

LEVEL 1

AWAKENED LEADERSHIP *Initiation*

COURSE MANUAL

The Ultimate GuideBook for
"The Ascension Integration Technique"

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Portal 6: Unleash Your Creative Muse

Beloved,

You are doing great! Keep up the good work, we are almost to the finish line! You have done so much interpersonal work and now is the time to start having fun with all that you have been working on.

Unleashing your creative muse will guide you through 3 different practices, all of which are meant for you to expand from your personal work into the realm of community.

We will go over how to co-create commUNITY, evolving how you engage with others, so you won't ever have to feel alone on your journey.

We will walk through the Sacred Ceremonial Creatrix Template, so you know how to create your own sacred containers and special events.

We will all be guided through the Abundance Codes Activation, so you have another tool to call in abundance and prosperity in your life.

It is a matter of perspective and how you CHOOSE to view your life.

“When at first you don't succeed, then redefine what success means to you”. It all comes down to your MINDSET and then get CREATIVE!



Anistara Ma Ka

PORTAL 6 ACTIVATIONS

1

Co-create CommUNITY:

- Discover the core foundational pillars to creating community gatherings that are nurturing and supportive.
- Join a local community circle or create one. Host gatherings that offer an open and inviting space for personal connections.

2

The Ceremonial Creatrix Template

- Follow “The Ceremonial Creatrix Template”: a step by step guide to hosting your own transformational community events/ gatherings
- Offer them on a regular basis to build community and also bring in income.

3

Abundance Codes Activation

- Activate your codes and step into your highest potential, embodying a fully abundant and prosperous life.
- Celebrate the fulfillment that comes from living a life of freedom, sharing what you love with others.

[Click here to access the Portal 6 Play Sheets](#)

Ascension Integration Technique Tip

"I am the *creator* of
my life, surrounded
by *Supportive*
community,
continuously growing
together!"

~Anistara Ma Ka

Activation 1: Co-create CommUNITY

Co-creating community is an ongoing process. You may already be a part of a thriving community or you may be just starting to build your own community (or group of clients). I have found that there are 7 Core Foundational Pillars to creating community and it is important that they are supportive and transformational for your community members.

- ***Inclusivity and Diversity:***

Ensure that your community gathering is welcoming to people of all backgrounds, cultures, and perspectives. Embrace diversity as a strength, fostering an environment where everyone feels valued and included.

- ***Open Communication:***

Establish clear channels of communication within the community. Encourage open dialogue, active listening, and the sharing of ideas. Create a space where individuals feel comfortable expressing themselves authentically.



- ***Shared Values and Purpose:*** Identify and communicate the core values and purpose of the community (or container). When individuals share common goals and aspirations, it strengthens the sense of belonging and connection.

- ***Empowerment and Collaboration:*** Foster a collaborative atmosphere where community members feel empowered to contribute their skills and ideas. Encourage co-creation and collaboration, recognizing that everyone has unique gifts to offer.

- **Nurturing Environment:**

Create a nurturing and supportive space where individuals can explore, grow, and express themselves without judgment. Cultivate an atmosphere that promotes personal development and well-being.

- **Community Rituals and Traditions:**

Establish rituals or traditions that help build a sense of continuity and shared experience within the community. Whether it's regular meetings, celebrations, or symbolic practices, these rituals contribute to a sense of cohesion.

- **Flexibility and Adaptability:**

Recognize that communities evolve, and the needs of members may change over time. Stay flexible and adaptive, allowing the community to grow organically while remaining responsive to the evolving needs of its members.



Journal Prompts:

Where are you on your community co-creation journey?

Do you have women's circle you attend? Or Host?

What are the benefits you receive when you go to these gatherings?

How do they make you feel?

What would you like to create? Who is it for?

What are your intentions for your community and how do you visualize it growing?

Ascension Integration Technique Tip

"I am a ceremonial
creatrix, creating
impactful
events that inspire
others!"

Anistara Ma Ka

Activation 2: The Ceremonial Creatrix Template

When you start stepping into your leadership, you will find that you may want to start hosting your own special events, ceremonies, retreats, etc.

This is a great way to build your leadership muscles, learn and grow while building community and establish yourself as a community leader.

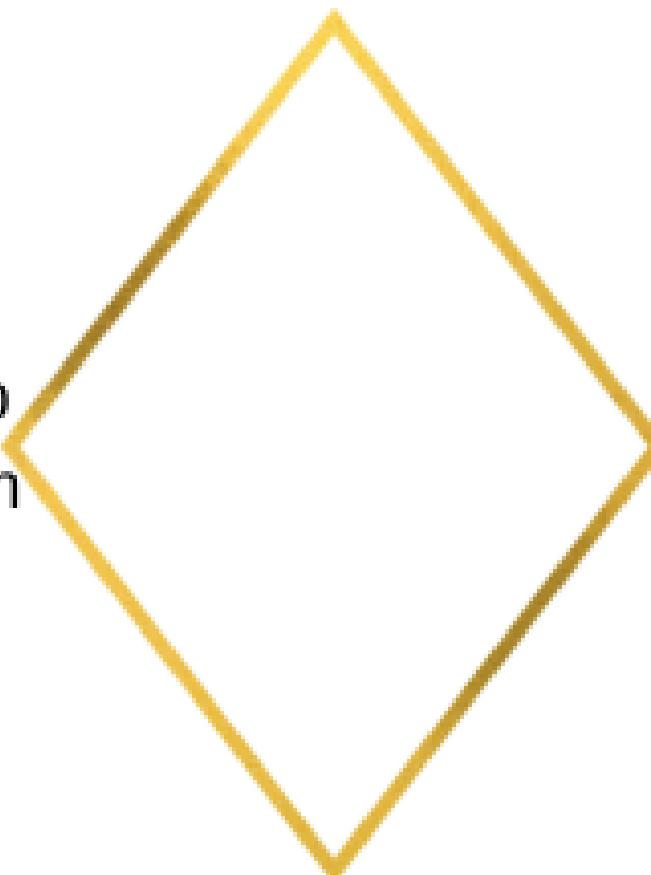
Whether you are working with children and their families, hosting campouts in nature, creating online events or summits, working with recovering addicts, opening a music school, building women's circles, creating a mentorship program, counseling others, creating a business that serves others or you just feel called to host an impactful holiday gathering or special occasion event...



