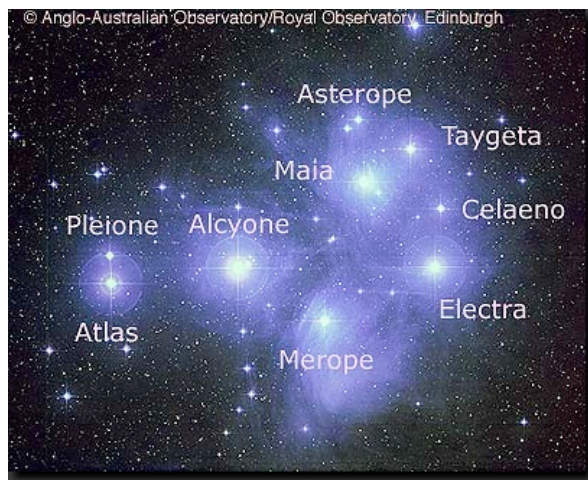


Galactic ✨ Embodiment

Guided Exercise

Sit and close your eyes, then, visualize the image of the Pleiades, focus on Alcyone, and inhale Alcyone through your nose or crown chakra, as you exhale move that star (light) into your solar plexus.



Feel the star in your solar plexus, also observe the color, if it feels expansive or contractive, without judgment, take some minutes for this. If you feel mainly expansive there are probably some gifts wanting to come forward, while if you feel mainly contractive there is probably some karma, or some blocks to heal, maybe lessons you did not learn. In both cases focus on your third eye and try to remember a bit, what is happening? what can you see? When you feel ready:

1) If it felt mainly contractive, focus on your solar plexus, start to bring the violet flame of transmutation and alchemize that energy, you can also notice how some particles from the star are moving slowly, then gradually adjust the speed so that everything goes at that speed, bring a bubble of light and notice how everything goes to the organic speed. Then focus on your breath to release that from the cellular memory, practice steady repetition of forceful exhalations followed by slightly slower, passive inhalations. Each outward breath is propelled by a powerful thrust of the abdomen. Breathing only through the nose, repeat at least 3 times, with each round being 60 seconds (please don't practice if pregnant or menstruating), then, focus again on the solar plexus, what are the lessons? Imagine moving new codes from the solar plexus into the heart and embodying that in your day to day.

2) If it felt mainly expansive, it is time to gift retrieval! Look at Alcyone (image or being outside at night), then do this practice which involves the physical body:

Stand up and step your right foot forward so your toes are in line with your fingertips, and shift your foot slightly to the right, then, bend your front knee 90 degrees. Your thigh should be approximately parallel to the floor, your knee stacked over your ankle, Align your left heel with your right heel, or place the feet slightly wider for more stability. Press your left thighbone back so your left knee is straight.

As you inhale, raise your torso and reach up with the arms, hands shoulder-distance apart and palms facing each other. Allow your shoulder blades to open out and up, away from your spine and toward your outer armpits. Rotate your biceps back, and firm your triceps into your midline. You may bring your palms together and look up at your thumbs. As you do this, imagine blue light from Alcyone coming into your solar plexus, inhale that light and feel the activations at the solar plexus, hold the breath for some seconds, release your hands, place your hands on your solar plexus and receive the transmission, know that your hands are ready to operate from those new gifts, what can you see?

For both cases take the time to meditate and write on what you received.

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