



LEVEL 1

# AWAKENED LEADERSHIP *Initiation*

## COURSE MANUAL

The Ultimate GuideBook for  
"The Ascension Integration Technique"

BY ANISTARA MA KA

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# Welcome!

Beloved Awakening Soul,

The temple doors are open and I welcome you to the Level 1 Course of the 11.11 Ascension University: "You're Not Crazy, You're Just Awakening"!

During our time together you will learn how to transform feelings of loneliness, doubt, confusion and a fear of the unknown into nurturing support, clarity, confidence, empowerment & freedom!

Changing your "Problems" into your magical New Earth "Superpowers"!

This will prepare you to step into your Leadership role, living a fulfilling life, on purpose, while making money doing what you love! Let's get started!

It is my biggest wish and desire to be of the utmost service to you on your ascension journey so that you can leave this sacred container feeling nurtured, supported, inspired and empowered!

All my love,

*Anistara Ma Ka*

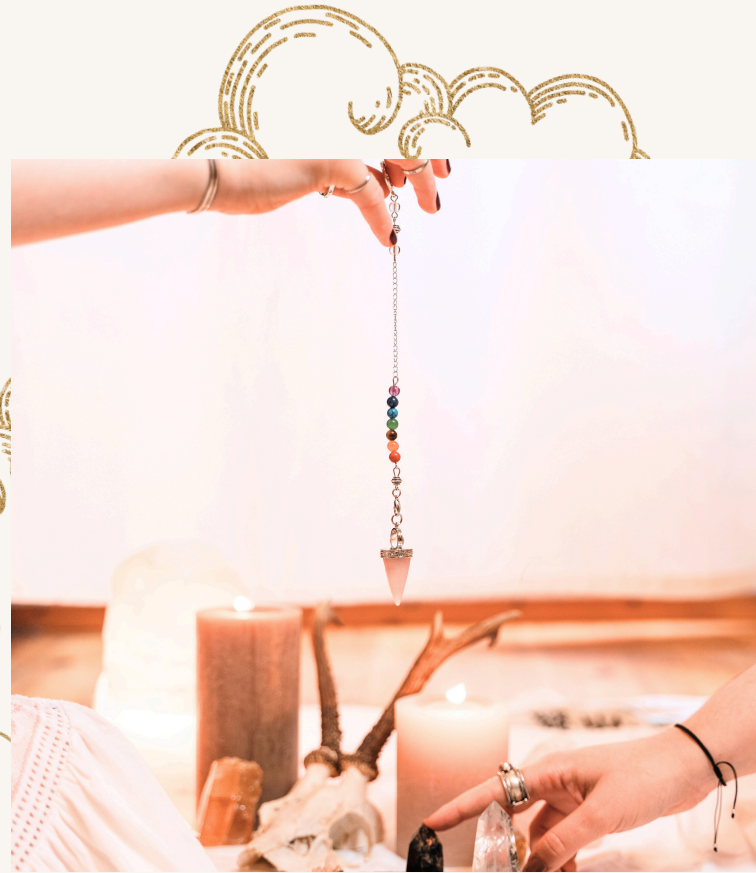


# How to Use This Manual

You said YES to YOU, now let your JOYerny begin! This manual has what you need to begin integrating and embodying your ascension!

In each chapter of this manual you will find:

- Our Portal (module) welcome.
- An Ascension Integration Technique tip.
- A list of portal Activations.
- Resource [links \(in dark purple\)](#), i.e. interactive playsheets you can copy and customize, website URLs and more.
- An overview of a step by step practice, formula or process.
- Journal prompts.
- Power Prayers or Motivational Mantras.



We have a bi-weekly 2-hour LIVE group coaching call every other Thursday from 5-7 p.m.PST. The Zoom link will be visible on your [course dashboard](#). Password: SISTERHOOD

Remember to have weekly check-ins with your Ascension Accountability Buddy!

# The 7 Signs that you are Spiritually Awakening

1. Your life feels false.
2. You crave for meaning and purpose.
3. You want more solitude.
4. You feel lost and alone.
5. You see through the illusions of society.
6. You're experiencing more synchronicity.
7. You feel deeper empathy and compassion towards other beings.



