



Self Mastery

part 1 - self study

RVE RITUAL

Part 1 - self study

INTRO

5 pillars of wellness

SELF STUDY

- Astrology
- Ayurveda
- Human Design
- Chakras
- Ten bodies

Gratitude ritual



5 pillars of wellness

Welcome to Self Mastery - Our most popular course that we launched in the beginning of 2020 and have done over 40 classes since with women from around the world, of all ages (16-75 to be exact)!

In this class we (Eva & Dagný) have combined the tools that have served us the best on our wellness & spiritual journeys and created the 5 pillars of wellness, and you will explore each pillar in each week of this class.

We not only use these 5 pillars to better our lives, we run our company by these pillars. You will see as you go through the class that these are universal laws and whenever you will experience that life throws you a curveball with fear, stagnation, any kind of loss you can find an helpful tool in one of the pillars

SELF STUDY - VISION - PURIFY - RITUALS - CONSISTENCY

A NEW LAYER

For this last round of Self Mastery we wanted to add a layer to deepen the experience both for newbies and the returning Self Mastery ladies. For each weeks theme we have added a new extra topic to explore that we feel is relevant and important for growth. The meditations for each theme will be closely connected to these topics as well as new video lectures and topics in the workbook. We hope you like these extra layers!

1. AUTHENTICITY
2. WEALTH
3. LET GO
4. RADIANCE
5. SELF WORTH

SELF STUDY

The first part of this course is SELF STUDY. That's because, when we connect to ourselves, understand our patterns, behaviors, energy, preferences, and needs we can use these reflections to take actionable steps toward a more aligned personal, professional, and creative life. This is why we think it's important to use the tools of this chapter to give you a better understanding of yourself. These are the tools that we go to again and again for self-reflection.

KEEPING YOUR WORD

Keeping your word to **yourself** is the key to growth and better self worth. We are responsible for our lives and who we are, so for this course to have full effect you need to work each step to the best of your abilities, but remember, there is no perfection!

MEDITATION

A big part of this class is daily meditation and breathwork. As this is a habit that has a ripple effect on your whole life, in the best way. Meditating daily will change so much to the better, so we hope you try it out. In each part we will change your meditation practice (it will never be longer than 8-15 minutes) so you get to know different methods and practices from different yogic traditions and buddhism. In this first part we start with a self hypnosis meditation that helps us remove blockages.

WHY MEDITATION?

When we meditate, the brain is affected by our eye focus, mudra, mantra, breath patterns, movement, and the duration of the meditation. There are hundreds of meditations available that have specific effects on the body, the brain, the mind, the emotions, the spirit, and the being as a whole. We are going to teach you our favourites. Meditation is the process of controlling and transcending the waves of the mind, allowing the flow of radiance from the soul. By creating new pathways in the brain, meditation creates a communication between you and your mind, and between your mind and your body.



Practice of the week

3 minutes Box Breath

8 min Rvk Ritual meditation

Box Breath

We want you to be able to do breathwork anytime, anywhere. This practice is perfect for calming the nervous system, often during the day. Box breathing, also known as square breathing, is a deep breathing technique involving slow, deep breaths. It's also called four-square breathing.

Box breathing involves four basic steps, each lasting 4 seconds:

1. breathing in
2. holding the breath
3. breathing out
4. holding the breath

Repeat this cycle for 3-5 minutes for a calm nervous system and clear mind

Rvk Ritual meditation - 8 min

This classic Rvk Ritual meditation is a mantra meditation that we love oh so dearly and is very authentic to us. Using a mantra while you meditate is a strong anchor that you are not emotionally attached to, but still has a deep meaning. The mantra is: Om Namah Shivaya. Rvk ritual meditation can be done anywhere and at anytime. Put on a timer and follow the direction or listen to the audio file.

POSITION: Wear comfortable clothes and make sure you are not cold - get in a sitting position (in a chair or with legs crossed) and have your palms facing up. Straight spine, and chin a little bit down. Let go of doing this perfectly and let go of all expectations.

MINDFULNESS: body scan. Keep your eyes closed and place your attention to one body part at a time. Start with your feet and gradually go up the body. Pay special attention to the stomach, shoulders and jaw as they are often tense and release the tension.

MEDITATION: With your eyes closed, repeat the “om namah shivaya” mantra in your mind. The breath should be normal in and out your nose. Put your attention to the area between the eyebrows, the third eye. When thoughts arise, gently draw your attention back to the mantra and the breath. Remind yourself of the meaning of the mantra (read more on that on the next page), as you are calling in your highest self, the best possible version of you

THE MANTRA

Om Namah Shivaya is a sacred and ancient mantra from Hindu tradition. It is known as a powerful chant of transformation and inner alignment. The mantra is often translated in various ways, but at its essence, it can be understood as:

“I bow to my inner Self” or “I honor the divine within me.”

- "Namah" means to bow, offer respect, or surrender—an act of humility and reverence.
- "Shivaya" refers to Shiva, not just as a deity, but as the symbol of pure consciousness, higher self, or universal truth.

When repeated with devotion, Om Namah Shivaya becomes a call to your truest, most authentic self. It is an invitation to transcend the surface layers of ego and emotion, and to reconnect with the steady, eternal core that exists within you. This is where your clarity, peace, and purpose reside.

By chanting this mantra or meditating on its meaning, you are aligning with your higher self—unique to each of us—and allowing the noise of ego-driven feelings like jealousy, insecurity, frustration, and greed to soften and dissolve. These emotions come from a disconnection from our inner truth. The mantra helps restore that connection.

Moreover, this practice fosters dharana, the yogic principle of one-pointed concentration. In a world filled with distractions, the repetition of Om Namah Shivaya becomes an anchor, drawing your awareness inward and creating space for stillness, presence, and grace.

It is not just a mantra—it is a path toward self-respect, clarity, and deep inner reverence.

THE TOOLKIT

to self study

Astrology

A great and fun tool to understand different parts of you by using it as a mirror. Finding out and studying your rising sign and moon sign might give you deeper insight into your behaviours and give you more self compassion.

Yogic Energetics

The chakras and the Ten bodies. In yoga texts we are reminded that we are not only our physical body and that our energy is dependent on the state of our chakras and ten bodies. Self diagnose yourself, where are you imbalanced? What do you need?

Inner Code

The most powerful tool for authenticity and understanding your values and your core. This journaling process gets you on the way to more clarity and ownership of your life

Human Design

A powerful tool for understanding your energy, your intuition and life purpose. Finding out your type and your authority can give you hints on how to listen better to your energy and intuition



Your Stars

Get to know your sun, moon & rising

To get your astrological chart, you will need your...

Birthdate

What date and
year were you
born?

Birthtime

At what exact
time?

Location

What city/town
and country you
were born?

We like to use astrology as a tool to better understand ourselves.
Also to have fun with and better understand the people around us.

Get your chart

Click [HERE](#) and get your
chart

Write down these three most influential
things in your chart, here or in you notebook.

