

Planetary Codes

Embodiment

Kit

THE MOTHER'S WOMB CAVE,

GOBI DESERT, MONGOLIA

Gobi Desert: Integrating & Embodying the Frequencies

Rewiring codes of belonging, fear, survival & safety: The root chakra is crucial for deep transformation. It's the anchor point for our **sense of identity** and how we navigate the world around us. It's tied to our feelings of safety, security, and grounding, which fundamentally impact our **sense of belonging** and our survival instincts. **Work with “Anchored in Your Spirituality”**

Clearing ancestral and Galactic lineage patterns at a DNA level: This process isn't just about clearing past programmes of our lifetimes on Earth, it's also about expanding our root chakra's connection to our **cosmic lineage**, and clearing distortions at this level too. By doing so, we can ground our identity in a more expansive, galactic sense, which includes feeling secure and belonging beyond our immediate physical or earthly environment. **Support from “Multi-dimensional Ancestral Lineage Clearing”**

Lightbody Distortions: You may experience **fear-based visions** or downloads as you clear lightbody distortions. This experience, whilst potentially unsettling, is part of the purification process — an indication that you're **clearing out spiritual wounding** from your lightbody. Remember your core essence is stronger than any negative energetics you might encounter during this process. **Tap into “Violet Flame”**

(suggested Activations available through the Temple Activate membership)

Gobi Desert Crystal Grid Frequencies



Garnet: great for overcoming past traumas & negativity. It reconnects you to the earth for feelings of strength, wellbeing, motivation and confidence.

Desert Rose: (a type of selenite) promotes grounding, stability & balance by clearing density, energy blocks and emotional stress. Enhances flow & clarity.



Red Tiger's Eye: eases anxiety & fear supporting feelings of security, courage & protection. Strengthens the root chakra by connecting you into the earth.



Red Jasper: hugely grounding & stabilising, supporting a sense of security but also opening you up to passion, focus, empowerment and stamina.

Fulgurite - cleanses & purifies the chakras and aura, it's found in the Gobi Desert and is formed when lightning hits sand. It supports the nervous system and the earthing & integration of big life changes. Connected to electromagnetics and supports the light body.



Snakeskin Jasper: balances & aligns the root chakra but also supports transformation through the shedding of old patterns, enabling you to step into new beginnings.



Spiritual Technology - Shamballa

♥ **What is Shamballa?** - **Shamballa is recognised as a place of spiritual enlightenment** and peace in the Buddhism tradition, it's also seen as the home of the Ascended Masters.

Shamballa holds the Divine Plan for Humanity, some say it's a mythical place but for others it's a real place that's accessible from the region of the Himalayas and the Gobi Desert.

On our Gobi Desert journey we experienced a merkaba activation through the Stargate that connects in to Shamballa. This was a powerful opportunity for us to decode and recode our root chakra, clearing old distortions so we are able to anchor a bigger vision and higher self concept.

Holding a bigger vision or self concept enables us to expand our own personal spiritual path but it also means we play a vital role in the dispersal of the codes and frequencies of the Divine Plan for Humanity.

As we begin to recode and open up to these new frequencies, we can receive downloads from Shamballa and the Ascended Masters to support humanity's path and purpose going forwards.

Supporting Your Root Chakra



• Signs your Root/Base Chakra may be out of balance...

- You don't feel at home in our body
- You feel easily overwhelmed
- Experiencing back, hip, leg or foot pain
- Feeling constantly tired, lacking energy or feeling cold

• Simple ways to support your Root/Base Chakra.

- **Earthing (walking barefoot)** - several times daily and feeling your connection to Gaia.
- **Gardening** - spending time with your hands in the earth, working with plants, flowers and herbs
- **Connecting with nature** - sitting outside & tuning in to the sounds, smells & touches of nature
- **Using a few drops of essential oils such as Cloves, Rosemary, Cedar or Cypress** in your bath or mix with oil and gently rub into your lower back, hips and buttocks until absorbed.

Root/Base Chakra Affirmations

• My roots are strong, grounding me as I embrace change and transformation

• I am a vessel of light, deeply rooted & connected to both Earth and the Cosmos

• I am aligned with my divine purpose & grounded in this physical reality.

Going Deeper into your Root Chakra

Breathwork: Slow, **rhythmic breathing** (such as your 5-5-5 breath), to calm the nervous system and feel safe in the body.

Meditation & visualisation: Focusing on red energy at the base of the spine; **visualising roots** connecting deep into the earth.

Physical movement: walking, dance, exercise or Yoga, such as the **Warrior Pose** (below ↓) which energises the entire body, strengthens the core and lower limbs, improving balance, stability & focus.



- Start by standing with your feet 1 hips width apart
- Step your left foot back & slightly angle your toes
- Keep your upper body facing forward, put your hands on your hips
- Bend your right knee, keeping the weight in the front heel and big toe
- Draw your abdomen gently in and up, lengthen your spine and soften the base of your neck
- Lift your arms over your head, opening the chest
- If able, look up, lifting your breast bone but keeping the lower ribs down
- Stay in the pose for 5-15 breaths - come out & repeat on the other side

Embodiment Prompts - Grab your journal, sketchbook or audio recorder...

How do your feelings of safety and security influence your ability to take action or manifest your desires? Reflect on ways to nurture and strengthen your foundations.

Feel into an aspect of your personality or identity that you hold onto tightly. Why do you feel this attachment, and how might releasing it create space for more authentic self-expression?

Reflect on a fear that has emerged in your life. Explore its roots, and consider how shifting your perception around this could transform the fear into a source of empowerment.

Reflect on your own sense of foundation in life. What are the elements that make you feel grounded and secure? Is there an area where you feel you could decode/recode your foundations?

Consider how ancestral patterns and family beliefs contribute to your sense of safety. Are there positive traditions you lean into for security, or are there inherited patterns that you feel hold you back? Reflect on how these influences shape your current sense of security.