

Rewiring Beliefs



SUBLIMINAL BUILDER

a 5 day launchpad to embodying your next iteration of you

Day 5

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TODAY



Step five: Receive + Embody

Receive your subliminal recordings and learn how to use them. Also, enjoy some journaling questions for conscious embodiment.



05 Receive + Embody

You made it to the last step!

When you receive these subliminals allow your subconscious mind to soak them up by listening to them every day for the 90 day period.

You will have 4 recordings.

These waves are created through Binaural or Isochronic Tones being added to the soundtrack. On the next page I'll discuss how to use these recordings and what to expect.

This section also contains journaling prompts to embody this version of yourself consciously. Use these embodiment exercises over the next couple of weeks to stay in alignment with your vision.

RECEIVE

You will now have your 4 recordings:

1. Theta Waves

- Theta activity has a frequency of 3.5 to 7.5 Hz and is classed as “slow” activity. It is seen in connection with creativity, intuition, daydreaming, and fantasizing and is a repository for memories, emotions, sensations. Theta waves are strong during internal focus, meditation, prayer, creativity, and spiritual awareness.
- use this one when you are meditating

2. Alpha Waves

- Alpha activity has a frequency of 8 to 14 Hz. When you are in an alpha state, your brain is focused and productive. Alpha brain waves help you to relax and focus, reduce stress, maintain positive thinking, increase your learning capacities, and easily engage in activities and the environment because you are in a state of flow.
- use this one when you are reading or doing creative work

3. Delta Waves

- Delta activity is the lowest frequency state at 1-4 Hz. When you are in a delta state your brain is accessing deep sleep, healing and pain relief, and strongest access to the subconscious mind. Also, in this state your body is releasing anti-aging hormones: cortisol reduction and increased DHEA.
- use this one when you are sleeping (your subconscious is most open to receiving right before sleep).

4. Beta Waves

- Beta activity has a frequency of 14 to 30 Hz. Beta waves are associated with focused attention cognitive thinking and problem solving. If you're doing work and Alpha waves are feeling too "sleepy" switch to Beta.
- use this one while working or problem solving

EMBODIMENT

Moving forward for conscious embodiment work here are some journal prompt suggestions to support you in finding your next step:

Anchor Embodiment

Anchor 1:

Remember your getting ready Ritual? Use it to get into the vibration of that embodied version of yourself. Journal about what comes up. What would it look like if you did this ritual weekly? Daily?

Anchor 2-3:

Remember that outfit you wore and the jewelry / crystal object you held when you recorded your affirmations? You can use it as a physical reminder. Every time you put on that outfit, feel into that state of being. Every time you touch that object feel into that state of being. And remember who the fuck you are! Choose to wear that outfit once a week to keep feeling into your most magnetic self.

Journal Prompt: Write a declaration statement in your journal of what it means when you wear that outfit or hold that crystal? What are you committed to? What are you honoring within you? What are you open to receiving? What energy are you calling in? What energy are you releasing?

Anchor 4:

Cleansing the space! How frequently do you cleanse your space? What does it feel like to take ownership of your space and move the energy with dance, sage or rose water cleansing? You have 3 homes: your body, your environment (car, room, house, etc), and Earth. How does this version of you take care of your homes? Take an hour to listen to your Alpha subliminal recording and cleanse one space. Perhaps your purse, your car, organize your desk, etc. What did you find?

EMBODIMENT

Future Pacing

What is it?

Future pacing is a NLP form of journaling where you are writing a journal entry as if you are in the future having already experienced what you desire. This allows yourself to feel into already having that experience.

The point of Future Pacing is to connect to that version of you and make your subconscious mind feel safe having that version of you here now. The unknown can be super scary to the subconscious mind, so this technique will transform the Unknown into Possibility. Allow yourself to lean into possibility in these journal prompts, while knowing that the Universe will most likely manifest in a way that will surprise you, since there are infinite ways to receive your desires. In short: release "the how" in these journal prompts and lean into what it feels like AFTER you have received your desire.

Journal Prompt 1:

Imagine it is 90 days from now: write a journal entry of what your day is like now (aka 90 days from now). What are you grateful for? What surprised you? How does it feel? What have you been up to? What was the last 90 days like? If the dear diary format feels forced, write it like a letter to a close friend who is super curious about you and WANTS to hear all the little details of your life.

Journal Prompt 2:

Imagine it is 90 days from now: what is your schedule like? What are your mornings like? What are your afternoons like? What are your evenings like? What do you take time to do? Write as if you are living it now.

- What is 1 thing you can adopt today from the things your future self is already being or doing?

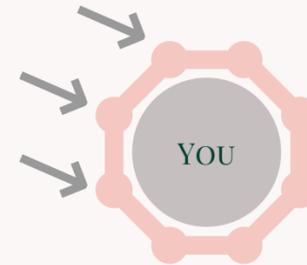
EMBODIMENT

Identity Writing

When your concept of self shifts, it starts a ripple effect influencing the actions you take and what you receive into your life. The reality is that you have a Varied Self, meaning: you have many aspects to yourself. Your Varied Self is the truth of all that you are: some of which makes up your identity. This is a 3 day exercise to use AFTER you receive your subliminals

The Grey Circle area is all of you that contains the infinite expressed and unexpressed aspects of who you are.

The grey arrows are pointing to the Pink Bubbles outer crust area represent the aspects of you that you consistently express, ergo making up your identity, which people can see.



Day 1:

Describe the version of you who already has what you want.

- Who is she? How does she identify herself?
- What does she recognize herself for?
- “She’s the type of person who...”

Allow yourself to free-write without analyzing it.

Day 2:

The next day, look back at what you wrote, then write out the ways you already see that identity within you. Find proof from your past no matter how small. You can even pretend you’re a lawyer going to court! Prove that identity is already within you. Feel free to keep adding to this proof list over the 90 days. This will support you in recognizing what you desire is already within you.

Day 3:

Journal about what would feel really good to lean into? What would feel really good to amplify within you? What would feed into that identity just a wee bit more by embodying it this week?

PS: This is a great exercise for coming up with your Identity Statement explained on page 08.

Thank you for coming to my Gem Talk

*You're
blooming!*