SUN SIGN _____

MOON SIGN _____

RISING SIGN/ AC _____



SUN SIGN

Your Sun sign
dictates your zodiac
personality



MOON SIGN

Represents your
emotions, your inner
mood



RISING SIGN

Your first impression.
Represents your
physical body and
outward style. Also
called Ascendant sign

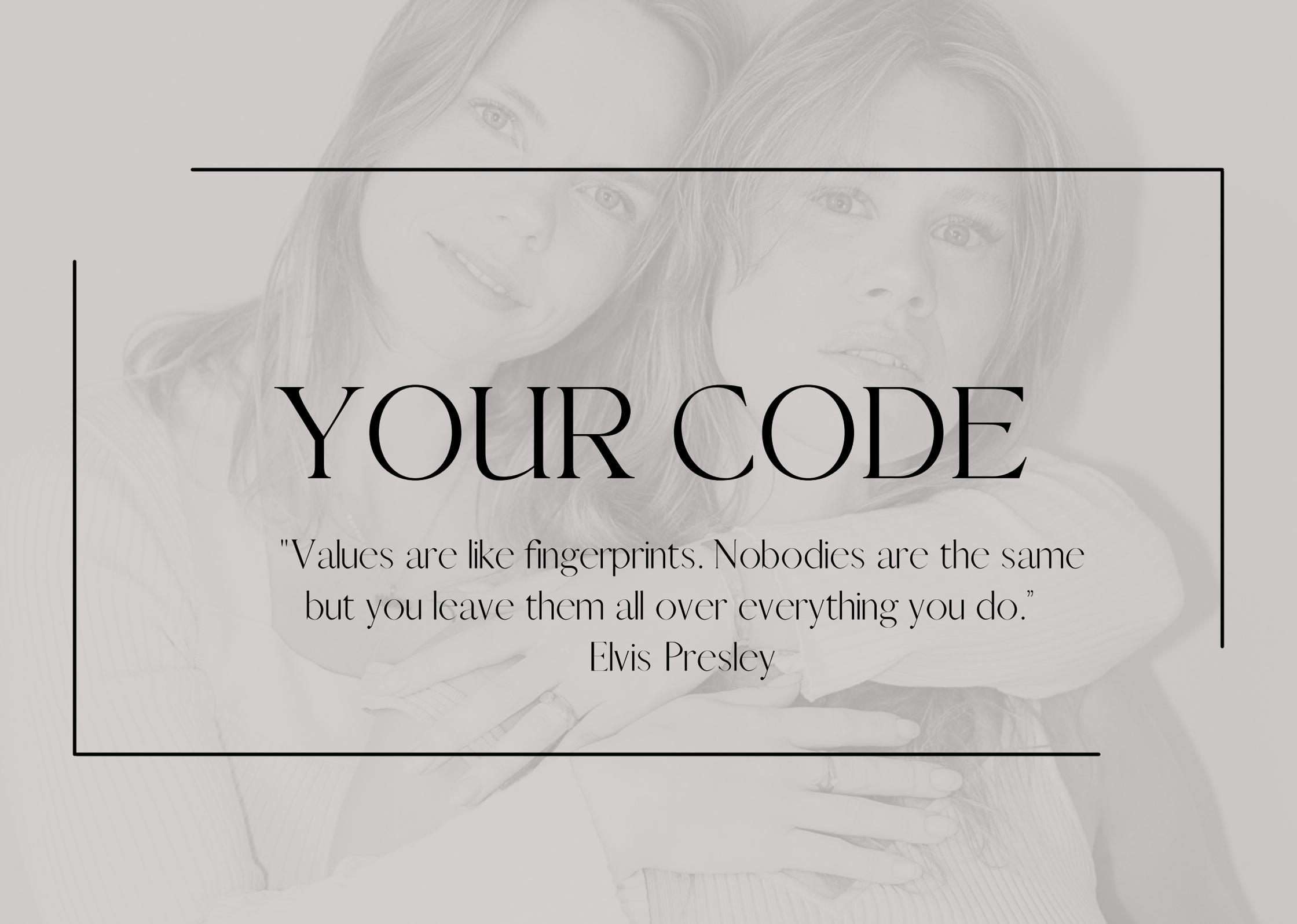
ritual assignment

Read about your sun, moon and rising sign, and journal one - three adjectives that sound most like you in each of the texts about your signs. Don't force it, just use it as a mirror and see if you connect.

Read about your sun, moon and rising (Ascendant) sign [here](#)

[\(Click each sign and find sun, moon or rising\)](#)





YOUR CODE

"Values are like fingerprints. Nobodies are the same but you leave them all over everything you do."

Elvis Presley

The magic of authenticity

Authenticity holds a quiet magic that draws people in, not with perfection, but with presence. In a world often shaped by filters and expectations, showing up as your true self is both courageous and magnetic. It creates space for genuine connection, trust, and resonance—whether in relationships, creative work, or leadership. Authenticity doesn't mean sharing everything; it means being rooted in your values, aligned with your truth, and acting with integrity. When we dare to be real, we give others permission to do the same—and that ripple effect is powerful.

Living authentically

Raise your hand if you have found yourself saying yes to things that bore you, buying things that you feel don't belong to you, or committing to things you seriously do not want to do. We've all found ourselves there - living inauthentically, prioritizing things we believe we should do/be/buy rather than what our soul craves for us to do. If you feel this way, we think it's simply because you aren't living by your Code.

What is your inner code?

Your code is your core essence. Your code defines the values that make up who you are and dictates what should be filling all of your time. Answer the questions in the next pages in writing as honestly as you possibly can (and think about regular days), to figure out your four core WORDS.

Ritual assignment

I. WHAT DO YOU SPEND MOST OF YOUR TIME AND ENERGY ON? ON A NORMAL DAY, WHEN NO ONE IS WATCHING, AS WELL AS EVERYDAY. PUT DOWN 4 ITEMS.

II. WHAT DO YOU SPEND MOST OF YOUR MONEY ON? WHAT ARE YOU SAVING FOR? WHEN DO YOU THINK ABOUT WANTING MORE MONEY AND WHAT DO YOU REALLY WANT TO GET FOR THEM? PUT DOWN 4 ITEMS:

III. WHAT IS ORGANIZED IN YOUR LIFE? FROM THE CALENDAR, IN YOUR SURROUNDINGS, IN THE BANK, SOCIAL LIFE, ETC. PUT DOWN 4 ITEMS:

IV. WHERE ARE YOU THE MOST RESPONSIBLE IN LIFE? IN WHAT FIELD, TO WHOM, WHEN? PUT DOWN 4 ITEMS

V. WHAT DO YOU SPEND MOST TIME THINKING ABOUT? WHERE DO YOU USUALLY THINK YOUR THOUGHTS ARE? WRITE 4 ITEMS

VI. WHAT DO YOU USUALLY SEE WHEN YOU DREAM ABOUT THE FUTURE? WHAT CONDITIONS? THINGS? PEOPLE? LIFE EXPERIENCE?

VII. IN SOCIAL SITUATIONS, WHAT DO YOU LIKE TALKING ABOUT THE MOST? OR WISH YOU COULD TALK MORE ABOUT? WHAT TOPICS MAKE YOU EXCITED WHEN THEY COME UP IN SOCIAL SITUATIONS?

