

ROOTED

In New Earth

Autumn 2022 | issue no. 01 | Donation Based

HOW TO TUNE IN TO THE TRANSFORMATION OF AUTUMN



5 STEPS TOWARDS
SPIRITUAL
MATURITY

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STRENGTHEN YOUR
INTUITION

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SUCKERS NOW!

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WITHIN EVERY ONE
OF US, WE ARE
BORN WITH THIS
BEAUTIFUL GIFT."

-Sue Pickering

THE *From* FOUNDER

EMPIRE HEYOKA



CEO & FOUNDER

After years of ROOTING in this download (Rooted initially started in 2019), it is an honor to release this Seasonal High

Vibrational Publication. "Rooted in New Earth" Magazine is a community-based 5D digital printing house and platform for those here to create and/or live in New Earth. There is no other magazine like this on planet Earth. My intention is that it serves two purposes. First, it offers a community for others to collaborate with amazing souls to showcase their services, products, talents, and more to the world. Building a New Earth is a WE thing, not an ME thing. Doing this helps our second purpose, our Readers, who might benefit from the contents of this Magazine.

So that all can benefit from the sacred information that will be provided, ROOTED is offered as a Donation Based Publication. It will come in an interactive digital format. Additional things to come soon. It will remain FREE for Readers so that all can benefit from the information provided. We would greatly appreciate it if you would like to offer a donation. Hours go into creating this platform, along with the tech expenses. All proceeds will go into the maintenance of keeping this publication FREE.

I hope you enjoy this publication. I do consider it one of my masterpieces. You should have seen when I first got started in graphic design, I definitely improved my skills. I look forward to doing next season, Winter, scheduled to Launch in December 2022. Will you be featured? Just read the magazine to learn how you can!

Much Love Lightwarriors!

Jen
FROM THE FOUNDER



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YOUR QUANTUM TRANSFORMATION
STARTS HERE....

A woman with her eyes closed and hands clasped in a prayer position, surrounded by a vibrant, multi-colored aura of light. The background is a soft, out-of-focus rainbow gradient.

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STEPS TOWARDS SPIRITUAL MATURITY



QUIETING THE EGO

CREATED WITH LOVE BY SHEENA BARAJAS

Ego and its 3D Purpose

Consciously, we use vices like drugs, alcohol, sleep, hobbies, work, and more, in order to escape from reality. Whether we're trying to fill a void, feel more confident, or soothe the pain we simply can't (or won't handle.) But unconsciously, the ego has been pulling the puppet strings for a very long time, and for most of us, since childhood. The ego is that unconscious voice, that parent who wants to be "the cool dad" buying the alcohol, despite how detrimental it may be to an underage brain, leaving the conscious mind to deal with the fallout from drunken ass shenanigans in front of high school peers.

Side note: never have a dance-off in front of a crowd of people when you can't even walk up the stairs without tripping while being sober. My purpose in sharing this information and concepts is to help you grow; to raise your vibration so that your ego learns what "quiet time is" while eating a fat slice of humble pie.

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HEALTH & WELLNESS

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To do so, let's first understand why the ego dismantling has to happen by going deep into ourselves, to face the shadows where this little puppet master hides. Picture the ego being a multi-faceted aspect of the human condition, responsible for both protecting a victim from a traumatic experience, while also being the cause of the traumatic experience. For example, let's say a girl has an abusive mother, shattering her self-esteem and confidence. In order to cope with life, the daughter learns that she's worthless. She learns to lie and create an avatar to avoid provoking her mother with truth. The ego tells her it's ok to lie because the alternative is abuse, of which the little girl obviously doesn't deserve. The ego is the "protector" in this aspect. Now, look at the ego at work inside of this same mother. When her daughter makes her angry, the ego tells her it's ok to lash out because she was also abused as a child and it's all she knows. She was told she was equally worthless and sees herself in the daughter. Thus, the ego is now the "abuser" and the vicious cycle continues because these traumatic experiences were never dealt with, but rather, suppressed through coping.

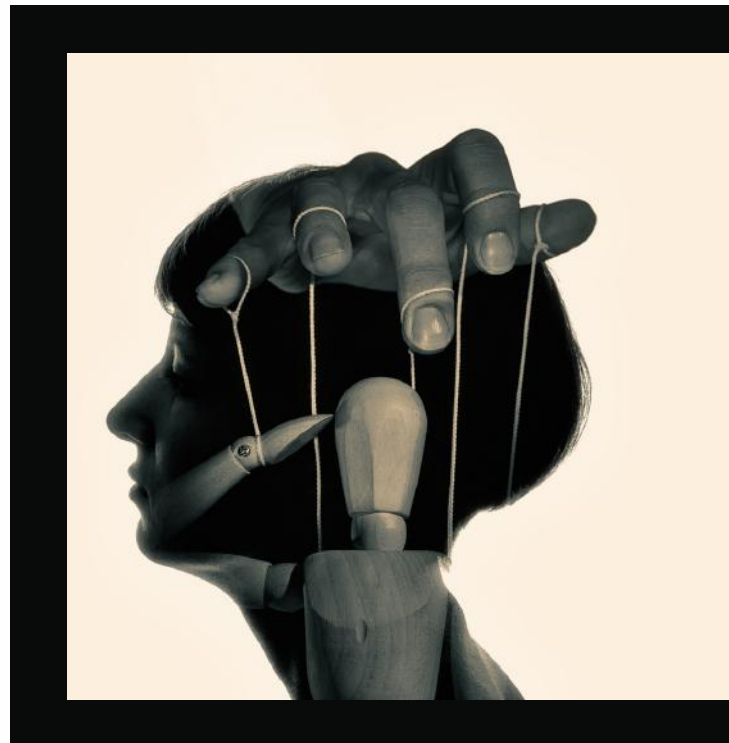
The 3D matrix in which we live, is predicated on the ego being in control over people's psyches, enslaving them in eternal loops of victimhood vs. oppressor, whilst evil people with the most power, have built the arenas in which the ego reigns as Ring Master and they KNOW this. Have you stopped to notice the social engineering? The narcissism and selfishness perpetuated by social media? The programming in music, TV, movies, and advertising? It's all geared to stroke the ego and make it grow. Almost all the behaviors today would've been extremely embarrassing to commit in the public eye about 15 years ago, but the slow drip of MK Ultra and Beta programming has been leached into the collective consciousness like mescaline and acid through the skin. The masses eat it up like candy.

THE GREAT AWAKENING

If you are reading this, you are no doubt a part of "The Great Awakening" and know that this darkness-controlled 3D world is finally dissolving. The Earth itself, is structurally changing and cosmically ascending to a higher density towards 5th dimensional energy. Its inhabitants will need to

energetically match it or not make it once the metamorphosis is complete. Between the coronal mass ejections (solar flares) from the sun, to people waking up every day with seemingly psychic gifts, prophetic dreams, and the bifurcation among humans growing by the day, this cannot be denied. Fortunately, those of us who are waking up or in various stages of awareness, still have a choice. We can take actionable steps to become an energetic match for 5D Earth. It involves total removal of the ego's power from the inside out and navigating out of spiritual puberty in order to hit spiritual maturity. This also means that destroying the 3D Matrix is our collective God-given mission. It is our duty and calling. We ride at dawn.

JOURNEY THROUGH SPIRITUAL ADOLESCENCE



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What is Rooted and how can you contribute?

Rooted is a donation-based magazine with the sole intention to help other lightworkers share their knowledge, wisdom, and talents with the world. Our mission is to offer a platform for them to showcase their missions, talents, and products at little to NO cost to them. If you would like to donate to our cause, we greatly appreciate it. Creating a New Earth is not a one-man job. It's all of us coming together.

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First and foremost, you need to innerstand if, and from where, the ego is pulling your puppet strings so that you can cut them. Here are five common signs to tell if your ego has you dancing like Pinocchio.

1. Your social media pages have more selfies than a Vanity Fair magazine (in tandem with #2): An occasional picture of yourself with an inspirational caption or selfless quote can be meaningful in context. Introducing yourself to your resonators on occasion is a good way to connect. But full-on feeds of your perfectly coifed (or filtered) face and body so you can get the dopamine hit from a like button, screams that your self-esteem is in distress. Rescue yourself!

The Fix: Shadow work. If you're not familiar with this concept, this is facing your inner conflicts and discovering your origin story. The theme throughout this article is facing yourself because although the ego's work demands to be seen, the ego will fight to the death to maintain its existence in anonymity. Only by facing where your vanity, insecurity, and low self-esteem come from, can you then answer the "why" and begin to heal that area.

2. Using phrases like "I'm so in love with myself" to promote a healthy self-image and self-love: I realize this concept may trigger people because I see this a LOT. Here's the deal. Words cast spells which is why it's called "spelling" and every word matters. At the end of the day, if you're not taking action on loving yourself through your senses (diet, movement, soul work, products, etc.), can you genuinely say you have love for yourself? Are you feigning this to the world? Artificiality cannot exist in higher states of consciousness. It's inorganic and false, ergo, 3D. Authenticity is in the soul's fabric and of God. There's no substitute.

The Fix: Let me challenge you re-phrase how you verbalize your self-love with expressions like "I have love for myself" or "I honor myself" which are humble ways to appreciate your mind, body, and soul. Humility is healthy. Also words carry vibration, like everything on this planet. How speak to yourself reverberates and shapes your own energy, your auric field. Be mindful of this always.

3. Compliments and Support Are Rarely Reciprocal: When the ego is in the driver's seat, it drives on one-way streets. You always want others to praise you or your products, yet you never give reciprocate. Additionally, when they show their support, you lack the grace to express gratitude at bare minimum. When you're self-absorbed and narcissistic, this is common.

The Fix: The next time you receive positive feedback, be gracious and say "thank you" at the very least – even if you're that archetype who is uncomfortable with praise. Practicing gratitude teaches you empathy. Empathy allows you to feel what another feels and motivates you to reciprocate those positive feelings.

When you see someone's work that you wish you had done, or feel like you could've done better, but it makes you bitter, pause and reflect. You'll see that you actually appreciate it and any jealousy you feel is the ego justifying your decision to not take a chance where someone else did. It's not that other person's fault. Every time you send a genuine compliment to someone who showed up for themselves when you didn't, your ego dies a little more while your desire to show up for yourself next time, grows! Be inspired, not intimidated. Your light will start shining for others to notice. You attract what you are! Remember what I said about vibrations above?



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“WE CAN TAKE
ACTIONABLE
STEPS TO
BECOME AN
ENERGETIC
MATCH FOR 5D
EARTH.”

-SHEENA BARAJAS

4. You Bullshit So Much, You Believe It: This is a hard one. We all know someone who habitually lies so much, they even lie over small stuff. Try to have empathy for them, but call them out on it. In this case, that person is YOU. It's time to stop and call bullshit on yourself because you love yourself. Understand that this may have been a survival technique you likely learned early in life for which the ego told you it was needed. This is a signpost for you to pause and redirect.

The Fix: Send a ton of love inward. Tell your inner child you no longer need to lie and you're stepping in to your authentic self. You've outgrown this behavior and you're ready to connect with others using the real you, not a made up version that you know is a fraud. Look at you telling the truth as you honoring yourself and empowering others to honor you. You will attract the same people and if others fall away, well, they never knew the real you and so the relationship was never genuine. Authenticity over artificiality all day, baby. Real is underrated and rare. Be more of that in this world.

Also, stop lying – even about the smallest things. If you didn't eat breakfast today, don't lie to your grandma and say you did, because you don't want her fatten you up like a Thanksgiving turkey. Just say “no, thank you” the 50 times it takes for her to leave you alone and soon, you'll be on your way to telling the truth in easier situations.

5. You Always Avoid Looking Inward At Yourself: In The Neverending Story, Atreyu had to pass one last test in order to save his world from the Nothing, the darkness that consumes all living things. He had to face himself, his own reflection, to see if he had the courage to be who he really was or experience soul death under the weight of cowardice. (spoiler alert) Atreyu stood fierce in his power, in his truth no matter the fear he felt, and passed the test with honest bravery. This was a powerful film for children in its time and with it, an actual spiritual lesson in plain sight. This is also the part where I tell you that we are all Atreyu and fictional character aside, your hero/heroine journey is something you've been on your whole life, whether you knew it or not. Atreyu had to face himself and to do this, required a mirror. Get ready to meet your soul for this one.

The Fix: Mirror work. Yes, I am telling you to find a mirror and go to a place where you can be in peace. Set the intention to unmask yourself completely so that you may see the light and dark parts of your soul. Stare at your reflection for as long as it takes and journal everything that comes up – the good and the bad. Next, reflect on what you've discovered and start digging inwards for answers. For every uncomfortable truth, ask yourself “why” you are or feel that way until you cannot ask “why” anymore. Journal your answers. Honor yourself for showing up and send love to God and/or your ascension tribe (angels, spirit guides, Christ-like beings, star family) for showing you the way.



DESTINATION 5D – THE HEROES' JOURNEY

The ego may still be there on occasion, but the idea is that it's so far in the backseat, it looks like Aunt Edna from Vacation (80s child over here). After reading some or all of the signs above, you may have cringed a bit and that's because they resonated with you. This means you're ready to begin (or continue on) your path to raising your vibrational energy. You may stumble and fall. You may straight fail at times, but please never quit. There are opportunities in the failures and missteps, which catapult us through the learning process. For many of us (who choose to ascend), this will be a lifelong process, but the heroes' story is just as much about the journey as it is the destination.

CREATED WITH LOVE BY SHEENA BARAJAS

WHAT TYPE OF NEW EARTH TRAVELLER ARE YOU?



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unique travel
style for
navigating the
New Earth.*

TAKE THE QUIZ AND FIND OUT! >>>>



Are you ready to launch your Empire?

RISE Vortex helps light warriors build a soul based brand.

