



LEVEL 1

AWAKENED LEADERSHIP *Initiation*

COURSE MANUAL

The Ultimate GuideBook for
"The Ascension Integration Technique"

BY ANISTARA MA KA

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Portal 7: Create Freedom

Beloved Sister,

You have come a long way, well done!

Here, during our final portal together, please know that this is not the end, this is only the beginning. It is the start of the rest of your life, one in which you are more empowered to create exactly what you desire. One in which you are more connected to your soul's purpose. One in which you will allow your heart to lead the way, as you step into leadership!

You are worthy of your dream life!

In this portal you will learn to "Lead With Confidence", so you can stay in your zone of genius to be in greater service. The "Four Keys to Empowerment" will help you feel more confident. And you will create your own "Life of Your Dreams Manifesto" to keep you on track, inspired and motivated as you journey into this next chapter of your life!

One of purpose, joy, fulfillment and freedom!

Belief in yourself is the first step, you've got this!

I love you,

Anistara Ma Ka



PORTAL 7 ACTIVATIONS

Leadership with Confidence

1

- Embrace the opportunities to lead by example and inspire others on their awakening journeys.
- Utilize the insights gained from discovering your dharma through the Ikigai to clarify your leadership role.

4 Keys to Empowerment

2

- Transform limiting beliefs into empowering ones, recognizing that every experience serves your growth.
- Learn 4 keys to cultivate your power, even in the midst of chaos and upheaval.

Life of my Dreams Manifesto

3

- Proclaim your dream life by creating your Manifesto and reverse engineering from there.
- Visualize and manifest the lifestyle of your choosing by crafting your "Life of my Dreams" Board.

[Click here to Copy and Customize Portal 7 Play Sheets](#)

Ascension Integration Technique Tip

"*Leadership*
is not about being in
the spotlight all of
the time, it is about
letting others *shine*
in thier genius!"

Anistara Ma Ka

Activation 1: Leadership with Confidence

Step 1: Reflect on Your Ikigai

Insights:

- Take time to revisit the insights gained from discovering your Ikigai in Portal 5.
- Identify the key passions, mission, vocation, and profession that resonate with your authentic self.

Step 2: Connect Ikigai with Leadership:

- Examine how your Ikigai aligns with leadership. How do your passions and mission contribute to guiding and inspiring others?
- Consider how your vocation and profession can be channels for leadership in the awakening community.

Step 3: Clarify Your Unique Leadership Role:

- Reflect on the type of leader you aspire to be. What qualities and values do you want to embody? What are your core values? What do you stand for?



- Consider the impact you wish to make on others and the awakening community. How can your unique combination of Ikigai elements shape your leadership role?

Step 4: Lead by Example:

- Embody the principles of your Ikigai in your daily life. Demonstrate authenticity, passion, and commitment.
- Share your journey openly, including the challenges and growth, to inspire others on their paths. Remember, your 'mess is your message'.

Step 5: Cultivate Self-Awareness:

- Continuously assess and refine your leadership style. Stay attuned to your strengths AND areas for improvement.
- Regularly check in with your Ikigai to ensure your leadership remains aligned with your authentic path.

Step 6: Foster a Supportive Community:

- Create or join a community of like-minded individuals on their awakening paths.
- Encourage open communication and collaboration within the community to enhance collective growth.

Step 7: Offer Guidance and Support:

- Extend a helping hand to those in need. Provide guidance based on your experiences and insights.
- Foster a supportive environment where everyone feels valued and understood. If you can't personally help someone, refer them to someone who can.



Step 8: Embrace Challenges with Grace:

- Understand that challenges are inherent in leadership. Embrace them as opportunities for growth. When challenges arise, reach out to others or search for tools to help you solve them. The Book "High Performance Habits" by Brendon Burchard is a great resource.
- Approach challenges with resilience and a commitment to learn from each experience. When you are in your zone of genius, your leadership role should be apparent and flow from you with grace and ease.

Step 9: Continuously Learn and Evolve:

- Stay curious and open to new insights. Attend to your own personal and spiritual development. One of the best habits of a leader is to continuously learn, grow and expand, bringing more wisdom and experience to those you are in service to.
- Be willing to evolve your leadership role based on changing circumstances and the needs of the community. When in doubt, ask what it is that your people want and need, then see how you can serve them, giving them what they asked for.



This blueprint combines the principles of Ikigai with effective leadership practices to guide you in embracing your unique role(s) as a leader within the awakening community. Feel free to adapt these steps to suit your specific needs. Remember that you are going to lead those you are meant to serve the best, by following your heart, staying in your zone of genius, and continuing to cultivate confidence. YOU have your own unique gifts to share that no else does. Only YOU can lead the way that YOU do. Belief in yourself is the first step to Leadership with Confidence!

