

RE-EMBODIMENT PROCESS

(Healing Fragmented Aspects of Being)

This process is designed to locate, retrieve and re-embody aspects of your own being you have become disassociated from. We split off aspects of our being during times of trauma (sometimes even mild trauma), emotional intensity or overwhelm, injury, shock, experiences of disempowerment, poor boundaries, lack of discernment, lack of self love etc.

This is the first process I recommend doing before all others. If you are in an energetically fragmented state it is difficult to ground, gain clarity or focus or move into more complex process work. The more you do this exercise the more awareness you have about when and where you give energy away, sacrifice yourself, enable, enmesh or negatively impact your own energetic integrity.

If you are doing the 3 core processes I recommend (Re-embodiment, Power Retrieval & Soul Embodiment this process is first)

The recommendation is to use this activation prayer once a day for 21 days straight, especially if it's your first time working with it, or follow your intuition as to how best to bring this activation into your life. Leave 7 days for integration then repeat for another 21 days if you feel drawn. Ongoing cycles help deepen the activation

When using activation prayers like these, speak out loud with strength and power taking your time so you feel really present and connected to each word and sentence.

***"I hereby command the power and presence of my being
To expand out into the quantum field, into the dreaming, into the
non dreaming, into time and space, into non-time and non-space,
into the past, present & future, into all realms, dimensions and
realities necessary***

into anywhere and anyhow, to cause and core and zero-point of my being

***To simultaneously locate and instantaneously reclaim
All the fragmented, disembodied, split, disassociated, lost, taken or
given away aspects of my being
For full integration back into my core in the now***

***I hereby reclaim all aspects of my being
I hereby reclaim all aspects of my being
I hereby reclaim all aspects of my being
I hereby reclaim all aspects of my being
I hereby reclaim all aspects of my being
(repeat until shift occurs)***

***For full integration
in the now
In the now
In the now
In the now
(repeat until you feel all aspects come in)***

***So it is
So it is
So it is
(repeat until it feels complete)''***