

# AWAKENING TO PERSONAL GIFTS PROGRAM

By

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Here's a comprehensive **Personal Awakening Program** that integrates meditation, Somo breathwork, affirmations, sunlight gazing, sacred supplementation, intermittent fasting, and crystal work. It's designed like a holistic trainer's schedule, spanning morning to evening routines with flexibility and gradual progression over 4 weeks. This is a deep alignment with personal spiritual gifts and embodied energy.

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# AWAKENING TO PERSONAL GIFTS — 4-WEEK DAILY PROGRAM

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## WEEKLY THEMES

- **Week 1:** *Grounding & Clearing*
  - **Week 2:** *Activation & Expansion*
  - **Week 3:** *Integration & Alignment*
  - **Week 4:** *Embodiment of Gifts*
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## DAILY STRUCTURE OVERVIEW

**Morning:** Breathwork, meditation, affirmations, supplements, sunlight gazing

**Midday:** Hydration, light movement, intention reset

**Afternoon:** Crystals & creative energy work

**Evening:** Reflection, fasting window, gentle detox

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## MORNING ROUTINE (Duration: ~60–75 mins)

### 1. Somo Breathwork (10–15 mins)

Begin immediately upon waking.

#### Sequence:

- 5 Rounds of Conscious Circular Breathing (inhale through nose, exhale through mouth)
- 3 Rounds of Box Breathing (4-4-4-4)
- 1 Deep Retention Round (inhale-hold for 60s–90s–exhale slowly)

*Intention: Increase oxygen, activate pineal gland, calm nervous system.*

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### 2. Meditation (15–20 mins)

**Week 1-2:** Grounding Body Scan & Chakra Balancing

**Week 3-4:** Higher Self Channeling or Light Code Integration

*Optional tools: binaural beats, frequency 432 Hz or 963 Hz.*

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### 3. Affirmations + Gratitude Journaling (10 mins)

Say aloud and write:

- *“I am aligned with my highest gifts.”*
- *“Clarity, courage, and creativity flow through me.”*
- *“I honor the divine blueprint within me.”*

Write 3 things you're grateful for *each day*.

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### 4. Sunlight Gazing (5–10 mins)

Do this *within 30–45 minutes of sunrise*.

- Barefoot on the earth if possible.
  - Gaze with relaxed eyes for 10 seconds, gradually increase to 3 minutes.
  - Focus: *“I receive solar codes of awakening.”*
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### 5. Sacred Supplements Ritual

**Daily Protocol:**

- **Shilajit Resin:** 300–500mg in warm spring water (morning only)
- **Ormus or Monatomic Gold:** ½ tsp sublingual (start Week 2)
- **Hawaiian Black Lava Salt:** pinch in 1L structured water (start of day)
- **Zeolite / Activated Charcoal (optional)** for detox on fasting days

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## SACRED TONING SCHEDULE

**Daily Toning (5–10 mins):** Use the power of the voice to open energy centers and activate latent gifts. Do this *after breathwork or before meditation*.

Day	Chakra	Tone	Sound	Intention
Mon	Root	C	“LAM”	“I am grounded.”
Tue	Sacral	D	“VAM”	“I flow with creative energy.”
Wed	Solar Plexus	E	“RAM”	“I am powerful.”
Thu	Heart	F	“YAM”	“I radiate love.”
Fri	Throat	G	“HAM”	“I express truth.”
Sat	Third Eye	A	“OM” or “AUM”	“I see clearly.”
Sun	Crown	B	Silent or “NG”	“I am divine light.”

*Optional:* Tone with crystal bowl tracks, tuning forks, or chant the tones vocally.

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## FOOD TO EAT: ENERGETIC NUTRITION

### Daily Focus:

- **Live, enzyme-rich food**
- **High-vibration, plant-based diet (90% or more)**
- **Cleansing + nourishing**

### MORNING OPTIONS (after breathwork & sun gazing):

- Warm lemon water with lava salt + shilajit
- Smoothie: wild blueberries, chia seeds, coconut water, spinach, spirulina
- Herbal teas: tulsi, nettle, pau d’arco

### MIDDAY / MAIN MEAL:

- Large raw salad: kale, sprouts, dulse, beets, pumpkin seeds
- Grain bowl: quinoa, steamed veggies, tahini lemon dressing
- Soups: bone broth (if not fully plant-based), lentil or miso with seaweed

## **EVENING (Light Meal or Fast):**

- Light steamed greens with avocado + lime
- Herbal broth or fruit (papaya, watermelon if hydrating)

## **SUPPLEMENTAL CLEANSING FOODS:**

- Cilantro + chlorella (heavy metal detox)
  - Aloe vera juice (gut healing)
  - Apple cider vinegar (before meals, supports digestion)
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## **SPIRITUAL MUSIC GUIDE**

Use music for activation, integration, and emotional flow.