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Do not love half lovers.
Do not entertain half friends.
Do not indulge in works of the half talented.
Do not live half a life and do not die a half death.
If you choose silence, then be silent.
When you speak, do so until you are finished.
Do not silence yourself to say something
And do not speak to be silent.
If you accept, then express it bluntly.
Do not mask it.
If you refuse then be clear about it.
For an ambiguous refusal
Is but a weak acceptance.

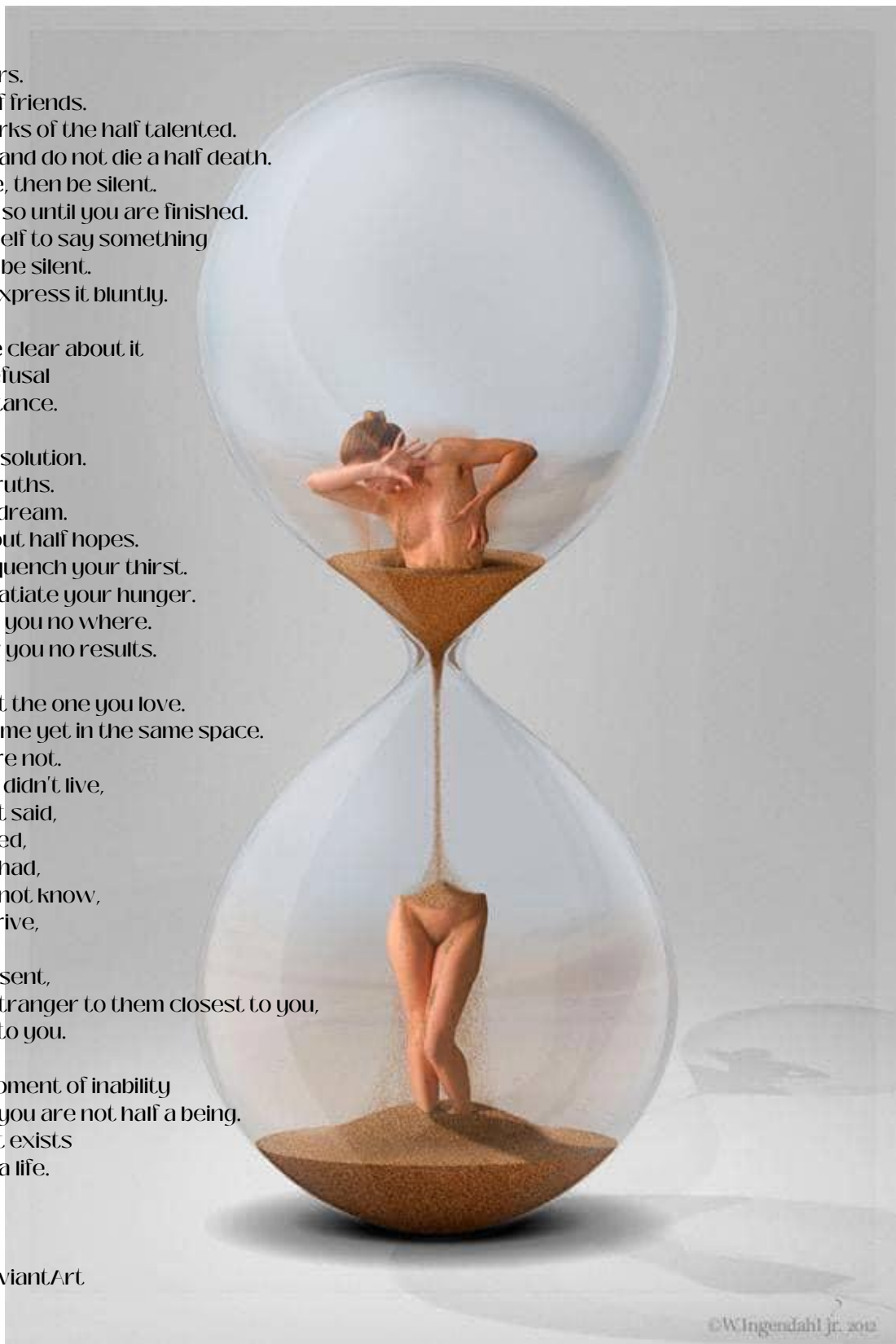
Do not accept half a solution.
Do not believe half truths.
Do not dream half a dream.
Do not fantasize about half hopes.
Half a drink will not quench your thirst.
Half a meal will not satiate your hunger.
Half the way will get you no where.
Half an idea will bear you no results.

Your other half is not the one you love.
It is you in another time yet in the same space.
It is you when you are not.
Half a life is a life you didn't live,
A word you have not said,
A smile you postponed,
A love you have not had,
A friendship you did not know,
To reach and not arrive,
Work and not work,
Attend only to be absent,
What makes you a stranger to them closest to you,
and they strangers to you.

The half is a mere moment of inability
but you are able for you are not half a being.
You are a whole that exists
to live a life, not half a life.

~ Khalil Gibran

Art: Ingendahl on DeviantArt



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AWAKENING IN

THE INFINITE NOW

Ascending Mastery. True Self Embodiment. and Divine Purpose

CREATED WITH LOVE BY DILLON MACY

Here we are. On dear Momma Earth-Tara-Gaia. The times-space-dimensions is Now, expanded widely open amongst the birthing emergence of a New Dawn for a real Activation of a New Golden Age of Living to unfold across the whole of the planet. A truly radical Paradigm Shift is steadily unfolding through us, for us all in the initiations to become a Whole New Humanity Tribe & Family like never before. Many of us and so many beyond Earth have truly awaited for these yet unprecedented time-space-dimensional expanse, in awe of the living magick and true miraculous beauty at play here in many levels of Creation. Blessedly, it is We who have chosen individually Soul-Sourcely and together with many of multidimensional origins, to come down for the Masterful ex"sphere"ience and with a direct Divine Mission/Purpose. For not only Humanity, but for dear Mother Earth-Tara-Gaia's Ascension, and far beyond unto all omnidimensional-Multiversal Creation.

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LOVE & SPIRITUALITY

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SO THAT LEADS US US TO, WELLS US!

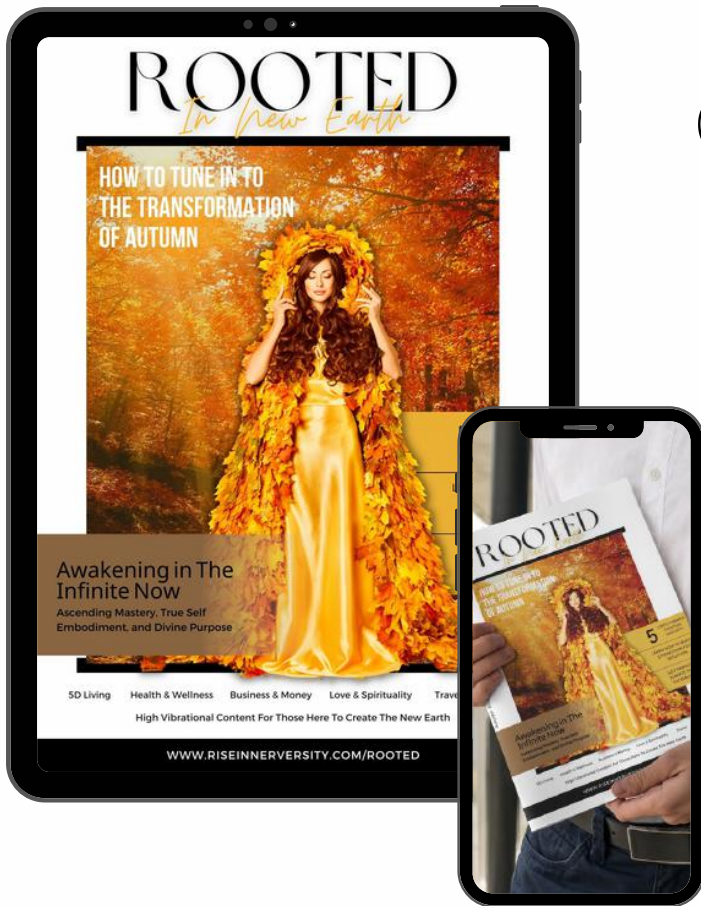
So that leads us to, well Us! Why are we each here? Who are we each? From a 3D Human standpoint why would we have “Yessed” with Source to come to such a challenging, difficult at times, testing place? Partly that reason: of immense Soul Mastering Testing that we so blessedly are given the opportunity to Love within. And that right there is just it at its basis & core, to “Love Within”. For many of us as what you could call “Starseed” or simply multidimensional Soul-Source Awakening Humans, we each truly begin to connect with a real pure whole feeling within our Highest Hearts that perhaps we have known throughout our lives from the innocent children physical stage teachings. And that feeling is one that is very Highly different from this seemingly contradictory world we’re born into. But we know to hold dear onto and allow that feeling to ever more fill our sacred Somatic Whole Bodys, that is foundationally set and core emanating. Perhaps we did, or perhaps we have and are reawakening to what that feeling means and has for us and our place in this world.

When we resource that feeling, we find an innocent Love so pure that it begins to deeply connect into every layer and level, every cell of our bodies, every

biophoton and DNA.... Through that, comes a remembrance of who we Truly Are at our Core, clearer and clearer, and clearer.... Deeper and deeper and deeper.... To reawaken a multiplicity of aspects of Self that begin to resonate, harmonize, and orchestrate together with that Core, One whole Mission.... Remembering why we have come and so dearly why we are Here where we are Now..... Bringing all that remembrance fully activated into our whole Divine multidimensional Human Creator Beingness, Now....

Coming back to us with allll that feeling into our Body's, many of us have reveal to ourselves that we are and have always been Healers, Clearers/purifiers, uplifters, and Paradigm Shifters with the feeling of a faaar future Humanity. Resourcing quantumly through our Higher Self Highest Hearts, that feeling of an entirely different new Reality. A “brand new” Planet that as we awaken, it becomes clearer of the many steps to fully breathe into, to holistically healthfully actuate our remembering Divine Mission and Purpose. From our Highest Hearts and that “Yes” within for the embarkation on the Journey of that version of ourselves implementing the Mission to Heal, uplift, shift Humanity into its True Self as a whole, the grounding ever loving acceptance comes for the Sovereign individual pace and process.

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*Are you ready to share
your gifts inside*

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ROOTED is a Collaborative New Earth Publication for Lightworkers

This magazine platform is for change makers who are here to share their gifts with the world, showcase their high-vibe products and bring awareness to your mission

Let's do this!... Are you ready to RISE?

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RESPONSIBILITY OF STEADY EMBODIMENT AND MASTERY:

So! Many of us upon greater awakening want to jump right into “doing” what we’re here to Be. As much as we’re activated and remembering our “Reason”, we have a whole spectrum of Humannes to work through, play through, and just that “Be” through for the full breadth of a Living Destiny. Our Purpose itself being with the responsible diligence of any greater dimensional layers of Self-Healing, for Soul-Source retrieving, energetic and consciousness reclaiming and reorienting, and learning any very specific keys for our overall universe of personal Self Mastery and Self Love. For just as dearly so we loove all of life and all people in wanting to assist their fullest free best being, we have this same to bring for ourselves in all ways of Embodied liberation.

Now it is certainly different for each and every one of us, wherein some people can more seemingly shift into their missions through little or big steps, others may find is quite more a worthy challenge to take those steps! Nonetheless, the overall scope of that diligent Self Mastery and Self Love is an ever present need to hear in delicate response. Think of yourself as nature and honing in as a finely Divine sweet smelling delicate rose, or any flower! For that flower to be its fullest, care and devotion from Source/God & Mother Earth nature, design an environment that is meant to flourish ____

the whole ecosystem around and for the flower. The same do we need to bring all the love and care for ourselves and accept with the Highest Trust, that wherever we are currently is perfectly exactly where we need to be to flourish for the whole. Starting within any layers of Healing, clearings, Mastery, & True-Self Incarnation.

I surely know that I’ve been tested all my life in these refining reminding ways! There were times when I had found myself in places of wanting to be doing other things more along my Purpose, be somewhere else, have different resources, etc. Only to Realize that by keeping true to my own Highest Heart and dedication to root-in Higher and Higher frequencies of energies for the sequencies of Embodiment of my Highest Source expression (ever onward we go), and continuing in sober awareness of dedicated Self Love, Mastery, including full acceptance of the next steps for my Mission to unfold in that now; I was exactly where I needed to be with all the resources available, within myself and reflected externally. Relaaaxxing into that with the Highest gratitude and Love which will build internally and bring me to richer forms of my physical reality.

An example that I’m sure many of You may be able to relate with: often I would be Soul-&-Source of All, Guides and Guardians called to go traveling to

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So: what does Mastery "love" like? *wink* In Essence, both Self Mastery and Love are essentially of the same spectrum, yet different perspectives to feel the work within Self through the scope to what I call, "Living Ascending Mastery, True Core Self Embodiment". Now, these names are by no means entirely new, but are now more than ever reemerging and yet also reframing/rearranging within a lucid framework supportively for us in these now times. (literally infinite and entirely personal) Furtherly, what is "Ascension and Embodiment"?

Firstly – It looks like dedicating ever deeper and truer to the real work of Divinely unconditionally loving ourselves in every layer and level. Supportively refining, healing, taking steps of shifting, that may be uncomfortable, but are of the Highest support for our Embodiment. The way that this world has been manipulated, controlled, falsely driven, has been one which is against full Soul incarnation (and life), and therefore clearer remembrance & full embodiment itself.

Mastery: Many aspects and ways there are: but is essentially beginning becoming aware of every aspect of us and our way of being: Choosing. Into - What is energy of ourselves, and what is not? To fully identify that, & commanding clarity of the Old/outdated false and not-True-Self programs. Gently, firmly, Loving ourselves softly and strongly, to better steer us into an all-encompassing refined form of integrated Being of the Highest Love and Unity. With compassion for every aspect of the mission.

