



**21 DAYS**  
**SACRED SADHANA**  
**SOMATIC WEALTH™**  
ACTIVATION  
WORKBOOK



SOUL CODES

# WORKBOOK TABLE OF CONTENTS ▾

## SOMATIC WEALTH™ ACTIVATION

### ☐ **Part I ▾ Somatic Gut Check**

Complete present awareness prompts + safety scale honestly

### ☐ **Part II ▾ Pattern Origin**

Explore learned beliefs, imprints, and connected the dots

### ☐ **Part III ▾ Body Awareness**

Identify patterns in the body + completed somatic listening + congruency

### ☐ **Part IV ▾ Current Identity (Money Story)**

Complete full money story excavation + pattern recognition + truth mirror

### ☐ **Part V ▾ Identity Recode**

Rewrite old patterns into new truths.

### ☐ **Part VI ▾ Expansion**

Complete Somatic Wealth Statement. Activated evidence + committed to aligned action. Completed capacity check + identified expansion edges + embodied vision.

### ☐ **Part VII ▾ Integration**

Rewrite old patterns into new truths. Defined the version of you you met  
Set new standards + daily embodiment practices  
Completed final reflection + future self commitment

### ☐ **21 Day Sadhana Tracker**

Complete (or fully committed to completing) all 21 days of practice.

### ☐ **21 Day Exercise Checklist**

Check off each section only when you have fully completed the written work, not just read through it.

### ☐ **Final Check-In**

I show up honestly, I complete the work, not just consuming it, I allow my body to be part of the process.



## HOW THIS PRACTICE WORKS

This is not something to “get through,” this is the version of you, who you want to meet.

Each day, you will move through breath, body, and awareness first.


Then return here to integrate through reflection and writing.

Whether you're live or on the recording, passively watching, + reading without embodiment is just information.

Writing without presence is just motion.

The transformation is in the pen.

It happens when your body, your awareness, and your truth meet on the page.

**Important:**

These practices are **not optional**.

Your commitment is the container.

Your presence is the power.

This is where you go under the hood and rewire it. Do not skip.

## WHAT YOU'LL DO OVER 21 DAYS

- Awareness ▾ Meet What Is Already Present
- Origin ▾ Trace What Shaped It
- Identity ▾ See How It's Been Running
- Rewrite ▾ Shift The Pattern
- Expansion ▾ Open To More
- Integration ▾ Become It

## This Is A Somatic Initiation Into The Next Version Of You

**Make Sure You:**

Set aside 30–45 minutes.

No phone. No distractions.

This is one of the most important things you will do for yourself in these 21 days.



## PART I

# SOMATIC GUT CHECK

## Exercise 1.1 ▾ Present Awareness

Before we go into where these patterns came from, we need to meet the present, what is already running. Answer these honestly. Nobody is grading you, this is awareness. This is your baseline into what is running in your body + submind right now.

### Nervous System Patterns → Somatic Wealth Embodiment

#### **When you slow down and become aware of yourself, what do you notice first?**

Don't filter this. Write the actual first thought, feeling, or sensation.

#### **When you see someone living in overflow, what arises in your body?**

#### **When you think about receiving large amounts of money, what sensations come up?**

(Tension, contraction, hesitation, resistance, openness, etc.)



## Exercise 1.2 ▾ Your Relationship with “More”

Be specific. Not what it should mean, what it *actually* means to you.

**Define what “more” means to you.**

**Define what “abundance” means to you.**

Financially, emotionally, energetically, in your life.

**Finish these sentences without overthinking:**

“I tend to hold myself back when...”

“I feel unsafe when...”

“Having more would mean...”



## Exercise 1.3 ▾ Safety Scale

On a scale of 1–10, how safe do you currently feel in your body to receive, hold, and expand into more?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

Why did you choose this number?

### Reflection

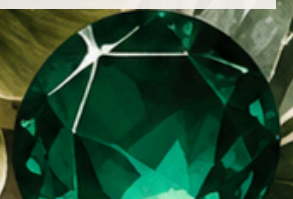
If your body does not feel safe, it will create patterns to protect you.

**Avoidance.**  
**Overthinking.**  
**Control.**  
**Delay.**

These are not flaws.  
They are strategies.