# Power Prayer

Repeat this as often as you like:

“I am a multidimensional BEing of  
Light, on my path of awakening.  
Please show me all of the signs,  
symbols, codes and messages  
meant for me and my ascension.  
I am in service to the highest good,  
in all ways, for always.  
And so it is!  
Aho!”



# Portal 1: Receive Love

Beloved,

The greatest lesson in life is "to learn how to love and to be loved, in return". I say "love is an inside job". No amount of compliments and positive statements will fill the void in your heart if you don't LOVE YOURSELF FIRST!

During this 1st Portal together you will discover the #1 way to transform disconnection into safety, belonging and support!

In this portal you will learn to RECEIVE LOVE so you can feel nurtured throughout the course. You will get tools to develop more self love and acceptance, so you never have to feel alone again.

How to learn to trust in yourself first and foremost, so you can feel empowered from the inside. Remember how to self source which will enable you to feel supported at all times.

Get 3 easy steps to receive love, so you can finally feel safe. Which includes: the "Embodied Love Method", "The True Nature Practice" and "The Connection Formula".



# The Self Love Evaluation

Let's start with a self love quiz to discover how much self love you have.

Do you...?

(check those that apply)

- criticize yourself daily
- hate what you see in the mirror
- feel shame often
- feel unworthy of love
- give your power away to others
- use daily coping mechanisms
- blame others for your actions
- feel undesirable or disconnected



## HOW TO INTERPRET RESULTS

1-3 checks: You're doing great!

4-6 checks: It's time to UP your self love practices!

6-9 checks: SOS! Low Self Love Alarm!

Go to [Portal 1 Playsheets](#) to take this evaluation.

# 5-Steps to Cultivate Self Love

## **Step 1: Develop Self Compassion:**

The foundation of self-love. With the Embodied Love Method, you'll learn how to hold space for yourself with kindness and understanding.

## **Step 2: Positive Self Talk:**

I'll share a powerful technique to transform the way you speak to yourself. You'll learn to replace self-criticism with self-affirmation.

## **Step 3: Nourishing Your True Nature:**

Self-love also means nourishing your soul. We'll delve into practices that rejuvenate your spirit and connect you with your true essence and why you are here.

## **Step 4: Daily Ritual for Self Worth:**

You'll receive a simple yet profound daily ritual to anchor self-love into your life.

## **Step 5: Cultivating Connection:**

Together, we'll explore the depths of your authentic self and how you carry immense power for healing and growth.

[Click here to access your Course Spotify playlist: to listen to while you learn!](#)



# PORTAL 1 ACTIVATIONS

## *The “Embodied LOVE Method”!*

1

- Begin each day with a dance, meditation or journaling practice to tune in to your inner guidance and connect with your higher self.
- The practices of the “Embodied Love Method” will support you on your self love, acceptance & worthiness journey.

2

## *The “True Nature Practice”!*

- Spend time in nature away from any media to reconnect with the Earth's energies to become grounded and centered.
- Commit to doing this at least twice a week and to moving your body at least 3 times a week through exercises you enjoy.

3

## *The “Connection Formula”!*

- Connecting to your higher self through intuition practices.
- Cultivating connection from the inside out.
- Connect with like-minded and like-hearted community members (i.e. your Ascension Accountability Buddy).

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

## Ascension Integration Technique Tip



“ Self Love and  
Acceptance is the  
KEY to your  
*self worth!* ”

*Anistara Ma Ka*

# Activation 1:

## The Embodied Love Method

Self Love is the KEY to our evolution. We are unable to love someone else completely until we cultivate unwavering self love.

This means turning off our inner critic first and foremost. This can be achieved a variety of ways, we will begin doing this, by adopting a mirror gazing practice.

Each day, spend at least 5-minutes looking at yourself in the mirror. Take your time with this.

Tell yourself how much you love yourself. Tell yourself that you are beautiful, powerful and desirable. Look at any perceived 'flaws' and turn them around. An embarrassing birth mark can take the shape of a flower or spaceship. Associate anything you criticize about yourself with something you resonate with or love.

i.e. Grey hairs can be become your "crown of wisdom".



