

ALL IN ON YOU 2.0

A COMPASSIONATE RETURN TO THE GODDESS WITHIN

Practices and Rituals
to Embrace the Divine Feminine Within



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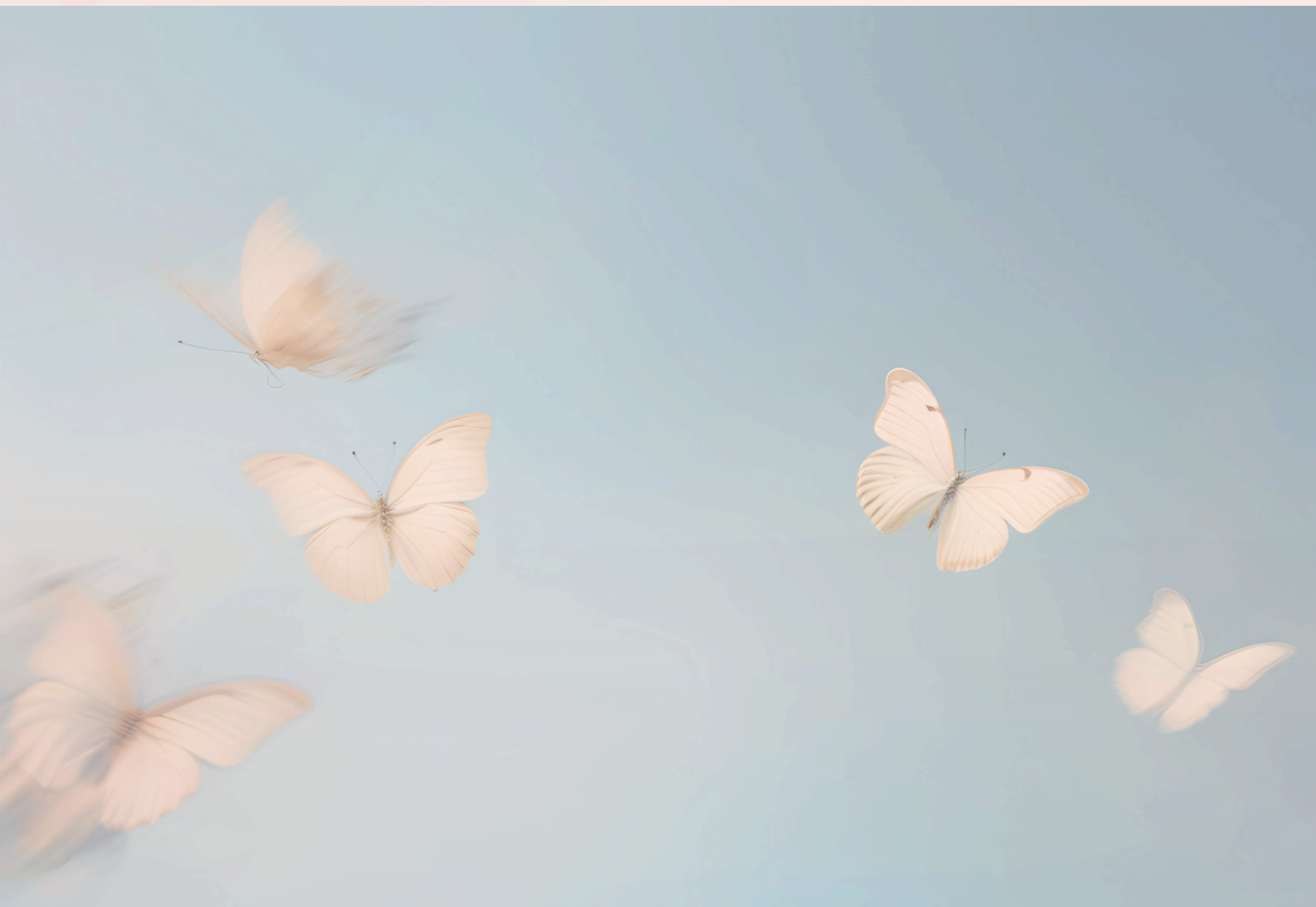
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“The culmination [of pure love and becoming whole] is when the trauma or wound has left the body altogether, so we no longer have to”

Meggan Waterson, Mary Magdalene Revealed





WELCOME BEAUTIFUL SOUL

This workbook is your gentle guide for integration offering simple, repeatable practices you can return to whenever you need grounding, clarity, love or a reminder of who you are- the Divine Goddess you embody.

