

Rituals and Activations



Rituals and Activations that balance and energise your chakras and upgrade your body

Welcome



Here is your quick guide to balancing, activating, upgrading and energising your energy centres through rituals and exercises.

These practices will become your anchor for quantum leaping, they support your body through rapid ascension and keep you aligned to your authentic blueprint.

You can work through in order or jump intuitively to the section you need most support with right now.

Nothing is more powerful than your own inner wisdom, these practices are designed for this wisdom to speak loudly then it is up to you to trust yourself and step boldly forward into your fully expressed purpose knowing your body will support you and cannot make mistakes.

Be Bold . Be Brave . Be True

ONE SMALL HABIT OVER

With the same habits you'll end up with the same results. With better habits, anything is possible.

Time



ONE SMALL NEW HABIT
WHOLE NEW DESTINATION

STAY THE SAME



LISTENING AND AWAKENING YOUR

Body

The body is the barometer of the soul says Annette Noontil here we go on a journey through the chakra's the elements, the bodies operating systems and we clear old programming, upgrade these centres and align with our authentic energy blueprint for more energy, time and joyful living inline with our true purpose.



ROOT - NERVOUS SYSTEM

Learning how to embody parasympathetic nervous system, 'safe and connected' A nervous system and body that can handle expansion without overwhelm, burnout or getting sick.



SACRAL - FEMININE CYCLES

Disconnecting from the linear 3D consciousness and old patriarchal ways of living and stepping into 5D multi-dimensional living, quantum leaping and living in divine joy and creation



SOLAR PLEXUS - METABOLIC FIRE

Activating the fire within, reclaiming your power, confidence and unlimited energy to step boldly into the world, claiming your worth and right to abundance



HEART - QUANTUM ALIGNMENT

Unlock your unlimited 5D life, awaken your true joy, your true purpose.



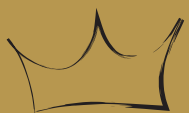
THROAT - VOICE

De-conditioning, stop playing small, find your voice, your message and craft your story to share with your people. Discover your personal resonance and frequency and own it.



THIRD EYE - AUTHENTIC VISION

See with your true sight beyond the veil your manifestation and consciously connect with your quantum potential, collapsing physical limitations and co-creating your most authentic life.



CROWN - INTEGRATION

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NERVOUS SYSTEM

Root

We are currently reconfiguring our nervous system,
To hold more energy and light,
To not be swayed but the denser forces,
To stand strong in our light.
As our body dances its edge of capacity,
Its ok that it's too much some times....
Hyper or hypo state, - arousal, trigger, on edge, or numbing, escaping,
It will not endure,
It is designed to feel like we will always be there, trapped in circumstance,
The brain trapped in time,
But it is temporary,
Everything is actually unfolding perfectly, You are doing perfectly,
We are undergoing huge transformation, evolution beyond what the mind can comprehend,
And the body feels like it can handle.....

Our lessons, our integration and embodiment within the nervous system at the moment,

1. Understanding our different states,

Witnessing our flight, our avoidance, our bypass, our escape,
Witnessing our fight, our burnout, our busyness,
Witnessing our freeze, our inability to move, numbing,

2. Learn how to move between states so we are empowered and not driven by our unconscious or other peoples motives and energy,

Nervous system regulation is not about meditating, calming self, it is understanding where you are and what you need to move to the next phase,
Its understanding there is a difference between hyper and hypo arousal,
EVERY CHOICE, Is anchoring new frequency codes within the body,
Choosing empowerment is anchoring new earth remembrance within the cells and energy bodies.....



New remembering, awakening, calls forth more of your soul to inhabit your body,
Because your body can hold more,

Nervous System Resilience,
Nervous System Capacity,
Higher tolerance

This is the infrastructure we are building within our cells right now,
Every moment of tension, conflict, stress, expansion, overwhelm,
We have a choice to be present to what the body needs,

And,

Choose to move to a state that supports further landing, anchoring, resilience, capacity,
So we are capable of expanding more,
Reaching our fullest potential.

So here we are, configuring the nervous system....

Adrenals,
The root chakra,
Root of Human Design
Poly vagal
Systems, structures, masculine,
Safety.

We are journeying into the earth, returning home to safety within our body so we can expand
in our fullest human potential.

SOURCES OF Stress



TYPES OF STRESS: BEFORE YOU CAN START MANAGING YOUR STRESS YOU MUST UNDERSTAND WHERE IT IS COMING FROM. IF THERE ARE MULTIPLE SOURCES, PICK ONE THAT WILL GIVE YOU A QUICK WIN BEFORE MOVING ONTO THE STRESS THAT GIVES YOU THE MOST GRIEF



PHYSICAL



MENTAL



EMOTIONAL



CHEMICAL

ADRENAL

Supplementation and Herbs

Supplementation: Please check with your health practitioner, herbalist, doctor or homeopath before starting any new supplement or herbs.