Go over every inch of your body. Anytime a criticism comes up, STOP yourself and turn it around. This takes practice and with time, you will become a pro.

Go to your [Portal 1 Playsheets](#) for journal prompts to write about your experiences with this daily practice.

Now...  
Take it one step further.  
Put the mirror on the ground.  
And gaze at your beautiful Sacred  
Portal of Creation.

Connecting with the magnificence  
of your most holy of body parts.

Yoni Gazing is a powerful practice  
that can transform the way that you  
perceive yourself.

Your sacred portal is the gateway to  
deepening your self love and  
connection for your 'SELF'.  
Each portal is unique, beautiful and  
glorious unto itself.

Begin to notice different shapes,  
symbols, animals, hieroglyphs, and  
the like. Your DIVINE DESIGN will offer  
you "codes", meant just for you and  
your path.

You can even take a photo of it to  
really look closely. Zoom in and see  
what comes through.

This is a sacred ritual for deeper  
connection with every part of you.  
The more you honor yourself in this  
way, the more empowered you will  
become.

## [Link to Sacred Portal Gazing Guide & Photo Taking Ritual](https://anistara.com/gazing-guide-thank-you-download)

<https://anistara.com/gazing-guide-thank-you-download>



Take time to journal about the  
experience.

~What came up for you?

~Was there any resistance?

~Why? How did you move  
through it?

~What symbols did you see?

~Write them down and research  
their symbology.

~How do these 'codes' apply to  
your path presently?

## Ascension Integration Technique Tip



“Spending time with  
Mother Nature  
brings out our own  
*true nature.*”

*Anistara Ma Ka*

# Activation 2: The True Nature Practice

Life can become overwhelming in this digital age and we can begin to feel disconnected from who we really are. An awakening BEing of peace, love and intention.

When we spend time in nature, especially around running water, the negative ions are cleansing for our entire system.

Regulating our nervous system, connecting to Mother Earth, grounding our energy, centering ourselves is KEY to accessing who we truly are.

Make it a common practice to spend more time in nature, at least twice a week. Especially near running water. The negative ions helps

Moving, walking, dancing, allowing whatever movement medicine flows through.



Then, listen deeply to what your soul, higher self, true nature tells you.

Take the time to creatively express what you are feeling, what messages you received, how they are here to serve you, or what problems did they solve.

# The True Nature Practice

The purpose of this practice is to help you deeply connect to your true nature, so you can feel more at peace. You will learn how to tap into your inner knowing even more, by grounding your energy with Mother Earth. So you can show up for your life connected and centered in your true nature.



# *The Value of Nature*

[The 7 Benefits of Spending Time in Nature- McMaster](#)

[The Benefits of Spending Time in Nature- Hagley](#)

[Spending Time in Nature is Good For You- Healthline](#)



Space to write about some of your favorite findings.

## Ascension Integration Technique Tip



“*Connection*  
is an inside job.”

*Anistara Ma Ka*

# Activation 3:

## The Connection Formula

We all know what it feels like to be alone and how important CONNECTION is for us to grow. If we don't feel connected to something or someone, challenges may arise. We can feel out of sorts, the energy is 'off' or we can simply feel 'bad'.

Well beloved, I'm here to share with you that, connection IS an inside job.

You are responsible for how disconnected or connected you feel.

Connecting to your own higher (ascended) self is the KEY to transforming feelings of loneliness into belonging. YOU can be your own best friend, your biggest cheerleader and your ultimate advocate.

Only YOU can create the connection and support that you desire from within.



### **The Connection Formula:**

- 1: Connect with the Quantum Field.
- 2: Connect to Creator/ Source Energy.
- 3: Connect with your Higher Self.
- 4: Feel connection and LOVE from within first.
- 5: Create Community of the same/ similar vibration  
Effect the field.

