



Cosmic Cord Reconnection

Kata Tjuta, Australia

Embodiment Kit

Kata Tjuta: Crystal Grid Frequencies

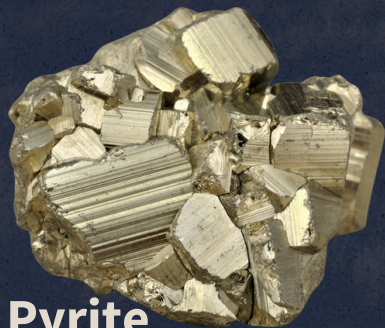
Here's a few of the Kata Tjuta crystals, which one are you drawn to? Keep it by your desk, work with it in meditation or place by your bed to support your Kata Tjuta integrations & embodiment



Brecciated Jasper



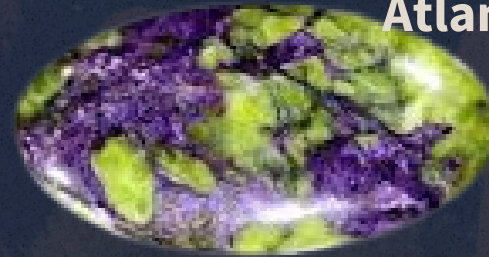
Rainbow Jasper



Pyrite



Smoky Citrine



Atlantisite



Crystal Skull



Citrine

Somatic Embodiment

Somatic Embodiment takes the integration of your Kata Tjuta 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 Empowerment Tap: To integrate the solar plexus clearing from Uluru and power restoration.

Practice:

- Gently tap the solar plexus (above the navel) with fingertips.
- While tapping, breathe in and out slowly.
- Say:
 - “I call my power back from all people, places, dimensions, and timelines.”
 - “I restore my sovereign will and stand in my divine authority.”

This anchors the empowerment coding of the solar plexus chakra within the body.

Somatic Practices 2

Rock Being Embodiment (Kata Tjuta Somatic Merge): To connect physically with the presence of the Kata Tjuta domes — seen as galactic elders or rock beings of light.

Practice:

- Stand still with feet wide and grounded.
- Bend knees slightly and imagine you are becoming one of the domes.
- Visualize being a massive rock being— ancient, still, vibrating with consciousness.
- Breathe into your bones. Feel the weight of presence.
- Repeat this mantra:
 - “I am the stillness of creation. I remember the stars in my bones.”

Do this after the journey to bring cosmic codes deep into your body.

Somatic Practices 3

Womb-to-Heart Breath (Cord Reconnection Breath): To rewire the body's awareness of connection to Source through the etheric umbilical cord.

Practice:

- **Sit or lie down, left hand over womb, right hand over heart.**
- **Inhale gently into the womb space, then exhale up into the heart.**
- **Inhale into the heart, exhale down into the womb.**
- **After a few rounds, visualize a golden umbilical cord extending from your womb to Source — beyond the stars, beyond the void.**
- **Affirm aloud (or silently):**
 - **“I remember my original connection. I am safe to receive. I belong to the Source.”**

Do this for 3–5 minutes, especially after the journey.

Kata Tjuta Affirmations

🌀 I remember who I truly am beyond the layers of story, karma, and ancestral imprinting.

❤️ I am the sovereign creator of my reality.

☀️ I trust myself to hold my boundaries and express my will with clarity and compassion.

● I am safe to stand in my power, shining my unique frequency into the world.

✨ I allow my etheric umbilical cord to return to Source, nourishing me with the infinite energy of creation.

⚓ I reclaim my power from all people, places & timelines, anchoring it back into my being.

Kata Tjuta: Embodying the Key Themes

Following the Uluru & Solstice journeys where we cleared cords and anchored the new solar template, Kata Tjuta focuses on reconnecting the etheric umbilical cord to the source point, rather than old energy-draining connections.

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

- Reconnection to Source - **City of the Goddess Temples**, CMGJ to Angkor Wat
- Refine & Purify your Ego - **Initiations for Spiritual Empowerment**, CMGJ to London Stone
- Connecting to Galactic/Starseed Lineage - **StarWhale Codes Workshop**
- Amplifying your Intuition - **Awaken & Activate Your Third Eye Chakra Workshop**
- Initiations around power, sovereignty & empowerment - **Awaken the Magician** (extra)

Using the Kata Tjuta image to tune in:

Before you revisit the journey or complete any journalling tune in the Kata Tjuta image (next page) and connect at a deeper level to the frequencies of this sacred site.

- **Vision:** Focus on the colours, shapes, and details of the image. Notice how the star light illuminates the site.
- **Sound:** Imagine the sounds of night-time wildlife, a breeze moving the sand, a gentle whisper of leaves in the tree.
- **Smell:** Breath in through your nose, can you smell the earth & the dry sandy air?
- **Touch:** What textures do you feel? The grittiness of the sand, the warmth of the rocks or rough bark of the tree?
- **Taste:** If you open your mouth can you taste the earthiness of the sand on the breeze?
- **Allow yourself to be fully immersed in the image**, letting go of any thoughts or distractions and take some deep, slow breaths



Embodiment Prompts continued

- **How does it feel when you are fully connected to Source; what feelings or sensations are you aware of in your body and what impact does this connection have on your day to day reality?**
- **Conversely, how does it feel when you are disconnected? Are there particular times or situations when you feel a lack of connection? Where do you feel the disconnection in your body and what sort of changes do you notice in your thoughts, behaviours or responses?**

Embodiment Prompts

Grab your journal, sketchbook or audio recorder..

- **Where in your life do you feel you have been “leaking” your energy or power? What situations or relationships come to mind, and how could you begin to clear or cut those cords?**
- **Reflect on a recent decision, challenge, or turning point. In hindsight, do you sense that Source energy was trying to guide you? What would it look like to trust that connection more fully in the future?"**