### **MORNING / BREATHWORK:**

- 432 Hz or 528 Hz frequency tracks
- Didgeridoo, overtone chanting, or shamanic drumming
- Albums: *Desert Dwellers*, *East Forest*, *Porangui*

### **TONING / MEDITATION:**

- Crystal singing bowls, solfeggio frequencies (especially 639 Hz, 963 Hz)
- *Anilah*, *Liquid Bloom*, *Laraaji* (ambient divine music)

### **AFTERNOON ENERGY WORK:**

- Nature soundscapes, flute, harp, birdsong
- Light codes or light language transmissions

### **EVENING / REFLECTION:**

- 741 Hz (cleansing) or 396 Hz (release fear)
  - Calm piano, ambient, devotional chants (Snatam Kaur, Ajeet Kaur)
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## **RESTRICTIONS (Things to AVOID)**

### **PHYSICAL/DIETARY:**

- Refined sugar
- Processed/packaged foods
- Caffeine (especially after 12pm)
- Alcohol
- Non-organic dairy or factory-farmed meat
- Fluoride toothpaste / tap water
- Artificial additives/preservatives (MSG, aspartame, etc.)

### **MENTAL/EMOTIONAL:**

- Excessive social media scrolling
- News consumption
- Negative gossip, low-vibe conversations
- Disempowering self-talk

### **SPIRITUAL:**

- Spiritual bypassing or ignoring emotional triggers
  - Blindly following spiritual trends without discernment
  - Over-reliance on outside sources for intuition
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## **OPTIONAL SACRED SUBSTITUTIONS**

<b>Old Pattern</b>	<b>Sacred Upgrade</b>
Coffee	cacao elixir
Sugar snacks	Dates, figs, raw cacao energy bites
Heavy media	Nature walks, ambient healing playlists
Social media check-ins	Journaling or crystal grid tending

4-Week Ascension Practice Program combining breathwork, yoga, qigong, and meditation, designed to align you with your divine mission path—activating your soul blueprint, expanding spiritual perception, and anchoring your Oversoul into the body.

## **Week 1: Grounding the Temple – Stabilize and Prepare the Field**

Focus: Nervous system regulation, grounding, and clearing stagnant energy

Theme: “My body is a sacred vessel. I prepare the temple for divine service.”

### **Grounding Daily Routine:**

- Morning Breathwork:
  - Box Breathing (4-4-4-4) – 5 minutes
  - 3-Part Yogic Breath – 3 minutes
  - Intention Setting Breath: On inhale, “I receive”; on exhale, “I release.”
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- Yoga Sequence (20–30 minutes):
  - Mountain Pose → Forward Fold → Cat/Cow
  - Low Lunge → Warrior I → Child’s Pose
  - Savasana with grounding crystal (hematite, black tourmaline)
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- Qigong Flow (15 minutes):
  - “Opening the Gates” warmup
  - Standing Tree Pose (Zhan Zhuang)
  - Qi Shower and Washing the Body with Light
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- Evening Meditation (15 minutes):
  - Root Chakra attunement
  - Visualize red root cord anchoring into Earth’s crystalline core
  - Affirmation: “I am safe, present, and aligned with the Earth grid.”
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# **Week 2: Awakening the Codes – Ignite the Inner Fire**

Focus: Kundalini stirring, heart opening, energy body tuning

Theme: “I awaken the divine flame within me. I am ready to remember.”

## **Kundalini Daily Routine:**

- Morning Breathwork:
  - Breath of Fire (3 rounds, 30 seconds each)
  - Alternate Nostril Breathing – 5 minutes
  - Inhale “Light”, Exhale “Ignition” visualization
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- Yoga Sequence (30 minutes):
  - Sun Salutations → Cobra → Locust → Bridge
  - Camel Pose → Spinal Twist → Seated Forward Fold
  - End with Fire Log Pose and Heart-opening mantra chant (YAM)
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- Qigong Flow (15 minutes):
  - Fire Element Flow: Circulating energy through lower dantian
  - Inner Smile Practice (Heart, Liver, Kidneys)
  - Qi Ball Creation between hands – charge with intent
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- Evening Meditation (20 minutes):
  - Light-body activation: Gold light rising through spine
  - Breathe into the heart until it pulses light outward
  - Affirmation: “I remember who I am. The fire within guides my path.”

