



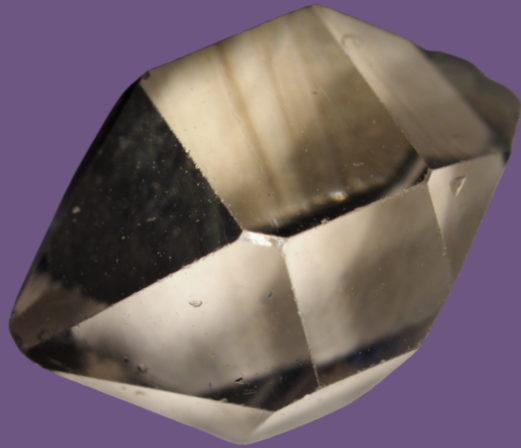
# *The Third Eye Code*

Mount Shasta, USA

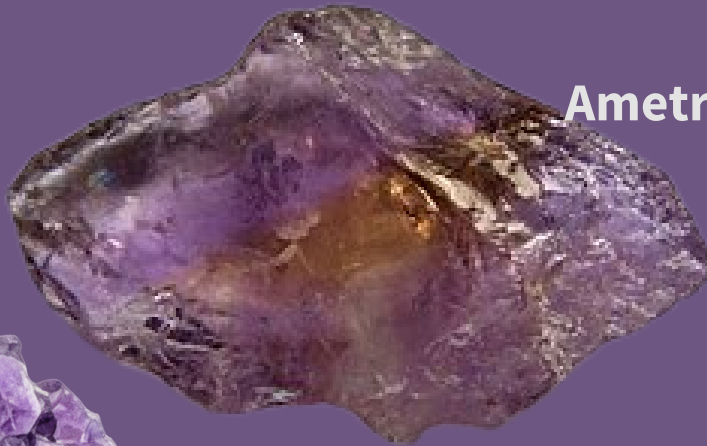
**Embodiment Kit**

# Mount Shasta Crystal Grid Frequencies

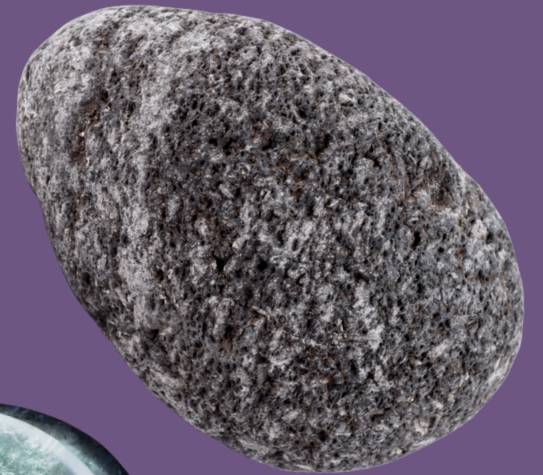
**Let the crystal frequencies of Mount Shasta support your embodiment and integration. Keep your chosen stones close, so they may amplify your journey's themes, support the unfolding of energy within you, and ground the wisdom that is awakening.**



**Herkimer Diamond**



**Ametrine**



**Lava Stone**



**Amethyst**



**Fluorite**

# 7 Day Integration Experience

**Designed to support you to anchor the activations, insights and awakenings received during the Mount Shasta journey, each of these 7 days explores a different archetype connected to Mount Shasta's mystical landscape. It will guide you to deepen your connection to your Third Eye, Higher Self, intuition and embodied wisdom.**

This is not about seeking more experiences, but about **honouring and integrating** what has already been awakened within you.

Move through each day at your own pace, **trust what arises** and allow Mount Shasta's teachings to continue unfolding.

Revisit as often as you feel guided and if a particular day resonates, **go a little deeper** with it.

# Day 1: – The Mountain (Grounding)

## **Somatic Practice: Mountain Roots**

- Stand barefoot if possible, feet rooted into the earth, spine tall, crown lifted
- Slowly sway forward and back, feel your weight.
- Repeat: I am safe to receive : I am safe to embody : I am rooted in my truth.

## **Journal Reflection**

- What shifts have I experienced since the journey?
- What feels different within me now?
- What support do I need to stay grounded?

