

RESILIENCE ROADMAP for LUMINARY LEADERS

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Tips to Maintain Your Energy Amidst Global Uncertainty in Service to an Awakening Planet

As a Transformational Guide and Leader, it's essential to tend to your energy and to stay in alignment with your big picture vision during times of upheaval, dissolution and change.

During global elections, the holiday bustle, and as the planets do their shifting dance (hello, Retrograde Season and Age of Aquarius Epoch!), keeping your energetic frequency high is now as essential as brushing your teeth.

Why? So you can show up for those you serve, your loved ones—and let's be real, for yourself, as a turned-on, tapped-in, grounded and clear Wayshower and Guide!

A palpable buzz is in the air, as the whisper of this time of Great Awakening has echoed through intuitive channelings, told in Indigenous Prophesies and forecast through the Cosmos for millennia, and now, ever more loudly within the collective consciousness of humanity.

We came here for these times!

Traditional systems, our social, economic, institutional, monetary and geopolitical structures are shifting and with the comes the rumblings of profound change.

Something big is shifting, and you, my friend, are right in the center of it!

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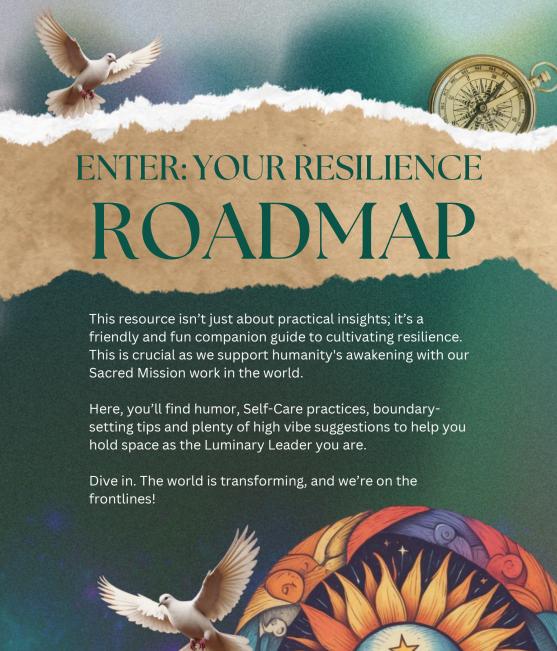
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ARE AT the BRONT LINES

I KNOW YOU KNOW THIS AND... I'm going to remind you because it's so important! Start your day by clearing any energetic debris you may have picked up from your environment or others. Simple practices like smudging with sage, palo santo, or using sound (e.g., tuning forks or singing bowls) can help clear your energy field.



Pro Tip:

After Christmas, make a smudge bundle with some of your pine Christmas tree. White sage is over harvested, and there are so many other abundant herbs for smudging—like that rosemary bush in the backyard! And let's not forget one of my favorite cleansing tools: SALT. Salt baths, salt circles, salt sprays... HEY SALT BAE, yes, sprinkle it around with flair! It's like giving your energy a little sprinkle of fabulous. You can also visualize yourself under a waterfall of white light, washing away any stagnant energy or go swim in one like we do here in Hawaii. A daily practice will keep your aura bright and your frequency high.



Grounding Techniques

Grounding yourself is crucial during times of change. Walk barefoot on the earth, lie on the grass, or spend time in nature to reconnect with the Earth's energy. I hiked down to the waterfall at our retreat center barefoot the other day and jumped into the falls... a 2-in-1 activation: cleansing and grounding!



Pro Tip:

If hiking barefoot sounds more like an invitation for a stubbed toe than a spiritual journey, you can ground while sitting on your back porch or lanai as we say in Hawaii with a cup of coffee. Just pretend your feet are growing roots while you sip your latte. Instant connection to Mother Earth!

To protect your energy, it's vital to set clear, sacred boundaries—both with others and yourself. Avoid overextending yourself and be mindful of taking on energy that isn't yours to carry. Remember that saying 'no' can be an act of self-love, allowing you to preserve your energy for what truly matters. In my circles, we REST to CREATE. We give ourselves ample time for slowing down, self-care, and filling our cups so they can overflow to our communities and families that need us.



Pro Tip:

You know those moments when you're seconds away from saying yes to hosting Thanksgiving, going to the full moon circle, and volunteering for the school bake sale all at once? That's when it's time to pause, breathe deep, and say, "I'll check my calendar." Translation: "NO, I need a crystal bath and a nap."

Breathwork and Bilateral Stimulation for Recalibration

Breath is life force energy. Incorporate breathwork practices into your daily routine to recalibrate your energy. Simple techniques like deep diaphragmatic breathing, box breathing, or alternate nostril breathing can instantly shift your energy and bring you back into alignment. These methods help calm your nervous system and move you out of fight-orflight mode, helping you respond to life's challenges with grace and clarity.