# **Week 3: Entering the Stargate – Expand Vision and Intuition**

Focus: Third eye activation, soul memory access, time-traveling awareness

Theme: “I align with divine will. I see through the eye of the soul.”

## **Stargate Daily Routine:**

- Morning Breathwork:
  - Breath Retention (Kumbhaka) – Inhale 4, hold 7, exhale 8
  - Hum Breathing into third eye center – 3 mins
  - Sphinx Breath (eyes closed, head tilted slightly up)
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- Yoga Sequence (30–40 minutes):
  - Downward Dog → Dolphin Pose → Shoulderstand
  - Child’s Pose → Fish Pose → Lotus or Sukhasana
  - End with Trataka (candle gazing) for 5 minutes
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- Qigong Flow (20 minutes):
  - Microcosmic Orbit Practice (raise energy from root to crown)
  - Heaven & Earth Flow
  - Eye of Heaven Spiral Flow (gentle spiraling from third eye outward)
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- Evening Meditation (25 minutes):
  - Star Gateway Journey: Visualize Orion–Lion’s Gate opening
  - Invite Higher Self, Time Lords, or your guides
  - Chant: OM, AH, HU
  - Affirmation: “I am the Stargate. Through me flows divine intelligence.”
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# **Week 4: Embodying the Mission – Oversoul Integration**

Focus: Integration of soul purpose, action embodiment, divine expression

Theme: “I walk the Earth as a living code of light. I am the mission made flesh.”

## **Energy Mantra Daily Routine:**

- Morning Breathwork:
  - Coherence Breath – inhale 6s / exhale 6s – 10 minutes
  - Toning with intention: “I AM” tones into heart, gut, and third eye
  - Divine Breath: Breathe up from Earth, down from Heaven
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- Yoga Sequence (40 minutes):
  - Warrior II → Triangle → Reverse Warrior
  - Eagle → Dancer → Tree → Crow
  - Seal with Shavasana + Light Language download
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- Qigong Flow (20 minutes):
  - Heaven-Human-Earth Unification
  - Dragon Walk + Soul Spiral Dance
  - Anchor the Light Pillar into Grid of Gaia
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- Evening Meditation (30 minutes):
  - Merge with your Oversoul / Monad
  - Speak aloud your mission statement
  - Journal or draw any visions, blueprints, or timelines received
  - Affirmation: “I am the key and the code. My divine path is now.”
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## **Advance Daily Practices:**

- Morning Ritual – Self-Declaration of Liberation (10 mins):
  - Say aloud:  
“I release all fear-based timelines, systems, and control matrices.  
I am free, sovereign, and whole. I walk as divine intelligence in human form.”
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- Body-Mind Integration Sequence (30 mins):
  - Breath-infused yoga or qigong movement
  - Affirmations on each exhale: “I AM Presence,” “I AM Light,” “I AM the Bridge”
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- Service Activation (optional):
  - Send love and Source light to others through your heart field
  - Offer your frequency in service—no words needed
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- Evening Sovereign Meditation (20 mins):
  - Sit in complete stillness, no mantra, no technique
  - Just awareness, presence, and pure being
  - Let the vibration of Source arise spontaneously
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- Journal Prompt:
  - “How am I expressing the Source field through my daily life?”
  - “What am I now ready to create from Sovereign power?”

## **Support Tools:**

- Use Art & Music: Paintings, Poetry, and Soundscapes
- Mantras: “AH-RA-EH-TAH,” “I AM Sovereign Integral,” “Source within me knows the way”
- Crystals: Azeztulite, Moldavite, Herkimer Diamond
- Light Frequencies: Golden-white, electric blue, ultraviolet violet

## **Tools & Enhancements:**

- Use specific frequencies: 528 Hz (DNA Activation), 963 Hz (God frequency), 432 Hz (Universal Resonance)
- Optional: Integrate sacred geometry cards, oils (frankincense, sandalwood), and crystal grids
- Drink charged water after breathwork to integrate frequencies