HERBS AND SUPPLEMENTS

Rhodiola Rosea: Normalises heart rate after stress or exercise. Promotes adrenal, thyroid and reproductive function.

Eleuthero Root/Siberian Ginseng: Useful for depleted adrenal function to help your body adapt and respond to stress more efficiently. Enhances resistance to illness by strengthening the immune system. Larger doses promote sleepiness. **contra-indicated with alcohol and some medications. Although likely safe for most adults short-term, it may cause side effects such as heart palpitations or blood sugar changes. It should be avoided by people at risk for estrogen-driven cancers.

Licorice Root: Nurtures weakened adrenal glands, lowers cortisol levels, and helps balance the immune system. A considerable option if blood pressure is generally low.

Ashwagandha/Withania: normalises cortisol and balances thyroid hormones. It improves the use of cortisone, strengthens the immune system and helps with sugar metabolism. Calms the nervous system and eases nervous and muscle tension.

Codonopsis: It strengthens the HPA axis, especially adrenal function, and enhances the immune system. Its helpful for fatigue, weakness and 'deficient' insomnia.

Dandelion Leaves: Lowers blood sugar, enhances the immune system and prevents infections. It helps to cleanse the blood and eliminate toxins and waste via the liver and kidneys.

ADRENAL

Supplementation and Herbs

Supplementation: Please check with your health practitioner, herbalist, doctor or homeopath before starting any new supplement or herbs.

HERBS AND SUPPLEMENTS

B Vitamins:

B3, Niacin; A deficiency in B3 can cause depression, irritability, stress and mood disturbances.

B6, Pyridoxine; Vitamin B6 can help the body manufacture neurotransmitters, such as serotonin, which aids in the body's ability to cope with depression, stress and anxiety. Vitamin B6 may also help boost the immune system during times of anxiety.

B5, pantothenic acid; enhances the activity of the immune system and, with this improvement, the body can use its natural ability to withstand stressful conditions.

B7, biotin; Can help balance moods and, in turn, manage stress.

B9, Folic Acid; The body is unable to produce folic acid on its own. If there is a deficiency in folic acid, people may experience depression and fatigue which may produce higher levels of stress.

B12, Cyanocobalamin; deficiencies may cause mental confusion, neurological changes and make it difficult to cope with stress. This waterbased vitamin is significant in the creation of the sleep hormone melatonin and the mood hormone serotonin.

Vitamin C: Reduces physical and mental responses to stress, limits significant damage that elevated cortisol levels can induce while also helping the body to quickly clear out excess cortisol.

Magnesium: Restricts the release of stress hormones and acts as a filter to prevent them entering the brain. Magnesium is anti-inflammatory, stabilizes blood sugar and removes heavy metals all of which are otherwise stressors. Magnesium helps depression by raising serotonin.

Stress Management Plan

Stress Management: Now you understand the source of your stress you can start creating a plan to management your response to the stressor

Source of Stress	Short or Long Term	When does Source Appears	Who is around at time of stress	Where are you during source of stress	How did it make you feel	Response to Stressor	Alternative Approach
Stress Management Tool		Where can strategy be used	What time is required	When can it be used	Why use this tool		Priority
Journaling							
Exercise							
Share, support or socialise							
Have fun							
Say 'no' or be more assertive							

Stress Management Plan

Stress Management Tool	Where can strategy be used	What time is required	When can it be used	Why use this tool	Priority
Avoid stressor					
Remove stressor					
Express feelings					
Time management					
Compromise					
Adjust expectations					
Take a step back and look at big picture					
Let Go					
Meditation					
Diaphragm Breathing					
Mindfulness					
Gratitude journal					
Forgive					
Relaxing activity					

MY Nervous System



VENTRAL /
PARASYMPATHETIC
(SAFE/CONNECTED)