Pro Tip:

Add bilateral stimulation (like tapping alternate sides of your body or moving your eyes back and forth) to your breathwork practice. This simple but powerful tool helps balance your brain's hemispheres, regulate your emotions, and bring you back to a state of calm when external situations become intense.



Bonus Points:

Let's face it: sometimes, the political debates at the holiday table—especially with your Uncle—can get heated. But you don't have to! Practice deep, slow breaths combined with bilateral tapping under the table (no one has to know), and you can stay regulated, calm, and in control of your energy, no matter how intense the conversation gets. Just keep tapping...

5 Meditation and Visualization

Daily meditation and visualization practices will help you stay centered and connected to your Higher Self. Spend a few minutes each day visualizing your energy field expanding, filled with radiant light, and sealing in positivity. This will help you stay protected and uplifted.



Pro Tip:

If you're new to meditation, here's a trick: Picture your happy place. It could be lying on a beach, sipping a coconut, instant calm! My happy place? A cliffside trail down to the beach in Paia on Maui. Heaven!

6 Movement and Exercise

Physical movement is an excellent way to shift stagnant energy. Engage in activities that bring you joy, whether it's dancing, yoga, walking, or qi gong. Moving your body allows you to shake off any low vibrations and restore a sense of vitality.



Pro Tip:

Even if you're just dancing in your kitchen while waiting for the coffee to brew, it counts!



Bonus Points:

Bust out your old '90s moves while wearing a bucket hat (they're back in style!) Groove is in the Heart still hits and shifts right?



EVERYTHING WITHIN YOUR
EXPERIENCE IS HAPPENING
FOR AND THROUGH YOU TO
BE OF SERVICE TO YOUR
SACRED MISSION



7 Turn Off the News!!!

News cycles, especially during election time, can be overwhelming and draining. TURN OFF THE NEWS when you feel your energy drop! Stay informed, but avoid over-consuming content that activates fear, anxiety, or frustration. Protect your energy by setting limits on your news intake.



Pro Tip:

Take Control of Your News Consumption. Feeling overwhelmed by sensationalized media on TV? Turn it off. Instead, stay informed by reading carefully chosen news sources—it's much less triggering, and you control the pace. Set a specific time for yourself, like 20 minutes a day, to catch up on world events through your meticulously filtered media sources. This way, you stay in the know without being bombarded by fear-inducing headlines or drama. Remember, you're in charge of what you let into your mental space! And then return to your regularly scheduled programming...cute cat and dog videos:-D



Don't Allow the Elections (or any other event) Spin You Out

It's easy to get caught up in the emotional turmoil of elections or other front page stories; just remember, your power lies in how you choose to respond! Don't let talk of the elections (or their outcomes) activate you negatively to the point of chronic nervous system dis-regulation. Instead, fully feel the feelings being triggered, then, when you are resourced, focus on holding space for unity, healing, and change, rather than division, fear or anger. As Transformational Guides and Leaders on the frontlines of the global awakening, it's crucial for us to hold true to the preferred vision of the world we know is possible!



Pro Tip:

When things get heated, shift your focus to the New Earth and Golden Future that you do want to see. Remember my hike and swim at the waterfall? During that time, my partner led us through a powerful guided meditation, visualizing his version of the New Earth. He spoke of a world where everyone has enough, where there's peace, love, clean waters, global unity, and oneness. Imagine a world where freedom, community, creative expression, and spiritual evolution are the norm. It's up to us to anchor this in!



Talk with Your Neighbors; Stay Connected

Even (especially!) with those who think differently than you. This new Earth we are forming is about UNITY. We are better together. Engage in heart-centered conversations and seek to understand rather than divide. Building bridges of understanding in your own community is a powerful way to contribute to collective healing. Mainstream media and those pushing a division narrative empower their own agendas by keeping us separate and dependent on our insulated echo chambers. Dare to expand beyond what you think and believe you know by looking for common ground with another. Exercise your Sovereign choice as a free thinker and get curious about what other possibilities exist outside of the boxes, labels and meaning you have previously assigned to things.



Start with something neutral, like how packed the farmers market has been lately or your shared love of nature. Pretty soon, you'll both be connecting over how amazing the full moon looked last night!

Adopt a sense of wonder and gratitude with what is right in the world.





YOU ARE A
VISIONARY, AN
INNOVATOR AND
A WAY-SHOWING
LUMINARY!



10 Create Sacred Boundaries

If there's something that bothers you politically or, you don't agree with the way you perceive things are going, know that you have the power to create REAL change locally. Volunteer for a cause you believe in. Whether it's helping at a food bank, planting trees, or advocating for local policies that align with your values, local action has a ripple effect that can change the world.



Pro Tip:

Want to know the fastest way to feel empowered?

Instead of engaging in divisive conversations, shift the focus toward community action. Help empower local entrepreneurial youth, donate to women's shelters or organize a gathering to raise awareness around important issues like government overreach or economic justice.

You'll find that channeling your passion into action speaks louder than words and hey, you might even get a free t-shirt ;-)



Give Back

As Leaders with so much to offer, it's important to remember that there are others who could really use our positivity and energy right now!

