



LEVEL 1

AWAKENED LEADERSHIP *Initiation*

COURSE MANUAL

The Ultimate GuideBook for
"The Ascension Integration Technique"

BY ANISTARA MA KA

111ascensionuniversity.com



Portal 5: Live Your Bliss

Beloved,

So far you've been on a journey of inner work that had a lot to do with your PAST, and you've been doing great! Now we will explore your present passions and personal mission and see how they weave into your vocation and profession so that you discover your Ikigai (that sweet spot that meets all needs).

In this module, you will learn to Discover Your Dharma, so you can be aligned with your life's true calling and who you came here to be. You will go through The Calibrate Your Calling Ceremony so you learn to take daily actions towards your long-term goals. Becoming more empowered to be who you authentically are, so you can lead a fulfilling life on purpose. Learn how to track your progress with the Roadmap To Success Tracker, which will enable you to get clarity on how far you have come and where you are going. You've got this!

Anistara Ma Ka



PORTAL 5 ACTIVATIONS

Discover Your Dharma Formula

1

- Engage in “The Evolutionary Ikigai Exercise” to gain clarity on your passions, mission, vocation, and profession.
- Recognize how these elements align to reveal your life's purpose, so you can create your life mission statement.

Calibrate Your Calling Ceremony

2

- Craft a visual representation of your Ikigai, incorporating your passions and purpose. Get creative here!
- Calibrate your daily actions into long term habits for high performance in your field of choosing.

Roadmap for Success Tracker

3

- Develop a plan to follow your passion and live your purpose, incorporating practices that align with your Ikigai.
- Set goals and milestones, while tracking your progress to lead you towards a life filled with fulfillment and abundance.

[Click here to access Portal 5 Play Sheets](#)

The Dharma Evaluation

Take a self evaluation quiz to discover how much your current work aligns with your Dharma.

Do you...

- like going to work?
- feel lit up by your work?
- like who you work with?
- get excited about your work?
- feel it aligns with your values
- feel happy to do your work?
- feel fulfilled by your work?
- feel satisfied at the end of the day?



HOW TO INTERPRET RESULTS

6-9 checks: You are aligned and love what you do.

4-6 checks: You can discover more ways to be in alignment with your 'zone of genius'.

1-3 checks: SOS! You are not doing the work that you love and may consider something new!

Ascension Integration Technique Tip

"When I follow my
heart and core values
my life's mission &
purpose
is clear to me!"

Anistara Ma Ka

Activation 1: Discover Your Dharma Formula

Utilizing The Evolutionary [Ikigai](#) Exercise you will discover your life's [dharma](#) (dutiful observance of cosmic order in one's life; being in right conduct with it.)

- Engage in a guided exercise to uncover the unique blend of your passions, mission, vocation, and profession.
- Explore the intersection of these elements to reveal the essence of your life's purpose

Follow these simple formula steps to discover your Ikigai.

Step 1: Self-Reflection:

Begin with introspective self-reflection. Consider the following questions:

- What are your deepest passions and interests that bring you joy?
- What activities make you lose track of time when you're engaged in them?
- What aspects of life ignite a sense of purpose within you?



Step 2: Identify Your Strengths:

List your skills, talents, and strengths. Reflect on areas where others have praised you or where you feel a natural proficiency. These strengths often align with your vocational and professional aspects.

If they do not, perhaps it is time to look at making a change or transition to something that uses your strengths, so you can feel the satisfaction of being in your 'zone of genius' more often.

Step 3: Mission and Impact:

Explore your sense of mission or purpose. Ask yourself:

- What positive impact do you want to make in the world?
- How do you envision contributing to the well-being of others?
- What change or transformation do you aspire to facilitate?

Step 4: Ikigai Overlap:

Create a *Venn diagram* with four circles representing your passions, vocation, mission, and profession.

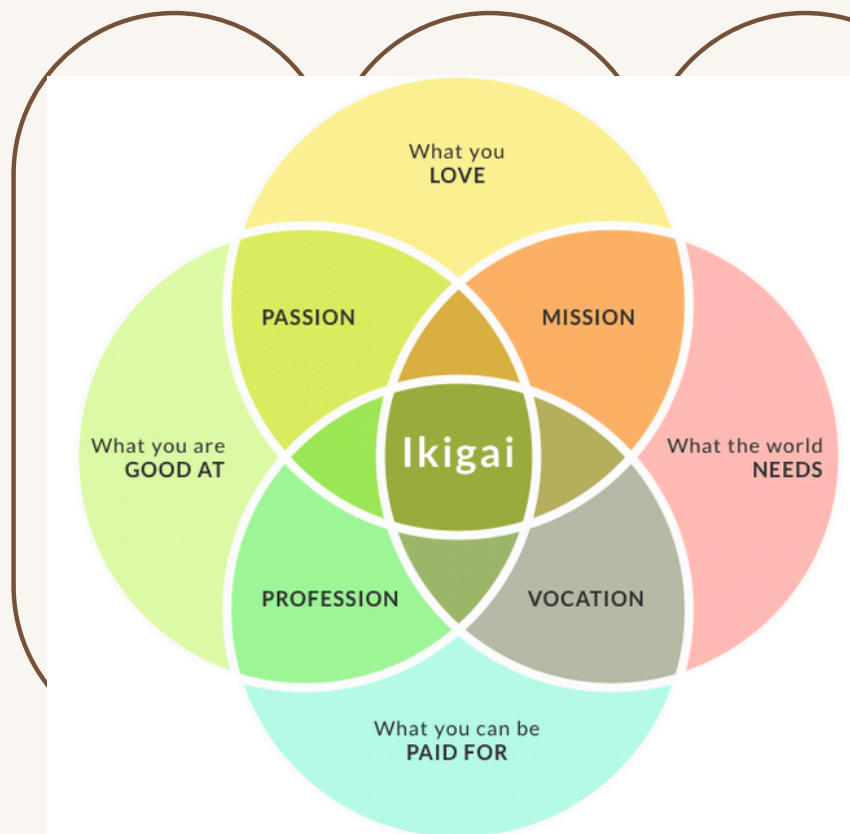
The LEFT circle is 'what you are good at'.

