



LEVEL 1

# AWAKENED LEADERSHIP *Initiation*

## COURSE MANUAL

The Ultimate GuideBook for  
"The Ascension Integration Technique"

BY ANISTARA MA KA

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# Portal 3: Reclaim Your Sovereignty

Beloved siSTAR,

Sovereignty is your own supreme power or authority to self govern. YOU know what you want, you know what you need, you are the ONLY one to govern/ take control and reign over your life. How do you govern your life and choices?

In this module, you will learn to reclaim your sovereignty, so you can be more empowered. You will get tools to support you to reclaim what is inherently yours, so you never have to question it again.

Learn how to see what is yours to hold and what is not. Which will enable you to govern your life with more grace and ease.

Own your inner authority and discover your true worth! Disentangle from collective wounds and ignite your healing with 'The Divine Source Process'. Learn to finally value your inherent worthiness with the "I SEE YOU Practice" so you never abandon yourself again.

Transform shame around any perceived 'mess' into realizing that it is part of your 'message'.

You've got this, I believe in you!

*Anistara Ma Ka*



# PORTAL 3 ACTIVATIONS

## *The Divine Source Process*

1

- Participate in a powerful group Ma'at Ceremony to identify and release old programs and belief systems.
- Embrace this transformational process, release collective residual pain and shift energetic patterns that are not yours to hold.

## *The "I SEE YOU" Practice*

2

- Tap into your future self and speak directly to your present self, tell your present self all that you need to hear right now.
- Say "I SEE YOU" and allow your future self to soothe your present self, assuring yourself that you are worthy of creating the life that you dream of.

## *Your Mess is your Message*

3

- Journal about your transformational process, documenting insights and breakthroughs.
- Recognize that your patterns are there for you to confront and learn from.

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

# Self Worth Evaluation

Take a self evaluation quiz to discover how much self worth you have.

Do you say these things to yourself often?

- ☐ I am not worthy of...
- ☐ I can't buy that thing because...
- ☐ They won't like me because..
- ☐ I can't do that thing I want to do
- ☐ I won't even attempt to do that
- ☐ I suck at this, I can't do it
- ☐ I'll never learn this
- ☐ I won't ever reach my goals



## HOW TO INTERPRET RESULTS

1-3 checks: you're doing great. Keep it up!

4-6 checks: You could use some help.

7-9 checks: SOS! Low Self Worth Alarm!



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## Ascension Integration Technique Tip



“ I am a  
*Sovereign woman*  
reclaiming my  
power and self  
worth with every  
choice I make and  
every action I take! ”

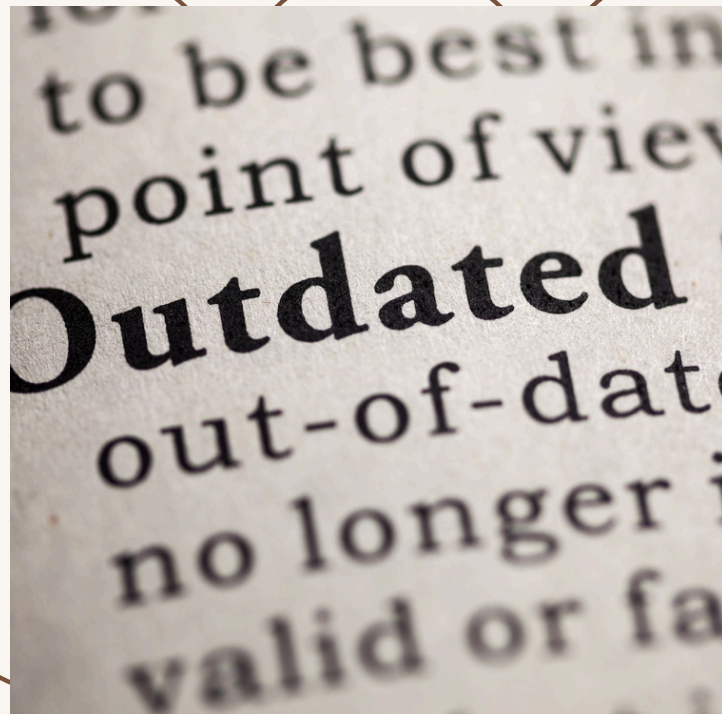
*Anistara Ma Ka*

# *Activation 1: The Divine Source Process*

We all hold collective 'wounds'. Whether it be from our past lives, our bloodline or the present traumas we are all enduring at this time.

These 'wounds' can be very old and very ingrained into our psyches and subconscious. We can re-experience them when certain 'triggers' occur in our lives.

For instance, the 'sister wound' is when we have felt 'wronged' by another woman. She could be someone who 'stole' your boyfriend from you, or someone who told your inner most secrets to others without permission or someone who was simply not nice to you or gossiped about you.



The "mother wound" is when we feel out of alignment with your own mother. She did not treat you well, would physically beat you for misbehaving, or leave you at home at a young age, she continuously compared you to others or she simply made you feel like you were never 'enough'.

There are many more, including; the “brother wound’ the “father wound’, the ‘priestess wound’, the ‘persecution wound’ and more.

Each one can be very old and run really deep. They can affect how you presently feel about yourself, how you operate in life and can contribute to the old programming of ‘not enoughness’, ‘unworthiness’ and more, giving your power away to others.