VIII. IF LIFE WAS A MAGAZINE, WHAT GIVES YOU THE MOST INSPIRATION? WHAT WOULD YOU BE CUTTING OUT OF THE PAPER? WHAT ARTICLES, PICTURES, PEOPLE, TOPICS, EXPERIENCES, TIPS, TOOLS?

IX. WHEN YOU THINK ABOUT YOUR LONG-TERM GOALS, WHAT ARE THEY? WHAT DO YOU WANT OR CALL FOR IN ORDER TO MAKE YOUR LIFE RICHER?

X. WHEN IT COMES TO YOUR TIME ONLINE, WHAT DO YOU LOVE MOST ABOUT LEARNING? WHAT ARE YOU MOST OFTEN READING ABOUT? WHAT BOOKS, BLOGS, YOUTUBE VIDEOS, INSTAGRAM, MEDIA ETC.

Ritual assignment

NOW LOOK AT THE 4 MOST FREQUENTLY WRITTEN ITEMS YOU WROTE DOWN, WHILE ANSWERING THE QUESTIONS BEFORE. WHAT IS THE CORE ESSENCE BENEATH THEM? TAKE A GOOD LOOK AT THEM, AND FIND OUT WHAT LIES BEHIND THEM AND WHETHER YOU CAN PUT THE WORDS INTO CATEGORIES AND FIND A NAME THAT COVERS THAT CATEGORY. FOR EXAMPLE, DAGNÝ'S CODE WAS ONCE: BEAUTY (ART, BEAUTIFUL CLOTHING, FOOD, THINGS, WRITINGS, SURROUNDINGS, PLACES, PEOPLE), LEGACY (LEAVING MEANINGFUL WORK BEHIND IN THE WORLD), SELF GROWTH (HEALTH, SPIRITUALITY, BETTERING HERSELF IN ALL POSSIBLE WAYS) AND FINALLY BEING SEEN (WHICH MEANS EXPRESSION SUCH AS FILMING, SPEAKING, RECORDING):

FREE WRITING

ANSWER THE QUESTIONS EXACTLY UNTIL YOU GET THE CLARITY OF THE WORDS AND WHAT LIES BEHIND THEM. WHICH WORDS CAME UP MOST OFTEN, WHICH WORDS CAN BE COMBINED AND CREATE 4 WORDS THAT YOU ASSOCIATE WITH AS YOUR INNER CORE AND VALUE. THIS EXERCISE CAN BE TRICKY, BUT JUST START AND THEN LET IT SIT FOR A FEW DAYS, AND VISIT THIS AGAIN AND SEE IF YOU HAVE MORE CLARITY ON THE CODE. ON THE NEXT PAGE WE HAVE EXAMPLES TO HELP YOU OUT

Inner Code Examples

SPIRITUALITY + WELLNESS: TAKING CARE OF MY PHYSICAL, MENTAL, AND SPIRITUAL BODY

TRAVEL: EXPLORING AND LEARNING ABOUT THIS PLANET, PEOPLE, AND CULTURES

HUMOR: LAUGHING, HAVING FUN, NOT TAKING ANYTHING TOO SERIOUSLY, INNER CHILD

CREATIVITY: EXPRESSING MYSELF CREATIVELY AND BEING INSPIRED BY OTHER CREATIVE OUTLETS AND EXPRESSIONS

FREEDOM: INDIVIDUALITY, ACCEPTANCE, LIMITLESS

CONNECTION: COMMUNICATION, STIMULATION, FEELING SEEN

BEAUTY: FEELING INSPIRED, CREATING, APPRECIATING AESTHETICS AND LUXURY

EXPANSION: GROWING, LEARNING, EXPERIENCING, AND BEING CHALLENGED

CONNECTION: TO MYSELF, TO MY SPIRITUALITY, TO OTHER PEOPLE, TO NATURE, TO EVERYTHING I ALLOW INTO MY LIFE

LUXURY: FREEDOM, COMFORT, SECURITY, RESOURCES, AESTHETICS

SELF-CARE: THIS CAN MEAN A VARIETY OF DIFFERENT THINGS - EMOTIONAL & PHYSICAL, BUT TAKING CARE OF MYSELF NO MATTER WHAT, ALLOWING TIME FOR IT, HAVING THE RESOURCES FOR IT

CREATING: COULD BE AS SIMPLE AS DECORATING MY HOUSE, COOKING, OR BIGGER CREATIVE PROJECTS

SPACE: A PLACE JUST FOR ME, SPACE TO MEDITATE, UNBLOCK, FEEL CENTERED, SPACE TO GROW

MOVEMENT: MOVE MY BODY EVERY DAY IN SOME WAY, FORWARD MOVEMENT IN GROWTH, IN MY JOB, IN LIFE

CONNECTION: TO MYSELF, TO THE PEOPLE IN MY LIFE, TO MY JOB

SECURITY: FINANCIAL, HOME, SAFETY

AESTHETICS: CONNECTING TO THE CREATIVITY OF A PERSON, PLACE, OR THING

FLEXIBILITY: WITH MY RESOURCES - TIME, MONEY, BELIEFS, ETC

EXPLORATION: FEELING MOST ALIVE WHEN I AM FREE TO EXPLORE PHYSICALLY, SPIRITUALLY, AND MENTALLY

CREATIVITY: CREATING FROM MY HEART THROUGH WORK, LEGACY, FOOD, RESOURCEFULNESS, ETC.

Release shame around your code

Do you think any of the words coming up are silly or that you don't deserve it? If there is, shame could be stopping you from living by your authentic code. When you have found your 4 words, its important to share them with the people in your circle to get rid of any shame around them. For example Dagný thought it was silly that she wanted to "be seen" and thought the "beauty" category was very superficial. This is exactly the inner judgement we want to release to be able to fully own our code and live by it. You can release shame by telling people your code, taking the words into meditation and truly accepting them without judgement. This way you are accepting all of you, not who you think you should be. This can truly be so helpful in making decisions. For example: If a job offer doesn't fit any of your inner code words, then maybe it is a NO! Use your code to filter and make decisions.



create your inner map

The two of us have taken every personality tests under the sun, read most of the self help books, studied our astrology, human desing, many schools of yoga and dug deep to understand ourselves better. We have found out that these tools in the next pages help us make a map of ourselves that gives us clues into where we need to focus our energies. The self-research in the next pages and weeks will give you clues, so you can deeper understand yourself.

Have fun with it, notice what you connect with and leave the rest. This information will accumulate into a graphic map of YOU.



YOUR HUMAN DESIGN

WHAT IS HUMAN DESIGN?

We looove Human Design. It has helped us structure the way we work, the way we live and how we understand and use our energy. It is a deep and big subject and this is just the first layer. Our mission is yo find our TYPE, your STRAGETY & your INNER AUTHORITY (where your intuition lies) Let this information digest in you through the class. But what is it?