Move through it in order or let your intuition lead. Ten to twenty minutes once or twice a week is plenty.

Create a small ritual: light a candle, place a hand on your heart & breathe. Your connection to inner wisdom is that simple, and available to you at all times.

7 FEMININE ARCHETYPES

Discover your Feminine Archetypal Goddess

[Link to Feminine Archetypes Quiz](#)



uLu Design

Ancestral veneration practice from the passed down orally from the Mu Grandmothers of Lemuria to present day Hawaiians. Originated from the Star beings who encoded humans with the God source sovereignty code which is in our DNA and spinal fluids. uLu calls Christ Consciousness back into our bodies so we may live with ultimate freedom to love ourselves and others as we are meant to.

Warm up: To engage vagus nerve and begin pumping spinal fluid from sacral vertebrae to base of head, C1 & C2 vertebrae (Atlas & Axis)

Press feet into the floor below, grounding you into the earth. Gently rock pelvis back and forth (do this for steps 1, 2, & 4), settling into your seat, pressing sit bones into the surface supporting you below. Lengthen spine while imagining an invisible string 3 inches above your head elongating your back through your neck and up through your crown chakra. Roll shoulders back and down, tuck tailbone slightly under.

Breathwork patterns: Ah-Ha, Oh-Ho, Oooo-oooo

Cup right hand below belly at sacral chakra, left hand on top to support. Breathe in and say Ah (softly or loudly), mouth rounded, open as wide as possible. Breathe out and say Ha, soft and measured.

Bring hands slightly into front of your heart. Repeat for Oh-Ho,

Rest hands gently in lap. Repeat for Oooo-oooo,

Breath of Fire (90 seconds), followed by a swift uplift of arms above your head, palms facing one another, bringing navel to spine, pulling slightly upward. Hold for as long as possible. Keep the neck straight to allow spinal fluid to flow.

Step 1: Honoring & Merging (Amakoowa). To acknowledge, thank, and honor both the Divine Feminine (lumbar, lunar, the being) and Divine Masculine (thoracic, solar, the doing) for serving us in great ways. To allow the merging of both energies to exist in total balance and alignment (in cervical spine). Invoking ancestors to assist us in the Hala practice.

Raise left hand (DF, Unipihili). Speak words of reverence, love, and peace to your DF as you give her permission to reside fully in your heart and requesting she guide you to be a leader of love. Place left hand on sacred womb space.

Raise right hand (DM, Uthane). Speak words of forgiveness and compassion for the conditioning males received when recoded with the need for power, prestige, and control at the expense of the DF. Thank DM for protecting you and keeping you alive in times when you could have died emotionally and/or physically by showing you how to fight or flight. Lower right hand to heart center.

Allow the merging of DF and DM. Watch them embrace and accept each other. Witness the DM acknowledging the DF as an intuitive leader, guiding DM out to protect and serve. Say **po'oovai** (I open my heart wider) to allow each other the fullest expression of love, understanding, and forgiveness.

Say 3x out loud or sing: **Aloha Ma**

Step 2: The Hoe (hoy). The fundamental practice, preparation for the Hala.

Hxe (DF, coccyc) ~ Tay (DM thoracic) ~ Ha (Creating auric field)

Hxe (sounds like Shu): Right hand up, left at sacral, right hand sweeps down and through sacral. Spine erect on top of pelvis. Illuminating the bowl of light.

Tay: Hands at chest 3-6" out. Chest propels forward to meet hands, keep hands loose. Spine is arched.