The Sacred Ceremonial Creatrix Template is an amazing and easy blueprint that you can follow for just about any group event you have in mind to host. It's all about intention, the container you create and what people walk away with/ receive/ or how they feel when they leave. inJOY the process!

The Sacred Ceremonial Creatrix Template

1- Create the Foundation



4- Follow Up & Integration

2- Create the Container

3- Co-CREATE the Circle

The Direct link to the live training
“Creating Sacred Ceremonial Containers”:
[https://www.facebook.com/586151760/
videos/708103577301392/](https://www.facebook.com/586151760/videos/708103577301392/)

The Sacred Ceremonial Creatrix Template

The detailed outline of the template is

[here on your Portal 6 Playsheet.](#)

1: Creating the foundation for a powerful sacred ceremony container:

A- Set your intention:

- B- Visualize the sacred container
- C- Discover what the container is for
- D- Create your invitation
- E- Invite others into action
- F- Follow up with your invitations
- G- Receive “Feed Forward”
- H- Edit your invitation and BIRTH it into existence

2- Creating the Sacred Ceremonial Container:

- A- Setting Sacred Space
- B- Dress with intention
- C- Build the Altar
- D- Begin to Create the Container

3- Co-create the Sacred Circle:

- A- Ceremony Opening
- B- Body of the Ceremony
- C- Ceremony Closing

4- Follow up/ Integration:

- A- Share a snack or meal to ground the energy
- B- Explain the ‘dip’ and to take self care time
- C- Post event check in
- D- Document your own experience as the hostess.

Ascension Integration Technique Tip

"I am a
prosperous
woman, with flowing,
diverse &
expanding income!"

-Anistara Ma Ka

Activation 3: Abundance Codes Activation

This is a powerful visualization: Begin by finding a comfortable and quiet space where you won't be disturbed. Close your eyes and take a few deep breaths, inhaling positivity and exhaling any tension.

Imagine yourself standing in your 'power place' (a mountain top, by the ocean, in a garden, etc.) Begin to have a visceral experience of where you are standing- the sights, the scents, the feelings. Imagine a gentle breeze carrying the energy of abundance wash over you!

Step 1: Connecting with Earth's Energy:

Feel the ground beneath your feet. Imagine roots extending from the soles of your feet, grounding you deep into the Earth. With each breath, draw up the nourishing energy from the Earth, filling your body with vitality.



Step 2: Opening to the Flow:

Visualize a stream of golden light flowing from the Universe above, cascading down onto the crown of your head. This light represents the infinite abundance that surrounds you. Feel it enveloping you in a warm, radiant glow.

Step 3: Activating Abundance

Codes:

In the center of your chest, envision a radiant energy center, like a golden sphere. This is your personal Abundance Code. As you focus on this sphere, feel it awakening and activating. It starts to spin gently, resonating with the frequency of abundance.

Step 4: Aligning with

Prosperity:

Imagine stepping into the center of this golden sphere, bathing in its warm light. With each step, affirmations of abundance and prosperity resonate within you. Visualize opportunities, resources, and blessings flowing towards you effortlessly.

Step 5: Gratitude and

Expansion:

Express gratitude for the abundance you've received and for the abundance that continues to flow into your life. As you do, feel the golden sphere expanding, radiating waves of abundance in all directions.



Step 6: Integration and Embodiment:

Now, visualize the golden light merging with every cell of your being. Your entire body becomes a magnet for abundance, attracting positive opportunities, wealth, and joy. Sense the alignment of your inner abundance codes with the universal flow of prosperity.

Take a few more deep breaths, anchoring this sense of abundance within you. When you're ready, gently open your eyes, knowing that your abundance codes are now activated and aligned with the infinite flow of prosperity.

• The Radical Truth Teller •

To help you
have fun
speaking
your truth!

Write out your experience with the practices in Portal 6. What came up for you? Any resistance to anything? How did you move through it? How would you like to cultivate these practices further and use them in your daily life? What are you most excited about now that you have these tools?

Motivational Mantra

I am activating my Creative Muse!

I am ready to co-create commUNITY in new and inventive ways to create profound transformational impact that inspires.

I am a ceremonial creatrix, whether I am creating simple rituals for myself or hosting a special event. I have the tools I need to create lasting change in my life and the lives of others.

I AM ABUNDANCE!

I align my frequency to those things I am calling into my life! I am the perfect match for the highest vision I have for my life.

It is all possible!



Portal 6 Resources



[Course Dashboard](#)

[Portal 6: Unleash Your Creative Muse Playsheet](#)

[The Direct link to the live video: Sacred Ceremonial Creatrix Template](#)

[The detailed outline for the Ceremonial Creatrix Template is the second section of the PlaySheets](#)

[True Purpose: book by Tim Kelley](#)– this is the book I'm reading right now and I absolutely love it!