Imagine a system that explains how you were built, and how to best respond to the world—like a combination between astrology and Myers-Briggs. It's called Human Design, and its creation story is one for the ages: In short, Ra Uru Hu (née Alan Krakower), had an eight-day visitation in the '80s with a "Voice," who dictated a mechanical system that's literally a four-hundred-page textbook for how we all work, as defined by our time and place of birth. While it sounds out there, when you actually generate your chart, you may be surprised by how much it sounds like you. While it's easy to get lost in the information, the first step is to get you [Bodygraph chart HERE](#) and then read more about your "authority" and "strategy" in the pages in this chapter. Understanding human design can really help you manifesting and how to live authentically.

STRATEGY AND INNER AUTHORITY

YOUR TYPE, STRATEGY AND INNER AUTHORITY GO TOGETHER TO GUIDE YOU. YOUR INNER AUTHORITY IS YOUR BODY'S KNOWING OR INTELLIGENCE, HOW YOU KNOW IF A DECISION IS THE RIGHT ONE FOR YOU. YOU HEAR A LOT THESE DAYS ABOUT FOLLOWING YOUR INTUITION. HUMAN DESIGN GETS SPECIFIC AND SHOWS YOU WHERE YOUR AUTHORITY LIES SO YOU CAN EXPERIMENT AND SEE HOW IT WORKS FOR YOU. WHEN WE INTENTIONALLY PRACTICE WITH OUR TRUE STRATEGY AND AUTHORITY, WE ALIGN WITH OUR UNIQUE PATH AND GENETIC MAKEUP. THINGS JUST NATURALLY FALL INTO PLACE, FROM WHERE WE LIVE, TO OUR JOB, AND OUR RELATIONSHIPS.

aura type 1: *The Generator*

THEY ARE THE LIFE FORCE OF THE PLANET, THE BUILDERS. THEY HAVE A DEFINED SACRAL CENTER AND AN OPEN AND ENVELOPING AURA THAT IS CONSTANTLY PULLING LIFE TO THEM. THEIR STRATEGY IS TO RESPOND, AS OPPOSED TO INITIATE. IT'S A SACRAL RESPONSE (THIS CAN BE SACRAL SOUNDS, BODY MOVEMENT, ETC.) THAT LETS THEM KNOW IF THEY ARE AVAILABLE TO GIVE THEIR ENERGY TO SOMETHING OR NOT. WHEN GENERATORS INITIATE FROM A MENTAL PLACE (INSTEAD OF WAITING FOR THIS RESPONSE), THEY CAN END UP FEELING DEEPLY FRUSTRATED AND DEGENERATED RATHER THAN REGENERATED AND SATISFIED IN THEIR LIFE AND WORK.

aura type 2: *The Projector*

PROJECTORS REPRESENT ABOUT 20 PERCENT OF THE POPULATION. THEIR STRATEGY IS TO WAIT FOR RECOGNITION AND INVITATION. THEIR FOCUSED AND PENETRATING AURA GIVES THEM THE ABILITY TO SEE DEEPLY INTO OTHERS. WHEN INVITED AND RECOGNIZED (I.E. THEY FEEL APPRECIATED AND SEEN), PROJECTORS ARE HERE TO BE OUR MOST GIFTED GUIDES. IF PROJECTORS ARE FOCUSING ON THE WRONG PEOPLE AND HAVE NOT BEEN REALLY RECOGNIZED, THIS CAN LEAD TO EXHAUSTION AND BITTERNESS. PROJECTORS NEED TO LEARN TO BE VERY DISCERNING ABOUT ENGAGING THEIR ENERGY. THEY ARE NATURAL AT MASTERING SYSTEMS, AND WHEN THEY USE THEIR ENERGY CORRECTLY, WILL EXPERIENCE SUCCESS IN THEIR LIFE AND RELATIONSHIPS.

aura type 3: *The Manifestor*

MANIFESTORS REPRESENT ABOUT 9 PERCENT OF THE POPULATION. AS NATURAL INITIATORS, THEIR STRATEGY IS TO INFORM THOSE AROUND THEM OF THEIR DECISIONS BEFORE THEY TAKE ACTION. MANIFESTORS HAVE A POWERFUL IMPACT; THEIR CLOSED AND REPELLING AURA CAN MAKE OTHERS FEEL OFF BALANCE AND WANT TO CONTROL THE MANIFESTOR. WHEN A MANIFESTOR SHARES WITH OTHERS, THIS NATURALLY RELAXES THOSE AROUND THEM AND REMOVES ENERGETIC RESISTANCE, ALLOWING THEM TO INITIATE IN PEACE. MANIFESTORS CAN BE AN INITIATING CATALYST FOR THE OTHER TYPES, TOO. WHEN THEY ARE MOVING THROUGH LIFE WITHOUT INFORMING OTHERS, MANIFESTORS CAN END UP FEELING ANGRY AS A RESULT OF THE RESISTANCE THEY EXPERIENCE.

aura type 3,5: *The Manifesting generator*

THE MANIFESTING GENERATOR (30.2% OF THE POPULATION) IS A MIX OF THE MANIFESTOR AND GENERATOR. MANIFESTING GENERATORS HAVE TO WAIT FOR SOMETHING TO RESPOND TO BEFORE THEY LEAP INTO ACTION. THIS IS, IN ESSENCE, LIKE WAITING FOR A “SIGN” OR A SIGNAL THAT THE TIMING IS RIGHT BEFORE TAKING ACTION. FOLLOWING THERE STRONG GUT-LEVEL PULSES ALWAYS PUTS THE MANIFESTING GENERATOR IN THE RIGHT PLACE, DOING THE RIGHT WORK, AND HAVING THE RIGHT IMPACT. IN ADDITION, MANIFESTING GENERATORS HAVE A UNIQUE ABILITY TO DO MORE THAN ONE THING AT A TIME AND NEED TO CONSTANTLY KEEP MANY BALLS IN THE AIR. THEY WILL ALSO SKIP OVER DETAILS THAT AREN'T IMPORTANT AND FIND THE FASTEST WAY TO MASTERY. A MANIFESTING GENERATOR IS UNIQUELY CAPABLE OF GETTING MORE THINGS DONE THAN MOST AND FOR A LONG PERIOD OF TIME. THE MANIFESTING GENERATOR WHO IS NOT RESPONDING RUNS THE RISK OF BEING VERY BUSY DOING NOTHING. AND BECAUSE THE MANIFESTING GENERATOR IS SO FAST WHEN THEY DO RESPOND, THEY HAVE A TENDENCY TO SKIP IMPORTANT STEPS AND FREQUENTLY HAVE TO GO BACK AND FIX THE STEPS THEY SKIPPED. THE MAIN GOAL OF THE GENERATOR IS TO ACHIEVE MASTERY. THE MANIFESTING GENERATOR CANNOT ACHIEVE MASTERY IF THEY'RE LEAPING AND LEAPING.

