

LEVEL 1

AWAKENED LEADERSHIP *Initiation*

COURSE MANUAL

The Ultimate GuideBook for
"The Ascension Integration Technique"

BY ANISTARA MA KA

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Portal 2: Resource Yourself

Beloved,

When you are fully resourced, you are able to operate most optimally. What do you do to resource yourself?

There are many ways to do this and we will go over plenty of them during Portal 2. YOU are capable of resourcing yourself on all levels of your life!

You will learn from the Timelessness Technique how to condense an expanse of time into a smaller segment of time, resulting in the feeling of having more time in the day.

The Ultimate Guide To Regulation shares a plethora of ways that you can regulate your nervous system and self sooth so you can remain calm, cool and collected in any situation.

The Leadership Activation shows you how to create and hold healthy boundaries, understanding your sacred “no” and the subtle art of delegation, leaving you with even more time and space for your creative projects and self care.

Anistara Ma Ka



PORTAL 2 ACTIVATIONS

1

The Timelessness Technique

- Experience a powerful guided visualization to bend space and time to your will.
- Release limiting beliefs about time, define personal priorities and use the time batching technique.

2

The Ultimate Guide to Regulation

- Receive a guide to the most potent self soothing and self care practices and use them daily!
- Embrace these practices to regulate your nervous system and enhance your overall emotional intelligence and resiliency.

3

The Leadership Activation

- Cultivate healthy boundaries and practice your sacred NO when necessary to preserve your energy and focus.
- Learn to delegate like a pro and see how much more time and space you create.

[Click here to Copy and Customize this Module's Google Docs](#)

Ascension Integration Technique Tip

"I create all of the
time I need & desire
for my creativity
and self care.
I am my own
priority!"

~Anistara Ma Ka

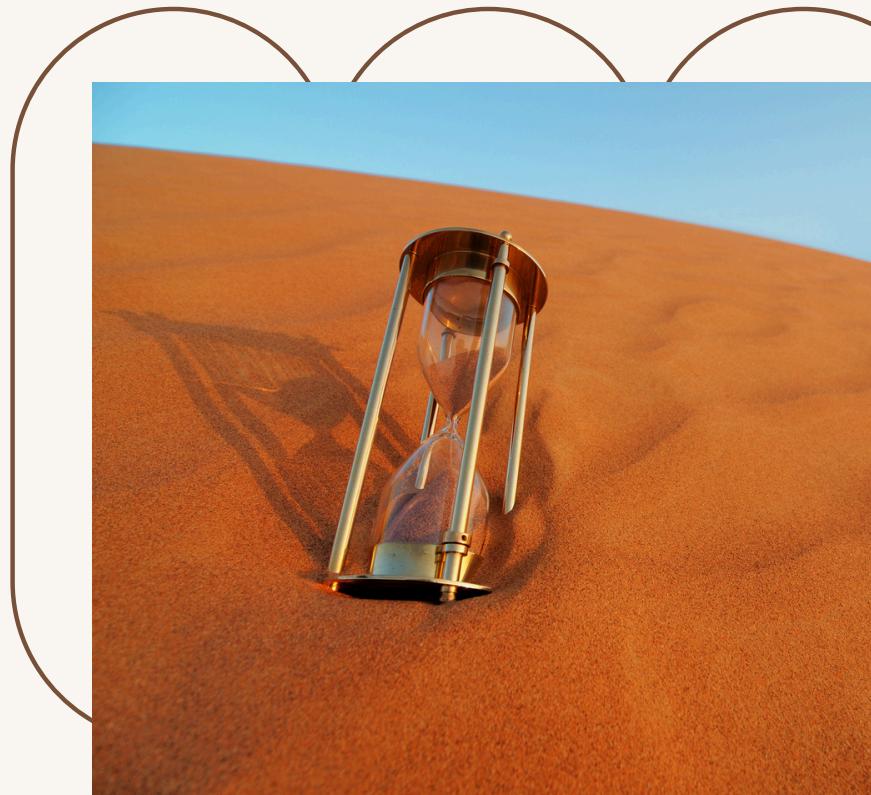
Activation 1: The Timelessness Technique

Are you running the old 'program' of "I don't have enough time" or "there is not enough time in the day"? We all run into this and there is SOULution!