Ascension:.... Oh in the spiritual realms this tantalizing term tossed throughout!; is fully an inward journey of that healing, Source Love remembering and being, that Self refinement, awakening activation of deeper codes and higher aspects kept safe within our DNA, Light & Energy Body's, and Divine living Human Genome architecture, as also within our Truest soul. Perfectly holographically back-and-forth informing & mirroring our Souls blueprints of Source/God fractality and potentiality. The living process of fully anchoring our Souls, lightbody into the physical; and higher "ascending" through dimensions unto Avatar+ embodiment of those Conscious energies in Fractal Self of All. For Becoming the Great Living Masters truly that we're infinitely capable to Be.

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WHAT AM I DOING?

By tuning deeper and Higher into our Hearts of the multidimensional Body, we find the Way of Divine love unique for us and our complete Unified Totality. Which, as we awaken and open, often comes through in Visions & feelings received for our Missions of Healing and advancing Humanity. Mastery ensures the way external clear for our Core Mission and Purpose expression, to simply be more Graceful (dedicated and attuned, aligned within actively) and expanding in a higher accelerated fashion. -(yet often arduously imbued; that can also be a personal choice of perspective within how to respond to challenges & allow from our Hearts + support of the Body's intelligence for releasing energies associated with trauma healing connected to that current experience or any programmed response. Honed together for onward levels of your inward Ascension & external Core expression.

Mastery and our Self Loving, healing, Reunifying & expanding innerstood awareness of the full spectrum of our Wholly Christos Humanness, is both foundational and an ever-shifting Ordinary continuation along the Way. It is an ever-Present personal Mystery School process of the whole spectrum to Living our Destiny of a Divine Sovereignty.

All of our Self maturing, loving, lucid training process on all levels presenting themselves into some of the smaller external Mission work & before the larger work, That is fully of the utmost responsibility and first stages of our Service. Just Being yo BEST! YET, each of us within that always ensuing personal Mystery School and Creatorship Lucidity training within our Journey, can choose to embark on those greater Serving aspects of the avatar Mission anytime, Internal and External. As we're each different, we're Self permissibly readied for bigger or smaller initiations and tests at different points!

GROUNDING WITH THE ASCENDING MASTERY MISSION:

It's along the way that as we become more intimately connected with our whole Body's (capitol "B" multidimensionality), that like anything, repetitive practice and training is necessary to a degree. In our current time-space-dimension universal structure-flow cycle, everything is Heightened and accelerated for the healing and shifting of all. So even too our practices and all that we do is also experiencing the same. Effecting our local time-space-dimension experience to open and be accelerated. Meaning, simply that all that we do has great effect too! All our practices, Purpose oriented Creations, can be dearly immersed into for supportively helping us grow! Reclaiming and embracing ourselves more Whole, is the name of the game!

While there is highly a lot to this, here are some simple focusings for Now: Our Consciousness, time, and energy is how our lives are created, as the Creators. A simple practice is that of noticing where we are placing and opening portals, essentially, to pour our consciousness and energy into, that effects our time given and used. Is it something that you feel truly attracted to from your Core Highest Heart to participate with, or not? Is it something ultimately supporting yourself in enhancing inherent Love and Ascension and so the same to support for others in the collective, or not? Everything is interconnected, and as we do our greater foundational inner work, sovereignly reclaiming for refocusing our precious beingness, it shifts a switch on, lays a path of light to make it easier for others in the collective Tribe/Family. Onward Expanding!

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Everything that we do is a practice. On All levels of beingness, becoming aware our thoughts, feelings, true self-relationship treatment, Body postures and movement, and how we react or respond to things, people, and places is a direct programming of Self in active practice. Within all the subtle dimensional energies of our being and the interconnectedness of all things as Sacred Relationship with all Creation, there is ever present communication being exchanged with all people, beings, things (as a reframe) and aspects of Self! All that you feel and think (some may not be your own) has a direct connection all around. Discovering that in our own Journey and truly honoring it to its fullest Truth, is a lovely jump for us all.

A personal example along the Path of Mastery: An active Live practice for me as for mentioned above, has been that of truly slowing down and recognizing my internal self, subtle energies, in direct reaction with others in public places. I've noticed how then I'm given an opportunity of internal response: to allow energies to be freed and flow where I feel tension in the body, and/or bring love or simple healing intentions innergetically through simple feelings, to those places. Immediately I'll watch physically and feel a difference with those I felt that connection with, A Releeeeeaaase and subtler sense of safety restored. It's a beautiful way of Divine Service around anywhere that we bring ourselves.

Altogether, everything simply takes a willingness and an open Love to allow ourselves permission to apply an effort and initiate a process of experience. Following the oscillating wave flow of all living conscious energy in Creation, that which all is made of! Will you venture deep to receive the sovereign internal guidance of your Core, riding your personal waves of Creation? Within these energies and writing, may you discover something resonating to support Your True Awakening, Truest Master Self Embracing, Whole Unity, and Mission!

All of you in the Human ex"sphere"ience is perfectly valid. Your foundational Purpose itself is every facet and intimate Polarity allowing and Unifying relationship within Your Living Destiny, rising amidst Your own Awakening Dawn. Consciously Expressing Alive as all Organic Creation does!

CREATED WITH LOVE BY DILLON MACY



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ROOTED

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LOVE & SPIRITUALITY

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HEALING

POWERS OF QUARTZ

Quartz is the second most abundant natural mineral found on Earth. Simply put, quartz is composed of silicon and oxygen atoms with a chemical formula of SiO_2 which can present in many forms, including common rocks or boulders, clusters, double terminated points, laser wands, singing crystals, single points, twin flames, generators, milky quartz, spirit quartz, geodes, record keepers, enhydros, transmitters, Dow formations, faden, phantom crystals, Isis crystals, self-healed, giant Earth Keepers, and more!

Quartz is also commonly combined with other minerals such as rutilated quartz, or colored crystals such as lithium quartz, golden healer quartz, rose quartz, amethyst, citrine, smokey quartz, chlorite phantom quartz, and so much more.

- *Quartz can balance and revitalize the physical, mental, emotional, and spiritual planes.*
- *Cleanse and enhance the organs and subtle bodies.*
- *Quartz can be a catalyst, facilitating a deep soul cleansing and connecting the physical dimension with the mind.*
- *Enhances psychic abilities.*
- *Aids concentration and unlocks memory, potentially deep past life memories, and access to Akashic records.*
- *Stimulates the immune system and brings the body into balance.*
- *Harmonize the chakras and align the subtle bodies.*

When working with quartz, know that the right crystal will find you. Go with intuition and trust that you are being guided to know which crystal to work with.

DIVINE MASCULINE APPAREL



Lightworker Black & White Pullover by HDA Apparel

DIVINE FEMININE APPAREL



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GOT PARASITES?

Eliminate Those **SUCKERS** Now!

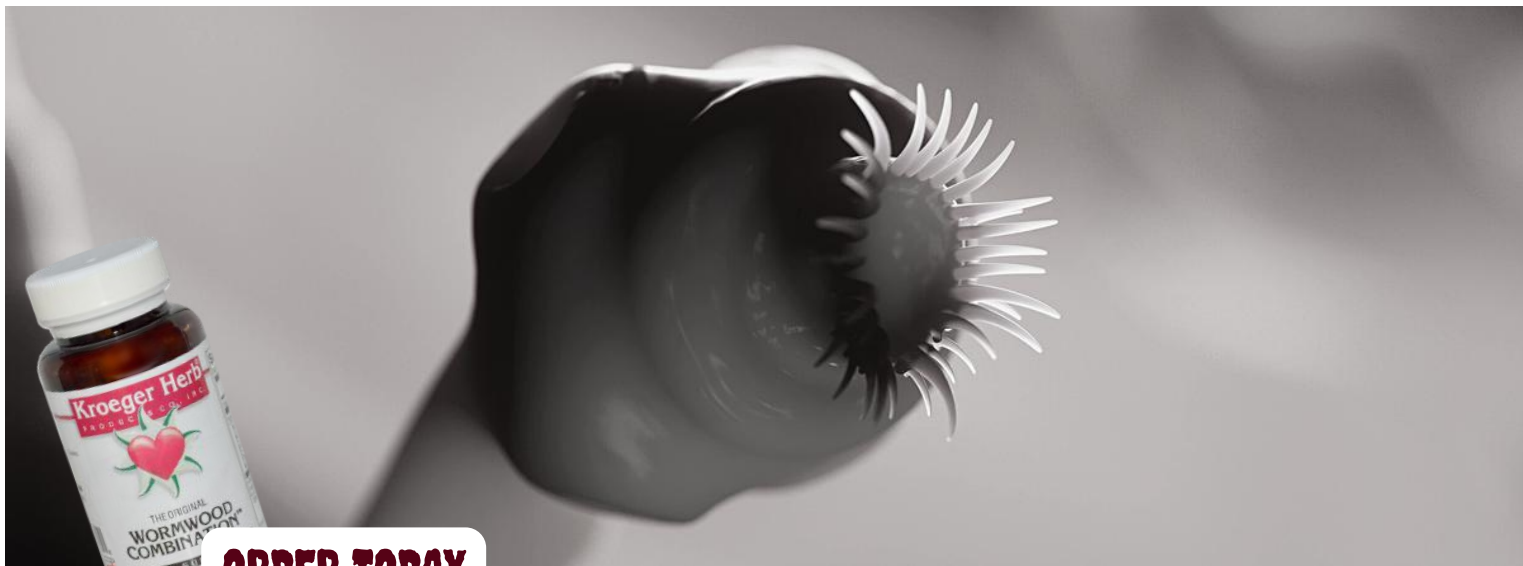
CREATED WITH LOVE BY ALEXIA ICENHOWER

Blessings dear reader,

I am Alexia Icenhower, a research journalist. It was through my findings that I realized what has been suppressing cures. It has to do with removing unnecessary amounts of heavy metals in our bodies, as well as nefarious micro organisms - that I like to call, "Wormy McSquirmies", or the more commonly known term: Parasites.

For myself, the detox journey of Parasites and heavy metals has been one of trial, error, and surprise. You see, I started my journey in 2016 a time when I simply didn't have health insurance and was looking for cheap cures. I went to the normal social medias and I listened to all the cool girls with detox channels. Now looking back, I started off taking some rather hardcore heavy-duty antiparasitics.

CONTINUE READING ON PAGE 30



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HEALTH & WELLNESS

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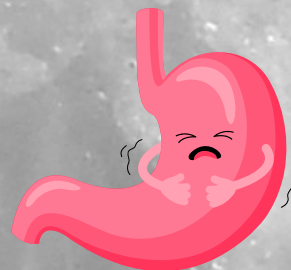
YOU MIGHT HAVE PARASITES IF YOU EXPERIENCE....



Memory Problems



Anxiety & Depression



Chronic Digestive Issues



Grinding Your Teeth



Fatigue & Weakness



Weight Issues



Breakouts & Skin Problems

I'm talking very heavy Chellators. And yes, now I definitely love the things I took then, though I should have known that they were too strong to start detoxing on; for the detox journey COULD BE a thing of ease and grace and clarity, but it COULD ALSO be World War III happening in your intestines. For you see, when you kill a bug it dies inside of you and these bugs have teeth and claws so it might be a bloody affair. Not to mention your body and liver especially want to get rid of the parasite bodies in which you are killing, by the thousands. Dead bodies that secrete toxins when they die just like human corpses. This is called a Herxheimer reaction, or "die-off symptoms". This is what we want to keep at a minimum during our entire journey to avoid sickness taking over. However, when people realize how many bugs are inside of them, they tend to go overboard and start with some of the heavy duty bug killers and chellators. Just like I had done in 2016, and it's always funny to hear how the most hardcore antiparasitics always seem to be touted on social media completely uncensored. ****Almost like they are paid for by big pharma to give people bad reactions so people do not cleanse the correct way. Oh - another fun dig: see how Bill Gates funded ivermectin ever since 2017 with a large donation to Merrick labs right before he got famous from one of the most popular Podcasters: Joe Rogan. Joe aired it on his show. I like using ivermectin but I would never use it until month three or four of detox - it is a very heavy duty chelator and will result in a stage-four-cancer-patient having a heart attack from too much metals and bug removal that it will clog arteries long before ever curing them of cancer. RIP Dr Zelenko *****

But again, this goes back to newbies wanting to start off with heavy duty hitters. I too started off on an extreme autism-reversal-cleanse which consisted of 36 drops of chlorine dioxide daily with a myriad of other anti-parasitic's. The result of such a heavy duty cleanse meant I had also three months of serious die-off reactions. This consisted of me sleeping for one part of the day and being on the toilet for the next. The bad moods you are in during this time, be prepared to have your relationship testing - to say the least. Hopefully you have a partner who is detoxing with you, which means they're in a bad mood too!

I understand the bad moods, for I understand the amount of bugs that we are killing; they do you have a



effect on our psyche. Look up how parasites cause schizophrenia and bipolar disorder. This is when I realized, we should be taking very slow steps to avoid the worst Herxheimer reactions, as well as killing as many parasites as we can on the full moon cycle (since that's when they are available and vulnerable).