aura type 4: *The Manifestor*

MANIFESTORS REPRESENT ABOUT 9 PERCENT OF THE POPULATION. AS NATURAL INITIATORS, THEIR STRATEGY IS TO INFORM THOSE AROUND THEM OF THEIR DECISIONS BEFORE THEY TAKE ACTION. MANIFESTORS HAVE A POWERFUL IMPACT; THEIR CLOSED AND REPELLING AURA CAN MAKE OTHERS FEEL OFF BALANCE AND WANT TO CONTROL THE MANIFESTOR. WHEN A MANIFESTOR SHARES WITH OTHERS, THIS NATURALLY RELAXES THOSE AROUND THEM AND REMOVES ENERGETIC RESISTANCE, ALLOWING THEM TO INITIATE IN PEACE. MANIFESTORS CAN BE AN INITIATING CATALYST FOR THE OTHER TYPES, TOO. WHEN THEY ARE MOVING THROUGH LIFE WITHOUT INFORMING OTHERS, MANIFESTORS CAN END UP FEELING ANGRY AS A RESULT OF THE RESISTANCE THEY EXPERIENCE.

aura type 5: *The Reflector*

REFLECTORS REPRESENT ABOUT 1 PERCENT OF THE POPULATION. YOU HAVE A RESILIENT AURA THAT SAMPLES THE ENERGIES AROUND YOU AND REFLECTS THEM. THE WAY IN WHICH REFLECTORS PROCESS EXPERIENCE IS VERY DIFFERENT FROM THE OTHER TYPES. BECAUSE THEIR CHEMISTRY MAGNIFIES EVERYTHING AND EVERYONE, REFLECTORS HAVE THE POTENTIAL TO SEE WHAT IS HAPPENING IN A WAY THAT NO ONE ELSE CAN. THEIR GREATEST GIFT IS TO READ OTHERS AND THEIR ENVIRONMENTS. WHEN THEY ARE HEALTHY AND IN THE RIGHT PLACE, REFLECTORS EXPERIENCE THE WONDER AND SURPRISE OF LIFE. IF, HOWEVER, REFLECTORS END UP IDENTIFYING WITH WHAT THEY ARE MIRRORING, THEY CAN BECOME EXHAUSTED AND DISAPPOINTED.

AUTHORITY TYPES

SACRAL AUTHORITY

JUST UNDER 35 PERCENT OF THE POPULATION HAS THE SACRAL AUTHORITY; MANY GENERATORS FALL HERE. YOUR NATURAL TENDENCY IS TO WAIT FOR SOMETHING/SOMEONE TO SHOW UP IN YOUR FIELD SO YOU CAN RESPOND. YOUR AURA IS PULLING LIFE TO ITSELF ALL THE TIME. YOU DON'T NEED TO "GO AND GET THINGS." INSTEAD, GET FAMILIAR WITH THE MANY WAYS IN WHICH YOU ARE ALREADY RESPONDING ALL THE TIME. YOUR SACRAL LIFE FORCE ENERGY IS A RESPONSE MECHANISM—IT'S EITHER OPEN TO GIVING ITS ENERGY TO SOMETHING THAT IS HEALTHY FOR YOU IN THE MOMENT, OR CLOSED. A RESPONSE CAN BE SIGNIFIED BY A SPONTANEOUS SOUND OR BODY MOVEMENT TOWARD SOMETHING. IT'S NOT ALWAYS ABOUT SOMEONE ASKING YOU A DIRECT QUESTION.

EMOTIONAL AUTHORITY

ABOUT 47 PERCENT OF THE POPULATION FALLS INTO THIS TYPE OF SOLAR PLEXUS AUTHORITY: THE SOLAR PLEXUS OPERATES IN A WAVE THAT IS ALWAYS MOVING. AS THIS TYPE RIDES THEIR EMOTIONAL WAVE AND EXPERIENCES ALL OF ITS NUANCES, THEY PICK UP INFORMATION OVER TIME. WHEN THEY COME TO A PLACE OF CLARITY, OR LITTLE OR NO NERVOUSNESS IN THE BODY, THEY CAN MAKE THEIR DECISION AT THAT POINT. IF THIS IS YOU, YOU'LL ALWAYS GET THE BETTER DEAL FOR YOURSELF WHEN YOU WAIT. TAKE TIME TO "SLEEP ON IT," AND ALLOW YOURSELF TO EXPERIENCE THE FULL SPECTRUM OF YOUR EMOTIONAL WAVE BEFORE MAKING DECISIONS.

EGO AUTHORITY

THIS HEART-CENTERED AUTHORITY WILL COME FROM A PROJECTOR OR A MANIFESTOR, AND MAKES UP JUST OVER 1 PERCENT OF THE POPULATION. YOU MUST TRUST WHAT YOU SAY OR DO SPONTANEOUSLY, IN THE MOMENT. THE VOICE OF THE EGO WILL SPEAK OR MOVE THE BODY IF YOU ALLOW IT TO DO SO. IT'S ABOUT LETTING THE WORDS COME OUT UNFILTERED (AS WITH THE SELF-PROJECTED AUTHORITY), NOT SAYING WHAT YOU THINK YOU WANT TO SAY. THIS AUTHORITY HAS A WILLPOWER THAT IS UNMISTAKABLY ENGAGED, OR NOT.

AUTHORITY TYPES

SPLENIC AUTHORITY

THIS TYPE IS MORE RARE, ABOUT 11 PERCENT OF THE POPULATION, AND IS CHARACTERIZED BY AN INTUITIVE SENSE OR RECOGNITION IN THE MOMENT. THE SPLEEN IS OUR OLDEST AWARENESS CENTER, FASTER THAN THE MIND, AND DEEPLY ROOTED IN SURVIVAL, HEALTH, AND WELL-BEING. SOME PEOPLE DESCRIBE THIS AUTHORITY AS A SPLENIC "HIT," OR INSTANT, INTUITIVE KNOWING.

ENVIRONMENT/NO INNER AUTHORITY

THIS IS ABOUT 3.53 PERCENT OF THE POPULATION—IT IS A MENTAL PROJECTOR WITH A LOT OF OPENNESS. YOU RECEIVE GUIDANCE FROM SENSORY INFORMATION THROUGH YOUR OPEN CENTERS. USING OTHER PEOPLE AS "SOUNDING BOARDS" IN ORDER TO HEAR THE TRUTH/NOT TRUTH IN YOUR VOICE CAN BE HELPFUL HERE. BEING IN THE RIGHT ENVIRONMENT FOR YOU IS IMPORTANT.

SELF-PROJECTED AUTHORITY

THIS IS ABOUT 2.8 PERCENT OF THE POPULATION, AND DESCRIBES A SUBSECTION OF PROJECTORS WHO ARE DEEPLY NON-ENERGETIC, AND POWERFUL, BEINGS. THE ABILITY TO LISTEN AND HEAR THEIR VOICE IS KEY. THEIR TRUTH IS EXPRESSED THROUGH THE CORE OF THEIR IDENTITY (THE G CENTER). ALLOWING YOUR WORDS TO COME OUT UNFILTERED IS KEY..