The RIGHT circle is 'what the world needs'.

The TOP circle is 'what you love'.

The BOTTOM circle is 'what you can be paid for'.

Explore the intersections and overlaps to identify your **Ikigai—the sweet spot where all these elements converge.**



Ikigai is a Japanese concept referring to something that gives a person a sense of purpose, a reason for living.

Step 5: Refinement:

Refine your Ikigai by examining each element:

- *Passions*: Ensure they align with your core values and bring you genuine joy.
- *Vocation*: Consider how your skills and talents can be applied in a meaningful way.
- *Mission*: Clarify the impact you want to have on the world.
- *Profession*: Evaluate the practical aspects, such as financial sustainability.

Step 6: Write Your Ikigai

Statement:

Craft a concise Ikigai statement (I like to refer to this as your Life Mission Statement) that encapsulates the essence of who you are and what you are capable of. This statement should reflect the harmonious balance of your passions, vocation, mission, and profession. Start with “My sweet spot is...” or “I am most in service when I am...”

Step 7: Reflection and Adjustment:

Take time to reflect on your Ikigai statement. Consider how it aligns with your aspirations and values. Make adjustments as needed to ensure authenticity and alignment with your evolving self. Be sure that it feels absolutely true for you!

Step 8: Integration:

Embrace your Ikigai as a guiding principle for your life's purpose. Integrate it into your daily decisions, actions, and long-term goals. Celebrate the unique and powerful alignment you've discovered.



This Evolutionary Ikigai Exercise is a journey of self-discovery, providing a framework to uncover the profound intersection of your passions, mission, vocation, and profession—your unique Ikigai.

Once you have your Ikigai statement, you can post it somewhere that you see daily. Make it your new daily mantra. Repeat to yourself and others often, allowing it to become fully integrated and embodied in your life.

Let it become your North Star— your guiding force that moves you forward.

Ascension Integration Technique Tip

"I practice
mindfulness
and
ceremoniously
create my life with
intention!"

Anistara Ma Ka

Activation 2: Calibrate your Calling Ceremony

This personal ceremony is for YOU! Find a clear space to get creative for the entire experience.

Step 1: Gather Materials:

Collect materials such as a large poster board, colored markers, magazines, glue, and scissors. Ensure you have a quiet and comfortable space for the ceremony.

Step 2: Create Your Ikigai Mandala:

~Centerpiece (Your Core): In the center of the poster, draw or place an image that represents your core, the essence of who you are.

~Passions: Surround the core with symbols, images, or words that represent your passions. This could include hobbies, activities, or anything that brings you joy.

~Vocation: Extend from the core towards the bottom, illustrating your skills, talents, and



professional aspects. Use visual elements to represent your vocation.

~Mission: Extend towards the top, capturing symbols or words that embody your sense of mission and the impact you wish to create.

~Profession: Extend towards the sides, showcasing your professional aspirations and how you contribute to the world in a practical sense.

You may use the overlapping circles or not, it's up to you.

Step 3: Mindful Placement:

Be intentional about where you place each element. Allow your intuition to guide you, placing symbols or images where they feel most harmonious within the Ikigai Mandala.

Step 4: Reflective Writing:

Incorporate reflective writing by adding short phrases or affirmations that encapsulate the energy and essence of each section. Write about the alignment and synergy you feel within each aspect.

Step 5: Expressive Imagery:

Use colors, shapes, and expressive imagery to convey the emotions and energy associated with your Ikigai. Let your creativity flow as you infuse life into your visual representation.

Step 6: Personal Ritual:

Consider adding a personal ritual to the ceremony. This could be lighting a candle, playing calming music, or engaging in a brief meditation to center yourself before and after the creative process.



Step 7: Contemplative Observation:

Once your Ikigai Mandala is complete, spend some time in contemplative observation. Absorb the visual representation of your Life Mission and notice the feelings and insights that arise.