The good news?  
**They are not permanent.**

**And this is exactly what this work is here to shift.**



## **YOUR PATTERN ORIGIN**

**What you felt in Part 1 is not random. Your responses... your reactions... your sense of safety or contraction, these were learned.**

**Through environment.**

**Through experience.**

**Through repetition. ["illusory truth effect": Repetition increases familiarity, causing the brain to accept the statement as true, regardless of its accuracy.]**

**Once you recognize your patterns clearly, you are no longer unconsciously controlled by it.**

### **Exercise 2.1 ▾ Pattern Awareness**

#### **What Did You Learn?**

**Think back to earlier experiences in your life. What were you taught, directly or indirectly, about:**

- **having more**
- **receiving**
- **being seen**
- **success**
- **safety**
- **money**

**Check what resonates:**

- It's not safe to have too much**
- Wanting more is selfish**
- I have to work hard to deserve anything**
- It's safer to stay small or unnoticed**
- If I have more, I could lose it**
- People with money or success are judged**
- I need to prove my worth**
- There is never enough**
- Receiving creates pressure or expectation**

### Phrases I heard growing up:

- “Money doesn’t grow on trees.”
- “We can’t afford that.”
- “Rich people are greedy.”
- “Money is the root of all evil.”
- “You have to work hard (struggle) to make money.”
- “That’s for people like them, not us.”
- “Don’t talk about money, it’s rude.”
- “More money, more problems.”
- “We do okay. We’re not complaining.”
- “Women shouldn’t worry about money, that’s a man’s job.”

### What did those statements teach you about what is “safe” or “unsafe”?

## Exercise 2.2 ▾ What You Witnessed

### What Did You Witness?

Beyond words, what did you see? Your body learned just as much from observation as it did from what was said.

- Parents arguing about money
- Family struggling to pay bills
- Feeling different from others who had more
- Being told “no” to things you desired
- One person controlling all the money
- Money coming and going unpredictably
- Working hard without financial reward
- Wealth being judged or associated with negative character

## Exercise 2.3 ▾ Internal Imprints

### What else did you witness that shaped your sense of safety or receiving?

Now, tune inward.

Not just what happened but what your body learned from it.

How this may have imprinted within you:

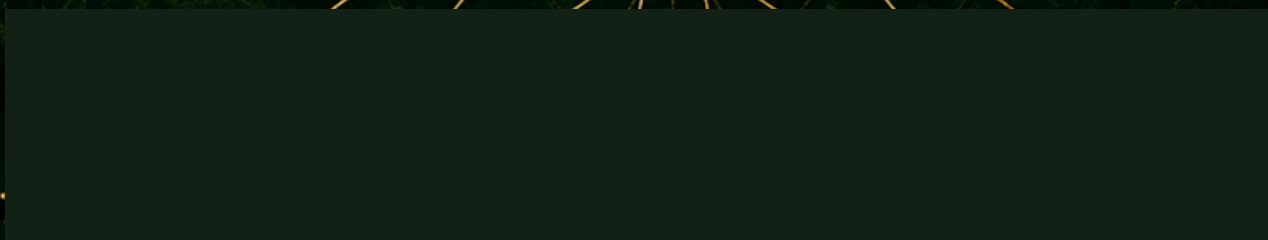
- Instability or lack of safety
- Stress around money or survival
- Emotional shutdown or suppression
- Overworking without ease or receiving
- Lack of support or having to do it alone
- Feeling unseen, unheard, or unsupported
- Conflict around money, success, or growth
- Love or worth tied to performance

## PART II | CONTINUED

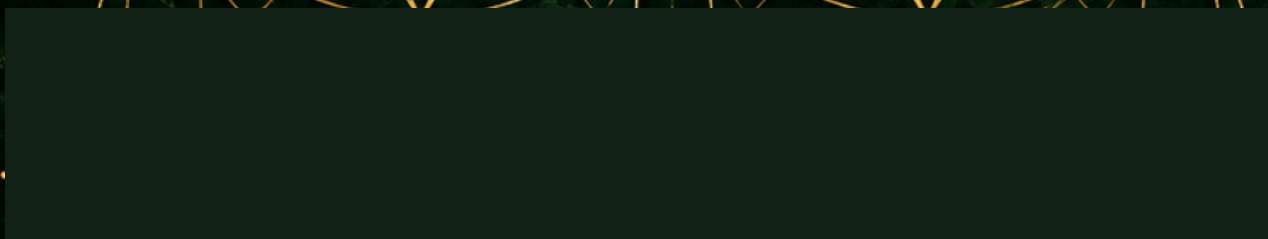
### Exercise 2.4 ▾ Connect the Dots

Return to what you noticed in Part 1.