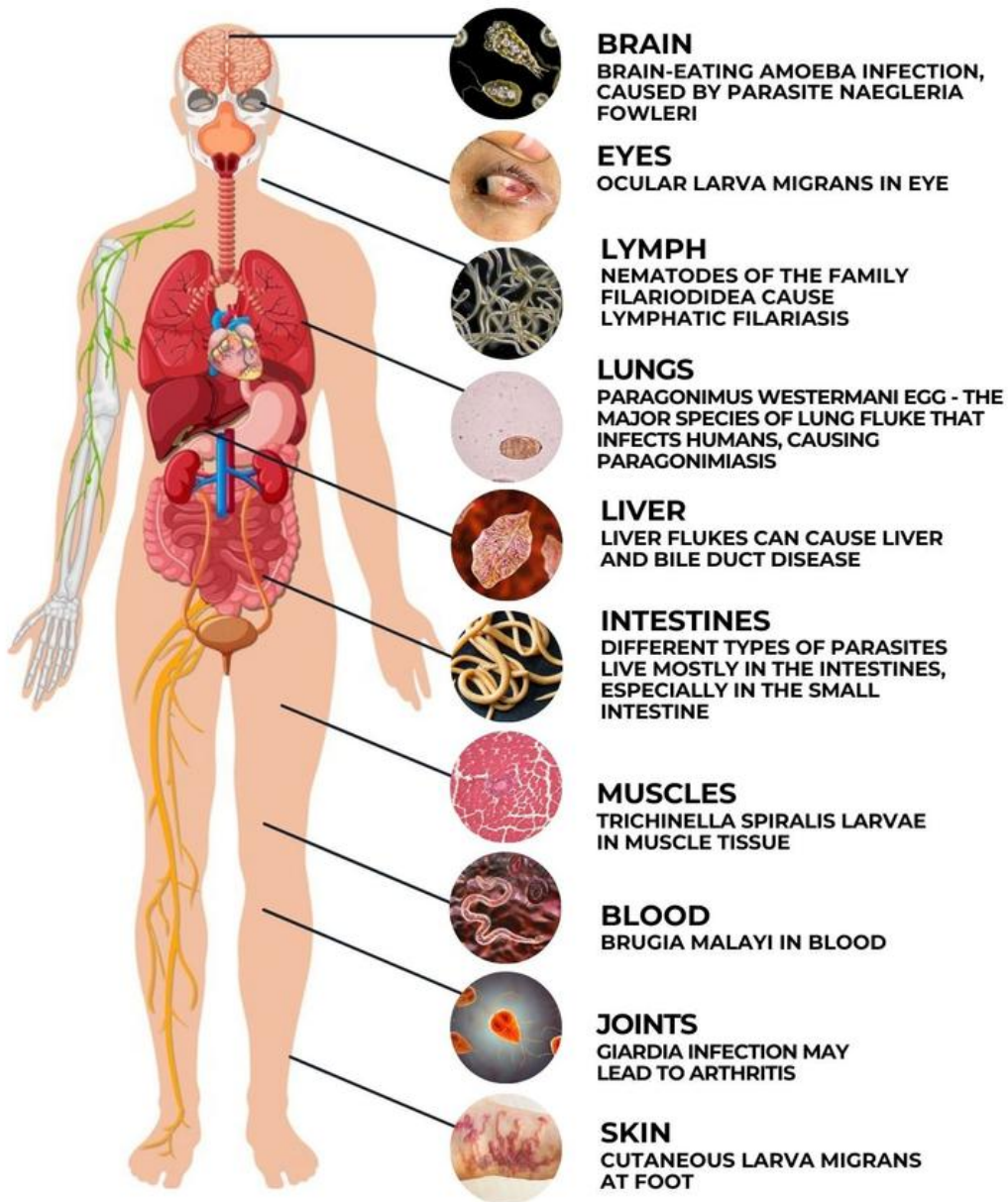
After a lot of research plus trial and error on my own accord, I felt the need to let people know not to do the mistakes I did when it came to detox. This is when I made my own Rumble & telegram channel with monthly full moon videos, on how to kill the vermin inside us-
Rikileaks Beyond The BioHacking.
<https://linktr.ee/beyondthebiohacking>

Again, the full moon is an important time to kill them. No, not because you're a witch doing a ritual, but because we have a biofilm inside of our intestines which releases these bugs to eat and mate during the full moon. So this is the time that we want to strategically kill them by poisoning their food. And this is when I realized to take detox in stages as long as you have a good amount of time and don't have a terminal illness.

(For terminal illnesses should probably stick to something like IJim Humbles protocol 1000+ or the One Minute Cure). This is when I realized my favorite all around anti-parasitic herbal formula was quite gentle on newbies. I have been using wormwood, black Walnut and clove mixture for people who had early coronavirus in early 2020. I had seen research evidence that the Wormwood plant was being used in Africa to cure their Covid patients. (Yes a virus is a parasite it's literally called an obligate parasite.)

CONTINUE READING ON PAGE 32

WHERE CAN PARASITES LIVE IN THE HUMAN BODY, AND WHAT BODY PARTS THEY CAN INFECT



www.Ecosh.com

THE CONTENT IS NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. ALWAYS SEEK THE ADVICE OF YOUR PHYSICIAN OR ANOTHER QUALIFIED HEALTH PROVIDER WITH ANY QUESTIONS YOU MAY HAVE REGARDING A MEDICAL CONDITION. PLEASE SEE RISEINNERVIVERSITY.COM/LEGAL

I saw this coronavirus herb being able to be a good start for anyone who wanted to start the detox journey. Of course, Doctor Clark is probably the most knowledgeable expert on Wormwood and I tell everyone to check out her website which has a great host of information. Dr. Clark explains that the herbal trio consisting of wormwood, clove, and black walnut kills many parasites at all three stages of life. And when started three days before the full moon for up to 10 days - can result in a great monthly cleanse. Just give your liver three or four days off between wormwood bouts and you should be good to start seeing your mood and anxiety be affected by the cleanse. At this rate with herbs it's usually for the better. Also you probably won't be seen much in the toilet since you're killing the bugs at a rate that your intestines are simply eating them at. I'm sorry vegans but you will have meat for this week.

Hopefully by now you're excited to get started on your own cleanse - and are probably asking where to buy these products. For those who have a nut allergy there are formulations with only wormwood and clove. For everyone else, I have seen Wormwood blends from prices of \$10 that work amazing and have all three of these herbs - Kroger Wormwood combination was my first brand I used. But also I have seen other companies put way more herbs in their formula which make the prices go up to \$30-\$80 even - Dr Clark's Formula, Organic Olivia Parapro, Scram, and many more. The most popular form is usually a capsule with dried herbs in it. However I know people who have the herbs individually and make a tea and I know other companies that make a tincture as well. I personally love the tincture taste so much but others hate it - so the capsules are usually the easiest sell.

There are many amazing books that describe parasites as the demons we have all learned about. This goes even into ectoplasm which is the substance that parasites travel through inside of us being found out haunted house sites. This is where I like to teach everyone to become their own research journalist, and the first way to do that is to get a new browser in which you search things which brave browser is a good one that I use. Presearch.com gives me a lot of good search results as well. Anyway, you look up for yourself how a parasite causes which ever disease you want to look up, and you will find articles that explain how a certain parasite causes that disease. You can look up how the full moon affects parasites.

I have given you the fundamentals in healing yourself, without having any crazy die-off symptoms. There are many other fun anti-parasitic's to get started on after a month or two of Wormwood in which you will be ready to take some of the heavier oxidizers or chelators at that time.

With ease and grace may your healing journey deliver you improved health and well-being, so it is.

[START YOUR JOURNEY AND LEARN MORE >>>](#)

CREATED WITH LOVE BY ALEXIA ICENHOWER

HEALTH & WELLNESS

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Full Moon Dates: Start
cleanse 3 days prior.

October 9th,
November 8th,
December 7th

UNLEASH YOUR INNER GODDESS

CREATED WITH LOVE BY EMPIRE HEYOKA

Connecting as a community with women during moments with POWERFUL energy and natural cycles is a great way to practice collective healing and support each other. Join us as we create a circle of intentions during our ceremony to ACTIVATE and MANIFEST what we have in our hearts and learn about the wisdom of the Goddess for the New Moon 28-Day Cycle and the wisdom she brings.

Doing this sacred work will help us on a cellular level to increase awareness and clarity, clear blockages, balance our chakra centers, and recalibrate our entire being while IMPACTING and UPLIFTING the collective.

I hope you can join us in one of our sacred ceremonies, live and in person.

Next Ceremony Dates:

- **October 22nd - The Warrior Goddess**
- **November 19th - The Shadow Goddess**
- **December 17th - The Goddess of Rebirth**

>>>> *Learn More.....*



LOVE & SPIRITUALITY

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ACCESS THE
LATEST PLAYLIST



GODDESS BATH FOR THE DIVINE FEMININE

- A SELF LOVE RITUAL

CREATED WITH LOVE BY EMPIRE HEYOKA

You cannot love others without loving yourself first. Think about the last time you had a bad day or woke up cranky; how did you treat the people around you? I am guessing there were arguments, resentment, lots of cursing, maybe a middle finger? The energy we give is often the energy we get.

Just like any other part of our life, self-love takes time and effort. Just like sleep, exercise, and food, it is a healthy life essential. Self-love is important because it

- Restores our physical and mental energy
- It realigns us to our life purpose
- It enables us to love others
- Builds patience and understanding
- Manifests gratitude and happiness
- Grounds us

There are simple ways to add more self-love time into your life. The first thing to do is take a little time for yourself each week to worship and nourish your inner god or goddess. Drawing a bath is the perfect way to love yourself. Make it more than a habit. Make it a ritual.

Goddess Bath Ritual:

- Draw a warm bath. As the tub is filling, add:
 - 2 cups of Epsom salt (fantastic for detoxification),
 - 1 cup of pink Himalayan sea salt,
 - 1/2 cup of dried flowers and herbs (options include rose petals or buds, dried lavender, lemon balm, jasmine, or dried chamomile),
 - Up to Ten essential oils of your choice,

A handful of your favorite healing stones and crystals. Either in the bath (check to see if the crystal is water-soluble, do not place them in water) or around the tub. I also like to light candles or burn incense or palo santo; this helps cleanse the energy.

Next, add some Epsom salt, sea salt, and healing crystals in a small bowl. As you enter your sacred goddess bath, keep your intention in mind. Cup your hands and rinse your body with the warm water bath you have drawn. Pour the water on your chest (heart chakra), throat (throat chakra), forehead (third eye chakra), top of your head (crown chakra). Then relax. You can listen to music or indulge in reading your favorite book or magazine.



GODDESS BLENDS:

Aphrodite (Goddess of Love and Beauty) Blend

- 2 cups of Epsom salt,
- 1 cup of pink Himalayan sea salt,
- Five drops of jasmine essential oil,
- Five drops of sandalwood essential oil,
- 1/2 cup of rose petals.
- Add rose quartz, aquamarine, or amethyst in or around the bath.
- Intention: I send love and compassion to myself and all living beings around me.

Gaia (Goddess of the Earth, for grounding)

- 2 cups of Epsom salt,
- 1 cup of pink Himalayan sea salt,
- Five drops of patchouli essential oil,
- Five drops of sandalwood essential oil,
- 1/2 cup of chamomile).
- Add Jasper, Moss Agate, and Smokey Quartz healing stones in or around the bath.
- Intention: I am stable and at peace.

Amphitrite (Goddess of the Sea, to cleanse and detoxify)

Blend

- 2 cups of Epsom salt,
- 1 cup of pink Himalayan sea salt,
- Five drops of lemongrass essential oil,
- five drops of cedarwood essential oil,
- 1/2 cup of lemon balm.
- Add Black Tourmaline and Black Onyx in or around the bath.
- Intention: I let go of what no longer serves me.

Hecate (Goddess of the wild places, childbirth and the crossroads, for healing)

- 2 cups of Epsom salt,
- 1 cup of pink Himalayan sea salt,
- Five drops of eucalyptus essential oil,
- Five drops of peppermint essential oil,
- 1/2 cup of chamomile).
- Add Sunstone, Amber, and Magnetite healing stones in or around the bath.
- Intention: I am healing.

EOS (Goddess of the Sun, for confidence)

- 2 cups of Epsom salt,
- 1 cup of pink Himalayan sea salt,
- Five drops of bergamot essential oil,
- Five drops of grapefruit essential oil,
- 1/2 cup of rosemary.
- Add carnelian, orange calcite, and sunstone in or around the bath.
- Intention: I know my life is a miracle. I respect it like a precious gem.

Hygea (Goddess of good health and cleanliness, for renewal)

- 2 cups of Epsom salt,
- 1 cup of pink Himalayan sea salt,
- Five drops of myrrh essential oil,
- Five drops of juniper berry essential oil,
- 1/2 cup of dried calendula petals).
- Add Green Aventurine healing stones in or around the bath.
- Intention: The best moment in my life is now.



UNLEASH YOUR SACRED GODDESS

LET'S TALK ABOUT

ENERGY & FASHION

CREATED WITH LOVE BY EMPIRE HEYOKA

Did you know that Linen can heal?

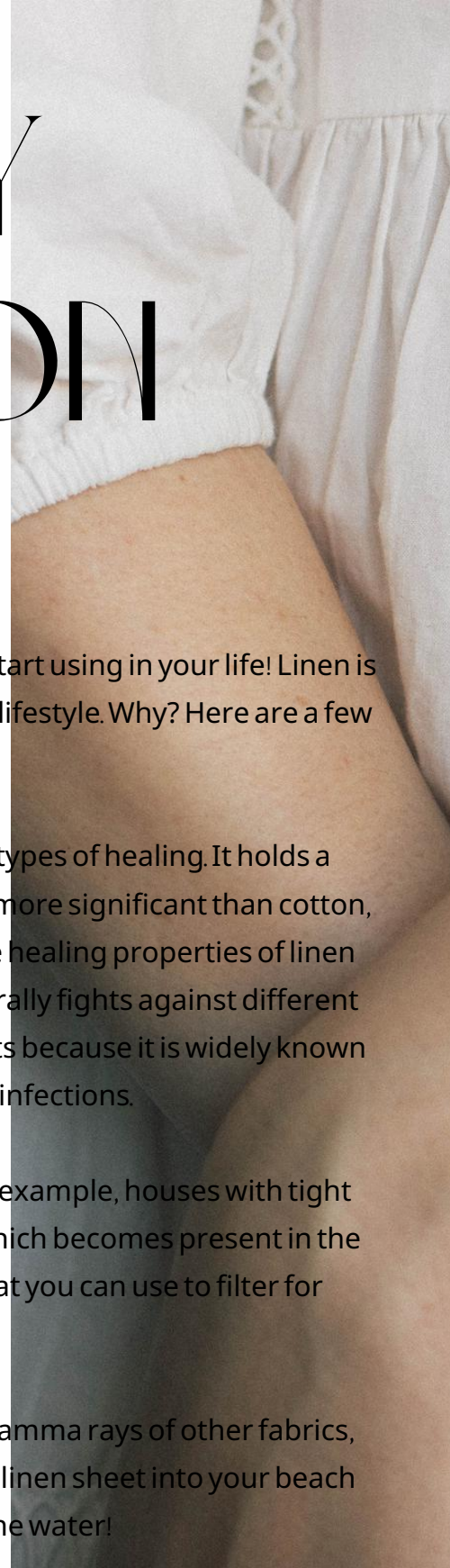
Linen is one of our favorite high vibe fabrics alternatives you must start using in your life! Linen is known as "The healing fabric". It is the preferred fabric for a healthy lifestyle. Why? Here are a few reasons.