Just like I am sharing these codes and tips freely to assist (in a playful way), I encourage you to pay it forward and share in ways that feel aligned for you. My family loves volunteering at soup kitchens and food banks this time of year, and it fills our hearts to know we are contributing to our community.



Pro Tip:

Your generous heart will create ripples far beyond what you can see! Whether you're offering your time, your resources, or just sending good vibes from your meditation cushion - giving back will elevate not just your energy but the collective vibration.

And who knows? You might even earn some extra good karma points—redeemable for one free front row parking spot during Mercury retrograde;-)

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Connect with Positive People

Surround yourself with those who uplift and inspire you. Positive, likeminded individuals will help keep your energy high and aligned with your soul's mission. Avoid toxic environments or draining relationships that may lower your frequency.



Pro Tip:

Got that one friend who can turn any day around? Call them!
You might even end up talking about how Venus is Trine the Moon and how this harmonious aspect brings balance, stronger relationships, and creativity and how it's a great time for manifesterbation! Manifestation with a little extra fun!

3 Daily Gratitude Practice

Gratitude is a powerful tool for raising your vibration. At the end of each day, reflect on what you are grateful for, no matter how seemingly small. This practice shifts your focus from what is lacking to what is abundant, creating a sense of fulfillment and joy. I like to wake up each morning grateful to have simply woken up another day on Earth.



Pro Tip:

When in doubt, be thankful for Matcha (or Mocha)! Even if everything else is going sideways, coffee, tea and cacao have your back.

Prioritize Community Over Commodity

As economic systems shift and evolve, building a strong community network becomes more powerful than ever! Focusing on mutual support, instead of pure consumerism, not only helps us get by but also brings us closer together.



Pro Tip:

Consider starting a local barter system or community garden.

Whether it's trading a loaf of homemade bread for fresh eggs or gathering for a group planting session, it's about thriving together.

Because, really, is there anything more satisfying than swapping your legendary sourdough for a neighbor's honey?

Avoid the Holiday Hustle and Choose Heartfelt Gifts

This year, forget the mall madness and embrace gifts that genuinely uplift: Knowledge and Skills: Gift a book, share a course, or teach something new. Knowledge outlasts trends and leaves a bigger impact than any impulse buy.

Acts of Kindness: Plan a day to give back—offer to help with babysitting or painting that old fence. Experiences Over Things: Skip the clutter and gift a shared experience. A scenic hike, a fun potluck, or a picnic under the stars will make more memories than any holiday sale.



Pro Tip:

If you do want to give a gift I LOVE the iconic We'Moon, the best-selling Moon Calendar and visionary collection of art featuring writing by creative women from around the world. This is a perfect gift to give your soul sister to start 2025!



16 Rethinking Retrogrades

Instead of dreading retrograde season, see it as a chance to pause, reflect, and realign. This is a time to wrap up unfinished projects, reconnect with old friends, and dive deeper into mindfulness and contemplation. Use this energy to review what's working (or not) in your life and get clear on what you want moving forward.



Pro Tip:

Lean into the "re" theme—reflect, reconnect, restore. Skip starting anything brand new and use this time to declutter, tie up loose ends, and listen to your intuition. Who knows, a little reset might bring the clarity you didn't know you needed!

Turn Mercury Mishaps into Meaningful Conversations

Mercury Retrograde loves to stir up misunderstandings and communication hiccups. Instead of letting it ruffle your feathers, use this cosmic nudge as an invitation to deepen your connections and get to the heart of things.



Pro Tip:

Level-up in compassionate communication.

Slow down, listen deeply, and lean into curiosity instead of judgment. Embrace those tough conversations. Don't forget who The F you are—a Wise Sage with a loving heart, here to bring more light into the world. Oh yeah, and remember to b-r-e-a-t-h-e!

Get Activated: Pour New Codes into Your Energetic Chalice

Ready to vibe higher? Dive into this audio activation designed to fill up your energetic chalice and light up your mind, body, soul - even giving your DNA a little sparkle!

Allow yourself to receive, expand, and embrace that next-level YOU.



Pro Tip:

Carve out a sacred 15 minutes, cozy up in a quiet space, and let the activation work its magic.

Feel the energy pouring in? That's pure alchemy, beloved. Soften, open, and trust, this is your time to expand and rise in ways more luminous than you can imagine. Let the activation work its magic as you align with your next level radiant self. You're upgrading babe! Hold on tight!

A Note from my Heart to yours:

Dearest Luminary Leader, these activations and codes I am sharing with you here are those I have received on my journey. It's been a great honor to receive them, and it's a great honor to share them with you now.

These have been gifted to me by the Sacred Waters, the whales, plant medicines, several pyramids in Egypt, and Priestesses of the past. I've combined it all into one gift offering for all of us to receive, helping us move into what's next.

We are on the precipice of something big; our souls incarnated at this time for a reason! So grateful to walk in beauty with you.

Love, Rachael