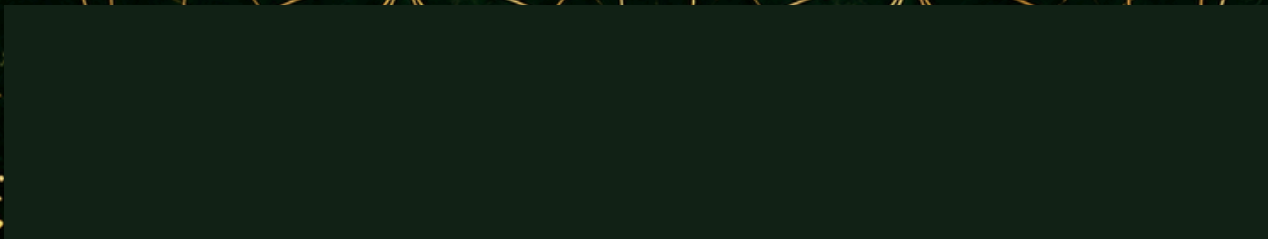
**The sensation I felt was:**



**The pattern I identified was:**

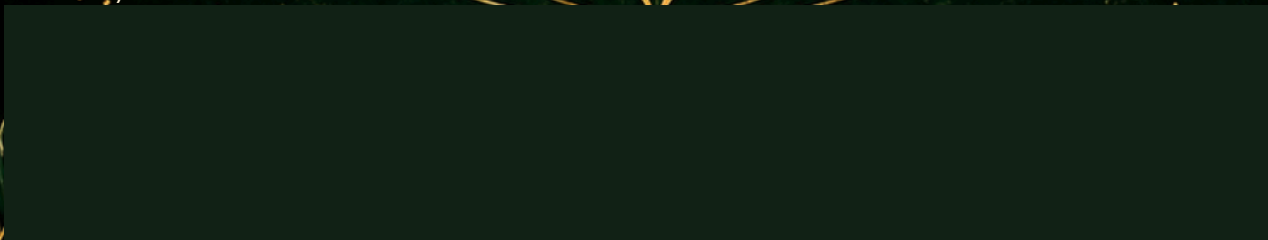


**This may have come from:**



**The meaning I made about it was:**

(Example: "It's not safe to have more" or "I have to do everything alone")



## PART III

# BODY AWARENESS

## How to Use Part III Exercises

Before you try to change anything, you have to learn how to feel it. What you identified in the previous sections is not just a thought. It lives in your body as sensation, tension, and patterns of response. This is where you begin to feel and locate the pattern.

### Step 1 ▾ Pattern Recognition

Review the checklist and mark what resonates. These are not flaws, they are protective responses your body learned.

### Step 2 ▾ Body Mapping

Using the body outline:

- Mark where you feel tension, contraction, or activation
- Notice areas that feel tight, numb, or open
- No “right” answers, just awareness.

### As You Do This, Notice:

- Where your body holds tension
- What activates when you think about money or expansion

### Pause + Tune In

Place your hand on one area. Breathe into it.

### Ask ▾

**What is this sensation trying to protect me from?**

**Reminder ▾ You're not here to fix or judge anything.  
Awareness is what begins the shift.**

EXERCISE 3.1

# BODY AWARENESS

Your body holds what your mind has learned.

When you think about money, receiving, or "more"... where do you feel it in your body?

Check all that apply. You may choose more than one.

- HEAD  
*(pressure, overthinking, headaches)*
- THROAT  
*(tightness, holding back, lump)*
- SHOULDERS  
*(tension, heaviness, pressure)*
- CHEST / HEART  
*(tightness, contraction, ache)*
- ARMS  
*(heaviness, resistance, strain)*
- STOMACH / GUT  
*(knots, butterflies, nausea, contraction)*
- HANDS  
*(tingling, tightness, restlessness)*
- PELVIC SPACE / WOMB  
*(numbness, contraction, activation)*
- HIPS  
*(heaviness, stuck, holding)*
- LEGS  
*(weakness, heaviness, shakiness)*
- FEET  
*(grounded, disconnected, restless)*
- NO CLEAR SENSATION / DISCONNECTED
- OTHER: \_\_\_\_\_

Describe the sensation(s) you are feeling.