Step 10: Celebrate Achievements:

- Acknowledge and celebrate both personal and community achievements. Especially when someone you serve reached a special milestone.
- Recognize the positive impact of your leadership on others' journeys and make any adjustments you feel are necessary. Keep asking yourself "how can I serve even better"?

Ascension Integration Technique Tip



“ I am an
*empowered
woman*
on purpose! I believe in
myself and what I am
capable of! ”

Anistara Ma Ka

Activation 2: The 4 Keys to Empowerment

Empowerment (the act or action of empowering someone or something) can be multifaceted, and here are **four key aspects** to keep in mind on your empowerment journey.

Key 1: Self-Awareness:

- **Understanding Your True Self:**

Empowerment begins with self-awareness. Continue to take time to explore your values, beliefs, strengths, and weaknesses. Understand the core of who you are, embracing both your light and shadow aspects. This is the work of the Awakened Leader.

- **Mindfulness Practices:**

Continue to engage in mindfulness practices such as meditation, self-reflection, or journaling. These activities enhance your awareness of thoughts and emotions, allowing you to respond consciously to life's challenges.



Key 2: Self-Confidence:

- **Setting and Achieving Goals:**

Remember to break down larger goals into smaller, achievable steps. As you accomplish these steps, you build confidence in your ability to overcome challenges and manifest your desires. You are the cultivator of your own confidence. It begins with integrity, staying true to your commitments (especially to yourself), then following through, this is the foundation in building confidence.

- **Celebrating Achievements:**

Acknowledge and celebrate your accomplishments, no matter how small. Give yourself a gift, a pat on the back, something. Recognize the skills and qualities that make you unique. Regularly revisit and appreciate your successes to build a foundation of self-confidence.

Key 3: Self-Empowerment:

- **Taking Responsibility:**

Empowerment involves taking responsibility for your choices, actions, and reactions.

Understand that you have the power to shape your life. How you respond to challenges can shape your level of 'responsibility' you take for your actions.

- **Boundary Setting:**

Establish healthy boundaries in relationships and situations. Recognize your needs and communicate them assertively. Setting and maintaining boundaries contribute to a sense of self-empowerment.



Key 4: Continuous Learning and Growth:

- **Embracing Change:**

Empowered individuals view change as an opportunity for growth. Embrace a growth mindset of continuous learning and adaptability. Seek new experiences, challenge yourself, push out of your comfort zone, and learn from both successes and setbacks. Change can be the biggest catalyst for our continuous transformation.

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- **Investing in Personal Development:**

Prioritize your personal development by seeking knowledge, acquiring new skills, and engaging in activities that foster growth. Attend workshops, read empowering books, and surround yourself with a community that supports your journey.

By integrating these four keys; self-awareness, , self-confidence, self-empowerment, and continuous learning & growth, you create a strong foundation for personal empowerment.

Embrace these principles as ongoing practices, and witness the positive transformation they bring to your life.

BONUS CONTENT I know you'll will love!

[Watch the REPLAY of my masterclass: "Reclaim Your Power. 3-Keys to Embody Confidence"](#)



Other Resources for empowerment:

~Book: [Path of Empowerment](#) by Barbara Marciniak

~[Empower Yourself](#) meditation by Meditate with Alice

~[Asking Empowering Questions](#) with Michael Beckwith

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Ascension Integration Technique Tip

"I am *worthy* of
my dream life &
my dream life is
worthy of me!"

Anistara Ma Ka

Activation 3: The Life of my Dreams Manifesto

This creative process is meant to be fun, engaging and interactive. This is when you get to take all that you have discovered about your self, your life, your passions, your purpose, your ikigai, your leadership role(s) and your vision for your new/ future life. You now have the keys to your own Queendom!

Where do you want to feel ultimate freedom in your life? What will make you feel totally fulfilled and happy?

Dream into this and DREAM BIG!

Introduction: Create an inspiring and inviting space for yourself. Play some uplifting music and gather materials for your board (poster board, magazines, scissors, glue, markers, AI assistant, etc.). Whatever you want to have with you to get your creative juices flowing for this one final project of the course.



Reflective Journaling:

Gratitude Reflection: Begin by reflecting on aspects of your current life that you are grateful for. Write down at least three things you appreciate about your present life.

Future Visioning: Close your eyes and imagine your dream life. Envision and embody every detail—your surroundings, relationships, home life, career or retirement, travel, etc. Let your imagination run wild.