Imagine a world where time expands to meet your needs, where you can navigate through your day with a sense of calm and purpose. The "Timelessness Technique" is your key to achieving just that.

Get ready to embark on a transformative journey with our Timelessness Technique – a guided visualization that compresses an entire year of your life into one magical minute of clock time.

- Set the Stage: Find a quiet space where you won't be disturbed. Take a moment to ground yourself with a few deep breaths.



- Open the Portal: Close your eyes and imagine stepping into a radiant portal. This portal holds the essence of time, allowing you to navigate the experiences of an entire year in just one minute.
- Visualize the Seasons Changing: As you enter, witness the transformation of seasons in rapid succession. Feel the warmth of summer, the crispness of autumn, the stillness of winter, and the blossoming of spring, all unfolding in the blink of an eye.

- **Learn and Let Go:** Encounter challenges, lessons, and opportunities, experiencing the ebb and flow of life. Take note of what you've learned and visualize releasing any burdens or regrets, allowing them to dissolve in the river of time.

- **Celebrate Milestones:** In this compressed time frame, visualize celebrating birthdays, achievements, and personal growth. Allow the energy of accomplishment and joy to wash over you.
- **Embrace Moments of Bliss:** Amidst the whirlwind, savor moments of pure joy, connection, and love. Feel the pulse of life as you dance through meaningful experiences.
- **Affirm Your Growth:** As the minute draws to a close, affirm your growth and wisdom gained through this condensed journey.



Embrace the richness of a year lived fully in just sixty seconds.

- **Return with Insights:** Open your eyes, returning to the present moment with newfound insights and a heightened appreciation for the depth of experiences that time can offer.
- **Journal about your experience.** What felt constricting? What felt expansive? What visions felt the most spacious to you? These are the experiences you want to focus on calling into your life.

Here are a few more tips:

- **Release Limiting Beliefs**

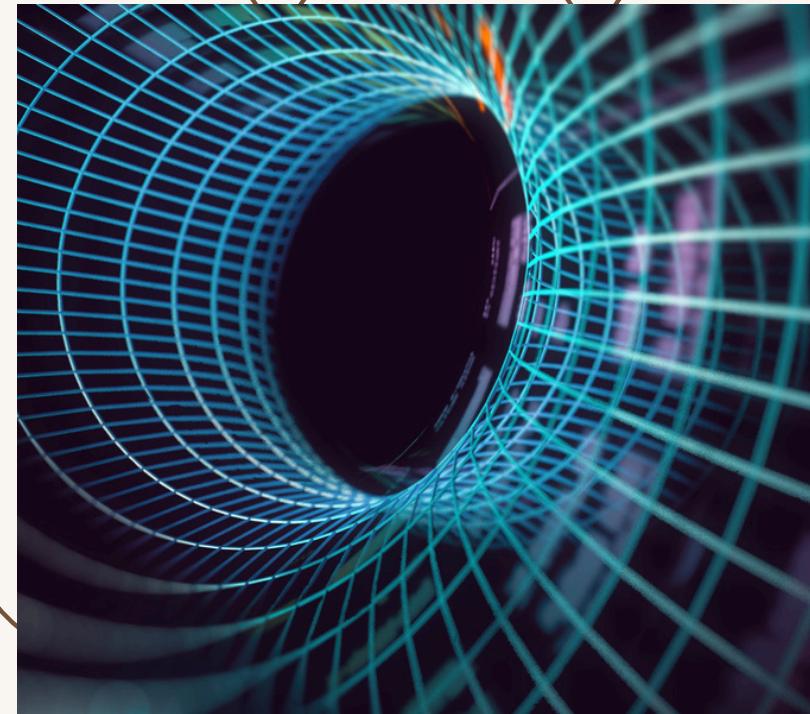
About Time: Reflect on any limiting beliefs you may hold about time. These could include thoughts like "I never have enough time" or "I'm too busy." It's time to challenge these beliefs and replace them with affirmations that align with the idea that time is abundant.

- **Define Personal Priorities:**

What are your core values and priorities? What truly matters to you? This will help you identify activities that align with your values and deserve dedicated time.

- **Time Batching Technique:**

Grouping similar tasks together during dedicated time blocks. This technique enhances efficiency and helps create a sense of spaciousness. Try this during your next work session.