Be specific: temperature, pressure, movement, emotion, intensity.

On a scale of 1-10, how intense is this sensation in your body right now?

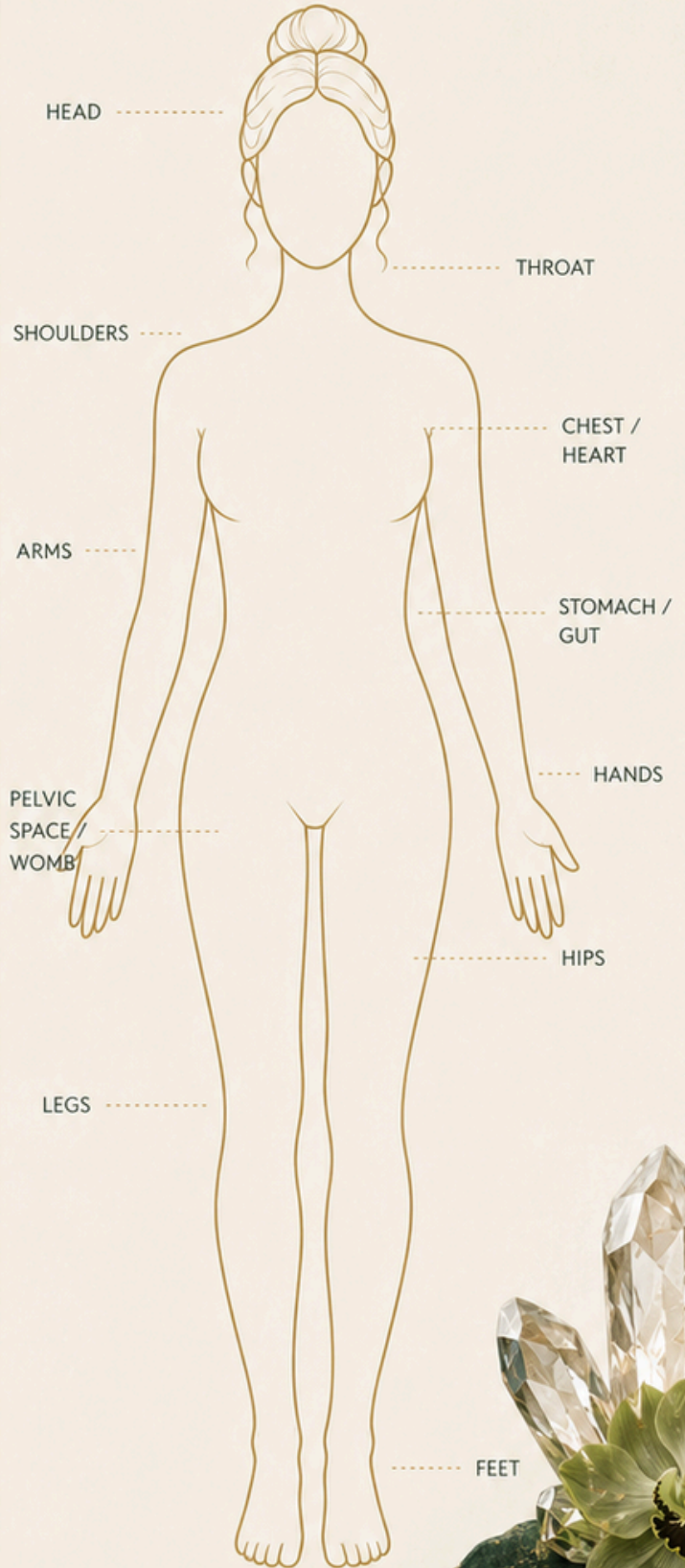
1    2    3    4    5    6    7    8    9    10  
 Low High

Anything else you want to note?

EXERCISE 3.2

# BODY MAP

Using the checks and descriptions from the previous page, mark the areas on your body where you feel sensation. Write notes directly on the body.