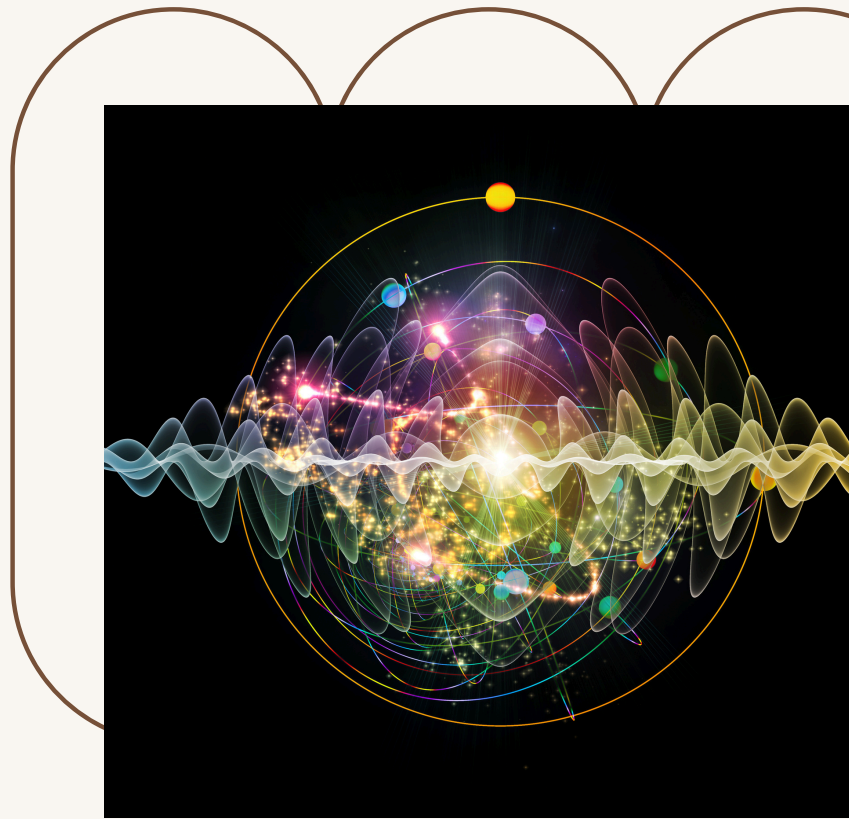
# Connect to the Quantum Field

“The entire Universe is made up of different types of (energy) quantized fields that are unified into a single [quantum field](#). Therefore, the Universe, including the earth, is nothing but a Quantum Field, where reality can exist in infinite possible states”. Thus, the Universe is a field of infinite possibilities.

Everything in this field exists as “frequencies”, all of existence is created by it’s ‘vibration”.

The frequency or vibration that we hold and emanate is our own responsibility. We effect the field around us.

This means that we are all interconnected and we are all ONE within the Unified (Quantum) Field. We can exist in infinite states at once, drawing our experience(s) from a world of infinite possibilities. This means we have infinite power of creation!



What vibration do you want to hold and emanate?

What possibilities do you want to create?

How do you want to effect the Quantum Field?

Here are [8-Steps to connect to the Quantum Field & Create the Life you Want.](#)

# Connect to Creator/ Source Energy

Once you have tapped into the Quantum Field you can then connect with Creator/Source Energy. This is the source of all creation and the highest frequency of the universe—unconditional LOVE! Whether you believe in God/ Goddess, Jesus, Buddha, Allah, Muhammad, etc. does not make a difference.

This is about you connecting to YOUR OWN inner source/creator energy and the vibration of LOVE.

From here anything and everything is possible. As you work within the unified field, all timelines and dimensions are possible to access.

[ThetaHealing](#) is one process that allows you to connect with source energy and ‘command’ what you want to create.



What are your beliefs about Creator/Source Energy?  
How do you connect with this energy?

Do you believe that it is within you? Or outside of yourself?  
Journal about this for a while.  
See what comes up for you.

# Connect with Your Higher Self

This next part is fun, because you already did it!

The Unified Quantum Field, Creator/ Source Energy and Your Higher Self are all one in the same!

Now you get to truly LISTEN from within.

What does your inner knowing, intuition, internal guidance/ compass tell you?

Your heart KNOWS before your brain does.

[Heart Coherence](#) is a state of cooperative alignment between the heart, mind, emotions and physical systems.

When you are in coherence, all of your systems align and you can connect to your intuition in deeper and more profound ways.

