and set it next to you  
This will help with grounding

Dance to 60's music for 10 minutes

Stand - Feet hip width apart with Eyes open

Take 3 Anchoring Breaths

**FACE SOUTH**



That may be behind me  
Much is in front of me

(Breath 3-4 minutes)

Knees slightly bent (Take 4 Anchoring breathes solid feet)

Take 1 step forward (both feet) With Arms open

Say:

**I take this time** (3 Anchoring breaths)

**to claim** (3 Anchoring breaths)

**what** (3 Anchoring breaths)

**is** (4 Anchoring breaths)

**Mine** Take 3 minutes integration TIME feel free to move  
your body **Keep standing**

Sit for 3-4 minutes drink water eyes open

Move in the chair if you feel

Do **2 Times a week** in weeks 1-3



**BUILDING**

**PG 3**

**X**

## I.

Sit - Place a dark stone by your left inner arch  
**Wrap fleece or something soft around Left ankle**

Feet Somewhat close together Relax knees out

Arms Next to body in chair

Take **2-3** minutes of Anchoring Breaths until you feel really stable

Say: **Believe**

**I**

(4 breaths)

**Believe**

**I**

(4 breaths)

**Believe I**

(3 breaths)

**Believe I**

Take **6** integrating breaths

Then sit in stillness **3-8** minutes Eat protein after

DO: **2** Times in **weeks 4-6**