### **Exercise 3.3 ▾ Somatic Listening**

**What patterns do you notice in the body?**

- Holding / bracing
- Avoidance
- Control
- Collapse
- Urgency
- Disconnection

**If this sensation could speak, what would it say?**

Place your hand on the area that feels strongest.

**What is this sensation trying to protect you from?**

**What does your body believe is unsafe about having more?**



**Exercise 3.4 ▾ Congruency**

What you felt in Part 1 is not random.  
Your responses... your reactions... your sense of safety or contraction, these were learned.

Through environment.  
Through experience.  
Through repetition. The “illusory truth effect” states that repetition increases familiarity, causing the brain to accept the statement as true, regardless of its accuracy.

Once you recognize your patterns clearly, you can bring them into alignment with who you choose to be.

**Is this pattern protecting you or limiting you?**

[Empty response box]

**If this softened, what would be different?**

[Empty response box]

**Who do you become when you no longer follow this pattern?**

[Empty response box]

**awareness → possibility →  
identity shift**



## PART IV

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# CURRENT IDENTITY ▽ MONEY STORY

This is the moment most of us skip. Don't skip it. You cannot rewrite a story you haven't fully read yet.

## Exercise 4.1 ▽ Money Story Deep Excavation

Do not overthink. Write what is true, not what sounds right.

**Money is:**

---

**Making a lot of money means:**

---

**When I think about having more money than I do now, I feel:**

---

**Part of me believes that if I had more, then...**

---

*(this reveals fear + inherited belief in one line)*

**My biggest fear about earning a lot of money is:**

---



---

**Growing up, money felt like:**

---

**Because of that, I became someone who:**

---

**Now, the pattern I recognize in my relationship to money is:**

---

**If nothing changes, this pattern will continue to:**

**What about this pattern still feels familiar or safe?**

---

*What does it protect you from?  
What do you not have to face, risk,  
or become if you stay here?*

**Exercise 4.2 ▾ Truth Mirror**

Be honest. No spiritual bypassing.

**What part of you still does not believe you can have more?**

**What is that part trying to protect you from?**

**PATTERN INTERRUPTION**

**Return to your core pattern. My pattern is:**

**This pattern has been trying to protect me from:**

**But it is also limiting me by:**



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## IDENTITY RECODE

This is the core of the work. You have identified the pattern. You have felt where it lives in your body. You have seen what it has been protecting.

Now, you choose differently.

Not through force.

Not through performance. But through aligned truth your system can actually hold.

New beliefs must be:

- Honest
- Expansive
- Somatically receivable

**The Rule** ▽ Your new truth must stretch you without disconnecting you from yourself. Not: "I am already a trillionaire" (if your body contracts when you say it) But: I am learning to create income that matches my actual value." Honest. Stretching. Believable.

***Truth creates safety. Safety creates capacity.  
Capacity creates Somatic Wealth.***

**If your body rejects it, it will not integrate. The goal is not to "think better thoughts."**

**The goal is to build inner capacity to hold a new reality.**



## Exercise 5.1 ▾ Old Pattern → New Truth

Return to Part III.

Identify your 6 most influential patterns or beliefs around money, receiving, or self-worth. Rewrite each one into a truth your body can begin to trust.

### 1. OLD PATTERN:

*Example: "I have to work hard or struggle to deserve money."*

---

### NEW TRUTH

*Example: "I am open to creating and receiving money through aligned, supported effort."*

---

This feels believable  This expands my capacity

### 2. OLD PATTERN:

---

### NEW TRUTH

---

This feels believable  This expands my capacity

### 3. OLD PATTERN:

---

### NEW TRUTH

---

This feels believable  This expands my capacity



**4. OLD PATTERN:**

---

**NEW TRUTH**

---

- This feels believable
- This expands my capacity

**5. OLD PATTERN:**

---

**NEW TRUTH**

---

- This feels believable
- This expands my capacity

**6. OLD PATTERN:**

---

**NEW TRUTH**

---

- This feels believable
- This expands my capacity



## Exercise 5.2 ▾ Somatic Wealth Statement

Synthesize what you've uncovered. Write one grounded, embodied statement about your relationship with money, receiving, and capacity. This is not something you force, it is a truth your body can return to.

### Example ▾


"I am a woman who creates income proportional to the value I deliver. Money flows to me because I help people make decisions that change their lives. I am worth every dollar and I help others see their own worth too."