This internal voice or inner knowing IS your Higher Self (Soul/ Spirit) Speaking to you. Ask questions, use deep listening to receive the answers.



How do you know that your internal voice is your higher self? Ask it. By the Law of One, the voice MUST answer you truthfully. If it is another energy/entity, it has to tell you. Then simply ask “are you here for my highest and best good”? If the answer is NO, then thank the voice and ask it to leave.

# The Intuition Activator

The purpose of this practice is to help you activate your intuition/ inner knowing, so you can channel your higher self wisdom more clearly. You will learn how to know what's true for you at anytime, so you can always feel guided with trust in your inner knowing, internal compass and higher self.

First off, determine what you want guidance with.

**STEP 1: STAND** with your hands on your heart.

**STEP 2: ASK:** "What is my YES?"

**STEP 3: FEEL:** How does your body sway? Forward?  
Clockwise?

**STEP 4: ASK:** "What is my NO?"

**STEP 5: FEEL:** How does your body sway? Backwards?  
Counter Clockwise?



**STEP 6: ASK:** Your YES or NO question. Be specific. Is this supplement, job, car, house, etc. the right one for me, at this time?

**STEP 7: FEEL:** What sway does your body give you?

**STEP 8: RECEIVE YOUR ANSWER:** Did your intuition tell you YES or NO? Take this as your answer and do NOT question it.

# *The Invitation*

"It doesn't interest me what you do for a living. I want to know what you ache for and if you dare to dream of meeting your heart's longing.  
It doesn't interest me how old you are. I want to know if you will risk looking like a fool for love, for your dream, for the adventure of being alive.  
It doesn't interest me what planets are squaring your moon.  
I want to know if you have touched the centre of your own sorrow, if you have been opened by life's betrayals or have become shrivelled and closed from fear of further pain.  
I want to know if you can sit with pain, mine or your own, without moving to hide it, or fade it, or fix it.  
I want to know if you can be with joy, mine or your own; if you can dance with wildness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, be realistic, remember the limitations of being human.  
It doesn't interest me if the story you are telling me is true  
I want to know if you can disappoint another to be true to yourself. If you can bear the accusation of betrayal and not betray your own soul.  
If you can be faithless and therefore trustworthy.  
I want to know if you can see Beauty even when it is not pretty every day. And if you can source your own life from its presence.  
I want to know if you can live with failure, yours and mine, and still stand at the edge of the lake and shout to the silver of the full moon, 'Yes.'  
It doesn't interest me to know where you live or how much money you have.  
I want to know if you can get up after the night of grief and despair, weary and bruised to the bone and do what needs to be done to feed the children.  
It doesn't interest me who you know or how you came to be here.  
I want to know if you will stand in the centre of the fire with me and not shrink back.  
It doesn't interest me where or what or with whom you have studied.  
I want to know what sustains you from the inside when all else falls away.  
I want to know if you can be alone with yourself and if you truly like the company you keep in the empty moments."

*Oriah Mountain Dreamer*

# Motivational Mantra

Repeat this as often as you like:

“I am LOVE!

I embody and radiate LOVE.

I am a clear channel, to invite in and  
integrate my higher self’s wisdom,  
The more aligned I stay to my higher  
self, the more LOVE I experience.

And so it is!

Aho!”



# ◆ The Radical Truth ◆ ◆ Teller ◆

To help you  
have fun  
speaking  
your truth!

Write a short description of your experiences with all 3 activations here. This process will help you integrate what truly happened for you as you discover even more of your inner truth.

Remember: having an open, beginner's mind with basic practices can open you up to new insights

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# Portal 1 Resources



[Course Dashboard](#)

[Portal 1 Playsheets](#)

[Course Spotify\\_playlist](#)

[Sacred Portal Photo Taking Ritual](#)

[The 7 Benefits of Spending Time in Nature - McMaster](#)

[The Benefits of Spending Time in Nature- Hagley](#)

[Spending Time in Nature is Good For You- Healthline](#)

[Quantum Field](#)

[8-Steps to connect to the Quantum Field & Create the Life you Want](#)

[ThetaHealing](#)

[Heart Coherence](#)

[Mind Spa/ Sychtuation](#)

[Oriah Mountain Dreamer](#)