The perception of time being abundant is often linked to psychological and philosophical perspectives rather than empirical scientific data. However, some scientific and psychological theories and studies touch on aspects that may align with the idea of perceiving time as abundant.

- **Temporal Discounting:**

Temporal discounting refers to the tendency of individuals to devalue future rewards in favor of immediate ones. Research in behavioral economics suggests that our perception of time can influence decision-making.

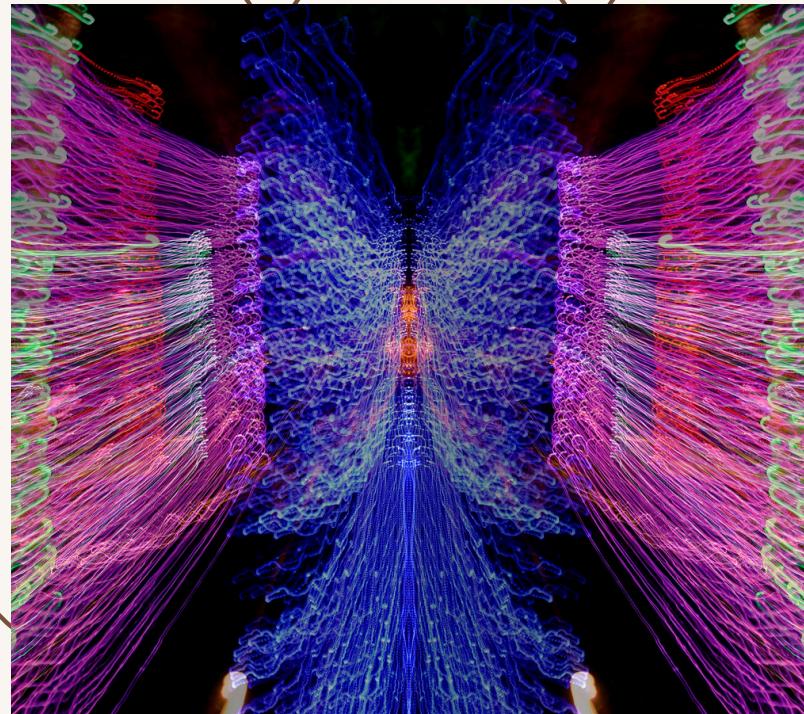
Practicing mindfulness and being present in the moment may mitigate the tendency to discount the future, leading to a sense of time abundance.

- Time Perception and Mindfulness:

Studies on mindfulness meditation have shown that regular mindfulness practice can alter the perception of time. Mindfulness encourages being fully present, and individuals who engage in mindfulness tend to report feeling like they have more time.

- Psychological Well-Being:

Research in positive psychology indicates that individuals with higher levels of well-being tend to report a greater sense of time affluence. This is the idea that they feel they have more time available to them, leading to increased life satisfaction.



While these perspectives provide some insight, it's important to note that the perception of time is highly subjective and influenced by various individual and cultural factors. The concept of time abundance often aligns more with personal beliefs and attitudes rather than a universally measurable quantity.

If you're interested in exploring this concept further, you may want to look into studies on mindfulness, positive psychology, and the psychology of time perception for additional insights.

Time Resources:

Mindfulness and Time Perception (articles):

- [How Mindfulness Shifts Our Perception of Time](#)

Neuroscience of Time Perception (articles):

- [The Fluidity of Time: Scientists Uncover How Emotions Alter Time Perception](#)
- [The Heart Can Sway Our Perception of Time](#)

Philosophical Perspectives on quantum Time (video):

- [Time Is an Illusion: Scientists Say Time Doesn't Exist in the Way We Think](#)

Quantum Physics and Timelessness (video):

- [The Mindfulness Movement](#)



In the realm of quantum physics, time is but an illusion. We have the incredible ability to exist in multiple dimensions across various timelines. As radiant, multidimensional beings of light, it's essential to remember that "time" is merely a construct of this 3D duality matrix.

As you welcome and integrate your multidimensional self more deeply, the constraints of "time" will gradually dissolve, becoming less and less significant. Embrace your limitless nature, and let the expansiveness of your being shine through.

Ascension Integration Technique Tip

"My
Sacred NO
is just as
important as my
Sacred YES!
I choose ME first!"