### Exercise 5.3 ▾ Evidence Activation

Your nervous system does not shift through pressure. It shifts through evidence. Not big, dramatic proof, but grounded moments your body can recognize as safe, possible, and true.

**List 3 pieces of evidence that support your ability to receive, hold, or expand:** (These can be subtle.)



***If you feel stuck, consider:***

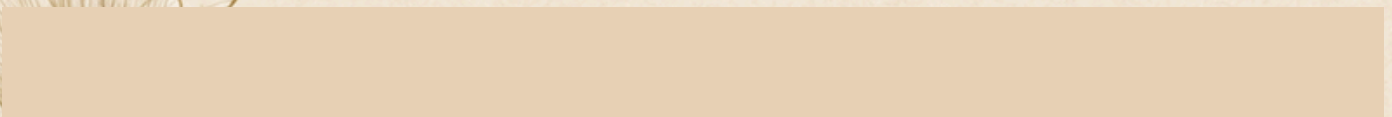
- A time you followed through on something important*
- A moment you handled more than you thought you could*
- A decision you made that moved your life forward*
- A time money came in, even unexpectedly*
- A moment you allowed yourself to receive support*
- A situation you navigated with strength or clarity*

**Now, choose one piece of evidence and feel it in your body. What do you notice?**

- More grounded
- More open
- Neutral
- Resistant
- Unsure

**Congruency:**

**This shows me that I am someone who can:**



## Exercise 5.4 ▾ Micro-Shift Commitment

**What is one small action that aligns with your new identity?**

- Raise my standard
- Ask for what I want
- Look at my finances
- Invest in myself
- Say no where needed
- Receive support
- Other:

**Make it specific:  
What will you do?**

**When will you do it?**

**Before you take this action, notice your body:  
I feel:**

- Open
- Nervous
- Resistant
- Excited
- Avoidant



**PART V | CONTINUED**

**Even if I feel this way, I can still:**

**After you take the action, reflect:**

**What did you notice?**

**What felt different?**

**Congruency:**

**This action shows me that I am someone who:**

**You don't become the next  
version of you by waiting  
to feel ready ▽  
you become her by  
moving, just like water,  
even as you feel.**



## PART VI

# EXPANSION

Opening Capacity to Receive + Hold More

## Exercise 6.1 ▾ Capacity Check

On a scale of 1–10, how available are you for more?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

**Why?**

**More would require me to:**

- Be seen
- Be consistent
- Let go of control
- Trust myself
- Hold more responsibility
- Receive more than I give
- Other:

**The Real Fear**  
**If I had more... I'm afraid:**



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## EMBODIED VISION

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**Imagine you already have what you desire ▽  
and your body feels stable inside it.  
What does your life look like?**

**How do you move differently?**

**Today, I will practice receiving by:**

- Accepting help
- Not over-giving
- Letting it be easy
- Receiving without guilt
- Slowing down



