

## Sun Angel Certification: Spiritual + Psychic Development

### Practices & Embodiments:

*Copied from Week 1*

**Daily Golden Light Activation (Morning Ritual 10-15 min):** Visualize the golden rays of the sun pouring into your crown, filling every cell with radiant light. Let this light awaken your divine gifts and align you with your soul mission.

**Sacred Grounding Ritual (5-10 min):** Walk barefoot on the Earth, feeling your roots intertwine with Gaia's crystalline core, grounding your energy and connecting deeply with the Earth.

**Sun Gazing at Sunrise & Sunset (5-10 min):** Gaze softly at the rising and setting sun, absorbing blue light at dawn for intuition and red light at dusk for grounding. Feel the sun nourishing your light body.

**Full-Body Sun Bathing (10-20 min):** Bask your entire body, including your love organs, in the sunlight. The sun is a powerful transmitter of life force energy – let it recharge and activate your divine essence.

**Solar Water Blessing Ceremony (10 min):** Place a glass of water under the sun, charging it with intention. Drink this golden water to cleanse and nourish your radiant body.

*Copied from Week 2 - Daily Intuition Embodiment Practice*

### **Morning Intuition Ritual**

1. Center Yourself
2. Activate Your Intuition Key
3. Ask Your True Self (for a msg)
4. Receive the Message (and document it)

### **High Priestess Archetype Embodiment**

(review characteristics and observe where that is reflected within you)

*Copied from week 3*

Be mindful of your:

- Posture
- Smile
- Intake and Consumptions (Food, clothes.etc)
- Ways in purifying your channel (Crystals, frequency, incense, essential oils..)

### **Practice Sessions: Central Sun Column, Clearing the Field, and Your Channeled Third Eye Opening Technique**

*Copied from Week 4 ,5, 6*

#### **Observe and Celebrate Your Senses:**

Claircognizance – Clear Knowing

Clairsentience – Clear Physical Feeling

Clair empathy – Clear Emotion

Clairvoyance (Inner Vision & Symbolism)

Clairaudience (Clear Hearing)

Clairgustance (Clear Taste)

Clairsalience (Clear Smell)

#### **Clairvoyant Partner Practice Session**

*Copied from Week 7*

Ear Chakra Tapping: A Daily Ritual to Awaken Higher Hearing

Pineal Gland Press: A Sacred Practice for Activating the Third Eye

## Clairaudience & Clairgustance Practice Session

### Activate Your Voice - Post Session Notes from True:

#### Practice your light language daily

Bless your food, your water, your friends, your family, your home, your self... all with your codes. This doesn't require extra time. Speak light while you're driving, washing dishes, walking in nature, or sun gazing.

#### Bonus points if you practice on someone else

Offering your codes in service is one of the most powerful ways to deepen. Leave a comment below if you'd like to practice with a fellow Sun Angel!

#### Egyptian solar technique

Every day, face the sun and do lion's breath 3 times for 15 seconds each. This simple ritual is potent for activating the throat and receiving solar codes. Let the light pour into you and illuminate your expression.

#### Your commitment to authenticity

You made a sacred promise to yourself today.  
How will you choose to be more authentically expressed this week than ever before?

## Discover Divine Reality Creation

2-5 mins excitement ritual