These are old collective ‘wounds’ that you no longer have to hold. You can make the choice that you are capable of removing them from your energy field, so they no longer affect you in the subconscious ways that they do.

Through the Divine Source Process we will begin to disentangle from these old ‘wounds’ to free your energy, so you can step into your sovereignty and worthiness.



This is an ongoing ‘process’ and may take some time to feel completely free of all ‘wounds’. TRUST in the process and know that it is for your highest and best good.

Take time to journal about what ‘wounds’ you currently carry, how the process worked for you and what came up for you. Use this [Playsheet](#) to help you with the process.



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## Ascension Integration Technique Tip



“ I am  
*Worthy*  
of anything and  
everything I desire  
and dream of! I am  
fully supported at all  
times! ”

*Anistara Ma Ka*



# Activation 2: The "I SEE YOU" Practice

Communicate with your Future Self, Share wisdom with your present self.

## Set the Scene:

- Find a quiet and comfortable space.
- Take a few moments to connect to your heart breath.

## Visualization:

- Close your eyes and visualize your future self—the version of you who has achieved your goals, overcome challenges, has accomplished your dreams and radiates wisdom.

## Connect Emotionally:

- Feel the emotional connection with your future self. Imagine the confidence, peace, and joy you embody. You've made it to where you wanted to go and you have so much to share!



## Open a Loving Dialogue:

- Begin a loving and supportive dialogue between your present self and your future self.
- Share your current struggles, doubts, or uncertainties.
- Allow your Future Self to console and comfort you, inspire and motivate you, assure you that you ARE on the right path and you WILL fulfill your goals and dreams!



### Release Fear and Doubt:

- Let your future self address any fears or doubts you're experiencing and comfort yourself.
- Embrace your own guidance on overcoming challenges.

### "I SEE YOU":

- Allow your Future Self to say aloud "I SEE YOU." "You are worthy of your dreams"!
- Imagine your present self accepting this with warmth and gratitude.

### Guidance and Reassurance:

- Allow your future self to offer guidance and reassurance. Perhaps give you insights on some action steps.
- Hear your future self's words of wisdom and encouragement.

### Affirmations:

- Have your future self give your present self words of affirmation/ mantras.
- Affirm your capabilities, strength, and resilience.

### Express Gratitude:

- Express gratitude to your future self for being a guiding light.
- Feel the profound connection between your present and future selves.

### Integration:

- Bring the insights and energy from your future self back into your present awareness.
- Carry a new sense of worthiness and empowerment throughout your life.

This practice invites you to tap into the wisdom and support of your future self, fostering a deep sense of encouragement and confidence in your present journey. Your future self has already gone through everything to get to where you are going. Listen to this wisdom and take it with you into your life. Let it guide you on your path.



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## Ascension Integration Technique Tip



“ I have a  
*Message*  
to share with  
the world  
and I allow my  
*Mess*  
to show me the way!”

*Anistara Ma Ka*



## *Activation 3: Your Mess is your Message*

When you think of your “mess” what comes up for you?

Many of us think of all of the things around us in our home, the laundry piling up, the dishes in the sink, etc. I am speaking to our ‘internal mess’. The things that get in the way of living our highest potential or stepping into our full greatness.

The energies that make us feel STUCK, or we have hit a plateau in life. Any negative thought patterns that hold us back.

This is the MESS that I am referring to. When we discover what those messy energies are, we can release them through a powerful practice I like to call a ‘catharsis dance’. Even though I’ve been doing this process for decades, Mama Gena popularized it in her book “[Pussy: A Reclamation](#)” with a technique she calls ‘trashing’, they are one and the same.



This is a totally transformative experience that you can use to expel any of the energies you feel you have pent up inside of yourself that just aren’t serving you anymore (if they ever did).

The point of this exercise is to let it all out, no matter what it looks or sounds like and have fun with it!

I think you might like it.

~Start by clearing space around you. Clean up your environment. Or even do this AS you clean up your space.

~Mama Gena suggests even dressing the part. She smears her make up, rats her hair and even cuts holes into a trash bag and wears it. Go as far with this as you'd like to. No one is watching, no one is judging, this is your time to let it all go, the darkness, the rage, the anger, the frustration, etc.

~Determine the energies that you want to release. Be intentional about what you are letting go of, you can even say it aloud.

~Turn on some raging music, heavy metal head banger kind of stuff (if you can handle it).

~Now DANCE!  
Rage it, stomp your feet, punch a pillow, scream, feel the energies move through and then out of your body and spirit.



~This is meant to be a cathartic experience, so JUST GO FOR IT! Yell, curse, GET IT ALL OUT! Do this for at least 5 full minutes. More, if you can.

~Then, change the music to something more soothing and begin to slow your movements and breathing.

~Honor what you just let go of, thank yourself.

~Take some time to integrate what just happened. Then, grab a cup of tea and write in your journal or on your [playsheet](#).

# Motivational Mantra

I am capable of anything!  
I am worthy of everything!  
I reclaim my sovereignty and I am  
one with my inner authority.  
I am free of any old 'wounds' that  
are no longer mine to carry.  
I declare that I am a whole person,  
and ALL that I need is within me.  
I can call upon my higher self at any  
time to guide my path and  
I trust my path completely.





# Portal 3 Resources



[Spring 2025 Course Dashboard](#)

[Portal 3: Reclaim Your Sovereignty Playsheet](#)

[Pussy: A Reclamation- a book by Mama Gena](#)

