



LEVEL 1

AWAKENED LEADERSHIP *Initiation*

COURSE MANUAL

The Ultimate GuideBook for
"The Ascension Integration Technique"

BY ANISTARA MA KA

111ascensionuniversity.com



Portal 4:

Discover Your Superpowers

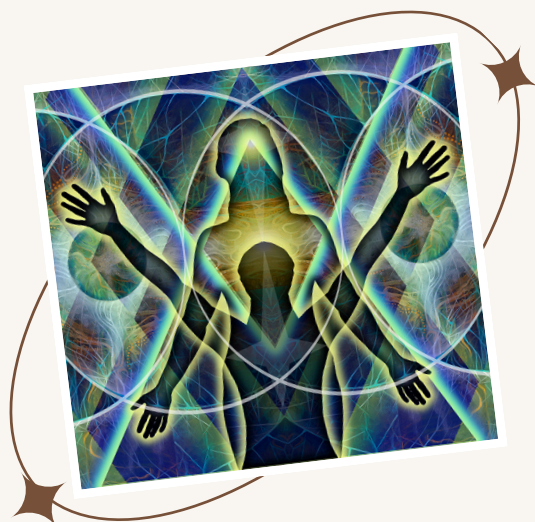
Beloved,

When we consider our physical, mental and emotional 'symptoms', challenges or struggles as "problems", then they will remain exactly that. When we look at them as opportunities for growth and expansion, that is what they become.

In this module you will learn to shift your perspective on your 'problems', so you can learn from them and develop those insights into your superpowers! You will get tools to learn how to transmute these old perspectives and discover new ways to create power from them, so you never have to think of them as 'problems' again.

Through the "Healthy, Happy, Whole Breakthrough", the "Transmutation Template", and the "Symptoms to Superpowers Diary", you will become empowered and confident in sharing your superpowers.

Anistara Ma Ka



PORTAL 4 ACTIVATIONS

The Healthy Happy Whole Breakthrough

1

- Transform the viral program that “something’s wrong with me” into the belief that “I am perfect just as I am” with the “Healthy Happy Whole Breakthrough”.
- Recognize and know that you can make money sharing your gifts and talents with the world.

The Transmutation Template

2

- It’s time to get creative, pull out your art supplies for an Alchemical Artwork Activity.
- This practice is about creating a visual representation of your current ‘pain body’, your future self and ascended self.

Write in your “Symptom to Superpower Diary”

3

- Keep a daily diary to record your ascension symptoms, emotions, feelings and experiences.
- Embrace your ascension symptoms as opportunities to harness your superpowers.

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

Ascension Integration Technique Tip

"I am *healthy*,
happy, *whole!*

I am perfect just as
I am!"

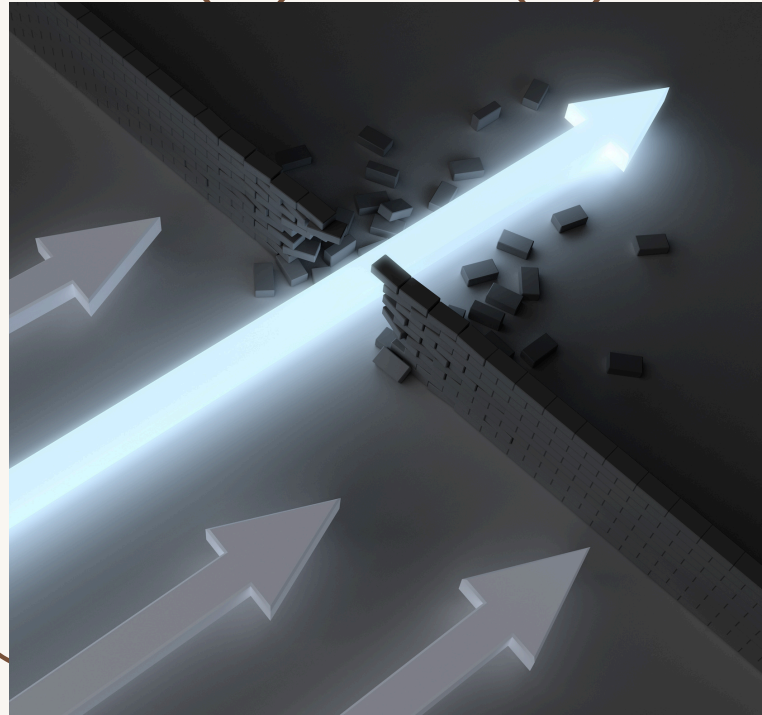
Anistara Ma Ka

Activation 1: The Healthy Happy Whole Breakthrough

This session is intended for you to transform the viral program that “something’s wrong with me” into the belief that “I am perfect just as I am” using the “Healthy Happy Whole Breakthrough”.