Ha: Arms swoop back of head forward. Spine relaxes. Decalcifies the back of heart in order to receive. Surrender and release.

Repeat pattern until you feel you are finished.

The undulation of the spine is most important and achieved by rocking the pelvis back and forth while doing these movements. The spine is responsible for moving the fluid from base to third eye and encoding the body with source energy.

Step 3: 33 Tones of each vertebrae (Eveekoohomo). Please reach out to Amanda if you would like the tones.

Step 4: The Hala

Part 1: Same pattern for Hxe and Tay above but instead of brushing from back of head on Ha, arms go up out to the side (back arched).

Part 2: Hxe ~ tay ~ arms up on this Ha. Keep neck straight whenever arms go up to allow the fluid to flow.

Part 3: Repeat part 1

Part 4: Left arm up, hand to center of head, followed by right arm/hand so both hands meet at crown then release both down in a flower blossom motion.

Amakoowa, the materialization of spirit and matter. is fully actualized here. Sit for same amount of time as you spent in Hala (recommend at least 5 minutes for each.)

DMT BREATHING & CHAKRAS

Scan this QR Code to Practice DMT Breathing



Scan this QR Code to Learn More About Chakras



HEART ACTIVATION BREATHING



Feel safe and settled in your body with this short breathwork exercise designed to regulate emotions and stress. Syncing your brainwaves and heartbeat aligns your thoughts with your feelings. Bringing the left brain (intellect/brainwaves) into cohesion with the right brain (emotions/heartbeat) fosters clarity and truth about situations which may be troubling you.

1. Place right hand over heart, left hand on abdomen.
2. Start with easy breaths in and out. Envision your safest, most peaceful place.
3. Turn attention to breathing in and out through your heart.
4. On inhale, extend the belly to engage vagus nerve. Feel each inhale and each exhale physically pass through your heart.
5. Breathe more deeply in and out through heart, bringing yourself to a state of calm.
6. Think of something that is troubling you. What do you need to know about it to feel safe?
7. Say to yourself “All I need to know about this situation is ____.”
8. Sit in this knowing and this peaceful feeling for a few minutes.

GROUNDING, CORD CUTTING & LIGHT WASH

Close your eyes or soften gaze. Sitting up, get comfortable, and even more comfortable, now even more comfortable. Place hands wherever it feels right (right hand on heart, left hand a few inches below belly button, or palms up resting on legs, or palms resting on your knees).

Scan your body from top to bottom for areas of tension. Relax jaw, tongue, shoulders, throat, heart, pelvis, all the way to toes. Release any tension you are holding.

Imagine tree roots extending from the soles of your feet wrapping around the core of Mother Earth, connecting you to the physical space. Pull that beautiful high frequency energy up into the core of your being, your solar plexus.

Lengthen spine, imagining an invisible string pulling you up as vertical as possible.

Open crown at the top of your head to allow light from the universe to flow through you.

CONT.

Imagine Archangel Michael to your right holding a beautiful, shiny silver sword. Now envision the people who have attached their energy to you. See an invisible cord connecting them to you. Ask Michael to sever the cord. On the count of three watch his sword come down and sever the energetic connection. Ask Archangel Raphael to seal the ends so those people can no longer attach to you.

Acknowledge the light pouring in through your crown chakra. Welcome it in to wash all energy that feels heavy, negative or does not belong to you.

Slowly allow the warm, comforting light to enter your crown and move down through your energy centers (chakras) taking with it all that does not belong to you. Let the light fill all the spaces, all the hurt and pain inside of you.

Let the light wash it away, down and out through your tree roots, giving it back to Mother Earth. Send it down through the roots of your feet with compassion and love, returning it back to the earth.

Replace the pain with bright glimmers of silver and gold love, brightening your entire being starting in your heart space and spreading to the rest of your body, then to the world.

Let yourself feel safe and secure in this space. Right here, right now, you are okay.