LUNAR CYCLE AUTHORITY

ABOUT 1.39 PERCENT OF THE POPULATION, THIS IS THE AUTHORITY TYPE OF A REFLECTOR WHO DERIVES HIS/HER AUTHORITY FROM THE LUNAR CYCLE. THEY HAVE A SPECIAL CONNECTION WITH THE MOON. BEFORE MAKING AN IMPORTANT DECISION, YOU SHOULD WAIT THROUGH A TWENTY-EIGHT-AND-A-HALF-DAY MOON CYCLE, WHICH PROVIDES A CONSISTENT, FAMILIAR PATTERN TO WORK WITH.

How to use it?

Just by looking up your chart and opening up to Human Design is a first step to honouring your energy and intuition on a deeper level. Don't get overwhelmed by this, just, get to know a little bit more about your aura type their strategy and then your authority type and let it simmer.

If you want to get deeper, listen to Erla Sól's class on Human Design in the backend

“

Your Chakras

"Chakras are organizational centers for the reception, assimilation, and transmission of life-force energy. They are the stepping stones between heaven and earth." Anodea Judit

”

The Chakras

Chakras are centers of consciousness according to yoga texts and connect to our glands. They are focal points of energy that have a direct, immediate, and profound effect on our daily lives. The particular chakra where the majority of your kundalini energy is primarily focused, influences your basic behaviour and attitudes. This relationship between behaviour and your dominant chakra is key because energy acts like a magnet. We constantly attract vibrations to ourselves that are on the same wavelength as the chakras from which we are operating. When this balance of the chakras occurs, you become empowered; you are able to be a compassionate, conscious, and capable human being. In some yoga lineages they write about the seven chakras and in other eight, like kundalini yoga. We will go through the eight chakras.

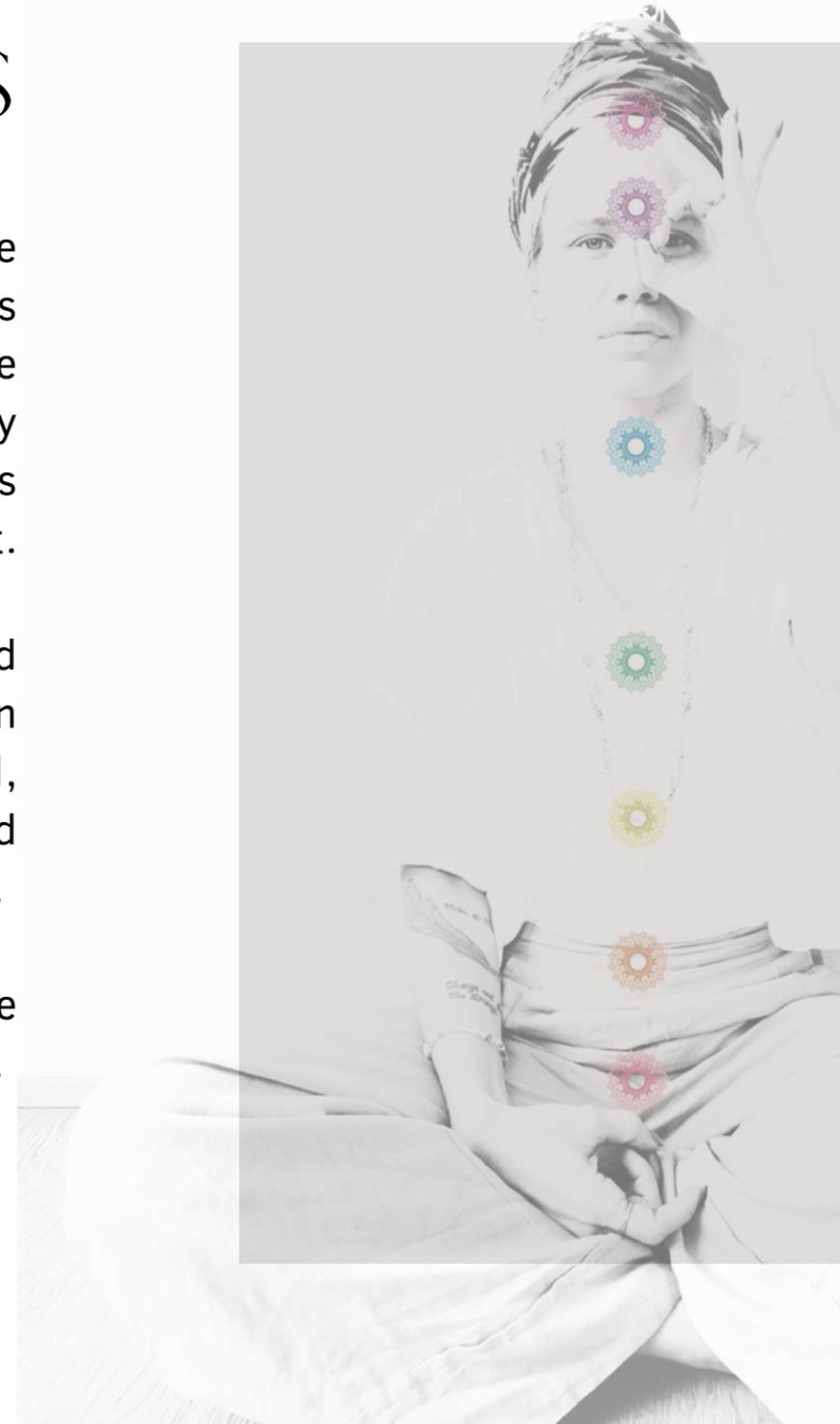


More on the chakras

The chakra is the energy that emanates from the spiritual body through the physical body. This energy is vital for harmonizing the dimension of the human being. Each Chakra within the human body has a corresponding symbol, Mantra and colour, as well as a corresponding element.

Chakras can be imbalanced by becoming blocked (underactive) or overly intense (overactive). When this happens our being as a whole is imbalanced, often leading to illness and/or emotional blocks and creating an unhealthy environment.

The following Chakra Chart can help you determine the well being and balance of your chakras.



CHAKRAS

THE FIRST CHAKRA; EXISTENCE

RELATES TO THE ELIMINATION FUNCTION AND SURVIVAL ISSUES, SAFETY AND SECURITY.

IMBALANCED: WE MAY FEEL VICTIMIZED, PARANOID, HOSTILE, COMPULSIVE OR SELFDESTRUCTIVE

BALANCED: WE FEEL GROUNDED WITH A STRONG FOUNDATION.

EMOTIONAL: GREED

PHYSICAL: HEMORRHOIDS, CONSTIPATION AND ENVIRONMENTAL SENSITIVITIES

THE SECOND CHAKRA; FEELING

CORRESPONDS TO THE SEXUAL ORGANS AND RELATES TO OUR EMOTIONAL LIFE, SENSUALITY, SEXUALITY, RELATIONSHIP ISSUES AND CREATIVITY.