Clothing made out of linen, is scientifically proven to assist in all types of healing. It holds a vibrational frequency of 5000, possessing healing properties much more significant than cotton, hemp, or silk, which sit at 40, 80, and 100, respectively. In the past, the healing properties of linen were used as the preferred material for bandages because it naturally fights against different types of bacteria, fungi, and Flax. Hospital still use it to this for sheets because it is widely known to be the best for healing and protection against infections.

Linen is the best fabric around to ward off chemical exposure. For example, houses with tight plastic windows tend to collect radioactive gases such as radon, which becomes present in the ground and concrete over time. Flax linen is a fantastic fabric that you can use to filter for chemical exposure and dust.

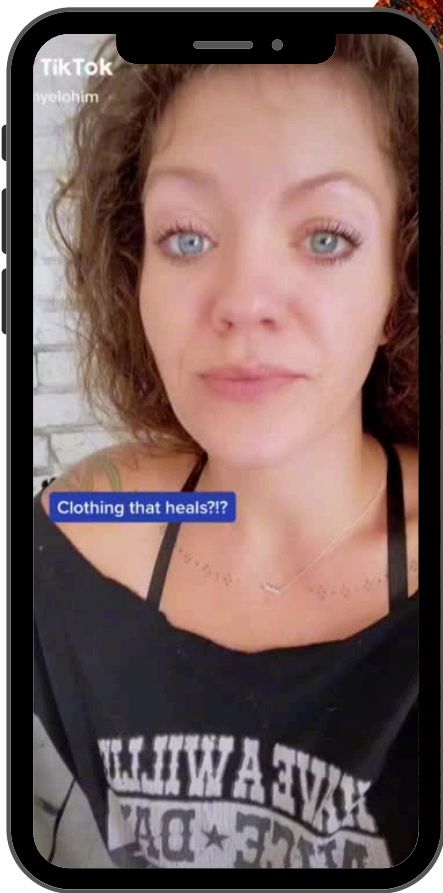
Alternatively, linen fibers extracted from the soil absorb half the gamma rays of other fabrics, making them resistant to harmful UV rays. So consider throwing a linen sheet into your beach bag next time you want to catch some rays by the water!

Will you make the switch?





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SEASONAL FASHION



A woman with long dark hair, wearing a yellow dress and a flower crown, stands on a sand dune with her arms outstretched. The background is a blue sky with light clouds and some greenery on the left.

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LEARN HOW TO BUILD & STRENGTHEN YOUR INTUITION



Slowing down our minds and stepping more into our awareness allows for divine downloads and for signs to appear.

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INTUITION IS WITHIN EVERY ONE OF US, WE ARE BORN WITH THIS BEAUTIFUL GIFT.

We can consider our intuitive gifts, the same as our psychic abilities.

From birth to age 5 we continue to grow these gifts, and have the abilities to master every essence of our intuition. Then we go to school and have many different beliefs put upon us, from teachers, parents and society. Therefore our intuitive gifts seem to get pushed down within us and we stop trusting what we 'know'. For many, our intuitive capabilities seem to diminish throughout this time.

Intuition is the ability to understand something immediately, without the need for conscious reasoning. It is an instinctive feeling or knowing.

Through the inability of living fully in our own awareness growing up, it has made our intuitive muscles weak, and unable to fully hear it and trust it.

As we strengthen these muscles, we can hear our intuition get louder and we can understand more of the messages it is providing us. It allows us to live life more from our own guidance and brings us back to our heart center.

Intuition is a quick 'pop' in message. It is quiet and comes in many forms. After the quick pop in message our conscious reasoning comes in and often screams over the initial intuition. We often choose to listen to the later, and step back into the fear, excuses and shutting the energy off. We call this the 'ego'.

We are each unique in different ways, through our own intuitive abilities. Having different levels of strength in our clairs, which are our emotions & feelings, knowing, visions, hearing, smelling & tasting.

As we strengthen each of these areas we are connecting deeper to our higher self.

Slowing down our mind and stepping more into our awareness allows for divine downloads and for signs to appear.

To hear clear intuitive messages, we need to be building the muscle and naturally strengthen our intuition.

Each of the Clairs below can have different specific meanings for each individual. It's important to have awareness what they mean for you.

CLAIRVOYANCE- CLEAR SEEING

- You may see images or scenes often metaphors in our minds eye.
- Visions pop in your mind
- See a movie being played

TIPS FOR STRENGTHENING YOUR CLAIRVOYANCE

- Be in awareness of images that pop into your mind out of the blue.
- See physical signs such as feathers, butterflies, etc.
- Hold an object, close your eyes and visualize every aspect of the object
- Practice recreating a physical picture in your mind, every detail possible.
- What is each of these telling you?

CLAIRAUDIENCE- CLEAR HEARING

- Hear voices, words, sounds, music
- Someone is talking in your mind. The voice is never harsh and always the same and is calm
- Messages are straightforward and are very specific, like "Wait until summer"

CONTINUE READING ON PAGE 46

ALIGNING YOUR INNER SPIRITUAL LIFE WITH YOUR OUTER LIFE!

Soul Works by Sue Pickering. Sue is an intuitive, holistic energy healer, a Certified Soul Coaching® Practitioner, Angelic Reiki® Master Teacher, creator of Consciousness Rising and Soul Development Certification. Sue is also the creator of Soul Guidance Oracle Deck. Sue is a leader in helping to build the New Earth's Energy. She serves highly motivated souls to elevate their self identity, for greater personal freedom. Sue helps spiritual individuals to work through past traumas to break down barriers that hold them back. To give them guidance and tools to help them tap into their psychic gifts and raise their consciousness and awareness. Sue helps guide them to achieve alignment and connect with their spirit and the divine.

<< WORK WITH SUE >>

- Messages are sometimes one word or a number(s) (number can be age, date, hour, month, time). You receive pieces of the puzzle and you often have to piece it together.
- It can be an internal dialogue in your mind. A feeling it didn't come from your own thinking processes.
- You often have ringing in your ears.

TIPS FOR STRENGTHENING YOUR CLAIRAUDIENCE

- Sit in, a very quiet dark room with no distractions. Close your eyes and concentrate on the silence and your hearing will strengthen. What do you hear? Can you hear outside the room? Can you hear the wind, what is it saying?
- Listen to music and only listen to one instrument and block out the rest. Repeat until it is very clear.

CLAIRSENTIENCE – CLEAR FEELINGS

- Gut instincts & feeling
- Able to read and or feel the emotions & or pains of others
- Feel the collective energy of a room
- Feel someone's energy before calling them
- Strengthening your Empath abilities

TIPS FOR STRENGTHENING YOUR CLAIRSENTIENCE

- Journal the feelings and go back and see if you were right
- Expand your energy. How do you feel? What do you feel? Where do you feel it?

CLAIRCOGNIZANCE – CLEAR KNOWING

- Immediate download from our intuition
- No logic
- Can not explain it to anyone

TIPS FOR STRENGTHENING YOUR CLAIRCOGNIZANCE

- When decision making, you feel stumped - asked for the answer through claircognizance

CLAIRALIENCE – CLEAR SMELLING

- You smell things like perfume, smoke, flowers

TIPS FOR STRENGTHENING YOUR CLAIRALIENCE

- Asking questions to why you are smelling what it is that has presented itself. What or who does it remind you of?
- Close your eyes and smell essential oils that are a blend, and pick up on the subtle smells of each herb that is blended

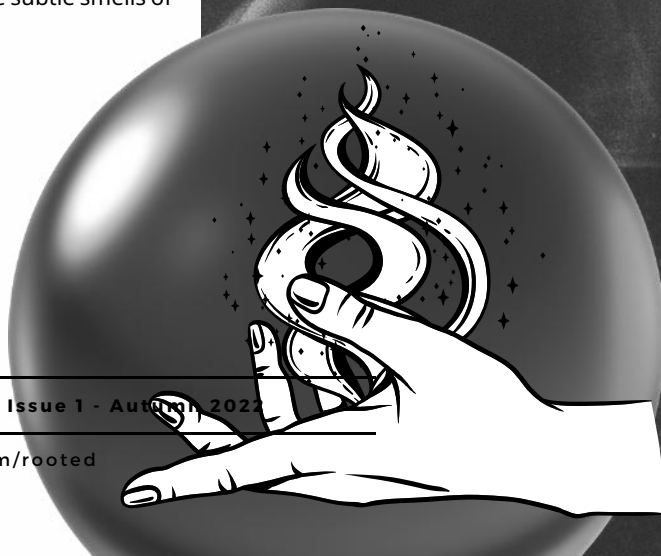
CLAIRGUSTANCE - CLEAR TASTING

- Taste foods, flowers, etc.

TIPS FOR STRENGTHENING YOUR CLAIRGUSTANCE

- Same as Clairalience.
- Continue to ask questions.

CONTINUE READING ON PAGE 47



A FEW ADDITIONAL WAYS TO HAVE FUN WORKING WITH AND STRENGTHENING YOUR INTUITION:

Most important way to strengthen your intuition is to practice receiving immediate answers. Do not judge yourself in the process

.Remember you are strengthening the muscle and it takes time.

EXAMPLES:

- Tap into who texted or is calling before looking at your phone.
- What color is someone wearing before meeting them.
- How is someone feeling before talking to them, or seeing them.
- Sensing something about someone.
- Gut feelings what are they telling you.
- Awareness of words or, thoughts that pop in.
- Feel the energy before you arrive somewhere.
- Visualize or have a knowing of which parking stall is available before arriving.

- Sex of a baby.
- Color of the next car on the highway or even what kind of vehicle it will be.
- Hold an object – What does it tell you?
- Ask questions.
- Oracle or Tarot Cards (Confirmation as well as Intuitively seeing what is on the card).
- Expanding your awareness and energy outward.
- Do a Feeling Body Meditation.
- Practice being in the present moment – Mindfulness
- Awareness of your dreams and what messages they are bringing.
- Practice writing as well as automatic writing.
- Awareness of the messages in books.
- Messages in music.
- Asking your body – What do I need to be aware right now?
- Play with apps that you can work on your intuition.

THE KEY IS TO BE IN AWARENESS AS MUCH AS POSSIBLE!!!!
HAVE FUN!!

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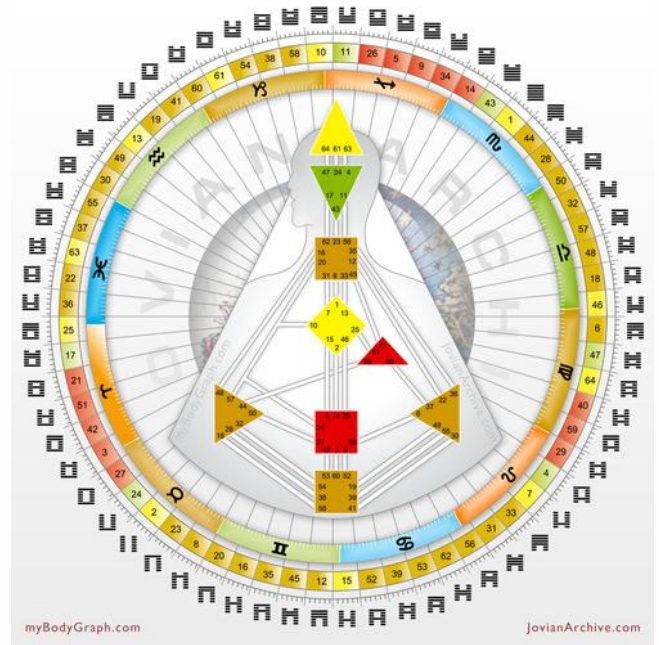
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IS THIS ASTROLOGY?

No, it is not! However, astrology was onto something fundamental. They were aware that our position on the planets and stars affected us. Back then and even now, much of that information is considered esoteric and even mystical. However, we now know it is neither. The planets interrupt this flow of neutrino energy. At birth, our genome reads those interruptions and differentiates itself accordingly. This is because we are moving in space. Furthermore, since no two children can be born in the same space at the same time, each child is imprinted differently.

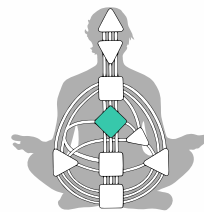
Human Design is not a mystical system. It is an applicable logical process of getting to know the aspects and character you are. In doing so, you find out the character of what you are not. In doing so, through the course of one human design analysis, you will come to see this for yourself.