METTA MANTRA



May I be happy
May I be healthy
May I know freedom
May I walk the world with ease

Now repeat for your loved ones first,
then acquaintances, then strangers,
then adversaries.

May they be happy
May they be healthy
May they know freedom
May they walk the world with ease



TONGLEN MEDITATION

Tibetan Buddhist meditation practice that aims to cultivate compassion and interconnectedness. The word "tonglen" translates to "giving and taking" in Tibetan. Breathing in another person's pain and then breathing out what can benefit them.

- 1) Find a comfortable seated position: Close your eyes and focus on your breath.
- 2) Visualize a person or situation that is causing suffering: Imagine their pain, fear, or discomfort.
- 3) Breathe in their suffering: As you inhale, mentally take in the suffering of the other person, imagining it as a dark cloud or heavy weight entering your body.
- 4) Hold the suffering with compassion: Allow the suffering to be present in your body without judgment or resistance.
- 5) Breathe out healing and compassion: As you exhale, imagine sending out a wave of love, peace, and healing to the person or situation that is suffering and/or causing suffering.
- 6) Repeat steps 2-5 several times, gradually expanding your compassion to include more people and situations.

HEALING DOULA ACADEMY PRAYER

Thank you to the healers who paved this path.

Thank you to the women who came before us.

Thank you to the ancient ones who ensured this ancestral magic continued.

Thank you to the waters who allow us to flow with this wisdom.

Thank you to the air who carries the messages that we may need on this journey.

Thank you to the great Mother Earth that holds us.

Thank you to the fire that burns all bridges blocking us from our blessings.

May we serve others and our highest selves with faith, love, and trust in the Universe and its spirits.

Thank you. Thank you. Thank you.

MANTRA

Bhakti Alchemy is the art of turning emotion into energy and energy into devotion. Through mantra, breath, and sound, we transmute heavy patterns and re-tune the nervous system toward clarity, courage, and compassionate action. These mantras work with themes of the divine feminine, healing the mother wound, connection with source and cultivating life force energy for creation and service. Bhakti/devotional practice is mantra tied to outward expression, gratitude, embracing the divine.

WAHE GURU

You and every person share a common nucleus; a still point that is by nature infinite. It is both before and beyond our normal sense of time and space, and yet gives birth to all that is experienced in time and space. It is an empty stillness from which all things arise. We enter that by creating a state of shuniya or a deep inner stillness that is not lack or absence, but the formless infinite ground from which divine wisdom & presence emerge. It is not “nothing” in a nihilistic sense, but the womb of possibility.

Click the link below to practice Humee Hum (Wahe Guru):

[Humee Hum by Jai Chand & Grayson](#)

Humee Hum, Tumee Tum, Wahe Guru;
I am Thine, in Mine, Myself, Wahe Guru

TANTRIC HAR

The mantra of Kundalini Yoga "Har" is one of the aspects of the creative energy of the Universe. This is the sound of the heart. This mantra has the power to clear all the blocks that separate you from living an abundant life. This meditation stimulates the mind, the moon center and Jupiter. According to Kundalini Yoga, abundance comes through the heart. The Sanskrit mantra, “Har,” translates to “God as the Creative Infinity,” and affirms our ability to co-create. We can work with this mantra to amplify creative life force energy flow.

Click the link below to practice Tantric Har:

[Tantric Har by Maya Fiennes](#)

MANTRA

MA MANTRA

The significance of the "Ma" (or Maa) mantra lies in its connection to the Divine Mother, the universal creative feminine energy, and the cycle of life. Chanting "Ma" is a practice within traditions like Kundalini Yoga invoked to honor the Mother Goddess, connect with the universal mother energy, foster inner peace, receive compassion and protection, and help regenerate and transform oneself through the cycles of existence.

Click the links below to practice Ma Mantra:

[Ma Mantra by Llv Avtar](#)

Soft "Ma" toning

Meaning: The primal mother sound.

Why: Direct nervous-system co-regulation; zero theology needed.

How: Hum → whisper "ma" on the exhale

One hand lower belly, one hand heart.

