



# *The Solar Code*

Spiritual Empowerment - Crystal Skull Technology & the New Human

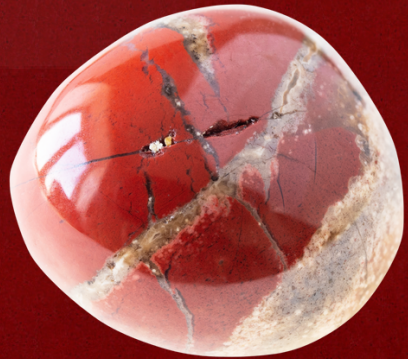
Uluru, Australia

**E m b o d i m e n t   K i t**



# Uluru: Crystal Grid Frequencies

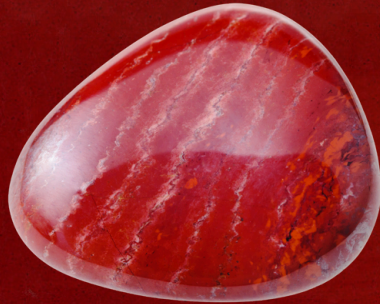
**Tap into the crystal frequencies from the Uluru Grid to support you to embody the frequencies and themes of this journey. Keep one by your desk or in a pocket, wear as jewellery or place by your bedside table to enhance your downloads and shifts.**



**Brecciated Jasper**



**Rainbow Jasper**



**Snakeskin Jasper**



**Smoky Citrine**



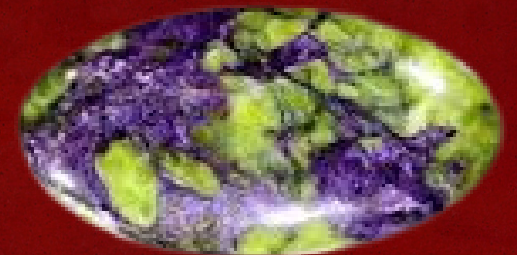
**Citrine**



**Crystal Skull**



**Chiastolite**



**Atlantisite**



# Somatic Embodiment

**Somatic Embodiment takes the integration of your Uluru 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

## **Solar Plexus Decoding & Reclaiming Sovereignty**

**Purpose:** Release old solar overlays (power distortions, spiritual subservience) and re-anchor personal sovereignty.

**Practice:**

- Lie down with both hands on your solar plexus.
- Breathe into this space for 7 breaths.
- Begin to tap gently (with fingertips) in a rhythmic pattern — activating memory release.
- Speak aloud: “I reclaim the codes of spiritual authority. I release all false hierarchies.”
- Feel for heat, tension, or movement. Stay until the sensation shifts.

Optional: Place a yellow crystal (like citrine or golden healer quartz) on the solar plexus to amplify.



# Somatic Practices 2

## Touch and Track Cellular Repatterning

**Purpose:** Recalibrate the nervous system to receive the crystalline skull frequencies from Uluru.

**Practice:**

- Gently place one hand on the heart, one on the forehead (third eye).
- Breathe into both spaces at once.
- Notice any micro-movements, shivers, tingles — allow them.
- Imagine your light body interface activating behind your skin — merging the nervous system with crystalline intelligence.

**Watch Emma's Youtube video - [Clearing & Awakening the Solar Plexus](#)**



# Uluru: Affirmations

🌀 I reclaim my vital life force

I detach from the need for others to see me in any certain way

♥ I am walking in my own unhooked sovereignty

I release old programmes and ancestral patterns, clearing all that no longer serves my highest good

♥ I allow compassion, balance & divine will to flow through me, birthing a new empowered sense of self.

I trust that others are capable of healing without my rescuing, saving or over involvement

● I trust myself to recover fully when I get it wrong

I honour my solar plexus chakra, embodying confidence, willpower & the ability to co-create my dreams



# Spiritual Technology: Crystal Skulls

**Crystal skulls have been found near ancient Aztec and Mayan ruins. Legends say the ancient Maya possessed 13 crystal skulls which, when united, hold the power to save the Earth.**



**They are known to:**

- **Store & transmit wisdom & knowledge**
- **Amplify focus & intent**
- **Support the co-creation & shaping of your reality**
- **Transmute blocks & old patterns**
- **Connect to ancestral guidance**
- **Support past life connections**
- **Unlock ancient wisdom**



# Embodying Crystal Skull Technology

**Crystal Skull energy is amplified by the crystal energy it is crafted from, for example:**

- **Amethyst: Third eye awakenings & connections**
- **Rose Quartz: Compassion & Higher heart openings**
- **Labradorite: Insights & Connection to higher realms**

**Integrate your Crystal Skull in:**

1. **Crystal Grids - to act as a focal point & amplifier of your intentions & dreams**
2. **Meditation - after cleansing, sit holding your crystal skull for 5-10 mins each day with the intention to create a deeper connection to it. Remain open and journal any insights or downloads that come through to you.**



# Uluru: Embodying the Key Themes

Further Embodiment resources for Temple Members to tap into...

## **Ancestral/Multi-Dimensional Clearing:**

- [Multi-dimensional Ancestral Lineage Clearing Activation](#)
- [Awaken Cosmic Codes CMGJ](#)
- [StarWhale Codes Workshop](#)

## **Recalibration & Frequency Matching:**

- [Spider Magic Activation](#)
- [Rebirth Shamanic Activation](#)
- [Claiming Your Self Worth Activation](#)

## **Spiritual Empowerment & Sovereignty:**

- [London Stone CMGJ](#)
- [Empowerment Workshop](#)
- [Solar Plexus Activation](#)



# Embodiment Prompts

Grab your journal, sketchbook or audio recorder..

- **Where do you feel most empowered in your life, and where do you feel your power is diminished or blocked? What physical or emotional sensations arise in your body when you feel into or visualise your personal power? How can you create more emotional flow here?**
- **How can you honour the gifts and wisdom of your lineage, while consciously releasing what no longer serves your highest self? Could you create a ritual around this process?**



# Embodiment Prompts continued

- **Reflect on a situation where you sense you are repeating inherited patterns or limitations. How might decoding this programme create more space for empowerment & freedom in your life right now?**
- **What does 'surrender' look like to you? What might change if you truly trusted the unfolding of your personal journey?**
- **Where in your life could your inner fire use some nurturing? What actions, rituals, intentions or somatic practices can help you stoke this flame of self nurturance?**