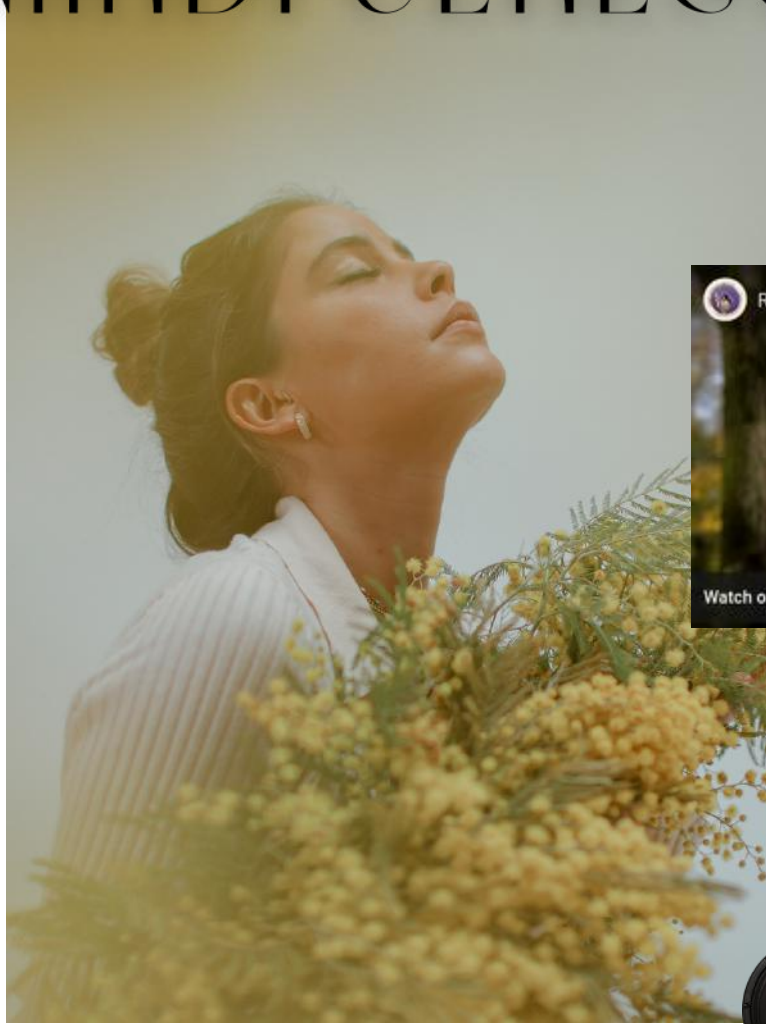
You don't have to believe me; you can see for yourself. The only limitation on this knowledge is not becoming more widespread faster, as it is a one-person at a time process until we reach the critical mass of understanding that makes it easier to reach more people at a time.

The human design system is a logical, empirical mathematical process of revealing your genetic differentiation to you. See for yourself, and then you tell me...

Book a session with me today, and let me show you who you are.



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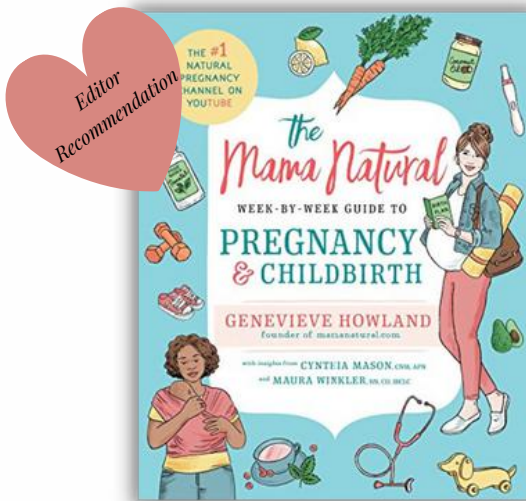


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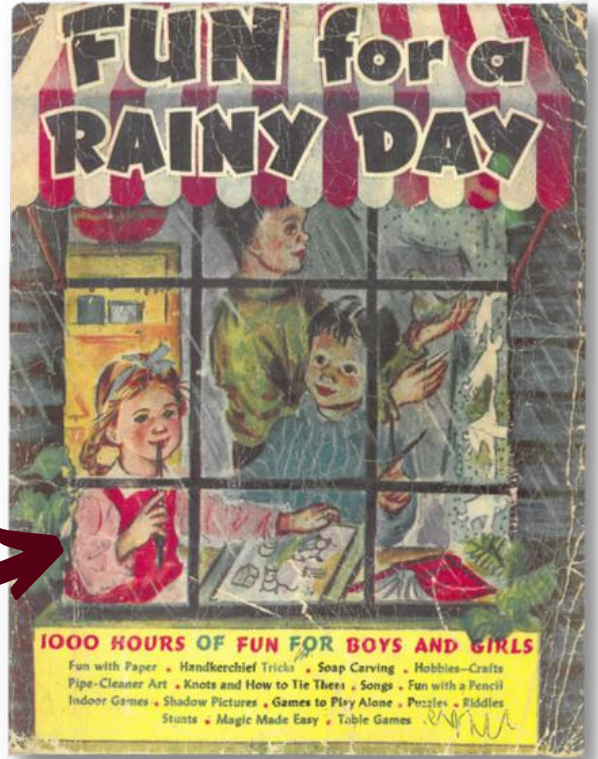
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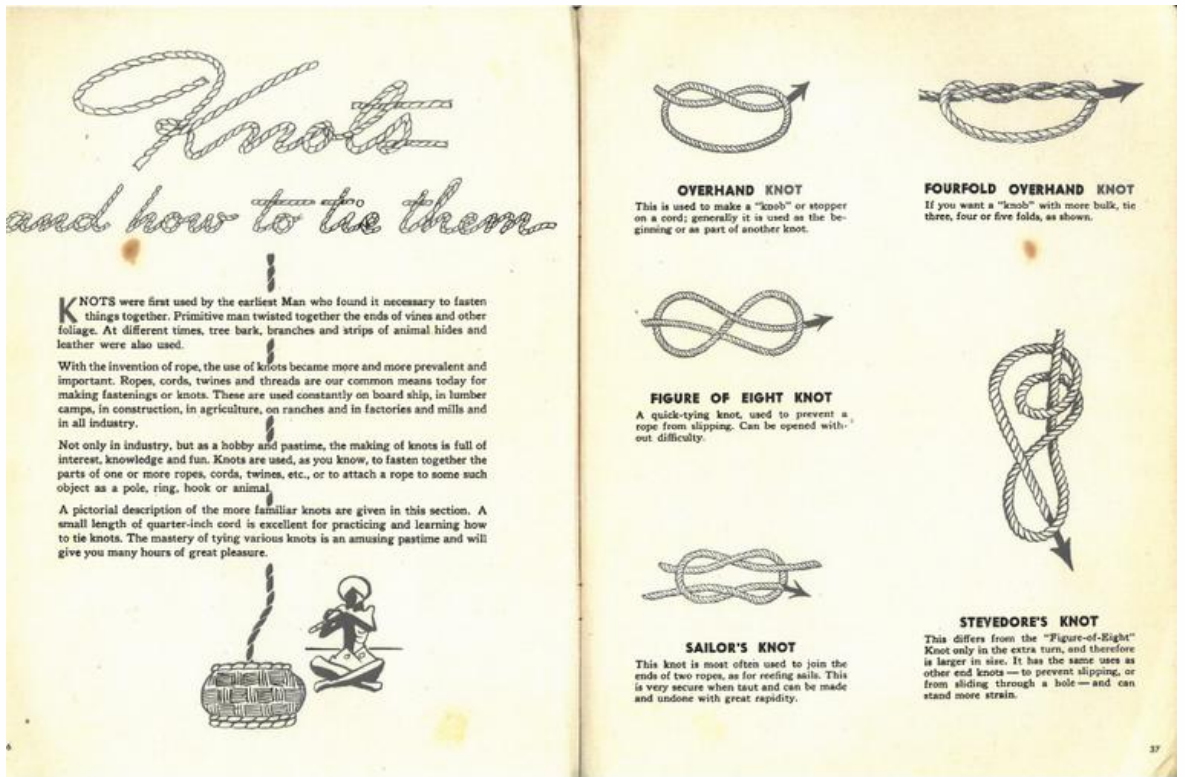
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Seasonal Activities for the Kids

Activities are taken from one of Jen's favorite childhood books, published in 1945. It will surely bring fun for the whole family and teach your kids skills they can use for years to come!



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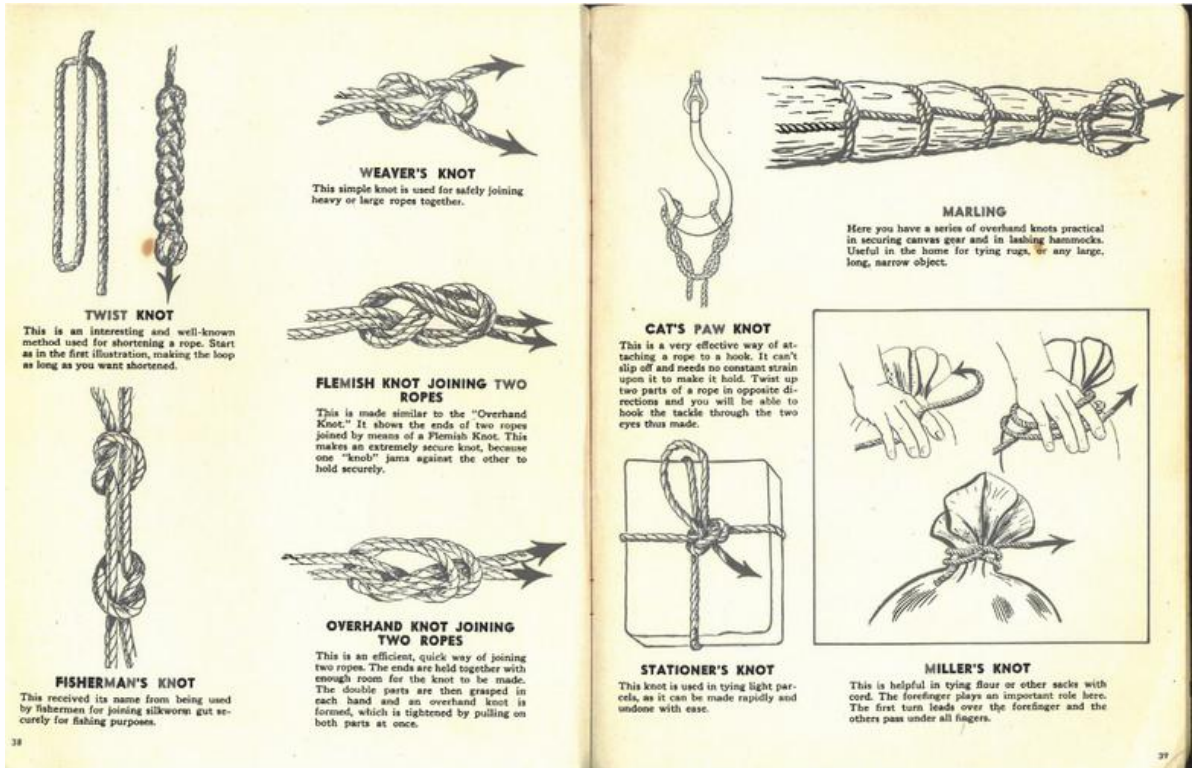
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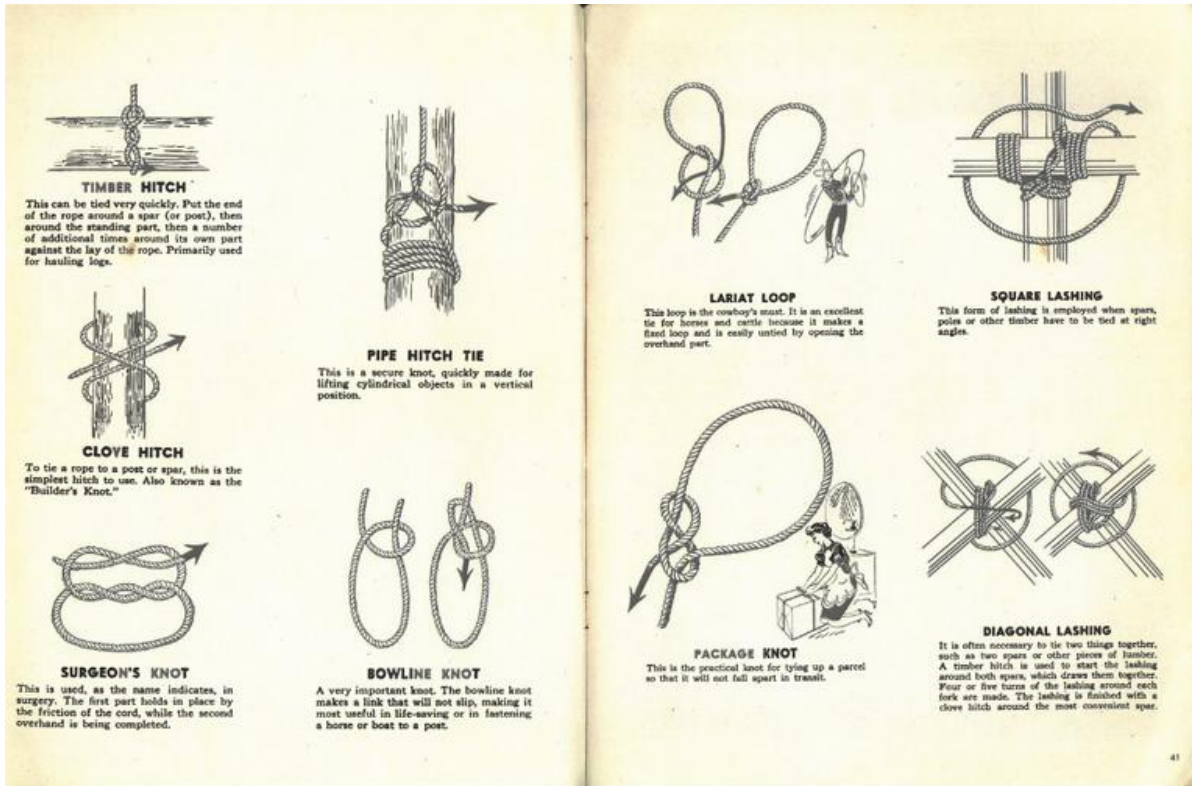
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CAMOTES ENMIELADOS (MEXICAN CANDIED SWEET POTATOES)

