

*Rewiring Beliefs*



# SUBLIMINAL BUILDER

a 5 day launchpad to embodying your next iteration of you

*Day 3*

[WWW.GEMMAVERIFIED.COM](http://WWW.GEMMAVERIFIED.COM)

# TODAY



## *Step three: Actualize*

Create a ritual + record the audio that you will be sending to me.



# 03 Actualize

Get ready create your own anchor Ritual + Record!

The energy in which you create this recording is the energy in which you will be influencing yourself for the next 90 days. Ergo, let's make sure you're coming from a place of power for empowering yourself.

Your Ritual will include elements you'll be able to use in step 5 as you consciously embody this version of yourself. So please give this step your care and attention.

YOU ARE WORTHY OF TAKING THE TIME TO ENJOY THIS STEP.

Allow it to be fun! Fun gets it done!

Also this section includes 7 recording tips.

# THE RITUAL

You are a divine being in physical form. This ritual is all about honoring your divinity and embracing the embodiment you are stepping into. This can be as simple or elaborate as you wish to make it.

Ask yourself: *how does the version of me who lives these truths dress?*

*How does the version of me who lives these truths honor her body, mind, and spirit?*

*How does this version of me nourish her body before setting out for accomplishing something?*

And DO IT:

## Anchor 1: getting ready

Get a nice bath, pamper yourself, nourish your body as this version of you would. Tea perhaps? A quiet meditation or a long walk? There is no right or wrong way to do this.

## Anchor 2: the outfit

Pick an outfit that makes you feel badass/sexy/ powerful/ healthy/ rich AF (whatever the descriptor is for what you are looking to embody) and worthy AF. Also choose something comfortable enough so you aren't worried about breaking an ankle when recording.

## Anchor 3: the object

Pick a crystal and/or piece of jewelry that (1) makes you feel into this version of you and (2) has fresh energy to you (aka that you haven't used a ton before or you don't already associate it with someone or something.) The next page has crystal recommendations.

## Anchor 4: cleansing

Cleanse your space, clothes, and the object before recording by sageing the room, spraying rose water, or just taking a moment to dance and move the energy imagining any energies that don't serve you leaving the room.

# CRYSTAL RECOMMENDATIONS

At the end of the day pick the crystal (or object) that calls to you, but here are my recommendations:

**Clear Quartz** - the most versatile choice! Quartz is the living embodiment of power. It is considered a "master healer" and it is said to amplify energy by absorbing, storing, releasing, and regulating it,

**Rose Quartz** - gearing up for love? Rose Quartz is the love stone. It restores trust and harmony in relationships (romantic, self-love, friendship, etc). It purifies and opens the heart at all levels to promote love, self-love, friendship, deep inner healing and feelings of peace.

**Smokey Quartz** - looking to leave painful memories in the past and begin anew? Smokey Quartz disperses fear, lifts depression and negativity. It brings emotional calmness, relieving stress and anxiety. Promotes positive thoughts and action.

**Citrine** - ready to embody light itself? Citrine is the stone of manifestation, imagination, and personal will. Carrying the power of the sun, it is warm and comforting, energizing and life giving.

**Pyrite** - lucky you! Pyrite is known as a stone of luck, helping to attract abundance, wealth and prosperity to the user, via its creative energies of manifestation, and its encouragement of following one's dreams

**Blue Lace Chalcedony** - LIVE YOUR TRUTH! This is the stone of communication and calmly speaking your truth with mental flexibility and verbal dexterity.

**Black Tourmaline** - looking for stability and setting some boundaries in your life? This is a stone of purification, cleansing the emotional body of negative thoughts, anxieties, anger or feelings of unworthiness.

## Clarification:

You will be making 1 audio recording of ALL the affirmations in one recording

## RECORDING TIPS

Tip 1: Record while standing in a power pose. Ever heard of Power Poses? Check out Amy Cuddy's TedTalk on Power Poses -- it is so dope! Pick one that feels good to you. Allow yourself to speak your affirmations from a position of power.

Tip 2: Speak as if it is already done ✓

no begging.

no pleading.

no hoping.

OWN IT!

Tip 3: Add these two affirmations (you can put them into your own words). The point is to start by affirming the affirmations/ subliminal

- *I am open to forming new beliefs based on these affirmations*
- *My subconscious receives positive affirmations with ease*

Tip 4: If at the end you're on a roll speaking these affirmations out loud, feel free to riff. Pretty much this is your permission slip to allow yourself to flow free and go off script. Remember the point of this is that you are directly speaking to your subconscious mind that deal with your body's functions, autopilot, deep seated beliefs etc.

- *"thank you, my beautiful body for \_\_\_\_."*

Tip 5: Release any perfectionism, stickler, or judging tendencies. If that is the energy you create it in, that is the energy you will receive back. If you find yourself getting judgey, allow yourself to become present and dance off the energy. This gets to be fun!

Tip 6: I find recording in QuickTime is easiest, plus most computers already have it.

Tip 7: Use a mic or headphones to get the best audio quality.

Thank you for coming to my Gem Talk

*You're magnetic!*

