Divine Balance & The Merkaba

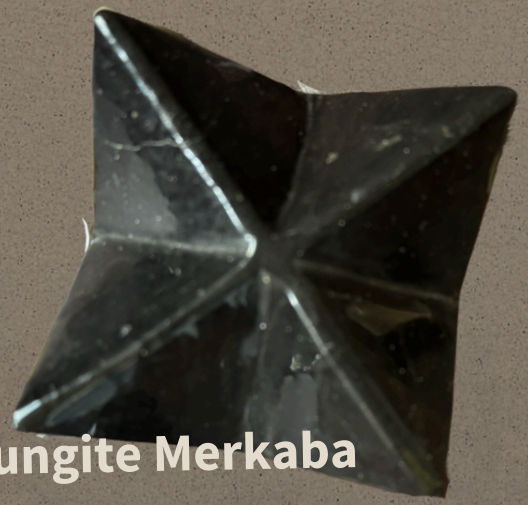
Angkor Wat, Cambodia

Embodiment Kit

Angkor Wat: Crystal Grid Frequencies

Tune in to the Angkor Wat crystals - which one(s) are you drawn to? Work with them in meditation or keep one close to support your Angkor Wat integrations & embodiment.

Crystal Skull



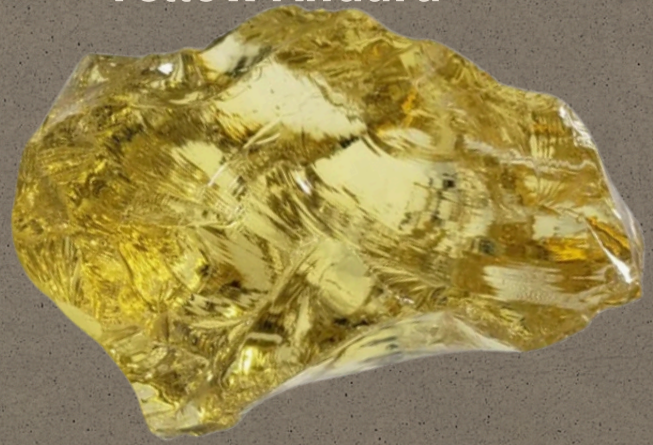
Shungite Merkaba

Super Seven

Shiva Lingham

Orange Andara

Yellow Andara



Citrine

Somatic Embodiment

Somatic Embodiment takes the integration of your Angkor Wat shifts to the next level. It's part of the RE-code & RE-align process that anchors the shifts into your nervous system, cellular memory & physical body.

Work with one or two of the following suggestions for 7 days, whilst focusing on the new pattern/code.

These slow movements and breathing practices support you to "anchor the alchemy" gently into your daily body rhythms, rooting the new codes in the physical realm and grounding your shifts into reality.

Somatic Practices 1

Stone-Listening (Stillness with Echo)

> **“If the temple is still, I will become still. And then it will speak.”**
> Sometimes Angkor doesn’t want us to move, it wants us to **still so deeply we disappear**.

Practice:

- Sit or lie down. Place a smooth stone (or crystal) on your ankle, lower spine, or forehead.
- Don’t try to activate. Just listen.
- Ask: “Show me the movement beneath stillness.”
- Let your inner senses track the micro-vibrations, pulses, or heat shifts.
- If your body wants to twitch, breathe, weep, or sigh — let it.

 Stillness here is a gateway, not an absence.

Somatic Practices 2

Tissue Tracking (Ask the Fascia)

“Where in my body is the field holding back?”

This is subtle. It requires **trusting that the grid is in your tissue.**

Practice:

- Lie or sit and bring your awareness to one specific part of your body.
- Ask silently: “Is there a memory here that wants to move?”
- Don’t try to make it move, just wait. You might feel:
  - a twitch
  - a breath releasing
  - a tiny figure-8 tracing inside the joint
  - a wave of sadness or warmth

☀️ **That’s the grid realigning through you, not just under you.**

Somatic Practices 3

Underworld-to-Crown Flow (3-Level Squat + Rise)

Purpose: Activate the three temple layers within your vertical field.

Practice:

- Stand with feet wide. Inhale. Raise arms overhead.
- Exhale. Squat low, hands touch the Earth,
- Say silently or aloud: "I descend into the gallery of purification."
- Inhale. Come to mid-stance, hands at heart.
- Say: "I enter the gallery of meditation."
- Inhale again. Rise tall, arms skyward.
- Say: "I ascend into the sanctuary of light."
- Repeat 3–5 rounds slowly.

🛕 **Feel yourself moving through the three galleries of Angkor Wat; your body as the temple, your spine as Meru, you as the sovereign gatekeeper.**

Angkor Wat Mantras

- **Visualise yourself walking the ceremonial causeway,** passing through the pools of purification, and standing on the sacred centre of Angkor Wat as you repeat your chosen mantra.
- **Connect with the breath,** allowing any imbalance to be released on the exhale, and tuning into the sensation of harmony on the inhale.

✨ **I am the bridge between heaven and earth, embodying absolute balance and receiving the light of the cosmos.**

✨ **"As I breathe in, I welcome harmony. As I breathe out, I let go of imbalance."**

✨ **Through purification, I release old energies, creating space for blessings, prosperity & the light of my own divinity to flourish.**

Angkor Wat: Embodying the Key Themes

Extra resources within the Portal membership..

Decode Before Recode - Make space for new upgrades and codes to anchor in your system, work with:-

- ***The Decode Workshop*** & ***Becoming You Activation***

Balance is Key - Inner and outer balance is essential for activating your Merkaba and stepping into zero-point consciousness.

- ***Anchoring Your New Earth Template*** **CMGJ & *Gargoyle Magic Activation***

Ride the New Beginnings - Major endings and bold new starts are occurring - be courageous.

- ***New Beginnings Activation*** & ***Empowered Manifestation Activation***

Embodiment Prompts:

Grab your journal, sketchbook or audio recorder..

- **Reflect on a recent time in your life when you experienced a process of deep inner purification or had to let go of something significant. What emotions came up for you? How did finding balance play a role in your healing or transformation?**
- **How can you honour this new moon cycle? What intentions do you feel guided to set for yourself during this phase of change?**
- **What current chaos or discomfort in your life might actually be helping you clear space for a fresh start? Describe it, and then explore what you’re being called to release right now.**

Embodiment Prompts continued

- **What rituals or routines do you have (however small or personal) that help you reconnect to your centre or higher self and how do they support your spiritual well-being?**
- **If you don’t currently have any rituals like this, do you feel drawn to incorporate one into your spiritual practice? What would that ritual look like and how could it serve you?**
- **Where do you physically or energetically feel heaviness or old energy? If you imagine stepping into a cleansing pool, what does your body, mind, or spirit need from you to fully release and create space for the new?**