



The Sacred Code

Machu Picchu, Peru

Embodiment Kit

Machu Picchu Crystal Grid Frequencies

Let yourself be guided to the crystals that speak to you. How can their energy help you anchor and embody your Machu Picchu upgrades this week?



Carnelian



Orange Andara



Sunstone



Sunshine Aura

Somatic Embodiment

Somatic Embodiment takes the integration of your Machu Picchu 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

Creation Gesture Flow

Purpose: Moves intention from sacral → heart → hands, supporting the birth of new projects.

Practice:

- Inhale, draw the hands toward the pelvis.
- Exhale, lift the hands to the heart.
- Inhale, extend the hands forward as if offering something new.
- Repeat several times, sinking in to the rhythmic flow of energy.

State: “What I birth through my sacral is an expression of my heart.”

Somatic Practices 2

Primal Shake - grounding, release & reset

Purpose: Clears excess energy, resets the nervous system and brings you back into yourself.

Practice:

- Stand with loose knees.
- Begin shaking the hands, then the arms, then the whole body.
- Let sound leave the mouth if it comes.
- Imagine static energy falling off like dust.

State: *“I release what is not mine.”*

Visualise excess energy, tension and old stories shaking off your body like dust, dissolving into the Earth to be composted.

Somatic Practices 3

Planetary Grid Alignment Rise

Intention: Creates a vertical channel between Gaia's core & your Soul Star Chakra

Practice:

- Stand with feet firmly grounded, knees soft.
- Place one hand over the sacral and the other above the crown.
- Inhale: bend the knees slightly, drawing energy up from the Earth.
- Exhale: straighten the legs and lift the crown hand upward, as if opening a column of light above you.
- Repeat in a slow rhythmic rise—Earth → Sacral → Soul Star.
- Let the movement become a gentle undulating lift, as though the vortex is pulling you into higher alignment.

State: “I rise with the Earth. I align with the grid. I embody my next evolution.”

Machu Picchu Affirmations

✨ I honour the wisdom and power of my sacral chakra, allowing joy, creativity and flow to move freely through me.

🌙 I am safe and grounded as I expand my energetic boundaries and awaken to my multidimensional self.

🌸 I am open and ready to embody the regenerative power of nature, I welcome abundance, healing and nourishment into my life.

🔥 I allow old emotional residue to dissolve with ease.

💛 I allow my inner child's innocence and playfulness to inspire new ideas.

💜 My higher gifts activate with ease, clarity and alignment.

☀️ I trust the emergence of my new purpose and the unfolding of my soul's unique destiny.

Creative Incense Ritual

Awaken the sacral chakra, activate creativity and infuse your field with inspiration using the power of scent, intention and ritual.

Select your Herbs:

- Choose 3-5 herbs, oils, or botanicals allowing yourself to be drawn to the ones that feel alive for you today (ideas & inspirations below)

Find a quiet space:

- Sit comfortably once you have gathered your materials in front of you.
- Light an orange, beeswax, or white candle, soften your gaze and let the dancing flame symbolise your creative spark
- Place a hand on your lower belly and take a slow breath in.
- Feel the centre of your creativity soften and open

Set your intention:

- State **“I open to inspiration, flow & all that is ready to be created through me.”**

Activating the Blend: 🌙

- Place your chosen items into a small, heat proof bowl or dish
- Close your eyes and visualise the candle flame igniting and awakening the herbs.
- Begin to mix them slowly, clockwise, breathing in the scent as it rises.
- State: **“My creativity flows with ease, inspiration lands for me and I birth with ease”**

Activate the Incense 🔥

- Using a burner, charcoal, or diffuser, light your incense blend.
- Breathe in and allow the scent to infuse your sacral, belly and heart spaces.
- As you continue to take slow breathes in through the nose and exhale through the mouth, visualise these energies igniting & expanding your creativity.
- Once you feel ready to close the ritual, take a moment to offer thanks, to the herbs, the flame and your own body for supporting this awakening.

Suggested Herbs & Essences for Creativity:- Choose 3–5 that resonate.

Choose a mixture of essential oils, seeds and dried ingredients to give your blend texture

 **To warm, stimulate circulation and awaken your creative spark:-**

- Sweet Orange peel
- Cinnamon
- Clove
- Ginger

 **To open pleasure pathways, sensuality, and receptive energy/emotional flow.**

- Jasmine
- Ylang Ylang
- Damiana
- Rose petals

 **To enhance intuition, dream-space, vision, inspiration and muse energy:**

- Mugwort
- Lavender
- Sandalwood
- Blue Lotus

 **To anchor creative expression and expansion so ideas can ground into form:**

- Patchouli
- Cedar
- Vetiver (use lightly)

Machu Picchu: Embodying the Key Themes

Extra resources within the EarthStar Guardians membership..

- **Shifting the Energy in your Sacral Chakra:-**
 - *Divine Mother Merkaba Activation* - *Anchoring Lunar Codes*
- **Stepping into New Realms of Creativity:-**
 - *Divine Flow Activation* - *Black Moon Lilith in Cancer*
- **Awakening Multidimensional Intuition:-**
 - *Expansion of Clairsenses* - *Awakening Higher Communication Channels*

 **PLUS:-** *Empress Codes 21 Day Journey* *Cosmic Cord Reconnection* & *Divine Mother Crystal Merkaba Grid Journeys*

Embodiment Prompts:

Grab your journal, sketchbook or audio recorder..

What is the core emotional template my body is finally ready to release? The one that has shaped my creativity, relationships and sense of worth so far?

- Where did it begin?
- How has it protected me?
- And what version of me emerges when it is no longer the one directing my life?

What destiny is beginning to reveal itself in my life right now and what internal shifts are required for me to step onto that path?

- How can I support myself to navigate these shifts?
- What qualities are ready to awaken within me?

Embodiment Prompts continued

What changes have been occurring in my body, energy and awareness as this journey to Machu Picchu has approached?

- What patterns are unraveling or rising to the surface?
- What abilities or gifts are strengthening?
- Where has my attention been focused?

Who am I creatively when nothing is blocking me?

- How do I create, what does my creative process look like?
- What does my life look like when I let my creative energy lead?
- What becomes possible when I allow myself to be fully seen in my creative truth?