How to begin:

Create a comfortable and quiet space for yourself. Take a few deep breaths to center your energy. Create a safe space for personal your transformation.



Acknowledging the Old Program:

~Identification: Take a moment to identify the persistent belief that “something’s wrong with me” or “I’m not enough”. Write down any thoughts or memories associated with this belief.

~Reflection: Reflect on how this belief has influenced your decisions, relationships, and self-perception. Be honest with yourself about its impact.

Breaking the Pattern:

~Awareness: Acknowledge that this belief is a pattern, not an inherent truth. Write down instances where you’ve noticed this pattern. It could be as simple as making a mistake and telling yourself “What’s wrong with me” (for doing that).

~Challenging Limiting Beliefs: Challenge each aspect of the belief. Ask yourself if it’s true, where it originated, and whether it truly serves you. Decide that it isn’t your truth any longer.

Creating the Shift:

~Affirmation: Craft a powerful affirmation that counters the old program. For example, "I am perfect just as I am." "I am healthy, happy, whole". Write it down and place it somewhere visible.

~Visualization: Close your eyes and visualize yourself living and thriving with this new belief. "I am healthy, happy, whole"! Believe that your soul is pure and whole always (there is never anything 'wrong' with you)!

Reinforcing the New Program:

~Daily Practice: Establish a simple daily practice to reinforce the new belief. This could be a few minutes of journaling, repeating your affirmation, or a short mindfulness exercise.

~Accountability: Consider sharing your breakthrough with a trusted friend or family member who can offer support and accountability. Lean into our sisterhood we have created together for any support you need.



Integration:

~Sharing and Reflection: Journal about your experience and reflections. How did it feel to challenge the old belief? How old was this belief? What insights did you gain? Consider sharing these reflections with others in the group.

~Celebration: Acknowledge and celebrate your breakthrough. Recognize the progress you've made and your commitment to embracing your perfection. Because you are perfect just as you are!



Closing:

~Gratitude: End your session with expressions of gratitude, both for yourself and the journey you're on. Know that you can always come back to this session anytime you begin to feel like there might be something 'wrong' with you.

~Next Steps: Look forward to building on this breakthrough in the coming months/ years. What will be possible if you knew all of the time, that you and your life is perfect just as it is. It is a journey, meant for your constant growth.

This exercise was designed for your personal empowerment journey. Take your time, be gentle with yourself, and embrace the transformative process. You've got this!

Take some time to journal about the session and how the breakthrough felt for you.

Ascension Integration Technique Tip



“ I am in a constant
state of transforming
my old, into spiritual

gold. ”

Anistara Ma Ka

Activation 2: The Transmutation Template



Transmutation is the alchemical process of transforming base metals into gold.

In the realm of personal development, it refers to the profound metamorphosis of the self—turning challenges, limitations, and past experiences into sources of strength and wisdom.

This is the transformation of our old into spiritual GOLD!

The Transmutation Template is an Alchemical Artwork Activity.

This is meant to be fun and engaging. Set yourself up for success and be sure to have all that you need and take your time with this.



Materials Needed:

1. Canvas or paper
2. Acrylic or water paints & brushes of various sizes
3. Colored Pencils or markers of various sizes
4. Imagery and symbols that resonate with you, magazine cut outs or photos
5. Glitter and other embellishments, if desired

- **Reflective Contemplation:** Begin by contemplating the aspects of your old self that you wish to transmute. These could be limiting beliefs, past traumas, body pain or negative patterns. Take a few moments to connect with these elements.
- **Identify Superpowers:** Now, think about the qualities, strengths, and attributes you desire to embody—the "superpowers" you wish to awaken within yourself. These could be courage, resilience, compassion, creativity, Queenship or any other quality you aspire to cultivate.
- **Symbolic Representation:** On your canvas or paper, artistically represent your OLD self using colors, shapes, and symbols. This could be a chaotic or constrained expression, reflecting the aspects you want to transmute.



