

Inner Masculine Alchemy

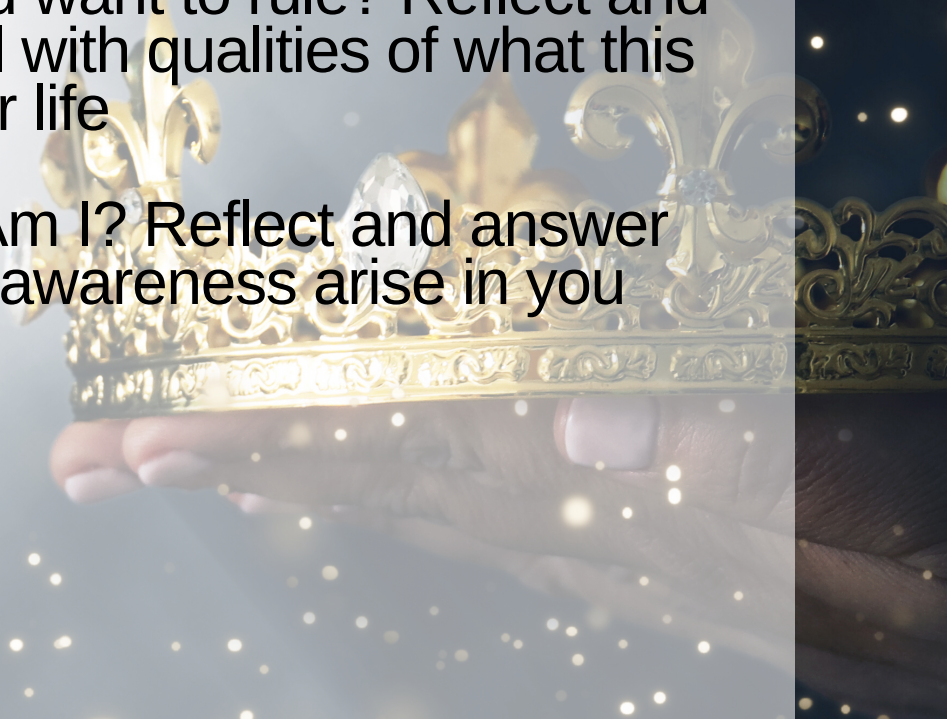


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Inquiry

Question: Do you want to rule? Reflect and answer in journal with qualities of what this looks like for your life

Question: Who Am I? Reflect and answer in journal as this awareness arise in you



Transmute: Pain > Penetration > Power

Practice:

1. Bring attention to breath and heart
2. Inhale, hold for 3 seconds, release
3. Bring attention to sacral - inhale, hold for 3 seconds, release
4. Recognize via awareness: held pain - inhale into pain
5. Shift into surrender - exhale drop below the pain
6. Bring attention to root chakra
7. Inhale into root, hold for 3 seconds, release
8. Connect with color red for 10 seconds
9. Say LAM for 7 mins with the awareness: Penetrate me, consume me, calling in divine masculine within root consciousness

Decree 7x daily after inner masculine practice:

"I am ready to receive the spiritual law of the anointed divine masculine within my consciousness."

Feel free to check in daily with your updates.

Divine Blessings,
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