~Anistara Ma Ka

Activation 2: The Ultimate Guide to Regulation

The art of regulation is just that...it's an ART form!

How do you choose to regulate your nervous system?

When you are under stress, feel anxious, feel depressed, overwhelmed or exhausted, what do you do to come back to feeling centered, grounded, calm, cool and collected?

Everyone makes different choices on what works best for them. The key here is to have a tool kit or a guidebook filled with options for you to choose from.

Here are some regulation strategies to take to "resource yourself" for the long term.

Healthy Lifestyle Habits:

Vitamins and Supplements: daily usage of various vitamins and/or supplements is KEY to keeping your nervous system regulated, enhancing your overall health and well being.

Maca is a powerful ally for women's hormone balancing.



Nutrition:

Remember that old saying "we are what we eat"...

It's true.

Highly processed food, coffee, alcohol, etc. cause an 'acidic' environment in the body. It is important to eat/drink an "alkaline" diet. This helps keep your pH levels and hormones in balance.

~Stay Hydrated:

You've heard it before, I'll say it again...keep drinking water! It is best to drink between half an ounce to an ounce of water for each pound you weigh, every day! This helps keep your system regulated AND will assist you in having regular bowel movements.



~Regular Exercise/ Movement:

Moving our body feels good, increases endorphins, improves mood, boosts energy, promotes better sleep, combats health conditions and dis-ease. It can be fun and social! Commit to moving your body for at least 30 minutes 3-4x a week.

~Self Care/ Time Outs:

This is another KEY factor to regulation. Taking time for YOU through self care. Carve out alone time in nature, a bath, a massage, a stretch, a walk, whatever you like to do to give yourself a well needed and deserved time out!

Important note: GIVE YOURSELF THIS GIFT AT LEAST ONCE A WEEK!

Understanding Emotional Regulation...

~Emotional Intelligence:

Emotional intelligence is essential for good interpersonal communication. Some experts believe that this ability is more important in determining life success than IQ alone.

~Emotional Resilience:

Emotional resilience is your ability to respond to stressful or unexpected situations and crises. The amount of emotional resilience you have is determined by a number of different things, including your age, identity and what you've experienced in your life.

~Recognizing Triggers:

Discover your triggers: are they from past traumas, fear, negative emotions, loss or grief, relationship issues, negative memories, big changes and more.

~Common Emotional Triggers, How to Identify and Manage

Them: It's up to you to choose the best way that aligns with you, your (her)story, your personality, etc.

Techniques for immediate regulation:

~Parasympathetic Breathwork:

Deep breathing can usually give instant relief to any triggered emotional responses. One technique is to cover your right eye with your hand and take 3 long deep breaths, it will typically calm you down instantly.

~Grounding Techniques:

You can get instant relief through any number or combination of various grounding techniques. Including the 5-4-3-2-1 Method.



~Quick Mindfulness Exercises:

There are several you can do, even with one minute.

Push back from your computer or paper right now. Yup, right now.

Take a deep breath as you stretch out your arms out to the side.

Now say "release" 3 times.

See how you feel.

If you still feel tension, stress, etc.

Keep breathing and say it again for an entire minute, or until you feel a release.

This is great to do between projects or tasks.

Check out these Self Soothing Techniques as well!

♦ The Radical Truth Teller

After reading The Ultimate Guide to Regulation (including info from most of the links).

Take a look at your dysregulated moments in life: what were your triggers, what emotions come up for you, how have you navigated them in the past? **Now make a new game plan.** What changes will you make to stay regulated?

To help you
have fun
speaking
your truth!