- **Transformation Imagery:** Gradually transition your artwork to symbolize the transmutation process. Use vivid colors, expansive strokes, and transformative symbols to represent the alchemical shift from the old to the NEW self.

- **Empowered Self:**

Complete your artwork by illustrating your empowered/ ascended self—the version of you with activated superpowers. Infuse the canvas with the energy of growth, strength, and positive transformation.

- **Integrate and Display:**

Once your artwork is complete, spend some time absorbing its energy. Place it in a space where you can regularly see it, allowing the symbolism and intention behind it to continuously inspire your journey.



Please note: if you have children, you can include them in this activity.

Go to the [Portal 4 Playsheet](#) for Reflective Questions after you have created your Transmutation Template Alchemical Artwork.

This activity combines the power of visualization, creativity, and symbolic representation to deepen your understanding of the transmutation process. Through your unique artwork, you'll externalize your journey and have a tangible reminder of the transformative power within you.

Post your artwork in the [FB Group!](#)

Ascension Integration Technique Tip



“My “problems” ARE
my superpowers
waiting to be
discovered!
Everything I need is
within me”

Anistara Ma Ka

Activation 3: Symptom to Superpower Diary

This activation is just what it sounds like.

Take some time to write out all that you feel are your perceived 'problems', what are you struggling with. What challenges are you facing?

It could be different "[ascension symptoms](#)" that you are experiencing.

Such as restlessness, fatigue, feeling 'out of body', ringing in the ears, loss of interest in old ways of being, losing friends, complete exhaustion, feelings of going 'crazy', depression, anxiety, need to eat often or loss of interest in food altogether, 'hearing' and 'seeing' things, disorientation, memory loss, you simply can't do certain things anymore,



you can't be around certain people anymore, low tolerance for 'low frequency' people, places, things, foods, etc.

Challenges and struggles can be in the 3D world: Financial hardship, not liking where you are living, the need to move, the need to change jobs, the need to end certain relationships, etc.

Once you have listed them all out.

Write out the 'cons' and how each one makes you feel.

What is the emotion behind the 'problem'? What is the underlying energy, frequency or vibration of it?

For instance, loosing old friends can leave you feeling alone. A ringing in the ears can bring up feelings of *distraction*. Seeing and hearing things can bring up feelings of confusion.

Once that list is complete, write out the 'pros' of the 'problem". For example: having less old friends around leaves more time for myself and my needs and I can be open to new friends coming in.

Now that you have your 'cons' and 'pros' listed, take the 'pros' and discover the POWER behind it- this will most likely



be the opposite of the feeling behind the 'cons'. For instance, when I hear a ringing in my ears, this is a signal for me to pay immediate attention to my surroundings. So the power behind it is: *awareness*, therefore the SuperPower is that I have developed is an "Awareness Alarm System".

Each 'problem' can become a 'superpower' utilizing this technique.

Use your [Playsheet Here](#) to discover what your Superpowers are!

Claim and Declare Your Superpowers

Share what you have discovered to be your New Earth Superpowers.

Be bold and courageous: claim and declare them as your Superpowers.

Let us know in the [FB Group](#) what your superpowers are.

How will these powers serve you in your life?

How will these powers serve your family? Your community?

How do you see yourself developing them more and more?



Now, do a little bit of research into these “powers”/ special abilities and how you can grow and expand them.

Share any tools, insights, books, teachers or websites you found with our group. This way, all of us can learn from your superpower research.

Motivational Mantra



I am in a constant state of evolution.
My growth and expansion is reflected in my surroundings. The more inner work I do, the more impact I will witness in my outer world.

I am open to change, I flow through it with ease and grace, because I choose to take responsibility for my life's creation. How I view my life challenges and struggles are my choice. I am willing to learn from all of them and be grateful for the lessons I learn.

I am open to universal guidance and accept assistance from my ascendant masters, angels and guides.

My personal evolution is our planetary evolution.



Portal 4 Resources



[Course Dashboard](#)

[Portal 4 Playsheets to customize](#)

[Ascension Symptoms](#)

[FB Group](#)