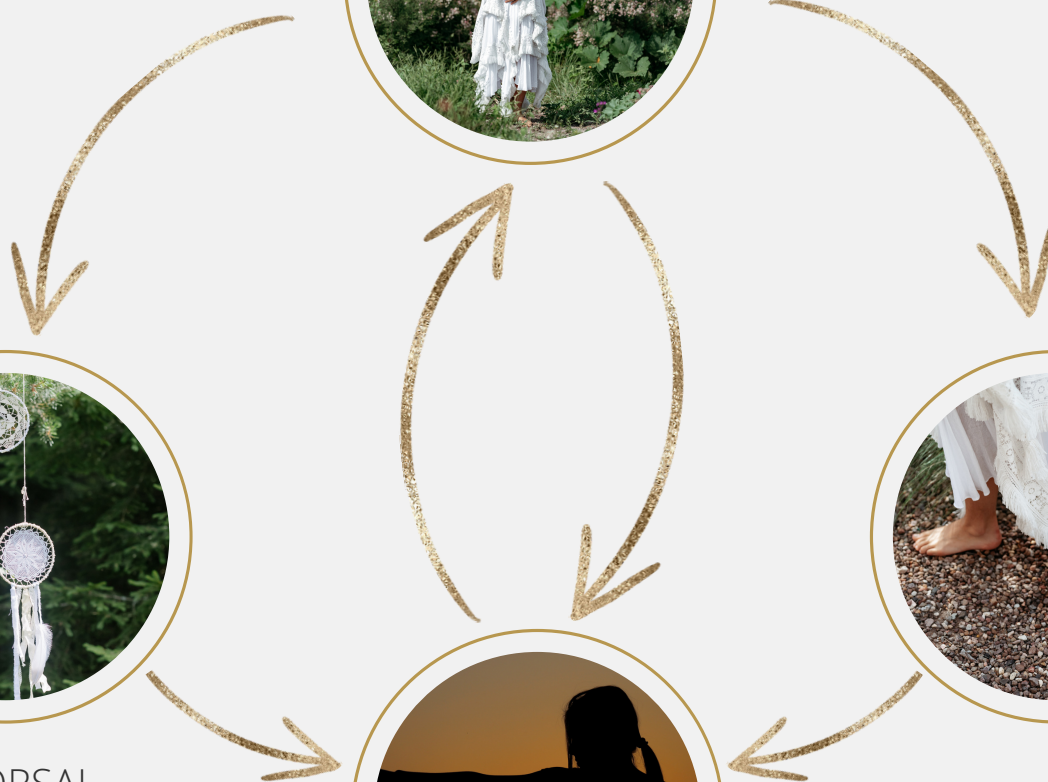
DORSAL
SHUT DOWN/NUMB
/DISSASOCIATED



SYMPATHETIC
FLIGHT



SYMPATHETIC
FIGHT



MY Nervous System

1. THOUGHTS/FEELINGS/BEHAVIOUR HERE



VENTRAL /
PARASYMPATHETIC
(SAFE/CONNECTED)

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SYMPATHETIC
FIGHT/FLIGHT

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DORSAL
SHUT DOWN/NUMB
/DISSASOCIATED

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MY Nervous System

2. WHAT KEEPS ME HERE - VENTRAL / PARASYMPATHETIC (SAFE/CONNECTED)



MYSELF



WITH OTHERS

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A decorative illustration in a light blue color. It features a stylized branch with four leaves. The leaves are elongated with pointed tips and have internal vein details. Three four-pointed star shapes are scattered around the branch. On the far left, there is a small, partially visible blue graphic element that looks like a stylized 'E' or a bracket.

[illegible][illegible]

ROOT - NERVOUS SYSTEM

Rituals and Activations

Rituals and activations designed to build vagus toning and nervous system resilience as well as support nervous system regulation



STRETCH



ICE-BATH



NATURE

ROOT - NERVOUS SYSTEM

Rituals and Activations

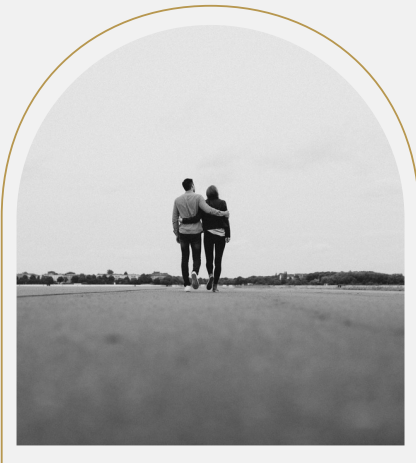
Rituals and activations designed to build vagus toning and nervous system resilience as well as support nervous system regulation



BREATH



SENSORY ORIENTATION



CO-REGULATION

ROOT - NERVOUS SYSTEM

Rituals and Activations

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ANIMAL ACTIVATION



TAPPING POINTS



CO-REGULATION

RECONFIGURING *Evolution*



CONSCIOUS



STRESS

[illegible][illegible][illegible]

HUMAN DESIGN *Worksheet*



Reflections for your unique authentic design.

Is your centre defined or undefined?

HOW DO I LOVE TO EVOLVE?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

IS THIS PRESSURE MINE?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

IS THIS ALIGNED FOR ME?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

WHAT SHOULD BE IN MY LIFE?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

ARE MY GOALS REALISTIC?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

WHEN WILL I REST?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

ACTIVATING LEADERSHIP

Worksheet



Reflections for your life and business. How you can create systems, structures, containers and money that supports you to feel safe to step into your feminine receiving and flow

WHAT IS MY WORK STRUCTURE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

WHAT OFFERS DO I HAVE?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

HOW DO I OFFER MY WORK?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

WHAT IS MY INCOME?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

HOW CAN I AUTOMATE?

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<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

HOW CAN I SCALE?

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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Activating Leadership



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*YOU CAN'T CREATE A
GREAT BUILDING ON
A WEAK
FOUNDATION*

Gordon B Hinckley