[Hey Ma by Sari Seramor](#)

The Core Mantra: "Jaya Jagadambe Ma"

- Meaning: This phrase is Sanskrit, translating roughly to "Victory to the Mother of the Universe."
- Jagadambe = "Mother of the World/Universe"
- Ma = Divine Mother
- Jaya = Victory, praise, or triumph

This is a devotional invocation. It's not just words, it's a vibrational key. Repeating it helps call in the energy of the Divine Feminine, the archetypal Mother force that nurtures, protects, and destroys illusions.

The Invocations: "Durga" and "Kali"

- Durga: The fierce, protective goddess who rides a lion/tiger and defeats demons. Invoking Durga here is calling on protective strength, boundaries, and fierce compassion.
- Kali: The goddess of time, destruction, and transformation. She cuts away ego, illusion, and stagnancy. Invoking Kali is like saying: Burn away what no longer serves, so I can be free.

MANTRA

SHIVOHUM

I am Shiva. I am the very form of the unbounded consciousness. I am eternal. I am pure. I am intelligent. I am free. The bliss of non-duality.

Click the link below to practice Shivohum:

[Shivohum by: Silver Wattle](#)

Namaḥ Śivāya, Paraṁ Pūrṇam, Śivo'ham, Śivo'ham.

Word-by-word:

Namaḥ = reverence, salutations, “I bow”

Śivāya = to Śiva (dative case)

Paraṁ = supreme, highest

Pūrṇam = fullness, wholeness, perfection, completeness

Śivaḥ = Shiva (pure consciousness/auspiciousness)

aham = I

Śivo'ham = “I am Śiva”

AAD GURAY NAMEH

In Kundalini practice, this mantra is referred to as the Mangala Charan Mantra. In many teaching resources, this mantra is considered a protective / blessing / tuning-in mantra — invoked before beginning a class, ritual, or journey (even “before driving a car”) to align the field, invoke wisdom, and create a shield of subtle protection

Click the link below to practice Aad Guray Namay:

[Aad Guray Namay by Jai Chand & Grayson](#)

I bow to the Primal Wisdom, I bow to the Wisdom of all the Ages, I bow to the True Wisdom, I bow to the Great Divine Wisdom.

Aad Guray Nameh

Jugaad Guray Nameh

Sat Guray Nameh

Siri Guru Dayvay Nameh

CREATING YOUR OWN MANTRA

A personal mantra is a short, powerful phrase that you repeat to yourself to inspire, motivate, and focus your mind. To create your own, the process involves a few simple steps of introspection, positive framing, and consistent practice.

Step 1: Reflect on your focus or intent

Take some quiet time to think about what you want to address in your life. Consider areas such as:

- What you want to cultivate: Do you want more peace, confidence, strength, or calm?
- What you want to overcome: Are you struggling with anxiety, self-doubt, or negative thought patterns?
- What you value: Identify your core values, such as love, courage, or growth, and how you want to live by them.

Step 2: Write it in the positive and present tense

A mantra is not a future goal; it's a present truth.

- Use "I am," "I have," or "I will" statements. This makes the mantra a declaration of current reality and beliefs.
- Avoid negative words like "not" or "never." Frame it positively, such as "I am calm and at peace" instead of "I am not anxious".

CREATING YOUR OWN MANTRA

Step 3: Keep it simple and personal

An effective mantra is brief and easy to remember.

Aim for a short sentence or a few words that resonate with your unique journey.

Say the mantra out loud. If it feels authentic and empowering, you've found your phrase.

Step 4: Practice and commit to your mantra

Repetition makes a mantra powerful.

Repeat it daily—in the morning, before bed, or during moments of stress.

Make it visible. Write it on a sticky note, use it as your phone's screensaver, or keep it in your journal. This helps you remember and internalize the message.

Here are some example mantras:

For confidence: "I am enough" or "My presence holds power".

For peace: "I am grounded and centered" or "I embrace peace and tranquility".

For resilience: "I am strong and resilient" or "I refuse to give up".