- *4 large sweet potatoes, scrubbed and rinsed
(or 6 small-medium)*
- *1 8-ounce piloncillo cone, or 1 cup brown
sugar*
- *1 cinnamon stick (Mexican cinnamon stick
preferred)*
- *1 star anise pod*
- *1 whole clove*
- *2 cups water*



INSTRUCTIONS:

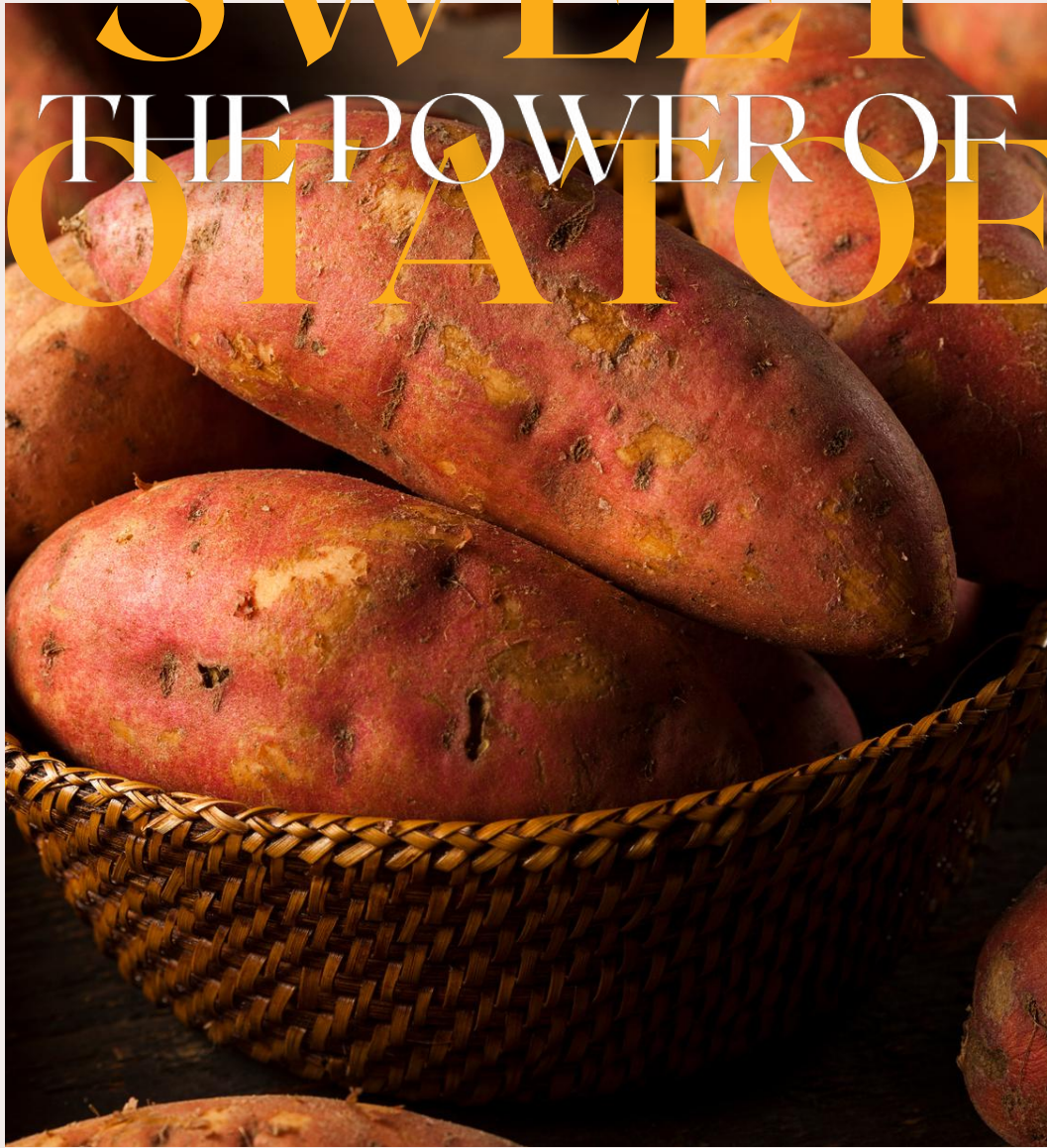
- *In a large pot or dutch oven, add the sweet potatoes, piloncillo cone, cinnamon stick, star anise pod, clove, and water. Bring to a boil over high heat.*
- *Reduce heat to low, cover, and simmer for 50 minutes.*
- *Uncover and give the liquid a quick stir. The piloncillo should be completely melted by this point.*
- *Leave uncovered and continue simmering on low for another 15-20 minutes to reduce the syrup.*
- *Remove from heat and let the camotes sit for 10 minutes to cool down. The syrup will also thicken slightly.*
- *Transfer a sweet potato to a bowl, pour some piloncillo syrup on top, and dig in!*

ISABEL'S TIPS:

- ***Don't have Mexican piloncillo?** Replace it with 1 cup of dark brown sugar.*
- ***Don't have Mexican cinnamon sticks?** Just use regular cinnamon sticks instead.*
- ***Don't have star anise?** Even though it adds an amazing flavor to the syrup, star anise can be left out of the recipe if you can't find it.*

**PREP: 5 MIN - COOK 1 HR, 10 MIN
MAKES 6 SERVINGS**

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ROASTED SPICED SWEET POTATO TACOS

- *1 very large sweet potato (about 1 pound)*
- *½ small red onion, cut into ¼-inch dice (about 1½ cup)*
- *2 small garlic cloves, minced (about 1 teaspoon)*
- *1 (15-ounce) can pinto or black beans, rinsed and drained (about 1½ cups)*
- *½ cup frozen sweet corn kernels, rinsed*
- *½ teaspoon ground cumin*
- *½ teaspoon ground ancho chile, or to taste*
- *Sea salt*
- *12 to 16 corn tortillas*
- *1 ripe Hass avocado, pitted and peeled*
- *2 Roma (plum) tomatoes, cored and cut into ¼-inch dice (about 1 cup)*
- *3 scallions, white and green parts, thinly sliced (about ¾ cup)*
- *¼ cup finely chopped fresh cilantro*
- *2 tablespoons fresh lime juice (from 1 lime)*



INSTRUCTIONS:

1. *Cut the sweet potato lengthwise into 1/2 to 3/4-inch thick sticks.*
2. *Make the roasted sweet potatoes. Toss diced sweet potatoes with oil, taco seasoning, salt and pepper and roast until tender.*
3. *In a large skillet, place the onion, garlic, and 2 tablespoons water. Cover and cook over low heat until the onion is translucent, about 10 minutes.*
4. *Add the reserved sweet potato, beans, corn, cumin, ancho chile, and salt to taste. Gently fold to coat the sweet potato with the spices. Cook over medium-low heat until heated through, 5 to 7 minutes. Remove from the heat.*
5. *Line a plate with a damp large, clean dish towel. Warm the tortillas one at a time for about 20 seconds on each side in a dry skillet set over medium heat. Or, if you have a gas stove, place a tortilla straight over the flame for a few seconds on each side. As you heat the tortillas, stack them on the damp towel and cover the tops of them with the towel to retain moisture.*
6. *Place the avocado in a small bowl and use a fork to gently mash it.*
7. *To form the taco, spread some avocado on half of each tortilla. Spoon some beans and sweet potato on top, and then add the tomato, scallions, and cilantro. Drizzle with some lime juice. Fold each tortilla in half. Serve at once.*

**READY IN: 35 MINUTES
MAKES 12 TO 16 TACOS**



HOW TO TUNE IN TO THE TRANSFORMATION OF AUTUMN

CREATED WITH LOVE BY EMPIRE HEYOKA

The first feeling of cool air blows in awe Autumn, the sign of transformation, is upon us.

This is one of my favorite seasons—the changing of the leaves, the slight chill in the air. But, whatever the weather, brilliant sparks from red, orange, and yellow leaves always stand out against the sky, and you cannot help but feel more cheerful when you look up and see their vibrant colors. Mother Earth shares her wisdom with us; every physical shift is a message on how to be in the flow with the changing of the seasons, to embrace the natural rhythm of life.



Fall starts with the harvest when the farmers pull food from the ground to prep for the winter. Then, the animals fall suit, gathering nuts and building a winter-proof home. You can utilize this energy for activities, organizing your business, and transforming your house.

What are some ways you can tune into the transformation of autumn?

CONTINUE READING ON PAGE 68



HERE ARE 5 WAYS TO EMBRACE AUTUMN

CREATED WITH LOVE BY EMPIRE HEYOKA

01

DIFFUSE ESSENTIAL OILS

Diffuse some essential oils in your home:

1. *Evening by the Fire Diffuser Blend - 2 drops Douglas fir + 1 drop frankincense + 1 drop sandalwood + 1 drop lavender + 2 drops orange. This cozy diffuser blend combines a mix of woody, fresh, and slightly sweet essential oils. Don't you just want to snuggle up in front of a crackling fire with your loved ones and relax?*
2. *Fall Wreath Diffuser Blend - 3 drops eucalyptus + 2 drops rosemary + 2 drops balsam fir. This essential oil combination of eucalyptus, rosemary, and fir smells fresh, clean, and crisp. It's a great way to deodorize and get rid of any stinky smells.*
3. *Crisp Autumn Diffuser Blend - 3 drops orange + 3 drops patchouli + 1 drop clove. This blend has a sweet, floral, slightly spicy aroma that's reminiscent of walking through the woods filled with vibrant fall foliage.*



02

BE A BATHING BEAUTY

Check out the variety of Goddess Blends on page 35. Have a long, hot soak with Epsom salts and a few drops of sweet-smelling essential oils. Just add candles and a good book you are set!



03

DIVINE DINNER PARTY

Consider gathering a few friends for a night of dinner and fun at your casa. You can create centerpieces with seasonal fruits and vegetables, colors of orange and red with candles you have lying around; don't overcomplicate it. Make it a potluck and ask your friends to bring a dish. Fall is the perfect time to create balance, after all. Make the space around your table sacred. Make it something special. You can take a moment of silence, sage each other, say something you are grateful for, honor each other and go with what feels comfortable. Topics that you can go over to open up the discussion are:

1. *Reflect on the previous spring. What was happening in your life? What seeds did you plant? Do they need to be harvested at this time?*
2. *What can you be proud of accomplishing so far this year? What are you celebrating?*
3. *What are you grateful for in your life?*
4. *How can you achieve more balance? That's it. Make it as simple as gathering with people you love, setting a sacred container, eating, and sharing.*

CONTINUE READING ON PAGE 70

We hope you enjoyed! Would you like to contribute?

Rooted is a donation-based magazine with the sole intention to help other lightworkers share their knowledge, wisdom, and talents with the world. Our mission is to offer a platform for them to showcase their missions, talents, and products at little to NO cost to them. If you would like to donate to our cause, we greatly appreciate it. Creating a New Earth is not a one-man job. It's all of us coming together.

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04

MAKE YOUR OWN TONICS

Indulge in a little alchemy! Time to take out your teapot and create your own health-boosting infusions to harness the magical healing powers of plants.

Just a few ideas...all you need to add is boiling water:

- 1.Immune system booster - Infuse 3cm of fresh, grated ginger with the juice and zest of a lemon, a pinch of cayenne pepper, and honey to taste.*
- 2.Sweet dreams - Infuse dried lavender, dried rose petals, and either hawthorn berries or dried or fresh hawthorn leaves.*
- 3.Happy tummy - Infuse fresh mint leaves, lemon balm leaves, and cardamom.*
- 4.Healthy lungs- Infuse thyme, eucalyptus leaves, and plantain leaves. Infuse each tonic for 5-10 minutes.*

You can use these recipies or get creative and make your own blends.If you need something sweeter, just add a spoonful of honey.

05

TUNE INTO THE TRANSFORMATION


If you're not paying attention, you might miss it! I feel like every year, the seasons skip by faster and faster. Luckily, autumn is one of the best seasons for learning how to be present. With so much that is changing around us — shades of leaves, the temperature of the air, even the attire of those all around you, this makes it easier to stay present through it all.If you struggle to stay in the moment (and who doesn't sometimes!?), taking note of all the changes happening around you can help bring you back into the present. Look into taking our Master Your Mind Mindfulness course, where we incorporate Human Design and Mindfulness together! This season, I aim to look for one new (autumn) thing every day!



Clearly, I'm already in the fall spirit! Suppose you love autumn as much as I do. In that case, I'd love to hear about your favorite parts of the season, your autumn traditions, or any additional suggestions you might have for embracing autumn. Just shoot me an email at contact@riseinniversity.com!