IMBALANCED: WE MAY AVOID INTIMATE RELATIONSHIPS OR HAVE POOR BOUNDARIES, WE MAY FANTASISE EXCESSIVELY OR WE MAY BE EITHER OVERLY EMOTIONAL OR SHUT DOWN EMOTIONALLY.

BALANCED: WE EXPRESS OUR EMOTIONS APPROPRIATELY, NURTURE HEALTHY RELATIONSHIPS AND EXPRESS OUR CREATIVITY.

EMOTIONAL: LUST

PHYSICAL: UTERINE OR PROSTATE PROBLEMS, RECURRENT VAGINAL INFECTIONS OR DISCOMFORT, LOW BACK PAIN, KIDNEY DISORDERS, INFERTILITY AND OVARIAN CYSTS

THE THIRD CHAKRA; POWER

CORRESPONDS TO OUR SENSE OF PERSONAL POWER, WILL, CONTROL, STAMINA, STRENGTH AND OUR ABILITY TO DEAL WITH LIFE

IMBALANCED: WE MAY EXPERIENCE LOW SELF ESTEEM, HAVE TROUBLE TAKING RISKS OR FOLLOWING THROUGH WITH GOALS, OR LACK DISCIPLINE. WE MAY BE ANGRY, AGGRESSIVE, DOMINEERING, CONTROLLING, OVERLY AMBITIOUS, AUTHORITARIAN OR ABUSIVE

BALANCED: WE ARE ASSERTIVE, HAVE CONFIDENCE, STAMINA AND CAN INITIATE CHANGE

EMOTIONAL: ANGER

PHYSICAL: DIGESTIVE PROBLEMS, ANOREXIA AND LIVER DISEASE.

THE FOURTH CHAKRA; LOVE

IS RELATED TO OUR ABILITY TO GIVE AND RECEIVE, TO FEEL LOVE ACCEPTANCE, FORGIVENESS AND COMPASSION.

IMBALANCED: WE MAY GIVE TOO MUCH AND BE UNABLE TO RECEIVE, EXPERIENCE LACK OF JOY OR MAY NEED TO FIX OTHERS TO FEEL OKAY ABOUT OURSELVES. WE MAY ADDICTED TO RELATIONSHIPS OR FEAR INTIMACY. WE MAY USE OTHERS, BE IRRESPONSIBLE AND FEEL EMOTIONALLY GUARDED.

BALANCED: WE ARE SERVICEFUL, KIND, LOVING TO OURSELVES AND OTHERS AND ARE HOPEFUL

EMOTIONAL: ATTACHMENT

PHYSICAL: BREAST CYSTS AND CANCER, HEART DISEASE, HYPERTENSION, CIRCULATORY PROBLEMS, CHEST PAIN, BRONCHITIS, PNEUMONIA, ASTHMA, BREATHING DIFFICULTIES, ALLERGIES AND UPPER BACK AND SHOULDER PAIN.

FIFTH CHAKRA; TRUTH

IT IS RELATED TO THE WORD AND ALL THAT WORD CREATES, SELF EXPRESSION, COMMUNICATION, LISTENING, SURRENDERING TO ONES DESTINY, EMBODYING DIVINE WILL AND TEACHING.

IMBALANCED: WE MAY BE UNABLE TO VOICE OUR FEELINGS OR CREATIVITY, EXPERIENCE, WRITERS BLOCK, ARE UNABLE TO TAKE IN WHAT OTHERS ARE SAYING, ARE CUT OFF FROM OUR DESTINY, HAVE POOR COMMUNICATION SKILLS, AND FEAR OTHERS OPINIONS AND JUDGEMENT.

BALANCED: WE HAVE THE ABILITY TO COMMAND THROUGH SPEECH AND TAKING RESPONSIBILITY TO ONES ACTIONS.

EMOTIONAL: PRIDE OR ARROGANCE

PHYSICAL: RECURRENT SORE THROATS, NECK PAIN, LARYNGITIS, HOARSENESS, SPEECH PROBLEMS, UNDERACTIVE OR OVERACTIVE THYROID, MOUTH SORES, GUM DISEASE, EAR INFECTIONS, HEARING PROBLEMS, SWOLLEN GLANDS IN THE NECK.

SIXTH CHAKRA; INTUITION

IT IS ASSOCIATED TO THE PITUITARY GLAND AND IS RELATED TO INTUITION, VISUALIZATION, SKILLS AND CONCENTRATION

IMBALANCED: WE MAY FEEL DEPRESSED, CONFUSED, ALIENATED AND MAY OVERINTELLECTUALIZE.

BALANCED: WE HAVE THE ABILITY TO PLAN, MAINTAINING A GOAL AND THE ABILITY TO KNOW THE UNKNOWN AND SEE THE UNSEEN

EMOTIONAL: CONFUSION

PHYSICAL: GLANDULAR IMBALANCES, LEARNING DISABILITIES, VISION PROBLEMS, DEPRESSION AND CONFUSION

SEVENTH CHAKRA; GRACE

IT IS ASSOCIATED TO THE PINEAL GLAND. THE CROWN OF THE HEAD. THIS CHAKRA LINKS. THE FINITE TO THE INFINITE, THE INDIVIDUAL TO THE UNIVERSAL.

IMBALANCED: WE MAY FEEL ALIENATED, ARE MORE INCLINED TO HAVE ADDICTIONS TO DRUGS OR ALCOHOL AND MAY EXPERIENCE DEPRESSION. LACK FAITH AND MAY HAVE SUICIDAL THOUGHTS.

BALANCED: FEEL UNITY WITH ALL, ARE CONNECTED TO OUR HIGHEST CONSCIOUSNESS AND DESTINY, ARE ABLE TO MERGE WITH THE DIVINE EXPERIENCE INFINITE VASTNESS AND TRANSCENDENCE.

EMOTIONAL: ALIENATION AND DEPRESSION

PHYSICAL: LIFE THREATENING ILLNESS, NEUROLOGICAL DISEASES, SEASONAL AFFECTIVE DISORDER, MANIC DEPRESSION, SCHIZOPHRENIA, INSOMNIA

EIGHTH CHAKRA; RADIANCE

THIS CHAKRA ENCOMPASSES THE AURA OR ELECTRO MAGNETIC FIELD, WHICH RADIATES AROUND THE BODY FOR APPROX NINE FEET IN ALL DIRECTIONS AND PROVIDES US WITH AN ENERGETIC PROJECTION AS WELL AS PROTECTION. IT HELPS TO INTEGRATE ALL THE CHAKRAS