Manifesto Creation:

Identify Core Values: List your core values—qualities and principles that are non-negotiable in your dream life. What are the guiding principles you are following as you WOMANifest this dream life into existence?

Crafting Affirmations: Turn your core values into powerful statements. For example, if "freedom" is a core value, your affirmation could be, "I am free to live life on my own terms."

Manifesto Composition: Use your core values/ guiding principles affirmations to compose your "Life of my Dreams" Manifesto. Write it in the first person as if you are already living this life. Make it personal and specific.

Life of my Dreams Board:

Gathering Visuals: Flip through magazines and cut out images, words, and phrases that resonate with the vision in your Manifesto, print out photos, grab your business card, sparkles, stickers, etc.



Assembling Your Board: Arrange and glue these visuals onto your poster board. Let your creativity flow. There are no rules. Include images that evoke feelings of joy, fulfillment, freedom and success.

Reverse Engineering:

Breaking Down Goals: Review your Manifesto and break down each statement into actionable goals. For instance, if "adventure" is part of your manifesto, a goal could be planning a yearly travel adventure.

Timeline Creation: Create a timeline for achieving these goals. Assign realistic time frames for each goal, whether short-term or long-term.

Get creative here on how you will represent the goals and timeline.

Visualization and Meditation:

Guided Visualization: Close your eyes and visualize yourself actively living the life depicted on your board. Engage all your senses- what do you see, hear, smell, taste, and feel?

Meditation: Meditate on the emotions and energy of your dream life. Allow this energy to flow through you, anchoring your commitment to manifesting it.

Closing Ceremony:

Affirmation Ritual: Repeat your Manifesto statements out loud, reinforcing your commitment to this vision.

Expression of Gratitude:
Express gratitude for your dream life. Feel it in your entire being. Know that it is all possible and it IS yours NOW!
"Thank you for my dream home on the beach"! Etc.



Integration:

Display Your Board: Find a prominent place to display your "Life of my Dreams" Board where you'll see it daily.

Review and Adjust: Regularly review your Manifesto and Board. Adjust goals and affirmations as your vision evolves.

Community Sharing:

Group Reflection: share your Manifesto and Board with our group. Let's support each other's dreams by affirming that it is already done.

Let's celebrate you and all that you have achieved. Especially the FREEDOM that you are created for yourself.

✦ The Radical Truth ✦ Teller

To help you
have fun
speaking
your truth!

Write a short description
of your experience with
Portal 7. How do you see
these tools helping you
Create Freedom in your
life?

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What was your biggest
AHA moment?

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How do you feel now that
you have completed the
entire program?

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Motivational Mantra

I am on my path to my highest timeline.

I trust my path, in all ways for always.

I am destined for great things.

I am living my life on purpose
and feel fulfilled.

I create a feeling of freedom everyday!

I believe in myself!

*I am living my dreams awake
and sharing it with others!*



Portal 7 Resources



[Course Dashboard](#)

[Portal 7: Create Freedom Playsheet](#)

[Watch the REPLAY of my masterclass:
"Reclaim Your Power:
3-Keys to Embody Confidence"](#)

[Book: Path of Empowerment by Barbara Marciniak](#)

[Asking Empowering Questions with Michael Beckwith](#)

[EMPOWER YOURSELF MEDITATION
BY MEDITATE WITH ALICE](#)



You made it! Next steps...

Congratulations sister,

You have come a long way. Imagine your past self and where you were when we began and take a moment to celebrate yourself and where you are now! Thank yourself for all of the growth and transformation you were committed to and experienced!

Although this is the completion of this particular container, it is not the end of our time together.

There are several opportunities to continue this JOYerny and I'd like to share them with you now. I would like to invite you to consider where you would be in your life one year from now, how far you can grow and all that you can accomplish if we were to continue working together.

You may feel the desire to continue by stepping into a 1:1 Mentorship Package, where you will get individualized weekly time with me to focus on your goals or your own projects and receive ongoing support.

Or you can go through the program again by stepping into an apprenticeship role for our next round. This deepens the work and your integration.

If you are feeling called to become a certified Ascension Integration Mentor with the 11.11 Ascension University, apprenticeship would be your next step. Once you complete your apprenticeship, you would then have the opportunity to be a paid 1:1 mentor and/or teach your own classes or masterminds within the University or you can simply be certified to share this modality in your own coaching or healing practice.

It would be an honor to continue walking this path with you, sister.



Feel free to book a [Sacred Activation Session](#) with me, so we can connect. I can celebrate you & we can discuss how you would like to move forward. Imagine how far we can grow, together!

All My Love,

Anistara Ma Ka

Congratulations!

✦ You completed the ✦

Awakened Leadership
Initiation!



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Technique"
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