## **Integration Action - Spend 20 minutes in nature with no phone and notice:**

- Five things you see, four things you hear, three things you feel, two things you smell and one thing you deeply appreciate

# Day 2 – The Crystal (Clarity)

**Theme: Crystals hold frequencies that mirror aspects of our own consciousness :** Today is about listening. Choose the crystal that calls to you - maybe one from the Mount Shasta grid.

Hold your crystal, close your eyes and ask - "What wisdom do you wish to amplify within me?" Write continuously for 10 minutes.

## **Somatic Movement - Third Eye Breath -**

Inhale for 4 counts and imagine indigo light entering the Third Eye.

Exhale for 6 counts and imagine clarity spreading through your body - repeat 7 times.

## **Journal Reflection -**

- What is becoming clearer for me?
- What am I now ready to see?
- What truth have I been avoiding?

# Day 3 – Lemuria (Remembering)

**Lemuria symbolises remembrance of unity, intuition and soul wisdom. Today we explore what is returning to consciousness.**

**Meditation Journey:** Close your eyes, go into your heart and see Mount Shasta in front of you, imagine entering a crystal temple beneath it. You see a guide approaching and ask:-

- What am I remembering? What gifts are awakening? What wisdom is ready to return?

Journal any insights.

**Creative Integration:** Draw, sketch, colour, or map what you experienced without judgement. Allow your intuition to lead.

**Journal Reflections:**

- What parts of my soul feel most alive?
- What part of myself feels as if it's returning home?

# Day 4 – Bigfoot (Instinct)

**Bigfoot represents the untamed wisdom within, the part of you that knows before the mind understands.**

## **Somatic Practice: Wild Walking**

Take a slow walk in nature, no music, no phone, let your body choose the direction.

Notice: Where you feel drawn : What catches your attention : What feels alive

## **Instinct Exercise: Write down the first answer that arises:**

What decision am I overthinking? What part of me already knows the answer?

## **Journal Reflection:**

- Where am I being called to trust myself more?
- What would I do if I fully trusted my inner knowing?

**Affirmation:** My instincts are wise : My body knows : I trust what I sense :

# Day 5 – Saint Germain (Transformation)

**Transformation occurs when we release what no longer aligns.**

**Ritual: Light a candle and create two lists, one to release and one to receive**

**Release:** Fears, doubts, limiting beliefs, old programmes

**Receive:** Clarity, confidence, trust, vision

Visualize a violet flame surrounding your body and imagine these old energies dissolving.

**Burning Ceremony:** Safely burn or tear up the release list and say - “I release what no longer serves my highest path, I choose alignment, truth, and freedom.

**Journal Reflection:**

- What am I ready to leave behind?
- Who am I becoming?

# Day 6 – Higher Self (Vision)

**The Third Eye is the gateway to our higher guidance, today we'll focus on our vision.**

**Automatic Writing:** For 1 minute, place a hand on your heart & the other on your Third Eye. Then write: "My Higher Self wants me to know..." and allow the response to flow.

**Future Self Activation:** Imagine yourself one year from now and ask:

- What are they proud of?
- What have they learned?
- What guidance do they have for me?

**Journal Reflection:**

- Where am I feeling guided?
- What next step feels aligned?

# Day 7 Embodiment (Integration)

**Wisdom becomes transformation through action, so today is about choosing how you will live what has awakened.**

**Integration Ceremony:** Gather your crystals, journal and a candle  
Review the week and notice: Insights : Patterns : Messages : Synchronicities  
Complete the sentence: "I commit to embodying these shifts by..."

**Third Eye Embodiment Ritual:** Place one hand on your Third Eye and one on your heart.  
Repeat:

- I trust my vision, I trust my intuition, I trust my path. I embody the wisdom I have received and I walk forward with clarity, courage and grace.

**Closing Reflection:** What has shifted within me? What am I taking forward?

# Anchoring the Awakening

As you come to the end of this 7-day embodiment journey, take a moment to acknowledge yourself for showing up and creating space for these experiences to land and integrate.

If certain themes or practices spoke to you more than others, trust that there is a reason. Allow yourself to return to them often, exploring them with curiosity and openness.

Keep a journal nearby and make note of any dreams, synchronicities, intuitive nudges, insights, or moments of clarity that arise.

We'd love for you to share your experiences, reflections, dreams and awakenings with our community. You never know how your words, insights, or moments of discovery may create a spark of resonance for someone else.