Step 8: Integration:

Place your Ikigai Mandala in a space where you can regularly see and reflect upon it. Let it serve as a visual reminder of your unique calling and the alignment of your passions, vocation, mission, and profession.

This Calibrate Your Calling Ceremony is a creative and contemplative process that transforms the conceptual understanding of your Ikigai into a tangible, visually engaging representation.

Ascension Integration Technique Tip

"I am on my path to
success.

Each step I take
gets me closer to
my dreams
coming true!"

Anistara Ma Ka

Activation 3: Roadmap to Success Tracker

The Roadmap to Success Tracker is exactly what it sounds like. In order to get to where you want to go, it is important to establish **SMART** goals. **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**imely. Then you can track your progress on your road to success.

Be mindful that even though I want you to DREAM BIG and have goals that might seem out of reach (at first), as this is what will allow you to grow and expand even further. This particular exercise is meant for tasks such as, finish and publish my book, scale my business to grow, finish my website, plan and host a retreat, etc.

Step 1: Set Clear Goals and Milestones:

1. *Define Your Goals:* Clearly articulate your short-term and long-term goals. Break them down into manageable milestones.



2. *Timeframe:* Assign realistic timeframes for achieving each milestone. Consider the resources and efforts required.

Step 2: Create a Spreadsheet:

1. *Column 1: Milestones/Goals:* List each milestone or goal in the first column.
2. *Column 2: Target Completion Date:* Specify the target completion date for each milestone.

- **Column 3: Current Status:** Regularly update the current status of each goal—whether it's in progress, completed, or needs adjustment.
- **Column 4: Resources Needed:** Identify the resources required for each milestone, such as time, skills, or external support.

Step 3: Progress Tracking:

1. *Visualize Progress:* Use color-coding or visual indicators to represent the progress of each milestone.
2. *Regular Updates:* Schedule regular check-ins with yourself to update the spreadsheet based on your progress. [Use this tool.](#)

Step 4: Adapt and Adjust:

1. *Flexibility:* Embrace flexibility in your plan. If circumstances change, be willing to adjust your goals and timelines.
2. *Learn and Pivot:* Use setbacks as opportunities to learn and pivot. Adapt your strategy based on what works best for you.



Step 5: Celebrate Achievements:

1. *Acknowledge Success:* Celebrate small victories along the way. Acknowledge and appreciate your achievements.
2. *Reflection:* Take time to reflect on what you've learned and how you've grown with each completed milestone.

Step 6: Accountability:

1. *Share Your Tracker:* Consider sharing your roadmap with a trusted friend, mentor, or accountability partner for added support.



2. *Regular Review*: Conduct regular reviews of your tracker to ensure alignment with your evolving vision and aspirations.

Step 7: Visualization:

1. *Graphical Representation*: Create graphical representations of your progress over time. This could be charts or graphs illustrating achievements.
2. *Vision Board Integration*: If you have a vision board, integrate images or symbols from it into your tracker for a holistic visualization.

Step 8: Reflective Journaling:

1. *Journal Entries*: Include a section for reflective journaling. Document your thoughts, feelings, and insights related to each milestone.
2. *Growth Recognition*: Recognize personal and professional growth as you progress along your roadmap.

This Roadmap for Success Tracker serves as a dynamic and adaptable tool for navigating your journey toward success. Regularly engage with it to stay aligned with your goals and celebrate your accomplishments. You can also use [take this "Life Score Test"](#).

◆ The Radical Truth Teller ◆

To help you
have fun
speaking
your truth!

Write about your
experience with the
content from Portal 5.

What came up for you?

Did you have any
resistance to any of the
practices? Why? How did
you move through it? Is
there anything else you'd
like to add here?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Motivational Mantra

I follow my heart always.

I know what feels good and fulfilling to me. I align with my higher calling and my dharma. I know that I came here for a reason and as I discover more and more what my mission and purpose is, I find ways to express them through my service and my work in the world. I believe that I can accomplish anything and everything I set out to do. I feel deep satisfaction and fulfillment when I achieve the milestones I set for myself and my life!

And so it is!



Portal 5 Resources



[Course Dashboard](#)

[Portal 5: Live Your Bliss Playsheets to customize](#)

[5 Things to Know About Darma](#)

[How To Find Your Ikigai And Transform Your Outlook On Life And Business](#)

[The Philosophy of Ikigai: 3 Examples About Finding Purpose](#)

Bernard Bachard's High Performance Indicator Discussed in his book "High Performance Habits" is now called the HP6 Assessment. You can take it here!

<https://www.growthday.com/hp6-assessment>

You can also find out more about his work and get a High Performance Planner (book) here:

<https://www.highperformanceplanner.com/resources>

Success Tracker helps you to track goals and habits. Whenever you set a new goal, you're unlikely to achieve it unless your habits already support it. If your goal runs afoul of your current habits, you'll need to change your habits in order to achieve your goal. Reward yourself every time you finish a goal.

[Business Planning Tracker Template/ Example](#)