# INTEGRATION ▽

## BECOMING THE VERSION YOU MET

### Exercise 7.1 ▽ Identity Embodiment

**The version of me I met during this sadhana is:**

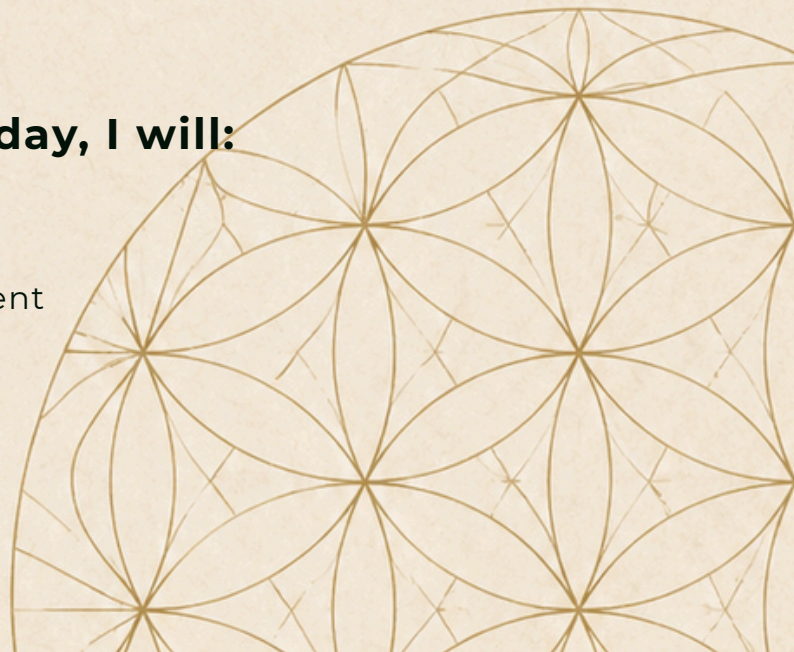
**She moves like:**

**New Standard ▽ What is no longer available to you?**

- Playing small
- Avoidance
- Self-doubt loops
- Overthinking decisions
- Scarcity reactions
- Other:

**Daily Embodiment ▽ Each day, I will:**

- Check in with my body
- Notice contraction without judgment
- Choose aligned action
- Stay present with discomfort
- Lead myself



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**Exercise 7.2 ▾ Future Self Commitment**

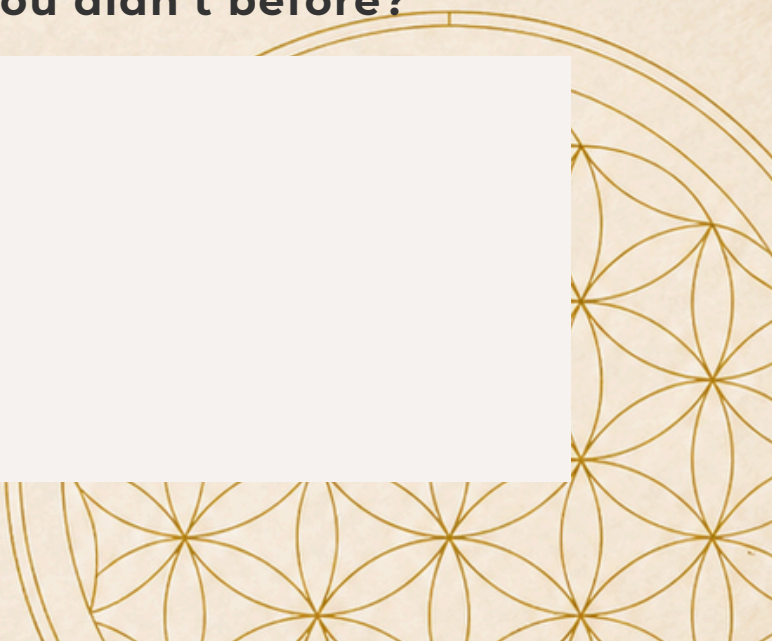
**I commit to becoming the version of me who:**

Even when it feels:  Unfamiliar  Uncomfortable  Uncertain

**Exercise 7.3 ▾ Completion Reflection**

**What has shifted in you over these 21 days?**

**What do you trust now that you didn't before?**



# 21 DAY TRACKER ▾

## SOMATIC WEALTH™ ACTIVATION

You are not tracking perfection.  
You are tracking presence.

- Day 1 – Choosing Abundance
- Day 2 – Awareness of Scarcity
- Day 3 – Releasing Fear
- Day 4 – Safety in Receiving
- Day 5 – Trusting Flow
- Day 6 – Worthiness
- Day 7 – Letting Go of Control
- Day 8 – Expanding Capacity
- Day 9 – Receiving Support
- Day 10 – Energetic Alignment
- Day 11 – Embodied Confidence
- Day 12 – Overflow Mindset
- Day 13 – Rewriting Stories
- Day 14 – Self-Trust
- Day 15 – Leadership Energy
- Day 16 – Decisiveness
- Day 17 – Magnetic Presence
- Day 18 – Effortless Receiving
- Day 19 – Gratitude as Wealth
- Day 20 – Overflow + Circulation
- Day 21 – Embodiment of Prosperity

# WORKBOOK COMPLETION CHECKLIST ▽ SOMATIC WEALTH™ ACTIVATION

Check off each section only when you have fully completed the written work, not just read through it.