Ascension Integration Technique Tip

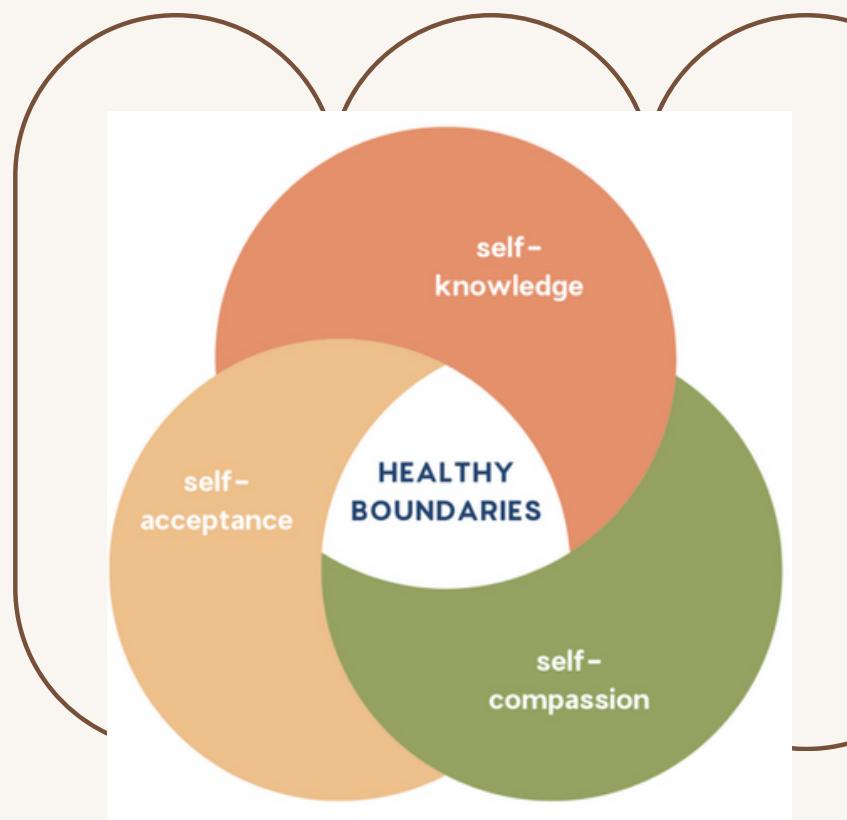
"My healthy
boundaries are
important, so I
delegate like a pro!"

~Anistara Ma Ka

Activation 3: The Leadership Activation

Your leadership skills begin to develop even further when your healthy boundaries are determined and established.

There is a subtle art to creating and keeping healthy boundaries to get done what you want to accomplish, while leaving time and space for your own self care and creative projects that fill your cup.



Healthy Boundaries:

1. Being able to say, "no," and accept when someone else says "no"
2. Being able to clearly communicate both wants and needs.
3. Honoring and respecting their own needs and the needs of others.
4. Respecting others' values, beliefs, and opinions, even if they are different from one's own.

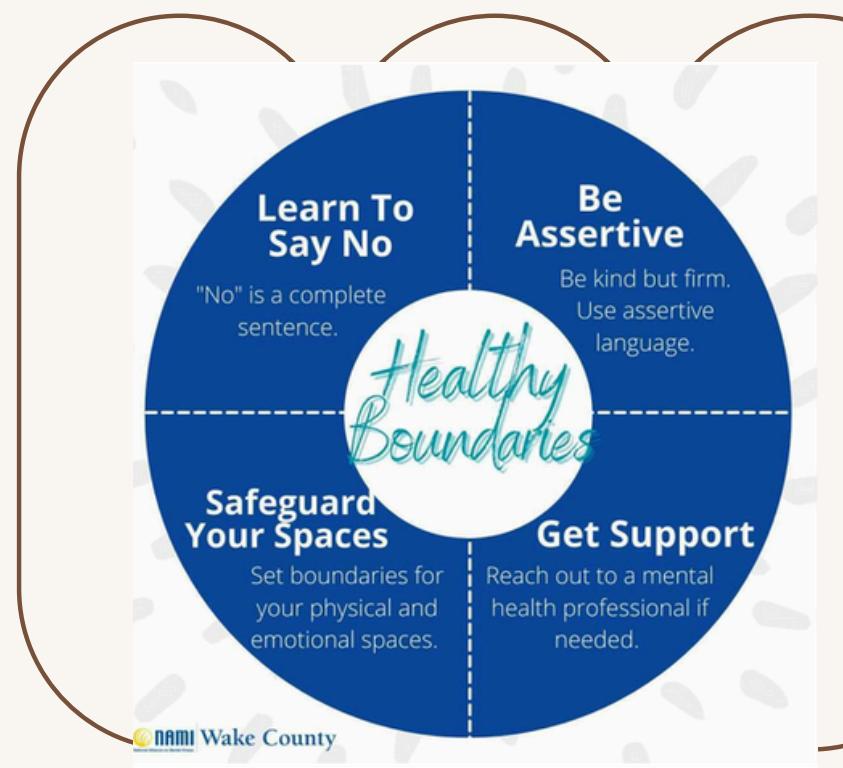
Types of Boundaries:

- ~Physical
- ~Sexual
- ~Intellectual
- ~Emotional
- ~Financial
- ~Spatial

(can be personal or in business)

How to Set and Maintain Good Boundaries:

- ~Reflect on the reasons for your boundaries. Why are you creating them, why are they important to you?
- ~Start with just a few and then build more with time, as you need them.
- ~Set boundaries and expectations early on in a relationship, so they are understood from the start. If it is a seasoned relationship, ask for a 'meeting' to revisit them and discuss them.
- ~Keep your boundaries consistent and steady. If you start to let them slide, it can cause confusion and misunderstandings.
- ~Be sure to carve out time for yourself. This is an important part of creating boundaries. Keep your time, sacred time and don't allow your schedule or anyone else to take it over.



- ~Include extra boundaries when you need them. Expressing them to a co-worker or boss can cultivate a feeling of empowerment.
- ~Communicate when your boundaries are crossed. Especially when someone continuously oversteps them.
- ~Boundaries are a reflection of your self worth and deserving-ness. Be sure to include self love and activities you enjoy when creating them.
- ~Have boundaries but don't allow them to run your life. Recognize other's as well and honor them.

Leadership also means learning **how to delegate like a pro!**

The first step in delegation is determining what your **Zone of GENIUS** is. Everyone's zone of genius is unique. It is the physical and mental space where your interests, passions and skills converge to make you unstoppable in your business, employee, personal performance.

Check out the book:
[The Big Leap](#)
by Gay Hendricks

Once you know what your GENIUS is, then you can determine what is in your wheelhouse and what isn't. That way, you can pass the tasks that aren't in your zone of genius onto others in a beautiful and graceful way.

An example is allowing your CPA to do your taxes or your auto mechanic to fix your vehicle.



Whether you have a team or not, you are surrounded by support and can begin to understand what you can do and what you can release to others to accomplish for you.

Delegation Challenge:

Make a list of the people in your support circle and what they already do for you and determine what else they could do for you.

Discuss this with them and come up with an agreement field that feels good for both of you.

This allows you to get more things done and they will feel more fulfilled by expressing their own zone of genius as well.

Steps to Delegate Like a Pro!

~Recognize your needs:

Take a moment to understand what tasks are overwhelming you or could be better handled by someone else.

~Identify tasks for sharing:

Pinpoint activities that others, like your CPA handling taxes or an auto mechanic fixing your car, can do more efficiently.

~Connect with the right person:

Reach out to individuals with the expertise or skills needed for the tasks you've identified.

~Communicate clearly:

Clearly express what you're looking for, your expectations, and any specific details about the task.

~Offer necessary support:

Ensure those you're delegating to have the tools, information, or assistance they need.

~Trust and empower:

Trust the professionals you've chosen to handle the task and empower them to make decisions within their domain.

~Set checkpoints:

Establish points where you can check in or receive updates to ensure things are progressing as you envision.

~Encourage open communication:

Create an environment where questions and feedback are welcomed, fostering a collaborative exchange.

~Express gratitude:

Show appreciation for the effort and time put into completing the task. Recognition goes a long way.

~Evaluate and learn:

Reflect on the outcome, what worked well, and what could be improved for future delegations.

~Continuously enhance:

Adapt and refine your approach based on what you learn from each delegation experience.

~Be a team player:

Demonstrate your willingness to delegate by also taking on tasks assigned to you by others, fostering a reciprocal and supportive environment.

You've got this! Now go delegate like a PRO!

Motivational Mantra



I am a woman on a mission.
I know who I want to be and I know
what I want to do.
I have all of the time and space I
want and need for my self care and
creative projects.
I practice my sacred NO daily.
I create and maintain healthy
boundaries and know when and
where to delegate like a pro!
I live in my zone of genius
and am fulfilled by it every day.



Portal 2 Resources

Course Dashboard

Portal 2: Resource Yourself Playsheet

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