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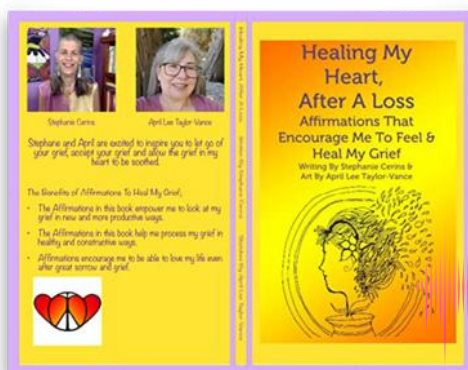


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RISE Inniversity/Human Design Advantage

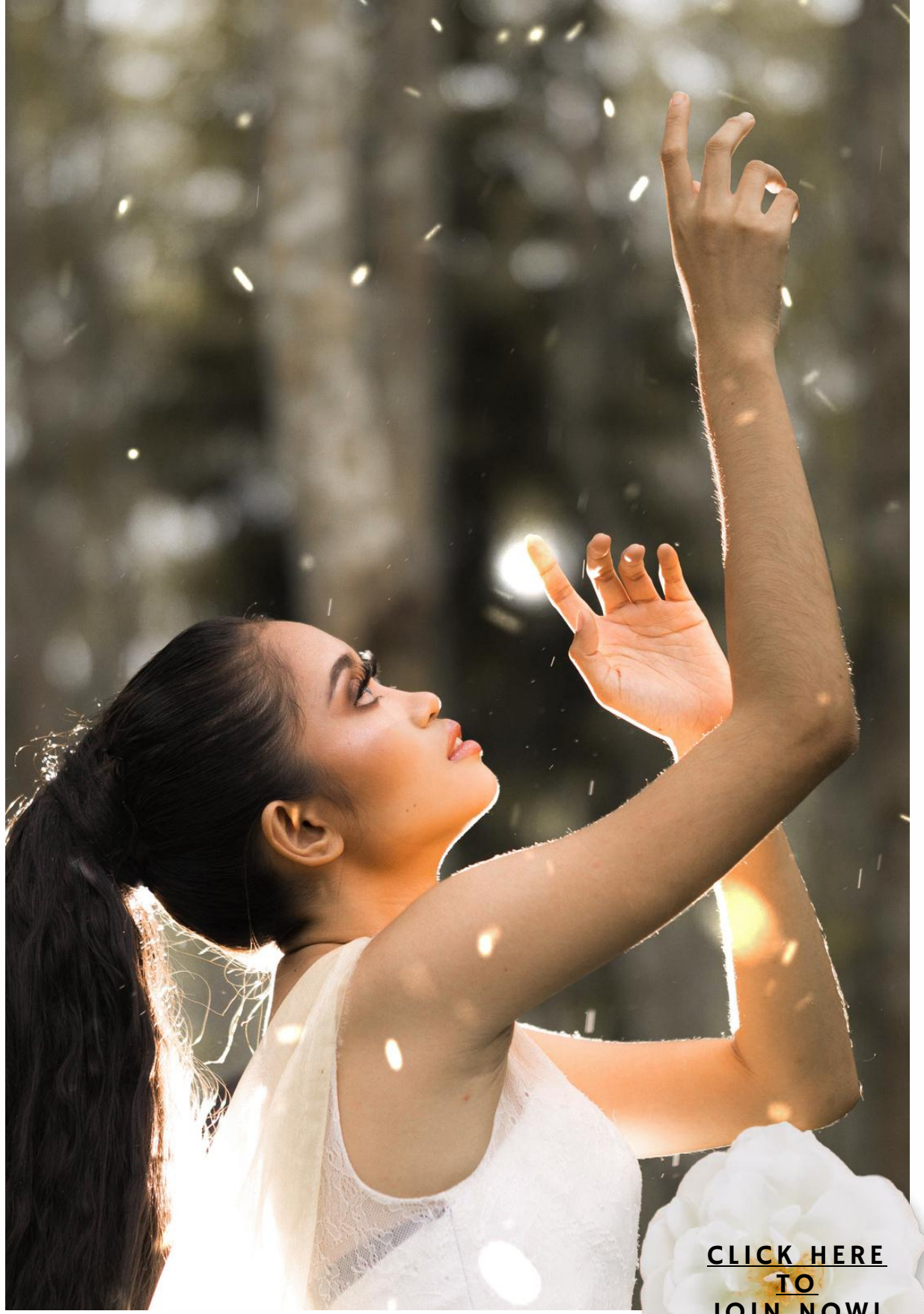


Danny Guru

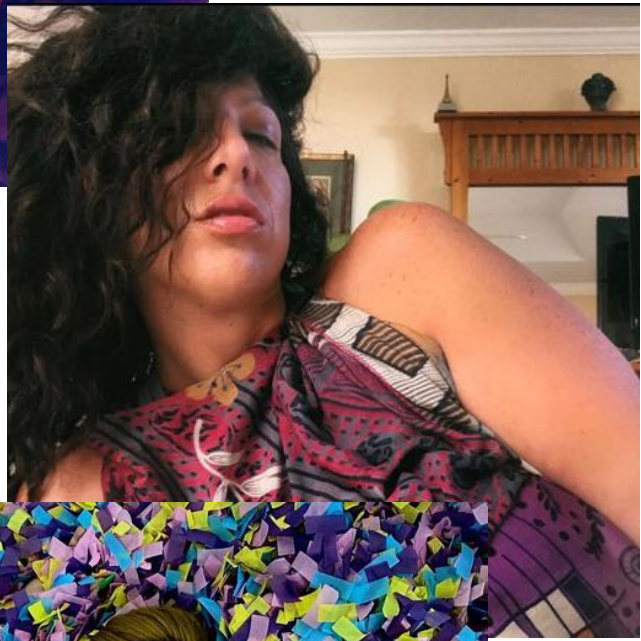
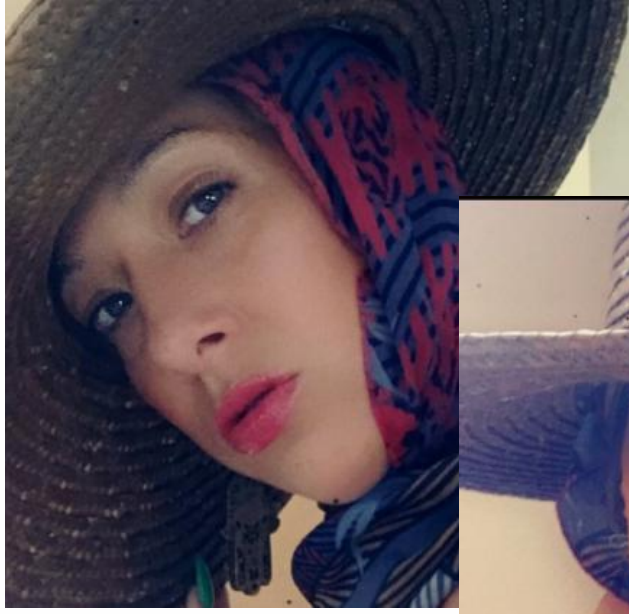
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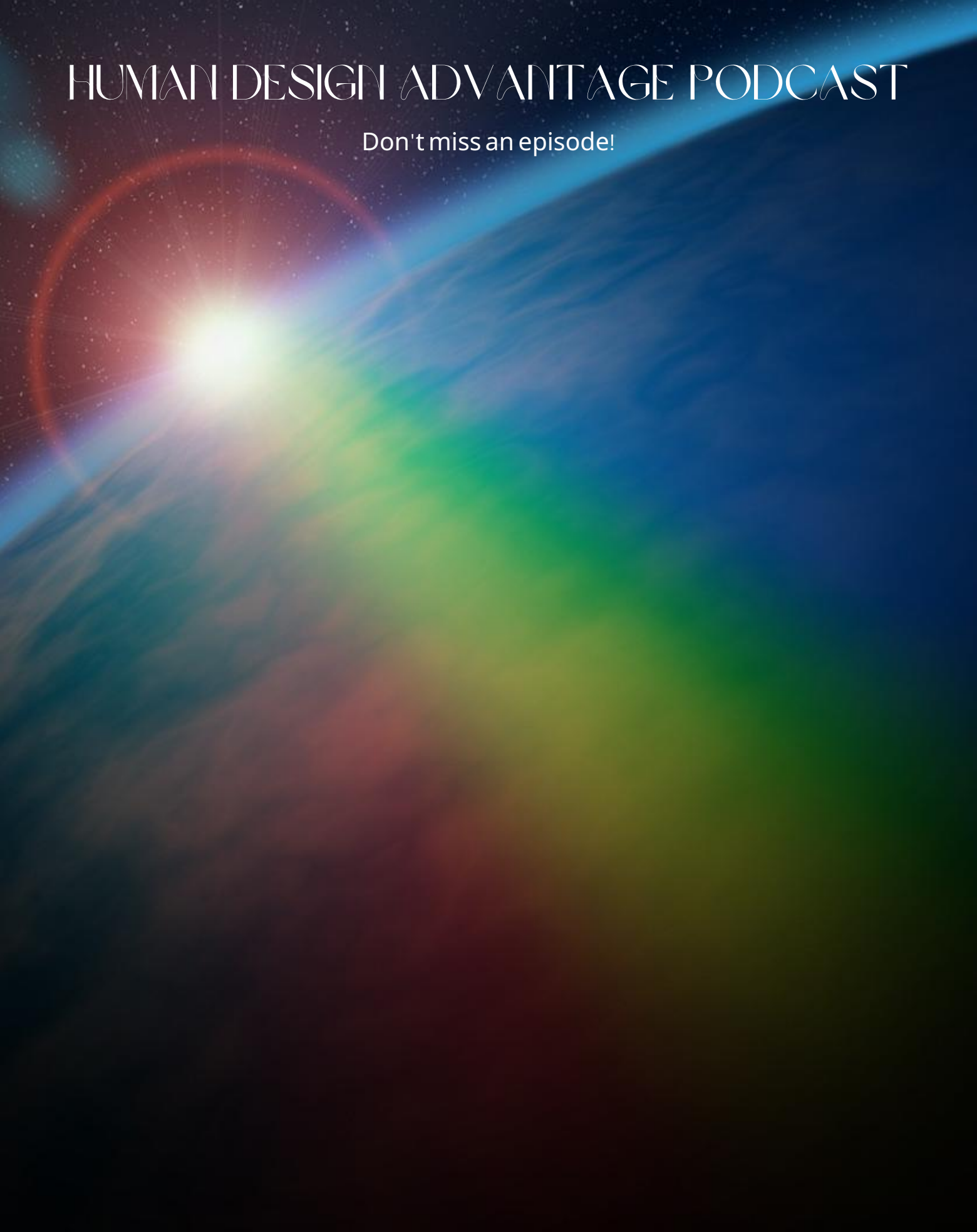
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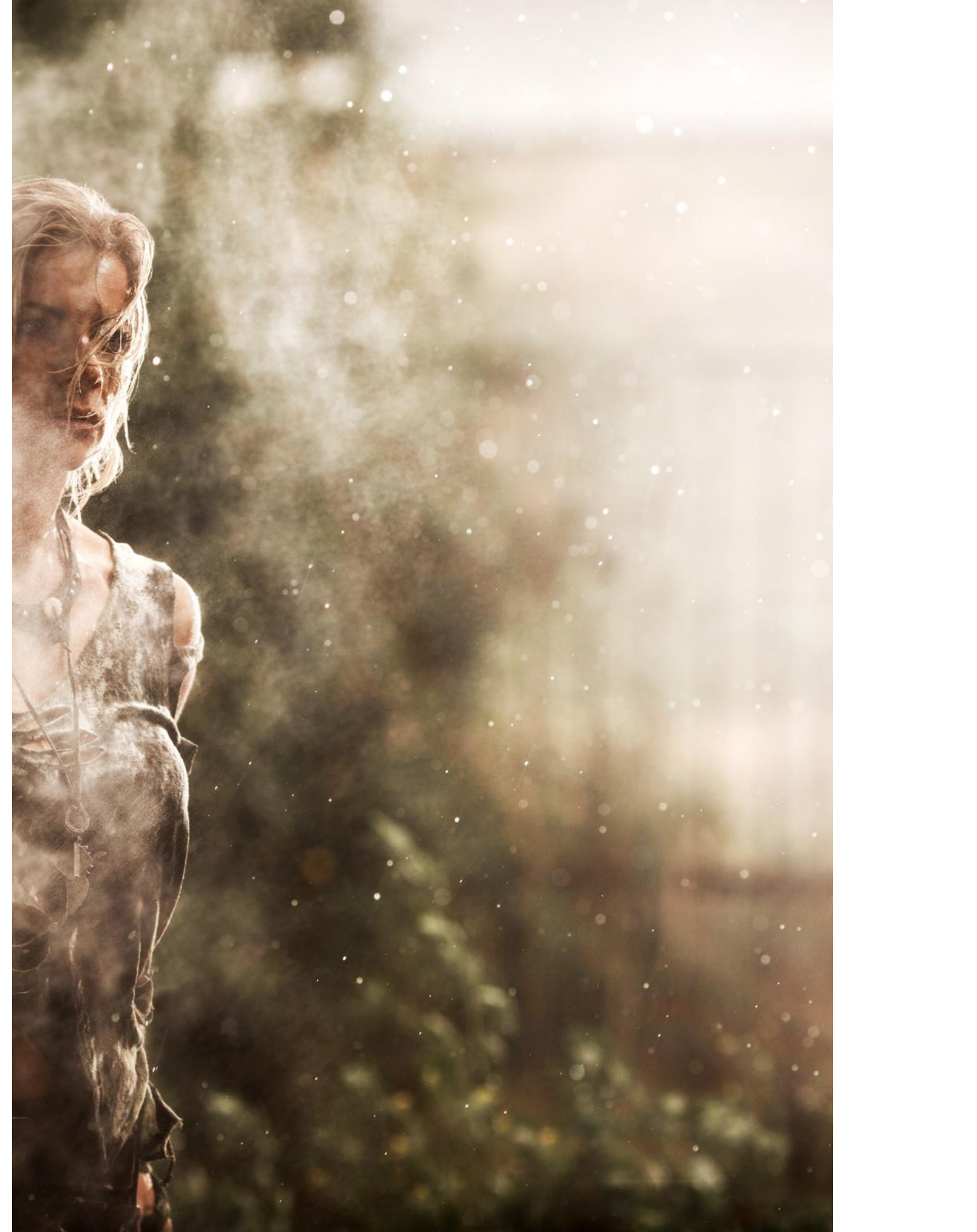
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