For anxiety: "I am safe in this moment" or "This, too, shall pass".

PRIMORDIAL MOTHER

I return to the womb of the Mother. I am held, nourished, and renewed.

Lie back or sit comfortably.

Place a hand on the heart and another on the womb.

Close your eyes. Feel the rise and fall of your breath. Imagine the earth cradling you. You are safe, you are held, you are home.

Guide your breath down into the belly, slow and deep.

With every exhale, you are sinking into the embrace of the Primordial Mother. She is the vast, timeless womb. Her darkness is not empty—it is full, fertile, and alive with potential.

Here she is—the Mother before all mothers. She is the hum before creation, the ocean of sound, the stillness before the first heartbeat.

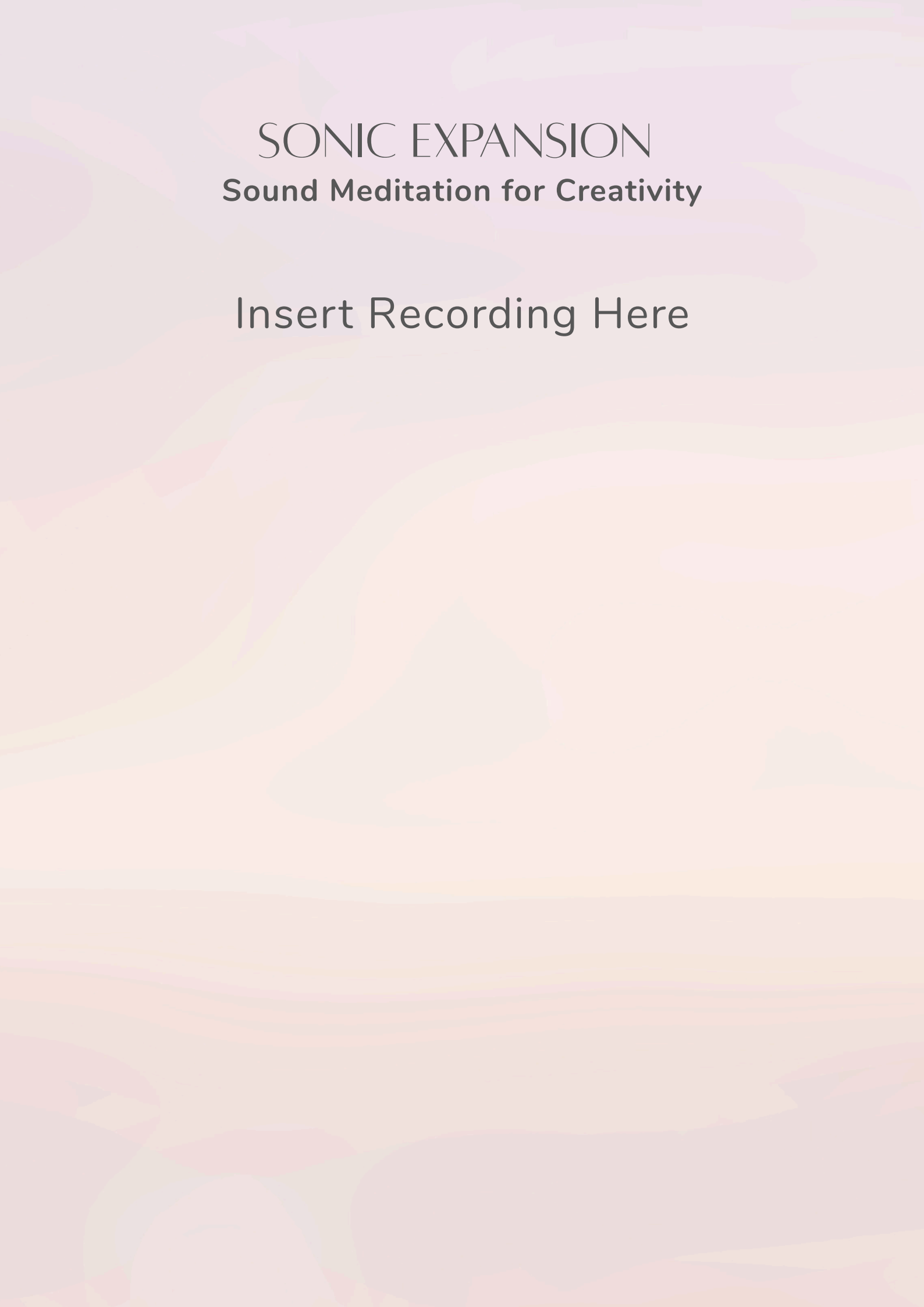
Let her hold you. Let her remember you back to yourself.