## **Part I ▽ Somatic Gut Check**

Completed present awareness prompts + safety scale honestly

- Exercise 1.1 Present Awareness**
- Exercise 1.2 Relationship with “More”**
- Exercise 1.3 Safety Scale**

## **Part II ▽ Pattern Origin**

Explored learned beliefs, imprints, and connected the dots

- Exercise 2.1 Pattern Awareness**
- Exercise 2.2 What You Witnessed**
- Exercise 2.3 Internal Imprints**
- Exercise 2.4 Connect the Dots**

## **Part III ▽ Body Awareness**

Identified patterns in the body + completed somatic listening + congruency

- Exercise 3.1 Body Awareness Checklist**
- Exercise 3.2 Body Map**
- Exercise 3.3 Somatic Listening**
- Exercise 3.4 Congruency**

## **Part IV ▽ Current Identity (Money Story)**

Completed full money story excavation + pattern recognition + truth mirror

- Exercise 4.1 Money Story**
- Exercise 4.2 Truth Mirror**

## **Part V ▽ Identity Recode**

Rewrote old patterns into new truths.

- Exercise 5.1 Old Pattern → New Truth**
- Exercise 5.2 Somatic Wealth Statement**
- Exercise 5.3 Evidence Activation**
- Exercise 5.4 Micro-Shift Commitment**



# WORKBOOK COMPLETION CHECKLIST ▽ SOMATIC WEALTH™ ACTIVATION

**Check off each section only when you have fully completed the written work, not just read through it.**

## **Part VI ▽ Expansion**

Completed Somatic Wealth Statement. Activated evidence + committed to aligned action. Completed capacity check + identified expansion edges + embodied vision.

### **Exercise 6.1 Capacity Check**

## **Part VII ▽ Integration**

Rewrote old patterns into new truths. Defined the version of you you met  
Set new standards + daily embodiment practices  
Completed final reflection + future self commitment

### **Exercise 7.1 Identity Embodiment**

### **Exercise 7.2 Future Self Commitment**

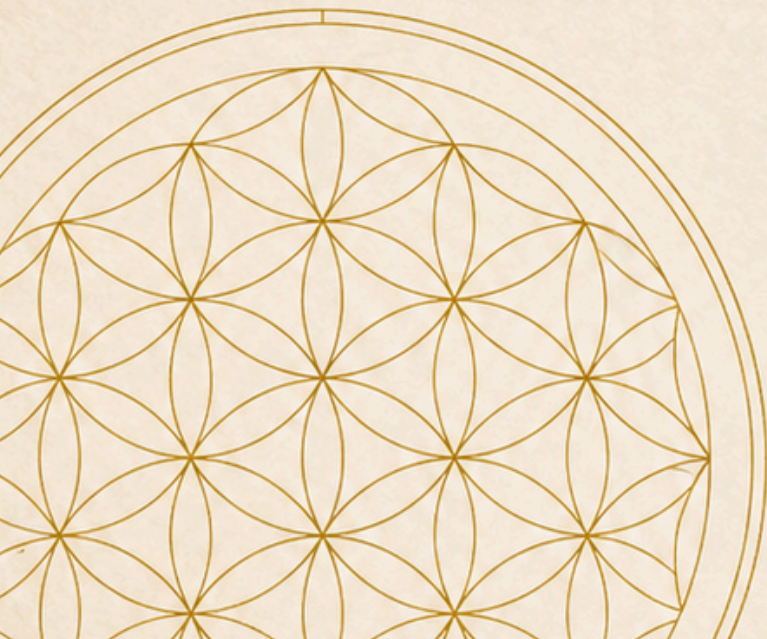
### **Exercise 7.3 Completion Reflection**

## **21 Day Sadhana Tracker**

Completed (or fully committed to completing) all 21 days of practice.

## **Final Check-In**

I showed up honestly, I completed the work, not just consumed it, I allowed my body to be part of the process.





**You did not become someone new.  
You revealed what was already within you.**

**True wealth is not created outside of you ▽  
it is revealed through the capacity you build within.**

**Your body is now safer.  
Your awareness is now deeper.  
Your identity is now more aligned.**

**SOMATIC WEALTH™ ACTIVATED**

**From here, your inner resources rise to meet you..**

**21 DAYS ▽  
SACRED SADHANA**

s o u l c o d e s





21 DAYS  
SACRED SADHANA  
SOMATIC WEALTH™  
ACTIVATION  
*workbook*



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