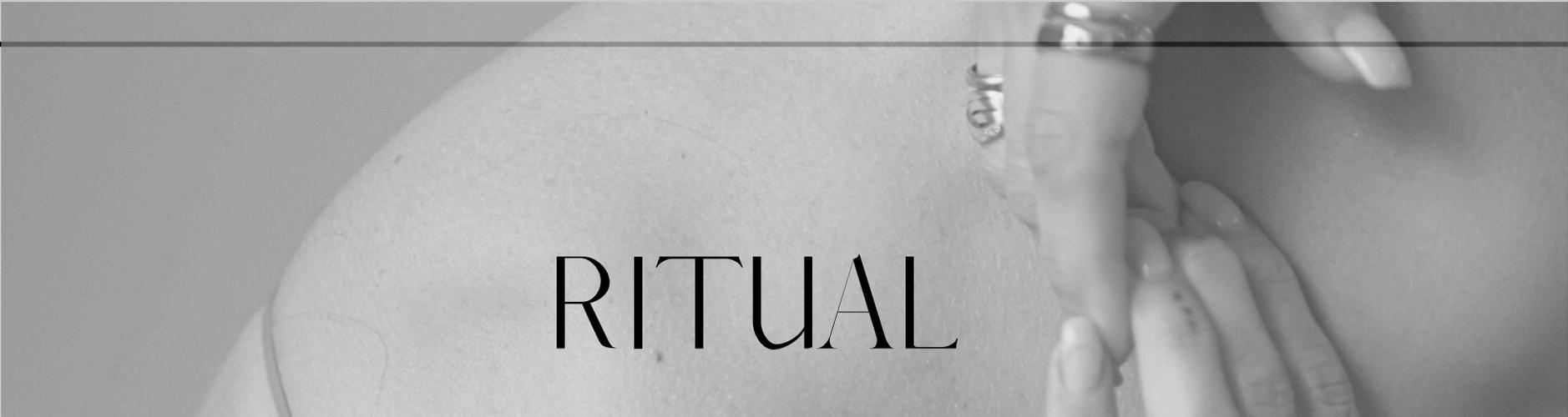
AND ALL PARTS OF THE BODY.

WEAK: WE MAY HAVE POOR BOUNDARIES, ARE EASILY AFFECTED BY NEGATIVE INFLUENCES AND MAY BE PRONE TO ACCIDENTS, ENVIRONMENTAL SENSITIVITIES OR ALLERGIES.

STRONG: WE HAVE POWER OF PROJECTION, RADIANCE, A STRONG PRESENCE AND FEEL INTEGRATED.

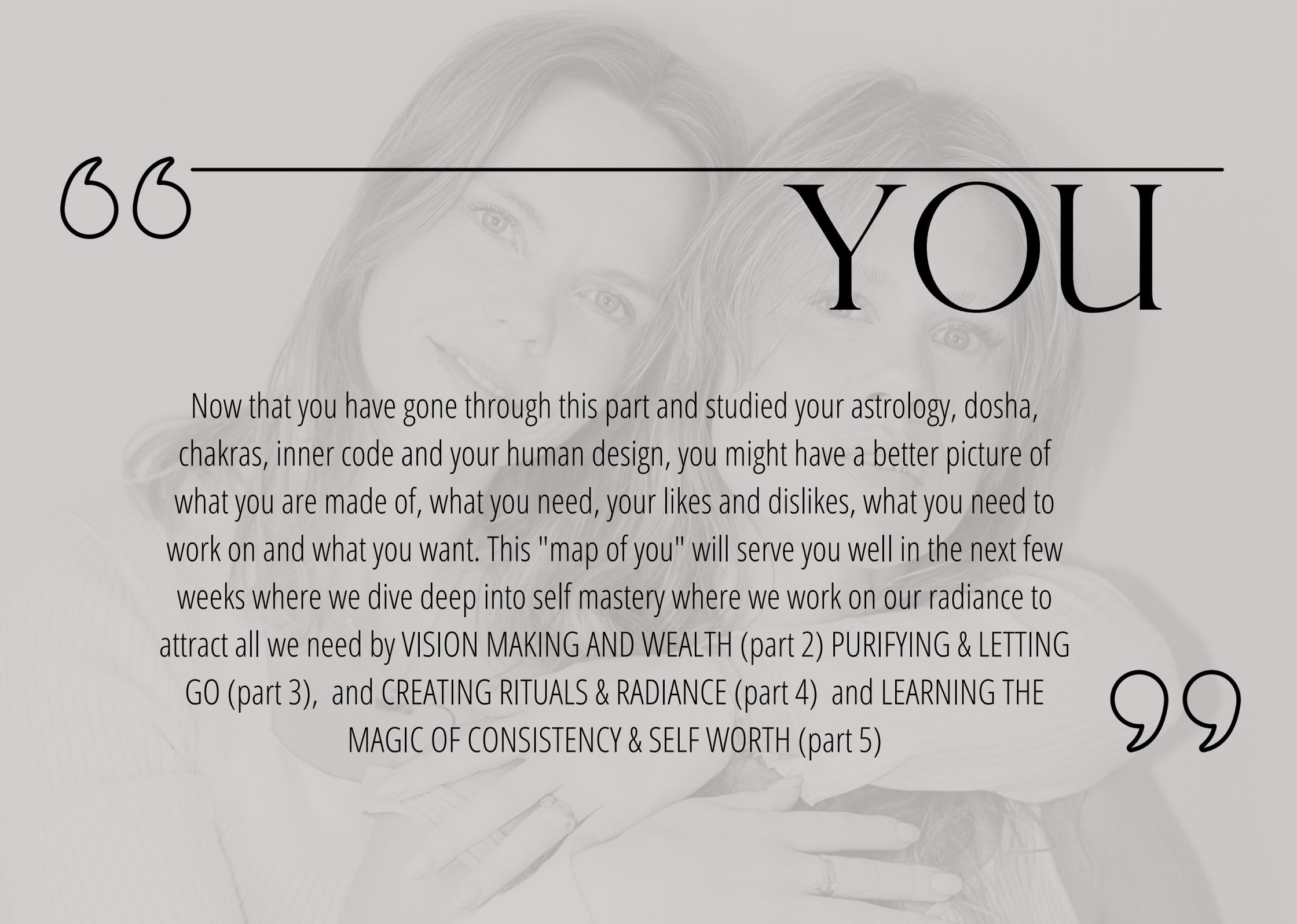
EMOTIONAL: LACK OF INTEGRATION

PHYSICAL: ADDICTIONS TO CO-DEPENDENCY, WORK, SUCCESS AND VIDEO GAMES.



RITUAL ASSIGNMENT

After reading about each chakra, journal about where you think you are in balance and where you are out of balance now. Keep this in mind when we go deeper into the subject in week 3. Now take a look at the video lecture on the chakras to understand the topic better.



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YOU

Now that you have gone through this part and studied your astrology, dosha, chakras, inner code and your human design, you might have a better picture of what you are made of, what you need, your likes and dislikes, what you need to work on and what you want. This "map of you" will serve you well in the next few weeks where we dive deep into self mastery where we work on our radiance to attract all we need by VISION MAKING AND WEALTH (part 2) PURIFYING & LETTING GO (part 3), and CREATING RITUALS & RADIANCE (part 4) and LEARNING THE MAGIC OF CONSISTENCY & SELF WORTH (part 5)

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