What does the Mother wish to return to me? What part of myself has been waiting in her womb to be reborn?

You are rising now, carrying the Mother's embrace within you. Her womb is your womb, her rhythm your rhythm. With gratitude, return to this circle, awake, whole, and renewed.

Journal Prompts:

- What part of me has been waiting in the womb of the Mother to be reborn?
- How can I allow myself to be held with more compassion?
- Where in my life can I soften and let the Mother lead?
- What womb wisdom do I want to carry forward from this retreat?



SONIC EXPANSION

Sound Meditation for Creativity

Insert Recording Here

JOURNAL PROMPTS

Self-Compassion

- What is present in my body right now? (3 sensations, 3 emotions, 3 thoughts)
- If kindness were a temperature in my chest, what would it feel like?
- “Today, care looks like...” (finish the sentence 5 ways)

Self-Mothering / Root Repair

- A tender message my younger self needs to hear today is...
- What helps me feel mothered by me? List three practices and when I'll use them.
- Where have I learned to over-give? What boundary would feel loving—not punishing?

Loving-Kindness (Metta)

- Write Metta to yourself: “May I be safe/kind/at ease.” What shifts if I really let it land?
- Extend Metta to someone I love, someone neutral, and someone difficult—what changes in me?
- What gets in the way of offering kindness to myself? What soft, doable step could begin to change that?

JOURNAL PROMPTS

Grief, Release & Renewal

- What grief or heaviness is ready to be acknowledged (not fixed) today?
- A goodbye letter to one thing I'm releasing; a gratitude line for what it taught me.
- What does relief feel like in my body, even 1%?

Subtle Body / Chakra Check-In

- Which energy center feels most alive or quiet? (Root, Sacral, Solar, Heart, Throat, Third Eye, Crown)
- If that center could speak, what would it ask for?
- Color scan: What color does my body want more of? Where?

Vision, Third Eye & Pineal

- In the stillness, what wants to be seen?
- The symbol/image I received today means... (free-associate for 5 minutes)
- If clarity spoke one sentence about my next season, it would say...

RITUALS

Daily Touchpoints to Continue Meeting Yourself in Deep Connection

Sunrise Metta + Breath (5-7 min)

You'll need: tea/water, a quiet spot

Steps:

Hand to heart, inhale 4 / exhale 6 for 1 minute.

Whisper Metta: "May I be safe. May I be kind to myself. May I live with ease."

When settled, extend the same phrases to one person you love, one neutral person, and one challenge.

Optional: End with a single soft hum on the exhale.

Womb-Warmth Reset (8-10 min)

You'll need: warm pack or hand warmth

Steps:

One hand on lower belly, one on heart; slow breathing.

Visualize a golden ember in the pelvis brightening with each inhale.

On each exhale, whisper a soft "ma...", letting the belly soften.

Close with one sentence: "Today I create from enoughness."

Subtle Body Flow (6-8 min)

You'll need: a mat or chair

Steps:

Pelvic rocks → gentle spinal wave (seated or standing), 1–2 minutes.

Shoulder rolls, jaw release, tiny neck circles.

Trace an inner "river" from womb → heart → throat → third eye with breath.

Two whispers of "har" (creative life-force) on the exhale to seal.

Optional: 30–60 seconds of very soft sound (bowl or favorite track).